

# **Happy National Assisted Living Week!**

National Assisted Living Week Celebration September 10 - September 16, 2023

Theme: Season of Reflection

**Dear Grand Oaks Residents,**

We are excited to welcome you to a week full of celebration, reflection, and togetherness as we honor National Assisted Living Week. This year's theme, "Reflecting on Our Journey," invites us to cherish the memories, wisdom, and diversity that make our community truly special.

Inside this package, you'll find your Weekly Activity Schedule, which includes a detailed listing of the Assisted Living events happening each day, alongside your regular routines, all designed to make this National Assisted Living Week memorable.

Thank you to the residents who participated in giving ideas and suggestions for our Assisted Living Week celebration.

## **Here is a highlight of what's going on in celebration of Assisted Living Week:**

### **Sunday, September 10 - Springing into Reflective Memories:**

- Submit photos from the past year for our "Memory Wall."
  - Submit photos to concierge.

### **Monday, September 11 - Summer Serenity: Mindful Moments:**

- 2:30pm in the library - Fresh Fruit & Veggie Smoothies at the Snack Station.

### **Tuesday, September 12 - Autumn's Wisdom: Nature's Whispers:**

- 10:00am - 6:00pm: Courtyard nature walk.
- 3:00pm in the Commons - Prepare thank-you gifts for our staff

### **Wednesday, September 13 - Winter's Warmth: Fiesta of Diversity: Employee Lunch**

- 2:30pm - 3:00pm: Resident Volunteers Table: Thank You Staff Giveaway

### **Thursday, September 14 - Giving Back: Harvesting Compassion:**

- 2:00pm - 3:00pm: Assemble care packages for a women's shelter.
  - Enjoy a Trail Mix and Soda Station.

### **Friday, September 15 Embracing Diversity: A Global Mosaic:**

- 3:00pm - 4:00pm: Discover global flavors and cultures in the Commons.

**Saturday, September 16 Closing Reflections: Nurturing Growth Together:** 2:30pm - 3:30pm: In the Library for Root Beer Floats, Popcorn, and Mixed Peanuts.

**We can't wait to share these incredible moments with you and make National Assisted Living Week an unforgettable "Season of Reflection" together!**

*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, September 11, 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*

❖ 1:15pm **“The Last Waltz”** \*Commons

Seventeen years after joining forces as the backing band for rockabilly cult hero Ronnie Hawkins, Canadian roots rockers The Band call it quits with a lavish farewell show at San Francisco's Winterland Ballroom on Nov. 25, 1976. Filmed by Martin Scorsese, this documentary features standout performances by rock legends such as Bob Dylan, Van Morrison, Eric Clapton, Joni Mitchell, and Muddy Waters, as well as interviews tracing the group's history and discussing road life.

#### **Streaming Prime Video – 1hr, 57min, (PG)**

- Year 1978
- Directors Martin Scorsese
- Starring Bob Dylan, Dr. John, Emmylou Harris
- Genres Documentary
- Audio English
- Subtitles English



**2:30pm – 3:30pm: In the Library**



### **Summer Serenity: Mindful Moments**

**Fresh Fruit & Veggie Smoothies Station**

❖ 3:30pm Bingo \*Commons (B)

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## **Tuesday, September 12, 2023**

 **10:00am – 6:00pm-** In the Courtyard 

### **Autumn's Wisdom: Nature's Whispers**

**Nature walk in the courtyard: Find the hidden word in the courtyard and share your findings with Laurie for a prize.**

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

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

❖ **11:00am Tai Chi with Edward Pratt \*Commons**

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 Scenic Ride - Potomac**

- 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

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

 **3:00pm- 4:30pm In The Commons** 

**Resident Volunteers meet to prepare thank you gift to staff**

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

❖ **6:45pm Grand Oaks Discussion Group-In the Conference Room**

**ALL RESIDENTS ARE WELCOME TO JOIN.**



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## **Thursday, September 7, 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 – 4:00pm In the commons**



### **“GIVING BACK: HARVESTING COMPASSION”**

Making a care package for a women's shelter, reflecting the spirit of giving during this season:

#### **Name of Shelter:**

National Center for Families and Children

#### **Snacks Being Served**

Trail Mix and Soda Station, Make Your Own Trail Mix Table.

