

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 8, 2022
Today is International Cat Day

- ❖ **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 “Frank Lloyd Wright”** *Commons (A)

Frank Lloyd Wright was the greatest of all-American architects. He was an authentic genius, and a man who believed he was destined to redesign the world. With live cinematography and interviews, this film brings Wright's story to life.

Episode 2.

Frank Lloyd Wright was the greatest of all-American architects. He was an authentic genius, and a man who believed he was destined to redesign the world. With live cinematography and interviews, this film brings Wright's story to life.

- **Date** 1998 (TV-PG)
- **Time** 1 h, 14 min
- **Starring** Edward Herrmann
- **Genres** Special Interest
- **Subtitles** English [CC]
- **Audio languages** English

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

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Tuesday, August 9, 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”**
 - 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.
- ❖ **1:30p Grand Oaks Book Club** **Commons**

“The Hemingway Book Club of Kosovo”
- ❖ **2:00pm Indoor/ Outdoor Walking Club** ***Commons**

Meet us in the Library
(Outdoor Walking If Weather Permitting)
- ❖ **3:00pm Afternoon Social & Louis Armstrong** ***Library**
- ❖ **3:30pm Word Find** ***Library**
- ❖ **3:30pm Palisades Library Book Checkout** ***Bistro**

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Wednesday, August 10, 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 “Mission Blue”** ***Commons (A)**
The life and work of oceanographer, marine biologist, and environmentalist Sylvia Earle.
Streaming Netflix
PG 2014 · 1h 36m
Directors Roger Michell
Starring Fiona Shaw, Amanda Root, Ciaran Hinds
Genres Documentary/Drama
Subtitles English [CC]
Audio languages English
- ❖ **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, August 11, 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**

❖ **2:30pm Paint and Sip** ***Commons (B)**

Come and paint while you enjoy a glass of wine.

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

❖ **3:30pm Bingo** ***Bingo**

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Friday, August 12, 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 “Mission Blue”** *Commons (A)
The life and work of oceanographer, marine biologist, and environmentalist Sylvia Earle.

Our Very Own Linda Glover has connection to this film and will do an introduction before the film start.

Linda Glover has been a leader in ocean science, policy, and public outreach for decades. Her research work includes shipboard science in the North Atlantic, Caribbean and Indian Ocean, with publications in marine geology and ancient climates. She is known for translating complex scientific concepts and jargon into language accessible to the general public and has published several reference books on ocean conservation and space science.

Streaming Netflix

PG 2014 · 1h 36m

Directors Roger Michell

Starring Fiona Shaw, Amanda Root, Ciaran Hinds

Genres Documentary/Drama

Subtitles English [CC]

Audio languages English

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Saturday, August 13, 2022

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

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

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

The life and work of oceanographer, marine biologist, and environmentalist Sylvia Earle.

Streaming Netflix
PG 2014 · 1h 36m
Directors Roger Michell
Starring Fiona Shaw, Amanda Root, Ciaran Hinds
Genres Documentary/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**

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Sunday, August 14, 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 Ballet “Coppélia”** *Commons
 - A classic returns to the Royal Ballet repertory with Ninette de Valois’ charming and funny Coppélia

1h, 46min . 2019

Directors Kevin O'Hare
Starring Royal Ballet
Genres Arts, Entertainment, and Culture
Subtitles None available
Audio languages English

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