

April 2024

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #1 11am Tai Chi with Eric (zoom) 1pm Backgammon (TM) 1pm Walking Club (Lobby) 1:30pm Discussion Group (BR) 2pm Opera Club Showing of Osvaldo Golijov's Ainadamar 2pm Wellness Workout (FS) 7:30pm Transatlantic Duo (AUD)	2 9am Flower Arranging (PUB) 9:15am Maryland Public Television Tour (RR) 9:30am Aquatics w/ Kyle (P) 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) 6:15pm US Senate Candidate Forum at Goucher (RR) 7:30pm Bingo (AUD)	3 9:45am Strength & Stretch (TM) 10am- 12:30pm Farm Stand (AUD) 1pm Walking Club (Lobby) 2pm Core Blast (FS) 2pm Caregiver Support Group (PDR) 3pm Discussion Group with Monte (BR) 3pm Ask the Prez (AUD) 7:30pm Edenforum: Malve Burns (AUD)	4 9:45am Morning Stretch (FS) 10am Maryland on the Rails: Train Ride & Tour (RR) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 7:30pm Pianist Chad R. Bowles (AUD)	5 9:45am Strength & Stretch (AUD) 10am Culinary Services Committee (BR) 10:30am Shopping Bus #2 1pm Walking Club (Lobby) 1:45pm Bookmobile 2pm Balance Training (FS) 4:30pm Wine Tasting (AUD) 7pm Everyman Theater: The Book Club Play (RR)	6 11am Dance for PD (Stroh) 7:30pm Piatigorsky Foundation (Clarinet & Piano) (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: Andrew Lloyd Webber: The Royal Albert Hall Celebration (AUD)	8 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #3 11am Tai Chi with Eric (zoom) 12:30pm UBRC Updates w/ Mark (AUD) 1pm Backgammon (TM) 1pm Walking Club (Lobby) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (AUD) 7:30pm Film- The Amish and The Reformation (AUD)	9 9am Flower Arranging (PUB) 9:30am Aquatics w/ Kyle (P) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Food Forum (G) 2pm Sword & Stone (FS) 7:30pm Bingo (AUD) 7:30pm Book Club (TM)	10 9:30am Osher Classes 9:45am Strength & Stretch (TM) 10am- 12:30pm Farm Stand (AUD) 1pm Walking Club (Lobby) 2pm Core Blast (FS) 2pm Caregiver Support Group (PDR) 3:30pm Works in Process with David Manzanares (TM) 5pm Pop-Up in the Grille 7:30pm Edenforum: Gerry Sandusky (AUD)	11 9:15am Claude Monet: The Immersive Experience (RR) 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 1pm Towson Walking Tour with Amy (RR) 2:30pm Scrabble (Pub) 5pm Pop-Up in the Grille 7pm Speaker Series: Celine Cousteu (RR) 7:30pm David Manzanares Performance (AUD)	12 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #4 11am Bereavement Support Group (PR) 1:30pm RA Meeting/Town Hall (AUD) 4pm Shabbat Services (AUD) 5pm Pop-Up in the Grille 7:30pm Catonsville High School Steel Band (AUD)	13 10am Coffee & Conversation (VR) 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7pm BSO Prohibition & The Roaring 20s (RR) 7:30pm Saturday Night Movie (AUD)

AS: Art Studio (Tower 1205)	P: Pool
AUD: Auditorium	PR: 2nd Floor Party Room
BR: 2nd Floor Board Room	PDR: 2nd Floor Private Dining Room
FS: Fitness Studio	RG= 5th Floor Roof Garden
G: Grille	RR: Registration Required
TL: Terraces Lounge	SL: Social Lounge
TM: Terraces Multipurpose Room	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 #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	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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>The Phantom of the Opera</i> (AUD)	15 9am Active Shooter Presentation (AUD) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi with Eric (zoom) 1pm Backgammon (TM) 1pm Walking Club (Lobby) 1:30pm Discussion Group (PDR) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (AUD) 7:30pm Edenforum: Patrick Smithwick (AUD)	16 8am Amish Tour (RR) 9am Flower Arranging (PUB) 9:30am Aquatics w/ Kyle (P) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11am Mind Your Mind (PUB) 1pm Needle Arts (TM) 1:30 pm Reiki w/ Alex (FS) 2pm Balance Training (FS) 2-4pm Exploring the World of Board Games (AUD) 7:30pm Bingo (AUD) 7:30pm Poetry Club (TM)	17 9:30am Osher Classes 9:45am Strength & Stretch (TM) 10am- 12:30pm Farm Stand 1pm Walking Club (Lobby) 2pm Core Blast (FS) 7:30pm Edenforum: Barbara Blumberg (AUD)	18 9:45am Morning Stretch (FS) 10am Radebaugh Florist & Greenhouse (RR) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 6:30pm By George By Gershwin Concert at Gordon Center (RR) 6:30pm BSO Beethoven Symphony No. 2 (RR) 7:30 Foreign Film (AUD)	19 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 1pm Walking Club (Lobby) 1pm Meditation with Jayme (FS) 2pm Balance Training (FS) 7:30pm Taylor Wang Performance w/ Quintet (AUD)	20 11am Dance for PD (Stroh) 11:30am Metropolitan Opera at Charles Theater: <i>La Rondine</i> (RR) 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>The Phantom of the Opera- 25th Anniversary at the Royal Albert Hall</i> (AUD)	22 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Tai Chi with Eric (Zoom) 11:45am Earth Day at Goucher Horse Center (RR) 12:30pm Open Forum w/ Mark (AUD) 1pm Backgammon (TM) 1:30pm Discussion Group (BR) 2pm Active Shooter Presentation (AUD) 7pm Opera on Demand: <i>Carmen</i> (2019) (AUD)	23 9am Flower Arranging (PUB) 9:30am Aqua Class w/ Kyle (P) 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)	24 9:30am Osher Classes 10am- 12:30pm Farm Stand 1pm Walking Club (Lobby) 2pm Core Blast with Kyle (FS) 2pm Newcomers Group (2nd Floor Lounge) 7:30pm Chesapeake Concert Band (AUD)	25 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10am Sherwood Gardens & Alonso's Restaurant (RR) 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) 1:30pm Food Demo (G) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 4:30pm Seder Dinner (AUD) (RR)	26 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #1 10:30am-2:30pm Taylor Marie Shopping Hours 1:30 pm Fashion Show (AUD) 1pm Walking Club (Lobby) 2pm Balance Training (FS) 4pm Shabbat Services (AUD) 7pm BSO Simon, Ives and Rachmaninoff (RR) 7:30pm Linda Rabben "Through a Glass Darkly" Book Discussion (AUD)	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) 11am Brunch (Valley Room & G) 3pm Palm Sunday Worship Service (AUD) 7:30pm Sundays on Broadway: <i>Love Never Dies</i> (AUD)	29 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 11am Tai Chi with Eric (Zoom) 1pm Backgammon (TM) 1pm Walking Club (Lobby) 1:30pm Discussion Group (BR) 1:30-3:30pm Art Class w/ Becky & Friends (PUB) 2pm Wellness Workout (FS) 2:45pm Getting to Know Shakespeare (TM)	30 9am Flower Arranging (PUB) 9:30am Aqua Class w/ Kyle (P) 9:00am Trip to St. Michaels (RR) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 1-3pm Npower: Tech Support (SL) 7:30pm Bingo (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

