

*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 8, 2024**

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

**“Michael Rosengart”**

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

❖ **1:00pm "Maestro"** \*Commons

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

**Streaming Netflix 2hr, 11min ®**

- Year 2023
- Director Bradley Cooper
- Starring Bradley Cooper, Carey Mulligan, Carey Mulligan
- Genres American Biographical Romantic Drama
- Audio English

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

❖ **3:30pm Bingo** \*Commons

❖ **7pm -8pm A Smithsonian Event (Streaming)** \*Commons

### **King: A Life**

A discussion of Jonathan Eig’s newest book, *King: A Life*, the first major biography in decades of the civil rights icon Martin Luther King Jr. Vividly written and exhaustively researched, the bestselling biographer weaves a revelatory new portrait of the preacher and activist who shook the world and gives us an intimate view of the courageous and often emotionally troubled human being who demanded peaceful protest for his movement but was rarely at peace with himself. Eig gives us an MLK for our times: a deep thinker, a brilliant strategist, and a committed radical who led one of history’s greatest movements, and whose demands for racial and economic justice remain as urgent today as they were in his lifetime.

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## **Tuesday, January 9, 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.*

### ❖ 1:30pm

**Grand Oaks Book Club**

\*Commons

**NEWCOMERS ARE WELCOME TO JOIN**

### ❖ 3:00pm

**Afternoon Social**

\*Library

### ❖ 3:30pm

**Dominos**

\* Library

### ❖ 6:45pm

**Grand Oaks Discussion Group  
In the Conference Room**

**All Residents are welcome to Join.**



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## **Thursday, January 11, 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 Dominos** \*Bistro

❖ **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** \*Library

❖ **3:30m Sing Along** \* Library

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## **Friday, January 12, 2024**

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

**Sean Phillips**

### **Our Lady of Victory Catholic Church**

**(Father Andy will be back on Jan 24<sup>th</sup>)**

- ❖ 2:00pm **Word find** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 7:00pm **Charlie Wilson's War** \*Commons

In the 1980s U.S.Rep. Charlie Wilson (Tom Hanks), Texas socialite Joanne Herring (Julia Roberts) and CIA agent Gust Avrakotos form an unlikely alliance to boost funding for Afghan freedom fighters in their war against invading Soviets. The trio's successful efforts to finance these covert operations contributes to the fall of the Soviet Union and the end of the Cold War.

#### **Streaming MAX – 1hr, 41min ®**

- Year 2007
- Directors Mike Nichols
- Starring Tom Hanks, Julia Roberts, Philip Seymour Hoffman
- Genres Historical & Drama
- Audio English

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## **Saturday, January 13, 2024**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class** \*Commons

### ❖ 1:30pm **Charlie Wilson's War** \*Commons

In the 1980s U.S.Rep. Charlie Wilson (Tom Hanks), Texas socialite Joanne Herring (Julia Roberts) and CIA agent Gust Avrakotos form an unlikely alliance to boost funding for Afghan freedom fighters in their war against invading Soviets. The trio's successful efforts to finance these covert operations contributes to the fall of the Soviet Union and the end of the Cold War.

#### **Streaming MAX – 1hr, 41min ®**

- Year 2007
- Directors Mike Nichols
- Starring Tom Hanks, Julia Roberts, Philip Seymour Hoffman
- Genres Historical & Drama
- Audio English

- ❖ 1:30pm **Bridge Club** \*Bistro
- ❖ 2:00p **Dominos** \*Bistro
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Word find** \*Commons
- ❖ 4:30pm **COCKTAIL HOUR** \*Bistro

**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, January 14, 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**    **Aida**    **\*Commons**

Ethiopian princess Aida is kept as a slave at the Egyptian court. She falls in love with Radames, a young Egyptian warrior who returns her feelings.

**Streaming: Amazon Prime – 2hr, 27min (G)**

- Year            2015
- Director        Andy Sommer, Omer Meir Wellber
- Starring        Arena di Verona
- Genres          Arts, Entertainment, and Culture
- Audio            English

❖ **2:00pm** **Crosswords**    **\*Library**

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

❖ **3:30pm**    **Bingo**    **\*Commons**