

THE EDENTIMES



March 2026

Volume 41

Issue 3

Edenwald Senior Living

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Edenwald Leadership

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OSHER CLASSES THROUGH TOWSON UNIVERSITY START AT EDENWALD ON TUESDAY, MARCH 3RD in the Auditorium
Preregistration Required
NEVER TOO LATE TO LEARN SOMETHING NEW!

SPRING 2026 SCHEDULE OF CLASSES

**Please note course description for course start dates*



Monday	Tuesday	Wednesday	Thursday	Friday
ZOOM	EDENWALD	EDENWALD	EDENWALD	ZOOM
SESSION I (MARCH 2 – 27)				

9:30 a.m.	Two Art Fairs that Changed the World	Beethoven	Our Dogs, Ourselves	The Civil Rights Movement in Maryland	Mapping the World
11 a.m.	From Venuses to Chartres Cathedral (11:15 a.m.)	Ancient Near East	Aesthetics	Democracy, Corruption & Public Accountability	New Ideas in Astronomy
1 p.m.	Films of Sally Field	Undercover	Eight Plays Everyone Should Know	Scorsese and DeNiro (1-4 p.m.)	Films of Robert Redford
				German Baltimore	
2:30 p.m.	No Country for Old Men	Baltimore's Amazing Industry	Unsung Heroes of Jazz History	Scorsese and DeNiro (1-4 p.m.)	
			Robert Frost	Conservation of Species	

GOUCHER: COSTA RICA INFO. SESSION: MONDAY, MARCH 9th at 2pm in AUD

Alongside Goucher faculty and students, participants will investigate the intersection of politics, conservation policy, and scientific research across Costa Rica. The program begins in San José, where travelers will engage with the country's history and political landscape, before traveling through a range of ecosystems, including dry forests, cloud forests, coastal regions, and the páramo (moorland). Overnights in the Monteverde region will also be included.

Participants should be prepared for daily walking and hiking through uneven, rugged, and tropical terrain as they move on from San Jose and Monteverde.

LOVE & LAUGHTER SOIREE 2026!



INSPIRING JOY
THROUGH DANCE,
LOVE & LAUGHTER!



March is National Women's History Month

Celebrate the Contributions and Achievements of Women Throughout History

Join us for the following movies and documentary showing the strength, courage and triumph that women throughout history have inspired.

"She was powerful not because she wasn't scared but because she went on so strongly, despite the fear."

-Alicia



Monday, March 2nd at 3pm: "Suffragette" (2015)

"Suffragette" is a historical drama that chronicles the struggles for women's suffrage in early 20th-century Britain. The film follows Maud Watts, a young laundry worker who becomes involved in the suffragette movement after witnessing police brutality against protesters. Inspired by the activism of Emmeline Pankhurst, Maud joins a group of women who, after peaceful protests fail, resort to civil disobedience, including vandalizing public spaces and participating in hunger strikes. The film highlights the personal sacrifices made by these women, including their struggles with family and societal expectations, as they fight for the right to vote.

Starring: Carey Mulligan, Meryl Streep, Helena Bonham Carter

Running Time: 1 hour 46 minutes

Monday, March 23rd at 3pm: "Ruby Bridges Goes to School" (1998)

"Ruby Bridges Goes to School" is a film that dramatizes the true story of Ruby Bridges, the first Black child to integrate an all-white elementary school in New Orleans, Louisiana, in 1960. The film portrays her courageous journey as she faces racism, hostility, and the psychological challenges of being the only Black student in an all-white school. Supported by U.S. Marshals and a dedicated teacher, Ruby Bridges integrates William Frantz Elementary School, marking a pivotal moment in the civil rights movement.

Starring: Michael Beach, Lela Rochon, Diana Scarwid

Running Time: 1 hour 36 minutes



Monday, March 30th at 3pm: "Malala Yousafzai: He Named Me Malala" (1998)

"He Named Me Malala" follows the story of Malala Yousafzai, a young Pakistani girl who becomes a global advocate for girls' education after being shot by the Taliban. The documentary provides an in depth look at Malala's life, her family, and the challenges she faces. It highlights her father's dedication to education and her own determination to fight for the right to learn.

Running Time: 1 hour 28 minutes



WORKSHOP
WITH JANE YOO
3:30PM-4:30PM IN TM
 SATURDAY, MARCH 7th

PRACTICE SESSIONS
WITH JANE YOO
3PM-4PM IN SL
IN SOCIAL LOUNGE:
 FRIDAY, MARCH 20th

CONCERT:
 SATURDAY, MARCH 21st
 7:30PM IN AUD

Wednesday Brain Boosters

**KEEP
 YOUR
 BRAIN
 STRONGER
 LONGER**

Location Change Beginning March 4th
 10:30AM - 11:30AM
 2nd Floor Private Dining Room

GOUCHER COLLEGE OFFICES OF SET, OSE, AND CBL
 PRESENT

Generational Jam
Monday 3/23
7-8:30 PM
Hyman Forum

BINGO
 &
Trivia Night

SNACKS & PRIZES! COMMUNITY!

Sign-up sheet will be in the Edenwald registration book under trips

GOUCHER college edenwald

JOIN: LISA CLERMAN
 Monday, March 30th
 1:30-2:30pm in AUD
Education Session
Edenwald Memory Care
And Resource Services
Coordinator



Who Is She &
 What does she do???



Technological Support
 (Sign up in registration book
 for a time slot.)

