

*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, November 11, 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 Discoveries”** \*Commons

### **S1 E1 - Siege Of Troy 45 min**

For 3000 years the Siege of Troy has remained steeped in mystery. Journey with us to the site in Turkey believed to be the location of the real Troy.

### **S1 E2 - Cars & Planes 45 min**

Surprising archaeological finds have led historians to new conclusions about the transportation technology invented by ancient peoples.

### **Streaming Amazon Prime Video**

- Year 2007
- Director Ben Mole, Stuart Clarke
- Producers Ali McGrath, Mike Stiller, William Edwards
- Genres Documentary, Historical.



❖ 3:00pm **Veterans Day Celebration** \*Commons  
Welcome Veterans, PowerPoint Slide, & Pinning Ceremony.

❖ 3:30pm **Live Music Honoring Our Veterans** \*Commons  
**Music by Ordinary People Band**

*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, November 12, 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**

### **Women Painters**

From the Renaissance to the beginning of the 20th century and from Rome to Paris passing by London, women artists have fought for centuries for their recognition.

**[Documentary, Arts, Entertainment, and Culture, 52 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, November 13, 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 **“Good Morning, Vietnam”** \* **Commons**

Robin Williams portrays Armed Forces Radio deejay Adrian Cronauer whose manic morning show incites laughs and controversy in Vietnam.

**Streaming Amazon Prime Video – 2hr, Rating ®**

- Year 1988
- Directors Barry Levinson
- Staring Robin Williams
- Genres Comedy, Drama

- ❖ 2:00pm **Spanish Club with Ms Olga Baer**  
**4<sup>th</sup> floor Country Kitchen/Northside**

Come learn basic Conversational skills, verb conjugation and Culture.  
Practice by speaking every day phrases.

- ❖ 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**

*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*

## **Thursday, November 14, 2024**

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

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

*Where words come to Life!  
All are welcome!  
Even if you haven't read the book.*

❖ **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**

*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, November 15, 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 **“Good Morning, Vietnam”** \*Commons

Robin Williams portrays Armed Forces Radio deejay Adrian Cronauer whose manic morning show incites laughs and controversy in Vietnam.

**Streaming Amazon Prime Video – 2hr, Rating ®**

- Year 1988
- Directors Barry Levinson
- Staring Robin Williams
- Genres Comedy, Drama

*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, November 16, 2024**

- ❖ **10:00am Trivia Quiz** \*Library
- ❖ **11:00am Seated Exercise Class with Ash.** \*Commons
- ❖ **1:00pm “Good Morning, Vietnam”** \*Commons  
Robin Williams portrays Armed Forces Radio deejay Adrian Cronauer whose manic morning show incites laughs and controversy in Vietnam.  
**Streaming Amazon Prime Video – 2hr, Rating ®**
- Year 1988
  - Directors Barry Levinson
  - Staring Robin Williams
  - Genres Comedy, Drama
- ❖ **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, November 17, 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 Lucerne Festival 2004 Gala Concert** \*Commons

Conducted by Claudio Abbado, the Lucerne Festival orchestra performs Richard Strauss' Vier letzte Lieder for soprano and orchestra and Wagner's Tristan und Isolde - act II with world star Renée Fleming.

### **Streaming: Amazon Prime Video – 1hr, 51 min**

- Year 2004
- Audio English
- Starring Mihoko Fujimura, Renée Fleming, Violeta Urmana, John Treleaven, Rene Pape, Claudio Abbado, Lucerne Festival Orchestra.
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

- ❖ **3:00pm Afternoon Social** \*Library
- ❖ **3:30pm Bingo with Makayla** \*Commons