

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, August 19, 2024

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:30pm: Ancient Impossible** *Commons

“Ultimate Weapons”

Season 1 – Episode 10

S1 E1 - Ultimate Weapons: 41min

We think of weapons of mass destruction as a modern concept, but the ancients also created fearsome weapons.

S1 E2 - Moving Mountains: 41min

How did the Ancients move impossibly huge objects? Why did the Roman forces at the siege of Masada decide to shift an entire mountain by hand?

Streaming Prime Video

- Year 2014
- Director Bo Channon
- Producers Dave Zigerelli
- Genres Documentary, Historical.

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

❖ **3:30pm Bingo with Jordan Asrat** *Commons

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Tuesday, August 20, 2024

❖ 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 **Crossword** ***Commons**

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

❖ 3:30pm **Art Lecture: Streaming** ***Commons**

Hand of the Master: The Art and Life of Dom Gregory De Wit

Dom Gregory De Wit created a vast body of religious art that spans Europe and the United States. However, his strong personality and bold artistic choices often met incisive criticism.

Streaming Prime Video 1 hr.

- Year 2018
- Director David Michael Warren
- Producers Jaclyn Warren, Edward Begnaud
- Genres Documentary, Historical.

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Wednesday, August 21, 2024

❖ 10:00am **The Great American Trivia** *Commons

❖ 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 2000

❖ 1:00pm **“The Starling”** *Commons

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

Streaming [Netflix](#)– 1 hr, 44 min.

- Year 2021
- Directors Theodore Melfi
- Starring Melissa McCarthy, Chris O'Dowd, Timothy Olyphant, Daveed Diggs, Skyler Gisondo, Laura Harrier, Kim Quinn, Rosalind Chao, Loretta Devine, Kevin Kline
- Genres Emotinal, Comedy Drama

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

❖ 3:30pm **Balloon Tennis** *Commons

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Thursday, August 22, 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.

❖ **1:30pm Word Find** * Commons

❖ **1:30pm Sip and Paint** *Commons

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

❖ **3:30pm Sing Along** *Commons

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Friday, August 23, 2024

- ❖ 10:00am **Trivia Quiz** * Commons
- ❖ 11:00am **Seated Exercise with Legacy** * Commons
- ❖ 1:00pm **Catholic Mass** * Commons
- Father Andy**
Our Lady of Victory Catholic Church
- ❖ 2:00pm **Word Find** * Commons
- ❖ 3:00pm **Afternoon Social** * Commons
- ❖ 3:30pm **Bingo with Adela** * Commons
- ❖ 7:00pm **“The Starling”** * Commons

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

Streaming [Netflix](#)– 1 hr, 44 min.

- Year 2021
- Directors Theodore Melfi
- Starring Melissa McCarthy, Chris O'Dowd, Timothy Olyphant, Daveed Diggs, Skyler Gisondo, Laura Harrier, Kim Quinn, Rosalind Chao, Loretta Devine, Kevin Kline
- Genres Emotional, Comedy Drama

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Saturday, August 24, 2024

❖ **10:00am Trivia Quiz** ***Commons**

❖ **11:00am Seated Exercise Class with Ash.** ***Commons**

❖ **1:00pm “The Starling”** ***Commons**

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

Streaming [Netflix](#)– 1 hr, 44 min.

- Year 2021
- Directors Theodore Melfi
- Starring Melissa McCarthy, Chris O'Dowd, Timothy Olyphant, Daveed Diggs, Skyler Gisondo, Laura Harrier, Kim Quinn, Rosalind Chao, Loretta Devine, Kevin Kline
- Genres Emotinal, Comedy Drama

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

❖ **3:30pm Bingo with Adela** ***Commons**

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Sunday, August 25, 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 **The Three Tenors** *Commons
In Concert Rome, 1990

On the evening of July 7, 1990, an 'impossible dream' came true: the three greatest tenors of the day joined forces with an orchestra of 200 musicians against a backdrop of the majestic scenery of ancient Rome.

Streaming: Amazon Prime – 1hr, 25 min

- Year 1956
- Starring José Carreras, Plácido Domingo, Luciano Pavarotti
- Director Brian Large
- Genres Arts, Entertainment, and culture, Music Videos and Concerts
- Audio English

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