

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, March 10, 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 The Fog Of War** ***Commons**
Former corporate whiz kid Robert McNamara was the controversial Secretary of Defense in the Kennedy and Johnson administrations, during the height of the Vietnam War. This Academy Award-winning documentary, augmented by archival footage, gives the conflicted McNamara a platform on which he attempts to confront his and the U.S. government's actions in Southeast Asia in light of the horrors of modern warfare, the end of ideology and the punitive judgment of history.
Streaming Amazon Prime Video: 1hr, 47min - PG-13
- Year 2004
 - Director Errol Morris
 - Cast Errol Morris, Robert McNamara, Franklin D. Roosevelt
 - Genres Documentary, Historical
- ❖ **1:45 Crosswords** ***Library**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo with Makayla** ***Commons**

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Tuesday, March 11, 2025

- ❖ **10:00am Trivia with Adela** ***Library**
- ❖ **11:00am Tai Chi** ***Commons**
"Heong Chen" (also known as Chen)
Tai Chi Master Instructor
- ❖ **1:30pm Scenic Van Ride** (George Washington Mem Pkwy 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 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**
Leonardo da Vinci: A Film by Ken Burns, Sarah Burns and David McMahon
- Leonardo da Vinci grows up in a Tuscan village surrounded by nature, then moves to Florence, where the Renaissance is in full bloom, to apprentice as an artist and craftsman. He shows extraordinary talent but at times struggles to finish commissions. Later, in Milan, he joins Duke Sforza's court, begins writing treatises, and paints a monumental fresco depicting the Last Supper.
- 1 Season 2 Episodes: Episode 1 - The Disciple of Experience**
Documentary, Arts, Entertainment, and Culture, 1hr, 53min.
- ❖ **6:45pm Resident Led Discussion Group**
"Diplomats in Danger" Led by Judy Heimann
In the Conference Room: All Residents are welcome to Join.

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Wednesday, March 12, 2025

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

❖ **11:00am Sit and Fit** * **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 “I Love Trouble”** * **Commons**

Two competing Chicago newspaper reporters are both sent to cover a train wreck. Nearly getting themselves killed scrambling for the ultimate front page story, they gain new respect and love for each other along the way.

Streaming Amazon Prime Video – 02 hr, 02 min

- Year 1994
- Directors Charles Shyer
- Starring Julia Roberts, Nick Nolte, Saul Rubinek, Robert Loggia,
- Genres Action, Suspense.

❖ **2:00pm Indoor/Outdoor Walking Club with Adela**
Meet me in the Library

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

❖ **3:00pm The Federalist Project Meetup** * **Commons**

❖ **3:30pm Balloon tennis** * **Library**

❖ **4:30pm Cocktail Hour** * **Bistro**

Featuring themed Cocktail & Wine & Beer

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Thursday, March 13, 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 **Resident Led Book Club**
“The Other Einstein”
In the Conference Room:
Newcomers welcome, even if you haven’t read the book.

1:30pm **Bridge Club** * **Bistro**

2:00pm - 3:00pm

FIRE SAFETY TRAINING

Led by Jermaine Pendleton, Director of Facilities
All residents are invited to Join

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

❖ 3:30pm **Sing Along** * **Library**

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Friday, March 14, 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 **“I Love Trouble”** *Commons

Two competing Chicago newspaper reporters are both sent to cover a train wreck. Nearly getting themselves killed scrambling for the ultimate front page story, they gain new respect and love for each other along the way.

Streaming Amazon Prime Video – 02 hr, 02 min

- Year 1994
- Directors Charles Shyer
- Starring Julia Roberts, Nick Nolte, Saul Rubinek, Robert Loggia
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Saturday, March 15, 2025

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise Class with Ash.** ***Commons**
- ❖ **1:00pm “I Love Trouble”** ***Commons**

Two competing Chicago newspaper reporters are both sent to cover a train wreck. Nearly getting themselves killed scrambling for the ultimate front page story, they gain new respect and love for each other along the way.

Streaming Amazon Prime Video – 02 hr, 02 min

 - Year 1994
 - Directors Charles Shyer
 - Starring Julia Roberts, Nick Nolte, Saul Rubinek, Robert Loggia
 - Genres Action, Suspense.
- ❖ **1:30pm Bridge Club** ***Bistro**
- ❖ **2:00pm Dominoes** ***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, March 16, 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 Beethoven – Missa Solemnis, Op. 123** *Commons

Renowned conductor John Nelson with one of the world’s greatest orchestras, the Chamber Orchestra of Europe, the Gulbenkian Choir and celebrated soloists present Beethoven’s great and well-known work Missa Solemnis in D, Op. 123 at Gulbenkian’s Grand Auditorium in Lisbon. Soloists are Tamara Wilson (soprano), Elisabeth DeShong (alto), Nikolaj Schukoff (tenor) and Alastair Milest (bass).

Streaming: Amazon Prime Video – 1 hr, 19 min

- Year 2010
- Audio English
- Starring Coro Gulbenkian, Chamber Orchestra of Europe, John Nelson, Ludwig van Beethoven
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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

❖ **3:30pm Word Find** *Library