

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 24, 2022

❖ **10:00am Sit and Fit with Marco** *Commons(A)

❖ **11:00am Balance and Motion with Michael** *Commons (B)

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:30pm “Blackfish”** *Commons

Killer whales are beloved, majestic, friendly giants, yet infamous for their capacity to kill viciously. Blackfish unravels the complexities of this dichotomy, employing the story of the notorious performing whale Tilikum, who -- unlike any orca in the wild -- has taken the lives of several people while in captivity.

Streaming	Prime Video
• Length	1hr, 23min, ®
• Year	2013, PG-13
• Director	Gabriela Cowperthwaite
• Starring	Kim Ashdown, Ken Balcomb, Samantha Berg
• Genres	Documentary
• Subtitles	English [CC]
• Audio	English

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

❖ **3:30pm Bingo** *Commons (B)

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Tuesday, October 25, 2022

- ❖ **10:00am Sit and Fit with Adela** ***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 “Georgetown Pike”**
 - Deadline to Sign up with concierge is 12pm on Tuesday
 - 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**

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Wednesday, October 26, 2022

- ❖ **10:00am** one on one exercise with Adela *In your room
- ❖ **10:30am** Seated Exercise with Marco *Commons (A)
- ❖ **11:15am** Seated Exercise with Marco *Commons (B)
- ❖ **1:30 pm** Popcorn & Movie “**West Side Story**” *Commons
From producer and director Steven Spielberg, with a script by screenwriter and playwright Tony Kushner, comes WEST SIDE STORY. An adaptation of the 1957 musical, the film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.
 - **Streaming** **Prime Video**
 - **Year** 2021
 - **Length** 2h 36m PG-18+
 - **Directors** Steven Spielberg, Jerome Robbins
 - **Starring** Ansel Elgort, Ariana DeBose, David Alvarez
 - **Genres** Arts, Entertainment, and Culture
 - **Subtitles** English [CC]
 - **Audio languages** English
- ❖ **2:00pm** Spanish Class with Marco
4th floor Country Kitchen Northside
- ❖ **3:00pm** Afternoon Social & Music *Commons
- ❖ **3:30pm** Word Find with Adela *Library

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Thursday, October 27, 2022

- ❖ **10:00am** one on one exercise with Adela *In your room
- ❖ **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.
- ❖ **1:30pm** Old Wives Tales - True or False? *Library
- ❖ **1:30pm** Sip and paint Halloween Mask Design *Commons(A)
Design your Halloween Mask while you enjoy a glass of wine.
- ❖ **2:00pm** Health Talk with Legacy *Commons A
Anxiety and Stress
Eric Smith, SPL
- ❖ **3:00pm** Afternoon Social *Library
- ❖ **3:30pm** Bingo *Commons(B)

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Friday, October 28, 2022

❖ **10:00am Seated Exercise W/Legacy Commons(A)**

❖ **11:00am Resident Forum *Commons**

All Resident's are invited to attend Resident Forum

WE WANT TO HEAR FROM YOU

❖ **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 “West Side Story” *Commons**
From producer and director Steven Spielberg, with a script by screenwriter and playwright Tony Kushner, comes WEST SIDE STORY. An adaptation of the 1957 musical, the film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

- **Streaming Prime Video**
- **Year** 2021
- **Length** 2h 36m PG-18+
- **Directors** Steven Spielberg, Jerome Robbins
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Saturday, October 29, 2022

- ❖ **10:00am Morning Trivia with Adela** ***Library**
- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
 - ADELA
- ❖ **1:30 pm Popcorn & Movie “West Side Story”** ***Commons**

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• <u>Streaming</u>	<u>Prime Video</u>
• Year	2021
• Length	2h 36m PG-18+
• Directors	Steven Spielberg, Jerome Robbins
• Starring	Ansel Elgort, Ariana DeBose, David Alvarez
• Genres	Arts, Entertainment, and Culture
• Subtitles	English [CC]
• Audio languages	English
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Word Find** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo** ***Library**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Sunday, October 30, 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
○ 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 “Verdi - Requiem”** ***Commons**
The Italian maestro Claudio Abbado conducted the Berliner Philharmoniker and four first-class soloists (Angela Gheorghiu, Daniela Barcellona, Roberto Alagna and Julian Konstantinov) in Verdi's 'Requiem', one of the most impressive pieces ever. Music for Worship.

- **Streaming Amazon Prime**
- **Year 2001**
- **Length 1hr & 28min**
- **Starring Daniela Barcellona, Julian Konstantinov, Roberto Alagna**
- **Genres Music Videos and Concerts**
- **Subtitles None Available**
- **Audio English**

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