


July 2025

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:15am Lunch & Shopping At Baugher's (RR) 10:30am Strength Training w/ Mary Ann (FS) 11am Medical Lecture w/ Steve Rothwell (AUD) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3-4pm Write to Thrive w/ Chris Stewart (TM) 7:30pm Bingo (AUD)	2 9:45am Strength & Stretch (AUD) NO FARM STAND TODAY 1:30-3pm Sewing Repair Service (AS) (RR) 2pm Caregiver Support Group (PR) 2:30pm Core Blast (FS) 3pm Ask the RA Prez Meeting (AUD) 4:30-6:30pm Grill on the Green Roof (Open Seating) 7pm Sign-Language Class with Diane Rehling (TM) 7pm DVD- 1776 Musical (AUD)	3 9am Aqua Aerobics (P) 9:45pm Morning Stretch (FS) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 1pm Needle Arts (TM) 1:30pm Opera on Demand: Aida (AUD) 2pm Seated Zumba (FS) 2:30pm Scrabble (2nd Floor Card Room) 7:30pm Trish & Frankie (Patriotic American) (RG)	4 4th of July Buffet 11:30am-2pm Café 1-3pm Early Meal (Valley/Grille) Pub- CLOSED All Venues- CLOSED FOR DINNER 	5 9am Walk w/ Stephanie (Lobby) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: The Wife (AUD)
6 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) 1-3pm Personal Story Interviews w/ Joan McMahon & Chris Stewart (The Café) 3pm Sunday Worship Service with Emora Brannan (AUD) 7:30pm Sundays on Broadway: Hamilton (AUD)	7 9am Aqua Exercise w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Tai Chi w/ Eric (pre-recorded video- link in email) 1pm Backgammon (TM) 1:30pm Rummikub (TM) 1:30pm Discussion Group (BR) 1:30-3:30pm Zentangle with Becky (PUB) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 4:30pm Wine Tasting (AUD)	8 9am Flower Arranging (PUB) 9am Aqua Aerobics (P) 9:15am WCMFA Frida Kahlo Docent Tour & Rik's Café (RR) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3-4pm Write to Thrive w/ Chris Stewart (TM) 7:30pm Book Club (TM) 7:30pm Bingo (AUD)	9 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 1:30-3pm Sewing Repair Service (AS) (RR) 2:30pm Core Blast (FS) 4:30-6:30pm Grill on the Green Roof (Open Seating) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Gary Vikan: The Mysterious Mr. Egrette	10 9am Aqua Aerobics (P) 9:45pm Morning Stretch (FS) 9:45am Hampton Mansion (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 (2nd Floor Card Room) 3pm Discussion Group w/ Monte & Friends (BR) 7:30pm Patriotic Country Bash w/ Cameron & The Claytones (RG)	11 10am Sign-Language Class with Diane Rehling (FS) 10:30pm Shopping Bus #1 10:30am Brain Boosters (TM) 11am Bereavement Support Group (PR) 1:30pm RA Meeting & Town Hall (AUD) 3pm Play Reading Group (TM) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 7:30pm Slightly Silver Trio (RG)	12 9am Walk w/ Stephanie (Lobby) 10am Coffee & Conversation (VR) 11am Sign-Language Class with Diane Rehling (TM) 11am Dance for PD (Stroh) 11:30am-1:30pm Craft Room Open House (Tower 1205) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: The Boys in the Boat (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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13 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) 2pm Yeomen of the Guard at Young Victorian Theater (RR) 3pm Sunday Worship Service with Pastor Michael Ritt (AUD) 7:30pm Sundays on Broadway: <i>Cabaret</i> (AUD)	14 9am Aqua Exercises w/ Kate (P) 9:45am Strength & Stretch (TM) 10am Goucher's Fall Orientation: Classroom & Campus Culture (AUD) 10:30am Shopping Bus #2 11am Tai Chi w/ Eric (pre-recorded video– link in email) 1pm Backgammon (TM) 1:30pm Rummikub (TM) 1pm Goucher's Fall Orientation: Classroom & Campus Culture (AUD) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3pm The Bloomsbury Group w/ Marianna Russell (AUD) 3-4pm Jewelry Repair (AS) (RR) 7:30pm TV Series: Brewster Place (AUD)	15 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 10:45am Lunch at Hershey Farm Restaurant & Noah at Sight & Sound Theater (RR) 1pm Needle Arts (TM) 2pm Balance Training (FS) 1-3 Npower Tech Support (SL) (RR) 3-4pm Write to Thrive w/ Chris Stewart (TM) 7:30pm Bingo (AUD)	16 9:45am Strength & Stretch (AUD) 10am Goucher's Fall Orientation: Intercultural & Intergenerational Engagement (TM) 10am–12:30pm Farm Stand (AUD) 12-1:30pm The Cow Frozen Custard Truck (Out Front) 1pm Goucher's Fall Orientation: Intercultural & Intergenerational Engagement (TM) 1:30-3pm Sewing