

May 2025

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30am Hillwood Estate, Museum & Gardens & Lunch at Merriweather Café (RR) 9:45pm Morning Stretch (FS) 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) 7pm Evening Yoga (FS)	2 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (TM) 10:30pm Shopping Bus #4 1:45 Bookmobile 2PM Balance Training (FS) 3-4:30pm Tea and Poetry (TM) 4:30pm Signature Cocktail Hour (AUD)	3 1pm Pets On Wheels Visit 2pm Opera Showing-La Wally (AUD) 7:30pm Saturday Movie: The Brutalist (AUD)
4 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 in VALLEY & GRILLE 11:30am-2:30pm PUB-Closed CAFÉ-Regular Hours 1-3pm Treasured Memories: Storytelling Workshop (Café) 3pm Sunday Worship Service with Dr. Emora Brannan (AUD) 7:30pm Sundays on Broadway: My Fair Lady (AUD)	5 9:30am Osher: Meet the Instructor Event at Towson (RR) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi w/ Eric (Zoom) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3pm Documentary-Mariachi High (AUD) 3-4pm Jewelry Repair (AS) (RR) 4-5pm Writers' Café: Storytelling Games with Chris Stewart (TM) 7pm Opera Showing-La Wally (AUD)	6 9:30am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am Opera Club- La Wally (AUD) 10:15am Flower Shopping at Radebaugh (RR) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 7pm Evening Yoga (FS) 7:30pm Bingo (AUD)	7 9:45am Strength & Stretch (AUD) 10am Music Man at Toby's Theatre (RR) 10am-12:30pm Farm Stand (AUD) 2pm Caregiver Support Group (PR) 2:30pm Core Blast (FS) 2:30-4pm Sewing Repair Service (AS) (RR) 3pm Ask the RA Prez Meeting (AUD) 5pm Cinco De Mayo Pop Up in Grille (RR) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Goucher Intergenerational Courses Information Session (AUD)	8 9am Aqua Aerobics (P) 9:45pm Morning Stretch (FS) 10:30am Seated Yoga (FS) 10:30 Mother's Day Brunch (RR) 1pm-2:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Food Forum (AUD) 2:30pm Scrabble (Pub) 3pm Discussion Group w/ Monte & Friends (BR) 5pm Cinco De Mayo Pop Up in Grille (RR) 7pm Evening Yoga (FS) 7:30pm Documentary - New Age of Aging (AUD)	9 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (TM) 10:30pm Shopping Bus #6 11am Bereavement Support Group (PR) 1:30pm RA Meeting & Town Hall (AUD) 3pm Play Reading Group (TM) 3:30pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 5pm Cinco De Mayo Pop Up in Grille (RR) 7pm Sing-a-long with Musician Herb Merrick (AUD)	10 10am Coffee & Conversation (VR) 11am Sign-Language Class with Diane Rehling (TM) 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7pm BSO-Heroes and Heroines (RR) 7:30pm Saturday Movie: Anora (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 and/or Registration is Required

