

*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**

*Answers will be reveled during social at 3:00pm on Wednesday, March 22 at 3:00pm in the Library.*

The graphic features the word "SPRING" in large, colorful, stylized letters. The 'S' is green and yellow, 'P' is blue, 'R' is purple, 'R' is purple with a ladybug on top, 'I' is a pink flower, 'N' is red, and 'G' is yellow. Below "SPRING" is the text "Word Scramble" in a yellow, rounded font.

# SPRING

## Word Scramble

FEBYTRTUL\_\_\_\_\_

SMMOROUH\_\_\_\_\_

SGOSAHEL\_\_\_\_\_

KSRIELC\_\_\_\_\_

ALBLMEUR\_\_\_\_\_

NARI TOBOS\_\_\_\_\_

GFOR\_\_\_\_\_

SDIYA\_\_\_\_\_

MTOWENREAL\_\_\_\_\_

CNIIPC\_\_\_\_\_

FLIDDAFO\_\_\_\_\_

SCCURO\_\_\_\_\_

THA\_\_\_\_\_

USN SVROI\_\_\_\_\_

SBOLSMO\_\_\_\_\_

DPDSLUE\_\_\_\_\_

BWAORAIN\_\_\_\_\_

NSEIHSU\_\_\_\_\_

BNIRO\_\_\_\_\_

GDRNAE\_\_\_\_\_

LTEDAOP\_\_\_\_\_

MORW\_\_\_\_\_

DIWNY\_\_\_\_\_

TCORAANI\_\_\_\_\_

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**Monday, March 20, 2023**



**Hello Spring**

❖ **11:00am Balance and Motion with Michael \*Commons (B)**

**“Michael Rosengart”**

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:30pm “He Named Me Malala” \*Commons**

**Malala Yousafzai is a Pakistani activist who famously spoke out on girls’ education. He Named Me Malala looks at the events leading up to her attack from the Taliban and the aftermath that followed. This heartfelt documentary is inspiring and very touching.**

- Streaming Prime Video [PG-13 1hr, 28min
- Year 2015
- Director Davis Guggenheim
- Starring Malala Yousafzai, Mobin Khan
- Genres Documentary
- Subtitles English
- Audio English

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

❖ **3:30pm Bingo \*Commons (B)**

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## **Tuesday, March 21, 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 “Cheery Bloss” (Tidal Basin)**
  - 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.
  
- ❖ **3:00pm Afternoon Social** \*Library
  
- ❖ **3:30pm Word Find with Adela** \*Library

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**Wednesday, March 22, 2023**

- ❖ **10:00am Trivia with Adela** \*Commons
- ❖ **11:00am` Seated Exercise with Owen** \*Commons
- ❖ **1:30 pm “80 For Brady”** \*Commons  
Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.
  - **Streaming Prime Video- 1hr, 39min**
  - **Year 2023**
  - **Directors Kyle Marvin**
  - **Starring Lily Tomlin, Jane Fonda, Rita Moreno**
  - **Genres Comedy, Drama, Sports, Romance**
  - **Subtitles English [CC]**
  - **Audio English**
- ❖ **2:00pm Indoor Walking**
  - Adela Meet in the Library
- ❖ **2:00pm Spanish Class with Marco**  
**4<sup>th</sup> floor Country Kitchen Northside**
- ❖ **3:00pm Afternoon Social & Who am I Answer** \*Library
- ❖ **3:30pm Word Find with Adela** \*Commons (B)
- ❖ **4:30pm COCKTAIL HOUR** \*Bistro  
*Featuring themed Cocktail & Wine & Beer*

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## **Thursday, March 23, 2023**

❖ **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**

## **3:00pm - In the Commons**



**We can 't wait to see (and taste!) what you've got!**

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## **Friday, March 24, 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** \*Chapel  
**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 “80 For Brady”** \*Commons  
Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.
  - **Streaming Prime Video- 1hr, 39min**
  - **Year 2023**
  - **Directors Kyle Marvin**
  - **Starring Lily Tomlin, Jane Fonda, Rita Moreno**
  - **Genres Comedy, Drama, Sports, Romance**
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## **Saturday, February March 25, 2023**

- ❖ **10:00am Trivia with Adela** **\*Library**
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
  - ADELA
- ❖ **1:30 pm “80 For Brady”** **\*Commons**

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

  - Streaming Prime Video- 1hr, 39min
  - **Year** 2023
  - **Directors** Kyle Marvin
  - **Starring** Lily Tomlin, Jane Fonda, Rita Moreno
  - **Genres** Comedy, Drama, Sports, Romance
  - **Subtitles** English [CC]
  - **Audio** English
- ❖
- ❖ **1:30pm Bridge Club** **\*Bistro**
- ❖ **2:00pm Crosswords** **\*Library**
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **3:30pm Bingo** **\*Commons (B)**
- ❖ **4:30pm COCKTAIL HOUR** **\*Bistro**

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## **Sunday, March 26, 2023**

- ❖ **10:00am Small Group Exercise Class** \*Library
- ❖ **11:00am Worship “National Presbyterian Church”** \*Commons (A)
  - Live Stream

11:30 am – 1:30pm

### **Sunday Brunch in the Dining Room**

**Join us every Sunday to start the week off right!**

- ❖ **1:30pm “Le Corsaire”** \*Commons (A)

Travel to a faraway land for the adventures of Conrad, and his girlfriend Medora. Will they outfox evil schemers and find happiness on the high seas?

  - Streaming: Amazon Prime – 1hr, 40min - 2016
  - Directors Anna-Marie Holmes, Gavin Sutherland
  - Starring English National Ballet
  - Genres Arts, Entertainment, & Culture
  - Subtitles English
- ❖ **2:00pm Dominoes** \*Bistro
- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30pm Bingo** \*Commons (B)