

*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 7, 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 E3 - Ramses' Egyptian Empire: 46 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 E4 - Athens-Ancient Supercity: 46 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

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## **Tuesday, October 8, 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**  
**(Capitol Hill Historic District, 100 E Capitol St)**  
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: Renoir**

Pierre-Auguste Renoir is to this day one of the most influential artists France has ever seen. Being a passionate admirer of paintings portraying feminine nudity, Pierre-Auguste Renoir has created an original technique, which captures the reality of feminine silhouette to the smallest detail.

**Documentary, Arts, Entertainment, and Culture, 56 min.**

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

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## **Wednesday, October 9, 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*

- ❖ 1:00pm      **“Mrs. Doubtfire”**      \*Commons

**Troubled that he has little access to his children, divorced Daniel Hillard hatches an elaborate plan. With help from his creative brother Frank, he dresses as an older British woman and convinces his ex-wife, Miranda, to hire him as a nanny.**

**Streaming      Amazon Prime Video – 2 hr, 5 min (PG-13)**

- Year                      1993
- Directors                Chris Columbus
- Staring                  Robin Williams, Sally Field, Pierce Brosnan
- Genres                    Comedy, Drama
- Alcohol use, smoking, foul language, sexual content

- ❖ 1:30pm      **Indoor/Outdoor Walking Club with Adela**  
   **Meet me in the Library**
- ❖ 3:00pm      **Afternoon Social**      \*Library
- ❖ 3:30pm      **Fall Wreath Making**      \* Commons
- Join us for a fun and creative Fall Wreath making session and design the perfect wreath for your door!**
- ❖ 4:30pm      **Cocktail Hour**      \*Bistro
- Featuring themed Cocktail & Wine & Beer**

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## **Thursday, October 10, 2024**

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

❖ **11:00am Tech Support with Jordan**  
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❖ **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**

❖ **1:30pm Grand Oaks Book Club** **\*Commons**

**“Flashman”**

**Novel by George MacDonald Fraser**

**Where words come to Life!**

**All are welcome!**

**Even if you haven’t read the book.**

❖ **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 11, 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 **“Mrs. Doubtfire”** \*Commons

**Troubled that he has little access to his children, divorced Daniel Hillard hatches an elaborate plan. With help from his creative brother Frank, he dresses as an older British woman and convinces his ex-wife, Miranda, to hire him as a nanny.**

**Streaming Amazon Prime Video – 2 hr, 5 min (PG-13)**

- Year 1993
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- Staring Robin Williams, Sally Field, Pierce Brosnan
- Genres Comedy, Drama
- Alcohol use, smoking, foul language, sexual content

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## **Saturday, October 12, 2024**

- ❖ 10:00am Trivia Quiz \*Library
- ❖ 11:00am Seated Exercise Class with Ash. \*Commons
- ❖ 1:00pm “Mrs. Doubtfire” \*Commons

Troubled that he has little access to his children, divorced Daniel Hillard hatches an elaborate plan. With help from his creative brother Frank, he dresses as an older British woman and convinces his ex-wife, Miranda, to hire him as a nanny.

**Streaming Amazon Prime Video – 2 hr, 5 min (PG-13)**

- Year 1993
- Directors Chris Columbus
- Staring Robin Williams, Sally Field, Pierce Brosnan
- Genres Comedy, Drama
- Alcohol use, 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 13, 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 **Absolute Prokofiev: The First Concert** \*Commons

The Easter Festival is an internationally renowned event among classical music lovers, traditionally opened in Moscow on Easter Sunday. The 2012 edition featured musical director Valery Gergiev and the Mariinsky Theatre Symphony Orchestra. Concert.

### **Streaming: Amazon Prime Video – 1hr, 17 min**

- Year 2012
- Audio English
- Starring Mariinsky Theatre Orchestra, Valery Gergiev, Daniill Triofonov, Sergei Prokofiev, Symphony Orchestra of the Mariinsky Theatre
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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