

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 31, 2025

❖ **11:00am Balance and Motion** ***Commons**

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ **1:30pm Lewis & Clark: The Journey of the Corps of Discovery** ***Commons**

Sent by President Thomas Jefferson to find the Northwest Passage, Meriwether Lewis and William Clark led the most important expedition in American history. This extraordinary film tells the remarkable story of the entire Corps of Discovery.

S1 E2 - Episode 2 - 1 hour 44 min

The exploration of the West opened a new world to Americans and signaled the beginning of the end for Native Americans. Thomas Jefferson predicted that it would take 100 years to settle the West. It took less than five years.

Streaming Amazon Prime Video

- Year 1997
- Director Ken Burns
- Genres Documentary.

❖ **2:00pm Crosswords** ***Library**

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

❖ **3:00pm Bingo with Jordan** ***Commons**

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Tuesday, April 1, 2025

- ❖ **10:00am Trivia with Jordan** ***Library**
- ❖ **11:00am Tai Chi** ***Commons**
"Heong Tchen (also known as Chen)
Tai Chi Master Instructor
- ❖ **1:30pm Scenic Van Ride**
(Kenwood Neighborhood in Bethesda, MD)
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**
The World's Greatest Paintings
- The broadcaster and journalist Andrew Marr examines the stories behind some of the most famous works of art ever devised. Why were these pieces created and what makes them, in particular, so eternally fascinating? How much did the lives of the artists, and the society and environment they worked in, influence the paintings? Get ready to see truly iconic images in a whole new light.
- S1 E2 - Sunflowers by Vincent Van Gogh 43 min**
Documentary, Arts, Entertainment, and Culture.
- ❖ **6:45pm Resident Led Discussion Group**
Live At Politics and Pro - A 1 hour Streaming - A monthly Series
"Tim Kaine – Walk, Ride, Paddle: A life Outside"
In the Commons : All Residents are welcome to Join.

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Wednesday, April 2, 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 the USA at the 2007 rugby World Cup and South Africa in the junior World Cup in 2000

- ❖ **1:30pm The Comeback Trail** * **Commons**

In debt to the mob, greedy film producer Max Barber (Robert De Niro) decides to produce a dangerous new film, all for the sake of killing his lead actor so that he can rake in the insurance money. But when he casts washed up movie star Duke Montana (Tommy Lee Jones) as the lead, Max never expects the depressed old drunk to be revitalized by being in front of the camera again.

Streaming Amazon Prime Video – 01 hr, 48 min

- Year 2025
- Directors George Gallo
- Starring Robert De Niro, Tommy Lee Jones, Morgan Freeman, Zach Braff
- Genres Comedy.

- ❖ **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, April 3, 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 Dominoes** * **Bistro**
- ❖ **3:00pm Afternoon Social** * **Library**
- ❖ **3:30pm Sing A-long** * **Library**

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Friday, April 4, 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

- ❖ 1:30pm **Shopping Trip (The Shops at Sumner Place)**
Deadline to Sign up with concierge is – (9:00 am on Friday)

- 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

- ❖ 2:00pm **Word Find** *Library
- ❖ 3:00pm **Afternoon Social** *Library
- ❖ 3:30pm **Bingo with Adela** *Commons
- ❖ 7:00pm **The Comeback Trail** *Commons

In debt to the mob, greedy film producer Max Barber (Robert De Niro) decides to produce a dangerous new film, all for the sake of killing his lead actor so that he can rake in the insurance money. But when he casts washed up movie star Duke Montana (Tommy Lee Jones) as the lead, Max never expects the depressed old drunk to be revitalized by being in front of the camera again.

Streaming Amazon Prime Video – 01 hr, 48 min

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Saturday, April 5, 2025

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

- ❖ **1:00pm The Comeback Trail** ***Commons**

In debt to the mob, greedy film producer Max Barber (Robert De Niro) decides to produce a dangerous new film, all for the sake of killing his lead actor so that he can rake in the insurance money. But when he casts washed up movie star Duke Montana (Tommy Lee Jones) as the lead, Max never expects the depressed old drunk to be revitalized by being in front of the camera again.

Streaming Amazon Prime Video – 01 hr, 48 min

 - Year 2025
 - Directors George Gallo
 - Starring Robert De Niro, Tommy Lee Jones, Morgan Freeman, Zach Braff,
 - Genres Comedy.

- ❖ **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, April 6, 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 Lucerne Festival 2003 Gala Concert** *Commons

When Claudio Abbado and his newly founded Lucerne Festival Orchestra perform at the Lucerne Festival, the whole musical world looks to Lucerne. "A Conductor Is Back, An Orchestra Reborn" The New York Times Programme. Concert.

Streaming: Amazon Prime Video – 1 hr, 25 min

- Year 2003
- Audio English
- Starring Eteri Gvazava, Rachel Harnisch, Claudio Abbado, Bryn Terfel, Lucerne Festival Orchestra, Richard Wagner, Claude Debussy.
- Genres Arts, Entertainment, and culture, Music Videos and Concerts

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