


# June 2026


## Independent Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 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 Wellness Workout (FS) <b>2:30pm Farewell to Nicholas Wynn- Musician in Residence (AUD)</b> 3-4pm Jewelry Repair (AS) (RR) 7pm 10 Things to Know About Me (TM) 7:30pm Movie: Champions (AUD)	<b>2</b> <b>10am-3pm SHOPPING EVENT (SL)</b>  10:30am Strength Training w/ Mary Ann (FS) 1pm Needle Arts (TM) <b>1pm Valley View Farms (RR)</b> 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>3</b> <b>10am-3pm SHOPPING EVENT (SL)</b>  9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 11am Beginning Ballet (Standing) (FS) 2:30pm Core Blast (FS) 3-4pm Brain Booster Challenges w/ Lisa (PDR) <b>3pm Documentary: "Man on Wire" (AUD)</b> 3:30pm Caregiver Support Group (BR) <b>7:30pm Edenforum: Jack Burkert: Women of Baltimore...Who Made a Difference (AUD)</b>	<b>4</b> <b>10am-3pm SHOPPING EVENT (SL)</b>  9am Aqua Aerobics (P) 10:30am Seated Yoga (FS) <b>10:45am Old Farm House Tea Room (RR)</b> 1pm Needle Arts (TM) <b>1:30-2:30pm Smart Living: Mastering Your Device (BR)</b> 2pm Seated Zumba (FS) 2pm Scrabble (Terrace 1st Floor Game Area) 4:30-6:30pm Rooftop Grille	<b>5</b> <b>10am-3pm SHOPPING EVENT (SL)</b>  9:45am Strength & Stretch (AUD) <b>10:30pm Shopping Bus #1</b> 1pm Critiquing Dance with Amanda (TM) 1:45pm Bookmobile (Outside Main Entry) 2pm Balance Training (FS) 4:30 Monthly Wine Tasting (AUD) <b>6:30pm Everyman: Emma (RR)</b>	<b>6</b> 2:30-4:30pm Sewing Services (Tower 1205)(RR) 3pm Saturday Movie: "Sideways" (AUD) 7:30pm Baltimore Chamber Orchestra String Quartet (AUD)
<b>7</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 Dr. Emora Brannan (AUD) 7:30pm Sunday Movie: "My Left Foot" (AUD)	<b>8</b> 9am Aqua Aerobics (Pool) 9:45am Strength & Stretch (AUD) <b>10:30am Shopping Bus #2</b> 11am Tai Chi w/ Eric (Zoom-check e-mail for link) <b>12:30pm Open Forum with Mark (AUD)</b> 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) <b>1:30pm Met Opera on Demand: Cosi Fan Tutte (AUD)</b> 2pm Wellness Workout (FS) <b>3-4pm Jewelry Repair (AS) (RR)</b> 7pm 10 Things to Know About Me (TM) <b>7:30pm Edenforum: Helen Hedman: My Life As An Actress (AUD)</b>	<b>9</b> 8:30am Flower Arranging (PUB) 10:30am Strength Training w/ Mary Ann (FS) <b>1pm Cromwell Valley Park &amp; Prigel Family Creamery (RR)</b> 1pm Needle Arts (TM) 2pm Balance Training (FS) <b>2pm Become a Dementia Friend (AUD)</b> 2:15pm Cooking Demo (G) <b>4-5pm Smart Living: Mastering Your Device (BR)</b> 7:30pm Bingo (AUD) 7:30pm Edenwald Book Club (TM)	<b>10</b> 9:45am Strength & Stretch (AUD) 10am-12:30pm Farm Stand (AUD) <b>11am Pioneers of Modern Dance Discussion (AUD)</b> <b>1pm Giant Food Nutrition Talk (AUD)</b> 2pm Archives "History of Edenwald" Video (TM) 2:30pm Core Blast (FS) 3-4pm Brain Booster Challenges w/ Lisa (PDR) <b>7:30pm Edenforum: Roswell Encina: Still Telling America's Story: Just a Different Address (AUD)</b>	<b>11</b> <b>8:30am Tour by Docent, Don Thomas at The Udvar-Hazy Museum Dulles Airport (RR)</b> 9am Aqua Aerobics (P) 10am Bible Study (TM) 10:30am Seated Yoga (FS) <b>12-2pm Father's Day Cookout (Music by DJ Richie Sly) (RG)</b> 1pm Needle Arts (TM) <b>1:30-2:30pm Smart Living: Mastering Your Device (BR)</b> 2pm Seated Zumba (FS) 2pm Scrabble (Terrace 1st Floor Game Area) 4:30-6:30pm Rooftop Grille 7pm Writing Club (TM) <b>7:30pm Classical Music with David Pedraza &amp; Annya Nizhegorodsteva (Viola &amp; Piano) (AUD)</b>	<b>12</b> 9:45am Strength & Stretch (AUD) <b>10:30pm Shopping Bus #3</b> 11am Bereavement Support Group (PR) <b>1:30pm RA Meeting &amp; Town Hall (AUD)</b> 3pm Play Reading Group (TM) 3-4:30pm Tea & Poetry (PR) <b>4pm Shabbat Services with Cantor Nancy Ginsberg (AUD)</b> <b>6pm BSO: Verdi's Rigoletto Conducted by Heyward (RR)</b> <b>7:30pm Songs from the American Jazz Songbook with Warren Williams &amp; Luci Murphy (Piano &amp; Vocals) (AUD)</b>	<b>13</b> 10am Coffee & Conversation (VR) 11am Dance for PD (Stroh Hall) <b>2:30-4:30pm Sewing Services (Tower 1205)(RR)</b> <b>7:30pm Saturday Movie: "Dave" (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>14</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) 2:30pm Sunday Worship Service Music with Joyce (AUD) 3pm Sunday Worship Service with Pastor Michael Ritt (AUD) 7:30pm Sunday Movie: "Casablanca" (AUD)</p>	<p><b>15</b> 9am Aqua Aerobics (Pool) 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #4 11am Tai Chi w/Eric (Zoom-check e-mail for link) 1pm Backgammon (TM) 1pm Rummikub (TM) 1:30pm Discussion Group (BR) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 7pm 10 Things to Know About Me (TM)</p>	<p><b>16</b> 10:30am Strength Training w/ Mary Ann (FS) 12:45pm Lunch at Ocean Pride in Lutherville (RR) 1pm Needle Arts (TM) 1-3 Npower Support (SL) (RR) 2pm Balance Training (FS) 2pm Garden of Hope Dance Alzheimer's Fundraising Kickoff (AUD) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD)</p>	<p><b>17</b> 9:45am Strength &amp; Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 11am Beginning Ballet (Standing) (FS) 2:30pm Core Blast (FS) 3pm Documentary: "3 Identical Strangers" (AUD) 3-4pm Brain Booster Challenges w/ Lisa (PDR) 5-7pm Pop Up in Grille (RR) 7:30pm Edenforum: Lance Baldwin: The New Movie, Loch Raven (AUD)</p>	<p><b>18</b> 8am Chesapeake Bay Maritime Museum Patriot Cruises &amp; Shipyard Tour- Galley Restaurant (RR) 9am Aqua Aerobics (P) 10:30 Seated Yoga (FS) 1pm Needle Arts (TM) 1:30pm Meditation-Alex (FS) 1:30-2:30pm Smart Living: Mastering Your Device (BR) 2pm Scrabble (Terrace 1st Floor Game Area) 2pm Seated Zumba (FS) 4:30-6:30pm Rooftop Grille 5-7pm Pop Up in Grille (RR) 7pm Writing Club (TM) 7:30pm Movie: Field of Dreams" (AUD)</p>	<p><b>19</b> 3pm Shabbat Services with Rabbi Ben Shalva (AUD) 5-7pm Pop Up in Grille (RR)</p> 	<p><b>20</b> 2:30-4:30pm Sewing Services (Tower 1205) (RR) 7:30pm Saturday Movie: "The Angel" (AUD)</p>
