

*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, October 14, 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 E5 - Secret Cities Of The A-Bomb: 45 min**

1300 BC. The mighty Egyptian civilization is in its golden age. Its ruler is Ramses II, a man who intends to be the greatest of the Pharaohs.

### **S1 E6 - Hitler's Supercity: 45 min**

In the 5th century BC, one man leads his city to greatness and paves the way for western civilization. The city is Athens and Pericles is not a king or prince, but an elected man.

### **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**

*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*

## **Tuesday, October 15, 2024**

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

### **“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: Seurat**

Cultural documentary series looking at important painters whose work helped define art as we know it. The programme explores the life and work of hugely influential artists, including their own influences and inspiration. Looking at contemporary movements in art and art criticism, The Great Masters of Painting puts the artists' lives and careers into context.

**Documentary, Arts, Entertainment, and Culture, 51 min.**

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

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

***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**

## **Wednesday, October 16, 2024**

❖ **10:00am**      **The Great American Trivia with Makayla**      **\*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*

❖ **1:00pm**      **“The King's Speech”**      **\*Commons**

**An extraordinary friendship develops between King George VI and the speech therapist who uses unconventional means to teach the monarch how to speak with confidence.**

### **Streaming      Amazon Prime Video – 1 hr, 58 min (PG-13)**

- Year                      2010
- Directors                Tom Hooper
- Staring                  Geoffrey Rush, Colin Firth, HelenaBonham Carter
- Genres                    Drama
- Alcohol use, smoking, foul language

❖ **1:30pm**      **Room Visit with Makayla**

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

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

❖ **3:30pm**      **Crossword**      **\* Library**

❖ **4:30pm**      **Cocktail Hour**      **\*Bistro**

**Featuring themed Cocktail & Wine & Beer**



*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

## **Friday, October 18, 2024**

- ❖ 10:00am **Trivia Quiz with Adela** \*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 **“The King's Speech”** \*Commons

An extraordinary friendship develops between King George VI and the speech therapist who uses unconventional means to teach the monarch how to speak with confidence.

### **Streaming Amazon Prime Video – 1 hr, 58 min (PG-13)**

- Year 2010
- Directors Tom Hooper
- Staring Geoffrey Rush, Colin Firth, Helena Bonham Carter
- Genres Drama
- Alcohol use, smoking, foul language

*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

## **Saturday, October 19, 2024**

- ❖ 10:00am Trivia Quiz with Adela \*Library
- ❖ 11:00am Seated Exercise Class with Ash. \*Commons
- ❖ 1:00pm “The King's Speech” \*Commons

An extraordinary friendship develops between King George VI and the speech therapist who uses unconventional means to teach the monarch how to speak with confidence.

### **Streaming Amazon Prime Video – 1 hr, 58 min (PG-13)**

- Year 2010
- Directors Tom Hooper
- Staring Geoffrey Rush, Colin Firth, HelenaBonham Carter
- Genres Drama
- Alcohol use, smoking, foul language

- ❖ 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**

*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

## **Sunday, October 20, 2024**

- ❖ **10:00am Seated Exercise With Makayla** \*Commons
- ❖ **11:00am Presbyterian Worship Service (Streaming)** \*Commons

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



- ❖ **1:30 pm Shostakovich - Symphony No. 10 and Violin Concerto** \*Commons

Gianandrea Noseda leads the LSO through music mired in the tragedy, despair, terror and violence of Soviet Russia: Shostakovich's Tenth Symphony and First Violin concerto.

### **Streaming: Amazon Prime Video – 1hr, 39 min**

- Year 2018
- Audio English
- Starring Gianandrea Noseda, Dmitri Shostakovich, Nicola Benedetti, London Symphony Orchestra
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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