

*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 29, 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 9 - Seven Wonders Of The Ancient World**

The Great Pyramid of Giza, Mausoleum of Halicarnassus, Statue of Zeus at Olympia, Colossus of Rhodes, Temple of Artemis, Hanging Gardens of Babylon, the Pharos of Alexandria. Of the seven wonders, only the Great Pyramid remains

**Streaming Prime Video 1hr, 28min (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**

*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*

## **Tuesday, April 30, 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** (*George Washington Memorial Parkway*)
- 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 E16 - French Classical Style of the 17th and 18th Centuries - 29min  
S1 E17 - The Road to Impressionism: 19th Century France – 31min  
S1 E18 - Modernism: Matisse, Picasso, and More 20th Century Painters  
**Documentary, Arts, Entertainment, and Culture- 2013**
- ❖ **6:45pm Grand Oaks Discussion Group**  
**In the Conference Room - All Residents are welcome to Join.**

*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*

## **Wednesday, May 1, 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      **“Air” A story of Greatness**      \*Commons

From award-winning director Ben Affleck, AIR reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike’s fledgling basketball division, which revolutionized the world of sports and culture with the Air Jordan brand. Starring Matt Damon, Ben Affleck, Jason Bateman, Chris Messina, Marlon Wayans, Chris Tucker, and Viola Davis.

**Streaming Prime Video – 1hr, 54**

- Year                            2023
- Directors                     Ben Affleck
- Staring                        Matt Damon, Ben Affleck, Viola Davis
- Genres                         Drama, Sports, Comedy
- Rating                         Ⓜ (Alcohol use, smoking, foul language)
- 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**

*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*

## **Thursday, May 2, 2024**

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

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

- 11:00pm – 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.*

❖ **1:30pm Bridge Club** \*Bistro

❖ **1:30pm Dominos** \*Bistro

❖ **2:00pm Creative Art** \*Commons

*Bring your inspiration, be creative. We'll provide you with the sketchbook, Pencils, paint, canvas, and brushes*

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

❖ **3:30pm Sing Along** \*Library

*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*

## **Friday, May 3, 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 **“Air”** *A story of Greatness* \*Commons

From award-winning director Ben Affleck, AIR reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike’s fledgling basketball division, which revolutionized the world of sports and culture with the Air Jordan brand. Starring Matt Damon, Ben Affleck, Jason Bateman, Chris Messina, Marlon Wayans, Chris Tucker, and Viola Davis.

**Streaming [Prime Video](#) – 1hr, 54**

- Year 2023
- Directors Ben Affleck
- Staring Matt Damon, Ben Affleck, Viola Davis

***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

- Genres Drama, Sports, Comedy
- Rating ® (Alcohol use, smoking, foul language)
- Audio English

## **Saturday, May 4, 2024**

- ❖ **10:00am**      **Trivia Quiz**      **\*Library**
- ❖ **11:00am**      **Seated Exercise Class with  
“Ash”**      **\*Commons**
- ❖ **1:00pm**      **“Air”** *A story of Greatness*      **\*Commons**  
From award-winning director Ben Affleck, AIR reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike’s fledgling basketball division, which revolutionized the world of sports and culture with the Air Jordan brand. Starring Matt Damon, Ben Affleck, Jason Bateman, Chris Messina, Marlon Wayans, Chris Tucker, and Viola Davis.  
**Streaming [Prime Video](#) – 1hr, 54**
- Year 2023
  - Directors Ben Affleck
  - Staring Matt Damon, Ben Affleck, Viola Davis
  - Genres Drama, Sports, Comedy
  - Rating ® (Alcohol use, smoking, foul language)
  - Audio English
- ❖ **1:30pm**      **Bridge Club**      **\*Bistro**
- ❖ **2:00p**      **Dominos**      **\* Bistro**
- ❖ **3:00pm**      **Afternoon Social**      **\*Library**
- ❖ **3:30pm**      **Word find**      **\*Commons**

*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*

❖ 4:30pm      **COCKTAIL HOUR**      **\*Bistro**  
**Featuring themed Cocktail & Wine & Beer**

*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*

**Sunday, May 5, 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**



❖ 1:00 pm **Donizetti, L'elisir d'amore –** \*Commons  
**Maurizio Benini, Glyndebourne 2009**

Donizetti's L'Elisir d'amore in a colorful version signed Annabel Arden. A pastoral romance between Adina, the rich and gorgeous landowner, and Nemorino, a simple peasant, L'Elisir d'amore sets Tristan and Iseult's love potion at the center of the action. With Ekaterina Siurina, Peter Auty, Alfredo Daza, Luciano Di Pasquale and the London Philharmonic Orchestra under Maurizio Benini's baton.

**Streaming: Amazon Prime – 2hr, 1 min (ALL)**

- Year 2009
- Director Robin Lough
- Starring Giuseppe Di Iorio, Lez Brotherston, Annabel Arden
- 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