


March 2026

Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 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 Sunday Movie: "Our Souls at Night" (AUD)</p>	<p>2 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #3 11am Tai Chi w/Eric via ZOOM (check email for link) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 1:30-3:30pm Zentangle Art with Becky and Friends (Pub) (RR) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3pm Women's Month Movie: "Suffragette" (AUD) 3-4pm Jewelry Repair (AS) (RR) 7pm Poetry of the Everyday (SL) 7pm Opera Showing: Otello (AUD)</p>	<p>3 OSHER 9:30am-4pm 8:30am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11:45am Opera Baltimore: Lucrezia Borgia at The Engineer Club (RR) 1pm Needle Arts (TM) 2pm Balance Training (FS) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD) <i>Cold Cut Hoagie Day in the Valley & Café at Dinner</i></p>	<p>4 OSHER 9:30am-4pm 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 10:30-11:30am Brain Booster Challenges w/ Lisa (PDR) 1:15pm Yoga Strength Makeup Class (FS) (RR) 2:30pm Core Blast (FS) 3:30pm Caregiver Support (BR) 4:15pm Ask the Prez Meeting (AUD)</p>	<p>5 OSHER 9:30am-4pm 9am Aqua Aerobics (P) 9:45pm Morning Stretch (FS) 10:30am Seated Yoga (FS) 11:30am Writing Club (SL) 1pm Needle Arts (TM) 1:30-2:30pm Smart Living: Mastering Your Device (BR) 2pm Seated Zumba (FS) 2pm Scrabble (Terrace 1st Floor Game Area) 2:30pm Meditation (FS) 3pm Discussion Group w/ Monte & Friends (BR) 6:30pm Dan Rodricks Play: No Mean City Baltimore 1966 at BMA (RR) 7:30pm Seth Kibel Trio (AUD)</p>	<p>6 9:45am Strength & Stretch (AUD) 10:30pm Shopping Bus #4 1pm Catholic Reconciliation and Communion (SH) 1:45pm Bookmobile (Outside Main Entry) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3-4:30pm Tea & Poetry (TM) 4:30 Monthly Wine Tasting (AUD) 6:45pm Baltimore Blast Game at TU (RR)</p>	<p>7 10am Opera Showing: Otello (AUD) 10am Chair Yoga w/Diane Rehling (FS) 11am Dance for PD (SH) 2pm Tir na nOg Irish Dancers (AUD) 2:30-4:30pm Sewing Services (Tower 1205)(RR) 3:30-4:30pm Workshop with Jane Yoo (Harp) (TM) 7:30pm Saturday Movie: "My Big Fat Greek Wedding" (AUD)</p>
<p>8 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 Goucher Intergenerational Play (Tower 1205) (RR) 3pm Sunday Worship Service with Pastor Michael Reese Ritt (AUD) 7:30pm Sunday Movie: "The Paper Chase" (AUD)</p>	<p>9 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #5 11am Tai Chi w/ Eric (Zoom-check e-mail for link) 12:30pm Open Forum with Mark (AUD) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Goucher: Costa Rica Information Session (AUD) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3:15pm Getting to Know Shakespeare: Henry V Discussion (AUD) 3-4pm Jewelry Repair (AS) (RR) 7pm Poetry of the Everyday (SL)</p>	<p>10 OSHER 9:30am-4pm 9:45am Morning Stretch (FS) 10am Opera Baltimore Club: Otello (BR) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Edenwald Book Club (TM) 7:30pm Bingo (AUD)</p>	<p>11 OSHER 9:30am-4pm 9:45am Strength & Stretch w/ Caroline (AUD) 10am-12:30pm Farm Stand (AUD) 10:30-11:30am Brain Booster Challenges w/ Lisa (PDR) 1:15pm Yoga Strength Makeup Class (FS) (RR) 7:30pm Edenforum: Don Thomas: Woodpecker Stories and More (AUD)</p>	<p>12 OSHER 9:30am-4pm 9am Aqua Aerobics (P) 10am Bible