

*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](mailto:yasrat1@jhmi.edu) (Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side*

## **Monday, September 19, 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 “Thomas Hart Benton”** \*Commons

Filmmaker Ken Burns uses long-lost footage, penetrating interviews, and the glorious art of Thomas Hart Benton to tell the story of an American artist who became emblematic of the price all artists must pay to remain true to themselves.

- Length 1hr, 26min
- Year 1989
- Starring Jason Robards
- Genres Special Interest
- 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, September 20, 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” (Embassy Row)**
  - 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 & Dean Martin** **\*Library**
- ❖ **3:30pm Bingo** **\*Commons**
- ❖ **3:30pm Palisades Library Book Checkout** **\*Bistro**

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## **Wednesday, September 21, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
- ❖ **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.
- ❖ **7:00 pm Movie & Popcorn “Nobody's Fool”** **\*Commons (A)**  
Paul Newman earned an Oscar nomination plus Best Actor honors from the National Society of Film Critics and New York Film Critics Circle for his portrayal of Sully, a likeable working stiff whos made a lifetime of bad decisions.
- **Streaming** Prime Video
  - **Year** 1995
  - **Length** 1h 50m ®
  - **Directors** Robert Benton
  - **Starring** Paul Newman, Jessica Tandy, Melanie Griffith
  - **Genres** Comedy, Drama
  - **Subtitles** English [CC]
  - **Audio languages** English
- ❖ **2:00pm Spanish Club** **\*4<sup>th</sup> 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 22, 2022**

❖ **10:00am Coffee and Muffins**

**\*Library**

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

- Sign up with Concierge
- specify your preferred support time-30 minutes per resident

❖ **11am: Putting - In the First Floor Courtyard**

❖ **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 Cooking with Adela**

**“Spring Rolls”**

**3<sup>rd</sup> Floor Country Kitchen/ Southside (Across the 3 elevators)**

❖ **2:30pm Paint and Sip**

**\*Commons (B)**

*Come and paint while you enjoy a glass of wine.*

❖ **3:30pm Word Find**

**\*Library**

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## **Friday, September 23, 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 “Nobody's Fool”** \*Commons (A)  
Paul Newman earned an Oscar nomination plus Best Actor honors from the National Society of Film Critics and New York Film Critics Circle for his portrayal of Sully, a likeable working stiff whos made a lifetime of bad decisions.
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  - **Year** 1995
  - **Length** 1h 50m ®
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## **Saturday, September 24, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Library**
  
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
  - ADELA
  
- ❖ **1:30 pm Movie & Popcorn “Let Them Talk”** **\*Commons (A)**

A young man finds romance with a literary agent while taking a trip with the woman's famous aunt and her friends.

  - Streaming Prime Video
  - **PG 2011 · 1h 52m . ®**
  - **Directors** Steven Soderbergh
  - **Starring** Meryl Streep, Candice Bergen, 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, September 25, 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)

### ❖ **1:00pm “Miss Saigon”** **\*Commons**

The spectacular, sell-out 25th Anniversary Gala Performance of this acclaimed new production of the global stage sensation. The epic love story tells the tragic tale of young bar girl Kim, orphaned by war, who falls in love with American GI Chris - but their lives are torn apart by the fall of Saigon.

- **Streaming** **Amazon Prime – (ch. Broadway HD)**
- **Year** **2026 ®**
- **Length** **2hr & 21min**
- **Directors** **Laurence Connor, Brett Sullivan**
- **Starring** **Paul Benedict Sarte, Eva Noblezada, Jon Jon Briones**
- **Genres** **Drama, Romance, Arts, Entertainment, and Culture, Military and War**
- **Subtitles** **English**
- **Audio** **English**

### **3:30pm Pokeno**

**\*Commons**