

November 2024

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 1:45pm Bookmobile 2pm Balance Training (FS) 4:30pm Wine Tasting (AUD)	2 10am Opera Showing: Nabucco 11am Dance for PD (Stroh) 12pm Everyman: Queens Girl 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)
3 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church & Towson Presbyterian Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 1pm Ravens vs Broncos (AUD) 3pm Sunday Worship Service (TM) 7:30pm Sundays on Broadway: When Harry Met Sally (AUD)	4 9:30am Aqua w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #3 11am Tai Chi with Eric (ZOOM) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 1:30pm Art with Becky and Friends (PUB) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (Antony and Cleopatra) (AUD) 3-4pm Jewelry Repair (AS) (RR) 6:15pm New O's Owner David Rubenstein at Beth Tfiloh (RR) 7pm Opera Showing: Nabucco	5 ELECTION DAY 8am/11am & 2pm Voting (RR) 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Opera Club (AUD) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 2:30pm Meditation with Alex (FS) 7:30pm Bingo (AUD)	6 9:00am Towson Osher Classes 9:45am Strength & Stretch (TM) 10am- 12:30pm Farm Stand (AUD) 2pm Core Blast (FS) 2pm Caregiver Support Group (PR) 4pm Ask the Prez Meeting (AUD) 7:30pm Edenforum: Jamie Costello (AUD)	7 9am Robinson Nature Center (RR) 10:30am Seated Yoga (FS) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 7:30pm V-Day Music Program with Tony Nalker & Holly Shockey (Piano & Vocals)	8 9:45am Strength & Stretch (AUD) 10am Christmas Shop at Saint James (RR) 10:30pm Shopping Bus #4 11am Bereavement Support Group (PR) 4pm Shabbat Services (AUD) 7pm BSO-Heyward Conducts Sibelius (RR) 7:30pm Concert with Nicholas Wynn with Special Guest Myroslav Mykhailenko	9 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)	Room
AUD: Auditorium	P: Pool
BR: 2nd Floor Board Room	PR: 2nd Floor Party Room
FS: Fitness Studio	PDR: 2nd Floor Private Dining Room
G: Grille	RG= 5th Floor Roof Garden
TL: Terraces Lounge	RR: Registration Required
TM: Terraces Multipurpose	SL: Social Lounge

Edenwald Bus Information

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

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| BUS #1: Hunt Valley Towne Center | BUS #5: Trader Joe's & Kenilworth Mall |
| BUS #2: Towson Place | BUS #6 Safeway, CVS & M&T Bank |
| BUS #3: Aldi, Walgreens, Shoprite & Lutherville Station | BUS #7: Walmart |
| BUS #4: Fairgrounds Plaza Shopping Center | BUS #8: White Marsh |



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10 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church & Towson Presbyterian Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service (TM) 7:30pm Sundays on Broadway: <i>Sleepless in Seattle</i> (AUD)	11 VETERANS DAY 9:30am Aqua w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi with Eric (Zoom) 12:30pm UBRC Updates w/ Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Veterans Day Celebration (AUD)	12 9am The Impressionist Moment (Paris 1874) National Gallery in DC (RR) 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Lecture with Steve Rothwell (AUD) 1pm Needle Arts (TM) 2pm Balance Training (FS) 2pm Food Forum (G) 7:30pm Bingo (AUD) 7:30pm Book Club (TM)	13 9am-10:45am Osher Classes (AUD) 9:45am Strength & Stretch (TM) 10am-12:30pm Farm Stand (AUD) 2:45pm Mind Your Mind (PDR) 2pm Core Blast (FS) 5pm Pop-Up in the Grille (RR) 7:30pm Book Reading & Presentation by Claire Berger: "How Much is Enough? Getting More By Living With Less" (AUD)	14 9:45am Morning Stretch (FS) 10:30 Seated Yoga (FS) 1pm Needle Arts (TM) 1pm Greenspring Valley Bus Tour with Arlen (RR) 2pm Seated Zumba (FS) 2pm Opera on Demand: La Rondine (AUD) 2:30pm Scrabble (Pub) 2:30pm Reiki with Alex 5pm Pop-Up in the Grille (RR) 3pm Discussion Group w/ Monte & Friends (BR) 7pm Baltimore Speaker Series: Annette Gordon-Reed (RR)	15 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 1:30pm RA Meeting/Town Hall (AUD) 3:00pm Shabbat Services with Rabbi Ben Shalva from Gilchrist (AUD) 2pm Balance Training (FS) 5pm Pop-Up in the Grille (RR) 7:30pm Old Time Country Music with Backwoods Duo (Vocalist & Guitarist) (AUD)	16 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)
17 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church & Towson Presbyterian Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 1pm Ravens vs Steelers (AUD) 2pm Beethoven's Mighty "EROICA" at Goucher (RR) 3pm Sunday Worship Service (TM) 7:30pm Sundays on Broadway: <i>You've Got Mail</i> (AUD)	18 9:30am Aqua w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Tai Chi with Eric (Zoom) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (Merry Wives of Windsor Part I) (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Edenforum: Reverend Robert Albright (AUD)	19 9am Flower Arranging (PUB) 10:30am Strength Training w/ Mary Ann (FS) 10am Lori K. in Stevenson Village & Lunch at Valley Inn (RR) 11am Medical Lecture with Meghan Curtis (AUD) 1pm Needle Arts (TM) 1-3pm Npower Tech Support (SL) 2pm Balance Training (FS) 7:30pm Bingo (AUD) 7:30pm Poetry Club (BR)	20 9:45am Strength & Stretch (AUD) 10am- 12:30pm Farm Stand (AUD) 2pm-Core Blast (FS) 5:50pm Dr. Fauci at Goucher (RR) 7:30pm Edenforum: Laurie Schwartz (AUD)	21 9:45am Morning Stretch (FS) 10:30am Seated Yoga (FS) 12:15pm American Visionary Art Museum (RR) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub)	22 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #8 2pm Balance Training (FS) 2:30pm Meditation with Alex (FS) 4pm Shabbat Services (AUD) 5pm Pop-Up in the Grille (RR) 7:30pm Classical Violinist Emil Chudnovsky (AUD)	23 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7pm BSO- Lush Life: Ellington and Strayhorn (RR) 7:30pm Saturday Night Movie (AUD)
24 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church & Towson Presbyterian Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) BRUNCH at 11am in the Valley Room/Grille. DINNER Valley Room Closed. 3pm Sunday Worship Service (TM) 11-1 Sunday Resident Breakfast (VR) 7:30pm Sundays on Broadway: <i>What Happens Later</i> (AUD)	25 9:30am Aqua w/ Kate (P) 9:45am Strength & Stretch (TM) 10:30am Shopping Bus #1 11am Tai Chi with Eric (Zoom) 12:30pm Open Forum w/ Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR)	26 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 7:30pm Bingo (AUD)	27 9:45am Strength & Stretch (AUD) 10am- 12:30pm Farm Stand (AUD) 10am Sound of Music at Toby's Theatre (RR) 2:15pm-Core Blast (FS)	28 THANKSGIVING HOLIDAY HOURS: Café 11:30am-2pm Valley Room/Grille 1pm-3pm All Venues Closed for Dinner.	29 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 10:45 Tree Trimming Social (AUD) 7:30pm Bar Trivia with Mandy (PUB)	30 2pm David Pedraza & Anya Nizhegorodsteva (Viola & Piano) (AUD) 1pm Pets On Wheels Visit 7:30pm Saturday Night Movie (AUD)

Events are subject to change without notice.

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