

# May 2026

## Independent Living Calendar

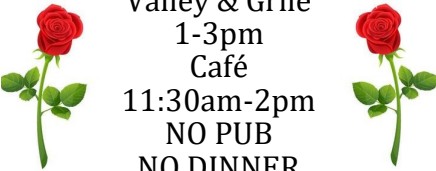

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> 8:40am Outing: Church of the Nativity 9:30am Outing: Towson United Methodist Church & Towson Presbyterian Church 10:30am Outing: Central Presbyterian & Calvary Baptist Church 10:30am Catholic Communion (TM) 3pm Sunday Worship Service with Reverend Levon Sutton (AUD) 7:30pm Sunday Movie: "The Wrong Paris" (AUD)	<b>BUS #1:</b> Hunt Valley Towne Center  <b>BUS #2:</b> Towson Place  <b>BUS #3:</b> Aldi, Walgreens, Shoprite & Lutherville Station  <b>BUS #4:</b> Timonium Square  <b>BUS #5:</b> Trader Joe's & Kenilworth Mall  <b>BUS #6:</b> Safeway, CVS & M&T Bank  <b>BUS #7:</b> Walmart	<b>ACR- Administrative Conference Room</b>  <b>AS: Art Studio (Tower 1205)</b>  <b>AUD: Auditorium</b>  <b>BR: 2nd Floor Board Room</b>  <b>FS: Fitness Studio</b>  <b>G: Grille</b>  <b>TL: Terraces Lounge</b>  <b>P: Pool</b>  <b>TM: Terraces Multipurpose Room</b>	<b>PR: 2nd Floor Party Room</b>  <b>PDR: 2nd Floor Private Dining Room</b>  <b>RG: 5th Floor Roof Garden</b>  <b>RR: Registration Required</b>  <b>SL: Social Lounge</b>  <b>SH: Stroh Hall</b>  <b>VR: Valley Room</b>	<b>HAPPY HOUR</b>  <b>SCHEDULE:</b>  Mondays, Wednesdays & Fridays  4:30pm-6:30pm  Social Lounge	<b>1</b> 9:45am Strength & Stretch (AUD) 10:30pm Shopping Bus #6 1:45pm Bookmobile (Outside Main Entry) 2pm Balance Training (FS) 4:30 Monthly Wine Tasting (AUD) 5:15pm Chair Yoga with Diane (FS)	<b>2</b> 11am Dance for PD (SH) 2:30-4:30pm Sewing Services (Tower 1205)(RR) 7:30pm Saturday Movie: "Lawrence of Arabia" (AUD) <div style="text-align: center; margin-top: 20px;">  </div>
<b>3</b> 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) <b>12:30-1pm Shir Hadash (Beth El Children Choir) (AUD)</b> 1-3pm Toaster Oven Jewelry with Goucher Students (RR) 3pm Sunday Worship Service with Dr. Emora Brannan (AUD) 7:30pm Sunday Movie: "To Sir With Love" (AUD)	<b>4</b> 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) <b>11am Intro to Ballet (AUD)</b> 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) <b>1:30-3:30pm Zentangle Art with Becky and Friends (PUB) (RR)</b> 2pm Wellness Workout (FS) 3pm Those Madcap Mitford Girls Series w/ Marianna Russell & True Binford (AUD) <b>3-4pm Jewelry Repair (AS) (RR)</b> 7pm 10 Things to Know About Me (TM)	<b>5</b> 9:45am Morning Stretch (FS) <b>10AM Mini Golf Putter's Paradise (RR)</b> 10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) 2pm Balance Training (FS) <b>3pm Ask the Prez Meeting (AUD)</b> <b>4-5pm Smart Living: Mastering Your Device (BR)</b> 7:30pm Bingo (AUD)	<b>6</b> <b>9:45am Strength &amp; Stretch (AUD)</b> 10am-12:30pm Farm Stand (AUD) 10:30-11:30am Brain Booster Challenges w/ Lisa (PDR) <b>11am Ballet and Storytelling (AUD)</b> <b>1-4pm Opera Showing: Fidelio (AUD)</b> 2:30pm Core Blast (FS) 3:30pm Caregiver