BUS #1: Hunt Valley Towne Center

BUS #2: Towson Place


BUS #3: Aldi, Walgreens, Shoprite & Lutherville Station

BUS #4: Fairgrounds Plaza Shopping Center

BUS #5: Trader Joe's & Kenilworth Mall

BUS #6 Safeway, CVS & M&T Bank

BUS #7: Walmart



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11 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) 11:30-2:30pm MOTHER'S DAY BRUNCH in VALLEY & GRILLE <i>ALL VENUES CLOSED FOR DINNER</i> 3pm NO- Sunday Worship Service 7:30pm Sundays on Broadway: Gypsy (AUD)	12 9:30am Aqua Exercises with Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 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) 3-4pm Jewelry Repair (AS) (RR) 4-5pm Writers' Café: Storytelling Games with Chris Stewart (TM) 7:30pm Trivia with Mandy (AUD)	13 9am Flower Arranging (PUB) 9:30am Aqua Aerobics (P) 9:30am Timeless Mucha at The Phillips Collection (RR) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2:30pm Meditation with Alex (FS) 3pm Documentary-Kumu Hula (AUD) 7pm Evening Yoga (FS) 7:30pm Book Club (TM) 7:30pm Bingo (AUD)	14 9:45am Strength & Stretch (AUD) 10am–12:30pm Farm Stand (AUD) 2:30pm Core Blast (FS) 2:30-4pm Sewing Repair Service (AS) (RR) 2:45pm Mind Your Mind (PDR) 3-4pm Green Book Squad (AUD) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Michael Salcman: Most Important Art Show of Twentieth Century Part I (AUD)	15 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:20am Baltimore Heritage: Mount Vernon Place Walking Tour (RR) 10:30 Seated Yoga (FS) 11am Caregivers– Gilchrist Educational Session (TM) (RR) 11am-12:30pm Memoir Writing with Chris Stewart (PDR) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (Pub) 7pm Evening Yoga (FS) 7:30pm Foreign Movie: La Cage aux Folles (AUD)	16 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (TM) 10:30am Shopping Bus #1 2pm Balance Training (FS) 3:00pm Shabbat Services with Rabbi Ben Shalva from Gilchrist (AUD) 6:15pm Encore Chorales of Baltimore and Columbia Concert at Towson Presbyterian Church (RR)	17 11am Sign-Language Class with Diane Rehling (TM) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Temple Grandin (AUD)
18 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 in VALLEY & GRILLE 11:30am-2:30pm PUB-Closed CAFÉ-Regular Hours 3pm Sunday Worship Service with Reverend Stephanie Roberts White (AUD) 7:30pm Sundays on Broadway: Hairspray (AUD)	19 9:30am Aqua Exercise w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 11am Tai Chi with Eric (Zoom) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 4-5pm Writers' Café: Storytelling Games with Chris Stewart (TM)	20 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 1-3 Npower Tech Support (AUD) (RR) 2pm Balance Training (FS) 7pm Evening Yoga (FS) 7:30pm Bingo	21 9am Jug Bay Wetlands Sanctuary/South County Café (RR) 10am–12:30pm Farm Stand (AUD) 12-2pm DEIB Meet & Greet (SL) 2-4pm Movie: Mother's Day (2016) (AUD) 2:30-4pm Sewing Repair Service (AS) (RR) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Michael Salcman: Most Important Art Show of Twentieth Century Part II (AUD)	22 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am St. John Peony Farm , Tidewater & Bomboy Candies (RR) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing w/Chris S. (TM) 1pm Needle Arts (TM) 2:30pm Scrabble (Pub) 2:30pm Enchanted Edenwald Older American Celebration (AUD) 3pm Discussion Group w/ Monte & Friends (BR) 7pm Evening Yoga (FS) 7:30pm Peter Small as George Burns (AUD)	23 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (TM) 10:30am Shopping Bus #3 2pm Balance Training (FS) 3pm Play Reading Group (TM) 4pm Shabbat Services with Rabbi Floyd Herman (AUD) 7:30pm Glee Club Performance (AUD)	24 11am Sign-Language Class with Diane Rehling (TM) 11am Dance for PD (Stroh) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Thelma & Louise (AUD)
25 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 Minister Jack Danz (AUD) BRUNCH in VALLEY & GRILLE 11:30am-2:30pm PUB-Closed CAFÉ-Regular Hours 7:30pm Sundays on Broadway: Sweeney Todd, The Demon Barber of Fleet Street (AUD)	26 MEMORIAL DAY HOLIDAY HOURS in VALLEY & GRILLE 11:30am-2:30pm CAFÉ 11:30am-2pm <i>ALL VENUES CLOSED FOR DINNER</i> 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Frederick Moyer (Classical Pianist) (AUD)	27 9am Flower Arranging (PUB) 9am Aqua Aerobics (P) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2-5pm Opera on Demand: Hamlet (2022) (AUD) 2:30pm Reiki with Alex (FS) 7pm Evening Yoga (FS) 7:30pm Bingo	28 SENIOR HEALTH & FITNESS DAY 9am Aqua Exercises with Amy 9:30am Pool Volleyball w/ Greta 10:30am Strength & Stretch (AUD) 10am–12:30pm Farm Stand 1pm Sports Challenge (AUD) 2:00pm New Comers (PDR) 2:30-4pm Sewing Repair Service (AS) (RR) 3pm Core Blast (FS) 4pm Evening Stretch w/ Amy (FS) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Mike Preston: Football & Lacrosse (AUD)	29 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:30 Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 11:30am Lunch at Friendly Farm (RR) 1pm Needle Arts (TM) 2:30pm Scrabble (Pub) 7pm Evening Yoga (FS) 7:30pm Central Presbyterian Church Choir (AUD)	30 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (TM) 10am Nature Journaling at Cylburn Arboretum with Chris Stewart (RR) 10:30am Shopping Bus #4 2pm Balance Training (FS) 7:30pm Cold Spring Jazz Quartet (AUD)	31 11am Sign-Language Class with Diane Rehling (TM) 12pm Everyman–The Mystery of Irma Vep (RR) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: Paper Clips (AUD)