

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 8, 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 1: 46min

In the 1970s, workers digging a ditch in Mexico City unearthed a stone decorated in relief--that discovery led to bigger finds including the Great Temple of Tenochtitlan.

Episode 2: 46min

The story of the ancient king who led Egypt to unprecedented power and splendor. Ramses II left such ancient marvels as the temple at Karnak and the great rock temple at Abu Simbel.

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

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

❖ 2:00pm **Solar Eclipse Observation** *1st Floor Courtyard

Join us for a solar eclipse viewing from 2:04 PM to 4:32 PM, with the peak coverage of 88% expected at 3:20 PM.

EYE PROTECTION WILL BE PROVIDED.

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

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

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Tuesday, April 9, 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 E7 - The Vast Sculpture Collection- 26min
S1 E8 - The Classical World of Greece and Rome- 25
S1 E9 - Art of the Middle Ages- 27min
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 10, 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 Boys in the Boat”** *Commons

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games.

Streaming [Prime Video](#) – 2hr, 4 (PG-13)

- Year 2023
- Directors George Clooney
- Starring Joel Edgerton, Callum Turner, Peter Guinness
- 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 11, 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 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 Jordan

***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 12, 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 Boys in the Boat”** *Commons

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- Year 2023
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Saturday, April 13, 2024

❖ 10:00am Trivia Quiz *Library

❖ 11:00am Seated Exercise Class with
“Ash” *Commons

❖ 1:00pm “The Boys in the Boat” *Commons

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Streaming [Prime Video](#) – 2hr, 4 (PG-13)

- Year 2023
- Directors George Clooney
- Starring Joel Edgerton, Callum Turner, Peter Guinness
- 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

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Sunday, April 14, 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 **“Mahler, Symphony No. 9”** *Commons

Claudio Abbado, Lucerne Festival

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