<p><b>21</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) 1-3pm Beauty of Flowers Workshop (PR) 3pm NO Sunday Worship Service 7:30pm Sunday Movie: "Guess Who is Coming to Dinner" (AUD) <b>Father's Day Brunch</b> Valley &amp; Grille 1-3pm Café 11:30am-2pm NO PUB NO DINNER</p>	<p><b>22</b> 9am Aqua Aerobics (Pool) 9:45am Strength &amp; 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) 1:30pm Met Opera on Demand: The Amazing Adventures of Kavalier and Clay (AUD) 2pm Wellness Workout (FS) 3-4pm Jewelry Repair (AS) (RR) 7pm 10 Things to Know About Me (TM) 7:30pm Singer Jim Rafferty (Classics like Frank Sinatra &amp; Nat King Cole) &amp; SNOWBALLS (RG)</p>	<p><b>23</b> 8:30am Flower Arranging (PUB) 10:30am Strength Training w/ Mary Ann (FS) 12:45pm Shopping at The Village of Cross Keys (RR) 1pm Needle Arts (TM) 2pm Balance Training (FS) 2:30pm Matinee Movie: Six Days Seven Nights (AUD) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD)</p>	<p><b>24</b> 9:45am Strength &amp; Stretch (AUD) 10am-12:30pm Farm Stand (AUD) 11am Pioneers of Modern Dance Discussion (AUD) 2pm Newcomers Group (PR) 2:30pm Core Blast (FS) 3pm Documentary: "Meru" (AUD) 3-4pm Brain Booster Challenges w/ Lisa (PDR) 7:30pm Edenforum: Greg Jones: Adventures from the Fringes of Show Business (AUD)</p> <p><u>EARLY PRIMARY ELECTION VOTING AT TOWSON UNIVERSITY</u> Bus Departs: 10AM Bus Departs: 1PM <u>SIGN UP IN REGISTRATION BOOK</u></p>	<p><b>25</b> 9am Aqua Aerobics (P) 9:45am Sail Baltimore Tour &amp; Blue Angels (RR) 10am Bible Study (TM) 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 7pm Writing Club (TM) 7:30pm The Fifty 7's Duo (AUD)</p>	<p><b>26</b> 9:45am Strength &amp; Stretch (AUD) 10:30am Shopping Bus #6 1pm Critiquing Dance with Amanda (TM) 2pm Food Forum (AUD) 2pm Balance Training (FS) 3pm Play Reading Group (TM) 4pm Shabbat Services with Cantor Nancy Ginsberg (AUD) 7:30pm MaCCRA Meeting (AUD)</p>	<p><b>27</b> 11am Dance for PD (Stroh Hall) 2:30-4:30pm Sewing Services (Tower 1205) (RR) 7:30pm Saturday Movie: "Akeelah and the Bee" (AUD)</p>
<p><b>28</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) 11am-1pm BREAKFAST in the Valley &amp; Grille 3pm Sunday Worship Service with Minister Jack Danz (AUD) 7:30pm Sunday Movie: "Crossing Delancey" (TM)</p>	<p><b>29</b> 9am Aqua Aerobics (Pool) 9:45am Strength &amp; 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 Wellness Workout (FS) 7pm 10 Things to Know About Me (TM) 7:30pm Trivia with Mandy (AUD)</p>	<p><b>30</b> 10:30am Strength Training w/ Mary Ann (FS) 12:45pm Shopping at Boscovs White Marsh (RR) 1pm Needle Arts (TM) 1:30pm Root Beer Floats (In Front of AUD) 2pm Suff's Musical on PBS (AUD) 2:15pm Balance Training (FS) 4-5pm Smart Living: Mastering Your Device (BR) 7:30pm Bingo (AUD)</p>	<p><u>BUS #1:</u> Hunt Valley Towne Center <u>BUS #2:</u> Towson Place <u>BUS #3:</u> Aldi, Walgreens, Shoprite &amp; Lutherville Station <u>BUS #4:</u> Timonium Square <u>BUS #5:</u> Trader Joe's &amp; Kenilworth Mall <u>BUS #6:</u> Safeway, CVS &amp; M&amp;T Bank <u>BUS #7:</u> Walmart</p>	<p><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></p> <p><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></p>		<p><b>HAPPY HOUR SCHEDULE:</b> Mondays, Wednesdays &amp; Fridays 4:30pm-6:30pm Social Lounge</p>