

# FEBRUARY 2025

## Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Witness (AUD)
<b>2</b> 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 with Dr. Emora Brannan (AUD) 7:30pm NO Sundays on Broadway Movie	<b>3</b> 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Opera Showing- Gianni Schicchi (AUD) 11am Tai Chi w/ Eric (Zoom) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3pm Opera Showing- Gianni Schicchi (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)	<b>4</b> 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Opera Club- Gianni Schicchi (AUD) 10:30am Strength Training w/ Mary Ann (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 12:15pm Lunch at Kung Fu 12 Szechuan House (RR) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3:30pm Trivia with Mandy (AUD) 7:30pm Bingo (AUD)	<b>5</b> 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 3pm Ask the RA Prez Meeting (AUD) 7:30pm Edenforum: Johns Hopkins: Historic Baltimore (AUD)	<b>6</b> 9:45pm Morning Stretch (FS) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 12pm Lunch at Fogo de Chao (RR) 1pm Needle Arts (TM) 1pm -2:30pm OSHER- Open Registration (AUD) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 7:30pm Jazz Duo Herb Smith & Taimoor Saeedi (AUD)	<b>7</b> 9:45am Strength & Stretch (AUD) 10:30pm Shopping Bus #1 1:45 Bookmobile 2PM Balance Training (FS) 3:30-5pm Tea and Poetry (TM) 4:30pm Monthly Wine Tasting (AUD)	<b>8</b> 10am Coffee & Conversation (VR) 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Argo (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 and/or Registration is Required

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>9</b> 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church 10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church 10:30am Catholic Communion (TM) 2pm Baltimore Chamber Orchestra: Mahler, Mendelssohn &amp; Zappa Concert (RR) 3pm Sunday Worship Service with Pastor Michael Ritt (AUD) 6:30pm Super Bowl Game Between Chiefs &amp; Eagles (AUD)</p>	<p><b>10</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #2 11am Tai Chi with Eric (Zoom) 12:30pm URC Updates with Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare Uncovered - A Winter's Tale Part II (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Edenforum: Jack Burkert: Calamity in Baltimore-Baltimore Afire (AUD) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)</p>	<p><b>11</b> 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Information Lecture with Meghan Curtis (AUD) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 1:20pm AMF Lanes Duckpins (RR) 2-4pm Empact Art Project with Ali Mirsky (AUD) 7:30pm Bingo (AUD) 7:30pm Book Club (TM)</p>	<p><b>12</b> 9:45am Strength &amp; Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 2:30pm Core Blast (FS) 2:45pm Mind Your Mind (PDR) 5pm Pop-Up Chef Richard's Favorites in the Grille (RR) 7:30pm Edenforum: Br. Bradley Schlaggar: Kennedy Krieger Institute (AUD)</p>	<p><b>13</b> 9:45am Morning Stretch (FS) 10:15am African Art Museum of Maryland &amp; Lunch at Busboys &amp; Poets (RR) 10:30 Seated Yoga (FS) 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 &amp; Friends (BR) 5pm Pop-Up Chef Richard's Favorites in the Grille (RR) 6:30pm BSO: Rachmaninoff and Stravinsky (RR) 7:30pm Movie: Harriet (AUD)</p>	<p><b>14</b> <b>VALENTINE'S DAY</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #3 11am Bereavement Support Group (PR) 1:30pm RA Meeting/Town Hall (AUD) 4pm Shabbat Services with Rabbi Floyd Herman (AUD) 5pm Pop-Up Chef Richard's Favorites in the Grille (RR) 7:30pm Valentine Day Music with Tommy Joy (Piano &amp; Vocals) (AUD)</p>	<p><b>15</b> 11am Dance for PD (Stroh) 12pm Everyman Theatre: Primary Trust (RR) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Lilies of the Field (AUD)</p>
<p><b>16</b> 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church 10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service with Reverend Stephanie Roberts White (AUD) 7:30pm Sundays on Broadway: The Inspector General (AUD)</p>	<p><b>17</b> <b>PRESIDENTS' DAY</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #4 11am Tai Chi with Eric (Zoom) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:30pm Meditation with Alex 3-5pm American Experience Documentary on President Jimmy Carter (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM)</p>	<p><b>18</b> 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Foreign Movie: My Daughter, My Love &amp; Box Lunch at The Gordon Center (RR) 10:30am Strength Training w/ Mary Ann (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 2pm Balance Training (FS) 7:30pm Bingo</p>	<p><b>19</b> 9:45am Strength &amp; Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 2:30pm Core Blast (FS) 3-4pm Documentary- What Kind of President was Ronald Reagan? (AUD)</p>	<p><b>20</b> 9:45am Morning Stretch (FS) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 1:30-3:30pm Chair Massage (RR) (AUD) 2:30pm Scrabble (Pub) 2:30-4pm Sewing Repair Service (AS) (RR) 7:30pm Foreign Movie: La Strada (AUD) 7pm Baltimore Speaker Series- James Stavridis (RR)</p>	<p><b>21</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #5 10:30am American Craft Made Event at Baltimore Convention Center (RR) 2PM Balance Training (FS) 3:00pm Shabbat Services with Rabbi Ben Shalva from Gilchrist (AUD) 6pm Everyman Theatre- Primary Trust (RR) 7:30pm Nicholas Wynn &amp; Peabody Musicians (AUD)</p>	<p><b>22</b> 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 2pm Tir na nog Irish Dancers (AUD) 7:30pm Saturday Movie: Bucket List (AUD) 7pm BSO- Simply The Best: Music of Tina Turner (RR)</p>
<p><b>23</b> 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church 10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church 10:30am Catholic Communion (TM) <b>11am Brunch in the Valley Room &amp; Grille</b> 3pm Sunday Worship Service with Minister Jack Danz (AUD) 7:30pm Sundays on Broadway: Royal Wedding (AUD)</p>	<p><b>24</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #6 11am Tai Chi with Eric (Zoom) 12:30 Open Forum with Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Fall Prevention with Shock Trauma (AUD) 1:30pm Discussion Group (BR) 2:45pm Getting to Know Shakespeare Discussion about A Winter's Tale (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30-8:30pm Weekly Write-Ins with Chris Stewart (TM) 7:30pm Movie: Respect (AUD)</p>	<p><b>25</b> 9am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10am Cathedral of Mary Our Queen Tour (RR) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Information Lecture with Steve Rothwell (AUD) 1pm Needle Arts (TM) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 2pm Balance Training (FS) 7:30pm Bingo</p>	<p><b>26</b> 9:45am Strength &amp; Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 1pm Reiki w/ Alex (FS) 2:00pm New Comers (PDR) 2-4:30pm Opera on Demand- The Merry Widow (AUD) 2:30pm Core Blast (FS)</p>	<p><b>27</b> 9:45am Morning Stretch (FS) 9:45am University of Maryland School of Nursing Living History Museum Tour (RR) 10am Bible Study (TM) 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 &amp; Friends (BR) 7:30pm Classical Violinist</p>	<p><b>28</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #7 2pm Balance Training (FS) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 7:30pm Documentary "Ill Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth" Followed by Live Q &amp; A from the Producer, Director &amp; Editor, Andrew Lilley (AUD)</p>	

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**