

*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 22, 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 E7 - The Black Death - 45min

Story of the deadly plague that mysteriously arrived in medieval Europe, moving from country to country killing millions.

Episode 8 - Ancient Rome And It's Mysterious Cities - 44min

Explores the great cities built by the Romans as they conquered the world. How did Romans use the wealth and knowledge of the Greeks and Etruscans to build their cities?

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 23, 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 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**

“Hermitage Masterpieces”

S1 E13 - Rubens, Van Dyck and The 17th Century Flemish Painters - 28min

S1 E14 - Rembrandt and the 17th Century Dutch Master – 27min

S1 E15 - Velazquez, El Greco, Goya and The Spanish Masters - 28min

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 24, 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!

- ❖ 1:30pm **“May December”** *Commons
Twenty years after their notorious tabloid romance, a married couple buckle under the pressure when a Hollywood actress meets them to do research for a film about their past.

Streaming Prime Video – 1hr, 57

- Year 2023
- Directors Todd Haynes
- Staring Natalie Portman, Julianne Moore, Charles Melton
- Genres Drama, Psychological, Emotional
- Rating ®(Some sexual Content, graphic Nudity, Drug use & language)
- 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 25, 2024

Bring Your Child To Work Day



❖ 9:30am Welcome Children with Laurie & Residents *Bistro

❖ 10:00am Trivia with Laurie & Children *Bistro

❖ 11:00am **Tech Support with Jordan**

11:30pm – 4:00pm In residents' room. Sign up with Concierge
Specify your preferred support time-30 minutes per resident

❖ 11:00am Tai Chi Residents & Children *Library
“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.

12pm – 1:30pm

Children Lunch / Outdoor Carnival Games (AL Courtyard)

❖ 1:30pm Bridge Club *Bistro

❖ 2:00pm **Creative Art with Jordan, Cindy, Gloria** *Commons
Bring your inspiration and Partner with a Child and be creative we'll provide you with the sketchbook, Pencils, paint, canvas, and brushes

❖ 3:00pm Afternoon Social *Library

❖ 2:30pm Scavenger Hunt with Children *Bistro

4:00pm -5:00pm - Common

**End of the Day Celebration with Residents, Children, Staff
Live Music: Darrin Carter**

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Friday, April 26, 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 **“May December”** *Commons

Twenty years after their notorious tabloid romance, a married couple buckle under the pressure when a Hollywood actress meets them to do research for a film about their past.

Streaming Prime Video – 1hr, 57

- Year 2023
- Directors Todd Haynes
- Staring Natalie Portman, Julianne Moore, Charles Melton
- Genres Drama, Psychological, Emotional
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Saturday, April 27, 2024

- ❖ 10:00am Trivia Quiz *Library
- ❖ 11:00am Seated Exercise Class with
"Ash" *Commons
- ❖ 1:00pm "May December" *Commons
 Twenty years after their notorious tabloid romance, a married couple buckle under the pressure when a Hollywood actress meets them to do research for a film about their past.
Streaming Prime Video – 1hr, 57
 - Year 2023
 - Directors Todd Haynes
 - Staring Natalie Portman, Julianne Moore, Charles Melton
 - Genres Drama, Psychological, Emotional
 - Rating ®(Some sexual Content, graphic Nudity, Drug use & language)
 - 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 28, 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** **Orff, Carmina Burana** *Commons
 “Sir Simon Rattle, Berliner Philharmoniker”

The Gala from Berlin 2004 presents the outstanding Berliner Philharmoniker, conducted by Sir Simon Rattle with Carl Orff's well known Carmina Burana Carmina Burana, one of the twentieth century's most widely performed works for chorus and orchestra.

Streaming: Amazon Prime – 1hr, 28min (7+)

- Year 2023
- Director Manfred Wittelsberger
- Starring Berliner Philharmoniker, Sir Simon Rattle, Sally Matthews
- Genres Arts, Entertainment, and Culture, Music Videos and Concerts
- Audio English
- Subtitles English

❖ **2:00pm** **Crosswords** *Library

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

❖ **3:30pm** **Bingo** *Commons