

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 29, 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 “1945-1953: From World War to Cold War” *Commons**

At the outset of the Yalta Conference on February 4, 1945, the "Big Three" were all optimistic: the accord that they had achieved seemed likely to hold strong. However, nothing would remain of this agreement apart from irreconcilable differences.

Combining archive footage, photographs, original letters and unique testimonies, these two episodes revisit this crucial period in History.

Episode 1. – 56min

Hear how the Yalta Conference of 1945 - in which Franklin D Roosevelt, Winston Churchill and Joseph Stalin met to discuss Europe's post-war reorganisation - led to enmity.

Episode 2. Brothers at War – 56min

Learn how, after being brothers in arms during World War II, the Allies would soon become divided in peace. How did a post-war conference in Crimea lead to the Cold War?

- **2018 (PG-13)**
- **Director** Emilie Lancon
- **Genres** Documentary, Military and War, 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 30, 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 Health Talk with Legacy**

***Commons**

ENERGY CONSERVATION

KARA WILSON, CCC-SLP

REHAB DIRECTOR

❖ **3:00pm Afternoon Social & Dean Martin**

***Library**

❖ **3:30pm Bingo**

***Commons**

❖ **3:30pm Palisades Library Book Checkout**

***Bistro**

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Wednesday, August 31, 2022

- ❖ **10:00am Coffee and Muffins** *Bistro
 - ❖ **11:00am Sit and Fit with Adela** *Commons (B)
 - ❖ **1:00 pm Movie & Popcorn “Hidden Figures”** *Commons (A)
An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit
- | <u>Streaming</u> | <u>Prime Video</u> |
|------------------------|--|
| PG 2016 · 2h 6m . ® | |
| Directors | Theodore Melfi |
| Starring | Taraji P. Henson, Janelle Monae, Kevin Costner |
| Genres | Historical & 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
 - ❖ **3:30pm Balloon Tennis** *Commons
 - ❖ **4:30pm COCKTAIL HOUR** *Bistro

Featuring themed Cocktail & Wine & Beer

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Thursday, September 1, 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 Resin Ocean Art Trays**

***Commons (B)**

Craft and wine.

❖ **3:30pm Word Find**

***Library**

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Friday, September 2, 2022

- ❖ **10:00am Coffee and Muffins** *Bistro
- ❖ **11:00am Seated Exercise W/Legacy** *Commons (B)
- ❖ **1:30pm 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 “Hidden Figures”** *Commons (A)
An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit

Streaming Prime Video

PG 2016 · 2h 6m . ®

Directors Theodore Melfi

Starring Taraji P. Henson, Janelle Monae, Kevin Costner

Genres Historical & Drama

Subtitles English [CC]

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Saturday, September 3, 2022

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

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

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

An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit

<u>Streaming</u>	<u>Prime Video</u>
PG 2016 · 2h 6m . ®	
Directors	Theodore Melfi
Starring	Taraji P. Henson, Janelle Monae, Kevin Costner
Genres	Historical & 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, September 4, 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 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 Phantom of the Opera”** ***Commons**

From director Joel Schumacher comes this big-screen adaptation of Andrew Lloyd Webber's smash-hit stage musical! The Phantom, a disfigured musical genius.

1h, 35min. 2018

Directors	Joel Schumacher
Starring	Gerard Butler, Emmy Rossum, Patrick Wilson
Genres	Drama, International, Romance, Arts, Entertainment, and Culture
Subtitles	English
- ❖ **1:30pm Dominoes** ***Library**
- 3:30pm Bingo** ***Commons**