Tuesday, March 17th
 1-3pm
 Social Lounge



WELCOME NEW RESIDENT

Cynthia Wang

By Maureen Danz



Cynthia Wang, a lifetime resident of the Baltimore area, was a 12-year IND graduate who then received a bachelor's degree in biology from College of Notre Dame of Maryland (CND, now NDMU). Following college, she began graduate studies in Biochemistry at the University of Maryland School of Medicine, receiving her Ph.D. in Biochemistry in 1976. As part of this program Cynthia spent a semester doing laboratory research at the University of Bristol, UK. This time Bristol afforded her the opportunity to explore various locations in southwest England and southern Wales. Additional European trips also served to enrich the liberal arts component of her education, planting the seeds for an eventual interest in history. Other extracurricular pursuits included 15 years of piano study as well as a few years "playing with" the violin – the skills are "long-gone", but the interests endure!

Cynthia joined the faculty of CND, an association lasting 39 years. As Biology Professor she taught a variety of courses including biochemistry, microbiology, and immunology, served as Biology Department Chairperson for 15 years, and was actively involved in Pre-Professional Advising – mentoring and advising students preparing for admission to medical, dental, and veterinary schools.

Cynthia met her future husband, Robert (Kai Yuan) Wang when he came to Baltimore following completion of both Bachelor's and Master' Degrees from Eastern Illinois University. He taught Electronics and Robotics in Baltimore while continuing to pursue graduate education. Cynthia and Robert were married in 1977. Their only daughter, the recipient of both MFA and MLS degrees, lives and works locally.

Cynthia and Robert continued summer travels in the US and Canada, then in 2005 toured the Yunnan Province in Southwestern China. Following careful search, they selected Edenwald as their eventual retirement residence, formally entering the wait list in early 2017. Unfortunately, Robert passed away shortly thereafter. In 2019, Cynthia joined members of Robert's family on a tour of China's Silk Road– a trip that he would have loved!

In addition to interests in travel (now armchair) and history, Cynthia is enjoying Edenwald's music programs – especially the classical music concerts. In recent years, she began studying the Chinese language, initially through CSL courses offered by the Baltimore Chinese School, and now through independent study. In the past few months, Cynthia has enjoyed interacting with many of Edenwald's interesting residents and hopes to continue doing so. (Is anyone at Edenwald fluent in Mandarin Chinese??)



FROM MEDICAL DESK

Giant Pharmacy will be at Edenwald on March 31st 8am-2:30pm in the auditorium to offer Covid-19 Booster inoculations. Be on the lookout for dates and times to complete the consent forms and sign-up sheets.



WELCOME NEW RESIDENTS

Trudy and Morry Wexler

By Kitty Allen



Being asked to interview the Wexlers in Terraces apartment 1029 was a double pleasure. I had been on the German Board with Trudy for two years during my years as RA president but was just meeting Morry for the first time.

Trudy was born in Cheltenham, PA just outside Philadelphia. She attended nursing school at the Hospital of University of Pennsylvania and then earned her BSN at Ohio State. She worked for two years at the New York City Health Department before coming to Baltimore in 1967 earning her MPH at the Johns Hopkins School of Public Health. She then worked as a nurse in the Community Division of Sinai Hospital.

Morry was born in Flint, Michigan but his family moved to Baltimore when he was an infant. He graduated high school at age 16 from City College. That fall, he attended Johns Hopkins University to study business and economics. The U. S. Army Airborne then drafted him for two years. Following his discharge, he went to work for a small brokerage firm, but soon opened his own firm, Atlantic Securities in 1964. This firm continued to grow and had sales representatives in several states. He retired two years ago.

After Trudy and Morry married, she worked part-time in home health for the Baltimore County Health Department. They have a daughter and two grandchildren, Charlotte and David.

Among her interests, Trudy enjoys playing bridge, loved grand mothering when the grandchildren were younger and still spends at least one day a week with her daughter, Laura Wexler. She joined the German Board in 2013; there her health knowledge was valued, and she enjoyed getting to know Edenwald from that perspective. During Covid, she did grocery shopping for several residents. For many years, she was a member of the Baltimore Symphony Associates and continues to feel the loss of that organization's influence offering classical music and education for the young.

Morry, blessed with a quick sense of humor, spends lots of time in our gym and physical activities. He has a driver so he can stay involved in many of his previous activities outside.

Trudy, because of her nursing background, is impressed with Edenwald's Employee Scholarship program, especially because it offers opportunities for our nurses to advance their professional training.

Both Trudy and Morry are happy with their decision to move to Edenwald to be a part of this congenial community. I know you will enjoy meeting them!

EDENFORUM **Question? See Mary Garfield**



Wednesday, March 11th at 7:30pm **Don Thomas: Woodpecker Stories and More:** **Traveling to Space Aboard the Space Shuttle**

In June 1995 the crew of the STS-70 mission aboard Space Shuttle Discovery was finishing their final day of training before their launch, only seven days away. Everything was looking good for the mission until it was discovered that a single woodpecker had tried to make a nest in the external tank of the space shuttle creating 205 holes in the process. During the presentation, NASA astronaut Don Thomas will discuss why the woodpecker did such a thing, what NASA

did to prevent future attacks, what our astronauts accomplished on this flight, and what it is like to live in space.

Dr. Thomas was born in Cleveland, Ohio and received his B.S. in physics from Case Western Reserve University. He then attended Cornell University where he received his master and doctorate degrees in materials engineering. In 1990 Dr. Thomas was selected in NASA's 13th group of astronauts and flew as a mission specialist on four space shuttle missions: STS-65, STS-70, STS-83, and STS-94. During these four missions, he performed hundreds of microgravity sciences experiments and helped deploy a large communications satellite from the space shuttle. Today he is a professional speaker and continues his outreach efforts inspiring students to reach for the stars.

