

JANUARY 2025

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEAR'S DAY 11:30am-2pm Café Open 1-2:30pm New Year's Day Reading of Poetry & Prose (Café) 1-3pm Early Meal in Grille/Valley- PUB is Closed 5pm Hanukkah Menorah Lighting Ceremony (SL) 7pm Opera Showing: Maria Stuarda (AUD)	2 9:45am Morning Stretch (FS) 10:15am BMA Exhibit Dana Claxton Spark & Lunch at Gertrude's (RR) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2pm Opera Showing: Maria Stuarda (AUD) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 5pm Hanukkah Menorah Lighting Ceremony (SL) 7:30pm The Dapogny Duo-Jazz (AUD)	3 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 1:45pm Bookmobile 2pm Balance Training (FS) 4:30pm Wine Tasting (AUD)	4 11am Dance for PD (Stroh) 11am Sacred Circle Dance (TM) 1pm Pets On Wheels Visit
5 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 (AUD) 7:30pm Sundays on Broadway: Second Chorus (AUD)	6 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 11am Tai Chi w/ Eric (Zoom) 11-11:30am Hannah Balik- Short Overview of Being a part of The Jewish Museum of Maryland (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 1:30-3:30pm Art with Becky and Friends (PUB) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR)	7 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Opera Club- Maria Stuarda (AUD) 10:30am Strength Training w/ Mary Ann (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 12:40pm Towson University Planetarium (RR) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3:30pm Trivia with Mandy (AUD) 7:30pm Bingo (AUD)	8 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 1:30pm Wednesday Wind Down (FS) 2:30pm Core Blast (FS) 2:45pm Mind Your Mind (PDR) 3pm Ask the RA Prez Meeting (AUD)	9 9:45pm Morning Stretch (FS) 10am Bible Study (TM) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 12:10pm Lunch & Bingo at Barleys Backyard Restaurant (RR) 1pm Needle Arts (TM) 2pm Food Forum (AUD) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 3pm Discussion Group w/ Monte & Friends (BR) 6:30pm BSO- Heyward and The Planets (RR) 7:30pm Musical Artists Theatre (AUD)	10 9:45am Strength & Stretch (AUD) 10:30pm Shopping Bus #7 11am Bereavement Support Group (PR) 1:30pm RA Meeting/Town Hall (AUD) 4pm Shabbat Services (AUD) 6:30pm Maryland Public High School Dance Showcase 2025 at Goucher (RR)	11 10am Coffee & Conversation (VR) 11am Dance for PD (Stroh) 11am Sacred Circle Dance (TM) 1pm Pets On Wheels Visit 2pm Peabody Harmony Project (AUD)

AS: Art Studio (Tower 1205)

PR: 2nd Floor Party Room

AUD: Auditorium

PDR: 2nd Floor Private Dining Room

BR: 2nd Floor Board Room

RG= 5th Floor Roof Garden

FS: Fitness Studio

RR: Registration Required

G: Grille

SL: Social Lounge

TL: Terraces Lounge

VR: Valley Room

TM: Terraces Multipurpose Room

P: Pool

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 #5: Trader Joe's & Kenilworth Mall

