

Daily Activities Schedule Is Subject To Change. Check with concierge for changes that may occur. Concierge- 202-349-3400, Jordan Asrat ~ Director of Activities ~ 202- 660-7881 ~ Email- yasrat1@jhmi.edu
(Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Monday, July 18, 2022

- ❖ **10:00am Coffee and Muffins** *Bistro
- ❖ **11:00am Balance and Motion with Michael** *Commons (A)

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

- ❖ **1:30pm “Hermitage Masterpieces”** *Commons (A)

This 18-part series examines the Hermitage Museum in St. Petersburg, Russia, in all its glory. Here is the art of Michelangelo, Rembrandt, Picasso, Matisse, Velasquez, El Greco, Rubens, Renoir, the great classical sculptors, the artisans of ancient China, Greece and Egypt, and more. Filmed when the museum was off limits to Western eyes for nearly a century, and before the Fall of the Soviet Union.

Episode 13. Rubens, Van Dyck and The 17th Century Flemish Painters 28 min.

See the very first paintings collected for the Winter Palace by Catherine the Great herself. It is a collection know throughout the world for its size and quality.

Episode 14. Rembrandt and the 17th Century Dutch Master 27 min.

Fascinated with the mercantile power of Holland, Russia's Peter the Great devoted much of his reign to winning a window to the West for his then landlocked nation. His love of Dutch art reflected his love for the sea, but as you will see, the Hermitage collection of Dutch painting has gone far beyond Peter's original seascapes to include the largest collection of Rembrandts in the world.

Episode 15. Velazquez, El Greco, Goya and The Spanish Masters 28 min.

The idealism of Cervantes and his knightly service to a lofty dream parallels Peter the Great 's quest for the greatest art collection in the world. Witness the flooring of Spanish painting began when Spanish power was at its height.

- ❖ **3:00pm Afternoon Social & Music** *Library (B)

- ❖ **3:30pm Bingo** *Commons (B)

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Tuesday, July 19, 2022

❖ **10:00am Coffee and Muffins**

***Bistro**

❖ **11:00am-4:00pm Tech Support with Jordan/ Marco**

- Sign up with Concierge
- specify your preferred support time-30 minutes per resident

❖ **11:00am Tai Chi**

***Commons (B)**

“Edward Pratt”

Edward Pratt is a Tai Chi Chuan and Martial Arts Coach. He has over 30 yrs. of Martial Arts experience and about 15 yrs. of experience in Tai Chi Chuan.

❖ **1:30pm Scenic Van ride “Rock Creek Park”**

- If Weather Permitting
 - Sign up with Concierge
 - Bus Loading & Departure Schedule
- **1:10pm** - Wheelchair & Transfer residents – Meet in the Bistro @ 1:10pm
 - **1:20pm** -Walk on the bus residents- Meet in the Bistro @ 1:20pm
 - **1:25pm** - Waiting list loading
 - **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.

❖ **2:00pm Indoor/ Outdoor Walking Club**

***Library**

Meet us in the Library
(Outdoor Walking If Weather Permitting)

❖ **3:00pm Afternoon Social & Music**

***Library**

❖ **3:30pm Bingo**

***Commons (B)**

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Wednesday, July 20, 2022

❖ **10:00am Coffee and Muffins**

***Bistro**

❖ **11:00am “Resident Council”**

*** Commons (B)**

We would like to hear from you!

All Residents Are Welcome to Attend

❖ **1:30 pm Movie & Popcorn “Nightmare Alley” *Commons (A)**

From visionary filmmaker Guillermo del Toro comes a suspenseful psychological thriller about a manipulative carnival man (Bradley Cooper) who teams with an equally deceptive psychiatrist (Cate Blanchett) to grift the wealthy in 1940s New York society. Del Toro co-wrote the enthralling film with Kim Morgan, based on William Lindsay Gresham’s novel.

