

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 2, 2026

❖ 11:00am Tai Chi *Commons

"Heong Chen" (also known as Chen)

Tai Chi Master Instructor

❖ 1:30pm The Vietnam War *Commons

Ken Burns and Lynn Novick's ten-part documentary series, THE VIETNAM WAR, tells the epic story of one of the most consequential, divisive, and controversial events in American history. Not edited for television.

[S1 E1 - Déjà Vu \(1858-1961\) 1hr and 22 min.](#)

- Year 2017
- Directors Ken Burns
- Starring Peter Coyote
- Genres Documentary, Historical.

❖ 2:00pm Dominoes *Bistro

❖ 3:00pm Afternoon Social *Library

3:30pm In the Clubroom

Tech Together: A Resident Tech Workshop

A hands-on workshop focused on everyday technology residents use in daily life. In partnership with the Legacy Rehab Team, we provide education and personalized support at all skill levels to build confidence and independence.

Led By: Jordan Asrat & The Legacy Rehab Team

❖ 4:30pm COCKTAIL HOUR *Bistro

Featuring themed Cocktail & Wine & Beer

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Tuesday, March 3, 2026

❖ **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 (Wisconsin Ave. NW)**
(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 E27 - The Sultan Returns: Abdül Hamid II, 1876-1908 33 min.
& S1 E28 - Constitutional Reform, 1908-1913 32 min.

❖ **6:30pm Civic Voices Presents:**

The Honorable Brian L. Schwalb

Attorney General for the District of Columbia

Please arrive a few minutes early.

Q&A will follow. Bring your questions.

In the Commons: All Residents are welcome to join.

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Wednesday, March 4, 2026

- ❖ **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 Sarah’s Oil** * **Commons**

An African American girl born in the early 1900s believes there is oil beneath the land she’s allotted and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land.

Streaming Amazon Prime Video 1 h 43 min.

- Year 2025
- Directors Cyrus Nowrasteh
- Starring Tony Young, Katelyn Botsch, Robert Scott Fort, Sherry Kang, Russell Wilson, Ciara, John Shepherd, Cyrus Nowrasteh, Kevin Downes, Daryl Lefever, Andrew Erwin, Jon Erwin, Zachary Levi, Derrick Williams
- Genres Drama, Inspiring, Intense.

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

Instructor: JANICE NELSON, Grand Oaks Resident

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

- ❖ **3:30pm Bingo** * **Library**

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

Featuring themed Cocktail & Wine & Beer

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Thursday, March 5, 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 Meeting and Practice** * Commons
Choir Director: Jeff Levin

❖ **1:30pm Bridge Club** * Bistro

❖ **2:00pm Dominoes** * Bistro

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

❖ **3:30pm Bingo** * Library

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Friday, March 6, 2026

- ❖ **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](#)

- ❖ **2:00pm Shopping Trip (Weather Permitting)**
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 CHAIN LINK – A Race to the Bottom** * Library
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Bingo** *Clubroom
- ❖ **7:00pm Sarah’s Oil** *Commons

An African American girl born in the early 1900s believes there is oil beneath the land she’s allotted and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land.

Streaming Amazon Prime Video 1 h 43 min.

- Year 2025
- Directors Cyrus Nowrasteh
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Saturday, March 7, 2026

- ❖ **10:00am Trivia Quiz** *Library
- ❖ **11:00am Seated Strength and Mobility** *Commons
Alex: Certified Trainer
- ❖ **1:30pm Sarah's Oil** *Commons

An African American girl born in the early 1900s believes there is oil beneath the land she's allotted and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land.

Streaming Amazon Prime Video 1 h 43 min.

- Year 2025
- Directors Cyrus Nowrasteh
- Starring Tony Young, Katelyn Botsch, Robert Scott Fort, Sherry Kang, Russell Wilson, Ciara, John Shepherd, Cyrus Nowrasteh, Kevin Downes, Daryl Lefever, Andrew Erwin, Jon Erwin, Zachary Levi, Derrick Williams
- Genres Drama, Inspiring, Intense.

- ❖ **1:30pm Bridge Club** *Bistro
- ❖ **3:00pm Afternoon Social** *Library
- ❖ **3:30pm Sing-along** *Library
- ❖ **4:30pm COCKTAIL HOUR** *Bistro

Featuring themed Cocktail & Wine & Beer

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Sunday, March 8, 2026

❖ 10:00am Seated Exercise *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 Salzburg Fest: Wagner, R. Strauss, and Brahms *Commons

Soprano Nine Stemme joins the Vienna Philharmonic and Mariss Jansons for Wagner's passionate settings of poems by his muse, Mathilde Wesendonck. The program also features R. Strauss's "Don Juan" and Brahms's First Symphony.

Streaming: Amazon Prime Video – 1 hr, 34 min

- Year 2012
- Audio English
- Starring Nina Stemme, Vienna Philharmonic
- Genres Arts, Entertainment, and Culture