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** 

<u>Monday, July 24, 2023</u>

**\***10:00am The Great American Trivia Quiz \*Library

#### **\***11:00am **Balance and Motion** \*Commons "Michael Rosengart"

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

#### **The Impressionists \***1:30pm **Season 1 Episode 2 - The Great Outdoors**

Waldemar Januszczak continues his investigation of the Impressionists by taking us outdoors to their most famous locations. Although Impressionist pictures often look sunny and relaxed, achieving this peaceful air was hard work. Waldemar injects a humorous side to their stories, as only he can.

<b>Streaming</b>	Prime Video 59 min
• Year	2011
• Director	Waldemar Januszczak
• Genres	Documentary
• Subtitles	English [CC]
• Audio	English

#### **\*** 3:00pm Afternoon Social

♦ 3:30pm Bingo

#### \*Library

\*Commons (B)

#### \*Commons

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### Tuesday, July 25, 2023

#### **\***10:00am The Great American Trivia Quiz

\*Library

\*Commons

#### \*11:00am Tai Chi

## "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.
- 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 Dominos

#### **\*** 3:00pm Afternoon Social

\*Library

♦ 3:30pm Word find

\*Commons (B)

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#### Wednesday, July 26, 2023

### \*10:00am Trivia Tournament

### \*11:00am` Seated Exercise with Owen

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.

#### \* 1:30pm "Muriel's Wedding"

Muriel spends each day dreaming of her wedding day. Slight problem: Muriel has never had a date. Finding the courage to leave on a tropical vacation, she meets a new friend and turns her world upside down to make her wedding dreams a reality.

#### Streaming Prime Video - 1 h 46 min

Ducumng		
• Year	1995	
• Directors	P.J. Hogan	
• Starring	Toni Collette, Bill Hunter, R	achel Griffiths
• Genres	Drama, Comedy.	
• Audio	English	
<b>*</b> 2:00pm	<b>Spanish Class with Marco</b>	
•	4th floor Country Kitchen	
<b>* 3:00pm</b>	<b>Afternoon Social</b>	*Library
<b>*</b> 3:30pm	Crosswords	*Commons
<b>*</b> 4:30pm	COCKTAIL HOUR	*Bistro
	<u>6:45pm – 8:00p</u>	<u>m</u>
• 0 10		

**\***Grand Oaks Discussion Group

\*Bistro

#### \*Commons

\*Commons

\* Commons

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Thursday, July 27, 2023

### \*10:00am Trivia Quiz

## \*11:00am Tech Support with Jordan & Marco

11:30am – 4:00pm In residents' room.Sign up with ConciergeSpecify your preferred support time-30 minutes per resident

Bridge Club

### \*11:00am Tai Chi

**\*1:30pm** 

#### "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.

*2:00pm	Health Talk with Legacy	* Commons
<b>*</b> 3:00pm	" <u>Heart Health Esse</u> Afternoon Social	<u>"#HAIS"</u> *Library
<b>*</b> 3:30m	<b>Balloon Tennis</b>	* Commons

\*Library

\*Commons

\*Bistro

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Jordan Asrat ~ Director of Activities ~ 202- 660-7	7881 ~ Email- <u>yasrat1@jhmi.edu</u>
(Please ask your Care Manager if you need a masl	x) Commons (A) = Movie Side &
<b>Commons (B) = Piano</b>	Side
Friday, July 28,	2023
* 10.00am Trivia Ouiz	*Lihrary

• 10.00am		Library
* 11:00am	Seated Exercise Class	*Commons(A)
<b>* 1:00</b> pm	Catholic Mass & Holy Communion Rev. Father (Andy) Gonzalo Our Lady of Victory Catholic Cha	*Chapel urch
* 2:00opm	Word find	*Library
* 3:00pm	Afternoon Social	*Library
* 3:30pm	Bingo	*Commons

### \* 7:00pm "Muriel's Wedding"

Muriel spends each day dreaming of her wedding day. Slight problem: Muriel has never had a date. Finding the courage to leave on a tropical vacation, she meets a new friend and turns her world upside down to make her wedding dreams a reality.

\*Commons

<b>Streaming</b>	Prime Video - 1 h 46 min
• Year	1995
• Directors	P.J. Hogan
• Starring	Toni Collette, Bill Hunter, Rachel Griffiths
• Genres	Drama, Comedy.
• Audio	English

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### <u>Saturday, July 29, 2023</u>

### \* 10:00am Trivia Quiz

### \*11:00am Seated Exercise Class

#### \* 1:30pm "Muriel's Wedding"

Muriel spends each day dreaming of her wedding day. Slight problem: Muriel has never had a date. Finding the courage to leave on a tropical vacation, she meets a new friend and turns her world upside down to make her wedding dreams a reality.

#### Streaming Prime Video - 1 h 46 min 1995 • Year • Directors P.J. Hogan • Starring Toni Collette, Bill Hunter, Rachel Griffiths • Genres Drama, Comedy. • Audio English \*\* **Bridge Club \***1:30pm \*Bistro Crosswords \*2:00p \*Library **Afternoon Social \*** 3:00pm \*Library **Dominos** \* 3:30pm \*Commons (B) **COCKTAIL HOUR \*** 4:30pm \*Bistro

Featuring themed Cocktail & Wine & Beer

#### \*Commons

#### \*Library

\*Commons (A)

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### Sunday, July 30, 2023

\*10:00am Seated Exercise Class

\*Commons (A)

\*Commons (A)

\*11:00am Presbyterian Worship Service

# <u>11:30 am ~ 1:30pm</u> BRUNCH INTHE DINING ROOM

### **\***1:30 pm **Prokofiev: Romeo & Juliet \***Commons (A)

This classic choreography of Romeo and Juliet by Kenneth MacMillan, set to the immortal notes of Prokofiev, is legendary in La Scala's repertoire. In this ballet the choreographer MacMillan deals with the matter paying great attention to human relations, lyricism and psychological tension, without neglecting moments of humour, through the dynamics and the emotions of ballet d'action.

#### <u>Streaming: Amazon Prime – 2 h 21 min</u>

Director	Kenneth MacMillan
Starring	Roberto Bolle, Misty Copeland, Antonino Sutera
Genres	Arts, Entertainment, and Culture
Subtitles	English [CC]
Audio	English

- **\*** 3:00pmAfternoon Social\*Library
- ✤ 3:30pm Bingo

\*Commons (B)