

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 31, 2022

- ❖ 10:00am Trivia with Marco *Library
- ❖ 11:00am Balance and Motion with Michael *Commons (B)

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

- ❖ 1:30pm Art Presentation *Commons

By James Dean

Founding Director, NASA Art Program.

Please see flyer for more detail.

3:30pm In The Commons

HALLOWEEN
PARTY

Abracadabra Alex Magic Shows

Come Dressed in your Halloween Costume!

Stop by the Activities office if you need a costume.



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Tuesday, November 1, 2022

- ❖ **10:00am Trivia with Adela** ***Library**

- ❖ **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)**
 - Deadline to Sign up with concierge is – **(9:00 am on Tuesday)**
 - Residents will have 1 hour to shop.
 - Bus Drop off & Pick UP location- **Safeway Grocery Store**
 - Please Be On time for pick up time.
 - 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

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

- ❖ **3:30pm Balloon Tennis** ***Commons**

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Wednesday, November 2, 2022

- ❖ **10:00am Trivia** ***Library**
- ❖ **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 “12 Mighty Orphans”** ***Commons**
- During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas; whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.
- **Streaming** **Prime Video**
 - **Year** 2021
 - **Length** 1h 57m PG-13
 - **Directors** Ty Roberts
 - **Starring** Luke Wilson, Vinessa Shaw, Wayne Knight
 - **Genres** Drama, EPG, Historical, Sports
 - **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**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

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Thursday, November 3, 2022

- ❖ **10:00am Trivia** ***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.
- ❖ **1:30pm Dominoes** ***Library**
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Sip and paint** ***Commons(A)**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo** ***Commons(B)**

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Friday, November 4, 2022

- ❖ **10:00am Trivia with Adela *Library**
- ❖ **11:00am Seated Exercise w/Legacy *Commons**
- ❖ **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 “12 Mighty Orphans” *Commons**
During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas; whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.
 - **Streaming Prime Video**
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Saturday, October 29, 2022

- ❖ **10:00am Trivia with Adela** ***Library**
- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
 - ADELA
- ❖ **1:30 pm Popcorn & Movie “12 Mighty Orphans”** ***Commons**

During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas; whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.

 - **Streaming Prime Video**
 - **Year** 2021
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 - **Starring** Luke Wilson, Vinessa Shaw, Wayne Knight
 - **Genres** Drama, EPG, Historical, Sports
 - **Subtitles** English [CC]
 - **Audio languages** English
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Crosswords** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Word Find** ***Library**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Sunday, November 6, 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 Europakonzert 2013 from Prague** *Commons

Every year during the month of May, the Berliner Philharmoniker celebrates the birthday of its own creation in 1882 with a gala concert, the Europakonzert.

- **Streaming** Amazon Prime - STARZ
- **Year** 2001
- **Length** 1hr & 28min
- **Directors** Henning Kasten
- **Starring** Magdalena Kožená, Sir Simon Rattle, Berliner Philharmoniker
- **Genres** Music Videos and Concerts
- **Subtitles** English
- **Audio** English

3:30pm **Bingo** *Commons