

*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, August 7, 2023**

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

❖ **11:00am Balance and Motion \*Commons**

### **“Michael Rosengart”**

*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*

❖ **1:00pm Jane Fonda In Five Acts \*Commons**

A deeper look at the life, work, activism and controversies of actress and fitness tycoon Jane Fonda. She is an Oscar-winning actress who has lived a life marked by controversy, tragedy, and transformation, and she has done it all in the public eye.

#### **Streaming      MAX 2hrs, 14min, TV-14**

- Year                              2018
- Director                         Susan Lacy
- Starring                         Robert Redford, Lily Tomlin, Paula Weinstein, Tom Hayden, Ted Turner
- Genres                             Documentary, Biography
- Subtitles                         English
- Audio                              English

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

❖ **3:30pm Bingo \*Commons (B)**

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## **Tuesday, August 8, 2023**

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

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

- Sign up with Concierge - 11:30am – 4:00pm In residents' room.

❖ **11:00am Tai Chi \*Commons**

### **“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 Grand Oaks Book Club Meeting \*Commons**

**NEW COMERS ARE WELCOME TO ATTEND.**

❖ **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**
- 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 starts loading
- **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.

❖ **2:00pm Dominos \*Bistro**

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

❖ **3:30pm Word find With Adela \*Commons (B)**

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## **Wednesday, August 9, 2023**

- ❖ **10:00am The Great American Trivia Quiz** \*Commons
- ❖ **11:00am` Seated Exercise with Owen** \* Commons  
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 “A Man Called Otto”** \*Commons  
When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.  
**Streaming Prime Video - 2hr, 6min, 16+**
  - Year 2023
  - Directors Marc Forster
  - Starring Tom Hanks, Mariana Treviño, Rachel Keller
  - Genres Comedy, Drama
  - Audio English
  - Subtitles English
- ❖ **2:00pm 2:00pm Spanish Class with Marco**  
4<sup>th</sup> floor Country Kitchen Northside
- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30pm Word Find** \*Library
- ❖ **4:30pm COCKTAIL HOUR** \*Bistro

**6:45pm – 8:00pm**

**Grand Oaks Discussion Group-In the Bistro**

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## **Thursday, August 10, 2023**

- ❖ **10:00am Trivia Mania** **\*Library**
- ❖ **11:00am Tech Support with Jordan & Marco**  
Sign up with Concierge - 11:30am – 4:00pm In residents’ room.  
Specify your preferred support time-30 minutes per resident
- ❖ **11:00am Tai Chi** **\*Commons**  
**“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 Bridge Club** **\*Bistro**
- ❖ **2:00pm Dominos with Adela**  
**2<sup>nd</sup> Floor Country Kitchen Southside/Across the 3 Elevators**
- ❖ **2:00pm Creative Arts with Marco** **\*Commons**
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **3:30m Balloon Tennis** **\* Commons**

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## **Friday, August 11, 2023**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class** \*Commons  
**Exercise class led by the Legacy Rehab Team**
- ❖ 1:00pm **Catholic Mass & Holy Communion** \*Chapel  
Rev. Father (Andy) Gonzalo  
**Our Lady of Victory Catholic Church**
- ❖ 2:00opm **Crosswords** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 7:00pm **“A Man Called Otto”** \*Commons

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

### **Streaming Prime Video - 2hr, 6min, 16+**

- Year 2023
- Directors Marc Forster
- Starring Tom Hanks, Mariana Treviño, Rachel Keller
- Genres Comedy, Drama
- Audio English
- Subtitles English

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## **Saturday, August 12, 2023**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class** \*Commons (A)

- ❖ 1:30pm **“A Man Called Otto”** \*Commons

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

### **Streaming Prime Video - 2hr, 6min, 16+**

- Year 2023
- Directors Marc Forster
- Starring Tom Hanks, Mariana Treviño, Rachel Keller
- Genres Comedy, Drama
- Audio English
- Subtitles English

- ❖ 1:30pm **Bridge Club** \*Bistro
- ❖ 2:00pm **Dominos** \*Bistro
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30p **Word find** \*Library
- ❖ 4:30pm **COCKTAIL HOUR** \*Bistro

**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, August 13, 2023**

❖ **10:00am Seated Exercise Class** \*Commons (A)

❖ **11:00am Presbyterian Worship Service** \*Commons (A)

11:30 am ~ 1:30pm

## **BRUNCH IN THE DINING ROOM**

❖ **1:30 pm “Essential Royal Ballet”** \*Commons (A)

Katie Derham introduces highlights from the past ten years at the Royal Ballet in this special, extended edition of Essential Royal Ballet. Presented on location in Covent Garden at the iconic Royal Opera House, Katie weaves the history of ballet through carefully curated excerpts from the past decade of performances and goes behind the scenes to see what it takes to be a dancer in the...

**Streaming: Amazon Prime – 1hr, 27min, All**

- Year 2022
- Director Peter Jones
- Starring Katie Derham, Artists of The Royal Ballet, Orchestra of The Royal Opera House
- Genres Arts, Entertainment, and Culture
- Subtitles English
- Audio English

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

❖ **3:30pm Bingo** \*Commons (B)