



Winter-Spring Program Guide

January -April 2011

**EDWARD A.
MYERBERG CENTER
3101 FALLSTAFF ROAD
BALTIMORE, MD 21209
410-358-6856**

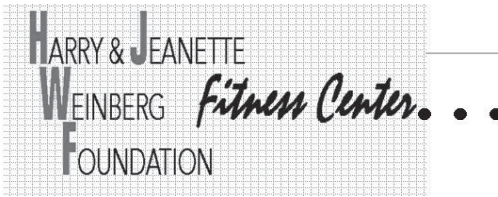
www.myerbergseniorcenter.org

Membership Pays!

Become a Myerberg Center member today

Myerberg Center Membership Fees:

Age Category	Annual Fee	One Time Lifetime Fee
55-65	\$55	\$300
66-75	\$48	\$250
76-85	\$40	\$200
86+	\$32	\$150



HOURS OF OPERATION:

Sunday 9am-1pm
Monday– Thursday 8am-2pm
Friday 8am-1pm

EVENINGS:

Tuesday, Wednesday & Thursday 4pm-7:30pm

FITNESS CENTER MEMBERSHIP:

\$15 Assessment Fee (one time fee)

A signed physician release must be received prior to fitness assessment/ orientation. A fitness/health evaluation by certified staff is required before fitness center membership privileges are granted.

\$85- 13 weeks

\$300- 52 weeks (1 year)

Myerberg Center membership is required for membership in the Harry & Jeanette Weinberg Foundation Fitness Center

For couples joining or renewing Fitness Center memberships:

- Center membership required for oldest participant
- Couples fee: \$260 each annual rate only which must be paid in full when joining or renewing

CLASS OFFERINGS

Registration form enclosed

EXERCISE YOUR BODY

AEROBICS: Moderate aerobic workout includes a variety of exercises, using light weights and bands, designed to strengthen and tone muscles to promote flexibility. ** 8:30 class is more advanced**

Instructor: Howard Silverstein

Monday **8:30am-9:30am.....1/3-4/11.....15wks.....\$57M/\$87NM
 9:30am-10:30am.....1/3-4/11.....15wks.....\$57M/\$87NM
 10:30am-11:30am1/3-4/11.....15wks.....\$57M/\$87NM

Wednesday **8:30am-9:30am.....1/5-4/27.....16wks.....\$61M/\$91NM
 9:30am-10:30am.....1/5-4/27.....16wks.....\$61M/\$91NM
 10:30am-11:30am.....1/5-4/27.....16wks.....\$61M/\$91NM

Friday **8:30am-9:30am.....1/7-4/29.....17wks.....\$65M/\$95NM
 9:30am-10:30am1/7-4/29.....17wks.....\$65M/\$95NM

SENIORCISE: Chair based exercise to improve balance- includes easy bending, stretching and relaxing techniques.

Instructor: Sarah Klein

Wednesday 1:30pm-2:30pm.....1/5-4/27.....16wks.....\$61M/\$91NM

TAI CHI: Achieve stress reduction and improve your balance and flexibility through gentle movements.

Instructor: Eric Johnson

Friday 10:30am-11:30am.....1/7-4/29..... 17wks.....\$65M/\$95NM

YOGA: A form of exercise based on the belief that body, breath and mind are intimately connected. Exercises are designed to ease tense muscles, tone up internal organs and improve flexibility of the body's joints and ligaments.

Instructor: Mibs Pell

Tuesday 8:30am-10:00am.....1/4-4/12..... 15wks.....\$113M/\$143NM

Instructor: Joanna Brandt

Thursday 9:00am-10:30am.....1/6-4/28..... 17wks.....\$128M/\$158NM

NEW CLASS!!

GENTLE YOGA: This class is specifically designed for people with Parkinson's, MS and other folks who have physical struggles with their bodies. The class will combine Yoga, breath, movement and music– in a chair, beside a chair, behind a chair or independent of a chair. Bring your body and willing mind!

Instructor: Mibs Pell

Wednesday 1:00pm-2:30pm.....1/5-4/27..... 16wks.....\$168M/\$198NM

ZUMBA GOLD: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic dance and fitness program that is so much fun, that it is said to be exercise in disguise! No dance background required.

