

*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, February 12, 2024**

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

**“Michael Rosengart”**

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

❖ 1:00pm **"Zora Neale Hurston: Claiming a Space"** **\*Commons**

**Zora Neale Hurston has long been considered a literary giant of the Harlem Renaissance, but her anthropological and ethnographic endeavors were equally important and impactful. This is an in-depth biography of the influential author whose groundbreaking anthropological work would challenge assumptions about race, gender and cultural superiority that had long defined the field in the 19th century.**

<u>Streaming</u>	<u>Prime Video 1hr, 53 (16+)</u>
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- |            |                      |
|------------|----------------------|
| • Year     | 2023                 |
| • Director | Tracy Heather Strain |
| • Starring | Vanessa Williams     |
| • Genres   | Documentary          |
| • Audio    | English              |

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

❖ 3:30pm **Bingo** **\*Commons**

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## **Tuesday, February 13, 2024**

### ❖ **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 30yrs. of Martial Arts experience and about 15 yrs. of experience in Tai Chi Chuan.

### ❖ **1:30pm Scenic Van Ride (Tysons Corner)**

- 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

### ❖ **3:00pm Afternoon Social:**

**\*Library**

### ❖ **3:30pm Art Lecture: Streaming**

**\*Commons**

#### **“Tintoretto: A Rebel in Venice”**

A documentary that celebrates the 500th anniversary of the birth of the last great artist of the Italian Renaissance, the most unexpected mind that the painting has ever produced: Tintoretto.

- Documentary, Arts, Entertainment, and Culture- 2019, 1hrs, 35min

### ❖ **6:45pm Grand Oaks Discussion Group**

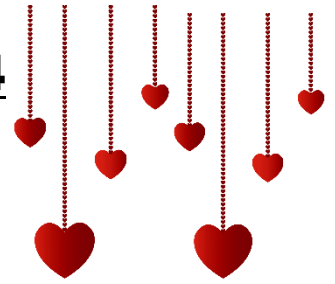
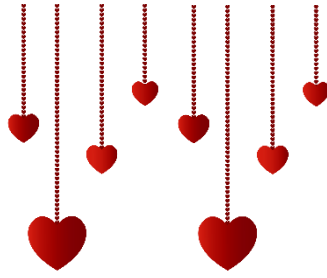
**In the Conference Room**

**All Residents are welcome to Join.**

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**Wednesday, February 14, 2024**

*Valentine's Day*



- ❖ 10:00am **The Great American Trivia** \*Library
- ❖ 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 **Bridge Club** \*Bistro
- ❖ 1:30pm **“The Proposal”** \*Commons  
 Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family.  
**Streaming Prime Video – 1hr, 47min (PG-13)**
  - Year 2009
  - Directors Anne Fletcher
  - Starring Betty White, Sandra Bullock, Ryan Reynolds
  - Genres Comedy & Romance
  - Audio English
- ❖ 3:00pm **Afternoon Social: Valentine’s Day Flower Giveaway** \*Library
- ❖ 3:30pm **Balloon Tennis** \* Library
- ❖ 4:30pm **Cocktail Hour** \*Bistro  
**Featuring themed Cocktail & Wine & Beer**

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## **Thursday, February 15, 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, February 16, 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 **“The Proposal”** \*Commons

Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.

#### **Streaming Prime Video – 1hr, 47min (PG-13)**

- Year 2009
- Directors Anne Fletcher
- Starring Betty White, Sandra Bullock, Ryan Reynolds
- Genres Comedy & Romance
- Audio English

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## **Saturday, February 17, 2024**

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

- ❖ 1:30pm **“The Proposal”** \*Commons

Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.

### **Streaming Prime Video – 1hr, 47min (PG-13)**

- Year 2009
- Directors Anne Fletcher
- Starring Betty White, Sandra Bullock, Ryan Reynolds
- Genres Comedy & Romance
- 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, February 18, 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



❖ **1:30 pm** “Le Corsaire” \*Commons

Travel to a faraway land for the adventures of Conrad, and his girlfriend Medora. Will they outfox evil schemers and find happiness on the high seas?

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

- Year 2016
- Director Anna-Marie Holmes, Gavin Sutherland
- Starring English National Ballet
- Genres Arts, Entertainment, and Culture
- Audio English

❖ **2:00pm** Crosswords \*Library

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

❖ **3:30pm** Bingo \*Commons