

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 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: “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 E1 – Antarctica 52 min

Antarctica is a land of survivors enduring the most hostile conditions on Earth. Despite the fact that 98% of the mainland is covered in ice, species from krill and penguins to elephant seals and fin whales have flourished and diversified.

S1 E2 – Asia 49 min

Asia is the largest and most extreme continent on our planet, stretching from the Arctic Circle in the north to the tropical forests on the equator. The animals here face the hottest deserts, tallest jungles and highest mountains found anywhere on Earth.

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

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Tuesday, February 11, 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**
- ❖ **3:30pm Art Lecture: Streaming** ***Commons**

Roy Lichtenstein

In Southampton, Roy Lichtenstein works on an elaborate, 4-canvas composition called "The Artist's Studio". In conversation with Lichtenstein, critic Lawrence Alloway places Pop Art on a continuum of 20th century art that includes collage, Dada, and Purism in referring to signs and objects of contemporary society. Lichtenstein argues for distinctions between himself, Warhol, Oldenburg, and others.

Documentary, Arts, Entertainment, and Culture, 54 min.

- ❖ **6:45pm Grand Oaks Discussion Group**
- In the Conference Room : All Residents are welcome to Join.**

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Wednesday, February 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 Nebraska (B&W)** * **Commons**

When a father and his adult son embark on a journey to claim a million-dollar prize, what begins as a fool’s errand becomes a search for the road to redemption.

Streaming Amazon Prime Video – 01 hr, 40 min

- Year 2014
- Directors Alexander Payne
- Staring Bruce Dern, Will Forte
- Genres Drama.

- ❖ **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, February 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 Sip and Paint** * **Commons**
- ❖ **1:30pm Grand Oaks Book Club** * **Commons**
*Where words come to Life!
All are welcome!
Even if you haven't read the book.*
- ❖ **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**
- ❖ **3:45pm Little Red's Playschool** * **Commons**
Valentine's Surprise

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Friday, February 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 **Flower Distribution & Afternoon Social in the Library**
- ❖ 3:30pm **Bingo with Adela** *Commons
- ❖ 7:00pm **Nebraska (B&W)** *Commons

When a father and his adult son embark on a journey to claim a million-dollar prize, what begins as a fool's errand becomes a search for the road to redemption.

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Saturday, February 15, 2025

- ❖ **10:00am Trivia Quiz** *Library
- ❖ **11:00am Seated Exercise Class with Ash.** *Commons
- ❖ **1:00pm Nebraska (B&W)** *Commons

When a father and his adult son embark on a journey to claim a million-dollar prize, what begins as a fool's errand becomes a search for the road to redemption.

Streaming Amazon Prime Video – 01 hr, 40 min

- Year 2014
- Directors Alexander Payne
- Staring Bruce Dern, Will Forte
- Genres 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, February 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 Bach - Sonatas for Violin and Piano** *Commons

Johann Sebastian Bach probably composed his Sonatas for Violin and Harpsichord BWV 1014 through 1019 while working as chapel master of Köthen. Chamber Music.

Streaming: Amazon Prime Video – 1 hr, 36 min

- Year 2009
- Audio English
- Starring Frank Peter Zimmerman, Enrico Pace, Johann Sebastian Bach
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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

- ❖ **3:30pm Word Find** *Library