

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

Monday, January 22, 2024

❖ **11:00am** **Balance and Motion** ***Commons**

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:00pm** **Amadeus** ***Commons**

Directed by Milos Forman, ‘Amadeus’ is a cinematic masterpiece that beckons fans of ‘Maestro’ into the enthralling world of classical music. Chronicling the intense rivalry between Wolfgang Amadeus Mozart (Tom Hulce) and Antonio Salieri (F. Murray Abraham), the film explores the complexities of genius, passion, and envy. Just as ‘Maestro’ delves into the life of Leonard Bernstein, ‘Amadeus’ unravels the brilliance and tumultuous life of Mozart.

Streaming MAX – 3 ®

- Year 2007
- Directors Milos Forman
- Starring F. Murray Abraham, Tom Hulce, Elizabeth Berridge
- Genres Historical Documentary
- Audio English

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

❖ **4:15pm** **Bingo** ***Commons**

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Tuesday, January 23, 2024

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

11:00am – 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**

***Commons**

❖ **3:30pm The American Artist – Streaming *Commons The Life & Times of George Caleb Bingham**

(Make up from last week.)

The American Artist" is a biographical docu-drama about George Caleb Bingham. He was a successful artist, politician, and family man... but it all fell apart. His home, family, career, and life's work were all but lost as the American Civil War split his world in two.

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Wednesday, January 24, 2024

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

❖ 11:00am **RESIDENT FORUM** * Commons

We want to hear from you

In honor of Residents' Rights Month, themed 'Amplify Your Voice,' we invite you to share your preferences and experiences and to actively play a role in ensuring your voice is heard, making your home a better place.

All Residents Are Invited to Attend

❖ 1:30pm **Nomadland** *Commons

Following the economic collapse of a town in rural Nevada, Fern (Frances McDormand) packs her van and explores an unconventional life in the vast landscape of the American West. Along the way, she forms unbreakable bonds with other nomads in this powerfully moving story of hope and resilience from director Chloé Zhao also starring David Strathairn.

Streaming Prime Video – 1hr, 47min ®

- Year 2021
- Directors Chloé Zhao
- Starring Frances McDormand, Gay DeForest, Patricia Grier
- Genres Drama
- Audio English

❖ 1:45pm **Room Visit with Adela**

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

❖ 3:30pm **Balloon Tennis** * Commons

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Thursday, January 25, 2024

❖ **10:00am Trivia Tournament with Adela** *Commons

❖ **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 Creative Art with Adela** *Commons

Paint your own fall canvas, decorate a wooden tray with a spooky design or customize your own Halloween face masks.

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

❖ **3:30m Sing Along** * Commons

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Friday, January 26, 2024

- ❖ 10:00am **Trivia Quiz** * Commons
- ❖ 11:00am **Seated Exercise Class with Legacy** * Commons
- ❖ 1:00pm **Catholic Mass** * Commons

Sean Phillips

Our Lady of Victory Catholic Church

(Father Andy will be back on Jan 24th)

- ❖ 2:00pm **Word find** * Commons
- ❖ 3:00pm **Afternoon Social** * Commons
- ❖ 3:30pm **Bingo** * Commons
- ❖ 7:00pm **Nomadland** * Commons

Following the economic collapse of a town in rural Nevada, Fern (Frances McDormand) packs her van and explores an unconventional life in the vast landscape of the American West. Along the way, she forms unbreakable bonds with other nomads in this powerfully moving story of hope and resilience from director Chloé Zhao also starring David Strathairn.

Streaming Prime Video – 1hr, 47min ®

- Year 2021
- Directors Chloé Zhao
- Starring Frances McDormand, Gay DeForest, Patricia Grier
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Saturday, January 27, 2024

❖ 10:00am **Trivia Quiz** * Commons

❖ 11:00am **Seated Exercise Class** * Commons

❖ 1:30pm **Nomadland** * Commons

Following the economic collapse of a town in rural Nevada, Fern (Frances McDormand) packs her van and explores an unconventional life in the vast landscape of the American West. Along the way, she forms unbreakable bonds with other nomads in this powerfully moving story of hope and resilience from director Chloé Zhao also starring David Strathairn.

Streaming Prime Video – 1hr, 47min ®

- Year 2021
- Directors Chloé Zhao
- Starring Frances McDormand, Gay DeForest, Patricia Grier
- Genres Drama
- Audio English

❖ 1:30pm **Room Visit with Adela**

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

❖ 3:30pm **Word Find** * Commons

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Sunday, January 28, 2024

❖ **10:00am Seated Exercise Class** *Commons
• With Adela

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

12:00pm ~ 1:30pm

Sunday Lunch

IN THE DINING ROOM



❖ **1:00 pm Sir Simon Rattle conducts Messiaen** *Commons

Sir Simon Rattle ends his final concert as LSO Music Director with Messiaen's mind-blowing Turangalîla-Symphonie – an explosion of passionate emotion and ear-tingling sound. So what happier way for Sir Simon Rattle to bring down the curtain on his years as Music Director of the LSO? He's joined by two of his oldest musical friends – pianist Peter Donohoe and Ondes-Martenot player Cynthia Millar.

Streaming: Amazon Prime – 1hr, 40min (PG)

- Year 2023
- Director Peter Maniura
- Starring Sir Simon Rattle, Faustine de Monès, Peter Donohoe
- Genres Music Videos and Concerts
- Audio English

❖ **2:00pm Crosswords** * Commons

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

❖ **3:30pm Bingo** *Commons