

*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*

## **"November 2023: A Month of Daily Celebrations"**

**In November, we celebrate Veterans Day on November 11 and Thanksgiving on November 23, but did you know that every day of the year offers unique daily celebrations and observances? Here are some of the most popular ones for the month of November.**

### **National Nachos Day (November 6):**

- National Nachos Day is a celebration of nachos, a popular Mexican-inspired dish consisting of tortilla chips topped with melted cheese and various toppings like salsa, guacamole, sour cream, and jalapeños. On this day, people often visit Mexican restaurants or prepare nachos at home. Celebrations may involve enjoying nachos with a variety of toppings and sharing them with friends or family.

### **World Freedom Day (November 9):**

- World Freedom Day commemorates the fall of the Berlin Wall on November 9, 1989, which led to the reunification of East and West Germany and the end of the Cold War. It's a day to reflect on the importance of freedom and human rights. People may participate in discussions, events, or educational programs that promote and celebrate freedom and democracy.

### **International Day for Tolerance (November 16):**

- The International Day for Tolerance promotes understanding and respect among different cultures, beliefs, and ways of life. It encourages communities and individuals to recognize the value of diversity and to foster tolerance and mutual understanding. Activities often include workshops, seminars, and discussions on tolerance and acceptance.

### **World Diabetes Day (November 14):**

- World Diabetes Day raises awareness about diabetes, its prevention, and management. It also marks the birthday of Sir Frederick Banting, who co-discovered insulin. On this day, events are organized to educate people about diabetes, promote healthy lifestyles, and support those living with diabetes. The symbol of World Diabetes Day is a blue circle.

### **National Cake Day (November 26):**

- National Cake Day is a celebration of the many varieties of cakes around the world. People often celebrate by baking or buying cakes of their choice, whether it's a classic chocolate cake, a fruit cake, a cheesecake, or any other type. It's a great excuse to indulge in sweet treats and share them with friends and family.

### **International Men's Day (November 19):**

- International Men's Day is a day to focus on men's health, positive male role models, and the contributions of men to society. It aims to promote discussions on men's physical and mental health, gender equality, and positive male role models. Events and activities may include seminars, workshops, and initiatives to address men's issues and well-being.

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## **Monday, October 30, 2023**

❖ 10:00am: Trivia \*Library

❖ 11:00am Balance and Motion \*Commons

### **“Michael Rosengart”**

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

❖ 1:30pm **THE AMERICAN BUFFALO:** \*Commons

**“Makeup screening for last week's miss”**

### **A Film by Ken Burns**

**Episode 1:** For thousands of years, America’s national mammal numbered in the tens of millions, sustaining the Native people of the Great Plains, whose cultures became spiritually intertwined with the animal. By the 1880s the buffalo had been driven to the brink of extinction by newcomers to the continent.

**Streaming Prime Video- 2 Episodes- 1 h, 54min-(TV-14)**

- Year 2023
- Director Ken Burns
- Starring Peter Coyote
- Genres Documentary
- Subtitles English [CC]

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Bingo \*Commons

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## **Tuesday, October 31, 2023**

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

*To avoid losing your place, please arrive 5 minutes before your scheduled loading time.*

- ❖ **3:00pm**



### **Bake-or-Treat:**

### **A Spooktacular Halloween Baking Delight**

**3<sup>rd</sup> Floor Country Kitchen/Southside**



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

- ❖ **7:00pm: Halloween Movie Night:** \*Commons

### **“Young Frankenstein”**

Mel Brooks gives the old horror classic a riotous comic twist in this classic comedy with Gene Wilder as the mad monster-maker.

1hr, 45min ~ (PG) ~1974 ~ On MAX

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## **Wednesday, November 1, 2023**

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

❖ **11:00am**    **Seated Exercise**    **\* Commons**

### **“Owen Lentz”**

*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.*

❖ **1:15pm**    **The Bad Seed**    **\*Commons**

Air Force Colonel Kenneth Penmark (William Hopper) and his wife, Christine (Nancy Kelly), dote on their pig-tailed daughter, Rhoda (Patty McCormack) -- as does their lonely landlady, Monica Breedlove (Evelyn Varden). But self-centered Rhoda has a secret tendency for selfishness and loves to accumulate gifts, whether given or stolen, in her room. Christine keeps her knowledge of her daughter's darker side to herself, but when a schoolmate of Rhoda's dies mysteriously, her self-deception unravels.

