

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

Word Ladder of the Week # 2

Golf - Ball

Instructions: In Word Ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step! *Answers will be reveled during social at 3:00pm on Wednesday, Feb. 1 at 3:00pm in the Library.*

Answers	Hint
GOLF	A game played with clubs
_____	Olympian's prize
_____	Wait on the phone
_____	Golf target
_____	Strong and healthy
_____	Light in color
_____	A story that may be recounted
_____	Opposite of short
_____	Telephone someone
BALL	Bouncing toy

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Monday, January 30, 2023

- ❖ **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 “Five Came Back”** *Commons

Five acclaimed contemporary directors tell the story of five legendary Hollywood filmmakers who enlisted in the armed forces to document World War II.

1 Season and 3 episodes

Episode 1: The Mission Begins.

As world war II begins, five of Hollywood’s top directors leave success and homes behind to join the armed forces and make films for the war effort.

- Streaming Netflix, [TV-MA] 1hr
- Year 2017
- Director Laurent Bouzereau
- Narrated by Meryl Streep
- Genres Documentary, Military, Historical
- Subtitles English [CC]
- Audio English

- ❖ **2:00pm Riddles with Marco** *Library
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Bingo** *Commons (B)

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Tuesday, January 31, 2023

- ❖ **10:00am The Great American Trivia Quiz** *Library
 - With Adela

- ❖ **11:00am Tai Chi** *Commons (A)
With Edward- Tai Chi Instructor

- ❖ **1:30pm Crosswords** *Library
 - Adela

- ❖ **1:30pm Scenic Van ride “Navy Yard Neighborhood”**
 - Weather Permitting (makeup for last week’s cancelation.)
 - Sign up with Concierge
 - 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 Walking**
 - Meet in the Library

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

- ❖ **3:30pm Word Find with Adela** *Library

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Wednesday, February 1, 2023

Today is National Dark Chocolate Day!

- ❖ **10:00am The Great American Trivia Quiz** *Library
○ With Adela
- ❖ **11:00am` Seated Exercise with Owen** *Commons
- ❖ **1:30 pm “Butch Cassidy and the Sundance Kid”** *Commons
Paul Newman and Robert Redford are wisecracking outlaws on the run in this classic Western, a breezy blend of action, comedy and romance.
 - **Streaming HBOMax- 1hr, 50 min – [PG]**
 - **Year** 2014
 - **Directors** George Roy Hill
 - **Starring** Paul Newman, Robert Redford, Katharine Ross
 - **Genres** Western, Drama
 - **Subtitles** English [CC]
- ❖ **2:00pm Indoor Walking**
 - Marco Meet in the Library
- ❖ **2:00pm Spanish Class with Marco**
4th floor Country Kitchen Northside
- ❖ **3:00pm Afternoon Social & Word Ladder Answers** *Library
- ❖ **3:30pm Word Find with Adela** *Commons (B)
- ❖ **3:30pm Baking with Marco-Making Dark Chocolate Lava Cake**
the 3rd floor country kitchen/Southside (Across the 3 elevators)
- ❖ **4:30pm COCKTAIL HOUR** *Bistro
Featuring themed cocktail & wine & beer

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Thursday, February 2, 2023

Today is Groundhog Day!

❖ **10:00am Trivia Quiz**

○ With Adela

***Library)**

❖ **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.

❖ **11:00am Tech Support with Jordan & Marco**

○ 11:30am – 4:00pm In residents’ room.

○ Sign up with Concierge

○ specify your preferred support time-30 minutes per resident

❖ **1:30pm Bridge Club**

***Bistro**

❖ **2:00pm Crosswords with Adela**

***Library**

● Adela

❖ **3:00pm Afternoon Social**

***Commons (B)**

❖ **3:30pm Balloon Tennis**

***Library**

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Friday, February 3, 2023

- ❖ **10:00am The Great American Trivia Quiz** *Library
 - With Adela

- ❖ **11:00am Exercise with Legacy Rehab** *Commons (B)

- ❖ **1:00pm Catholic Mass & Holy Communion**
Rev. Father (Andy) Gonzalo-
Our Lady of Victory Catholic Church

- ❖ **2:00pm Dominoes** *Bistro
 - With Adela

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

- ❖ **3:30pm Word Find** *Library

- ❖ **7:00 pm “Butch Cassidy and the Sundance Kid”** *Commons
Paul Newman and Robert Redford are wisecracking outlaws on the run in this classic Western, a breezy blend of action, comedy and romance.
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Saturday, February 4, 2023

- ❖ **10:00am Trivia with Adela** ***Library**
- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
 - ADELA
- ❖ **1:30pm “Butch Cassidy and the Sundance Kid”** ***Commons**

Paul Newman and Robert Redford are wisecracking outlaws on the run in this classic Western, a breezy blend of action, comedy and romance.

 - **Streaming HBOMax- 1hr, 50 min – [PG]**
 - **Year** 2014
 - **Directors** George Roy Hill
 - **Starring** Paul Newman, Robert Redford, Katharine Ross
 - **Genres** Western, Drama
 - **Subtitles** English [CC]
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Crosswords** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo** ***Commons (B)**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Sunday, February 5, 2023

- ❖ **10:00am Small Group Exercise Class** *Library
 - With Marco

- ❖ **10:30am Sit and Fit Exercise Class** *Commons (A)
 - With Marco

- ❖ **11:00am Worship “National Presbyterian Church”** *Commons (A)
 - Live Stream

- ❖ **1:30pm Afternoon Opera “Verdi - La Traviata”** *Commons (A)
 - Van Cliburn in Moscow, Vol. 3, Rachmaninoff, Concertos 2 & 3**
 - Van Cliburn in Moscow, Vol. 3, Rachmaninoff, Piano Concerto No. 2 in C minor, Op. 18, and Piano Concerto No. 3 in D minor, Op. 30. Moscow Philharmonic Orchestra: Kirill Kondrashin. Encores are Rachmaninoff, Prelude in E-flat, Op. 23, No. 6; Schumann-Liszt, Widmung; and Solovyov-Sedoy / Matusovsky, Moscow Nights (arr. Van Cliburn).
 - Streaming: Amazon Prime – 1hr, 35min - 1972
 - Starring Van Cliburn, Kirill Kondrashin, Moscow Philharmonic Orchestra
 - Genres Music Videos and Concerts, Arts, Entertainment, & Culture
 - Subtitles English

- ❖ **2:00pm Dominoes** *Bistro

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

- ❖ **3:30pm Bingo** *Commons (B)