Instructor: Helena Zajdel

Thursday 9:30am-10:30am.....1/6-4/28..... 17wks.....\$65M/\$95NM

CENTER & FITNESS CENTER CLOSINGS

Monday, April 18 (Fitness Center Open)

Tuesday, April 19

Wednesday, April 20

Tuesday, April 26

Wednesday, April 27

Monday, May 30

EXPLORE YOUR INNER ARTIST

ACRYLIC AND OIL PAINTING: For beginning and advanced students--work at your own level with individual instruction. Students work from still life set ups, photographs and from their own imaginations.

Instructor: Sonia Friedman

Monday 10:00am-12:30pm.....1/3-4/11.....15wks.....\$173M/\$203NM

CLAY: For beginning and advanced students. Students work to create functional and sculptural projects using pinch, coil and slab techniques.

Instructor: Ellwood Miller

Thursday 10:00am-12:00pm.....1/6-4/28.....17wks.....\$170M/\$200NM

*****NEW CLASS!*****

COLLAGE: This class will introduce basic materials & techniques used in collage and mixed media pieces. The emphasis will be on ways to incorporate a variety of techniques while developing your own personal style. Bring materials to class that inspire you. Some materials will be provided.

Instructor: Sheila Hack

Tuesday 10:00am-12:00pm....1/25-4/12.....12wks.....\$144M/\$174NM

DRAWING & PAINTING: Paint and sketch and explore how to see more clearly the lines, shapes and colors around you. Felt pen, charcoal and paint.

Instructor: Judy Schlossberg

Wednesday 10:00am-12:00pm...1/5-4/27.....16wks.....\$211M/\$241NM

INCLEMENT WEATHER POLICY

In case of inclement weather our announcements are carried on WBAL (1090 am) radio station. Always call 410-358-6856 for the most up to date closing information. If Baltimore City Schools are closed for weather, we are closed. If Baltimore City Schools are on delayed opening, we open at 10am.

Schedule also applies to opening of the Harry and Jeanette Weinberg Fitness Center.

Call 410-358-6856 for Sunday weather information

OIL PAINTING: Painting for all skill levels. Students work at their own pace. Personalized instruction in drawing, color, composition, materials and technique.

Instructor: Bill Wright

Tuesday 1:00pm-4:00pm.....1/4-4/12.....15wks.....\$255M/\$285NM

PAINTING WITH JOAN ERBE: Designed for the more advanced students to enlarge their vision and redefine the concept of “what is art.”

Instructor: Joan Erbe

Wednesday 10:00am-2:00pm.....1/5-4/27.....16wks.....\$343M/\$373NM

PASTEL DRAWING: For beginning and intermediate artists who want to improve their drawing skills through basic principles of seeing and drawing. Topics include: positive and negative spaces, contour drawing, line drawing, shading and the basics of portrait art.

Instructor: Joyce Lister

Wednesday 1:30pm-3:30pm.....1/5-4/27.....16wks.....\$144M/\$174NM

Instructor: Jules Shaivitz

Friday 10:00am-12:00pm.....1/7-4/29.....17wks.....\$153M/\$183NM

PASTEL LANDSCAPE: For the beginning or intermediate artist. Composition, value, color, center of interest, texture, edges and other topics will be covered.

Instructor: Joyce Lister

Wednesday 9:30am-12:00pm.....1/5-4/27.....16wks.....\$178M/\$208NM

WATERCOLOR: Instruction provided in traditional watercolor techniques of laying transparent watercolor on paper. Lessons are presented with demonstrations and class critiques. Students need to have some drawing experience.

Instructor: Bill Wright

Thursday 1:00pm-4:00pm.....1/6-4/28.....17wks.....\$286M/\$316NM

EXPAND YOUR MIND

BRIDGE- BEGINNER : This class is designed for the experienced beginner who has met with some degree of success in playing a friendly game of bridge.

