

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 8, 2024

- ❖ **10:00am Coffee and Trivia with Adela** *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 Clash of the Gods**”
Season 1 – Episode 1
- As Christianity became the religion of an empire, the symbols scratched on catacomb walls gave way to magnificent sacred art and spectacular places of worship to house it.
- 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 Adela** *Commons

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Tuesday, July 9, 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 **Scenic Van Ride (Navy Yard)**

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
- 1:30pm - 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

My Rembrandt

Rembrandt, the grandmaster of intimacy, rocks the art world; 350 years after his death many people, even entire nations are obsessed with his paintings. Aristocrats cherish, experts rule, art dealers investigate, collectors hunt, and museums battle. The epic documentary MY REMBRANDT dives deep into the art world of Old Masters exploring the motives of its elite.

Documentary, Arts, Entertainment, and Culture, 1hr 37 min.

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

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

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Wednesday, July 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 **“Secretariat”** *Commons

Witness the journey of an incredible horse named Secretariat.

Streaming Prime Video – 2hr, 2min.

- Year 2010
- Directors Randall Wallace
- Starring Diane Lane, John Malkovich, Dylan Walsh
- Genres Historical, 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 11, 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 **Grand Oaks Book Club** *Commons

“Dear Life”

Alice Munro

Where words come to Life!

All are welcome!

Even if you haven't read the book.

❖ 1:30pm **Bridge Club** *Bistro

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

❖ 3:30pm **Sing Along** *Library

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Friday, July 12, 2024

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|-----------|---|-----------------|
| ❖ 10:00am | Trivia Quiz | *Library |
| ❖ 11:00am | Seated Exercise with Legacy | *Commons |
| ❖ 1:00pm | Catholic Mass | *Chapel |
| | Father Andrews | |
| | <u>Our Lady of Victory Catholic Church</u> | |
| ❖ 2:00pm | Word Find | *Library |
| ❖ 3:00pm | Afternoon Social | *Library |
| ❖ 3:30pm | Bingo with Adela | *Commons |
| ❖ 7:00pm | “Secretariat” | *Commons |

Witness the journey of an incredible horse named Secretariat.

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

- Year 2010
- Directors Randall Wallace
- Starring Diane Lane, John Malkovich, Dylan Walsh
- Genres Historical, Drama

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Saturday, July 13, 2024

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

Witness the journey of an incredible horse named Secretariat.

Streaming Prime Video – 2hr, 2min.

- Year 2010
- Directors Randall Wallace
- Starring Diane Lane, John Malkovich, Dylan Walsh
- Genres Historical, 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 14, 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 Tchaikovsky, Symphony No. 6** *Commons

Valery Gergiev conducts the Tchaikovsky symphony No.6 with the Mariinsky Theatre Orchestra. Tchaikovsky composed the 6th symphony, known as "Pathetic", five years after the 5th, thus achieving his symphonic saga. These last symphonies are united by a common idea: the man in front of his fate. They demonstrate the sense of orchestration that makes Tchaikovsky one of the greatest Russian maestros.

Streaming: Amazon Prime – 1hr, 31 (ALL)- Live Performance.

- Year 2010
- Starring Valery Gergiev, Mariinsky Theatre Orchestra
- Director Andy Sommer
- Genres Arts, Entertainment, and culture, Music Videos and Concerts
- Audio English

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