Directors	Guillermo del Toro
Starring	Bradley Cooper, Cate Blanchett, Toni Collette
Genres	Suspense
Subtitles	English [CC]
Audio	English, English [Audio Description]

❖ **2:00pm Spanish Club**

***4th Floor Country Kitchen**

❖ **3:00pm Afternoon Social & Music**

***Library**

❖ **3:30pm Word Find**

***Library**

❖ **4:30pm COCKTAIL HOUR**

***Bistro**

Featuring themed Cocktail & Wine & Beer

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Thursday, July 21, 2022

- ❖ **10:00am Coffee, Tea, and Trivia** ***Library**

- ❖ **11:00am Tech Support with Jordan & Marco**
Sign up with Concierge
specify your preferred support time-30 minutes per resident

- ❖ **11:00am Tai Chi** ***Commons (B)**
“Edward Pratt”
Edward Pratt is a Tai Chi Chuan and Martial Arts Coach. He has over 30 yrs. of Martial Arts experience and about 15 yrs. of experience in Tai Chi Chuan.

- ❖ **1:30pm Afternoon Trivia** ***Library**

- ❖ **1:30pm Bridge Club** ***Bistro**

- ❖ **2:00pm Paint and Sip** ***Commons (B)**

Come and paint while you enjoy a glass of wine.

- ❖ **3:00pm Afternoon Social & Music** ***Library**

- ❖ **3:30pm Balloon Tennis** ***Commons**

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Friday, July 22, 2022

- ❖ **10:00am Coffee and Muffins** *Bistro
- ❖ **11:00am Seated Exercise W/Legacy** *Commons (B)
- ❖ **1:00pm Indoor/ Outdoor Walking Club**
Meet us in the Library
(Outdoor Walking If Weather Permitting)
- ❖ **1:30pm Catholic Mass & Holy Communion** *Commons
Rev. Father (Andy) Gonzalo
Our Lady of Victory Catholic Church
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Bingo** *Commons (B)
- ❖ **7:00 pm Movie & Popcorn “Nightmare Alley” *Commons (A)**
From visionary filmmaker Guillermo del Toro comes a suspenseful psychological thriller about a manipulative carnival man (Bradley Cooper) who teams with an equally deceptive psychiatrist (Cate Blanchett) to grift the wealthy in 1940s New York society. Del Toro co-wrote the enthralling film with Kim Morgan, based on William Lindsay Gresham’s novel.

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Saturday, July 23, 2022

- ❖ **10:00am Coffee and Muffins** ***Library**
- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
 - Adela
- ❖ **1:30 pm Movie & Popcorn “Nightmare Alley”** ***Commons (A)**

From visionary filmmaker Guillermo del Toro comes a suspenseful psychological thriller about a manipulative carnival man (Bradley Cooper) who teams with an equally deceptive psychiatrist (Cate Blanchett) to grift the wealthy in 1940s New York society. Del Toro co-wrote the enthralling film with Kim Morgan, based on William Lindsay Gresham’s novel.

Directors	Guillermo del Toro
Starring	Bradley Cooper, Cate Blanchett, Toni Collette
Genres	Suspense
Subtitles	English [CC]
Audio	English, English [Audio Description]
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Word Find** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo** ***Commons (B)**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Sunday, July 24, 2022

❖ **10:00am Seated Exercise Class** *Commons (B)
○ Marco

❖ **11:00 am Sunday Worship -** *Commons (A)
○ Live Stream – **Washington National Cathedral**
▪ Featuring prayers, readings from Holy Scripture, and contemplative music.
▪ https://www.youtube.com/watch?v=KI7RRKHYYBE&list=PL1nLVw6M_fPisN8Gfk_tRsjTXqSexemIK
○ Catholic Mass - From resident's apartment- 10:30 am- The Roman catholic Archdiocese of Washington
○ The Mass airs every Sunday at 10:30 a.m. on WDCW-50: ▪ RCN Ch. 15

❖ **11:30 am – 1:30pm**

Sunday Brunch

Join us every Sunday to start the week off right!
The Dining Room (Residents Only)

❖ **1:30pm Bach - Brandenburg Concertos** *Commons

The Orchestra Mozart, founded in 2004, under the baton of Claudio Abbado play Bach's Brandenburg Concertos. Recorded at the Teatro Municipale Valli, Reggio Emilia.

Directors ---

Starring Orchestra Mozart, Giuliano Carmignola, Johann Sebastian Bach

Genres Music Videos and Concerts

Subtitles None available

Audio languages English

❖ **2:00pm Afternoon Trivia** *Library

❖ **3:00pm Afternoon Social & Music** *Library

❖ **3:30pm Bingo** *Commons (B)