

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 29, 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

“The Men of the North”

Season 1 – Episode 4

Across the waters of the North Sea, the Vikings launched raids on the coasts of Britain and Ireland, targeting monasteries like Lindisfarne, where monks produced illuminated manuscripts of breathtaking beauty. Yet the Vikings who terrorized Dark Age Europe spent as much time creating their own stunning artwork as they did stealing it from others.

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 30, 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

Georg Baselitz: Making Art after Auschwitz and Dresden

In 2007 there is a serious retrospective exhibition of the work of Georg Baselitz at the Royal Academy of Arts, curated by Norman Rosenthal, who first exhibited paintings by Baselitz in the early 70's. Baselitz travels to London to lecture at the RA and revisits his exhibition together with Rosenthal. They discuss the work, paintings and sculptures, and the artist's beginnings and progress.

Documentary, Arts, Entertainment, and Culture, 60 min.

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

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Wednesday, July 31, 2024

- ❖ **10:00am** **The Great American Trivia** ***Library**
- ❖ **11:00am** **Resident Forum** *** Commons**
- ❖ **1:00pm** **“Open Range”** ***Commons**

Four men trying to escape their pasts drive cattle and live off the land on an open range. When they are threatened by a corrupt lawman, one of the men, a former gunslinger, is forced to take up arms again.

Streaming **Prime Video – 2hr, 15 min.**

- Year 2003
- Directors Kevin Costner
- Starring Robert Duvall, Kevin Costner, Annette Bening
- Genres Action, 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** ***Library**
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, August 1, 2024

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

❖ **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.

1:15pm Hydration Station *Bistro

1:30pm Dominos *Bistro

1:30pm Bridge Club *Bistro

1:30pm Sip and Paint *Commons

3:00pm Afternoon Social *Library

3:30pm Sing Along *Library

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Friday, August 2, 2024

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise with Legacy** ***Commons**
- ❖ **1:00pm Catholic Mass** ***Chapel**

Father Andy
Our Lady of Victory Catholic Church
- ❖ **2:00pm Word Find** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo with Adela** ***Commons**
- ❖ **7:00pm “Open Range”** ***Commons**

Four men trying to escape their pasts drive cattle and live off the land on an open range. When they are threatened by a corrupt lawman, one of the men, a former gunslinger, is forced to take up arms again.

Streaming [Prime Video](#) – 2hr, 15 min.

- Year 2003
- Directors Kevin Costner
- Starring Robert Duvall, Kevin Costner, Annette Bening
- Genres Action, Drama

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Saturday, August 3, 2024

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise Class with Ash.** ***Commons**
- ❖ **1:00pm “Open Range”** ***Commons**

Four men trying to escape their pasts drive cattle and live off the land on an open range. When they are threatened by a corrupt lawman, one of the men, a former gunslinger, is forced to take up arms again.

Streaming [Prime Video](#) – 2hr, 15 min.

- Year 2003
- Directors Kevin Costner
- Starring Robert Duvall, Kevin Costner, Annette Bening
- Genres Action, 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, August 4, 2024

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

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



- ❖ **1:30 pm Leonidas Kavakos: Brahms's Violin Concerto** *Commons

Leonidas Kavakos is soloist in Brahms's Violin Concerto, a work of rich autumnal beauty, with the Vienna Philharmonic under Herbert Blomstedt. The program continues with Carl Nielsen's inventive and characterful Fifth Symphony.

Streaming: Amazon Prime – 1hr, 33 min

- Year 2023
- Starring Leonidas Kavakos, Vienna Philharmonic
- Director Herbert Blomstedt
- Genres Arts, Entertainment, and culture
- Audio English

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