

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

# AUGUST

## RESIDENT CENTER

|   |  |   |   |   |   |                              |
|---|--|---|---|---|---|------------------------------|
| <b>5</b><br>9:30am Church Bus A, B and D<br>10:40am Church Bus C and E<br>3:00pm Sunday Worship AUD               | <b>6</b><br>10:00am Bus #4<br>1:00pm Wii AR<br>2:30pm Backgammon TM<br>3:00pm Edenwald Thtr AUD<br>7:30pm Harbor City Chorus AUD | <b>7</b><br>8:30am National Geographic Museum RR<br>12:30pm Duplicate Bridge TM<br>7:00PM Book Club PDR<br>7:30pm Bingo AUD | <b>1</b><br>10:00am Bus #2<br>1:00pm Bowling w/ Marianne RR<br>7:30pm Thomas Pandolfi AUD | <b>2</b><br>9:45am Museum of Industry RR<br>10:00am Bible Class TM<br>7:30pm The Alexandria Klezmer AUD | <b>3</b><br>10:00am Catholic Svc TM<br>12:00pm Bus #6<br>1:00pm Wii AR<br>4:30pm Wine Tasting AUD | <b>4</b><br>7:30pm Movie AUD |
| <b>8</b><br>10:00am Bus #1<br>1:00pm Wii AR<br>1:00pm Movement Disorder Group PDR<br>7:30pm Christina Drapkin AUD | <b>9</b><br>10:00am Bible Class TM<br>2:00pm Catholic Mass TM<br>7:30pm Transatlantic Duo AUD                                    | <b>10</b><br>10:00am Computer Q&A AUD<br>12:00pm Bus# 6<br>1:00pm Wii AR<br>4:00pm Shabbat TM                               | <b>11</b><br>10:30am Coffee & Conversation PDR<br>7:30pm Movie AUD                        |   |   |                              |

**ALL** Trips will depart from the Tower Lobby.

| LOCATION KEY                      |                           |
|-----------------------------------|---------------------------|
| AR-Activity Room, 6th Floor Terr. | G-Grille                  |
| AS- Art Studio, 1205              | GR-Green Roof             |
| AUD-Auditorium                    | LT- Lounge, Terraces      |
| BR-Board Room                     | P-Pool                    |
| CR-Card Room 206                  | PDR-2nd Floor Dining Room |
| ER- Equipment Room                | RR-Registration Required  |
| FS-Fitness Studio                 | TM-Terraces               |
|                                   | Multipurpose              |

| SHOPPING BUS SCHEDULE   |
|---|
| Bus #1—Super Walmart (Cockeysville), Hunt Valley Towne Center; Wegmans, Greetings & Readings, DSW |
| Bus #2—Towson Place; Target, Walmart, Weis  |
| Bus #3— Walgreens, Lutherville Station; Kohls, Big Lots, ShopRite & Rite Aid                      |
| Bus #4—Giant (Timonium), Fairground Liquors   |
| Bus #5— Trader Joe's  |
| Bus #6—Towson Town Center, Safeway (York Road), CVS   |

| SUNDAY CHURCH BUS KEY                    |
|--|
| A: Immaculate Conception Catholic Church |
| B: Church of the Holy Comforter          |
| C: Ascension Lutheran Church             |
| D: Towson United Methodist Church        |
| E: Trinity Episcopal Church              |

| Fitness Center  |
|---|
| <b>Monday</b><br>9:00am Morning Stretch & Move FS<br>10:00am Strength & Stretching FS<br>10:00am Fluid Flex P<br>10:30am Core and More FS<br>11:00am Easy Fit Chair Exercise<br>2:00pm Supervised Workout ER<br>3:00pm 10 minute Balance FS |
| <b>Tuesday</b><br>10:00am Better Balance w/ Tai Chi<br>10:30am Aqua Fit P<br>1:30pm Guided Meditation FS<br>2:00pm Supervised Workout ER  |
| <b>Wednesday</b><br>10:00am Strength & Stretching FS<br>10:30am Core and More FS<br>11:00am Easy Fit Chair Exercise<br>11:30am Zumba (1& 15 only) FS<br>2:00pm Supervised Workout ER<br>3:00pm 10 minute Balance FS                         |
| <b>Thursday</b><br>10:30am Aqua Sculpt P<br>11:00am Yoga FS<br>11:00am Supervised Workout ER<br>1:30pm Drums Alive FS<br>2:15pm Assisted Swim P   |
| <b>Friday</b><br>9:00am Morning Stretch & Move FS<br>11:00am Balance FS<br>2:00pm Supervised Workout ER<br>3:00pm 10 minute Balance FS  |



