

*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, March 11, 2024**

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

**“Michael Rosengart”**

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

❖ 1:30pm **“Sandra Day O’Connor: The First”** \*Commons

**For 191 years the U.S. Supreme Court was populated only by men. When Ronald Reagan nominated Sandra Day O’Connor as the first female justice in 1981, the announcement dominated the news. A pioneer who both reflected and shaped an era, in her 25 years as justice she was the swing vote in cases about some of the 20th century’s most controversial issues—including race, gender and reproductive rights.**

<u>Streaming</u>	<u>Prime Video 1hr, 51 (7+)</u>
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- |            |                             |
|------------|-----------------------------|
| • Year     | 1988                        |
| • Director | Michelle Ferrari            |
| • Starring | Eric Carter, Lia Fitzgerald |
| • Genres   | Kate Burton                 |
| • Audio    | English                     |

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

❖ 3:45pm **Bingo** \*Commons

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## **Tuesday, March 12, 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 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

### ❖ **2:00pm Dominoes**

**\*Bistro**

### ❖ **3:00pm Afternoon Social:**

**\*Library**

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

**\*Commons**

#### **“Gauguin in Tahiti: Paradise Lost”**

The film is an exotic journey from Tahiti to the Marquesas Islands tracing a life story that has become legendary.

**Documentary, Arts, Entertainment, and Culture- 2019, 1hr, 27min**

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

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

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## **Wednesday, March 13, 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 Washington Waldorf High School Choir \*Commons

❖ 2:00pm Spanish Club with Ms Olga Baer  
4<sup>th</sup> floor Country Kitchen/Northside

Come learn basic Conversational skills, verb conjugation and Culture.  
Practice by speaking every day phrases.

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Balloon Tennis \* Library

❖ 4:30pm Cocktail Hour \*Bistro  
Featuring themed Cocktail & Wine & Beer

❖ 7:00pm “The Courier” \*Commons

Benedict Cumberbatch (DOCTOR STRANGE) and Rachel Brosnahan ("The Marvelous Mrs. Maisel") star in this true-life Cold War spy thriller about British businessman Greville Wynne, who must form an alliance with a Soviet spy to prevent a nuclear confrontation.

**Streaming Prime Video – 1hr, 52min (PG-13)**

- Year 2021
- Directors Dominic Cooke
- Starring Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan
- Genres Historical, Drama
- Audio English

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## **Thursday, March 14, 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.*

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

❖ **3:30m Sing Along** \* Library

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## **Friday, March 15, 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**
- ❖ 2:00pm **Word find** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 7:00pm **“The Courier”** \*Commons

Benedict Cumberbatch (DOCTOR STRANGE) and Rachel Brosnahan ("The Marvelous Mrs. Maisel") star in this true-life Cold War spy thriller about British businessman Greville Wynne, who must form an alliance with a Soviet spy to prevent a nuclear confrontation.

### **Streaming [Prime Video](#) – 1hr, 52min (PG-13)**

- Year 2021
- Directors Dominic Cooke
- Starring Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan
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## **Saturday, March 16, 2024**

❖ 10:00am Trivia Quiz \*Library

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

❖ 1:30pm “The Courier” \*Commons

Benedict Cumberbatch (DOCTOR STRANGE) and Rachel Brosnahan ("The Marvelous Mrs. Maisel") star in this true-life Cold War spy thriller about British businessman Greville Wynne, who must form an alliance with a Soviet spy to prevent a nuclear confrontation.

### **Streaming [Prime Video](#) – 1hr, 52min (PG-13)**

- Year 2021
- Directors Dominic Cooke
- Starring Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan
- 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, March 17, 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 “The Inaugural Concert”** \*Commons  
**(Live Performance)**

Anna Moffo in Verdi's La Traviata. Mario Lanfranchi's 1968 film version of this beloved opera classic is faithful to the Dumas story, bringing to life the tragic story of Camille (here called Violetta) with gripping drama and sumptuous sets and costumes.

**Streaming: Amazon Prime – 1hr, 52min (ALL)**

- Year 1968
- Director Mario Lanfranchi
- Starring Anna Moffo, Franco Bonisoli, Gino Bechi
- Genres Arts, Entertainment, and Culture
- Audio English

❖ **2:00pm Crosswords** \*Library

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

❖ **3:30pm Bingo** \*Commons