

*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, May 12, 2025

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

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

❖ 1:30pm **Benjamin Franklin:** *Commons

A Film by Ken Burns: S1 E2 - “An American” (1775-1790)

Ken Burns’s four-hour documentary, Benjamin Franklin, explores the revolutionary life of one of the 18th century’s most consequential and compelling personalities, whose work and words unlocked the mystery of electricity and helped create the United States. “Write things worth reading,” he said in Poor Richard’s Almanack, “or do things worth the writing.” Benjamin Franklin did both.

Streaming Amazon Prime Video – 1 hr. 31 min. (16+)

- **Year** 2022
- **Director** Ken Burns, David Schmidt
- **Genres** Documentary.
- **Cast** Peter Coyote, Mandy Patinkin, Carolyn McCormack, Josh Lucas, Liam Neeson, David Quay, Craig Mellish, Paul Giamatti, Joe Morton, Adam Arkin, Tony Beck.

❖ 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

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Tuesday, May 13, 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)
(George Washington Memorial Parkway)
- 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 - ambulatory 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 E9 - Renaissance Man as Political Animal, S1 E10 - Women and the Italian Renaissance Court, and S1 E11 - Painting in the Early Italian Renaissance.

Documentary, Arts, Entertainment, and Culture.

- ❖ 6:15pm Civic Voice Business Meeting
In the Commons: All Residents are welcome to join.

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Wednesday, May 14, 2025

❖ 10:00am The Great American Trivia * Library

❖ 11:00am Sit and Fit with "Owen Lentz"

Corrective exercise specialist and former pro rugby player; represented USA (2007) and South Africa (2000) in World Cups

❖ 1:30pm A Musical Gift: Joyful Sounds *Commons

**by Washington Waldorf's Middle School Choir,
Orchestra, and Guitar Ensemble**

❖ 2:30pm Indoor/Outdoor Walking Club with Adela
Meet me in the Library

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Balloon tennis * Commons

❖ 4:30pm Cocktail Hour *Bistro

Featuring themed Cocktail & Wine & Beer

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Thursday, May 15, 2025

❖ **9:00am** Avalon Theatre Trip **“Ain’t No Back to a Merry-Go-Round”**

- 9:15 AM – Begin loading bus in Bistro
- 9:45 AM – Depart for Avalon Theatre
- 10:30 AM – Movie begins (starts promptly)

Note: *This outing is for residents who signed up in advance. If you did not sign up by the deadline, you can be added to the waiting list in case of cancellations.*

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

❖ **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

❖ **11:00am** **Tech Support with Jordan**

- For all tech support requests, please contact the Concierge at 202-349-3400 between 2PM and 4 PM.

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

❖ **3:30pm** **Sing Along** * Library

Featuring classic Mitch Miller music

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Friday, May 16, 2025

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|-----------|-----------------------------|----------|
| ❖ 10:00am | Trivia Quiz | *Library |
| ❖ 11:00am | Seated Exercise with Legacy | *Commons |
| ❖ 1:00pm | Catholic Mass | *Chapel |

Father Andy

Our Lady of Victory Catholic Church

Rosary After the Service, Led by Ms. Carter and Ms. Rabb

- ❖ 1:30pm Shopping Trip
Deadline to sign up with Concierge: 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 - ambulatory 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 **Life of Pi** *Commons

A shipwreck leaves a boy lost at sea aboard a lifeboat with a massive Bengal tiger in Ang Lee's visually stunning Oscar(R)-winner.

• **Streaming: Amazon Prime Video – 2 hr, 1 min (PG)**

- Year 2012
- Directors Ang Lee
- Starring Suraj Sharma, Irrfan Khan, Tabu, Rafe Spall, Gerard Depardieu
- Genres Adventure, Drama, Beautiful, Dreamlike.

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Saturday, May 17, 2025

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

- ❖ **1:00pm Life of Pi** ***Commons**
A shipwreck leaves a boy lost at sea aboard a lifeboat with a massive Bengal tiger in Ang Lee's visually stunning Oscar(R)-winner.

Streaming Amazon Prime Video – 2 hr, 01 min- (PG)

- Year 2012
- Directors Ang Lee
- Starring Suraj Sharma, Irrfan Khan, Tabu, Rafe Spall, Gerard Depardieu
- Genres Adventure, Drama, Beautiful, Dreamlike.

- ❖ **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**

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Sunday, May 18, 2025

❖ 10:00am Seated Exercise *Commons

❖ 11:00am Presbyterian Worship Service (Streaming) *Commons

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



❖ 1:00 pm Anna Moffo in Verdi's La Traviata *Commons

Anna Moffo in Verdi's La Traviata. Mario Lanfranchi's 1968 film version of this beloved opera classic is faithful to the Dumas story, bringing to life the tragic story of Camille (here called Violetta) with gripping drama and sumptuous sets and costumes.

Streaming: Amazon Prime Video – 1 hr, 59 min

- Year 1968
- Audio English
- Starring Anna Moffo, Franco Bonisolli, Gino Bechi, Giuseppe Patanè

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Word Find *Library