Wednesday, March 18th at 7:30pm **Roswell Encina: Still Telling America's Story,** **Just a Different Address**

In this presentation, Roswell Encina reflects on nine transformative years at the Library of Congress, where he served as Chief Communications Officer and senior advisor to Librarian of Congress Carla Hayden. Together with an Extraordinary team, he worked to make the library more relatable, visible, and welcoming to the public, elevating its name by opening the doors to its unparalleled collections, America's treasures. From the papers of 23 presidents to the legacies of history makers such as Rosa Parks and Alexander Hamilton, and cultural giants including Stephen Sondheim, George and Ira Gershwin, and Leonard Bernstein, the work centered on connecting people to the stories that shape who we are. Through major national moments like the National Book Festival and the Gershwin Prize for Popular Song, the Library became not just a repository of history, but a living, breathing cultural force.



Encina now brings that same passion for access, relevance, and storytelling to his role as President and CEO of the United States Capitol Historical Society. At the Society, he is focused on elevating history and civics for the public, helping people see themselves in the Capitol, and strengthening the connection between democratic ideals and everyday life. The presentation traces this from stewarding the nation's memory at the Library of Congress to advancing civic understanding at the heart of American democracy.

UPCOMING EVENTS & LIVE MUSIC

Mondays, Every Week: Jewelry Repair at 3-4 pm in Tower 1205

Joel Berman, our resident jeweler, will work his magic on your items to be repaired. Due to safety issues, we can only allow space for 6 people to sign up. Sign-up in the Registration Book under Resident Groups. We cannot accommodate walk-ins. To protect your treasure, please do not give Joel your items outside of these hours. Funds go to support our Art and Craft programs. Limit is two items and CASH ONLY.

Tuesday, Every Week: Bingo at 7:30pm- AUD

Do you feel lucky? Well, try your luck at Bingo on Tuesdays in the Auditorium. You never know. You may walk away a WINNER!

Wednesday, March 4th: Ask the Prez Meeting at 4:15pm- AUD

Have questions but don't know who to ask? Want more information about upcoming events, Residents' Association Committees, or Edenwald processes? Come to this informal meeting with Floyd Herman, Edenwald's RA President.

Thursday, March 5th: Seth Kibel Trio at 7:30pm- AUD

The Seth Kibel Trio will entertain and delight with a program of classic jazz and swing, with a distinct emphasis on the "Great American Songbook." Think the Brothers Gershwin, Irving Berlin, Duke Ellington, Benny Goodman, and more. They'll also provide a small sample of klezmer (Eastern-European Jewish folk music) which is sure to get your toes a-tapping. Historical commentary and anecdotes from Kibel will provide an insightful context for their selections. Program will be announced from the stage.

Friday, March 6th: Monthly Wine Tasting at 4:30pm- AUD

Mingle with your friends while exploring the world of wine, one sip at a time. Join us on the first Friday of every month as we sample wines from around the world and local/regional wines. All are welcome!

Saturday, March 7th: Tír na nÓg Irish Dancers at 2pm- AUD

Tír na nÓg (The Land of the Forever Young) Irish Dance Troupe performs throughout Maryland. Their name was selected in honor of Ireland's legendary land of eternal youth. As an adult group, they apply their varied dancing experiences to the traditional forms of Irish dance (country sets and old-style sean nos steps). Woven throughout the performance is information about each dance, the music, and the area of Ireland for which the dance is named.

Monday, March 9th & 23rd: Open Forum with Mark at 12:30pm- AUD

Join Mark on the second and fourth Mondays of the month as he answers your questions and concerns!

Monday, March 9th: Getting to Know Shakespeare at 3pm- AUD

Discussion group on Henry V will be led by Marianna Russell and True Binford.

Tuesday, March 10th: Opera Baltimore Club- at 10:00am - BR

The Opera Club, led by Catrin Davies of Opera Baltimore, will meet on the second Tuesday of every month at 10am. The topic of discussion on this date will be Otello. There will be two opportunities to view this Opera before the club meets. Otello will be shown in the Auditorium on Monday, March 2nd (7pm-10pm) & Saturday, March 7th (10am-1pm). If you want to be reminded of Opera Club each month, please send your email address to vermontsue@aol.com. (Susanne Emory)
Running time: About 2hours & 45minutes.

Friday, March 13th: RA Meeting/Town Hall at 1:30pm- AUD

Beginning at 1:30pm in the Auditorium, the RA holds its monthly meeting to inform residents of changes or address concerns. All are welcome to attend or view the meeting on channel 971. Following the RA meeting, Mark Beggs will present his town hall.

Friday, March 13th: Dieler Hu (Piano and Vocals) at 7:30pm- AUD

Dieler Hu, mezzo-soprano, holds a Doctor of Musical Arts (D.M.A.) in Vocal Performance from The Catholic University of America. She also earned a Master of Music from the Longy School of Music of Bard College and a Bachelor of Arts from the China Conservatory of Music. With a solid foundation in both piano and vocal performance, she has developed a deep understanding of music and a refined artistic sensibility. Dieler has performed leading roles in renowned operas such as L'elisir d'amore, Die Zauberflöte, Serse, and Norma.

Saturday, March 14th: Coffee & Conversation at 10am – Valley Room

Come meet your neighbors and learn more about your friends at this fun morning event! Coffee and Danishes will be served. New residents and those who have lived here a long time are invited to mingle.

Monday, March 16th: Ireland Documentary (2022) at 3pm- AUD

Narrated by Liam Neeson this unforgettable journey follows celebrated Irish writer Machan Magan and four teens as they trace their Irish heritage from Dublin and the Book of Kells to the Cliffs of Moher and Giants Causeway. Running Time: 40minutes



Monday, March 16th: Trivia with Mandy at 7:30pm- AUD

Mandy makes her trivia sessions unique to each place, person and event. Rounds, Questions, Baits & Hook Challenges are personalized every session. It combines elements of general pub trivia, family feud, puzzle solving, and much more. Come test your knowledge while having some fun!

