

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, April 28, 2025

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:30pm **Becoming Katharine Graham** *Commons

Becoming Katharine Graham tells the story of a painfully shy woman's accidental rise to power and how it changed history. After a family tragedy, Kay evolved from a "doormat wife" into a legendary newspaper publisher. Nixon's nemesis during Watergate, she fought for truth, broke barriers in a sexist world, and won a Pulitzer Prize, inspiring generations with her courage and resilience.

Streaming Amazon Prime Video – 1 hr. 31 min. (13+)

- **Year** 1985
- **Director** George Kunhardt, Teddy Kunhardt
- **Genres** Documentary.
- **Cast** Katharine Graham, Warren Buffett, Lynn Povich, Don Graham...

❖ 2:00pm **Dominoes** *Bistro

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

❖ 3:00pm **Bingo with Jordan** *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

Tuesday, April 29, 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 (Weather Permitting) (*Navy Yard*)

- 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 departs-Arrive 5min. before your scheduled loading time

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Art Lecture: Streaming *Commons

Renaissance: The Transformation of the West

In the 48 lectures of Renaissance: The Transformation of the West, award-winning Professor Jennifer McNabb guides you through centuries of exhilarating change in Europe, focusing on often-unexplored or overlooked areas, including the role of women in the Renaissance, the lives of the poor and elite, Renaissance home and family life, and the connections between the Renaissance and the Reformation.

1 Season 48 Episodes. – Each week we will stream 2 to 3 episodes

S1 E4 - The Rise of the Humanists, S1 E5 - Renaissance Florence: Age of Gold, and S1 E6 - Renaissance Venice: More Serene Republic Documentary, Arts, Entertainment, and Culture.

❖ 6:30pm Resident Led Discussion Group

**Protecting Yourself Through Elder Law: What Every Senior Should Know
By: Richard Louis, Esq**

In the Commons: 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, April 30, 2025

- ❖ **10:00am The Great American Trivia** * **Library**
- ❖ **11:00am Sit and Fit with** * **Commons**
“Owen Lentz”
Corrective exercise specialist and former pro rugby player; represented USA (2007) and South Africa (2000) in World Cups
- ❖ **1:00pm The Big Year** * **Commons**
For Brad Harris and Stu Preissler, they culminate a lifelong love of birding. But when reigning record-holder Kenny Bostick gets wind of their efforts, he takes the competition to fanatical new heights, leading the three on a comical circuit of America.
Streaming Amazon Prime Video – 1 hr, 39min- (G)
- Year 2011
 - Directors David Frankel
 - Starring Jack Black, Steve Martin, Owen Wilson, Brian Dennehy...
 - Genres Comedy, Charming
- ❖ **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, May 1, 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 Along** * Library
Mitch Miller music

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, May 2, 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**
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

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

For Brad Harris and Stu Preissler, they culminate a lifelong love of birding. But when reigning record-holder Kenny Bostick gets wind of their efforts, he takes the competition to fanatical new heights, leading the three on a comical circuit of America.

Streaming Amazon Prime Video – 1 hr, 39min- (G)

- Year 2011
- Directors David Frankel
- Starring Jack Black, Steve Martin, Owen Wilson, Brian Dennehy...
- Genres Comedy, Charming

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

Saturday, May 3, 2025

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Exercise Class with Ash.** ***Commons**
- ❖ **1:00pm The Big Year** ***Commons**
For Brad Harris and Stu Preissler, they culminate a lifelong love of birding. But when reigning record-holder Kenny Bostick gets wind of their efforts, he takes the competition to fanatical new heights, leading the three on a comical circuit of America.
- Streaming Amazon Prime Video – 1 hr, 39min- (G)**
- Year 2011
 - Directors David Frankel
 - Starring Jack Black, Steve Martin, Owen Wilson, Brian Dennehy...
 - Genres Comedy, Charming.
- ❖ **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

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, May 4, 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 Rudolf Nureyev's Don Quixote** *Commons

Don Quixote was created by the master choreographer Marius Petipa, together with the composer Ludwig Minkus, for the Imperial Bolshoi Ballet in Moscow in 1869. Marking the 400th anniversary of Cervantes's death, Don Quixote is here seen in the revised version by Nureyev which the French choreographer Manuel Legris.

Streaming: Amazon Prime Video – 2 hr, 2 min

- Year 2017
- Audio English
- Starring Maria Yakovleva, Denys Cherevychko, Ketevan Papava, Kiyoka Hashimoto, Roman Lazik, Olga Esina, Wiener Staatsballett, Orchester der Wiener Staatsoper, Kevin Rhodes, Ludwig Minkus
- Genres Arts, Entertainment, & Culture, Music Videos and Concerts

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