

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 4, 2023



❖ 10:00am: Trivia

*Library

❖ 11:00am Balance and Motion

*Commons

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:30pm **Enron: The Smartest Guys in the Room**

*Commons

“The Smartest Guys in the Room”

This documentary explores the fall of the Enron Corporation, arguably the most shocking example of modern corporate corruption. The company is linked with several illegal schemes, including instigating the California energy crisis to drive up utility prices at the expense of the average American. In a hyper-competitive environment, Enron traders resort to all kinds of underhanded dealings in order to make money at any cost and keep their high-paying jobs.

Streaming

Prime Video- - 1 h, 54min-®

- | | |
|-------------|---|
| • Year | 2005 |
| • Director | Alex Gibney |
| • Starring | Peter Coyote, Michael Lugenbuehl, Mark Salzberg |
| • Genres | Documentary |
| • Subtitles | English [CC] |

❖ 3:00pm Afternoon Social

*Library

❖ 3:30pm Bingo

*Bistro

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Tuesday, December 5, 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 **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.

❖ 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 6, 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 **Stan & Ollie**

*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, 37 min. PG

- Year 2018
- Directors Jon Baird
- Starring John C. Reilly, Steve Coogan, Nina Arianda
- Genre Historical, Drama
- 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 7, 2023



HAPPY  HANUKKAH

Hanukkah Begins Today at Sundown

❖ **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 8, 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
- ❖ 3:30pm **Judging of the Staff Door Decorating & Judging of the Holiday Trees in the commons** *Commons
- ❖ 7:00pm **Stan & Ollie** *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.

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Saturday, December 9, 2023



❖ 10:00am **Trivia Quiz**

*Library

❖ 11:00am **Seated Exercise Class**

*Commons

❖ 1:15pm **Stan & Ollie**

*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, 37 min. PG

- Year 2018
- Directors Jon Baird
- Starring John C. Reilly, Steve Coogan, Nina Arianda
- Genre Historical, Drama
- Audio English
- 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, December 10, 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 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, 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