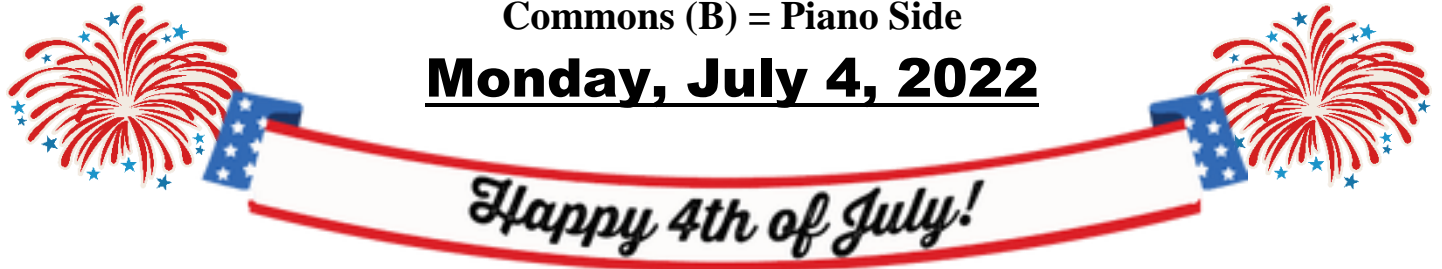


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Monday, July 4, 2022

Happy 4th of July!

- ❖ **10:30am Palisades Village July 4th Parade**
 - o **Sign up with Front Desk by Sunday, July 3rd - 202-349-3400**
 - o Bus will start loading at 10:15am and Depart at 10:30am
 - o The start of Parade Route, Whitehaven Pkwy NW, Washington, DC
 - o Parade time: 10:45 AM to 1:00 PM

- ❖ **11:00am Balance and Motion with Michael *Commons (A)**
“Michael Rosengart”
NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

11:30am – 1:30pm

Dining Room (For Residents only)

4th of July Buffet

- ❖ **1:30pm Hamilton Commons**
Hamilton: An American Musical is a sung-and-rapped-through musical by Lin-Manuel Miranda. It tells the story of American Founding Father Alexander Hamilton
- ❖ **3:00pm Afternoon Social & Music *Library**
- ❖ **3:30pm Bingo *Commons (B)**
- ❖ **PBS’s ‘A Capitol Fourth’ Will Feature ‘West Side Story’ Tribute, Salute to Lincoln Memorial’s Centennial — 8 PM ET to 9:30 PM ET on PBS**
On Your Cable Channel: WETA 26 (PBS)

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Tuesday, July 5 2022

- ❖ **10:00am Morning News & Trivia** ***Bistro**

- ❖ **11:00am-4:00pm Tech Support with Jordan**
 - Sign up with Concierge

- ❖ **11:00am Tai Chi** ***Commons (B)**

Edward Pratt - Tai Chi Instructor:

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 “Pentagon City and Crystal City”**
 - **(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**
 - **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.
 - **1:25pm** - Waiting list loading

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

Meet me in the Library
(Outdoor Waking Is Weather Permitting)

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

- ❖ **3:30pm Bingo** ***Commons (B)**

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Wednesday, July 6, 2022

❖ 10:00am Coffee and Muffins

***Bistro**

- Movie & TV Trivia Questions

❖ 11:00am Sit and Fit with Owen

*** 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 “The Lost City”

***Commons (A)**

After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction.

- Released: 2022. 13+. 1hr. 51min
- Directors: Adam Nee, Aaron Nee
- Starring: Sandra Bullock, Channing Tatum, Daniel Radcliffe
- Genres: Comedy, Adventure, Action
- Subtitles: English

❖ 2:00pm Team Trivial Pursuit

***Bistro**

❖ 2:30pm Spanish Club with Marco

4th Floor Country Kitchen

❖ 3:00pm Afternoon Social & Music

***Library**

❖ 3:30pm Word Find

***Library**

❖ 4:30pm COCKTAIL HOUR in the Bistro

Featuring themed Cocktail & Wine & Beer

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Thursday, July 7, 2022

- ❖ **10:00am Coffee, Tea, and Trivia** ***Library**
 - General Knowledge & Mic. Trivia Questions

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

- ❖ **11:00am Tai Chi Edward Pratt** ***Commons (B)**

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 Trivia (In Teams)** ***Library**

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

- ❖ **2:30pm Arts and Craft** ***Commons (B)**

Create a Personalized Door Signs

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

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

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Friday, July 8, 2022

❖ 10:00am Coffee and Muffins

***Bistro**

- Slogan & Business Trivia Questions

❖ 11:00am Seated Exercise W/Legacy

***Commons (B)**

❖ 1:00pm Indoor/ Outdoor Walking Club

**Meet me in the Library
(Outdoor Waking Is Weather Permitting)**

❖ 1:30pm Catholic Mass & Holy Communion With Rev. Father (Andy) Gonzalo

***Commons**

Our Lady of Victory Catholic Church

❖ 3:00pm Afternoon Social

***Library**

❖ 3:30pm Bingo

***Commons (B)**

❖ 7:00 pm Movie & Popcorn “The Lost City”

***Commons (A)**

After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction.

- Released: 2022. 13+. 1hr. 51min
- Directors: Adam Nee, Aaron Nee
- Starring: Sandra Bullock, Channing Tatum, Daniel Radcliffe
- Genres: Comedy, Adventure, Action
- Subtitles: English

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Saturday, July 9, 2022

❖ 10:00am Coffee and Muffins

***Library**

- Trivial Pursuit Game

❖ 11:00am Seated Exercise Class

***Commons (A)**

- Adela

❖ 1:30 pm Movie & Popcorn “The Lost City”

***Commons (A)**

After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction.

- Released: 2022. 13+. 1hr. 51min
- Directors: Adam Nee, Aaron Nee
- Starring: Sandra Bullock, Channing Tatum, Daniel Radcliffe
- Genres: Comedy, Adventure, Action
- Subtitles: 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 in the Bistro

Featuring themed Cocktail & Wine & Beer

Daily Activities Schedule Is Subject To Change. Check with concierge for changes that may occur. Concierge- 202-349-3400,

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Sunday, June July 10, 2022

- ❖ **10:00am Large Group Exercise Class *Commons (B)**
 - Marco
- ❖ **11:15am 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=PL1nLVw6MfPisN8Gfk_tRsjTXqSexemlK
 - 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

11:30am – 1:30pm

Sunday Brunch

Join us every Sunday to start the week off right!

The Dining Room (Residents Only)

- ❖ **1:30pm Rossini - Il Barbiere di Siviglia - *Commons**
 - Guy Van Waas leads the Orchestra and Choirs of the Opéra Royal de Wallonie-Liège in this 2015 production by director Stefano Mazzonis di Pralafra of Gioachino Rossini's famous Il barbiere di Siviglia ('The Barber of Seville').2018 - 2h, 2min. PG.
 - Directors Not Specified
 - Starring Choir of the Opéra Royal de Wallonie, Orchestra of the Opéra Royal de Wallonie, Gioachino Rossini
 - Genres Arts, Entertainment, and Culture
 - Subtitles English
 - Audio languages: Italiano
- ❖ **2:00pm Afternoon Trivia *Library**
- ❖ **3:00pm Afternoon Social & Music *Library**
- ❖ **3:30pm Bingo *Commons (B)**