

*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 26, 2024**

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

**“Michael Rosengart”**

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

❖ 1:30pm **“The Legend:** **\*Commons**

**The Bessie Coleman Story ”**

**The story of a renowned young woman of vision and courage who, despite the persistent threats of racism, simply refused to compromise herself, her principles, and her race!**

**In 1921, aviation pioneer Bessie Coleman arose from the poverty of the Texas cotton fields to capture the hearts of the Black population of America.**

**Streaming** **Prime Video 1hr, 52 (16+)**

- Year 2022
- Director Rita Coburn
- Starring Eric Carter, Lia Fitzgerald
- Genres Documentary
- Audio English

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

❖ 3:45pm **Bingo** **\*Commons**

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## **Tuesday, February 27, 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.

**1:00pm – 2:00pm**

### **Live Webinar in The Commons**

#### **What Makes a Case:**

## **Senior Care Litigation From an Expert Witness' Perspective**

*(Webinar Organized by Long Term Care Community Coalition)*

### ❖ **3:00pm Afternoon Social:**

**\*Library**

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

**\*Commons**

#### **“The Louvre”**

Set against the panoramic history of France, and hosted by Charles Boyer, The Louvre, regal palace and home to so many of the world's great gifts of art, becomes THE LOUVRE, a film acclaimed and winner of fourteen national and international awards, so rich in its story that even the Mona Lisa smiles.

**Documentary, Arts, Entertainment, and Culture- 1964, 1hr**

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

**In the Conference Room - All Residents are welcome to Join.**



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## **Thursday, February 29, 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 Bridge Club** \*Bistro

❖ **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.*

❖ **3:30m Sing Along** \* Library

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## **Friday, March 1, 2024**

- ❖ 10:00am **Trivia Quiz** \*Library
  - ❖ 11:00am **Seated Exercise Class with Legacy** \*Commons
  - ❖ 1:00pm **Catholic Mass** \*Chapel
- Father Andrews**  
**Our Lady of Victory Catholic Church**
- ❖ 2:00opm **Word find** \*Library
  - ❖ 3:00pm **Afternoon Social** \*Library
  - ❖ 3:30pm **Bingo** \*Commons

- ❖ 7:00pm **“Mona Lisa Smile”** \*Commons

Academy Award ®-winner Julia Roberts (Best Actress in a Leading Role, Erin Brockovich, 2000) leads an all-star cast featuring Kirsten Dunst, Julia Stiles, Maggie Gyllenhaal and Marcia Gay Harden. Mona Lisa Smile is a funny, inspiring and uplifting film about an art history professor with a lot to teach about life and much to learn about romance.

**Streaming [MAX](#) – 1hr, 54min (PG-13)**

- Year 2003
- Directors Mike Newell
- Starring Julia Roberts, Kirsten Dunst, Julia Stiles
- Genres Drama
- Audio English

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## **Saturday, March 2, 2024**

❖ 10:00am Trivia Quiz \*Library

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

❖ 1:30pm **“Field of Dreams”** \*Commons

When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife, Annie (Amy Madigan). Afterward, the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.

### **Streaming Prime Video – 1hr, 42min (PG)**

- Year 1989
- Directors Phil Alden Robinson
- Starring Kevin Costner, Amy Madigan, James Earl Jones
- Genres Drama, Fantasy
- 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, March 3, 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 “Alice's Adventures in Wonderland”** \*Commons  
**(Laëticia Pujol, Nicolas Le Riche - Opéra National de Paris)**

Alice's Adventures in Wonderland is a ballet in three acts by Christopher Wheeldon with a scenario by Nicholas Wright, based on Alice's Adventures in Wonderland by Lewis Carroll.

**Streaming: Amazon Prime – 2hr, 6min (ALL)**

- Year 2017
- Director Koen Kessels
- Starring Royal Ballet
- Genres Arts, Entertainment, and Culture
- Audio English

❖ **2:00pm Crosswords** \*Library

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

❖ **3:30pm Bingo** \*Commons