

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, October 21, 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 E7 - Jesus' Jerusalem: 45 min

Tens of thousands travel yearly to Jerusalem to visit where Jesus walked, preached, suffered, was crucified, and buried.

S1 E8 - Churchill's Secret Bunkers: 45 min

During WWII, a vast complex of secret bunkers was constructed under the streets of London. Lost to time, this world was an important refuge from the nightly onslaught of Nazi air raids.

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 22, 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** **Scenic Van Ride**
(George Washington Memorial Parkway)

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

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

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

The Great Masters Of Painting: Gauguin

Paul Gauguin is considered one of the major French painters of the 19th century, yet his art was sometimes seen as too exotic for some. Indeed, he drew his inspiration from his travels, especially in Polynesia, giving birth to his post-impressionist paintings. Between Paris, Brittany and the Polynesian islands, Gauguin's paintings are a mixture of cultures that distinguish them from all others.

Documentary, Arts, Entertainment, and Culture, 53 min.

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

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

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Wednesday, October 23, 2024

❖ **10:15 am Trip to the National Gallery of Art**

Details

- Loading Time: 9:30 AM
- Departure Time: 10:15 AM
- Location: National Gallery of Art
- Approximate Return time: 12:30pm - 1:30pm
- Dining: We will return to Grand oaks for lunch.
- **Arrive 5 minutes before your scheduled loading time**

❖ **10:00am The Great American Trivia with Adela** *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 Fall Guy”** *Commons

A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride

Streaming Amazon Prime Video – 2 hr, 8 min (PG-13)

- Year 2024
- Directors David Leitch
- Staring Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson, Hannah Waddingham, Teresa Palmer, Stephanie Hsu, Winston Duke, Ben Knight, Matuse, Adam Dunn
- Genres Action, Comedy, Drama
- Violence, alcohol use, foul language

❖ **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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Friday, October 25, 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 **“The Fall Guy”** *Commons

A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride.

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Saturday, October 26, 2024

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise Class with Ash.** ***Commons**
- ❖ **1:00pm “The Fall Guy”** ***Commons**
A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride.

Streaming Amazon Prime Video – 2 hr, 8 min (PG-13)

- Year 2024
- Directors David Leitch
- Staring Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson, Hannah Waddingham, Teresa Palmer, Stephanie Hsu, Winston Duke, Ben Knight, Mause, Adam Dunn
- Genres Action, Comedy, Drama
- Violence, alcohol use, 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

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Sunday, October 27, 2024

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

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



- ❖ **1:00 pm Bruckner - Symphony no. 8**
- Messiaen – Couleurs** *Commons

Sir Simon Rattle conducts Messiaen and Bruckner, two composers as united in their devotion to the Catholic faith as they are divergent in their approaches to writing music.

Streaming: Amazon Prime Video – 1hr, 44 min

- Year 2016
- Audio English
- Starring Olivier Messiaen, Pierre-Laurent Aimard, London Symphony Orchestra, Anton Bruckner, Sir Simon Rattle
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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