

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 15, 2024

MLK
MARTIN LUTHER



DAY
KING JR. DAY

❖ 11:00am **MLK Day Trivia:**

"Remembering Dr. King's Legacy"

❖ 1:00pm **"King: A Filmed Record –
Montgomery to Memphis"**

*Commons

A monumental documentary that follows Dr. Martin Luther King, Jr. from 1955 to 1968, in his rise from regional activist to world-renowned leader of the Civil Rights movement.

Streaming **Netflix 3hrPG**

- | | |
|------------|------------------------------------------------|
| • Year | 1970 |
| • Director | Bradley Cooper |
| • Starring | Bradley Cooper, Carey Mulligan, Carey Mulligan |
| • Genres | Documentary |
| • Audio | English |

❖ 3:00pm **Afternoon Social**

*Commons

❖ 3:30pm **Bingo**

*Commons

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Tuesday, January 16, 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 Scenic Van Ride Down Town DC**

- 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

❖ *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

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 17, 2024

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

❖ **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.

❖ **1:30pm Asteroid City** *Commons

An American desert town, 1955. The annual Junior Stargazer competition is spectacularly upended by world-changing events. With an all-star cast directed by Wes Anderson.

Streaming MAX – 1hr, 45min (PG-13)

- Year 2023
- Directors Wes Anderson
- Starring Jason Schwartzman, Scarlett Johansson, Tom Hanks
- Genres Comedy, Drama, Arts, Entertainment, and Culture, Romance
- Audio English

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

❖ **3:30pm Sing Along** * Commons

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Thursday, January 18, 2024

❖ **10:00am Trivia 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.

❖ **2:00pm 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 Balloon Tennis** * Commons

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Friday, January 19, 2024

- ❖ 10:00am **Morning Trivia** *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)

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

An American desert town, 1955. The annual Junior Stargazer competition is spectacularly upended by world-changing events. With an all-star cast directed by Wes Anderson.

Streaming MAX – 1hr, 45min (PG-13)

- Year 2023
- Directors Wes Anderson
- Starring Jason Schwartzman, Scarlett Johansson, Tom Hanks
- Genres Comedy, Drama, Arts, Entertainment, and Culture, Romance
- Audio English

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Saturday, January 20, 2024

❖ 10:00am **Trivia Quiz** *Commons

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

❖ 1:30pm **Asteroid City** *Commons

An American desert town, 1955. The annual Junior Stargazer competition is spectacularly upended by world-changing events. With an all-star cast directed by Wes Anderson.

Streaming MAX – 1hr, 45min (PG-13)

- Year 2023
- Directors Wes Anderson
- Starring Jason Schwartzman, Scarlett Johansson, Tom Hanks
- Genres Comedy, Drama, Arts, Entertainment, and Culture, Romance
- Audio English

❖ 1:30pm **Bridge Club** *Commons

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

❖ 3:30pm **Word Find** *Commons

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Sunday, January 21, 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 Sinfonia of London:** *Commons
“Orchestral Showpieces”

John Wilson and the Sinfonia of London are joined by Festival featured artist Roderick Williams for a highly atmospheric program of orchestral showpieces including Dukas’ The Sorcerer’s Apprentice, which famously appeared in Disney’s Fantasia, and a world premiere by Sally Beamish.

Streaming: Amazon Prime – 1hr, 23min (PG)

- Year 2023
- Director Andy Sommer, Omer Meir Wellber
- Starring Arena di Verona
- Genres Arts, Entertainment, and Culture
- Audio English

❖ **2:00pm Crosswords** *Commons

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

❖ **3:30pm Bingo** *Commons