

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, January 20, 2025



- 9:30pm Presidential Inauguration *Commons**
*****Live Music and Opening Remarks*** (RCN Ch 301 - CSPAN)**
- ❖ **10:00am Trivia with Makayla *Library**
- ❖ **11:00am Sit and Fit with Makayla *Commons**
- ❖ **12:00pm Presidential Inauguration *Commons**
*****Swearing-in Ceremony*** (RCN Ch 301 - CSPAN)**
- ❖ **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 E3 - Open Ocean 48 min
 Where the sea bed drops a staggering eight kilometers and the nearest island is 500 kilometers away, there is nothing but the burning sun above and the blackened abyss below. Find out what life forms exist in this blue expanse.
S1 E4 – Frozen Seas 49 min
 Life on the edge of a frozen sea is tough, but in the spring life begins again. Plankton blooms and feeds hordes of migrating fish. Birds, whales, seals and polar bears gorge themselves before the ice pushes them from the land.
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 21, 2025

- ❖ **10:00am Trivia with Adela** ***Library**
- ❖ **11:00am Sit and fit With Adela** ***Commons**

❖ **1:30pm Scenic Van Ride**

(George Washington Memorial Parkway, Washington DC)

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**

Pat Steir: Artist

Pat Steir: Artist is a profoundly personal portrait of the groundbreaking woman painter by her friend, novelist and filmmaker Veronica Gonzalez Peña - the result is an intimate, character driven, revelatory film.

Documentary, Arts, Entertainment, and Culture, 1 h 17 min.

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

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

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Wednesday, January 22, 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 **Strangers in Good Company** ***Commons**

Traveling through a largely uninhabited area, a bus carrying eight elderly women breaks down and, as they await help, they are forced to fend for themselves. Finding refuge in a rustic and empty farmhouse, the women begin talking and eventually share many of their life experiences and memories with each other, forming an indelible bond.

Streaming Amazon Prime Video – 01 hr, 40 min

- Year 1965
- Directors Cynthia Scott
- Staring Alice Diabo, Constance Garneau, Mary Meigs, Winifred Holden,
- Genres Drama.

- ❖ 2:15pm **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 23, 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**
- ❖ **3:00pm Afternoon Social** * **Library**
- ❖ **3:30pm Sing Along** * **Library**

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Friday, January 24, 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 Strangers in Good Company** *Commons

Traveling through a largely uninhabited area, a bus carrying eight elderly women breaks down and, as they await help, they are forced to fend for themselves. Finding refuge in a rustic and empty farmhouse, the women begin talking and eventually share many of their life experiences and memories with each other, forming an indelible bond.

Streaming Amazon Prime Video – 01 hr, 40 min

- Year 1965
- Directors Cynthia Scott
- Staring Alice Diabo, Constance Garneau, Mary Meigs, Winifred Holden, Cissy Meddings
- Genres Drama.

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Saturday, January 25, 2025

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

- ❖ **1:00pm Strangers in Good Company** *Commons

Traveling through a largely uninhabited area, a bus carrying eight elderly women breaks down and, as they await help, they are forced to fend for themselves. Finding refuge in a rustic and empty farmhouse, the women begin talking and eventually share many of their life experiences and memories with each other, forming an indelible bond.

Streaming Amazon Prime Video – 01 hr, 40 min

- Year 1965
- Directors Cynthia Scott
- Staring Alice Diabo, Constance Garneau, Mary Meigs, Winifred Holden, Cissy
- Genres Meddings
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

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Sunday, January 26, 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 Giselle** *Commons
The romantic ballet by Coralli and Perrot returns in the revival of Yvette Chauviré

Streaming: Amazon Prime Video – 1 hr, 45 min

- Year 2021
- Audio English
- Starring Martina Arduino, Nicoletta Manni, Claudio Coviello, Timofej Andrijashenko, Mick Zeni, Marta Romagna
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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