❖ 3:00pm Afternoon Social \*Library

❖ 3:30m Balloon Tennis \* Commons

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## **Friday, September 15, 2023**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class with Legacy** \*Commons
- ❖ 1:00pm **Catholic Mass & Holy Communion** \*Chapel  
Rev. Father (Andy) Gonzalo: **Our Lady of Victory**
- ❖ 1:30pm **Crosswords** \*Library

 **3:00pm – 4:00pm In the Commons** 

### **Embracing Diversity: A Global Mosaic**

Explore global flavors by trying snacks from around the world

- ❖ 7:00pm **“Pretty Woman”** \*Commons

In this modern update on Cinderella, a prostitute and a wealthy businessman fall hard for one another, forming an unlikely pair. While on a business trip in L.A., Edward (Richard Gere), who makes a living buying and breaking up companies, picks up a hooker, Vivian (Julia Roberts), on a lark. After Edward hires Vivian to stay with him for the weekend, the two get closer, only to discover there are significant hurdles to overcome as they try to bridge the gap between their very different worlds.

**Streaming Prime Video - 1hr, 57min, (16+)**

- Year 1990
- Directors Tom Hooper
- Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter
- Genres Comedy, Romance,
- Audio English

- ❖ **7:17PM ROSH HASHANAH BEGINS – “Shanah Tovah”**

Rosh Hashanah: Join in the celebration and kindly extend wishes to your Jewish friends and loved ones for a Happy New Year!

**(Rosh Hashanah Begins Today at Sundown and Ends at Sundown on Sunday, September 7, 2023)**

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## **Saturday, September 16, 2023**

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

- ❖ 1:30pm **“Pretty Woman”** \*Commons

In this modern update on Cinderella, a prostitute and a wealthy businessman fall hard for one another, forming an unlikely pair. While on a business trip in L.A., Edward (Richard Gere), who makes a living buying and breaking up companies, picks up a hooker, Vivian (Julia Roberts), on a lark. After Edward hires Vivian to stay with him for the weekend, the two get closer, only to discover there are significant hurdles to overcome as they try to bridge the gap between their very different worlds.

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- Genres Comedy, Romance,
- Audio English

- ❖ 1:30pm **Bridge Club** \*Bistro
- ❖ 2:00pm **Dominos** \*Bistro



### **Closing Reflections: Nurturing Growth Together**

Root Beer Floats, Popcorn, Mixed Peanuts.

Discussion with Kevin Webber, Director of Sales on how reflection can continue to be part of daily life in the community.

- ❖ 3:30p **Word find** \*Library
- ❖ 4:30pm **COCKTAIL HOUR** \*Bistro

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**Sunday, September 17, 2023**

## **Rosh Hashanah Ends Today at Sundown**

❖ 10:00am Seated Exercise Class \*Commons

❖ 11:00am Presbyterian Worship Service \*Commons

11:30 am ~ 1:30pm

### BRUNCH IN THE DINING ROOM

❖ 1:00 pm “Miss Saigon” \*Commons

The spectacular, sell-out 25th Anniversary Gala Performance of this acclaimed new production of the global stage sensation. The epic love story tells the tragic tale of young bar girl Kim, orphaned by war, who falls in love with American GI Chris - but their lives are torn apart by the fall of Saigon.

**Streaming: Amazon Prime – 2hr, 21min, ®**

- Year 2016
- Director Laurence Connor, Brett Sullivan
- Starring Paul Benedict Sarte, Eva Noblezada, Jon Jon Briones
- Genres Arts, Entertainment, and Culture
- Subtitles English
- Audio English

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Bingo \*Commons