Study (TM) 10am National Museum of Health and Medicine (RR) 10:30am Seated Yoga (FS) 11:30am Writing Club (SL) 1pm Needle Arts (TM) 1:30-2:30pm Smart Living: Mastering Your Device (BR) 2pm Scrabble (Terrace 1st Floor Game Area) 3pm Discussion Group w/ Monte & Friends (BR) 7pm Speaker Series: Malcolm Gladwell (RR) 7:30pm Thursday Movie: "A Beautiful Mind" (AUD)</p>	<p>13 9:45am Strength & Stretch (AUD) 10:30pm Shopping Bus #6 11am Bereavement Support Group (PR) 1:30pm RA & Town Hall Meeting (AUD) 2pm American Sign-Language Class w/ Diane Rehling (ACR) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 7pm BSO: Ravel's Bolero, Debussy & Saint-Saens (RR) 7:30pm Dieer Hu (Piano & Vocals) (AUD)</p>	<p>14 10am Coffee & Conversation (VR) 2:30-4:30pm Sewing Services (Tower 1205)(RR) 7:30pm Saturday Movie: "In the Heat of the Night" (AUD)</p> 

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 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 Reverend Stephanie Roberts White (AUD) 7:30pm Sunday Movie: "Driving Miss Daisy" (AUD)	16 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #7 11am Tai Chi w/Eric (Zoom-check e-mail for link) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3pm Ireland Documentary (AUD) 3-4pm Jewelry Repair (AS) (RR) 7pm Poetry of the Everyday (SL) 7:30pm Trivia with Mandy (AUD)	17 St. Patrick's Day OSHER 9:30am-4pm 8:30am Flower Arranging (PUB) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 11:15am Lunch at Captain James in Fells Point (RR) 1pm Needle Arts (TM) 1-3 Npower Support (SL) 2pm Balance Training (FS) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD) <i>St. Patrick's Day Menu in all Venues</i>	18 OSHER 9:30am-4pm 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 10:30-11:30am Brain Booster Challenges w/ Lisa (PDR) 1:15pm Yoga Strength Makeup Class (FS) (RR) 2:15pm Cooking Demo (G) 2:30pm Core Blast (FS) 5-7pm Pop Up in Grille (RR) 7:30pm Edenforum: Roswell Encina: Still Telling America's Story (AUD)	19 OSHER 9:30am-4pm 9am Aqua Aerobics (P) 9am Watch & Clock Museum & Lunch at John Wright 9:45am Morning Stretch (FS) 10:30 Seated Yoga (FS) 11:30am Writing Club (SL) 1pm Needle Arts (TM) 1:30-2:30pm Smart Living: Mastering Your Device (BR) 2pm Scrabble (Terrace 1st Floor Game Area) 2pm Seated Zumba (FS) 3pm Discussion Group w/ Monte & Friends (BR) 5-7pm Pop Up in Grille (RR) 7:30pm CHS Steel Band (AUD)	20 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #1 2pm American Sign-Language Class w/ Diane Rehling (ACR) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS)(RR) 3pm Shabbat Services with Rabbi Ben Shalva (AUD) 3-4pm Practice Session w/ Jane Yoo (Harp) (SL) 5-7pm Pop Up in Grille (RR) 7:30pm The Fifty 7's (AUD)	21 10am Chair Yoga w/Diane Rehling (FS) 11am Dance for PD (SH) 2pm Saturday Matinee Movie: "Dead Poets Society" (AUD) 2:30-4:30pm Sewing Services (Tower 1205)(RR) 7pm BSO: The Doo Wop Project (RR) 7:30pm Jane Yoo & Peabody Musicians (AUD)
