

*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 13, 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 E1 - Ocean World 49 min**

The oceans are an integral part of the Earth's life cycle, influencing weather systems and supporting a huge range of life. The series opener explores the sheer scale, power and complexity of the oceans that govern the planet.

### **S1 E2 – Deep 49 min**

Explore a world of mountain ranges, perpetual night, pressure extremes and the weirdest life forms on the planet. Embark on a voyage into the unknown, where fish with cavernous mouths and cruel teeth lurk below the surface.

### **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**

*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, January 14, 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
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **3:00pm [The Federalist Project Information Meeting!](#)**  
Run by our resident, Ambassador Edward Marks.  
Location: In the Commons
- ❖ **4:15pm Art Lecture: Streaming** **\*Commons**  
**[Nothing Changes: Art for Hank's Sake](#)**
- How far would you go to pursue your passion? At 87 years old, Hank Virgona commutes to his studio six days a week to make art. Despite poor health, cancer, low income, and obscurity, Hank is unrelenting in his quest to understand how life and art are one.
- [Documentary, Arts, Entertainment, and Culture, 1 h 14 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, January 15, 2025**

❖ 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 2000*

❖ 1:30pm **On the Waterfront** \***Commons**

An ex-boxer (Marlon Brando) stands up to a corrupt union boss.

**Streaming Amazon Prime Video – 01 hr, 43 min**

- Year 1954
- Directors Elia Kazan
- Staring Marlon Brando, Leif Erickson, Tami Mauriello, Eva Marie Saint, Rudy Bond, Karl Malden, Lee J. Cobb, Rod Steiger, Arthur Keegan, James Westerfield, Abe Simon, John Hamilton, Pat Henning, Tony Galento, Don Blackman, John Heldabrand, Westerfield James
- Genres Suspense, 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, January 16, 2025**

- ❖ **10:00am The Great American Trivia** \* **Library**
- ❖ **11:00am Sit and Fit with Weights** \* **Commons**  
Instructor: Adela
- ❖ **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**
- ❖ **2:15pm 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, January 17, 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 **On the Waterfront** \*Commons

An ex-boxer (Marlon Brando) stands up to a corrupt union boss.

### **Streaming Amazon Prime Video – 01 hr, 43 min**

- Year 1954
- Directors Elia Kazan
- Staring Marlon Brando, Leif Erickson, Tami Mauriello, Eva Marie Saint, Rudy Bond, Karl Malden, Lee J. Cobb, Rod Steiger, Arthur Keegan, James Westerfield, Abe Simon, John Hamilton, Pat Henning, Tony Galento, Don Blackman, John Heldabrand, Westerfield James
- Genres Suspense, 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, January 18, 2025**

❖ **10:00am Trivia Quiz** **\*Library**

❖ **11:00am Seated Exercise Class with Ash.** **\*Commons**

❖ **1:00pm On the Waterfront** **\*Commons**

An ex-boxer (Marlon Brando) stands up to a corrupt union boss.

### **Streaming Amazon Prime Video – 01 hr, 43 min**

- Year 1954
- Directors Elia Kazan
- Staring Marlon Brando, Leif Erickson, Tami Mauriello, Eva Marie Saint, Rudy Bond, Karl Malden, Lee J. Cobb, Rod Steiger, Arthur Keegan, James Westerfield, Abe Simon, John Hamilton, Pat Henning, Tony Galento, Don Blackman, John Heldabrand, Westerfield James
- Genres Suspense, 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, January 19, 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 Two Pigeons** \*Commons
- Lauren Cuthbertson and Vadim Muntagirov lead the cast in Ashton's poignant and heart-warming reflection on love, *The Two Pigeons*.

### **Streaming: Amazon Prime Video – 1 hr, 08 min**

- Year 2016
- Audio English
- Starring Lauren Cuthbertson, Vadim Muntagirov, Elizabeth McGorian, Fumi Kaneko, Ryoichi Hirano, Marcelino Sambe
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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