

*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*

## **Happy National Assisted Living Week**

**We are excited to announce a special week-long celebration in honor of National Assisted Living Week! This year's theme is "Inspiring Generations". From September 8th to 14th, we have planned a series of engaging activities designed to inspire and connect everyone. Here is the schedule for this exciting week:**

- **Sunday, September 8 @ 2:30 PM** - Library: "Sundaes on Sunday"
- **Monday, September 9 @ 2:30 PM** - Main Entrance: "Ice Cream for the Ages" - Ice Cream Truck
- **Tuesday, September 10 @ 2:00 PM** - Commons: "Nursing Past, Present & Future: Take my Hand"
- **Wednesday, September 11 @ 2:30 PM** - Commons: "Generations Celebrating Milestones" Award Ceremony
- **Thursday, September 12 @ 3:30 PM** - Commons: "Digital Legacy: The Evolution of Assisted Living"
- **Friday, September 13 @ 12:00 PM** - Dining Room: "Evolution of Food"
- **Saturday, September 14 @ 12:00 PM** - Dining Room: "Colors of Unity: Celebrating Our Heritage"

**We encourage everyone to participate and make the most of these delightful events. Let's come together to celebrate and create wonderful memories!**

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## **Monday, September 9, 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:      **“Ancient Impossible”**      \*Commons

### **S1 E5 - Ancient Einstein’s: 41 min**

Albert Einstein, Steve Jobs, Thomas Edison, these are some of the most ingenious minds in history.

### **S1 E6 - Power Tools: 41min**

These tools are not from the modern world, but are in fact thousands of years old. Most would be lost to time and not again for centuries. How was the ancient world able to create such incredible power tools?

### **Streaming      Prime Video**

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

## **2:30 PM – Main Entrance:**

**“Ice Cream for the Ages”**

**Ice Cream Truck**

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

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

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## **Tuesday, September 10, 2024**

- ❖ 10:00am      **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**

**(Massachusetts Avenue NW between 18th and 35th streets.)**

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.

### **2:00 PM In the Commons**

### **“Nursing Past, Present & Future: Take my Hand”**

**Join our nursing team and resident nurses for a special presentation and round table discussion.**

- ❖ 3:00pm      **Afternoon Social**      **\*Library**
- ❖ 4:00pm      **Art Lecture: Streaming**      **\*Commons**

### **Edouard Manet**

Édouard Manet is a major French painter of the late nineteenth century. Initiator of modern painting, Manet is wrongly considered today as one of the fathers of Impressionism.

**Documentary, Arts, Entertainment, and Culture, 50 min.**

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

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## **Wednesday, September 11, 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*

## **2:00pm – 3:00pm In the Commons**

### **“Generations Celebrating Milestones”** **Award Ceremony**

#### **“Resident Choice Award”** **Presented by Residents**

#### **“Legacy of Excellence Awards”** **Presented by Laurie Henley and Jermaine Pendleton**

- ❖ **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 12, 2024**

❖ **10:00am**    **The Great American 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**    **Grand Oaks Book Club**    **\*Commons**

**Paying Calls in Shangri-La: Scenes from a Woman's Life in American Diplomacy**  
By Judith M. Heimann

**All are welcome, even if you haven't read the book.**

❖ **1:30pm**    **Bridge Club**    **\*Bistro**

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

### **3:30pm In the Commons**

## **“Digital Legacy: The Evolution of Assisted Living”**

A presentation showcasing the transformation of assisted living through residents' stories, preserved digitally to highlight the progress and personal experiences over the years.

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## **Friday, September 13, 2024**

- ❖ 10:00am **Trivia Quiz** \*Library
- ❖ 11:00am **Seated Exercise with Legacy** \*Commons

### **12:00pm In the Dining Room**

#### **“Evolution of Food”**

#### **Traditional Recipes and Their Evolution**

**By Executive Chef Andrew Conlin**

- ❖ 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** \*Commons
- ❖ 7:00pm **“Singin' in the Rain”** \*Commons

Gene Kelly stars as a Hollywood star of the silent era who finds his career jeopardized when he and his shrill-voiced leading lady must appear in a talkie together.

**Streaming [Prime Video](#) – 1 hr, 42min.**

- Year 1952
- Directors Stanley Donen, Eugene Kelly
- Starring Eugene Kelly, Donald O'Connor, Debbie Reynolds, Jean
- Genres Comedy, Romance

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## **Saturday, September 14, 2024**

- ❖ 10:00am Trivia Quiz \*Library
- ❖ 11:00am Seated Exercise Class with Ash. \*Commons

### **12:00pm In the Dining Room**

## **“Colors of Unity: Celebrating Our Heritage”**

Join the dining team by wearing the colors or flags of your heritage to celebrate our diverse backgrounds and show unity.

- ❖ 1:30pm **“Singin' in the Rain”** \*Commons

Gene Kelly stars as a Hollywood star of the silent era who finds his career jeopardized when he and his shrill-voiced leading lady must appear in a talkie together.

**Streaming Prime Video – 1 hr, 42min.**

- Year 1952
- Directors Stanley Donen, Eugene Kelly
- Starring Eugene Kelly, Donald O'Connor, Debbie Reynolds, Jean Hagen, Millard Mitchell, Cyd Charisse, Rita Moreno
- Genres Comedy, Romance

- ❖ 1:30pm **Bridge Club** \*Bistro
- ❖ 2:00p **Dominos** \*Bistro
- ❖ 3:00pm **Afternoon Social** \*Library
- ❖ 3:30pm **Bingo** \*Commons
- ❖ 4:30pm **COCKTAIL HOUR** \*Bistro

**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, September 15, 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 Israel Philharmonic Orchestra** \*Commons  
**The 75th Anniversary**

On the occasion of its 75th anniversary the Israel Philharmonic Orchestra is celebrating on the 24th December 2011 together with three outstanding soloists of the younger generation. The concert takes place in the spectacular Hangar 11 at the harbor in Tel Aviv.

### **Streaming: Amazon Prime – 1hr, 47 min**

- Year 2015
- Starring Zubin Mehta, Ludwig van Beethoven, Camille Saint-Saens, Ernest Chausson, Frédéric Chopin, Israel Philharmonic Orchestra, Julian Rachlin, Vadim Repin, Evgeny Kissin Director János Darvas
- Genres Arts, Entertainment, and culture, Music Videos and Concerts
- Audio English

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

❖ **3:30pm Word Find** \*Library