

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, February 24, 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: “Seven Worlds, One Planet”** *Commons

Millions of years ago, incredible forces ripped apart the Earth's crust, creating seven extraordinary continents. Seven Worlds, One Planet, presented by David Attenborough, reveals how each distinct continent has shaped the unique animal life found there.

S1 E5 – Europe 49 min

Europe is a crowded continent transformed by mankind, where extraordinary animals are found in surprising places. Today, just four percent of Europe is protected wilderness, but recent conservation efforts have thrown a lifeline to a lucky few species.

S1 E6 – North America 50 min

More than any other continent, North America is defined by extreme weather and seasonal change. For animals that live here, this poses great challenges, but for those with a pioneering spirit, it can also offer great rewards.

Streaming Amazon Prime Video

- Year 2020
- Director David Attenborough
- Studio Discovery plus Natural History
- 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 (Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Tuesday, February 25, 2025

❖ **10:00am Trivia with Adela** ***Library**

❖ **11:00am Tai Chi** ***Commons**

"Heong Tchen (also known as Chen)

Tai Chi Master Instructor

❖ **1:30pm Scenic Van Ride: (*Rock Creek Park, 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**

Robert Motherwell: Summer of 1971

Robert Motherwell is communicative with his art, approaching the canvas prepared for a discussion. We join Motherwell in his studio where his commentary on art history reminds us of the fluidity possessed by both painting and genre. Thought movements, as Motherwell saw them, are not linear but overlapping, he followed the ideals of Abstract Expressionism, creating eagerly with instinctive impulse.

[Documentary, Arts, Entertainment, and Culture, 45 min.](#)

❖ **6:45pm Resident-Led Discussion Group**

Topic: Why Brazilians Speak Portuguese, By Edward Marks

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 (Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Wednesday, February 26, 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!

❖ **1:30pm Notorious** * **Commons**

Beautiful but troubled Alicia Huberman is recruited by American agent TR Devlin to infiltrate a German spy ring in postwar Rio, but soon falls in love with him. When she receives orders to seduce a Nazi kingpin, she must sacrifice the only happiness she's known for a perilous mission that could cost both her and Devlin their lives. Time Magazine "Top 100 Best Films" of all time.

Streaming Amazon Prime Video – 1hr, 37min -16+

- Year 1946
- Directors Alfred Hitchcock
- Staring Cary Grant, Ingrid Bergman, Claude Rains
- Genres Drama, Romance, Suspense

❖ **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

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

Thursday, February 27, 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 - 4:00pm In the Commons



Grand Oaks Annual

**CHILI
COOK OFF**



In celebration of National Chili Day, join us for our 6th Annual Chili Cook-Off! Taste and judge the best out of 5 chili creations and help us crown this year's champion!

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

Friday, February 28, 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 **Notorious** *Commons

Beautiful but troubled Alicia Huberman is recruited by American agent TR Devlin to infiltrate a German spy ring in postwar Rio, but soon falls in love with him. When she receives orders to seduce a Nazi kingpin, she must sacrifice the only happiness she's known for a perilous mission that could cost both her and Devlin their lives. Time Magazine "Top 100 Best Films" of all time.

Streaming Amazon Prime Video – 1hr, 37min -16+

- Year 1946
- Directors Alfred Hitchcock
- Staring Cary Grant, Ingrid Bergman, Claude Rains
- Genres Drama, Romance, Suspense

Saturday, March 1, 2025

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

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise Class with Ash.** ***Commons**
- ❖ **1:00pm Notorious** ***Commons**

Beautiful but troubled Alicia Huberman is recruited by American agent TR Devlin to infiltrate a German spy ring in postwar Rio, but soon falls in love with him. When she receives orders to seduce a Nazi kingpin, she must sacrifice the only happiness she's known for a perilous mission that could cost both her and Devlin their lives. Time Magazine "Top 100 Best Films" of all time.

Streaming Amazon Prime Video – 1hr, 37min -16+

 - Year 1946
 - Directors Alfred Hitchcock
 - Staring Cary Grant, Ingrid Bergman, Claude Rains
 - Genres Drama, Romance, Suspense
- ❖ **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
(Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Sunday, March 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 Handel at Chambord Castle *Commons

Le Concert Spirituel plays a beautiful Handel program under the baton of Hervé Niquet at the Chambord Castle in France. The concert features Handel's Concerti Grossi, Water Music and Music for the Royal Fireworks.

Streaming: Amazon Prime Video – 1 hr, 48 min

- Year 2016
- Audio English
- Starring Hervé Niquet, Le Concert Spirituel, Georg Friedrich Handel
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Word Find *Library