

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

"December 2023: A Month of Daily Celebrations"

The festive whirlwind of December is here with major celebrations like Christmas, New Year, Hanukkah, and Kwanzaa, alongside numerous national and international holidays like "Festivus for the Rest of Us," "Christmas Card Day," and "Hum Bug Day." Amidst the holiday hustle, take a breather from the shopping and preparations to embrace and savor the diverse array of December festivities on our calendar.

Hanukkah: Dec. 7 through Dec. 15.

Why: It commemorates the miracle of the oil lasting eight days in the Second Temple in Jerusalem.

How: Celebrated by lighting the menorah, playing dreidel games, and enjoying traditional foods.

Letter Writing Day: December 7th.

Why: A day dedicated to the art and tradition of letter writing, encouraging personal connections.

How: Celebrated by writing and sending letters to friends, family, or pen pals.

National Brownie Day: December 8th.

Why: Honors the delicious chocolate dessert, the brownie.

How: Celebrated by baking or indulging in brownies.

Human Rights Day: December 10th.

Why: Commemorates the Universal Declaration of Human Rights, promoting equality and dignity for all.

How: Recognized through events and initiatives promoting human rights awareness.

Bake Cookies Day: December 18th.

Why: Encourages the joy of baking and sharing cookies during the holiday season.

How: Celebrated by baking various types of cookies and sharing them with friends and family.

National Egg Nog Day: December 24th.

Why: Honors the festive drink, egg nog.

How: Celebrated by enjoying or making egg nog, often with a sprinkle of nutmeg.

Christmas Day: December 25th.

Why: Celebrates the birth of Jesus Christ.

How: Celebrated with gift-giving, festive meals, decorations, and attending religious services.

Kwanzaa: December 26th to January 1st.

Why: Celebrates African heritage, unity, and culture.

How: Observed through the lighting of the kinara, cultural events, and the exchange of symbolic gifts.

New Year's Eve: December 31st.

Why: Marks the end of the current year and the anticipation of the new one.

How: Celebrated with parties, fireworks, and various festivities as people countdown to midnight.

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Monday, December 11, 2023



❖ 10:00am: Trivia

*Library

❖ 11:00am Balance and Motion

*Commons

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:30pm **Citizenfour**

*Commons

After Laura Poitras received encrypted emails from someone with information on the government's massive covert-surveillance programs, she and reporter Glenn Greenwald flew to Hong Kong to meet the sender, who turned out to be Edward Snowden.

Streaming

Prime Video- - 1 h, 53min-®

- | | |
|-------------|---|
| • Year | 2014 |
| • Director | Laura Poitras |
| • Starring | Edward Snowden, Glenn Greenwald, William Binney |
| • Genres | Documentary |
| • Subtitles | English [CC] |

❖ 3:00pm Afternoon Social

*Library

❖ 3:30pm Bingo

*Bistro

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Tuesday, December 12, 2023



❖ 10:00am The Great American Trivia Quiz

*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 Chuan.

❖ 1:30pm **Scenic Ride (Downtown DC)**

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 **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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Wednesday, December 13, 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 **A Star Is Born**

*Commons

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

Streaming Prime Video - 2h, 10 min. ®

- Year 2018
- Directors Bradley Cooper
- Starring Bradley Cooper, Lady Gaga, Andrew Dice Clay
- Genre Drama, Romance
- 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, December 14, 2023



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

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

❖ **1:30pm Bridge Club** *Bistro

❖ **1:30pm Dominoes** *Bistro

❖ **2:00pm Creative Art with Marco** *Commons

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

3:00pm – 4:00pm

POP UP SHOP BY SERENITY GIFT SHOP

2nd Floor Country Kitchen Southside right across the elevators

❖ **3:30m Sing Along** * Library

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Friday, December 15, 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 **Word find** *Library
- ❖ 3:00pm **Afternoon Social** *Library

**Join us for a Festive Evening
Grand Oaks Holiday Party!**



5:00pm – 7:00pm

**Great Food, Festive Fun,
And Live Music Dessert in the Commons
By: Ordinary People**

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Saturday, December 16, 2023



❖ 10:00am **Trivia Quiz**

*Library

❖ 11:00am **Seated Exercise Class**

*Commons

❖ 1:15pm **A Star Is Born**

*Commons

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

Streaming Prime Video - 2h, 10 min. ®

- Year 2018
- Directors Bradley Cooper
- Starring Bradley Cooper, Lady Gaga, Andrew Dice Clay
- Genre Drama, Romance
- 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 17, 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 Giselle** *Commons

Laëticia Pujol, Nicolas Le Riche - Opéra National de Paris

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, 39 min (G)

- Year 2013
- 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