

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 6, 2024

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

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

Episode 10 – Tattooing: 46min

Examination of the centuries-old history and current popularity of tattoos. Looks at the practice of tattooing in ancient times when slaves, warriors, and even potential marriage partners were marked for life.

Episode 11 – The Magic of Alchemy: 46min

In ancient times, alchemists practiced the speculative art of transmuting the baser metals into gold.

Episode 12 - Search For The Abominable Snowman:45min

Host Leonard Nimoy travels to the peaks of the Himalayas and the valleys of China to hunt for the fabled creature that many say really exists.

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

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

1:30pm - 4:00pm

IN THE BISTRO

VOTER REGISTRATION WITH DC BOARD OF ELECTION

✓ Register To Vote

✓ Update Your Voter Registration

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

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Tuesday, May 7, 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**

Water Lilies of Monet: The Magic of Water and Light

A journey through the masterpieces and obsessions of the Genius of the Impressionism. With the invaluable contribution of Ross King, author of the best seller Mad Enchantment.

Documentary, Arts, Entertainment, and Culture- 2020, 1hr, 29 min

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

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

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Wednesday, May 8, 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 **“Band of Brothers”** *Commons

1 season 3 episodes- Episode will be shown on Wed, Friday, and Saturday

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

Episode 1: Currahee- 1,14min

Two days before the Allied invasion of Normandy, Lts. Winters and Nixon reflect on the events that led Easy Company to D-Day.

Streaming Prime Video – 1hr, 54

- Year 2001
- Directors Tom Hanks; Steven Spielberg
- Staring Rick Gomez, Scott Grimes, Damian Lewis
- Genres Drama, Action, Military& War, Historic
- Rating TV-MA
- 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 9, 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

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Friday, May 10, 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 **“Band of Brothers”** *Commons

1 season 3 episodes- Episode will be shown on Wed, Friday, and Saturday

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

Episode 2: Day of Days- 1hr

D-Day. Due to German flak, the tense men of Easy Company are dropped all over the Normandy countryside.

Streaming [Prime Video](#) –

- Year 2001
- Directors Tom Hanks; Steven Spielberg
- Staring Rick Gomez, Scott Grimes, Damian Lewis
- Genres Drama, Action, Military& War, Historic
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Saturday, May 11, 2024

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

- ❖ 1:00pm “Band of Brothers” *Commons

1 season 3 episodes- Episode will be shown on Wed, Friday, and Saturday

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

Episode 2: Carentan- 1hr

On D-Day plus two, the scattered men of Easy Company regroup and prepare to take the town of Carentan.

Streaming Prime Video

- Year 2001
- Directors Tom Hanks; Steven Spielberg
- Staring Rick Gomez, Scott Grimes, Damian Lewis
- Genres Drama, Action, Military& War, Historic
- Rating TV-MA
- 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, May 12, 2024



H A P P Y
Mother's Day

❖ 10:00am

Seated Exercise Class

*Commons

With Adela

❖ 11:00am

Presbyterian Worship Service (Streaming)

*Commons

11:30am ~ 1:30pm

Mother's Day Celebration

IN THE DINING ROOM



❖ 2:00 pm

Delibes: Lakmé

*Commons

Premiered in 1883, 'Lakmé' remains one of the most popular of all French operas. Reflecting contemporary tastes, the original source material presented a tragic liaison between a French officer and a Tahitian woman on a Pacific island, but Delibes moved the location to British-ruled India where the two central characters are torn between passion and loyalty, and assailed by a fanatical.

Streaming: Amazon Prime – 2hr, 14min (ALL)

- Year 2023
- Director Laurent Pelly, François Roussillon
- Starring Sabine Devieille, Frédéric Antoun, Stéphane Degout
- Genres Arts, Entertainment, and Culture, Music Videos and Concerts
- Audio Français
- Subtitles English

❖ 3:00pm

Afternoon Social

*Library

❖ 3:30pm

Word Find

*Library