

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 11, 2026

- ❖ **10:00am Trivia Quiz** ***Library**
❖ **11:00am Tai Chi** ***Commons**
"Heong Chen" (also known as Chen)

Tai Chi Master Instructor

- ❖ **1:30pm The First World War** ***Commons**
This ten-part series tells the comprehensive story of the First World War, featuring excerpts written by Winston Churchill, Karen Blixen (Isak Dinesen), Georges Clemenceau, David Lloyd George, Siegfried Sassoon, and Rudolf Hess.

S1 E1 - To Arms 50 min. S1 E2 - Under the Eagle 50 min.

- Year 2003
- Directors Marcus Kiggell, Simon Rockell, Corina Sturmer, Emma Wallace, Ben Steele.
- Starring Jonathan Lewis, Emperor Franz Josef, Woodrow Wilson, Winston Churchill, Kaiser Wilhelm II
- 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.

Open Tech Support & Q&A

Led By: Jordan Asrat & The Legacy Rehab Team

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

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Tuesday, May 12, 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 (*Weather Permitting*) (Making Donation of the Leftover Freecycle Items)**

- 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**

Understanding Western Art: Stories, Styles, and Masterworks

In Understanding Western Art: Stories, Styles, and Masterworks, you will take on the breathtaking story and legacy of Western art in a uniquely original inquiry. Across 25 richly enjoyable lectures, art historian and best-selling author Noah Charney offers you a refreshingly different and accessible way into the great art of the Western world.

S1 E4 - 4. Symbols in Art: Ravenna and Chartres Cathedral, 30 min.

S1 E5 - Coloring the Rainbow: Kandinsky and Très Riches Heures, 31 min.

& S1 E8 - Textiles and Women Artists: Bayeux and Judy Chicago, 31 min.

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Wednesday, May 13, 2026

❖ **10:00am Trivia Quiz** ***Library**

❖ **11:00am Garden Club with Adela**

Meet me on the 2nd Floor Courtyard by the Wellness Office.

❖ **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 Psycho** ***Commons**

A woman (Janet Leigh) stops at a motel run by mad Norman Bates (Anthony Perkins).

Streaming Amazon Prime Video 1h 44 min.

- Year 1960
- Directors Alfred Hitchcock
- Starring Anthony Perkins, Janet Leigh, Vera Miles, John Gavin, Martin Balsam, John McIntire, Simon Oakland, Vaughn Taylor, Frank Albertson, Lurene Tuttle, Pat Hitchcock, John Anderson, Mort Mills
- Genres Drama, Suspense.

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

Instructor: JANICE NELSON, Grand Oaks Resident

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

❖ **3:30pm Bingo** ***Clubroom**

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

Featuring themed Cocktail & Wine & Beer

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Thursday, May 14, 2026

❖ **10:00am Trivia Quiz** *Commons

❖ **11:00am Garden Club with Adela**

Meet me on the 2nd Floor Courtyard by the Wellness Office.

❖ **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 Grand Oaks Book Club**

Where words come to life! All are welcome!

Even if you have not read the book!

Meet us on the 2nd floor Country Kitchen South side

❖ **1:30pm Choir Meeting and Practice** *Commons

Choir Director: Jeff Levin

❖ **1:30pm Bridge Club** *Bistro

❖ **2:00pm Dominoes** *Clubroom

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

❖ **3:00pm Sip and paint** *Clubroom

❖ **3:30pm Word Find** *Library

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Friday, May 15, 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 Psycho** *Commons

A woman (Janet Leigh) stops at a motel run by mad Norman Bates (Anthony Perkins).

Streaming Amazon Prime Video 1h 44 min.

- Year 1960
- Directors Alfred Hitchcock
- Starring Anthony Perkins, Janet Leigh, Vera Miles, John Gavin, Martin Balsam, John McIntire, Simon Oakland, Vaughn Taylor, Frank Albertson, Lurene Tuttle, Pat Hitchcock, John Anderson,
- Genres Drama, Suspense.

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Saturday, May 16, 2026

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Strength and Mobility** ***Commons**
Alex: Certified Trainer

- ❖ **1:30pm Psycho** ***Commons**
A woman (Janet Leigh) stops at a motel run by mad Norman Bates (Anthony Perkins).
Streaming Amazon Prime Video 1h 44 min.
 - Year 1960
 - Directors Alfred Hitchcock
 - Starring Anthony Perkins, Janet Leigh, Vera Miles, John Gavin, Martin Balsam, John McIntire, Simon Oakland, Vaughn Taylor, Frank Albertson, Lurene Tuttle, Pat Hitchcock, John Anderson, Mort Mills
 - Genres Drama, Suspense.

- ❖ **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 17, 2026

❖ **10:00am Trivia** ***Commons**

❖ **11:00am Sit and Fit** ***Commons**

11:30am ~ 1:30pm

Sunday Brunch

Location: Dining Room



❖ **1:30pm Glass - The Perfect American** ***Commons**

Legendary composer Philip Glass's opera "The Perfect American", imagines the final months of the life of Walt Disney.

Streaming: Amazon Prime Video – 1hr, 50 min

- Year 2014
- Audio English
- Starring Christopher Purves, David Pittsinger, Donald Kaasch, Janis Kelly, Marie McLaughlin.
- Genres Arts, Entertainment, and Culture

❖ **2:00pm Dominoes** ***Clubroom**

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

❖ **3:30pm Bingo** ***Clubroom**