

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, September 30, 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

“Lost Worlds”

S1 E1 - Knights Templar: 46 min

They defended the Holy Land through bloodshed and prayer. Founded in the 12th century, these Christian warrior monks reigned supreme for nearly 200 years before suffering a spectacular fall from grace.

S1 E2 - Extreme Engineering: 46 min

Field investigators using the latest research, expert analysis, and cutting-edge technology take us back to ancient Greece.

Streaming Amazon Prime Video

- Year 2006
- Director Stuart Elliott, Matthew Skilton, David Wallace, Anna Thomson, Jessica Taylor, Charlotte Wheaton, George Pagliero, Shaun Trevisick, Bill Markham
- Producers Anthony Geffen, Lucy Beek, Ruth Sessions
- Genres Documentary, Historical.

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

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

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Tuesday, October 1, 2024

❖ **10:00am** **Trivia with Adela** ***Library**

❖ **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** **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.

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

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

The Great Masters Of Painting: Delacroix

One of the most influential figures in the Romantic era of French art in the 19th century, was a painter named Eugene Delacroix. Even though he was recognised by art magazines and certain critics of his time, such as Gautier and Baudelaire, his genius would triumph in the official painting circles years later.

Documentary, Arts, Entertainment, and Culture, 54 min.

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

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

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Thursday, October 3, 2024

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

❖ **11:00am Tech Support with Jordan**
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❖ **11:00am Tai Chi** ***Commons**
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❖ **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, October 4, 2024

- ❖ 10:00am **Trivia Quiz** *Library
- ❖ 11:00am **Seated Exercise with Legacy** *Commons
- ❖ 11:40am **Understanding Medicare Video Streaming** *Commons
Traditional vs. Medicare Advantage
Followed by Q&A by Kara Wilson, M.S. CCC-SLP, CDP Legacy Rehab Director
- ❖ 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 Notebook”** *Commons

In Seabrook, North Carolina in the 1940s, teenaged debutante Allie Hamilton and local boy Noah Calhoun spend one passionate, carefree summer together and fall deeply in love. But when the summer ends, war and duty separate the young couple.

Streaming Amazon Prime Video – 1 hr, 57 min (PG-13)

- Year 2004
- Directors Nick Cassavetes
- Staring Ryan Gosling, Rachel McAdams, Jimmy Marsden
- Genres Romantic Drama
- Nudity, violence, smoking, foul language, sexual content

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Saturday, October 5, 2024

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

In Seabrook, North Carolina in the 1940s, teenaged debutante Allie Hamilton and local boy Noah Calhoun spend one passionate, carefree summer together and fall deeply in love. But when the summer ends, war and duty separate the young couple.

Streaming Amazon Prime Video – 1 hr, 57 min (PG-13)

- Year 2004
- Directors Nick Cassavetes
- Staring Ryan Gosling, Rachel McAdams, Jimmy Marsden
- Genres Romantic Drama
- Nudity, violence, smoking, foul language, sexual content

- ❖ 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, October 6, 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 Mahler - Symphony No. 8** *Commons

Fabio Luisi conducts the Danish National Symphony Orchestra in a performance of Mahler's Symphony No. 8. The work is one of the largest-scale choral works in the classical concert repertoire and is frequently called the 'Symphony of a Thousand'. Recorded at the Opernhaus Zürich, Switzerland in 2017.

Streaming: Amazon Prime Video – 1hr, 33 min

- Year 2017
- Audio English
- Starring Olesya Petrova, Sofia Fomina, Russel Braun, Günther Groissböck, Copenhagen Royal Chapel Choir, Ricarda Merbeth, Marianne Beate Kielland, Gustav Mahler, MDR Leipzig Radio Choir, Stefan Vinke, Fabio Luisi, Henriette Bonde-Hansen, Danish National Symphony Orchestra
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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