

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 (Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Monday, April 15, 2024

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:30pm **“Ancient Mysteries”** ***Commons**

Ancient Mysteries is a series of one-hour documentaries exploring archaeological, historical, and cultural mysteries of the ancient past.

Episode 4: E4 - The Fate Of Neandertals - 47min

More than 70,000 years ago, a clan of cave dwellers roamed the cliffs of Southwestern France. They were the Neandertals, distant cousins to modern man. Explore the caves that reveal some of the mysteries of their life.

Episode 5: Human Sacrifice- 43min

Explores societies that have glorified human sacrifice. Includes a look at Mexico's ancient Aztecs, and travels to India, where victims were sacrificed to Kali, the goddess of darkness and death.

Episode 6: Samurai!- 45min

look at the world of old Japan and the fighting code of the ruthless Samurai warrior. Discover how their code of honor was born.

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

- Year 1996
- Director Craig Haffner, Donna Lusitana
- Starring Leonard Nimoy
- Genres Historical Documentary
- Audio English

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

❖ 3:45pm **Bingo with Nurses** ***Commons**

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Tuesday, April 16, 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 (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**
Join us to discuss how to revitalize our book club and welcome new members.
- ❖ **2:00pm Dominoes** ***Bistro**
- ❖ **3:00pm Afternoon Social:** ***Library**
- ❖ **3:30pm Art Lecture: Streaming** ***Commons**
“Hermitage Masterpieces”
S1 E10 - Art of the Early Italian Renaissance - 29min
S1 E11 - Da Vinci, Raphael and The High Italian Renaissance - 28
S1 E12 - Art of the Netherlands: 15th and 16th Century - 29min
Documentary, Arts, Entertainment, and Culture- 2013
- ❖ **6:45pm Grand Oaks Discussion Group**
In the Conference Room - All Residents are welcome to Join.

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Wednesday, April 17, 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 **“The Iron Claw”** *Commons

The true story of the Von Erich brothers (Zac Efron, Jeremy Allen White, and Harris Dickinson), who, through tragedy and triumph, under the shadow of their domineering father and coach, seek epic immortality on the biggest stage in sports.

Streaming Prime Video – 2hr, 11 ®

- Year 2023
- Directors Sean Durkin
- Starring Zac Efron, Jeremy Allen White, Harris Dickinson
- Genres Drama, Sports
- Audio English

- ❖ 2:00pm **Spanish Club with Ms Olga Baer**
4th 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 18, 2024

- ❖ **9:15am Senior Cinema Thursday at Avalon Theatre: “LA Chimera”**
Sign-up sheet closed on Monday, April 15. If you have signed up to go:
- **Meet in the Lobby no later 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 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, April 19, 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 Iron Claw”** *Commons

The true story of the Von Erich brothers (Zac Efron, Jeremy Allen White, and Harris Dickinson), who, through tragedy and triumph, under the shadow of their domineering father and coach, seek epic immortality on the biggest stage in sports.

Streaming [Prime Video](#) – 2hr, 11 [®]

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Saturday, April 20, 2024

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

- ❖ 1:00pm “The Iron Claw” *Commons
- The true story of the Von Erich brothers (Zac Efron, Jeremy Allen White, and Harris Dickinson), who, through tragedy and triumph, under the shadow of their domineering father and coach, seek epic immortality on the biggest stage in sports.

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- Year 2023
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- Starring Zac Efron, Jeremy Allen White, Harris Dickinson
- Genres Drama, Sports
- 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

