

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, November 18, 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 E3 - Machines Of The Gods 45 min

Gods and religion played an extremely important role in antiquity. The problem with so many religions being worshipped by the Greeks and Romans was how would the priests of these temples pay for their upkeep.

S1 E4 - Superships 45 min

In recent years there have been a number of extraordinary discoveries of ships from the ancient world.

Streaming Amazon Prime Video

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

❖ 2:00pm **Room Visit with Makayla**

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

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

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Tuesday, November 19, 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** ***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.

Lunch Bunch Outing/Claudio's Table

Outing Details and Bus Schedule:

The bus will start loading at 11:25 AM and depart at 11:40 AM. Please arrive 5 minutes before we start loading. Our lunch reservation is at 12:00 PM, so we need to have enough time to unload and be seated by noon. The approximate pick-up time is 1:30 PM

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

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

Alice Neel

Alice Neel reinvented the genre of portraiture by expressing the inner landscape of her varied sitters. The film tells the story of Neel's life, exploring the struggles she faced as a woman artist, a single mother, and a painter who defied convention.

Documentary, Arts, Entertainment, and Culture, 1 h 22 min.

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

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

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Wednesday, November 20, 2024

- ❖ 10:00am **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 **“Sonic the Hedgehog”** ***Commons**

SONIC THE HEDGEHOG tells the story of the world's speediest hedgehog as he embraces his new home on Earth. Sonic and his new best friend Tom team up to defend the planet from the evil genius Dr. Robotnik and his plans for world domination.

Streaming Amazon Prime Video – 01 hr, 27 min Rating (PG)

- Year 2020
- Directors Jeff Fowler
- Staring James Marsden, Tika Sumpter, Jim Carrey
- Genres Action, Adventure, Charming.

- ❖ 2:00pm **Spanish Club with Ms Olga Baer**
4th 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**

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Thursday, November 21, 2024

❖ **10:00am The Great American Trivia** * **Library**

❖ **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**

❖ **2:00pm Word Find** * **Library**

❖ **2:30pm 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, November 22, 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 **“Sonic the Hedgehog”** *Commons

SONIC THE HEDGEHOG tells the story of the world's speediest hedgehog as he embraces his new home on Earth. Sonic and his new best friend Tom team up to defend the planet from the evil genius Dr. Robotnik and his plans for world domination.

Streaming Amazon Prime Video – 01 hr, 27 min Rating (PG)

- Year 2020
- Directors Jeff Fowler
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Saturday, November 23, 2024

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

- ❖ **1:00pm “Sonic the Hedgehog”** *Commons
- SONIC THE HEDGEHOG tells the story of the world's speediest hedgehog as he embraces his new home on Earth. Sonic and his new best friend Tom team up to defend the planet from the evil genius Dr. Robotnik and his plans for world domination.

Streaming Amazon Prime Video – 01 hr, 27 min Rating (PG)

- Year 2020
- Directors Jeff Fowler
- Staring James Marsden, Tika Sumpter, Jim Carrey
- Genres Action, Adventure, Charming.

- ❖ **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, November 24, 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 Europa Concert 2002 - Palermo** *Commons

The town of Palermo was lit up, and Claudio Abbado revealed his strong Sicilian roots to all his followers. Viewers of this concert, broadcast across all of Europe, were inspired to see the maestro so relaxed, gesticulating so emphatically. Concert.

Streaming: Amazon Prime Video – 1hr, 51 min

- Year 2002
- Audio English
- Starring Claudio Abbado, Gil Shaham, Berliner Philharmoniker, Ludwig van Beethoven, Johannes Brahms, Antonín Dvořák, Giuseppe Verdi, Berlin Philharmonic
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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