

*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 18, 2024**

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

**“Michael Rosengart”**

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

❖ **1:30pm “Africa's Great Civilizations”** **\*Commons**

**Beginning with Africa's ancient history as the cradle of mankind, this documentary series with Henry Louis Gates, Jr. brings to life the epic stories of both little-known and celebrated African kingdoms and cultures.**

**[Season 1: 6 Episodes- 2 episodes a week.](#)**

### **Episode 1: 53min**

Host Henry Louis Gates, Jr. introduces viewers to the African continent through a series of expansive views and myth-busting revelations. His six-hour exploration of the African past begins at the origins of human existence. Through anthropological and scientific discoveries viewers learn that Africa is the genetic home of all currently living humanity.

### **Episode 2: 53 min**

The second hour of "Africa's Great Civilizations" charts the emergence of two powerful forces of global change, Islam, and Christianity. Viewers will learn how pervasively "the Cross and the Crescent" reshaped the landscape and people of Africa between the first and 12th centuries A.D. - and for centuries to come.

#### **Streaming**

#### **Prime Video 1hr, 46min (TV-PG)**

- Year 2017
- Director Mark Bates, Karen McGann, Virginia Quinn
- Starring Henry Louis Gates, Jr.
- Genres Historical Documentary
- Audio English

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

❖ **3:45pm Bingo** **\*Commons**

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**Tuesday, March 19, 2024**

**Welcome Spring**

- ❖ **11:00am Tech Support with Jordan** (Sign up with Concierge)  
11:30am – 4:00pm 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 (Cheery Blossom Tour at Tidal Basin)**  
  - Weather Permitting & Must Sign up with Concierge By 12pm on Monday
  - 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
- ❖ **1:30pm Grand Oaks Book Club Meeting** **\*Commons**  
**Book:** Twenty Years Later - By: Charlie Donlea  
**NEW COMMERS ARE WELCOME TO JOIN**
- ❖ **2:00pm Dominoes** **\*Bistro**
- ❖ **3:00pm Afternoon Social:** **\*Library**
- ❖ **3:30pm Art Lecture: Streaming** **\*Commons**  
**“The painting life of Vincent van Gogh”**  
A unique documentary of the life and the works of Vincent van Gogh. We are travelling with Vincent in a geographical reconstruction of his life. It shows beautiful pictures of which Van Gogh has drawn his inspiration for his works.  
**Documentary, Arts, Entertainment, and Culture- 2008, 1hr, 56min**
- ❖ **6:45pm Grand Oaks Discussion Group**  
**In the Conference Room - All Residents are welcome to Join.**



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## **Thursday, March 21, 2024**

- ❖ **9:15am Senior Cinema Thursday at Avalon Theatre: “One Life”**  
Sign-up sheet closed on Friday, March 15. If you have signed up to go:
- **Meet in the Lobby no latter than 9:20am.**
  - **Loading Time: 9:20am** - Wheelchair & Transfer residents
  - **9:30am** -Walk on residents
  - **9:35am** - Waiting list loading- If space is available
- THE BUS WILL DEPART NO LATER THAN 9:40 AM**
- ❖ **10:00am Trivia Tournament with Adela** \*Commons
- ❖ **11:00am Tech Support with Jordan**  
1:30pm – 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 22, 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 **“Oppenheimer”** \*Commons

Academy Award for Best Picture: During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

#### **Streaming [Prime Video](#) – 3hr ®**

- Year 2023
- Directors Christopher Nolan
- Starring Cillian Murphy, Emily Blunt, Matt Damon
- Genres Historical, Drama, Suspense
- Audio English



