

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 25, 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 16. French Classical Style of the 17th and 18th Centuries **29 min.**

Catherine the Great's desire to emulate the French court inspired construction of the Hermitage Palaces. The museum houses an unparalleled collection of French classical works from the era of France's "Sun King," Louis the Fourteenth.

Episode 17. The Road to Impressionism: 19th Century France **31 min.**

Major works by Claude Monet record his experiments with light and color. Also included are numerous works by Renoir, Pissarro, and Degas.

Episode 18. Modernism: Matisse, Picasso, & More 20th Century Painters **26 min.**

The Hermitage's collection endures as the art world is ushered into the realm of abstraction. Included are the brilliant, colorful works of the Fauve painters, the singular creations of Matisse, and the startling innovations of Picasso.

- ❖ **3:00pm Afternoon Social & Music** ***Library**
- ❖ **3:30pm Bingo** ***Commons (B)**

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Tuesday, July 26, 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 “National Harbor”**

- 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 Health Talk!**

***Commons**

Safety Awareness During Community Outings

❖ **3:00pm Afternoon Social & Music**

***Library**

❖ **3:30pm Bingo**

***Commons**

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Wednesday, July 27, 2022

❖ **10:00am Coffee and Muffins** ***Bistro**

❖ **11:00am Seated Exercise** *** Commons (B)**

“Owen Lentz”

Personal trainer and corrective exercise specialist since 2007 Former professional rugby player. Representing USA at the 2007 rugby World Cup and South Africa in the junior World Cup in 2001.

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

A tale of an extended family: their fears, dreams, fights, and that kid who likes to put a bucket on his head and ram the walls.

Directors	Ron Howard
Starring	Steve Martin, Mary Steenburgen, Dianne Wiest
Genres	Comedy, Drama
Subtitles	English [CC]
Audio languages	English

❖ **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 28, 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 29, 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 “Parenthood”** *Commons (A)

A tale of an extended family: their fears, dreams, fights, and that kid who likes to put a bucket on his head and ram the walls.

Directors	Ron Howard
Starring	Steve Martin, Mary Steenburgen, Dianne Wiest
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Saturday, July 30, 2022

- ❖ **10:00am Coffee and Muffins** ***Library**

- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
 - Adela

- ❖ **1:30 pm Movie & Popcorn “Parenthood”** ***Commons (A)**

A tale of an extended family: their fears, dreams, fights, and that kid who likes to put a bucket on his head and ram the walls.

Directors	Ron Howard
Starring	Steve Martin, Mary Steenburgen, Dianne Wiest
Genres	Comedy, Drama
Subtitles	English [CC]
Audio languages	English

- ❖ **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 31, 2022

- ❖ **10:00am Seated Exercise Class** ***Commons (B)**
 - Marco
- ❖ **11:00 am Sunday Worship** ***Commons (A)**
 - Live Stream – Sunday Mass
 - 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 o 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 The Music of Silence** ***Commons**

Based on the extraordinary true story of Andrea Bocelli, a blind boy, who against all odds, becomes one of the most world renowned opera singers.

Directors Michael Radford
Starring Antonio Banderas, Jordi Mollà, Luisa Ranieri
Genres Drama, Arts, Entertainment, and Culture
Subtitles English [CC]
Audio languages English

- ❖ **2:00pm Afternoon Trivia** ***Library**
- ❖ **3:00pm Afternoon Social & Music** ***Library**
- ❖ **3:30pm Bingo** ***Commons (B)**