

*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, November 14, 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 of the Western World”** \*Commons

Romanesque art and architecture were shaped by two powerful forces: pilgrimage and the monastic movement. Later, Gothic cathedrals were filled with divine light. Featured: Basilique Sainte-Marie-Madeleine in Vezelay, sculpture of Gislebertus.

1 season and 9 Episodes: One Episode a week.

Episode 2.

### **A White Garment of Churches: Romanesque and Gothic Art**

- Streaming Prime Video
- Length 1hr
- Year 1989
- Director Michael Wood
- Starring Michael D. Moore
- Genres Documentary, Special Interest
- Subtitles English [CC]
- Audio English

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

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## **Tuesday, November 15, 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 16, 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 “Ticket to Paradise”** \*Commons  
George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.
- **Streaming** **Prime Video**
  - **Year** 2022
  - **Length** 1h 43m
  - **Directors** Ol Parker
  - **Starring** George Clooney, Julia Roberts, Kaitlyn Dever
  - **Genres** Comedy, Romance
  - **Subtitles** English [CC]
  - **Audio** English
- ❖ **2:00pm Spanish Class with Marco**  
**4<sup>th</sup> floor Country Kitchen Northside**  
**Armchair Travel – Argentina**
- ❖ **3:00pm Afternoon Social & Music** \*Commons
- ❖ **3:30pm Word Find with Adela** \*Library
- ❖ **4:30pm COCKTAIL HOUR** \*Bistro

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## **Thursday, November 17, 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 18, 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 “Ticket to Paradise” \*Commons  
George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

- Streaming Prime Video
- **Year** 2022
- **Length** 1h 43m
- **Directors** Ol Parker
- **Starring** George Clooney, Julia Roberts, Kaitlyn Dever
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## **Saturday, November 19, 2022**

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

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

  - **Streaming** **Prime Video**
  - **Year** 2022
  - **Length** 1h 43m
  - **Directors** Ol Parker
  - **Starring** George Clooney, Julia Roberts, Kaitlyn Dever
  - **Genres** Comedy, Romance
  - **Subtitles** English [CC]
  - **Audio** 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 20, 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  
**- Opéra National de Paris**

Giselle, the Romantic ballet par excellence! Relive the story of a young country girl's innocent love for the Duke Albrecht.

- **Streaming** **Amazon Prime**
- **Year** **2017**
- **Length** **1hr & 38min**
- **Directors** **Martin Pearlman, Kathy Wittman and Ball Square Films**
- **Starring** **Amanda Forsythe, Ann McMahan Quintero,**
- **Genres** **Music Videos and Concerts**
- **Subtitles** **English**
- **Audio** **English**

**3:30pm** **Bingo** \*Commons