***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 5, 2026

❖ **11:00am Tai Chi** ***Commons**

"Heong Chen" (also known as Chen)
Tai Chi Master Instructor

❖ **1:30pm World War II In HD Colour** ***Commons**

World War II In HD Colour uses rare footage and advanced colorization to present the war in new detail. Narrated by Robert Powell, the series combines satellite mapping, graphics, and new released documents for deeper insights into strategies and battles.

S1 E12 - Victory in Europe 51 min.
S1 E13 - Victory in the Pacific 51 min.

- Year 2010
- Directors Mark Young, Richard Wise, Philip Nugus, Matthew Barrett,
- Starring Robert Powell
- Genres Documentary, Historical.

❖ **2:00pm Dominoes** ***Clubroom**

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

❖ **3:30pm**

***Clubroom**

4:30PM – 5:30PM IN THE BISTRO

COCKTAIL HOUR

Featuring themed Cocktail & Wine & Beer

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Tuesday, October 6, 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

Tracking down previously unknown paintings by some of the world's great artists.

S1 E3 – Belfast 59 min.

Works by Flemish artist Peter Breughel the Younger at the Ulster Museum; Northern Ireland Assembly at Stormont.

6:45PM IN THE COMMONS

CIVIC VOICES PRESENTS

AMBASSADOR CAMERON HUME (RET.)

Former U.S. Ambassador & Executive Director, Maritime Humanitarian Aid Foundation

All Residents are welcome to join.

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Wednesday, October 7, 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

- **1:30pm MARIA *Commons**

The true and devastating story of how the world's greatest opera singer, Maria Callas, died of a broken heart. Abandoned and publicly humiliated when the love of her life, billionaire Aristotle Onassis, brutally left her to marry Jacqueline Kennedy, Maria retreats to Paris. Broken, isolated, and losing her legendary voice, she spends her final days consumed by the agonizing pain of his betrayal, trying to survive the memories of the only man she ever truly loved.

Streaming Amazon Prime Video 2h, 4 min.

- Year 2024
- Directors Alan Pakula
- Starring Angelina Jolie, Pierfrancesco Favino, Alba Rohrwacher,…
- Genres Music, Drama, Based on a Real Life

- **1:30pm Bridge Club *Bistro**
- **1:30pm WATERCOLOR Painting *Clubroom**
- **3:00pm Afternoon Social *Library**
- **3:30pm**

***Clubroom**
- **4:30pm COCKTAIL HOUR *Bistro**

Featuring themed Cocktail & Wine & Beer

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Thursday, October 8, 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 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 *Commons**

Where words come to life! All are welcome!
Even if you have not read the book!

- **1:30pm Sip and paint *Clubroom**
- **2:00pm Dominoes *Clubroom**
- **3:30pm A Netflix Special *Commons**

"The Man On The Inside"

A retired professor gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.

Streaming Season 1, Episode 5, 6, and 7: Netflix Series 27 min an Episode. ®

- Year 2024
- Director Maite Alberdi
- Starring Ted Danson; Mary Elizabeth Ellis; Lilah Richcreek Estrada;
- Genres Comedy

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Friday, October 9, 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 MARIA** ***Commons**

The true and devastating story of how the world's greatest opera singer, Maria Callas, died of a broken heart. Abandoned and publicly humiliated when the love of her life, billionaire Aristotle Onassis, brutally left her to marry Jacqueline Kennedy, Maria retreats to Paris. Broken, isolated, and losing her legendary voice, she spends her final days consumed by the agonizing pain of his betrayal, trying to survive the memories of the only man she ever truly loved.

Streaming Amazon Prime Video 2 h, 4 min.

- Year 2024
- Directors Alan Pakula
- Starring Angelina Jolie, Pierfrancesco Favino, Alba Rohrwacher,…
- Genres Music, Drama, Based on a Real Life

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Saturday, October 10, 2026

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

❖ **11:00am** **Seated Strength and Mobility** ***Commons**
Alex: Certified Trainer

❖ **1:30pm** **MARIA** ***Commons**

The true and devastating story of how the world's greatest opera singer, Maria Callas, died of a broken heart. Abandoned and publicly humiliated when the love of her life, billionaire Aristotle Onassis, brutally left her to marry Jacqueline Kennedy, Maria retreats to Paris. Broken, isolated, and losing her legendary voice, she spends her final days consumed by the agonizing pain of his betrayal, trying to survive the memories of the only man she ever truly loved.

Streaming **Amazon Prime Video 2 h, 4 min.**

- Year 2024
- Directors Alan Pakula
- Starring Angelina Jolie, Pierfrancesco Favino, Alba Rohrwacher,…
- Genres Music, Drama, Based on a Real Life

❖ **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

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

❖ **3:30pm** **Word find** ***Library**

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

Featuring themed Cocktail & Wine & Beer

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Sunday, October 11, 2026

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

11:30am ~ 1:30pm

Sunday Brunch

Location: Dining Room

- **1:00pm Swan Lake *Commons**

In Graeme Murphy's 'Swan Lake', a love triangle unfolds between a princess, her prince, and a woman with a prior claim on his heart.

Streaming: Amazon Prime Video – 2hr, 12 min

- Year 2010
- Audio English
- Director EuroArts
- Starring Vladimir Fedoseyev, Polina Semionova, Stanislav Jermakov, Arsen Mehrabyan

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

***Clubroom**