

*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.

### **Veterans Day (November 11) This year, it will be observed on Friday, Nov. 10**

- Observed on November 11th each year. It is celebrated to honor and show appreciation for all veterans, both living and deceased, who have served in the United States Armed Forces. The day is marked by various events and activities, including parades, wreath-laying ceremonies at war memorials, and special services at military cemeteries. It's also common for schools to organize programs and for communities to host events to express gratitude to veterans for their service and sacrifice. Many people also take time on Veterans Day to visit and support veterans in their local communities.

### **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.

### **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.

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## **Monday, November 6, 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 2: Into The Storm:** By the late 1880s, the buffalo that once numbered in the tens of millions have been reduced to fewer than 1,000 and teeter on the brink of extinction. But a diverse and unlikely collection of Americans have started a few private herds in different locations—and for different reasons. In the early 1900s, their efforts grow into a movement that rescues the national mammal from disappearing forever.

**Streaming Prime Video- 1 h, 56min-(TV-14)**

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

- ❖ 2:30pm Afternoon Social: Celebrating \*Library



# **NATIONAL NACHOS DAY**



**Nacho Bar: Craft Your Own Nachos with a Variety of Toppings**

- ❖ 3:30pm Bingo \*Commons

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## **Tuesday, November 7, 2023**

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

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

11:30am – 4:00pm In residents' room: 30min per resident

*Sign up with Concierge: Specify your preferred support time*

❖ 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 **Scenic Ride (Gravelly Point GW Pkwy, Arlington)**

Deadline to Sign up with concierge is – (9:00 am on Tuesday)

- 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
- 1:30pm – Bus will depart.

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

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

❖ 3:30pm **Dominos** \*Bistro

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

**ALL RESIDENTS ARE WELCOME TO JOIN!**

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## **Wednesday, November 8, 2023**

❖ 10:00am **TEAM TRIVIA TOURNAMENT**



**In the Commons**



❖ 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.*

❖ 1:30pm **The Old Way** \*Commons

Retired gunslinger Colton Briggs faces the consequences of his past when the son of a man he murdered arrives to take his revenge. Briggs must take up arms once more after his wife is killed, and is joined by his young daughter.

**Streaming Prime Video - 1 h 35 min. ®**

- Year 2023
- Directors Mervyn LeRoy
- Starring Nancy Kelly, Patty McCormack, Henry Jones
- Genres Western, Action. Serious
- Audio English

❖ 2:00pm **Spanish Club with Marco**  
**2th floor Country Kitchen Northside**

❖ 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 9, 2023**

- ❖ **10:00am The Great American Trivia** \*Library
- ❖ **11:00am Tech Support with Jordan**  
11:30am – 4:00pm In residents’ room: 30min per resident  
*Sign up with Concierge: Specify your preferred support time*
- ❖ **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**  
 *Paint your own fall canvas decorate a wooden*  
*In The Commons* 
- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30m Sing Along** \* Library

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## **Friday, November 10, 2023**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class** \*Commons
- ❖ 1:00pm **Catholic Mass & Holy Communion** \*Chapel

Rev. Father (Andy) Gonzalo

### **Our Lady of Victory Catholic Church**

- ❖ 2:00pm **Dominos** \*Bistro



**3:00pm - 4:30pm**

## **VETERANS DAY PINNING CEREMONY**



**3:00pm- 3:30pm**

**Welcome Veterans, PowerPoint Slide, & Pinning Ceremony**

**3:30-4:30pm**

**Live Music Honoring Our Veterans**

**Music by Sebbie Enterprises Trio Band**

- ❖ 7:00pm **The Old Way** \*Commons

Retired gunslinger Colton Briggs faces the consequences of his past when the son of a man he murdered arrives to take his revenge. Briggs must take up arms once more after his wife is killed, and is joined by his young daughter.

**Streaming Prime Video - 1 h 35 min. ®**

- Year 2023
- Directors Mervyn LeRoy
- Starring Nancy Kelly, Patty McCormack, Henry Jones
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## **Saturday, November 11, 2023**





- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class** \*Commons
- ❖ 1:30pm **The Old Way** \*Commons  
Retired gunslinger Colton Briggs faces the consequences of his past when the son of a man he murdered arrives to take his revenge. Briggs must take up arms once more after his wife is killed, and is joined by his young daughter.  
**Streaming Prime Video - 1 h 35 min. ®**
  - Year 2023
  - Directors Mervyn LeRoy
  - Starring Nancy Kelly, Patty McCormack, Henry Jones
  - Genres Western, Action. Serious
  - 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  
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## **Sunday, November 12, 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 Prokofiev – Cinderella** \*Commons

The Malandain Ballet Biarritz performs the ballet Cinderella ('Cendrillon') Op. 87, composed by Sergei Prokofiev to a scenario by Nikolai Volkov and in a choreography by Thierry Malandain. Recorded at l' Opéra Royal du Chateau de Versailles in October 2013 and directed by Sonia Paramo.

**Streaming: Amazon Prime – 1h, 339 min (G)**

- Year 2010
- Starring Serge Prokofiev, Orchestre Symphonique d'Euskadi, Malandain Ballet Biarritz, Josep Caballé-Domenech
- Genres Arts, Entertainment, and Culture
- Audio English

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

❖ **3:30pm Bingo** \*Commons