

*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](mailto:yasrat1@jhmi.edu) (Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side*

## **Monday, April 27, 2026**

❖ **10:30am Meet & Greet with Melvin Gordon** \*Commons  
**New Full-time Assisted Living Activities Assistant**

❖ **11:00am Tai Chi** \*Commons  
"Heong Chen" (also known as Chen) *Tai Chi Master Instructor*

❖ **1:30pm The Vietnam War (*Last Episode*)** \*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 E9 - The Weight of Memory (March 1973-Onward) 1hr 25 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.

**How to download photos from text messages and navigate the photo album**

**Led By: Jordan Asrat & The Legacy Rehab Team**

❖ **4:30pm Cocktail Hour** \*Bistro  
**Featuring themed Cocktail & Wine & Beer**

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## **Tuesday, April 28, 2026**

- ❖ **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 (Navy Yard, (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.
- ❖ **1:45pm** ***LET'S PLAY BLANK SLATE!*** **\*Clubroom**
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **3:30pm Art Lecture: Streaming** **\*Commons**  
**The Knights Templar: A History Strange and True**  
Embark on a thrilling journey through the Middle Ages with The Knights Templar: A History Strange and True. Over 24 riveting lectures, Dr. Dorsey Armstrong, a distinguished medieval scholar at Purdue University, peels back the layers of legend to reveal the flesh-and-blood reality of the Poor Fellow-Soldiers of Christ and of the Temple of Solomon.  
**S1 E6 - Life as a Templar Knight 26 min, S1 E7 - Symbols and Signs 23 min, & S1 E8 - Castles and Cash, Part 1, 29 min.**
- ❖ **6:30pm Civic Voices**

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## **Wednesday, April 29, 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*
- ❖ **1:00pm Jerry Maguire** **\*Commons**
- A sports agent represents an athlete.
- Streaming Amazon Prime Video 2h 12 min.**
- Year 1996
  - Directors Cameron Crowe
  - Starring Tom Cruise, Cuba Gooding Jr., Renée Zellweger, Kelly Preston
  - Genres Comedy, Inspiring, Heartwarming.
- ❖ **1:30pm WATERCOLOR Painting** **\* Clubroom**
- Instructor: JANICE NELSON, Grand Oaks Resident*
- ❖ **2:00pm Garden Club with Adela**  
**Meet me on the 2nd Floor Courtyard by the Wellness Office.**
- ❖ **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, April 30, 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 Dominoes** **\*Bistro**
  
- ❖ **2:00pm RESIDENT FORUM** **\* Commons**

All residents are invited to attend the Resident Council Forum to share feedback, ask questions, and hear updates from each department manager.  
***We value your input and look forward to hearing from you!***
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:00pm Sip and paint** **\*Clubroom**
  
- ❖ **3:30pm Word Find** **\*Library**

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## **Friday, May 1, 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 Jerry Maguire** **\*Commons**

A sports agent represents an athlete.

### **Streaming Amazon Prime Video 2h 12 min.**

- Year 1996
- Directors Cameron Crowe
- Starring Tom Cruise, Cuba Gooding Jr., Renée Zellweger, Kelly Preston
- Genres Comedy, Inspiring, Heartwarming.

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## **Saturday, May 2, 2026**

- ❖ **10:00am Trivia Quiz** **\*Library**
- ❖ **11:00am Seated Strength and Mobility** **\*Commons**  
*Alex: Certified Trainer*
- ❖ **1:30pm Jerry Maguire** **\*Commons**  
A sports agent represents an athlete.

### **Streaming Amazon Prime Video 2h 12 min.**

- Year 1996
- Directors Cameron Crowe
- Starring Tom Cruise, Cuba Gooding Jr., Renée Zellweger, Kelly Preston
- Genres Comedy, Inspiring, Heartwarming.

- ❖ **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, May 3, 2026**

❖ 10:00am Trivia \*Commons

❖ 11:00am Sit and Fit with Adela \*Commons

11:30am ~ 1:30pm

Sunday Brunch

Location: Dining Room



❖ 2:00pm Bingo \*Library

❖ 3:00pm Afternoon Social \*Library

❖ 3:30pm Gran Gala di Verdi \*Commons

In 2001, as part of the Verdi year, some of the greatest singers of our time, including Plácido Domingo and José Carreras, gathered at the Teatro Padiglione Palacassa in Parma to celebrate the legacy of the Italian maestro as part of the Gran Gala di Verdi.

### **Streaming: Amazon Prime Video – 1hr, 56 min**

- Year 2001
- Audio English
- Starring José Carreras, Elisabete Matos, Coro del Festival Verdi di Parma, Zubin Mehta, Orchestra del Maggio Musicale Fiorentino, José Cura, Placido Domingo, Marcello Alvarez, Daniela Dessi.
- Genres Arts, Entertainment, and Culture