Thursday, March 19th: CHS Steel Band at 7:30pm- AUD

The Catonsville High School Steel Band, founded in 1991 by Jim Wharton, is a renowned Maryland school ensemble celebrating over 30 years of Caribbean-style music. Directed by Andrew Hamilton, the 26-member group performs 20–25 times annually, featuring alto, tenor, and bass pans.

Friday, March 20th: The Fifty 7's at 7:30pm- AUD

Greg Mansperger and Bob Hunter have been making music together for over 20 years. Their group, The Fifty 7's, started in 2007. Their mission is to spread joy in Maryland communities through music. Join them as they play a wide range of genres including Rock-a-Billy, Pop and Country, covering music from the 1950s to today.

Wednesday, March 25th: Goucher Hillel- Torah on Tap at 7:30pm- AUD

Rabbi Josh Snyder from Goucher Hillel, along with several students will join Edenwald residents for a second installment of Torah on Tap to explore different regional customs for the upcoming holiday of Passover, including food, tunes, symbolic items, and ways of telling the Passover story.

Thursday, March 26th: Kessa Mefford and Sasha Yakub (Piano & Violin) at 7:30pm- AUD

Ravel specialist Kessa Mefford, pianist and long-time collaborator Sasha Yakub, violinist come together to perform a duo program of Ravel and Debussy. This program will do a deep dive on the musical differences between the two French composers, often considered to both be “impressionists” with similar styles. We will also take a historical look at their history together: how they went from strangers to colleagues to rivals in both music and life. Repertoire will include famous melodies such as Debussy's soothing Beau Soir and Ravel's energetic Tzigane, as well as lesser-known works by the two composers.

MONTHLY MOVIES IN AUDITORIUM AT 7:30pm: *Questions? See Joel Berman*

Sunday, March 1st: "Our Souls at Night" (2017)

"Our Souls at Night" by Kent Haruf tells the poignant story of two elderly neighbors, Addie Moore and Louis Waters, who seek companionship in their twilight years, confronting their pasts and the loneliness of aging.

Starring: Robert Redford, Jane Fonda, Bruce Dern, Judy Greer

Running Time: 1 hour 43 minutes



Saturday, March 7th: "My Big Fat Greek Wedding" (2002)

"My Big Fat Greek Wedding" is a romantic comedy that follows Toula Portokalos, a 30-year-old Greek American woman, as she navigates love, family expectations, and cultural identity when she falls for a non-Greek man, Ian Miller.

Starring: Nia Vardalos, Michael Constantine, John Corbett

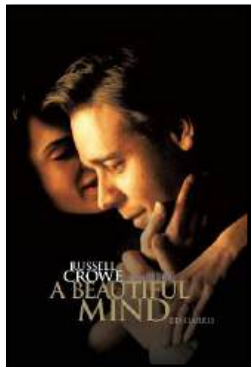
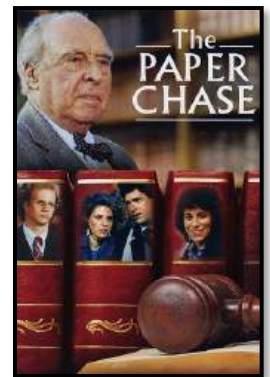
Running Time: 1 hour 35 minutes

Sunday, March 8th: "The Paper Chase" (1973)

"The Paper Chase" is a 1973 film that follows James Hart, a first-year law student at Harvard, as he navigates the challenges of rigorous coursework and a complicated relationship with his professor's daughter.

Starring: John Houseman, Timothy Bottoms, Lindsay Wagner, Blair Brown

Running Time: 1 hour 51 minutes



Thursday, March 12th: "A Beautiful Mind" (2002)

"A Beautiful Mind" is a biographical drama that chronicles the life of mathematician John Nash, exploring his genius, struggles with schizophrenia, and ultimate triumph over adversity.

Starring: Russell Crowe, Jennifer Connelly, Paul Bettany, Ed Harris

Running Time: 2 hour 15 minutes

Saturday, March 14th: "In the Heat of the Night" (1967)

"In the Heat of the Night" is an American mystery drama that explores racial tensions in the South through the story of a black detective who becomes embroiled in a

murder investigation in a small Mississippi town.

Starring: Sidney Poitier, Rod Steiger, Lee Grant, Warren Oates, Matt Clark

Running Time: 1 hour 55 minutes



**Sunday, March 15th:
"Driving Miss Daisy" (1990)**

"Driving Miss Daisy" is a poignant film that chronicles the evolving friendship between an elderly Jewish widow, Daisy Werthan, and her African American chauffeur, Hoke Colburn, over a span of 25 years.

Starring: Jessica Tandy, Morgan Freeman, Dan Aykroyd

Running Time: 1 hour 40 minutes

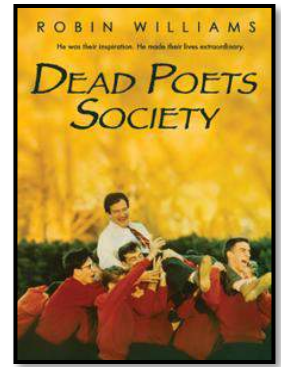


Saturday, March 21st: “Dead Poets Society” (1989) (MOVIE STARTS AT 2PM)

"Dead Poets Society" is a film that follows an English teacher, John Keating, who inspires his students at a conservative all-boys boarding school to embrace their passions and seize the day through poetry.

