

*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 13, 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 Inside Job \*Commons**

The Academy Award® Winner for Best Documentary, Inside Job, directed by Charles Ferguson shows that the 2008 global financial Armageddon was no accident. It was predicted and could have been prevented. This compelling, serious, easy-to-follow film will make you want to raise your voice and declare..."Enough!"

<u>Streaming</u>	<u>Prime Video 1 h 48min (PG-13)</u>
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- |             |                  |
|-------------|------------------|
| • Year      | 2010             |
| • Director  | Charles Ferguson |
| • Starring  | Matt Damon       |
| • Genres    | Documentary      |
| • Subtitles | English [CC]     |
| • Audio     | English          |

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

❖ **3:30pm Bingo \*Commons (B)**

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## **Tuesday, November 14, 2023**

- ❖ **10:00am The Great American Trivia Quiz** \*Library
- ❖ **11:00am Tech Support with Jordan & Marco**
  - 11:00am – 4:00pm In residents’ room- 30 minutes 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 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**

**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 – arrive 5 minutes before your scheduled loading time.

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

- ❖ **1:30pm Grand Oaks Book Club** \*Commons(A)  
New Commers are Welcome to Join
- ❖ **2:00pm Dominos** \*Bistro
- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30pm Word Find** \*Library
- ❖ **6:45pm Grand Oaks Discussion Group**

**In the Conference Room: All Residents are welcome to Join.**



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## **Thursday, November 16, 2023**

❖ 10:00am **The Great American Trivia** \*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 **Bridge Club** \*Bistro

❖ 1:30pm **Dominos** \*Bistro

❖ 2:00pm **Creative art & Painting with Marco** \*Commons

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

❖ 3:30m **Sing Along** \*Library

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## **Friday, November 17, 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 **Dominoes** \*Bistro
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Word Find** \*Library
- ❖ 7:00pm **“Hidden Figures”** \*Commons

An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit.

### **Streaming Prime Video - 2 h 6min (PG).**

- Year 2017
- Directors Theodore Melfi
- Starring Taraji P. Henson, Janelle Monae, Kevin Costner
- Genres Historic, Drama, Thoughtful, Philosophical
- Audio English

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## **Saturday, November 18, 2023**

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

- ❖ 1:30pm **“Hidden Figures”** \*Commons

An incredible & inspiring untold true story about three women at NASA who were instrumental in one of history’s greatest operations – the launch of astronaut John Glenn into orbit.

**Streaming Prime Video - 2 h 6min (PG).**

- Year 2017
- Directors Theodore Melfi
- Starring Taraji P. Henson, Janelle Monae, Kevin Costner
- Genres Historic, Drama, Thoughtful, Philosophical
- Audio English

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

**Featuring themed Cocktail & Wine & Beer**





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## **Sunday, November 19, 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**  
——

❖ **1:00 pm La Source** \*Commons (A)

Lost after its material records were destroyed by fire in 1883, the spectacular ballet La Source originally portrayed the idealistic vision of a magical domain in which a complex but beautiful love story of mythical figures unfolded.

**Streaming: Amazon Prime – 1h 59 min (ALL)**

Year	2022
Director	Éric Ruf
Starring	Jean-Guillaume Bart, Ludmila Pagliero, Karl Paquette
Genres	Arts, Entertainment, and Culture
Audio	English

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

❖ **3:30pm Bingo** \*Commons (B)