Support Group (BR) <b>7:30pm Edenforum: Edward Heimiller: Preserving Maryland State Treasures (AUD)</b>	<b>7</b> 9am Aqua Aerobics (P) 9:45am Morning Stretch (FS) <b>10am Communication Course: Supporting Individuals with Hearing Loss (AUD)</b> <b>10:30 Valley View Farms (RR)</b> 10:30am Seated Yoga (FS) 1pm Needle Arts (TM) <b>1:30-2:30pm Smart Living: Mastering Your Device (BR)</b> 2pm Scrabble (Terrace 1st Floor Game Area) <b>2-4pm Celebration of Mothers with music by Clifford Winder (AUD)</b> <b>6pm Pete Buttigieg at Goucher (RR)</b> <b>7-10pm Opera Showing: Fidelio (AUD)</b>	<b>8</b> <b>9:45am Strength &amp; Stretch (AUD)</b> <b>10:30pm Shopping Bus #1</b> 11am Bereavement Support Group (PR) <b>1pm Critiquing Dance (AUD)</b> 2pm Balance Training (FS) 3pm Play Reading Group (TM) 3-4:30pm Tea & Poetry (PR) <b>4pm Shabbat Services with Cantor Nancy Ginsberg (AUD)</b> 5:15pm Chair Yoga w/ Diane (FS) <b>7:30pm Ali Cook (Piano &amp; Vocals) (AUD)</b>	<b>9</b> 10am Coffee & Conversation (VR) 2:30-4:30pm Sewing Services (Tower 1205)(RR) <b>3:10pm Steinway Series at Silo Hill: Ray Ushikubo, Piano and Violin (RR)</b> <b>7pm BSO: Broadway Standing Ovations (RR)</b> <b>7:30pm Saturday Movie: "Tootsie" (AUD)</b>

### 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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10 MOTHER'S DAY</b>  8:40am Outing: Church of the Nativity  9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church  10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church  10:30am Catholic Communion (TM)  <b>3pm NO SUNDAY WORSHIP SERVICE</b>  7:30pm Sunday Movie: "Radio" (AUD)</p> <p style="text-align: center;"><b>Mother's Day Brunch</b>  Valley &amp; Grile  1-3pm  Café  11:30am-2pm  NO PUB  NO DINNER</p> 	<p><b>11</b>  9am Aqua Aerobics (Pool)  9:45am Strength &amp; Stretch (AUD)  10:30am Shopping Bus #2  11am Tai Chi w/Eric (Zoom-check e-mail for link)  11am Intro to Ballet (AUD)  12:30pm Open Forum with Mark (AUD)  1pm Backgammon (TM)  1pm Rummikub (TM)  1:30pm Discussion Group (BR)  2pm Wellness Workout (FS)  3pm Those Madcap Mitford Girls Series w/ Marianna Russell &amp; True Binford (AUD)  3-4pm Jewelry Repair (AS) (RR)  7pm 10 Things to Know About Me (TM)</p>	<p><b>12</b>  8:30am Flower Arranging (PUB)  9:30am St. John Peony Farm, Lunch at Tidewater &amp; Stop at Bomboy's Homemade Candy (RR)  9:45am Morning Stretch (FS)  10am Opera Baltimore Club: Fidelio (BR)  10:30am Strength Training w/ Mary Ann (FS)  1pm Needle Arts (TM)  2pm Balance Training (FS)  2:15pm Cooking Demo (G)  4-5pm Smart Living: Mastering Your Device (BR)  7:30pm Edenwald Book Club (TM)  7:30pm Bingo (AUD)</p>	<p><b>13</b>  9:45am Strength &amp; Stretch (AUD)  10am-12:30pm Farm Stand (AUD)  10:30-11:30am Brain Booster Challenges w/ Lisa (PDR)  11am Ballet and Storytelling (AUD)  2:30pm Core Blast (FS)  3-3:45pm Education Session with Lisa Clerman, Edenwald's