Starring: Robin Williams, Ethan Hawke, Robert Sean Leonard, Josh Charles

Running Time: 2 hours 3 minutes



Sunday, March 22nd: “Same Time, Next Year” (1987)

"Same time, Next Year" is a romantic comedy drama that follows the evolving relationship between George and Doris, who meet annually at a California inn despite being married to others.

Starring: Ellen Burstyn, Alan Alda, Ivan Bonar, Bernie Kuby

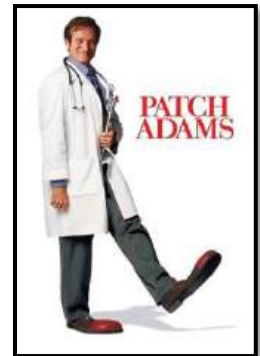
Running Time: 1 hour 59 minutes

Saturday, March 28th: “Patch Adams” (1998)

"Patch Adams" is a film based on the true story of Hunter “Patch” Adams, who uses humor and compassion in his unconventional approach to medicine, challenging the traditional healthcare system.

Starring: Robin Williams, Philip Seymour Hoffman, Monica Potter

Running Time: 1 hour 55 minutes



Sunday, March 29th: “Sweet Nothings in My Ear” (2008)

"Sweet Nothing in My Ear" is a poignant drama about a deaf couple’s struggle to decide whether to give their deaf son a cochlear implant, exploring themes of family, identity, and the complexities of deaf culture.

Starring: Marlee Matlin, Jeff Daniels, Ed Waterstreet, Phyllis Frelich

Running Time: 2 hours



Calling All Edenwald Artists
(New Residents Encouraged!)

Do you draw or paint in any medium?

If so, we would love to see your work exhibited in one of our Visual Arts Exhibits in the Tower Hallway. Please share your talents with us! About 4 times a year new exhibits are hung, varying in theme and medium – from drawings to fabrics – all featuring the talents of those here at Edenwald. A new exhibit of works will be hung mid-March, and we look forward to seeing contributions from all our residents. Several of our new residents are already slated to have their work exhibited there –why not join them and show yours?

Please contact Sherry Morell, Visual Arts Chair, at slmorell12@gmail.com or call (443) 465-1863.

RELIGIOUS SERVICES

Shabbat Services

Questions? See Jack K or Floyd H

2nd and 4th Friday at 4pm AUD

Kabbalat Shabbat at Edenwald is an experience hosted by Cantor Ginsberg. It begins as congregants gather with friends, bid farewell to the week that has passed, reconnect with one another and welcome Shabbat with joyous songs.

3rd Friday at 3pm AUD

Shabbat Services is hosted by Rabbi Ben Shalva from Gilchrist.

Bible Study

Questions? See Tom M

The Bible Study Class meets the second and fourth Thursday at 10am in the Terrace Multipurpose Room. We usually have between 10 and 14 participants depending on doctor appointments, trips, and illnesses. Please plan on joining us if you are free and able. We share the word of God and have prayer time at the end for those in need. The length of class is between 30 and 60 minutes. If you must leave for some reason, please feel free to leave at any time.

This group will be facilitated by Janet Jones.

Please contact her with any questions or comments 443-562-5650.

Sunday Worship Service

Questions? See Beverly D or Katie B

3pm Auditorium

Sunday, March 1st: Dr. Emora Brannan

Sunday, March 8th: Pastor Michael Reese Ritt

Sunday, March 15th: Reverend Stephanie Roberts White

Sunday, March 22nd: Minister Jack Danz

Sunday, March 29th: PALM SUNDAY with Reverend Levon Sutton

Catholic Reconciliation and Communion

Friday, March 6th at 1pm in Stroh Hall Activity Room

Questions? See Joan M

Join Father Jamie from Immaculate Conception Church in this Lenten service. All are welcome. Private confessions can be heard.

Sunday Morning Transportation to Local Churches

Please wait in the Tower Lobby 10 minutes before your departure.

8:40am: Church of the Nativity

9:30am: Towson United Methodist Church & Towson Presbyterian

10:30am: Central Presbyterian & Calvary Baptist Church

Catholic Communion

Immaculate Conception hosts 10:30am Communion in the Terraces Multipurpose Room every Sunday.

NEW IN THE LIBRARY

Questions? Contact Jean J.

FICTION

Goodman, Allegra *This Is Not About Us*
McConigley, Nina *How to Commit a Postcolonial
Murder*
McLain, Paula *Skylark*
Saunders, George *Vigil*

MYSTERY

Dave, Laura *The First Time I Saw Him*
Feeney, Alice *My Husband's Wife*
Garcia, Jessie *The Fair Weather Friend*
Robb, J.D. *Stolen in Death*

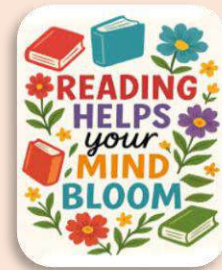
NON-FICTION

Jalonick, *Storm at the Capital: An Oral
Mary Clare History of January 6th*
Skuse, Alanna *The Surgeon, The Midwife, The
Quack: How to Stay Alive in
Renaissance England*
Weldon, Duncan *Blood and Treasure: The
Economics of Conflict from the
Vikings to the Modern Era*



The Bookmobile Friday, March 6th from 1:45pm-3pm

Please feel free to drop off any
Library books in Tina's office.
There is a gray bin on the floor that
is labeled! All Book Club books need
to be returned to Edie Donohue.



EDENWALD BOOK CLUB

Tuesday, March 10th at 7:30pm in the Terraces Multipurpose Room

The River Is Waiting by Wally Lamb

**AN INSTANT NEW YORK TIMES BESTSELLER
OPRAH'S BOOK CLUB PICK
A USA TODAY BESTSELLER**

A propulsive novel following a young father grappling with unbearable tragedy as he searches for hope, redemption, and the possibility of forgiveness.

