

*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*

## **Monday, January 29, 2024**

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

**“Michael Rosengart”**

*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*

❖ **1:30pm**      **“An Inconvenient Truth”**      **\*Commons**

Follow former Vice President Al Gore, who has become a passionate advocate of the global warming crisis, as he goes on a quest to alert the world of our need to reverse the effects of climate change.

**Streaming MAX – 3 (PG)**

- Year                                  2006
- Directors                              Davis Guggenheim
- Starring                                Al Gore, Billy West
- Genres                                 Documentary
- Audio                                  English

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

❖ **4:15pm**      **Bingo**      **\*Commons**

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## **Tuesday, January 30, 2024**

### ❖ **10:30am 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 Scenic Van Ride (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 Art Lecture (streaming)**

**\*Commons**

### **Florence and the Uffizi Gallery**

Much more than a classic Art documentary: it's a multi-dimensional, multi-sensory journey into the Italian Renaissance through the most beautiful, representative works of art of the period.

1hr, 30min - Documentary – Directed by **Luca Viotto**

**Starring:** Marco Ciatti, Arturo Galansino, Simon Merrells

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## **Wednesday, January 31, 2024**

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

❖ 11:00am **Sit and Fit with Owen** \* 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.*

❖ 1:30pm **Terms of Endearment** \*Commons

Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

#### **Streaming Prime Video – 2hr, 9min (PG)**

- Year 1983
- Directors James L. Brooks
- Starring Shirley MacLaine, Debra Winger, Jack Nicholson
- Genres Drama, Comedy
- Audio English

❖ 1:45pm **Room Visit with Adela**

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

❖ 3:30pm **Balloon Tennis** \* Commons

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**Thursday, February 1, 2024**

# BLACK HISTORY MONTH

❖ 10:00am **Honoring Black History Month** \*Commons  
With Black History Trivia

❖ 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, February 2, 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 24<sup>th</sup>)**

- ❖ 2:00pm **Word find** \* Commons
- ❖ 3:00pm **Afternoon Social** \* Commons
- ❖ 3:30pm **Bingo** \* Commons
- ❖ 7:00pm **Terms of Endearment** \* Commons

Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

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**Saturday, February 3, 2024**



❖ 10:00am **Trivia Quiz** \* Commons

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

❖ 1:30pm **Terms of Endearment** \* Commons

Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

**Streaming Prime Video – 2hr, 9min (PG)**

- Year 1983
- Directors James L. Brooks
- Starring Shirley MacLaine, Debra Winger, Jack Nicholson
- Genres Drama, Comedy
- Audio English

❖ 1:30pm **Room Visit with Adela**

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

❖ 3:30pm **Word Find** \* Commons

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**Sunday, February 4, 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 Puccini, Giacomo- La Bohème** \*Commons

Luciano Pavarotti and Mirella Freni's incomparable partnership as Rodolfo and Mimi, the tragic lovers in Puccini's much-loved bittersweet opera, is captured for posterity in this live recording from the San Francisco Opera. Francesca Zambello's production boasts a superlative cast with Gino Quilico as Marcello, Nicolai Ghiaurov as Colline, Stephen Dickson as Schaunard and Sandra Pacetti as Musetta

**Streaming: Amazon Prime – 1hr, 55min (ALL)**

  - Year 1988
  - Director Francesca Zambello
  - Starring Mirella Freni, Luciano Pavarotti, Nicolai Ghiaurov
  - Genres Music Videos and Concerts
  - Audio Italiano

- ❖ **2:00pm Crosswords** \* Commons
- ❖ **3:00pm Afternoon Social** \* Commons
- ❖ **3:30pm Bingo** \*Commons