

*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 4, 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*

**11:30am – 1:30pm**

**In the Dining Room**

**Join Us for a Labor Day BBQ**

**Featuring Live Music**

**Come Hungry and Ready to Enjoy, Dance, and Celebrate!**

❖ 2:00pm **“Roger & Me”** \*Commons

Michael Moore's controversial but popular film is a highly personal, wryly humorous look at the closing of several General Motors plants in Flint, Michigan.

**Streaming Prime Video – 1hr, 30min, ®**

- Year 1989
- Directors Michael Moore
- Starring Michael Moore
- Genres Documentary
- Audio English
- Subtitles English

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Bingo \*Commons (B)

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## **Tuesday, September 5, 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 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
- ❖ **2:00pm Dominos \*Bistro**
- ❖ **3:00pm Afternoon Social \*Library**
- ❖ **3:30pm Word find With Adela \*Commons (B)**
- ❖ **6:30pm Grand Oaks Discussion Group-In the Conference Room**  
**ALL RESIDENTS ARE WELCOME TO JOIN.**

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## **Wednesday, September 6, 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**    **“The King's Speech”**    **\*Commons**

England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

### **Streaming Prime Video - 1hr, 58min, ®**

- Year                     2010
- Directors              Tom Hooper
- Starring                Colin Firth, Geoffrey Rush, Helena Bonham Carter
- Genres                 Historical International
- Audio                    English
- Subtitles                English

❖ **2:00pm**    **Spanish Class with Marco**  
                  4<sup>th</sup> floor Country Kitchen Northside

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

❖ **3:30pm**    **Sing-Along**    **\*Library**

❖ **4:30pm**    **COCKTAIL HOUR**    **\*Bistro**

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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 Dominos with Adela** \*Bistro
- ❖ **2:00pm Creative Arts with Marco** \*Commons
- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30m Balloon Tennis** \* Commons

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## **Friday, September 8, 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**

- ❖ 2:00pm **Crosswords** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 7:00pm **“The King's Speech”** \*Commons

England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

#### **Streaming Prime Video - 1hr, 58min, ®**

- Year 2010
- Directors Tom Hooper
- Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter
- Genres Historical International
- Audio English
- Subtitles English

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## **Saturday, September 9, 2023**

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

- ❖ 1:30pm **“The King's Speech”** \*Commons

England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

**Streaming Prime Video - 1hr, 58min, ®**

- Year 2010
- Directors Tom Hooper
- Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter
- Genres Historical International
- 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, September 10, 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 “Mahler - Symphony No. 6” \*Commons

Sir Simon Rattle conducts the Berlin Philharmonic in a performance of Mahler's Symphony No. 6. The concert is Rattle's last time as chief conductor of the orchestra. On 14 November 1987, it was also the first work Rattle conducted when he debuted with the Berlin Philharmonic.

### Streaming: Amazon Prime – 1hr, 27min, G

- Year 2018
- Director NHK, Berlin Phil Media GmbH
- Starring Berlin Philharmonic Orchestra, Simon Rattle, Gustav Mahler
- Genres Music Videos and Concerts
- Subtitles English
- Audio English

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Bingo \*Commons (B)