

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 4, 2026

❖ 10:00am Trivia Quiz

*Library

❖ 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 E10 - The Weight of Memory (March 1973-Onward) 1hr and 48 min.

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

❖ 2:00pm Dominoes

*Clubroom

❖ 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 5, 2026

HAPPY CINCO DE MAYO

- ❖ 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 – 11am – 4:00pm
 - For all tech support requests, please contact the Concierge at 202-349-3400
- ❖ 1:30pm Scenic Van Ride (Beach Dr NW, Washington, DC)
 - 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

NEW SERIES

Understanding Western Art: Stories, Styles, & Masterworks

In Understanding Western Art: Stories, Styles, and Masterworks, you'll 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 E1 What Is Art? Duchamp and the Venus Figures, S1 2: Capturing Form: Laocoön & Michelangelo, and S1 E3: Order and Symmetry: The Parthenon & David the Loss of Jerusalem 30 min.

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Wednesday, May 6, 2026

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

❖ **11:00pm 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

❖ **1:00pm The Postman Always Rings Twice** ***Commons**

Discover the illicit love affair between a drifter and the restless wife of a gruff, middle-aged roadhouse owner. Torn between a desperate need for each other and their desire for money, they plot a murder--which leads to shattering consequences.

Streaming Amazon Prime Video 1h 52 min.

- Year 1946
- Directors Tay Garnett
- Starring Lana Turner, John Garfield, Cecil Kellaway, Audrey Totter, Leon Ames, Hume Cronyn
- Genres Drama, Romance.

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

Instructor: JANICE NELSON, Grand Oaks Resident

❖ **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 7, 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** ***Clubroom**

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

- ❖ **3:00pm Sip and paint** ***Clubroom**

- ❖ **3:30pm Word Find** ***Library**

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Friday, May 8, 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 The Postman Always Rings Twice** *Commons

Discover the illicit love affair between a drifter and the restless wife of a gruff, middle-aged roadhouse owner. Torn between a desperate need for each other and their desire for money, they plot a murder--which leads to shattering consequences.

Streaming Amazon Prime Video 1h 52 min.

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Saturday, May 9, 2026

- ❖ **10:00am Trivia Quiz** ***Library**
- ❖ **11:00am Seated Strength and Mobility** ***Commons**
Alex: Certified Trainer
- ❖ **1:30pm The Postman Always Rings Twice** ***Commons**
Discover the illicit love affair between a drifter and the restless wife of a gruff, middle-aged roadhouse owner. Torn between a desperate need for each other and their desire for money, they plot a murder--which leads to shattering consequences.
Streaming Amazon Prime Video 1h 52 min.
- Year 1946
 - Directors Tay Garnett
 - Starring Lana Turner, John Garfield, Cecil Kellaway, Audrey Totter, Leon Ames, Hume Cronyn
 - Genres Drama, Romance.
- ❖ **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 10, 2026



❖ 10:30am Sit and Fit with Adela

*Commons

11:30am ~ 1:30pm

Mother's Day Brunch

Location: Dining Room

Live Music in the Courtyard



❖ 2:00pm Bingo

*Library

❖ 3:00pm Afternoon Social

*Library

❖ 3:30pm Dvorák – Requiem

*Commons

Belgian conductor Philippe Herreweghe leads the Royal Flemish Philharmonic and the Collegium Vocale Gent in a performance of Antonín Dvořák's Requiem Op. 89, recorded at deSingel in Antwerp in 2014. The four vocal soloists are Ilse Eerens (soprano), Bernarda Fink (alto), Maximilian Schmitt (tenor), and Nathan Berg (bass).

Streaming: Amazon Prime Video – 1hr, 38 min

- Year 2014
- Audio English
- Starring Ilse Eerens, Bernarda Fink, Collegium Vocale Gent, Maximilian Schmitt, Nathan Berg, Antonín Dvořák, Royal Flemish Philharmonic, Philippe Herreweghe
- Genres Arts, Entertainment, and Culture