Corby Ledbetter is struggling. New fatherhood, the loss of his job, and a growing secret addiction have thrown his marriage to his beloved Emily into a tailspin. And that's before he causes the tragedy that tears the family apart. Sentenced to prison, Corby struggles to survive life on the inside, where he bears witness to frightful acts of brutality but also experiences small acts of kindness and elemental kinship with a prison librarian who sees his light and some of his fellow offenders. Buoyed by them and by his mother's enduring faith in him, Corby begins to transcend the boundaries of his confinement, sustained by his hope that mercy and reconciliation might still be possible.

Edenwald Fitness & Wellness

Our active series trip for the month of March will be to the National Museum of Health and Medicine in Silver Spring, MD. For more than 150 years, the museum has collected and shared information about the history of medicine and American military medicine. We will visit this unique museum then, grab lunch at Café K. Please sign up in the registration book.



Bring cash for lunch.

Date: Thursday, March 12th / Depart: 10:00AM / Return: Approximately 2:30PM

Wellness Programming Notes for March

Caroline's classes will continue through the month of March and into mid-April. Just a quick reminder of the Wednesday makeup class that has been added to the schedule. This is a great option if you can't make Monday or Friday (this is very important if you are participating in the research study).

The Wednesday makeup class is held at 1:15pm in the fitness studio.

On Tuesday, March 31st at 1:30pm, please join a Qigong demonstration with certified instructor Pamela Tanton. What is Qigong? A Chinese system of physical exercises and breathing control related to tai chi. Qigong integrates slow, flowing movements, focused meditation and deep breathing. The demo will be held in the fitness studio.

Fit Tip of the Month: Qigong practice improves bone density, reduces blood pressure, strengthens the core muscles and reduces anxiety and depression. Some studies have found that Qigong triggers neurotransmitters to help bring calm and equanimity.

Fitness Center: Monday-Sunday Open 24/7

Aquatic Center: Monday-Friday 8:00am-12:00pm, 1:00pm-4:00pm

Saturday/Sunday 8:00am-12:00pm

Amy DeMaine: Wellness Manager

410-616-8833/ademaine@edenwald.org

TRIPS AND TRAVEL

Questions? Contact Tina

ALL trips will depart from the Tower Lobby. Please arrive at least 15 minutes prior to the departure time listed. More information about each trip is located in the Registration Binder, including sign-up sheets. Feel free to pack a bag to leave on the bus, water bottles, snacks, or a cushion! ALWAYS bring your photo ID.



Tuesday, March 3rd

Opera Baltimore: Lucrezia Borgia at The Engineers Club

Bus Departure: 11:45am / Estimated Return: 4:15pm

Difficulty Rating: Easy/Moderate/Total Cost: \$15

Last Day to Sign-Up or Cancel without being charged: Monday, February 23rd
Limited- 17 residents

Catrin Davies from Opera Baltimore will give us a brief tour of The Engineers Club before the Opera begins. The music is by Gaetano Donizetti and the libretto by Felice Romani. Scandal. Secrets. And a mother's love wrapped in velvet and venom. Donizetti's *Lucrezia Borgia* is a dark and dazzling tale of political ambition, family ties, and deadly betrayal in Renaissance Italy.



Thursday, March 5th

Dan Rodricks Play: No Mean City Baltimore 1966 (At the BMA)

Bus Departure: 6:30pm / Estimated Return: 10pm

Difficulty Rating: Easy/Total Cost: \$35

Last Day to Sign Up or Cancel without being charged was: Sunday, October 19th, 2025
(Tickets were bought early due to high demand.)

Limited- 30 residents

Longtime columnist Dan Rodricks completes his trilogy of plays about Baltimore with a historic drama set in 1966, the year the Baltimore Orioles won their first American League pennant and World Series.

While the city cheered a championship team led by the great Robinsons, Frank and Brooks, racial tensions were heating up, challenging a progressive Republican mayor, Theodore Roosevelt McKeldin, to keep peace in his last hurrah at City Hall. "No Mean City: Baltimore 1966," is on stage in the Meyerhoff Theater of the Baltimore Museum of Art, March 2026.



Friday, March 6th

Baltimore Blast VS Utica City FC at Towson University

Bus Departure: 6:45pm / Estimated Return: 10pm

Difficulty Rating: Moderate/Total Cost: \$35 + ANY REFRESHMENTS YOU PURCHASE.

Last Day to Sign-Up or Cancel without being charged: Tuesday, March 2nd

SPECIAL NOTES: I NEED AT LEAST 20 PEOPLE TO SIGN UP TO KEEP THIS RESERVATION.

RESIDENTS WILL BE IN A SUITE. BLAST STAFF AVAILABLE IF YOU WANT TO ORDER REFRESHMENTS. THE BLAST BUS WILL PICK UP & DROP OFF. FAMILY IS WELCOME TO JOIN- RESIDENTS WILL BE BILLED FOR THOSE TICKETS ON THEIR MARCH BILLING.

Limited- 30 residents

Experience the legacy and dominance of the Baltimore Blast, an indoor soccer team capturing championships and inspiring Baltimore since 1980.



Tuesday, March 17th

Rescheduled From February: Lunch at Captain James in Fells Point

Bus Departure: 11:15am / Estimated Return: 2:30pm

Difficulty Rating: Easy/Total Cost: Whatever you spend on lunch.

Please bring cash if able. Each table will work out their bill.

Last Day To Sign-Up or Cancel will be by: Monday, March 9th

Limited- 17 residents

A Baltimore landmark since 1978, Captain James Landing Restaurant has earned the name “most unique eatery” in Baltimore City for being the only restaurant shaped like a merchant vessel. Five brothers created a restaurant in the 70’s with the goal of providing quality service to Baltimoreans and Tourists. This seafood restaurant serves delicious crabs, crab dip, seafood platters and more.