**Streaming Prime Video - 2 h 9 min. (13+)**

- Year            1956
- Directors      Mervyn LeRoy
- Starring       Nancy Kelly, Patty McCormack, Henry Jones
- Genres        Suspense, Horror, Anxious, Dark
- Audio          English

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

❖ **3:30pm**    **Balloon Tennis**    **\* Commons**

❖ **4:30pm**    **COCKTAIL HOUR**    **\*Bistro**  
**Featuring themed Cocktail & Wine & Beer**

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## **Thursday, November 2, 2023**

- ❖ **10:00am The Great American Trivia** \*Library
  
- ❖ **11:00am Tech Support with Jordan**  
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.*
  
- ❖ **1:30pm Bridge Club** \*Bistro
- ❖ **1:30pm Dominos** \*Bistro
- ❖ **2:00pm Creative Art with Marco** \*Commons  
*Paint your own fall canvas, decorate a wooden tray with a spooky design or customize your own Halloween face masks.*
  
- ❖ **3:00pm Afternoon Social** \*Library
  
- ❖ **3:30m Sing Along** \* Commons

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## **Friday, November 3, 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**
- ❖ 2:00opm      **Word find**      \*Library
- ❖ 3:00pm      **Afternoon Social**      \*Library
- ❖ 3:30pm      **Bingo**      \*Commons
- ❖ 7:00pm      **The Bad Seed**      \*Commons

Air Force Colonel Kenneth Penmark (William Hopper) and his wife, Christine (Nancy Kelly), dote on their pig-tailed daughter, Rhoda (Patty McCormack) -- as does their lonely landlady, Monica Breedlove (Evelyn Varden). But self-centered Rhoda has a secret tendency for selfishness and loves to accumulate gifts, whether given or stolen, in her room. Christine keeps her knowledge of her daughter's darker side to herself, but when a schoolmate of Rhoda's dies mysteriously, her self-deception unravels.

### **Streaming Prime Video - 2 h 9 min. (13+)**

- Year                      1956
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- Genres                    Suspense, Horror, Anxious, Dark
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## **Saturday, November 4, 2023**

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

### ❖ 1:30pm **The Bad Seed** \*Commons

Air Force Colonel Kenneth Penmark (William Hopper) and his wife, Christine (Nancy Kelly), dote on their pig-tailed daughter, Rhoda (Patty McCormack) -- as does their lonely landlady, Monica Breedlove (Evelyn Varden). But self-centered Rhoda has a secret tendency for selfishness and loves to accumulate gifts, whether given or stolen, in her room. Christine keeps her knowledge of her daughter's darker side to herself, but when a schoolmate of Rhoda's dies mysteriously, her self-deception unravels.

#### **Streaming Prime Video - 2 h 9 min. (13+)**

- Year 1956
- Directors Mervyn LeRoy
- Starring Nancy Kelly, Patty McCormack, Henry Jones
- Genres Suspense, Horror, Anxious, Dark
- Audio English

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



**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, November 5, 2023**

❖ **10:00am Seated Exercise Class** \*Commons

❖ **11:00am Presbyterian Worship Service** \*Commons

——  
11:30 am ~ 1:30pm  
**BRUNCH**  
**IN THE DINING ROOM**  
——

❖ **1:30 pm Chopin - Piano Concertos** \*Commons  
**No. 1 and No. 2**

Antoni Wit conducts the Warsaw Philharmonic Orchestra in performances of Chopin's Piano Concertos No. 1, Op. 11 and No. 2, Op. 21. Soloists are Nikolai Demidenko and Evgeny Kissin. This concert was part of the celebration of Chopin's 200th anniversary in 2010.

**Streaming: Amazon Prime – 1h, 31 min (G)**

- Year 2010
- Director Not Specified
- Starring Frédéric Chopin, Antoni Wit, Nikolai Demidenko
- Genres Arts, Entertainment, and Culture
- Audio English

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

❖ **3:30pm Bingo** \*Commons