

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, October 17, 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 “Roger & Me”** ***Commons**

Michael Moore's controversial but popular film is a highly personal, wryly humorous look at the closing of several General Motors plants in Flint, Michigan.

- Streaming Prime Video
- Length 1hr, 30min, ®
- Year 1989
- Director Michael D. Moore
- Starring Michael D. Moore
- Genres Documentary, Comedy
- Subtitles English [CC]
- Audio English

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

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

Tuesday, October 18, 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: Grand Oaks Book Club**

***Commons**

Newcomers are welcome to join

❖ **1:30pm Scenic Van Ride**

- Deadline to Signup with concierge is
- Weather Permitting
- 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**

***Library**

❖ **3:30pm Balloon Tennis**

***Commons**

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

Wednesday, October 19, 2022

- ❖ **10:00am Coffee and Muffins** ***Bistro**
- ❖ **10:30am Room Visit with Adela**
- ❖ **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 Popcorn & Movie “Mr. Jones”** ***Commons**

1933. An ambitious young journalist, Gareth Jones, travels to Moscow to uncover the truth behind Stalin's Soviet propaganda that pushes their "utopia" to the Western world. When he gets a tip that could expose an international conspiracy, Jones' life and the lives of his informants are at stake. Based on a true story that would later inspire George Orwell's seminal book Animal Farm.

• <u>Streaming</u>	<u>Prime Video</u>
• Year	2019
• Length	1h 58m PG-13+
• Directors	Agnieszka Holland
• Starring	James Norton, Vanessa Kirby, Peter Sarsgaard
• Genres	Suspense, Action, Drama
• Subtitles	English [CC]
• Audio languages	English
- ❖ **3:00pm Afternoon Social & Music** ***Commons**
- ❖ **3:30pm Word Find with Adela** ***Commons**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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

Thursday, October 20, 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
- ❖ **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.
- ❖ **11:15am Room Visit with Adela**
- ❖ **1:00pm DCBOE Ballot Assistance & Pick up** *Bistro
- ❖ **1:30pm Resident Survey Result Presentation** *Commons
Presented by Laurie & Team
- ❖ **2:30pm Sip and paint** *Commons (B)
- Come and paint while you enjoy a glass of wine.*

3:30pm-4:30pm

Happy Hour In the Commons

CLASSICAL GUITARIST

WILLIAM FEASLEY

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

Friday, October 21, 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](#)
- ❖ **1:15pm Indoor/ Outdoor Walking Club**
Meet us in the Library
(Outdoor Walking If Weather Permitting)
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Word Find with Adela** *Library
- ❖ **7:00 pm Popcorn & Movie “Mr. Jones”** *Commons
1933. An ambitious young journalist, Gareth Jones, travels to Moscow to uncover the truth behind Stalin's Soviet propaganda that pushes their "utopia" to the Western world. When he gets a tip that could expose an international conspiracy, Jones' life and the lives of his informants are at stake. Based on a true story that would later inspire George Orwell's seminal book Animal Farm.

- **Streaming** **Prime Video**
- **Year** 2019
- **Length** 1h 58m PG-13+
- **Directors** Agnieszka Holland
- **Starring** James Norton, Vanessa Kirby, Peter Sarsgaard
- **Genres** Suspense, Action, Drama
- **Subtitles** English [CC]
- **Audio languages** English

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

Saturday, October 22, 2022

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

1933. An ambitious young journalist, Gareth Jones, travels to Moscow to uncover the truth behind Stalin's Soviet propaganda that pushes their "utopia" to the Western world. When he gets a tip that could expose an international conspiracy, Jones' life and the lives of his informants are at stake. Based on a true story that would later inspire George Orwell's seminal book Animal Farm.

 - **Streaming** **Prime Video**
 - **Year** 2019
 - **Length** 1h 58m PG-13+
 - **Directors** Agnieszka Holland
 - **Starring** James Norton, Vanessa Kirby, Peter Sarsgaard
 - **Genres** Suspense, Action, Drama
 - **Subtitles** English [CC]
 - **Audio languages** English
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Word Find** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Word Find** ***Library**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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

Sunday, October 23, 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 “Anna Karenina”** ***Commons**

The Mariinsky Ballet performs 'Anna Karenina', a sweeping two-act ballet choreographed by Alexei Ratmansky. The ballet is based on Lev Tolstoy's 1877 novel that tells the tragic story of the married socialite Anna Karenina and her affair with cavalry officer Count Vronsky. This performance was recorded at the Mariinsky Theatre in St. Petersburg, Russia, in March 2014.

- **Streaming** **Amazon Prime**
- **Year** **2017**
- **Length** **2hr & 2min**
- **Starring** **Rodion Shchedrin, Valery Gergiev, Ballet of the Mariinsky Theatre**
- **Genres** **Arts, Entertainment, and Culture**
- **Subtitles** **None Available**
- **Audio** **English**

3:30pm **Resident's Rights Bingo** ***Commons**