

*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](mailto:yasrat1@jhmi.edu)  
(Please ask your Care Manager if you need a mask) Commons (A) = Movie Side &  
Commons (B) = Piano Side*

## **Monday, September 16, 2024**

❖ 10:00am      **Trivia with Makayla**      \*Library

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

**“Michael Rosengart”**

*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*

❖ 1:30pm:      \*Commons

## **“Ancient Impossible”**

### **S1 E7 - Greatest Ships: 41 min**

Some of the greatest ships in history were actually designed, built and sailed thousands of years ago.

### **S1 E8 - Biggest Builds: 41 min**

A mega factory is a modern invention--wrong--the ancients were the first to build these thousands of years ago.

### **Streaming      Prime Video**

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

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

❖ 3:30pm      **Bingo with Makayla**      \*Commons



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## **Wednesday, September 18, 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 **“Shirley”** \*Commons

A biographical drama about Shirley Chisholm, the first Black woman to run for President of the United States in 1972. The film stars Regina King as Chisholm, and was written and directed by John Ridley. It had a limited theatrical release in the United States on March 15, 2024, and became available to stream on Netflix on March 22, 2024. The film is rated PG-13 for strong language, racial slurs, brief violence, and some smoking.

**Streaming [Netflix](#) – 1 hr, 55 min (PG-13)**

- Year 2024
- Directors John Ridley
- Staring Regina King, Lance Reddick, Terrence Howard, Lucas Hedges
- Genres Comedy, Adventure.
- This film has strong language, racial slurs, brief violence, and some smoking.

- ❖ 2:00pm **Spanish Club with Ms Olga Baer**  
**4<sup>th</sup> 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, September 19, 2024**

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

❖ **11:00am Tech Support with Jordan**  
○ For all tech support requests, please contact the Concierge at 202-349-3400 between 11 AM and 4 PM.

❖ **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 Sip and Paint** \*Commons

❖ **1:30pm Bridge Club** \*Bistro

❖ **2:00pm Word Find** \*Library

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

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

❖ **3:30pm Sing Along** \*Library

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## **Friday, September 20, 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 1:30pm **“Shirley”** \*Commons

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**Streaming [Netflix](#) – 1 hr, 55 min (PG-13)**

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## **Saturday, September 21, 2024**

❖ 10:00am Trivia Quiz \*Library

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

❖ 1:30pm 1:30pm “Shirley” \*Commons

A biographical drama about Shirley Chisholm, the first Black woman to run for President of the United States in 1972. The film stars Regina King as Chisholm, and was written and directed by John Ridley. It had a limited theatrical release in the United States on March 15, 2024, and became available to stream on Netflix on March 22, 2024. The film is rated PG-13 for strong language, racial slurs, brief violence, and some smoking.

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- Year 2024
- Directors John Ridley
- Staring Regina King, Lance Reddick, Terrence Howard, Lucas Hedges
- Genres Comedy, Adventure.
- This film has strong language, racial slurs, brief violence, and some smoking.

❖ 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, September 22, 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 Festive Mozart Concert from Salzburg** \*Commons

This performance was recorded during Mozart Week on January 27, 2006 in Salzburg, Austria, at the Großes Festspielhaus (Large Festival House) in celebration of Wolfgang Amadeus Mozart's 250th birthday. Under conductor Riccardo Muti, it features Thomas Hampson (baritone), Mitsuko Uchida (piano), Gidon Kremer (violin), Yuri Bashmet (viola), Wiener Singverein, and Wiener Philharmoniker

### **Streaming: Amazon Prime – 1hr, 48 min**

- Year 2006
- Starring Wiener Singverein, Mitsuko Uchida, Yuri Bashmet, Riccardo Muti, Wolfgang Amadeus Mozart, Wiener Philharmoniker, Gidon Kremer, Thomas Hampson
- Audio English
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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