Instructor: Rhona Blank

Thursday 10:00am-12:00pm.....1/6-4/28.....17wks.....\$200M/\$230NM

BRIDGE—ADVANCED BEGINNER/INTERMEDIATE:

For the more experienced player-This course includes the application of the most popular Conventions, Hand-Play and Defense. Have fun while learning the fundamental skills to improve your game. Contact Fran Goldstein at 410-484-3446 for schedule

Instructor: Fran Goldstein, ACBL Accredited Bridge instructor

Wednesday am or pm class available.....8wks....\$94M/\$124NM

COMPUTER BASICS: Don't be intimidated by a computer...we take the fear out of computers with easy basics geared towards older adults. No experience required.

Instructor: Kathleen Risk

Monday 10:00am-12:00pm....1/25-3/15.....8wks.....\$58M/\$88NM

COMPUTER- INTERNET & INTERMEDIATE : Basic computer experience required. Students learn how to save files, understand directory structures, surf the web, e-mail family and friends, and operate search engines effectively.

Instructor: Kathleen Risk

Monday 12:30pm-2:30pm.....1/25-3/15.....8wks....\$58M/\$88NM

CURRENT ISSUES: Daily news items including politics, foreign policy and the economy are discussed in a casual relaxed atmosphere.

Instructor: Marge Krakower

Monday 1:00pm-2:00pm.....1/3-4/11.....15wks.....\$43M/\$73NM

MAH JONGG: Be a part of the growing trend and learn this classic Chinese game. This class is for beginners.

Instructor: Sydnee Berlin

Tuesday 1:00pm-3:00pm.....2/22-4/12.....8wks.....\$19M/\$49NM

POETRY: Students learn the history and terminology of poetry. Through selected readings, lectures and class discussions, students explore form and theme and compose and present their own poetic works.

Instructor: Sheila Hack

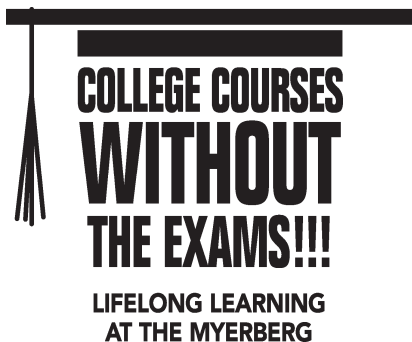
Thursday 10:00am-11:30am.....1/6-4/28.....17wks.....\$88M/\$118NM



ENCORE CHORALE

Learn proper breathing techniques and how to improve your voice through tone production as professional conductor Jeanne Kelly guides you through weekly rehearsals in three- and four- part singing. No singing experience required!

Thursday..... 10:45am-12:15pm..... 1/6-4/28
\$130 Members Only



FROM BROADWAY TO HARLEM

Instructor: Andy Fields, Peabody Institute Exploritas Program

TUESDAYS, March 22 & 29 & April 5, 2011

10:30am-12:00pm

Fee: \$45 Member/ \$60 Non-Member

KLEZMER: AMERICAN MUSIC

Instructor: Seth Kibel, Peabody Institute Exploritas Program

WEDNESDAYS, March 23 & 30 & April 6, 2011

10:00am-11:30am

Fee: \$45 Member/ \$60 Non-Member

100 MASTERPIECES FROM THE WORLD OF ART

Instructor: Joseph Cassar, PhD., Towson University, Osher Lifelong Learning Institute

THURSDAYS, March 31, April 7, 14, 21, 28, May 5, 12 & 19, 2011

1:30pm-2:45pm

Fee: \$90 Member/ \$110 Non-Member

DANCING LADIES

Instructor: Patti Enoch, Towson University, Osher Lifelong Learning Institute

WEDNESDAYS, May 4, 11, 18 & 25, 2011

10:30am-11:45am

Fee: \$45 Member/ \$60 Non-Member

SPECIAL EVENTS

Super Lunch Programs

11:30am

Tuesday, January 18

MLK Program

Tuesday, March 22

Purim Program

\$4M/ \$6NM

Register with Toba

AARP Tax Preparation

Thursday, February 17- April 7

9:00am-3:00pm

Call Pat to schedule your appointment

Pizza & Movie

Monday, February 21

11:30am

Enjoy pizza and a presidential movie

"Dave"

\$2—Register with Toba

**FAMILY TRADITIONS
WORKSHOP**

Tuesdays, March 15-April 5
1:00pm-2:00pm

Lively discussion to explore your family traditions and ways to ensure they continue

Instructor: Susan Dudley
\$20M/\$50NM

Intergenerational Model Seder

Tuesday, April 12
11:30am

Join us for our annual seder with the 4th graders from Krieger Schechter School

\$4M/ \$6NM
Register with Toba

ART RECEPTION

Sunday, June 5

2:00pm-4:00pm

FREE & Open to the Public

Light refreshments served

2011 MONTHLY SENIOR SUNDAY PROGRAM

Refreshments. No reserved seating.

