

*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, January 27, 2025**

❖ **10:00am Trivia with Makayla**

**\*Library**

❖ **11:00am Balance and Motion**

**\*Commons**

**“Michael Rosengart”**

*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*

❖ **1:30pm: “Blue Planet”**

**\*Commons**

Sir David Attenborough narrates this landmark series about the Earth's marine environment. Blue Planet explores our planet's oceans and reveals the sea and its inhabitants at their most fearsome and alluring. Experience the oceans like never before.

### **S1 E5 - Seasonal Seas 49 min**

Shafts of sunlight radiate through a green sea. This blazing light is the source of energy used by the countless billions of plankton which grow every spring and summer in the world's temperate seas, the richest of all habitats.

### **S1 E6 – Coral Seas 49 min**

Bathed in warm, clear, tropical water and brilliant sunlight, coral reefs are the rainforests of the sea. Surrounded by ocean deserts they are rich oases of life. Spectacular numbers make it necessary to stand out to survive.

### **Streaming Amazon Prime Video**

- Year 2002
- Director Sir David Attenborough
- Studio Discovery plus Nature
- Genres Documentary.

❖ **3:00pm Afternoon Social**

**\*Library**

❖ **3:30pm Bingo with Makayla**

**\*Commons**

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## **Tuesday, January 28, 2025**

- ❖ **10:00am Trivia with Adela** **\*Library**
- ❖ **11:00am Balance and Motion** **\*Commons**

**“Michael Rosengart”**

*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*

- ❖ **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

- ❖ **1:30pm Art Lecture: Streaming** **\*Commons**

### **Philip Guston: A Life Lived**

Late in life, Guston looks back over a career that originated in social realism during the '30s, moved to the center of Abstract Expressionism, and culminated in a return to figuration. Filmed at his retrospective in San Francisco in 1980 and at his Woodstock studio where he is seen painting. The artist speaks candidly about his philosophy of painting and the psychological motivation for his work.

**Documentary, Arts, Entertainment, and Culture, 59 min.**

- ❖ **3:30pm Monthly Birthday Celebration** **\*Commons**  
**with Live Music by Darrin Carter**

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

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

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## **Wednesday, January 29, 2025**

- ❖ **10:00am The Great American Trivia** \* **Library**
- ❖ **11:00am Resident Forum** \* **Commons**  
*Join us for the Resident Forum—your chance to let your voice be heard! All are welcome to share feedback, ask questions, and hear updates from every department manager. We want to hear from you!*
- ❖ **1:00pm Spellbound** \* **Commons**  
The story revolves around Dr. Petersen, a psychoanalyst at a mental hospital, who becomes suspicious of the new hospital director, Dr. Edwardes, when his behavior suggests he may not actually be the person he claims to be. As she delves deeper, she discovers that he suffers from amnesia and is possibly connected to a murder. Determined to prove his innocence, Petersen uses her expertise in psychoanalysis to uncover the truth hidden in his mind, leading to a gripping exploration of guilt, love, and the subconscious. The film is notable for its surreal dream sequence designed by Salvador Dalí.  
**Streaming Amazon Prime Video – 1 hr, 51 min**
- Year 1945
  - Directors Alfred Hitchcock
  - Staring Ingrid Bergman, Gregory Peck, Michael Chekhov, Leo G. Carroll
  - Genres Romance and Mystery
- ❖ **2:00pm Indoor/Outdoor Walking Club with Adela**  
**Meet me in the Library**
- ❖ **3:00pm Afternoon Social** \* **Library**
- ❖ **3:30pm Balloon tennis** \* **Library**
- ❖ **4:30pm Cocktail Hour** \* **Bistro**  
**Featuring themed Cocktail & Wine & Beer**

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## **Thursday, January 30, 2025**

- ❖ **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 Balance and Motion** \* **Commons**  
**“Michael Rosengart”**  
*NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist*
- ❖ **1:30pm Sip and Paint** \* **Commons**
- ❖ **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 Mac & Cheese Cooking Competition** \* **Commons**

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## **Friday, January 31, 2025**

- ❖ 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 **Spellbound** \*Commons

The story revolves around Dr. Petersen, a psychoanalyst at a mental hospital, who becomes suspicious of the new hospital director, Dr. Edwardes, when his behavior suggests he may not actually be the person he claims to be. As she delves deeper, she discovers that he suffers from amnesia and is possibly connected to a murder. Determined to prove his innocence, Petersen uses her expertise in psychoanalysis to uncover the truth hidden in his mind, leading to a gripping exploration of guilt, love, and the subconscious. The film is notable for its surreal dream sequence designed by Salvador Dalí.

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

- Year 1945
- Directors Alfred Hitchcock
- Staring Ingrid Bergman, Gregory Peck, Michael Chekhov, Leo G. Carroll
- Genres Romance and Mystery

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## **Saturday, February 1, 2025**

- ❖ **10:00am Trivia Quiz** **\*Library**
- ❖ **11:00am Seated Exercise Class with Ash.** **\*Commons**
- ❖ **1:00pm Spellbound** **\*Commons**
- The story revolves around Dr. Petersen, a psychoanalyst at a mental hospital, who becomes suspicious of the new hospital director, Dr. Edwardes, when his behavior suggests he may not actually be the person he claims to be. As she delves deeper, she discovers that he suffers from amnesia and is possibly connected to a murder. Determined to prove his innocence, Petersen uses her expertise in psychoanalysis to uncover the truth hidden in his mind, leading to a gripping exploration of guilt, love, and the subconscious. The film is notable for its surreal dream sequence designed by Salvador Dalí.
- Streaming Amazon Prime Video – 1 hr, 51 min**
- Year 1945
  - Directors Alfred Hitchcock
  - Staring Ingrid Bergman, Gregory Peck, Michael Chekhov, Leo G. Carroll
  - Genres Romance and Mystery
- ❖ **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, February 2, 2025**

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

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



- ❖ **1:30 pm Bach - Brandenburg Concertos** \*Commons

The Orchestra Mozart, founded in 2004, under the baton of Claudio Abbado play Bach's Brandenburg Concertos. Recorded at the Teatro Municipale Valli, Reggio Emilia.

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

- Year 2007
- Audio English
- Starring Orchestra Mozart, Giuliano Carmignola, Johann Sebastian Bach, Claudio Abbado
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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