**Sedan Service**  
 To Schedule an Appointment -or- Call for Pick-up:  
**410-339-6222**

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday                             |
|--|---|--|---|---|--|--------------------------------------|
| <b>12</b><br><b>9:30am Church Bus A, B and D</b><br><b>10:40am Church Bus C and E</b><br><b>3:00pm Sunday Worship AUD</b><br><b>7:00pm Sunday on Broadway: Oklahoma AUD</b>                                | <b>13</b><br><b>10:00am Bus #2</b><br><b>10:30am Healthcare Presentation RR BR</b><br><b>2:30pm Backgammon TM</b><br><b>3:00pm Edenwald Thtr AUD</b><br><b>7:30pm Middle River Concert Band AUD</b>           | <b>14</b><br><b>9:30am Patapsco Hike w/ Marianne RR</b><br><b>12:30pm Duplicate Bridge TM</b><br><b>7:30pm Bingo</b>                                       | <b>15</b><br><b>9:30am Book Mobile</b><br><b>12:00pm Bus #3</b><br><b>1:00pm Wii AR</b><br><b>2:00pm Caregiver Support Group TM</b><br><b>7:30pm Earth's Changing Climate AUD</b> | <b>16</b><br><b>11:15am Spice and Dice RR</b><br><b>10:00am Bible Class TM</b><br><b>7:30pm Jay Daniels AUD</b>                       | <b>17</b><br><b>10:00am Catholic Svc TM</b><br><b>12:00pm Bus #6</b><br><b>4:30pm Crab Feast</b>   | <b>18</b><br><b>7:30pm Movie AUD</b> |
| <b>19</b><br><b>9:30am Church Bus A, B and D</b><br><b>10:40am Church Bus C and E</b><br><b>3:30pm Sunday Worship AUD</b>  | <b>20</b><br><b>10:00am Bus #4</b><br><b>1:00pm Wii AR</b><br><b>2:30pm Backgammon TM</b><br><b>3:00pm Edenwald Thtr AUD</b><br><b>7:30pm Robert Statham AUD</b><br><i>Deadline for Edentimes Submissions</i> | <b>21</b><br><b>9:15am Woodbourne Creamery RR</b><br><b>11:00am Linda's Treasures AUD</b><br><b>12:30pm Duplicate Bridge TM</b><br><b>7:30pm Bingo AUD</b> | <b>22</b><br><b>10:00am Bus #1</b><br><b>11:00am Healthcare Documents AUD</b><br><b>1:00pm Wii AR</b><br><b>7:30pm Earth's Changing Climate AUD</b>                               | <b>23</b><br><b>8:30am National Constitution Museum RR</b><br><b>10:00am Bible Class TM</b><br><b>7:30pm Edenwald Theatre AUD</b>     | <b>24</b><br><b>10:00am Catholic Svc TM</b><br><b>12:00pm Bus #6</b><br><b>1:00pm Wii AR</b><br><b>1:30pm Musician &amp; Residence Meet and Greet PDR</b><br><b>7:30pm Foreign Film Night: The Butterfly</b> | <b>25</b><br><b>7:30pm Movie AUD</b> |
| <b>26</b><br><b>9:30am Church Bus A, B and D</b><br><b>10:40am Church Bus C and E</b><br><b>3:00pm Sunday Worship AUD</b><br><b>7:00pm Sunday on Broadway: Carousel AUD</b><br><b>Hot Breakfast Buffet</b> | <b>27</b><br><b>10:00am Bus #3</b><br><b>1:00pm Wii AR</b><br><b>2:30pm Backgammon TM</b><br><b>3:00pm Edenwald Thtr AUD</b><br><b>7:30pm Acapella Fellas AUD</b>   | <b>28</b><br><b>12:30pm Duplicate Bridge TM</b><br><b>7:30pm Bingo AUD</b>   | <b>29</b><br><b>10:00am Bus #5</b><br><b>2:00pm New Comers Meeting PDR</b><br><b>3:30pm Let's Write TM</b><br><b>7:30pm Earth's Changing Climate AUD</b>                          | <b>30</b><br><b>10:00am Bible Class TM</b><br><b>1:00pm Scenic Byways/ Prigles RR</b><br><b>7:00pm Beat the Heat Green Roof Party</b> | <b>31</b><br><b>10:00am Catholic Svc TM</b><br><b>12:00pm Bus #6</b><br><b>1:00pm Wii AR</b><br><b>4:30pm Crab Feast</b>   |                                      |

Private Subscribers: Events highlighted in blue may be broadcast live on channel 84. Events are subject to change without notice.