

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, February 5, 2024

▪ 11:00am **Balance and Motion** *Commons

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:00pm **" Toni Morrison: The Pieces I Am "** *Commons

This artful and intimate meditation on legendary storyteller Toni Morrison examines her life, her work, and the powerful themes she has confronted throughout her literary career.

Streaming

Netflix 2hr ®

- Year 2019
- Director Bradley Cooper
- Starring Bradley Cooper, Carey Mulligan, Carey Mulligan
- Genres Documentary, Arts, Entertainment, and Culture
- Audio English

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

❖ 3:30pm **Bingo** *Commons

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Tuesday, February 6, 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.

❖ **3:00pm Afternoon Social**

***Library**

❖ **3:30pm Art Lecture: Streaming**

***Commons**

“Degas: Passion for Perfection”

Discover the story behind Edgar Degas' artistic brilliance. Best known for his works depicting a voyeuristic view of life as a ballerina, like *The Ballet Class*, and *Dancers in Pink*, Degas was obsessed with accurately capturing moments of everyday life.

- Documentary, Arts, Entertainment, and Culture
- 2018, 1hrs, 30min

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Wednesday, February 7, 2024

❖ 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 24th”** *Commons

The 24th is based on the true story of the Houston riot of 1917. The film features an African American (A.K.A. Buffalo Soldiers) military unit, the 24th Infantry Regiment in Houston, Texas. Despite their military service, the African American soldiers are subjected to racial discrimination by the all-white police force in Houston as well as from the local white people in Houston. The constant racial discrimination leads to a riot and seizure of military weapons by the African American military unit against the police force and the white locals.

Streaming Prime Video – 1hr, 53min (18+)

- Year 2020
- Directors Kevin Willmott
- Starring Trai Byers, Bashir Salahuddin, Aja Naomi King
- Genres Action, Historical & Drama
- Audio English

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

❖ 3:30pm **Balloon Tennis** * Library

❖ 4:30pm **Cocktail Hour** *Bistro

Featuring themed Cocktail & Wine & Beer

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Thursday, February 8, 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”

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❖ **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 9, 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 24th)

- ❖ 2:00opm **Word find** *Library
- ❖ 3:00pm **Afternoon Social** *Library
- ❖ 3:30pm **Bingo** *Commons
- ❖ 7:00pm **“The 24th”** *Commons

The 24th is based on the true story of the Houston riot of 1917. The film features an African American (A.K.A. Buffalo Soldiers) military unit, the 24th Infantry Regiment in Houston, Texas. Despite their military service, the African American soldiers are subjected to racial discrimination by the all-white police force in Houston as well as from the local white people in Houston. The constant racial discrimination leads to a riot and seizure of military weapons by the African American military unit against the police force and the white locals.

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Saturday, February 10, 2024

- ❖ 10:00am Trivia Quiz *Library
- ❖ 11:00am Seated Exercise Class *Commons
- ❖ 1:30pm **“The 24th”** *Commons

The 24th is based on the true story of the Houston riot of 1917. The film features an African American (A.K.A. Buffalo Soldiers) military unit, the 24th Infantry Regiment in Houston, Texas. Despite their military service, the African American soldiers are subjected to racial discrimination by the all-white police force in Houston as well as from the local white people in Houston. The constant racial discrimination leads to a riot and seizure of military weapons by the African American military unit against the police force and the white locals.

Streaming Prime Video – 1hr, 53min (18+)

- Year 2020
- Directors Kevin Willmott
- Starring Trai Byers, Bashir Salahuddin, Aja Naomi King
- Genres Action, 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

- ❖ 6:30pm **Super Bowl 2024 on CBS** *Commons
 - Pizza will be served. **Chiefs vs 49ers**

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Sunday, February 11, 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 Cavalleria Rusticana** *Commons

A deeply moving production of the traditional double-bill Pagliacci and Cavalleria Rusticana is shown here at Milan's Teatro alla Scala.

Streaming: Amazon Prime – 1hr, 20min (PG)

- Year 2015
- Director Daniel Harding, Mario Martone
- Starring Teatro alla Scala
- Genres Arts, Entertainment, and Culture
- Audio English

❖ **2:00pm Crosswords** *Library

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

❖ **3:30pm Bingo** *Commons