22 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 BRUNCH in the Valley & Grille 3pm Sunday Worship Service with Minister Jack Danz (AUD) 7:30pm Sunday Movie: "Same Time, Next Year" (AUD)	23 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #2 11am Tai Chi w/Eric (Zoom-check e-mail for link) 12:30pm Open Forum with Mark (AUD) 1:30pm Discussion Group (BR) 1pm Backgammon (TM) 1pm Rummikub (TM) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3pm Women Month's Movie: "Ruby Bridges Goes to School" (AUD) 3-4pm Jewelry Repair (AS) (RR) 6:30 & 6:45pm Generational Jam Bingo & Trivia Night at Goucher (RR) 7pm Poetry of the Everyday (SL)	24 OSHER 9:30am-4pm 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) 3pm Reiki w/ Alex (FS) 6:15pm Conversation with David M. Rubenstein at Goucher (RR) 7:30pm Bingo (AUD)	25 OSHER 9:30am-4pm 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 10:30-11:30am Brain Booster Challenges w/ Lisa (PDR) 1:15pm Yoga Strength Makeup Class (FS) (RR) 2pm Newcomers Group (PR) 2:30pm Core Blast (FS) 7:30pm Goucher Hillel- Torah on Tap: Customs of Passover (AUD)	26 OSHER 9:30am-4pm 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) 10am Bible Study (TM) 10:30am Seated Yoga (FS) 11:30 am Writing Club (SL) 12:30pm BWS Exhibition at Manor Mill (RR) 1:30-2:30pm Smart Living: Mastering Your Device (BR) 2pm Seated Zumba (FS) 2pm Scrabble (Terrace 1st Floor Game Area) 3pm Discussion Group w/ Monte & Friends (BR) 6:30pm BSO: A Hero's Journey: Schumann & Strauss (RR) 7:30pm Kessa Mefford and Sasha Yakub (Piano & Violin) (AUD)	27 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #3 2pm American Sign-Language Class w/ Diane Rehling (ACR) 2pm Food Forum (AUD) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS)(RR) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD)	28 10am Chair Yoga w/Diane Rehling (FS) 2:30-4:30pm Sewing Services (Tower 1205)(RR) 7:30pm Saturday Movie: "Patch Adams" (AUD)
29 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 PALM SUNDAY Service with Reverend Levon Sutton (AUD) 7:30pm Sunday Movie: "Sweet Nothings in My Ear" (AUD)	30 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) 10:30am Shopping Bus #4 11am Tai Chi w/Eric (Zoom-check e-mail for link) 1pm Backgammon (FS) 1pm Rummikub (FS) 1:30pm Discussion Group (BR) 1:30pm Education Session w/ Lisa Clerman (AUD) 2pm Seated Yoga Strength (FS) (RR) 3pm Standing Yoga Strength (FS) (RR) 3pm Women's Month Documentary: "Malala Yousafzai: He Named Me Malala" (AUD) 3-4pm Jewelry Repair (AS) (RR) 7pm Poetry of the Everyday (SL)	31 COVID CLINIC 8am-2:30pm (AUD) 8:30am Flower Arranging (PUB) 9:30am Tour of Old Otterbein Church (RR) 9:45am Morning Stretch (FS) 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 1:30pm Qigong Demo (FS) 2pm Balance Training (FS) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD)	HAPPY HOUR SCHEDULE: Mondays, Wednesdays & Fridays 4:30pm-6:30pm Social Lounge	BUS #1: Hunt Valley Towne Center BUS #2: Towson Place BUS #3: Aldi, Walgreens, Shoprite & Lutherville Station BUS #4: Timonium Square BUS #5: Trader Joe's & Kenilworth Mall BUS #6: Safeway, CVS & M&T Bank BUS #7: Walmart	ACR- Administrative Conference Room AS: Art Studio (Tower 1205) AUD: Auditorium BR: 2nd Floor Board Room FS: Fitness Studio G: Grille TL: Terraces Lounge P: Pool TM: Terraces Multipurpose Room	PR: 2nd Floor Party Room PDR: 2nd Floor Private Dining Room RG: 5th Floor Roof Garden RR: Registration Required SL: Social Lounge SH: Stroh Hall VR: Valley Room

Events are subject to change without notice. COLOR KEY: BLACK= EDENWALD PROGRAMS (IN HOUSE), GREEN= VIEW ON CH. 971, BLUE= BUS OUTING, SHOPPING TRIPS & IN HOUSE PROGRAMS THAT REGISTRATION REQUIRED