

*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 5, 2022**

HAPPY  
Labor 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 Popcorn & Movie “9 To 5”** \*Commons (A)

Frank Hart is a pig. He takes advantage of the women who work with him in the grossest manner. When his three assistants manage to trap him in his own house, they assume control of his department and productivity leaps, but just how long can they keep Hart tied up?

- Streaming Prime Video
- 1980 1hr, 49min PG
- Directors Colin Hughes
- Starring Jane Fonda, Lily Tomlin, Dolly Parton
- Genres Comedy
- Subtitles English [CC]
- Audio languages English

- ❖ **3:00pm Labor Day Hors d’oeuvres & Music”** \*Library
- **Putting Golf**
- ❖ **3:30pm Bingo** \*Commons (B)

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## **Tuesday, September 6, 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 Shopping Trip (The Shops at Sumner Place)**

- Residents will have 1 hour to shop.
- Bus will Drop off & Pick UP location- Safeway Grocery Store
  - Please Be On time for pick up time.
- 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
  - **1:25pm** - Waiting list loading
  - **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.

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

**\*Library**

❖ **3:30pm Bingo**

**\*Commons**

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

**\*Bistro**

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## **Wednesday, September 7, 2022**

- ❖ **10:00am Coffee and Muffins** \*Bistro
- ❖ **11:00am Sit and Fit with Adela** \* Commons (B)
- ❖ **1:15 pm New Movie “Top Gun: Maverick” \*Commons (A)**  
After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.
  - Streaming Prime Video
  - PG 2011 · 2h 10m . PG-13
  - Directors Joseph Kosinski
  - Starring Tom Cruise, Miles Teller, Jennifer Connelly
  - Genres Drama, Adventure, Action
  - Subtitles English [CC]
  - Audio languages English, 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 8, 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**

❖ **2:0pm Word Find**

**\*Library**

❖ **3:30pm Happy Hour**

**\*Commons**

## **Classical Guitarist**

**William Feasley**

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## **Friday, September 9, 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 New Movie “Top Gun: Maverick”** \*Commons (A)  
After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.
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## **Saturday, September 10, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Library**
  
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
  - ADELA
  
- ❖ **1:15 pm New Movie “Top Gun: Maverick”** **\*Commons (A)**

After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

  - Streaming Prime Video
  - **PG 2011 · 2h 10m . PG-13**
  - **Directors** Joseph Kosinski
  - **Starring** Tom Cruise, Miles Teller, Jennifer Connelly
  - **Genres** Drama, Adventure, Action
  - **Subtitles** English [CC]
  - **Audio** English, 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 11, 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 Sleeping Beauty”** **\*Commons**

When she is finally released from an evil spell by the kiss of a young prince, the Sleeping Beauty awakes and is as beautiful as a young woman.

  - **1h, 59min. 2016**
  - **Directors** **Andy Sommer**
  - **Starring** **Staatsballet Berlin**
  - **Genres** **Arts, Entertainment, and Culture**
  - **Subtitles** **None available**
  - **Audio languages** **English**

- ❖ **1:30pm Dominoes** **\*Library**
- 3:30pm Bingo** **\*Commons**