

*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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## **Tuesday, November 21, 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**

# **HAPPY THANKSGIVING DAY**

❖ **8:30am Macy's Thanksgiving Day Parade: 97<sup>th</sup> Edition**

- On NBC
- If you missed it, an encore airing of the parade will run at 2 p.m. on NBC

❖ **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



**11:30am – 1:30pm**

## **Thanksgiving Lunch Buffet** **Dining Room**

❖ **1:30pm Bridge Club**

**\*Bistro**

❖ **2:30pm A Thanksgiving Day Movie**

**\*Commons**

**“Hannah and Her Sisters” (1986)**

Three Manhattan sisters cope with love, marriage and family ties in Woody Allen's Oscar(R)-winning 1986 hit. Woody Allen, Mia Farrow, Michael Caine.

**Streaming MAX - 1h, 46min (PG-13) Year: 1986**

- Directors Woody Allen
- Starring Woody Allen, Mia Farrow, Michael Caine
- Genres Comedy, Drama

❖ **3:00pm Afternoon Social**

**\*Library**

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## **Friday, November 24, 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 **“The Big Lebowski”** \*Commons

Jeff `The Dude' Leboswki is mistaken for Jeffrey Lebowski, who is The Big Lebowski. Which explains why he's roughed up and has his precious rug peed on. In search of recompense, The Dude tracks down his namesake, who offers him a job. His wife has been kidnapped and he needs a reliable bagman. Aided and hindered by his pals Walter Sobchak, a Vietnam vet, and Donny, master of stupidity.

### **Streaming Prime Video - 1h, 57min ®**

- Year 1998
- Directors Ethan Coen
- Starring Jeff Bridges, John Goodman, Julianne Moore
- Genres Comedy, Dreamlike, Strange, Exciting
- Audio English



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## **Saturday, November 25, 2023**

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

### ❖ 1:30pm **“The Big Lebowski”** \*Commons

Jeff 'The Dude' Lebowski is mistaken for Jeffrey Lebowski, who is The Big Lebowski. Which explains why he's roughed up and has his precious rug peddled on. In search of recompense, The Dude tracks down his namesake, who offers him a job. His wife has been kidnapped and he needs a reliable bagman. Aided and hindered by his pals Walter Sobchak, a Vietnam vet, and Donny, master of stupidity.

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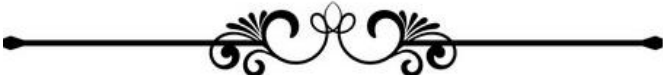

- ❖ 1:30pm **Bridge Club** \*Bistro
- ❖ 2:00p **Dominos** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Word Find** \*Library
- ❖ 4:30pm **COCKTAIL HOUR** \*Bistro

**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, November 26, 2023**

- ❖ **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 The Nutcracker** \*Commons (A)

Peter Wright's timeless interpretation of The Nutcracker has been in The Royal Ballet's repertory for over thirty years. This charming and magical production features Marianela Nuñez as the exquisite Sugar Plum Fairy and Vadim Muntagirov as her charming Prince. Vivid designs and spellbinding stage effects combine to create an opulent Christmas treat for audiences of all ages.

**Streaming: Amazon Prime – 1h, 47 min (ALL)**

Year	2009
Director	Éric Ruf
Starring	Jean-Guillaume Bart, Ludmila Pagliero, Karl Paquette
Genres	Romance, Fantasy, Arts, Entertainment, and Culture
Audio	English

- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30pm Bingo** \*Commons (B)