

*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 25, 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 3: 53min**

The third hour in the series marks an era of great commercial and manufacturing growth throughout several regions on the continent. It begins with the revolutionary transformation of North and West Africa.

### **Episode 4: 52min**

Hour four shines a light on the powerful, cosmopolitan cities that dotted Africa at a time when Europe was in its Middle Ages. From 1000 to 1600, a golden age evolves in the expansion of commerce, wealth and prosperity across Africa, and, along with this, the building of new cities and the founding of new powerful states.

**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 26, 2024**

- ❖ **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**  
**(Makeup from last week)**
- ❖ **2:00pm Dominoes** **\*Bistro**
- ❖ **3:00pm Afternoon Social:** **\*Library**
- ❖ **3:30pm Art Lecture: Streaming** **\*Commons**  
**“Hermitage Masterpieces”**  
S1 E1 - The Museum's Majestic Architecture- 30min  
S1 E2 - Highlights of the Masterpieces- 27min  
S1 E3 - Russia in the Age of Peter the Great- 28min  
**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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## **Wednesday, March 27, 2024**

- ❖ **10:00am**      **The Great American Trivia**      **\*Library**
- ❖ **11:00am**      **Monthly Resident Forum**      **\* Commons**  
A 1-hour Forum with Grand Oaks Department Directors and Managers .

### **All Residents Are Invited to Attend**

Make your voice heard at the Resident Council meeting! Department managers will address your questions or concerns. Join us to shape our community together!

- ❖ **1:00pm**      **“Poor Things”**      **\*Commons**

The incredible tale of Bella Baxter (Emma Stone), a young woman brought back to life by a brilliant and unorthodox scientist. Seeking the worldliness, she is lacking, Bella runs off on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation. **OSCARS® 4X winner**

**Streaming Prime Video – 2hr, 22** ®

- Year                      2024
- Directors                Yorgos Lanthimos
- Starring                 Emma Stone, Mark Ruffalo, Willem Dafoe
- Genres                    Drama, Romance, Science Fiction
- Audio                     English

- ❖ **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**

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## **Thursday, March 28, 2024**

❖ **10:00am Trivia 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 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 29, 2024**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise Class with Legacy** \*Commons
- ❖ 1:30pm **Dominoes** \*Bistro
- ❖ 2:00pm **Word Find** \*Library
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 7:00pm **“Poor Things”** \*Commons

The incredible tale of Bella Baxter (Emma Stone), a young woman brought back to life by a brilliant and unorthodox scientist. Seeking the worldliness, she is lacking, Bella runs off on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation. **OSCARS® 4X winner**

**Streaming [Prime Video](#) – 2hr, 22 ®**

- Year 2024
- Directors Yorgos Lanthimos
- Starring Emma Stone, Mark Ruffalo, Willem Dafoe
- Genres Drama, Romance, Science Fiction
- Audio English

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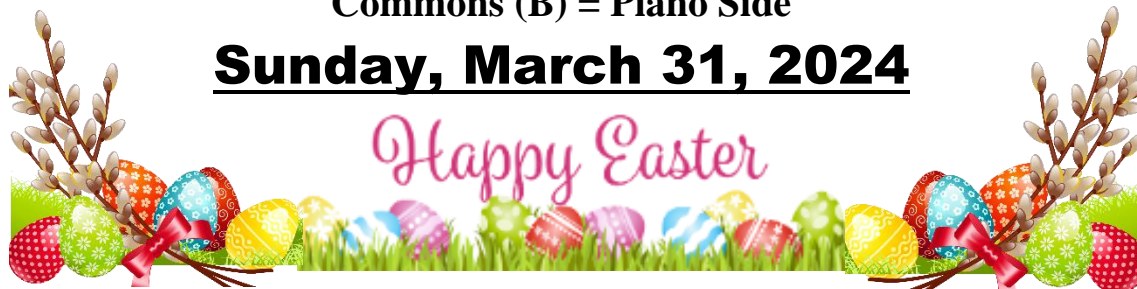
## **Saturday, March 30, 2024**

- ❖ 10:00am Trivia Quiz \*Library
- ❖ 11:00am Seated Exercise Class with  
“Ash” \*Commons
- ❖ 1:00pm “Poor Things” \*Commons
- The incredible tale of Bella Baxter (Emma Stone), a young woman brought back to life by a brilliant and unorthodox scientist. Seeking the worldliness, she is lacking, Bella runs off on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation. **OSCARS® 4X winner**
- Streaming Prime Video – 2hr, 22 ®**
- Year 2024
  - Directors Yorgos Lanthimos
  - Starring Emma Stone, Mark Ruffalo, Willem Dafoe
  - Genres Drama, Romance, Science Fiction
  - 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 31, 2024**



❖ 10:00am **Easter Sunday Mass** \*Chapel

**Father Andrews**  
**Our Lady of Victory Catholic Church**

❖ 10:30am **Seated Exercise Class with Adela** \*Library



❖ 1:30 pm **“Salzburg Easter Fest: Cavalleria rusticana”** \*Commons  
Staged in cinematic black and white, the psychological drama of Mascagni's one-act opera relates the lives and passions of its characters. Jonas Kaufmann leads the cast, with the Staatskapelle Dresden conducted by Christian Thielemann.

**Streaming: Amazon Prime – 1hr, 15min (7+)**

- Year 2015
- Director Philipp Stolzl, Christian Thielemann
- Starring Jonas Kaufmann, Staatskapelle Dresden
- Genres Arts, Entertainment, and Culture
- Audio Italiano
- Subtitles English

❖ 2:00pm **Crosswords** \*Library

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

❖ 3:30pm **Bingo** \*Commons