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- <u>yasrat1@jhmi.edu</u>

(Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Monday, September 18, 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

♦1:30pm Sinatra in Palm Springs *Commons The Place He Called Home

Featuring interviews with Barbara Sinatra, Trini Lopez and many other friends and associates, and clips from more than 50 movie and television programs, Sinatra in Palm Springs brings to life the bygone charms of Palm Springs and the Coachella Valley, Frank Sinatra's primary home for almost 50 years-his playground, his refuge, his favorite place on Earth.

Streaming	Prime Video 1 h 32 min
• Year	2018
Director	Leo Zahn
Starring	Frank Sinatra, Barbara Sinatra, Tom Dreesen
Genres	Documentary
 Subtitles 	English [CC]
Audio	English

♦ 3:00pm Afternoon Social

*Library

♦ 3:30pm Bingo

*Commons (B)

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Tuesday, September 19, 2023

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

❖11:00am Tech Support with Jordan & Marco

11:00am – 4:00pm In residents' room.

Sign up with Concierge

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 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

❖ 3:00pm Afternoon Social *Library

♦ 3:30pm Word find *Commons (B)

♦6:45pm Grand Oaks Discussion Group In the Conference Room

All Residents are welcome to Join.

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Wednesday, September 20, 2023

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

♦ 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 "The Man Who Knew Too Much" *Commons

An American family is caught up in an international assassination conspiracy. When their son is kidnapped to assure their silence, they embark on a journey to stop the killers and rescue their child. Directed by Alfred Hitchcock.

Streaming Prime Video - 2 h

• Year 1956

• Directors Alfred Hitchcock

• Starring James Stewart, Doris Day, Brenda de Banzie

• Genres Horror - Drama

• Audio English

* 2:00pm Spanish Class with Marco

2th floor Country Kitchen Northside

♦ 3:00pm Afternoon Social *Library

♦3:30pm Balloon Tennis *Library

*4:30pm Cocktail Hour *Bistro

Featuring themed Cocktail & Wine & Beer

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Thursday, September 21, 2023

*10:00am Trivia Quiz

*Library

*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

*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 Dominos *Bistro

❖ 3:00pm Afternoon Social *Library

❖ 3:30m Word find * Commons

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Friday, September 22, 2023

❖ 10:00am Trivia Quiz *Library

❖ 11:00am Seated Exercise Class

*Commons(A)

♦ 1:00pm Catholic Mass & Holy Communion *Chapel

Rev. Father (Andy) Gonzalo

Our Lady of Victory Catholic Church

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Bingo *Commons

❖ 7:00pm "The Man Who Knew Too Much" *Commons

An American family is caught up in an international assassination conspiracy. When their son is kidnapped to assure their silence, they embark on a journey to stop the killers and rescue their child. Directed by Alfred Hitchcock.

Streaming Prime Video - 2 h

• Year 1956

• Directors Alfred Hitchcock

• Starring James Stewart, Doris Day, Brenda de Banzie

• Genres Horror - Drama

• Audio English

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Saturday, September 23, 2023

* 10:00am Trivia Quiz

*Library

♦ 11:00am Seated Exercise Class

*Commons (A)

❖ 1:30pm "The Man Who Knew Too Much" *Commons

An American family is caught up in an international assassination conspiracy. When their son is kidnapped to assure their silence, they embark on a journey to stop the killers and rescue their child. Directed by Alfred Hitchcock.

Streaming Prime Video - 2 h

• Year 1956

• Directors Alfred Hitchcock

• Starring James Stewart, Doris Day, Brenda de Banzie

• Genres Horror - Drama

• Audio English

**

♦ 1:30pm Bridge Club

*Bistro

♦ 2:00p Word find

*Library

❖ 3:00pm Afternoon Social

*Library

❖ 3:30pm **Dominos**

*Commons (B)

❖ 4:30pm COCKTAIL HOUR

*Bistro

Featuring themed Cocktail & Wine & Beer

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Sunday, September 24, 2023

❖ 10:00am Seated Exercise Class

*Commons (A)

*11:00am Presbyterian Worship Service

*Commons (A)

<u> 11:30 am ~ 1:30pm</u>

BRUNCH

IN THE DINING ROOM

♦ 1:00 pm Cinderella - Rudolf NureyevOpéra national de Paris

*Commons (A)

A young woman is victimized by a morbid family, and her only wish is to escape the oppressive world in which she evolves. One day, her kindness is rewarded: while she runs to help a person who needs help, she changes her destiny forever. This character, who embodies the fairy in Perrault's tale, is a Hollywood producer... And this is how Nureyev turns the film star into a modern prince charming.

<u>Streaming: Amazon Prime – 2 h 5 min</u>

Director Thomas Grimm

Starring José Martinez, Agnès Letestu, Laëtitia Pujol

Genres Arts, Entertainment, and Culture

Subtitles English [CC]

Audio English

❖ 3:00pm Afternoon Social

*Library

❖ 3:30pm Bingo

*Commons (B)