Repair Service (AS) (RR) 2:30pm Core Blast (FS) 4:30-6:30pm Grill on the Green Roof (Open Seating) 5pm Pop Up in Grille (RR) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Mikenzie Frost: Reporter (AUD)	17 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am La Nifty Thrifty Designer Boutique (SL) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing with Chris Stewart (TM) 12:30pm Towson Tour w/ Arlen & Snoasis Snowballs (RR) 1pm Needle Arts (TM) 1:45pm Bookmobile 2pm Seated Zumba (FS) 2:30pm Scrabble (2nd Floor Card Room) 5pm Pop Up in Grille (RR) 7:30pm Foreign Movie: <i>Shall We Dance</i> (AUD)	18 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (FS) 10am Goucher's Fall Orientation: FALL 2025 AUDITORS ONLY – Use of Teaching Tools, Technology & Resources (TM) 10:30am Shopping Bus #3 10:30am Brain Boosters (PDR) 1pm Goucher's Fall Orientation: FALL 2025 AUDITORS ONLY – Use of Teaching Tools, Technology & Resources (TM) 2pm Balance Training (FS) 3:00pm Shabbat Services with Rabbi Ben Shalva from Gilchrist (AUD) 5pm Pop Up in Grille (RR) 7:30 Dr. Raffi Kasparian (Classical Concert Pianist) (AUD)	19 9am Walk w/ Stephanie (Lobby) 11am Sign-Language Class with Diane Rehling (TM) 1pm Pets On Wheels Visit 7:30pm Saturday Movie: <i>The Shawshank Redemption</i> (AUD)
20 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 Stephanie Roberts White (AUD) 7:30pm Sundays on Broadway: <i>The Lion King</i> (AUD)	21 9am Aqua Exercise w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #4 11am Tai Chi w/ Eric (pre-recorded video– link in email) 1pm Backgammon (TM) 1:30pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 7:30pm Middle River Band (AUD)	22 9am Flower Arranging (PUB) 9:15am Annapolis Mall & Lunch (RR) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3:30pm Reiki w/Alex (FS) 3-4pm Write to Thrive w/ Chris Stewart (TM) 7:30pm Bingo	23 9:45am Strength & Stretch (AUD) 10am–12:30pm Farm Stand (AUD) 1-2pm DEIB Presents: What is the ADA? 35 Years Long (AUD) 1:30-3pm Sewing Repair Service (AS) (RR) 2:30pm Core Blast (FS) 4:30-6:30pm Grill on the Green Roof (Open Seating) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm Edenforum: Katherine A. Klausmeier: Baltimore County Executive (AUD)	24 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing w/Chris S. (TM) 12:30pm Latin American Exhibit at Walters (RR) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (2nd Floor Card Room) 3pm Discussion Group w/ Monte & Friends (BR) 7:30pm Camerata Musica (AUD)	25 9:45am Strength & Stretch (AUD) 10am Sign-Language Class with Diane Rehling (FS) 10:30am Shopping Bus #5 10:30am Brain Boosters (TM) 2pm Balance Training (FS) 2pm Food Forum (AUD) 3pm Play Reading Group (TM) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 7:30pm Dave Miceli Doo Wop Music (RG)	26 9am Walk w/ Stephanie (Lobby) 11am Sign-Language Class with Diane Rehling (TM) 11am Dance for PD (Stroh) NO PET VISIT 7:30pm Saturday Movie: <i>The French Connection</i> (AUD)
27 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 in the Valley & Grille 3pm Sunday Worship Service with Minister Jack Danz (AUD) 7:30pm Sundays on Broadway: <i>Les Miserables</i> (AUD)	28 9am Aqua Exercise w/ Kate (P) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #6 11am Tai Chi w/ Eric (pre-recorded video– link in email) 12:30pm Open Forum w/ Mark (AUD) 1pm Backgammon (TM) 1:30pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 3pm The Bloomsbury Group w/ Marianna Russell (AUD) 7:30pm TV Series: Brewster Place (AUD)	29 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am Baltimore Peninsula Tour w/ Arlen & Nick's Fish House (RR) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 2pm Banana Split & Ice Cream Sundae Social (AUD) 3-4pm Write to Thrive w/ Chris Stewart (TM) 7:30pm Bingo	30 9:45am Strength & Stretch (AUD) 10am–12:30pm Farm Stand (AUD) 1:30-3pm Sewing Repair Service (AS) (RR) 2pm New Comers Group (PDR) 2:30pm Core Blast (FS) 4:30-6:30pm Grill on the Green Roof (Open Seating) 7pm Sign-Language Class with Diane Rehling (TM) 7:30pm 1985 Themed Dance Party (AUD)	31 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10:30am Seated Yoga (FS) 11am-12:30pm Memoir Writing w/Chris S. (TM) 1pm Needle Arts (TM) 2pm Seated Zumba (FS) 2:30pm Scrabble (2nd Floor Card Room) 7:30pm Sara Jones– American Songbook (Piano & Vocals) (AUD)		