Thursday, March 19th

Watch & Clock Museum in Columbia, PA & Lunch at John Wright Store & Restaurant

Bus Departure: 9am/ Estimate Return: 4pm

Difficulty Rating: Moderate / Total Cost: \$22 + Whatever you spend on lunch.

Last Day to Sign Up or Cancel without being charged: Wednesday, March 11th

Limited-17 Residents

The National Watch & Clock Museum houses the largest collection of timepieces (over 13,000) in North America. We showcase the history, science, and art of timekeeping. After the museum we will adventure to lunch at John Wright Store & Restaurant. Check out their menu at jwrpa.com.



Monday, March 23rd

Generational Jam at Goucher (Bingo & Trivia Night)

Bus Departure: 6:30pm & 6:45pm/ Estimate Return: 9pm

Difficulty Rating: Easy / Total Cost: FREE

Last Day to Sign-Up or Cancel: Thursday, March 19th

Limited-36 Residents

Join Goucher Students for a FUN night! The bus will depart at two different times.



Tuesday, March 24th

Conversation with David M. Rubenstein at Goucher College

Bus Departure: 6:15pm/ Estimate Return: 8:45pm

Difficulty Rating: Easy /Total Cost: FREE

Last Day to Sign Up or Cancel: Tuesday, March 17th

Limited-18 Residents

America is a more religiously diverse country today than at its founding 250 years ago. How can our country’s founding documents, including the Declaration of Independence and the First Amendment, guide us in building a flourishing multireligious democracy today? Join David Rubenstein—financier, philanthropist, author, historian, and Orioles owner—in conversation with ICJS’ Heather Miller Rubens as they explore religion and democracy in the United States.



Thursday, March 26th

Baltimore Watercolor Society Exhibition at Manor Mill

Bus Departure: 12:30pm/ Estimate Return: 3:45pm

Difficulty Rating: Moderate/Difficult (Ramp or Stairs to get to the Art Galleries)/Total Cost: FREE

Last Day to Sign Up or Cancel: Tuesday, March 17th

Limited-17 Residents

The Baltimore Watercolor Society (BWS) is a regional non-profit organization that will be exhibiting the work of over 75 Signature & Associate water media artists. A wide array of subject matters and styles will be on display within this beautiful exhibition spanning two

floors of gallery space. This is BWS's second showing with Manor Mill Gallery and we look forward to having them back for another must-see exhibit!
 SPECIAL NOTE: Our tour guide/docent for this exhibit will be Sherry Morrell who has been a member of the BWS for 21years and was president for 5.5 years.



Tuesday, March 31st

Rescheduled From February: Tour of Old Otterbein Church

Bus Departure: 9:30am/ Estimate Return: 12:30pm

Difficulty Rating: Moderate/Hard (4 steps outside the front entrance) /Total Cost: \$10

Last Day to Sign Up or Cancel without being charged: Monday, March 23rd

Limited-18 Residents

Old Otterbein was founded in 1771 as the German Reformed Church of Harold's Hill. The sanctuary dates to 1785, and is the oldest continuously used church in Baltimore, and the oldest building on its original foundation in Baltimore. By 1800, Otterbein became the Mother Church of the Church of the United Brethren in Christ under the leadership of bishop Philip William Otterbein. Through mergers in 1946 with the Evangelical Association and 1968 with the United methodist Church.

Today, they are a vibrant congregation that believes in radical love and radical hospitality. It is presently a "Reconciling Congregation"; passionate about social justice; racially, age, educationally socio-economically, and gender diverse.

SUBSCRIPTION SERIES

Thursday, March 12th

Departs at 7pm

Speaker Series

Malcolm Gladwell

Friday, March 13th

Departs at 7pm

BSO

Ravel's Bolero, Debussy & Saint-Saens

SUBSCRIPTION SERIES

Saturday, March 21st

Departs at 7pm

BSO

The Doo Wop Project

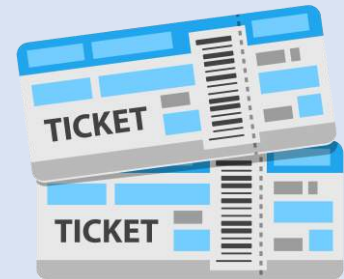
Thursday, March 26th

Departs at 6:30pm

BSO

**A Hero's Journey:
Schumann & Strauss**

SUBSCRIPTION SERIES



CRAFT EVENTS AT EDENWALD

Zentangle

Art with Becky and Friends

Monday, March 2nd

1:30-3:30pm Pub. RR

Goucher Intergenerational Play: All Things Paper (boxes, cards, book covers, bookmarks)

Sunday, March 8th

1-3pm Tower 1205 RR



Join us and meet Goucher students as we transform paper. Edenwald has been gifted a wide range of tools to emboss paper, die cut stencils, use embellishments, assemble gift bags, and make unusual bookmarks. This is part of the Goucher Clubs experience. We have the "stuff"; they have the creativity.

NEW



CLASS

SMART LIVING: Mastering Your Device Step by Step

Tuesdays- In the 2nd Floor Board Room-4-5pm

Thursdays- In the 2nd Floor Board Room -1:30-2:30pm

NO CLASS ON TUESDAY, MARCH 24

Empower yourself in the digital world! This course is a hands-on, step-by-step guide designed to help you master your personal smartphone or tablet. We focus on practical skills that make technology feel like a friend, not a chore.

