

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, November 7, 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

The Greeks created a classical ideal against which all subsequent art would be measured; Rome's genius lay in architecture and civil engineering. Featured: the Parthenon, the Altar of Zeus at Pergamon, the Pantheon, the sarcophagus of Juius Bassus.

1 season and 9 Episodes: One Episode a week.

- 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)

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

Tuesday, November 8, 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 Scenic Van Ride DC Monuments**
 - Deadline to Sign up with concierge is Tuesday 12:00pm.
 - 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**

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

Wednesday, November 9, 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 “Shakespeare in Love”** ***Commons**
- When Shakespeare (Joseph Fiennes) needs inspiration to break a bad case of writer's block, a secret romance with the beautiful Lady Viola (Gwyneth Paltrow) starts the words flowing like never before. Winner of 7 Academy Awards(R), including Best Picture.
- **Streaming** **Prime Video**
 - **Year** 1999
 - **Length** 2h 3m ®
 - **Directors** John Madden
 - **Starring** Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush
 - **Genres** Comedy, Drama, EPG, Historical, Romance
 - **Subtitles** English [CC]
 - **Audio** 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**

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

Thursday, November 10, 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)**

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

Friday, November 11, 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

3:00pm – 4:30pm *Commons

Veterans Day Pinning Ceremony & Veterans Slide show
With Live music

Name that Solider Photo Board

- ❖ **7:00 pm** Popcorn & Movie “**Shakespeare in Love**” *Commons
When Shakespeare (Joseph Fiennes) needs inspiration to break a bad case of writer's block, a secret romance with the beautiful Lady Viola (Gwyneth Paltrow) starts the words flowing like never before. Winner of 7 Academy Awards(R), including Best Picture.

Streaming Prime Video

- **Year** 1999
- **Length** 2h 3m ®
- **Directors** John Madden
- **Starring** Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush
- **Genres** Comedy, Drama, EPG, Historical, Romance
- **Subtitles** English [CC]
- **Audio** English

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

Saturday, November 12, 2022

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

When Shakespeare (Joseph Fiennes) needs inspiration to break a bad case of writer's block, a secret romance with the beautiful Lady Viola (Gwyneth Paltrow) starts the words flowing like never before. Winner of 7 Academy Awards(R), including Best Picture.

 - **Streaming** **Prime Video**
 - **Year** 1999
 - **Length** 2h 3m ®
 - **Directors** John Madden
 - **Starring** Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush
 - **Genres** Comedy, Drama, EPG, Historical, 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

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

Sunday, November 13, 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 Mozart's Requiem and Symphony No. 40** *Commons
Conducted by Music Director Martin Pearlman, Boston Baroque's renowned orchestra and chorus perform three masterpieces by Wolfgang Amadeus Mozart: Symphony No. 40 in G minor,

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

3:30pm **Bingo** *Commons