

*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 4, 2024**

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

### **“Michael Rosengart”**

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

❖ 1:30pm **“Don’t Look Back”** **\*Commons**

**Bob Dylan is captured on-screen as he never would be again in this groundbreaking film from D. A. Pennebaker. The legendary documentarian finds Dylan in England during his 1965 tour. In this wildly entertaining vision of one of the twentieth century's greatest artists, Dylan is surrounded by teen fans, gets into heated jousts with journalists, and kicks back with his fellow musicians.**

<u>Streaming</u>	<u>Prime Video 1hr, 36 (16+)</u>
• Year	1967
• Director	D. A. Pennebaker
• Starring	Eric Carter, Lia Fitzgerald
• Genres	Albert Grossman, Joan Baez, Donovan
• Audio	English

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

❖ 3:45pm **Bingo** **\*Commons**

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## **Tuesday, March 5, 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 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.

### ❖ **2:00pm Dominoes**

**\*Bistro**

### ❖ **3:00pm Afternoon Social:**

**\*Library**

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

**\*Commons**

#### **“Michelangelo: Self-Portrait”**

The life and work of Michelangelo as told by his own words. A film by Academy Award winner Robert Snyder.

**Documentary, Arts, Entertainment, and Culture- 1989, 1hr, 22min**

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

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

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## **Wednesday, March 6, 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**      **“Good Will Hunting”**      \*Commons

Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams).

**Streaming [Prime Video](#) – 2hr, 6min ®**

- Year                      1998
- Directors                Gus Van Sant
- Starring                 Robin Williams, Matt Damon, Ben Affleck
- Genres                    Romance, Drama
- 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 7, 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 8, 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 **“Good Will Hunting”** \*Commons

Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams).

### **Streaming [Prime Video](#) – 2hr, 6min ®**

- Year 1998
- Directors Gus Van Sant
- Starring Robin Williams, Matt Damon, Ben Affleck
- Genres Romance, Drama
- Audio English

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## **Saturday, March 9, 2024**

- ❖ 10:00am Trivia Quiz \*Library
- ❖ 11:00am Seated Exercise Class with  
“Ash” \*Commons

- ❖ 1:30pm **“Good Will Hunting”** \*Commons

Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams).

Streaming [Prime Video](#) – 2hr, 6min ®

- Year 1998
- Directors Gus Van Sant
- Starring Robin Williams, Matt Damon, Ben Affleck
- Genres Romance, 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 10, 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 “Anna Moffo in Verdi's La Traviata”** \*Commons

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