

July 2024

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi with Eric (zoom) 1pm Backgammon (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workouts (FS) 3-4pm Jewelry Repair (AS) (RR)	2 9am Flower Arranging (PUB) 9:30am Tour of Baltimore's Parks (RR) 9:30am Aqua Class (P) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 2:30pm Patriotic Sip & Paint (AUD) 7:30pm Bingo (AUD)	3 9:45am Strength & Stretch (AUD) 2pm Core Blast (FS) 2pm Caregiver Support Group (PR) 3pm Ask the Prez (AUD) 7:30pm Musical: 1776 (AUD)	4 INDEPENDENCE DAY 1pm Needle Arts (TM) 2:30pm Scrabble (Pub) 8pm PBS Capitol Program Viewing (AUD)	5 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 1:45pm Bookmobile 2pm Balance Training (FS) 4:30pm Wine Tasting (AUD)	6 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)
7 8:40am Outing: Church of the Nativity 9:45am Outing: Towson United Methodist Church & Towson Presbyterian Church 10am Outing: Towson Unitarian Universalist Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: Show Boat (AUD)	8 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Tai Chi with Eric (zoom) 12:30pm UBRC Updates w/ Mark (AUD) 1pm Backgammon (TM) 1:30pm Discussion Group (BR) 2pm Pool Session w/ Amy (P) 2:45pm Getting to Know Shakespeare (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Documentary: Alive Inside (AUD)	9 9am Flower Arranging (PUB) 9am Cylburn Arboretum (RR) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Information Lecture w/ Meghan Curtis (AUD) 1pm Needle Arts (TM) 2pm Balance Training (FS) 7:30pm Bingo (AUD) 7:30pm Book Club (TM)	10 9:45am Strength & Stretch (AUD) 10am- 12:30pm Farm Stand (AUD) 2pm Core Blast (FS) 2pm Opera on Demand: Nabucco (AUD)	11 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10am Pennsylvania Dutch Market (RR) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 7:30pm Frank Cassell and Katy Morse (Banjo and Vocals) (AUD)	12 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #1 11am Bereavement Support Group (PR) 1pm Archive Committee History of Edenwald Video (AUD) 1:30pm RA Meeting/Town Hall (AUD) 2pm Balance Training (FS) 4pm Shabbat Services (AUD) 7:30pm Jermaine Gardner (Classical & Jazz Pianist) (AUD)	13 10am Coffee & Conversation (VR) 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)

AS: Art Studio (Tower 1205)

AUD: Auditorium

BR: 2nd Floor Board Room

FS: Fitness Studio

G: Grille

TL: Terraces Lounge

TM: Terraces Multipurpose Room

P: Pool

PR: 2nd Floor Party Room

PDR: 2nd Floor Private Dining Room

RG= 5th Floor Roof Garden

RR: Registration Required

SL: Social Lounge

VR: Valley Room

Edenwald Bus Information

All trips depart from the Tower Lobby– Anything in blue writing is an outing on the Edenwald Bus

BUS #1: Hunt Valley Towne Center

BUS #2: Towson Place

BUS #3: Aldi, Walgreens, Shoprite &

Lutherville Station

BUS #4: Fairgrounds Plaza Shopping Center

BUS #5: Trader Joe's & Kenilworth Mall

BUS #6 Safeway, CVS & M&T Bank

BUS #7: Walmart



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14 8:40am Outing: Church of the Nativity 9:45am Outing: Towson United Methodist Church & Towson Presbyterian Church 10am Outing: Towson Unitarian Universalist Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: <i>Seven Brides for Seven Brothers</i> (AUD)	15 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 11am Tai Chi with Eric (zoom) 1pm Backgammon (TM) 1:30pm Discussion Group (PDR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Edenforum: Debbie Chenowith (AUD)	16 9am Flower Arranging (PUB) 9:30am Aqua Class (P) 9:45am Morning Stretch (FS) 10am Clara Barton National History Tour (RR) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 1:30pm Reiki w/ Alex (FS) 2pm Balance Training (FS) 2:30pm Ice Cream Social (AUD) 7:30pm Bingo (AUD) 7:30pm Poetry Club (BR)	17 9:45am Strength & Stretch (AUD) 10am- 12:30pm Farm Stand 2pm Core Blast (FS) 2:45-4pm Walk to End Alzheimer's Kickoff Gathering (AUD)	18 9:45am Morning Stretch (FS) 10:30am Seated Yoga (FS) 11:00 am Lunch at Amici's & Peabody Library Visit (RR) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 3-5pm We Are Edenwald Art Reception (Gallery Hallway & In Front of the AUD)	19 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #3 2pm Balance Training (FS) 5pm Sock Hop Murder Mystery Dinner Theatre (AUD)	20 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)
21 8:40am Outing: Church of the Nativity 9:45am Outing: Towson United Methodist Church & Towson Presbyterian Church 10am Outing: Towson Unitarian Universalist Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: <i>Carousel</i> (AUD)	22 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #4 11am Tai Chi with Eric (Zoom) 12:30pm Resident Open Forum w/ Mark (AUD) 1pm Backgammon (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Movie: <i>Savages</i> (AUD)	23 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Information Lecture w/ Steve Rothwell (AUD) TBA- Restaurant Week Outing 1pm Needle Arts (TM) 2pm Balance Training (FS) 7:30pm Bingo (AUD)	24 9:45am Strength & Stretch (AUD) 10am- 12:30pm Farm Stand 12pm Beautiful The Carole King Musical at Olney Theatre (RR) 2pm Core Blast (FS)	25 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 7:30pm Raffi Kasparian (Classical Piano) (AUD)	26 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 2pm Balance Training (FS) 4pm Shabbat Services (AUD) 7:30pm Motown on The Roof (5th Floor Roof Top)	27 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)
28 8:40am Outing: Church of the Nativity 9:45am Outing: Towson United Methodist Church & Towson Presbyterian Church 10am Outing: Towson Unitarian Universalist Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: <i>Brigadoon</i> (AUD)	29 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 11am Tai Chi with Eric (Zoom) 1pm Backgammon (TM) 1:30pm Discussion Group 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Mia Ye (Vocals) (AUD)	30 9am Flower Arranging (PUB) 9:30am Aqua Class (P) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 1:15pm Combo Showing of <i>Beyond Monet & Van Gogh</i> (RR) 2pm Balance Training (FS) 7:30pm Bingo (AUD)	31 9:45am Strength & Stretch (AUD) 10am Jersey Boys Musical at Toby's Theatre (RR) 10am- 12:30pm Farm Stand 2pm Core Blast (FS) 2pm Newcomers Group (PR) 2pm Opera On Demand: <i>La Boheme</i> (AUD) 7:30pm Edenforum: Michael Massing (AUD)			

Events are subject to change without notice.

COLOR KEY: BLACK= EDENWALD PROGRAMS (IN HOUSE), GREEN= PROGRAMS THAT CAN BE VIEWED ON 971

BLUE= BUS OUTING OR SHOPPING