

*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 21, 2022**

- **10:00am Trivia** \*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 3.

#### **The Early Renaissance**

- 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 22, 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 in the Library
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Balloon Tennis** **\*Commons**

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## **Wednesday, November 23, 2022**

- ❖ **10:00am Trivia** **\*Library**
  
- ❖ **11:00am Seated Exercise** **\*Commons (B)**  
With ADELA
  
- ❖ **1:30 pm Popcorn & Movie “Father Of The Bride”** **\*Commons**  
The story of a father coming to grips with his daughter’s upcoming wedding through the prism of multiple relationships within a big, sprawling Cuban-American family.
  - **Streaming      Prime Video**
  - **Year**      2022
  - **Length**      1h 57m
  - **Directors**      Gary Alazraki
  - **Starring**      Andy Garcia, Gloria Estefan, Adria Arjona
  - **Genres**      Comedy, Drama, Romance
  - **Subtitles**      English [CC]
  - **Audio**      English
  
- ❖ **3:00pm Afternoon Social & Music** **\*Commons**
  
- ❖ **3:30pm Word Find with Adela** **\*Library**
  
- ❖ **4:30pm COCKTAIL HOUR** **\*Bistro**

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**Thursday, November 24, 2022**



❖ **10:00am Macy's Thanksgiving Day Parade** \*Commons  
**9 a.m. to 12 p.m. in all time zones on NBC**

❖ **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.

**11:30am – 1:30pm**

**Thanksgiving Brunch**

**In the Dining Room (Residents Only)**

**Family Reservation: Food will be delivered to residents' apartments at the time specified on the reservation.**

❖ **1:30pm Dominoes** \*Library

❖ **1:30pm Bridge Club** \*Bistro

❖ **2:00pm Movie** \*Commons(A)  
**MIRACLE ON 34TH STREET (1947)**



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## **Saturday, November 26, 2022**

- ❖ **10:00am Trivia with Adela** **\*Library**
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
  - ADELA
- ❖ **1:00pm Puccini, Giacomo - La Bohème** **\*Commons**
  - Luciano Pavarotti and Mirella Freni's incomparable partnership as Rodolfo and Mimi, the tragic lovers in Puccini's much-loved bittersweet opera, is captured for posterity in this live recording from the San Francisco Opera.
  - **Streaming Amazon Prime**
  - **Year 1988**
  - **Length 1hr & 55min**
  - **Directors Francesca Zambello**
  - **Starring Mirella Freni, Luciano Pavarotti, Nicolai Ghiaurov**
  - **Genres Drama, Romance, Music Videos and Concerts**
  - **Subtitles English**
  - **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 27, 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 Sunday Football and Pizza** \*Commons



**vs**



**Washington Commanders**

**Atlanta Falcons**

❖ **2:00pm Dominoes** \*Bistro

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

❖ **3:30pm Bingo** \*Commons