The sessions will be flexible in content, but will generally include:

- **Device Comfort:** Mastering touch gestures and setting up large fonts for easy reading.
- **Family Connection:** Learning video calls, voice messaging, and sharing photos.
- **Digital Safety:** Simple tricks to spot scams, fake messages, and stay secure online.
- **Daily Independence:** Using maps, setting medication reminders, and finding news or hobbies.

Note: Please bring your own smartphone or tablet to every class!

Questions: Reach Dr. Mohammad at drdehkordi77@gmail.com or leave a note in **mailbox #617**.

Writing Workshops & Events with Chris Stewart, Faculty-in-Residence, Creative Writing

Tea and Poetry

Friday, March 6th, 3-4:30pm

Terrace Multipurpose Room

An afternoon of favorite poems with tea and scones. Read a work by a favorite poet or one of your own poems! Writing exercises are shared to inspire for those interested.

Poetry of the Everyday:

Mondays, 7-8pm in the Social Lounge

This poetry workshop invites participants to engage with and write poems that capture everyday moments—the small things, memories, humor, reflection, and anecdotes of daily life. Together we'll read a wide range of accessible poems in both familiar and new poetic forms and try fun and easy writing prompts based on the readings. No experience is needed, and sharing is always optional.

Writing Club: Thursdays, 11:30am-12:30pm in the Social Lounge

This open writing workshop welcomes all genres and experience levels. Participants are invited to write, share, or simply listen in a supportive, low-pressure environment. Poetry, memoir, fiction, journaling, letters, and works in progress are all welcome. Sharing is always optional. The focus is on building a regular writing practice, connecting with others, and giving your words space to be heard.

If you are interested in learning more and/or participating in any programs led by Chris Stewart, please email her at edenwaldwriters@gmail.com, or leave a note in mailbox #1017.

American Sign-Language Class with Diane Rehling, Faculty-in-Residence

Fridays at 2pm- Administrative Conference Room- NO CLASS ON MARCH 6th

Did you know learning sign language can improve your memory, boost your coordination, and make you a better listener and observer? It's not just for the Deaf community—it's a 3-D language that enriches your cognitive abilities and opens up new cultural experiences. (credit to Deaf World Support, Bridging Communication)

The ASL class has fun on Fridays at 2:00pm in the president's conference room.

All are welcome—no experience necessary.

If you are interested in learning more and/or participating in this program led by Diane Rehling, please call her at 443-797-3509.

CONGRATULATIONS TO THE FOLLOWING EMPLOYEES FOR MAKING A POSITIVE DIFFERENCE IN EDENWALD'S COMMUNITY!



National Ceca Award Winner
Joseph Johnson

CECA AWARD OPPORTUNITIES DEAR RESIDENTS

Caring for you is our top priority!

Edenwald has been partnered with the Ceca Foundation to help celebrate the exceptional acts of care, achievements, and successes in your community. If you witness a staff member making your day or someone's else's day brighter or has had a lasting impact on you or your family, Ceca Foundation would love to read your stories!

Ways to Submit:

- *Visit CecaAward.org/Guest, select Edenwald & Complete the nomination form.
- * Pick up & return submission forms either to front desk or HR



1ST Quarter Winner
Latrina Steveson



Heroes In Action Award
Amanda Duncan

LEADINGAGE MARYLAND AWARD WINNERS

Each year, LeadingAge honors individuals among their membership who embody excellence in mission-focused aging services and merit national recognition.

Congratulations to Amanda and David for being recognized for their excellent service to our Edenwald Community.



Impact Award
David Brown

WELCOME NEW EMPLOYEES



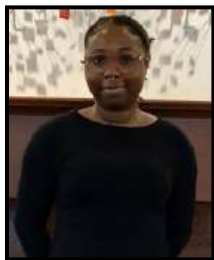
Please welcome **Seth Berman**, our new Dining Room Manager. Seth is happy to be joining our team and is looking forward to working with both the staff and residents. He has been in the culinary and customer service field for more than 20 years. In his spare time, Seth enjoys video games and computers. He considers himself a homebody. He and his girlfriend of seven years spend lots of time at home with their two cats.

Jayden Miller is a Utility Worker. Jayden is currently attending Morgan State and majoring in Business. He would like to get into Real Estate and is also hoping to get an internship in a business or IT company while in school. In his spare time, he enjoys going to the gym and catching up on his sleep.



Adrian Henson is our newest Cook. Adrian has 27 years of experience in culinary services. He has a 14-year-old daughter. Adrian describes himself as friendly, outgoing, and self-motivated. He likes to make people smile and is happy to go above and beyond the call of duty.

Tyler Wright joined us as a Dining Server. Tyler is currently a Junior at St. Francis Academy. He is planning on majoring in Engineering. In his spare time, Tyler works out, plays on the football team (they won the national championship!), and spends time with family and friends.



Courtney Reed is a Café Worker. Courtney is shy initially, but she will open up once she gets to know you. She enjoys having conversations and learning about people. In her spare time, she enjoys playing video games and putting together Lego kits.

Jade Harris is an Activities Assistant for Healthcare. Jade has a five-year-old son and enjoys spending her free time with him. She took dance lessons until she was eighteen and still loves to dance. She paints, does arts and crafts, and loves to smile.



Maurice Hargrove is a Utility Worker. Maurice graduated from Mergenthaler High School and is deciding on a path either towards nursing or a trade. He has four sisters and one brother. He likes to listen to music and hang out with his family.



Tejon (T.J.) Smith joined us as a Utility Worker. He is also working at Giant Food. In his spare time, T.J. loves to spend time with his six-month-old son.

Malia Lively is a Dining Server. Malia is a Junior at Western High School and is considering a career in Real Estate or the medical field. She is interested in sonography and anesthesiology. Her focus is on academia.

