

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, July 15, 2024

- ❖ **10:00am Coffee and Trivia with Makayla** *Library
- ❖ **11:00am Balance and Motion** *Commons
“Michael Rosengart”
NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist
- ❖ **1:30pm: The Dark Ages: An Age of Light** *Commons
“What the Barbarians Did for Us”
Season 1 – Episode 2
- Although they are blamed for the fall of Rome, the barbarians were more than just fearsome warriors. Converted to Christianity in the fourth century, the Vandals, Goths, and Huns went on to produce some of the greatest artistic and architectural achievements of the Dark Ages.
- Streaming Prime Video 60 min**
- Year 2012
 - Director Waldemar Januszczak
 - Producers Mark Bell, Lidia Ciszewska, Peter Grimsdale
 - Genres Documentary
- ❖ **1:45pm Hydration Station** *Bistro
- ❖ **2:00pm Dominoes** *Bistro
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Bingo with Makayla** *Commons

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Tuesday, July 16, 2024

- ❖ **10:00am Coffee and Trivia** ***Library**
- ❖ **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
- 1:30pm - 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**
- Portrait Of Wally**

The story of a Nazi-looted painting, Egon Schiele's "Portrait of Wally," that was discovered on the walls of the Museum of Modern Art in 1997, triggering a historic court case that pitted the Manhattan District Attorney, the United States Government and the heirs of a Viennese gallery owner against a major Austrian museum and MoMA.

Documentary, Arts, Entertainment, and Culture, 1hr 30 min.

- ❖ **6:45pm Grand Oaks Discussion Group**
- In the Conference Room – All Residents are welcome to Join.**

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Wednesday, July 17, 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 Company Men”** ***Commons**

Three men must redefine their lives when they go from living the American dream to being "downsized." Starring Oscar winners Ben Affleck, Chris Cooper, and Tommy Lee Jones.

Streaming Prime Video – 1hr, 44 min.

- Year 2011
- Directors John Wells
- Starring Ben Affleck, Tommy Lee Jones, Chris Cooper
- Genres Drama

- ❖ **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.

- ❖ **2:15pm** **Indoor/Outdoor Walking Club with Adela**
Meet me in the Library

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

- ❖ **3:30pm** **Balloon Tennis** *** Commons**

- ❖ **4:30pm** **Cocktail Hour** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Thursday, July 18, 2024

❖ **10:00am Coffee and Trivia** *Commons

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:15pm Hydration Station** *Bistro

❖ **1:30pm Dominos** *Commons

❖ **1:30pm Bridge Club** *Bistro

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

❖ **3:30pm Sing Along** *Library

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Friday, July 19, 2024

- ❖ 10:00am **Trivia Quiz** *Library
- ❖ 11:00am **Seated Exercise 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 with Adela** *Commons
- ❖ 7:00pm **“The Company Men”** *Commons

Three men must redefine their lives when they go from living the American dream to being "downsized." Starring Oscar winners Ben Affleck, Chris Cooper, and Tommy Lee Jones.

Streaming [Prime Video](#) – 1hr, 44 min.

- Year 2011
- Directors John Wells
- Starring Ben Affleck, Tommy Lee Jones, Chris Cooper
- Genres Drama

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Saturday, July 20, 2024

- ❖ 10:00am Trivia Quiz *Library
- ❖ 11:00am Seated Exercise Class with Ash. *Commons
- ❖ 1:30pm ““The Company Men”” *Commons

Three men must redefine their lives when they go from living the American dream to being "downsized." Starring Oscar winners Ben Affleck, Chris Cooper, and Tommy Lee Jones.

Streaming [Prime Video](#) – 1hr, 44 min.

- Year 2011
- Directors John Wells
- Starring Ben Affleck, Tommy Lee Jones, Chris Cooper
- Genres Drama



- ❖ 1:30pm Bridge Club *Bistro
- ❖ 2:00p Dominos *Bistro
- ❖ 3:00pm Afternoon Social *Library
- ❖ 3:30pm Bingo with Adela *Commons
- ❖ 4:30pm COCKTAIL HOUR *Bistro

Featuring themed Cocktail & Wine & Beer

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Sunday, July 21, 2024

- ❖ **10:00am Seated Exercise with Adela** *Commons
- ❖ **11:00am Presbyterian Worship Service (Streaming)** *Commons

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



- ❖ **1:30 pm Anna Netrebko and Dmitri Hvorostovsky** *Commons

Two of opera's brightest Russian stars, Anna Netrebko and Dmitri Hvorostovsky, light up the stage for a hometown crowd, thrilling all with selections from some of opera's most beloved works, including "Tosca" and "Rigoletto."

Streaming: Amazon Prime – 1hr, 45 min.

- Year 2013
- Starring Anna Netrebko, Dmitri Hvorostovsky
- Director Constantine Orbelian
- Genres Arts, Entertainment, and culture, Music Videos and Concerts
- Audio English

- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Word Find** *Library