BUS #2: Towson Place

BUS #6 Safeway, CVS & M&T Bank

BUS #3: Aldi, Walgreens, Shoprite &

BUS #7: Walmart

Lutherville Station

BUS #4: Fairgrounds Plaza Shopping Center



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12 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 (AUD) 7:30pm Sundays on Broadway: <i>The Inspector</i> (AUD)	13 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #1 11am Tai Chi with Eric (Zoom) 12:30pm URC Updates with Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1-3pm Pet Bed Project (AS) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare Uncovered - A Winter's Tale (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)	14 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Tiffany Windows at Brown Memorial Presbyterian Church (RR) 10-11:30am Goucher Orientation Session (TM) 10:30am Strength Training w/ Mary Ann (FS) 11am-12:30pm Memoir Writing with Chris Stewart (SL) 1pm Needle Arts (TM) 1-2:30pm Goucher Orientation Session (TM) 2pm Balance Training (FS) 2:30-4pm Exploring the World of Card Games (AUD) 7:30pm Bingo (AUD) 7:30pm Book Club (TM)	15 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 1:30pm Wednesday Wind Down (FS) 2:30pm Core Blast (FS) 5pm Pop-Up in the Grille (RR)	16 9:45am Morning Stretch (FS) 10am Live Casino & Arundel Mill Shopping Center (RR) 10:30 Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 1-3pm Impact Art Project with Ali Mirsky (AUD) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 5pm Pop-Up in the Grille (RR)	17 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 2pm Balance Training (FS) 3:00pm Shabbat Services with Rabbi Ben Shalva from Gilchrist (AUD) 5pm Pop-Up in the Grille (RR) 7pm BSO- Heyward Conducts Mozart and Lutoslawski (RR) 7:30pm Sing-along with Musician Herb Merrick (AUD)	18 11am Dance for PD (Stroh) 11am Sacred Circle Dance (TM) 1pm Pets On Wheels Visit
19 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 (AUD) 7:30pm Sundays on Broadway: <i>Royal Wedding</i> (AUD)	20 10:30am Shopping Bus #3 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2-3pm Martin Luther King Interview with David Susskind (AUD) 3-4pm Jewelry Repair (AS) (RR) 7pm BSYO Fellowship Ensembles with Special Guest Jonathon Heyward (AUD) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)	21 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Station North Mural Bus Tour (RR) 10-11:30am Goucher Orientation Session (TM) 10:30am Strength Training w/ Mary Ann (FS) 11am-12:30pm Memoir Writing with Chris Stewart (SL) 1pm Needle Arts (TM) 1-2:30pm Goucher Orientation Session (TM) 1-3pm Npower Tech Support (SL) 2pm Balance Training (FS) 7:30pm Bingo	22 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 10-11:30am Goucher Orientation Session (TM) 1:30pm Wednesday Wind Down (FS) 2:30pm Core Blast (FS) 7:30pm Edenforum: Lynne Ellis-Importance of Honeybees (AUD)	23 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10am Seasoned Olive Store and Belvedere Square (RR) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 3pm Discussion Group w/ Monte & Friends (BR) 7:30 Winter Wonderland Ball (AUD)	24 10:30am Shopping Bus #4 4pm Shabbat Services (AUD) 7:30pm Nicholas Wynn & Peabody Musicians (AUD)	25 11am Dance for PD (Stroh) 11am Sacred Circle Dance (TM) 1pm Pets On Wheels Visit 7pm BSO- Dancing in the Street: Music of Motown (RR) 7pm David Pedraza & Annya Nizhegorodsteva (Viola & Piano) (AUD)
26 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) 11am-1pm Breakfast/Brunch in Valley Room & Grille 2:15pm Philadelphia Big Brass at 2nd Presbyterian Church (RR) 3pm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: <i>Road to Bali</i> (AUD)	27 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi with Eric (Zoom) 12:30 Open Forum with Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare—A Winter's Tale- Part I 3-4pm Jewelry Repair (AS) (RR) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)	28 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1-4pm Hannah Balik- Help with submissions for The Jewish Museum of Maryland Project (AUD) 2pm Balance Training (FS) 7:30pm Bingo	29 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 1:30pm Wednesday Wind Down (FS) 2:00pm New Comers (PDR) 2:30pm Core Blast (FS) 7:30pm Rick Bell- The Wrong Side of History: Loyalists in the American Revolution (AUD)	30 9:45am Morning Stretch (FS) 10:30am Seated Yoga (FS) 11:30am Papermoon Diner & Bazaar Baltimore (RR) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 7pm Baltimore Speaker Series: Oren Etzioni (RR) 7:30pm Gerdan Duo-Folk Music (AUD)	31 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 2pm Balance Training (FS)	

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**