***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, October 19, 2026

- **10:00am Trivia Quiz** ***Library**
- **11:00am Tai Chi** ***Commons**

"Heong Chen" (also known as Chen)

Tai Chi Master Instructor

- **1:30pm America in Color** ***Commons**

Season 1 included with Prime until 4/30 Witness American history, from the 1920s through the 1960s, like it's never been seen before - in vibrant color.

S1 E3 - The 1940s 48 min. & S1 E4 - The 1950s 48 min.

- Year 2017
- Directors Smithsonian Channel
- Starring Eric Meyers, Max Beesley, Stephen Mangan, Liev Schreiber
- Genres Documentary, Historical.

- **2:00pm Dominoes** ***Clubroom**
- **3:30pm Afternoon Social** ***Library**
- **3:30pm** 

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

Featuring themed Cocktail & Wine & Beer

***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

Tuesday, October 20, 2026

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

"Michael Rosengart"

NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist

- **1:30pm Scenic Van Ride *(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 Art Detectives: S2 E2– Episode 2 59 min.

Tracking down previously unknown paintings by some of the world's great artists. Derby Museum has the best collection of Joseph Wright of Derby paintings in the world.

6:45PM IN THE COMMONS:

CIVIC VOICES PRESENTS

Amb. HERMAN J."HANK" COHEN

Advisory Council Member - Africa Initiative

A retired career diplomat and specialist in African and European affairs, Ambassador (ret.) Herman J. Cohen is President of Cohen and Woods International

All Residents are welcome to join.

***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

Wednesday, October 21, 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 "Owen Lentz"** ***Commons**

Corrective exercise specialist and former pro rugby player. represented USA (2007) and South Africa (2000) in World Cups

❖ **1:00pm** **Rain Man** ***Commons**

Tom Cruise stars as a self-centered wheeler-dealer who discovers he has an autistic savant brother (Dustin Hoffman) and takes him on an unforgettable, cross-country road trip in this hysterical, profound and heartwarming Best Picture Oscar®-winner.

Streaming **Amazon Prime Video 2 h 08 min.**

- Year 1988
- Directors Barry Levinson
- Starring Dustin Hoffman, Tom Cruise, Valeria Golino
- Genres Drama, Action, Humorous

❖ **1:30pm** **Bridge Club** ***Bistro**

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

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

3:00pm to 4:00pm In the Commons

CARE CONNECTION MEETING

Led By Michelle Hill, Director of Residents services

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

Featuring themed Cocktail & Wine & Beer

***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

Thursday, October 22, 2026

FLU & COVID-19 CLINIC DAY

VACCINES WILL BE ADMINSTERED BY FLOORS

❖ **1 ST FLOOR** = 10:00am – 10:30am	❖ **2 ND FLOOR** = 10:30am – 12:00pm
❖ **3 RD LOOR** = 1:00pm – 2:00pm	❖ **4 TH FLOOR** = 2:00pm – 3:00pm

❖ **11:00am Balance and Motion *Bistro**
"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 Bridge Club *Bistro**

❖ **1:30pm Sip and paint *Clubroom**

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

❖ **3:30pm Word Find *Library**

***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

Friday, October 23, 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**  ***Clubroom**
- **7:00pm Rain Man *Commons**

Tom Cruise stars as a self-centered wheeler-dealer who discovers he has an autistic savant brother (Dustin Hoffman) and takes him on an unforgettable, cross-country road trip in this hysterical, profound and heartwarming Best Picture Oscar®-winner.

Streaming Amazon Prime Video 2 h 08 min.

- Year 1988
- Directors Barry Levinson
- Starring Dustin Hoffman, Tom Cruise, Valeria Golino
- Genres Drama, Action, Humorous

***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

Saturday, October 24, 2026

- **10:00am Trivia Quiz** ***Library**
- **11:00am Seated Strength and Mobility** ***Commons**
  Alex: Certified Trainer
- **1:30pm Rain Man** ***Commons**

Tom Cruise stars as a self-centered wheeler-dealer who discovers he has an autistic savant brother (Dustin Hoffman) and takes him on an unforgettable, cross-country road trip in this hysterical, profound and heartwarming Best Picture Oscar®-winner.

Streaming Amazon Prime Video 2 h 08 min.

- Year 1988
- Directors Barry Levinson
- Starring Dustin Hoffman, Tom Cruise, Valeria Golino
- Genres Drama, Action, Humorous

- **2:00pm KNIT, STITCH & CRAFT** ***Clubroom**

Whether you enjoy knitting, crafting, or simply getting together with friends and neighbors to chat, all are welcome to join us for an enjoyable afternoon of creativity and good company

- **3:30pm Afternoon Social** ***Library**
- **3:30pm Word find** ***Library**
- **4:30pm Cocktail Hour** ***Bistro**

Featuring themed Cocktail & Wine & Beer

***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

Sunday, October 25, 2026

- **10:00am Trivia Quiz** — *** Library**
- **11:00am Seated Exercise** — ***Commons**

11:30am – 1:30pm

Sunday Brunch

Location: Dining Room

- **1:30pm Vienna Philharmonic: Mahler's Eighth Symphony** — ***Commons**

"All Mahler symphonies … deal in extremes," said Leonard Bernstein. When he recorded the Eighth for his pioneering cycle with the Vienna Philharmonic, the stage of Vienna's Konzerthaus had to be enlarged to fit the sprawling cast.

Streaming: Amazon Prime Video – 1 hr, 24 min

- Year 1975
- Audio English
- Director Leonard Bernstein
- Starring Jose van Dam, Vienna Philharmonic

- **2:00pm Dominoes** — ***Clubroom**
- **3:00pm Afternoon Social** — ***Library**
- **3:30pm** 

— ***Clubroom**