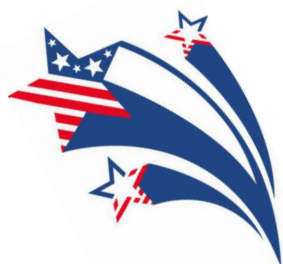


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Monday, February 16, 2025

HAPPY
PRESIDENTS' DAY
☆☆☆☆



❖ 11:00am **Tai Chi** ***Commons**

"Heong Chen" (also known as Chen)

Tai Chi Master Instructor

❖ 1:30pm **Navalny** ***Commons**

BAFTA FILM AWARD® nominee

This eye-opening documentary chronicles the investigation into the shockingly brazen assassination attempt of Russian opposition leader Alexei Navalny – and his ongoing fight for democratic reform.

S1 E8. War is All Hell – 1865- ® 1hr, 38min

- Year 2022
- Directors Daniel Roher
- Starring Yulia Navalny, Dasha Navalnaya, Zakhar Navalny, Mariya Pevchikh...
- Genres Documentary

❖ 2:00pm **Dominoes** ***Bistro**

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

❖ 3:30pm **Group Computer class with Jordan** *** Clubroom**

Please bring your laptops or iPads, along with your passwords and login details.

To ensure everyone benefits from the session, please come prepared with specific questions or topics you would like to work on. This will help us make the most of our time together.

❖ 4:30pm **COCKTAIL HOUR** ***Bistro**

Featuring themed Cocktail & Wine & Beer

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Tuesday, February 17, 2025

- ❖ **10:00am** **Trivia Quiz** ***Library**
- ❖ **11:00am** **Balance and Motion** ***Commons**

“Michael Rosengart”

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

- ❖ **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.

- ❖ **1:30pm** **Scenic Van Ride (Connecticut Ave. NW, Washington, DC)**
(Weather Permitting)

- 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 The Ottoman Empire** ***Commons**

Join Professor Kenneth W. Harl for The Ottoman Empire and investigate the nature of Ottoman identity, the achievements and oddities of the sultan’s court, and stories of confrontation and cooperation with the West.

S1 E23 - Napoleon Invades Ottoman Egypt 32 min.

& S1 E24 - Crisis: Muhammad Ali and Balkan Nationalists 31 min.

- ❖ **6:30pm** **Civic Voice**

**Business Meeting:
Planning Guest Speakers and Topics**

In the Commons: All Residents are welcome to join.

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Wednesday, February 18, 2025

- ❖ **10:00am Trivia Quiz** * **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

- ❖ **1:30pm Dirty Dancing** * **Commons**

Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer.

Streaming Amazon Prime Video 1 h 38 min –PG-13

- Year 1987
- Directors Emile Ardolino
- Starring Patrick Swayze, Jennifer Grey, Jerry Orbach
- Genres Romance, Drama.

- ❖ **1:30pm WATERCOLOR Painting** * **Clubroom**

Instructor: JANICE NELSON, Grand Oaks Resident

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

- ❖ **3:30pm Word Find** * **Library**

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

Featuring themed Cocktail & Wine & Beer

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Thursday, February 19, 2026

❖ **10:00am Trivia Quiz** * Commons

❖ **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 CHOIR PRACTICE** * Commons
Choir Director: Jeff Levin

❖ **1:30pm Sip and PAINT** * Bistro

❖ **2:00pm Dominoes** * Bistro

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

❖ **3:30pm Bingo** * Library

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Saturday, February 21, 2026

❖ 10:00am Trivia Quiz *Library

❖ 11:00am **Seated Strength and Mobility** *Commons
Alex: Certified Trainer

❖ 1:30pm **Dirty Dancing** *Commons

Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer.

Streaming Amazon Prime Video 1 h 38 min –PG-13

- Year 1987
- Directors Emile Ardolino
- Starring Patrick Swayze, Jennifer Grey, Jerry Orbach
- Genres Romance, Drama.

❖ 1:30pm **Bridge Club** *Bistro

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

❖ 3:30pm **Word Find** *Library

❖ 4:30pm **COCKTAIL HOUR** *Bistro

Featuring themed Cocktail & Wine & Beer

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Sunday, February 22, 2026

❖ 10:00am Seated Exercise with Adela *Commons

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

11:30am ~ 1:30pm

Sunday Brunch

Location:

Dining Room



❖ 2:30pm Word Find *Library

❖ 3:00pm Afternoon Social *Library

❖ 3:30pm Mahler - Symphony No. 5 *Commons

The Lucerne Festival Orchestra performs Gustav Mahler's Symphony No. 5 under the direction of Claudio Abbado. This unique orchestra was formed as part of the annual festival in Lucerne, Switzerland.

Streaming: Amazon Prime Video – 1 hr, 13 min

- Year 2004
- Audio English
- Starring Gustav Mahler, Claudio Abbado, Lucerne Festival Orchestra
- Genres Arts, Entertainment, and Culture