

*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, May 13, 2024

❖ **11:00am Balance and Motion** ***Commons**
“Michael Rosengart”
NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:30pm “Band of Brothers”** ***Commons**
1 season 10 episodes: Continues from last week. 2 episodes a week

2001 American war drama miniseries based on historian Stephen E. Ambrose's 1992 non-fiction book of the same name.

S1 E4 - Replacements: 57min

Back in England, Easy Company's D-Day veterans heal and get acquainted with green replacement members.

S1 E5 - Crossroads: 53min

Lt. Winters leads a contingent on a risky mission over a Dutch dike while the rest of Easy Company undertakes a rescue.

Streaming Max 1hr, 28min (TV-PG)

- Year 1996
- Director David Frankel, Mikael Salomon, Tom Hanks, David Leland, Richard Loncraine
- Starring Rick Gomez, Scott Grimes, Damian Lewis
- Genres Historical Documentary
- Rating Nudity, violence, alcohol use, smoking, language, sexual content
- Audio English

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

❖ **3:30pm** **BINGO** ***Commons**
With Jordan

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Tuesday, May 14, 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 “Rock Creek Park”**

- 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**

Gustav Stickley: American Craftsman

Gustav Stickley is one of the most recognizable names in American furniture. A visionary designer, he was the key driving force in bringing the Arts and Crafts movement to America through what we now call the Mission Style. This new documentary offers an unprecedented look at his life and works as told through interviews, archival materials, and a close examination of his most iconic works.

Documentary, Arts, Entertainment, and Culture- 2022, 1hr, 10 min

❖ **6:45pm Grand Oaks Discussion Group**

In the Conference Room – All Residents are welcome to Join.

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Wednesday, May 15, 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 **“Golda”** ***Commons**

Academy Award® Nominee For Best Makeup & Hairstyling. Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.

Streaming Prime Video – 1hr, 40-

- Year 2001
- Directors Guy Nattiv
- Staring Helen Mirren, Zed Josef, Henry Goodman
- Genres Drama, Historic
- Rating PG-13- (*Violence, alcohol use, smoking, foul 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, May 16, 2024

❖ 9:15am Senior Cinema Thursday at Avalon Theatre:

“Wicked Little Letters”

Sign-up sheet closed on Monday, May 13. 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 Laurie & Children *Bistro

❖ 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

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Friday, May 17, 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 **“Golda”** *Commons

Academy Award® Nominee For Best Makeup & Hairstyling. Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet, and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.

Streaming [Prime Video](#) – 1hr, 40

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Saturday, May 18, 2024

- ❖ 10:00am Trivia Quiz *Library
- ❖ 11:00am Seated Exercise Class with
“Ash” *Commons
- ❖ 1:30pm “Golda” *Commons
Academy Award® Nominee For Best Makeup & Hairstyling. Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet, and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.
Streaming [Prime Video](#) – 1hr, 40
- Year 2001
 - Directors Guy Nattiv
 - Staring Helen Mirren, Zed Josef, Henry Goodman
 - Genres Drama, Historic
 - Rating PG-13- (*Violence, alcohol use, smoking, foul language*)
 - Audio English
- ❖ 1:30pm Bridge Club *Bistro
- ❖ 2:00p Dominos *Bistro
- ❖ 3:00pm Afternoon Social *Library
- ❖ 3:30pm Bingo *Commons
- ❖ 4:30pm COCKTAIL HOUR *Bistro
Featuring themed Cocktail & Wine & Beer

