

*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, April 1, 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 5: 53min**

The series' fifth hour examines the tremendous changes wrought in Africa by the trans-Atlantic slave trade, flowing out of the new era of European exploration in the New World that had begun in 1492 and reached a crucial point in the 16th century.

### **Episode 6: 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.

**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 With Nurses** **\*Commons**

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## **Tuesday, April 2, 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 (Kenwood Neighborhood Cherry Blossoms)**
- 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
- ❖ **2:00pm Dominoes** **\*Bistro**
- ❖ **3:00pm Afternoon Social:** **\*Library**
- ❖ **3:30pm Art Lecture: Streaming** **\*Commons**  
**“Hermitage Masterpieces”**  
S1 E4 - Decorative Arts of Italy, France and England - 29min  
S1 E5 - Art from Mesopotamia to Ancient China - 29min  
S1 E6 - The Art of Ancient Egypt - 27min  
**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, April 3, 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 200.*

- ❖ 1:30pm      **“Bob Marley: One Love”**      \*Commons

Celebrate the life of an icon who inspired generations through his message of love, peace, and unity. In One Love, discover Bob Marley's powerful story of overcoming adversity and the journey behind his revolutionary music that changed the world.

### **Streaming Prime Video – 1hr, 49 (PG-13)**

- Year                      2024
- Directors                Reinaldo Marcus Green
- Starring                 Kingsley Ben-Adir, Lashana Lynch
- Genres                    Drama, Arts, Entertainment, and Culture
- 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, April 4, 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, April 5, 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 **“Bob Marley: One Love”** \*Commons

Celebrate the life of an icon who inspired generations through his message of love, peace, and unity. In One Love, discover Bob Marley's powerful story of overcoming adversity and the journey behind his revolutionary music that changed the world.

### **Streaming [Prime Video](#) – 1hr, 49 (PG-13)**

- Year 2024
- Directors Reinaldo Marcus Green
- Starring Kingsley Ben-Adir, Lashana Lynch
- Genres Drama, Arts, Entertainment, and Culture
- Audio English

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## **Saturday, April 6, 2024**

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

- ❖ 1:00pm **“Bob Marley: One Love”** \*Commons

Celebrate the life of an icon who inspired generations through his message of love, peace, and unity. In One Love, discover Bob Marley's powerful story of overcoming adversity and the journey behind his revolutionary music that changed the world.

### **Streaming [Prime Video](#) – 1hr, 49 (PG-13)**

- Year 2024
- Directors Reinaldo Marcus Green
- Starring Kingsley Ben-Adir, Lashana Lynch
- Genres Drama, Arts, Entertainment, and Culture
- 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, April 7, 2024**

❖ **10:00am Seated Exercise Class** \*Commons  
With Adela

❖ **11:00am Presbyterian Worship Service (Streaming)** \*Commons

11:30am ~ 1:30pm

Sunday Brunch

IN THE DINING ROOM  


❖ **1:30 pm “Lucerne Festival: Wagner and Verdi”** \*Commons  
Daniel Barenboim and the West-Eastern Divan Orchestra celebrate Verdi's and Wagner's 200th birthdays at the Lucerne Festival. The program also features new works by Israeli composer Chaya Czernowin and Jordanian composer Saed Haddad.

**Streaming: Amazon Prime – 1hr, 43min (7+)**

- Year 2013
- Director Philipp Stolzl, Christian Thielemann
- Starring Jonas Kaufmann, Staatskapelle Dresden
- Genres Arts, Entertainment, and Culture, Music Videos and Concerts
- Audio Italiano
- Subtitles English

❖ **2:00pm Crosswords** \*Library

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

❖ **3:30pm Bingo** \*Commons