Doors open at 10:30 am. Registration form in the monthly newsletter. Drop in box at main lobby desk.

January 9 & February 13

CASH BINGO

Member: \$2.00 / Non-Member: \$4.00

(Includes Two Cards)

Pay at the Door

ONGOING FREE OFFERINGS FOR MEMBERS

HEBREW: Class is conducted in Hebrew. Focuses on conversation & reading. **Instructor: Jacob Apelberg**

Monday 10:30am-11:30am

CANASTA

Monday 12:30pm-3:00pm

OPEN STUDIO TIME

(in the Mollie G. Myers Art Studio)

Tuesday 9:00am-3:00pm

Free to current art students who are Myerberg members

LOW VISION SUPPORT

Wednesday (alt. weeks) 1:30pm-3:00pm

PARTY BRIDGE

Thursday 12:00pm-3:30pm

JOHANNA'S BOOK CLUB

Friday (3rd Friday of the month) 10:30am-12:00pm

LIBRARY

Monday—Friday 8:30am-3:00pm

BILLIARDS

Monday—Friday 8:30am-4:00pm

SAVE THE DATE

“An Evening with Ben Vereen”

Monday, May 16, 2011
7:00pm

\$125 Patron

*(includes priority seating and dessert/
wine reception with Ben Vereen)*

\$40 General Admission

Sponsorship opportunities available

Call 410-358-6856 for
more information



Please send me:

_____ GENERAL ADMISSION tickets at \$40 each

_____ PATRON tickets at \$125 each

Payment

I have enclosed a check made payable to EAMSC

I would like to charge my _____ VISA _____ MC

Card # _____

Exp. Date: ____/____ v-code: _ _ _

Signature: _____

PLEASE PRINT:

Name: _____

Address: _____

City, State, Zip: _____

_____ Phone _____

Tickets can be picked up at the Center or at will call

Mail to: Edward A. Myerberg Senior Center

3101 Fallstaff Road, Baltimore, MD 21209

**SUPPORT GROUPS
AT THE MYERBERG CENTER**

Led by
RUTH GLICK, LCSW-C
SOCIAL WORKER

First and Third Mondays

10:00am-11:30am

Ongoing drop-in group/no charge.

Working together with other caregivers,
share experiences and learn how to
keep oneself intact.

6 Wednesdays

10:00am-11:30am

\$25 Member/\$30 Non-Member

Program to help understand the stages and normalcy of
the grieving process for those who have lost a loved one.

6 Thursdays

1-2:30pm

\$25 Members/ \$30 Non-Members

Have you or someone you loved been touched by cancer?
This program will help you understand and cope with this
traumatic disease.

Register for Grief Support and Cancer Support
with Pat

Livinglife atAtriumVillage



At Atrium Village our residents are truly a family. Join us this Friday for our weekly Shabbos Dinner featuring homemade, chef prepared matzo ball soup, challah, brisket and more!

**GET \$500 OFF OUR COMMUNITY FEE
FOR NEW MOVE-INS WITH THIS AD*.**

***APPLIES TO INDEPENDENT LIVING ONLY**

ATRIUM VILLAGE *A Senior Lifestyle Community*

Independent Living | Assisted Living | Memory Care



SENIOR
LIFESTYLE
CORPORATION

Arnold Eppel
Executive Director
Atrium Village
4730 Atrium Court
Owings Mills, MD 21117
(410) 363-0330
www.seniorlifestyle.com



THE EDWARD A.
MYERBERG CENTER

3101 FALLSTAFF ROAD
BALTIMORE, MD 21209

www.myerbergseniorcenter.org



Non-Profit
U.S. Postage

PAID

Baltimore, MD
Permit No. 834

TIME VALUE