

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 3, 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 “My Octopus Teacher”** ***Commons**

A filmmaker begins diving in a kelp forest off the coast of South Africa, and meets a female octopus who casts a spell on him.

- Streaming Netflix
- Length 1hr, 25min
- Year 2020
- Director Pippa Ehrlich, James Reed
- Awards: Academy Award for Best Documentary (Feature), MORE
- Genres Documentary, Special Interest
- Subtitles English [CC]
- Audio English

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

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Tuesday, October 4, 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**

- 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 Finish The Phrase Bingo**

***Commons**

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Wednesday, October 5, 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 “The Eyes of Tammy Faye”**

***Commons (A)**

THE EYES OF TAMMY FAYE is an intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker (Jessica Chastain). In the 1970s and '80s, Tammy Faye and Jim Bakker (Andrew Garfield) built a burgeoning religious broadcasting network and theme park.

- | | |
|--------------------------|---|
| • Streaming | Prime Video |
| • Year | 2021 |
| • Length | 2h 6m PG-13 |
| • Directors | Michael Showalter |
| • Starring | Jessica Chastain, Andrew Garfield, Cherry Jones |
| • Genres | Drama, Romance |
| • 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, October 6, 2022

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

- ❖ **10:15pm Room Visit with Adela**

- ❖ **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 Bridge Club** ***Bistro**

- ❖ **2:00pm Fall Decoration Common Area**

Meet in the Library

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

Come and paint while you enjoy a glass of wine.

- ❖ **3:30pm Word Find** ***Library**

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Friday, October 7, 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 “The Eyes of Tammy Faye”** *Commons (A)
THE EYES OF TAMMY FAYE is an intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker (Jessica Chastain). In the 1970s and '80s, Tammy Faye and Jim Bakker (Andrew Garfield) built a burgeoning religious broadcasting network and theme park.

- **Streaming** Prime Video
- **Year** 2021
- **Length** 2h 6m PG-13
- **Directors** Michael Showalter
- **Starring** Jessica Chastain, Andrew Garfield, Cherry Jones
- **Genres** Drama, Romance
- **Subtitles** English [CC]
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Saturday, October 8, 2022

❖ **10:00am Coffee and Muffins**

***Library**

❖ **11:00am Seated Exercise Class**

***Commons (A)**

○ ADELA

❖ **1:30 pm “The Eyes of Tammy Faye”**

***Commons (A)**

THE EYES OF TAMMY FAYE is an intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker (Jessica Chastain). In the 1970s and '80s, Tammy Faye and Jim Bakker (Andrew Garfield) built a burgeoning religious broadcasting network and theme park.

- | | |
|--------------------------|---|
| • Streaming | Prime Video |
| • Year | 2021 |
| • Length | 2h 6m PG-13 |
| • Directors | Michael Showalter |
| • Starring | Jessica Chastain, Andrew Garfield, Cherry Jones |
| • Genres | Drama, Romance |
| • 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, October 9, 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 “Giselle - Laëticia Pujol, Nicolas Le Riche”** *Commons
Giselle, the Romantic ballet par excellence! Relive the story of a young country girl's innocent love for the Duke Albrecht. When she learns that he is already engaged to marry a princess, Giselle suffers violent hallucinations and then dies. In vengeance, the Queen of the Wilis-the ghosts of young girls who die before their time-condemns Albrecht to dance until he dies of exhaustion.

- **Streaming** Amazon Prime – (ch. Broadway HD)
- **Year** 2002
- **Length** 1hr & 50min
- **Directors** François Roussillon
- **Starring** Laëtitia Pujol, Nicolas Le Riche, Marie-Agnès Gillot
- **Genres** Arts, Entertainment, and Culture
- **Subtitles** English
- **Audio** English

3:30pm Famous Paintings Bingo *Commons