

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 (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 27, 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 Dominos *Bistro
- ❖ 4:00pm **Celebration of Life** *Commons
You're Invited to Celebrate the Life and Memory of
Catarina Turner

**A beloved member of the Grand Oaks Assisted Living community,
alongside her family and friends.**

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Tuesday, November 28, 2023

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

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❖ **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 Chuan.

❖ **1:30pm Scenic Van 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

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

❖ **3:30pm Word find With Adela** ***Commons (B)**

❖ **6:45pm Grand Oaks Discussion Group-In the Conference Room**
ALL RESIDENTS ARE WELCOME TO JOIN.

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Thursday, November 30, 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
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30m Sing Along** * Commons

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Friday, December 1, 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 Descendants** *Commons

Native islander Matt King (George Clooney) lives with his family in Hawaii. Their world shatters when a tragic accident leaves his wife in a coma. Not only must Matt struggle with the stipulation in his wife's will that she be allowed to die with dignity, but he also faces pressure from relatives to sell their family's enormous land trust. Angry and terrified at the same time, Matt tries to be a good father to his young daughters, as they too try to cope with their mother's possible death.

Streaming Prime Video - 1h, 54 min. ®

- Year 2011
- Directors Alexander Payne
- Starring George Clooney, Shailene Woodley, Beau Bridges
- Genre Comedy, Drama
- Audio English

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Saturday, December 2, 2023



❖ 10:00am Trivia Quiz

*Library

❖ 11:00am Seated Exercise Class

*Commons

❖ 1:15pm **The Descendants**

*Commons

Native islander Matt King (George Clooney) lives with his family in Hawaii. Their world shatters when a tragic accident leaves his wife in a coma. Not only must Matt struggle with the stipulation in his wife's will that she be allowed to die with dignity, but he also faces pressure from relatives to sell their family's enormous land trust. Angry and terrified at the same time, Matt tries to be a good father to his young daughters, as they too try to cope with their mother's possible death.

Streaming Prime Video - 1h, 54 min. ®

- Year 2011
- Directors Alexander Payne
- Starring George Clooney, Shailene Woodley, Beau Bridges
- Genre Comedy, Drama
- 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, December 3, 2023



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

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

❖ 12:00pm ~ 1:30pm

Sunday Lunch
IN THE DINING ROOM



❖ **1:30 pm Nutcracker:** *Commons
The Motion Picture

The colorful holiday classic is finally brought to the big screen, designed by famed children's story author and artist Maurice Sendak, and written for the first time to be as close as possible to the original story.

Streaming: Amazon Prime – 1h, 25 min (G)

- Year 1986
- Director Carroll Ballard
- Starring Hugh Bigney, Vanessa Sharp
- Genres Arts, Entertainment, and Culture
- Audio English

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

❖ **3:30pm Bingo** *Commons