Memory Care Resource Services Coordinator (AUD)  7:30pm Chesapeake Concert Band (AUD)</p>	<p><b>14</b>  9am Aqua Aerobics (P)  9:45am Morning Stretch (FS)  9:45am Titanic Exhibit (RR)  10am Bible Study (TM)  10:30 Seated Yoga (FS)  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)  2:30pm Meditation-Alex (FS)  4:30-6:30pm Rooftop Grille  5:15pm Sign-Language Class w/ Diane Rehling (ACR)  6:30pm BSO: Lintu Conducts Sibelius (RR)  7pm Writing Club (Lounge outside the TM)  7:30pm Central Presbyterian Church Choir (AUD)</p>	<p><b>15</b>  9:45am Strength &amp; Stretch (AUD)  10:30am Shopping Bus #3  <b>1:30pm RA &amp; Town Hall Meeting (AUD)</b>  3pm Shabbat Services with Rabbi Ben Shalva (AUD)  5:15pm Chair Yoga w/ Diane (FS)  6:15pm Encore Chorale Baltimore Concert (RR)  7:30pm LAST CONCERT w/ Musician Residence Jane Yoo (AUD)</p>	<p><b>16</b>  11am Dance for PD (SH)  2:30-4:30pm Sewing Services (Tower 1205)(RR)  7:30pm Saturday Movie: "Sully" (AUD)</p>
<p><b>17</b>  8:40am Outing: Church of the Nativity  9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church  10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church  10:30am Catholic Communion (TM)  3pm Sunday Worship Service with Reverend Stephanie Roberts White (AUD)  7:30pm Sunday Movie: "My Cousin Vinny" (AUD)</p>	<p><b>18</b>  9am Aqua Aerobics (Pool)  9:45am Strength &amp; Stretch (AUD)  10:30am Shopping Bus #4  11am Tai Chi w/Eric (Zoom)  11am Intro to Ballet (AUD)  1pm Backgammon (TM)  1pm Rummikub (TM)  1:30pm Discussion Group (BR)  2pm Wellness Workout (FS)  3pm Those Madcap Mitford Girls Series w/ Marianna Russell &amp; True Binford (AUD)  3-4pm Jewelry Repair (AS) (RR)  7pm 10 Things to Know About Me (Lounge outside the TM)  7:30pm Edenforum: Carrie Engel: Growing Summer Flowers and Topicals in Containers (AUD)</p>	<p><b>19</b>  9:45am Morning Stretch (FS)  9:45am Baltimore Heritage's Patterson Park Walking Tour (RR)  10:30am Strength Training w/ Mary Ann (FS)  <b>11am-12pm ConnectWell by TSO Information Session (AUD)</b>  1pm Needle Arts (TM)  1-3 Npower Support (AUD)  <b>1-3:30pm Fresh Baked Cookies Sale (SL)</b>  2pm Balance Training (FS)  4-5pm Smart Living: Mastering Your Device (BR)  7:30pm Bingo (AUD)</p>	<p><b>20</b>  9:45am Strength &amp; Stretch (AUD)  10am-12:30pm Farm Stand (AUD)  10:30-11:30am Brain Booster Challenges w/ Lisa (PDR)  11am Ballet and Storytelling (AUD)  2:30pm Core Blast (FS)  5-7pm Pop Up in Grille (RR)  7:30pm Glee Club Spring Concert (AUD)</p>	<p><b>21</b>  9am Aqua Aerobics (P)  9:15am Longwood Gardens (RR)  9:45am Morning Stretch (FS)  10:30am Seated Yoga (FS)  1:30-2:30pm Smart Living: Mastering Your Device (BR)  2pm Seated Zumba (FS)  2pm Scrabble (Terrace 1st Floor Game Area)  4:30-6:30pm Rooftop Grille  5-7pm Pop Up in Grille (RR)  5:15pm American Sign-Language Class w/ Diane Rehling (ACR)  7pm Writing Club (TM)  7:30pm Thursday Movie: "Never on Sunday" (AUD)</p>	<p><b>22</b>  9:45am Strength &amp; Stretch (AUD)  10:30am Shopping Bus #5  1pm Critiquing Dance (AUD)  2pm Food Forum (AUD)  2pm Balance Training (FS)  3pm Play Reading Group (TM)  4pm Shabbat Services with Cantor Nancy Ginsberg (AUD)  5-7pm Pop Up in Grille (RR)  5:15pm Chair Yoga w/ Diane (FS)  7:30pm Novel Exchanges with Jesse Masinter (TM) (RR)</p>	<p><b>23</b>  2:30-4:30pm Sewing Services (Tower 1205)(RR)  7:30pm Saturday Movie: "Sunday Bloody Sunday" (AUD)</p>
<p><b>24</b>  8:40am Outing: Church of the Nativity  9:30am Outing: Towson United Methodist Church &amp; Towson Presbyterian Church  10:30am Outing: Central Presbyterian &amp; Calvary Baptist Church  10:30am Catholic Communion (TM)  <b>11am-1pm BREAKFAST in the Valley &amp; Grille</b>  3pm Sunday Worship Service with Minister Jack Danz (AUD)  7:30pm Sunday Movie: "Song Sung Blue" (TM)</p> <p><b>DUE TO LIMITED SPACING:</b> Please SEE May 31 activities at top of other side.</p>	<p><b>25</b>  1pm Backgammon (TM)  1pm Rummikub (TM)  1:30pm Discussion Group (BR)  <b>Memorial Day</b>  Valley &amp; Grile  1-3pm  Café  11:30am-2pm  NO PUB  NO DINNER  NO HAPPY HOUR</p> 	<p><b>26</b>  8:30am Flower Arranging (PUB)  9:45am Strength &amp; Stretch &amp; Field Day (AUD)  10:30am Strength Training w/ Mary Ann (FS)  1pm Needle Arts (TM)  2:15pm Balance Training (FS)  4-5pm Smart Living: Mastering Your Device (BR)  7:30pm Bingo (AUD)</p>	<p><b>27</b>  9:45am Strength &amp; Stretch (AUD)  10am-12:30pm Farm Stand (AUD)  10:30-11:30am Brain Booster Challenges w/ Lisa (PDR)  11am Beginning Ballet (Physical Seated Class) (AUD)  1pm Mariner Point Park Hike (RR)  2pm Newcomers Group (PR)  7:30pm Edenforum: Doug Pasternak: Integrity Matters: Morals, Ethics, Politics &amp; Democracy (AUD)</p>	<p><b>28</b>  9am Aqua Aerobics (P)  9:45am Morning Stretch (FS)  10am Bible Study (TM)  10:30am Seated Yoga (FS)  10:30am Balance Screenings with Assisted Rehab (TM)  <b>10:30am-2:30pm Taylor Marie's Shopping (AUD)</b>  <b>1:30pm Taylor Marie's Spring Fashion Show (AUD)</b>  2pm Seated Zumba (FS)  2pm Scrabble (Terrace 1st Floor Game Area)  4:30-6:30pm Rooftop Grille  5:15pm Sign-Language Class w/ Diane Rehling (ACR)  7pm Writing Club (TM)  7:30pm Trivia with Mandy (AUD)</p>	<p><b>29</b>  9:45am Strength &amp; Stretch (AUD)  10:20am Greek Festival at Greek Orthodox Cathedral of the Anunciation (RR)  10:30am Shopping Bus #6  1:30pm Pool Party/Volleyball Game  1pm Critiquing Dance (AUD)  5:15pm Chair Yoga w/ Diane (FS)  7pm BSO: Heyward Conducts Enigma Variations (RR)  7:30pm Music, She Wrote- Celebrating the Women Composers and Lyricists of the Great American Song Book with Christiana Drapkin &amp; Bob Butta (Vocals &amp; Piano) (AUD)</p>	<p><b>30</b>  11am Dance for PD (SH)  1pm Everyman: Emma (RR)  2:30-4:30pm Sewing Services (Tower 1205)(RR)  7:30pm Saturday Movie: "The Cider House Rules" (AUD)</p>