

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, August 22, 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 “The Windsors: A Royal Family”** *Commons (A)

Spanning four generations--from the early 1900s and the reign of King George V, through Diana’s tragic death and a new millennium--this 4-part film is a mesmerizing in-depth look at Britain's royal family, highlighted by rare footage and revealing interviews with royal family members, friends, aides, historians, royal watchers, and others with intimate knowledge of the Windsors.

Episode 3. The Image of a Queen– 59min

Follow the reign of Queen Elizabeth II and see how, beginning with her televised coronation in 1953, the Queen and her family made shrewd use of the media to maintain the aura of the popularity of the monarchy.

Episode 4. Family Affairs– 51min

In the 1990s, the monarchy plunged from general approval into disarray, brought down by the very forces it had used to promote itself. Historians ask whether and how the House of Windsor might reinvent itself in the new millennium.

- **2018 (TV-PG)**
- **Genres** Documentary, Special Interest, Drama
- **Subtitles** English [CC]
- **Audio languages** English

- ❖ **3:00pm Hors d'oeuvres “International Cat Day”** *Library
- ❖ **3:30pm Bingo** *Commons (B)

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Tuesday, August 23, 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 “Beach Drive” (Make up from last week)**
 - Weather Permitting (makeup for last week’s cancelation.)
 - 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** ***Commons**

Meet us in the Library
(Outdoor Walking If Weather Permitting)
- ❖ **3:00pm Afternoon Social & Music** ***Library**
- ❖ **3:30pm Bingo** ***Commons**
- ❖ **3:30pm Palisades Library Book Checkout** ***Library**

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Wednesday, August 24, 2022

- ❖ **10:00am Coffee and Muffins** ***Bistro**
- ❖ **11:00am Resident Forum** *** Commons (B)**

We want to hear from you

All residents are invited

This meeting occurs the 3rd Wednesday of each month.

- ❖ **1:00 pm Movie & Popcorn “Elvis”** ***Commons (A)**

The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker.

- Streaming Prime Video
- PG 2011 · 2h 39m . PG-13
- Directors **Baz Luhrmann**
- Starring **Austin Butler, Tom Hanks, Helen Thomson**
- Genres **Drama**
- Subtitles **English [CC]**
- Audio languages **English**

- ❖ **1:30pm Putting Golf** ***Library**
- ❖ **2:00pm Spanish Club** ***4th Floor Country Kitchen**
- ❖ **3:00pm Afternoon Social & Music** ***Library**
- ❖ **3:45pm Balloon Tennis** ***Commons**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

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Thursday, August 25, 2022

❖ **10:00am Coffee and Muffins**

***Library**

❖ **11:00am Tech Support with Jordan**

- 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 Bridge Club**

***Bistro**

❖ **1:30pm Trivia Pursuit**

***Library**

❖ **2:00pm Paint and Sip**

***Commons (B)**

Come and paint while you enjoy a glass of wine.

❖ **3:30pm Tropical Bash Happy Hour**

***Commons**

Today is National Whisky Sour Day

Steel Band Music



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Friday, August 26, 2022

- ❖ **10:00am Coffee and Muffins** *Bistro
- ❖ **11:00am Seated Exercise W/Legacy** *Commons (B)
- ❖ **1:00pm Catholic Mass & Holy Communion** *Commons
Rev. Father (Andy) Gonzalo
[Our Lady of Victory Catholic Church](#)
- ❖ **1:00pm Indoor/ Outdoor Walking Club**
Meet us in the Library
(Outdoor Walking If Weather Permitting)
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Bingo** *Commons (B)
- ❖ **7:00 pm Movie & Popcorn “Elvis”** *Commons (A)
The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker.
 - Streaming Prime Video
 - PG 2011 · 2h 39m . PG-13
 - Directors Baz Luhrmann
 - Starring Austin Butler, Tom Hanks, Helen Thomson
 - Genres Drama
 - Subtitles English [CC]
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Saturday, August 27, 2022

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

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

- ❖ **1:00 pm Movie & Popcorn “Elvis”** ***Commons (A)**

The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker.

 - Streaming Prime Video
 - PG 2011 · 2h 39m . PG-13
 - Directors **Baz Luhrmann**
 - Starring **Austin Butler, Tom Hanks, Helen Thomson**
 - Genres **Drama**
 - Subtitles **English [CC]**
 - Audio languages **English**

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

- ❖ **2:00pm Word Find** ***Library**

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

- ❖ **3:45pm Bingo** ***Commons (B)**

- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Sunday, August 28, 2022

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

○ Marco

❖ **11:00 am Sunday Worship** *Commons (A)

○ Live Stream – **National Presbyterian Church**

○ 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 “Un Ballo in Maschera Act I”** *Commons

The outstanding production of Verdi's Masked Ball at the Salzburg Festivals 1989 and 1990 was Herbert von Karajan's legacy to the Festival

- **Streaming Prime Video**
- **1h, 27min . 1985**
- **Starring Giuseppe Verdi**
- **Genres Arts, Entertainment, & Culture, Music Videos, and Concerts**
- **Subtitles English**

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

3:30pm National Senior Citizen Day Celebration *Commons

With Elvis Presley and hor' dourves