

SEPTEMBER AT THE EDWARD A. MYERBERG CENTER

HEALTH

TUESDAY, SEPTEMBER 6
10:30am-11:30am—FREE
Blood Pressure Screening
sponsored by
Manor Care Health Services

THURSDAY, SEPTEMBER 15
Noon
Trivia Games: «Who Am I?»
Identify foods from «My Plate»
with Nicole from
Manor Care Health Services

WEDNESDAY, SEPTEMBER 14
1:30pm-3:00pm
Low Vision Support Group
**FOR INFORMATION OR TO
REGISTER
CALL WENDY GARSON
410-843-7309**

TUESDAY, SEPTEMBER 13
9:30am-11:30am
The Baltimore City Health
Department, in conjunction with
the National HIV/AIDS and Aging
Awareness Day will be hosting an HIV
testing campaign at the Myerberg.
Featuring presentations on HIV and
Aging as well as giveaways.
*Coordinated by the Johns Hopkins AIDS
Education & Training Center*

JOHANNA'S BOOK CLUB
FRIDAY, SEPTEMBER 16
10:30am - FREE
Dreams of Joy
by Lisa See
Everyone is invited to join
Johanna's Book Club with facilitator,
Paulette Kamelgard

ENTERTAINMENT

MONDAY, SEPTEMBER 19
12:30pm - FREE
Afternoon at the Movies
Sponsored by
Woodholme Gardens
«The Proposal»
Romantic comedy starring
Sandra Bullock & Ryan Reynolds

SAFE IN YOUR NEIGHBORHOOD

MONDAY, SEPTEMBER 12
7:00pm-FREE
Be aware of your surroundings...
Tips from the
Baltimore City Police Department
sponsored by the
Cheswold Association

FLU SHOTS

MONDAY, OCTOBER 4
9:00am-1:00pm
Flu & Pneumonia shots will be given
For Medicare Part B Participants:
No Copay
For Non-Medicare Participants:
\$30 per shot

THE ALZHEIMER'S SUPPORT GROUP

Join our social worker Ruth Glick for
this caregiver support group

First & third Monday of every month
Beginning September 9
10:00 am- FREE

SENIOR SUNDAY PROGRAM

*Pre-registration required by completing the
form below. Doors open at 10:30am.*
Marge Krakower, Sunday Coordinator

SUNDAY, OCTOBER 2
**THE GOOD TIMERS
SINGING GROUP**
*sponsored by Zimmerman Mondell
families in loving memory of their
mother & grandmother Bertha
Mondell Shapiro*
Member: Free / Non-Member: \$2
(Pay at the Door)

SENIOR SUNDAY SIGN-UP- OCTOBER 2

Name (s): _____

_____ Sunday, October 2

Phone: _____
Member Non-Member

*To register, complete form & drop in the
box at the front desk*

CENTER CLOSINGS

Sunday, September 4- Labor Day
Monday, September 5- Labor Day
Wednesday, September 28- close at 1pm
Thursday, September 29- Rosh Hashana
Friday, September 30- Rosh Hashana
Friday, October 7- Erev Yom Kippur
Wednesday, October 12- Close at 3pm
(Fitness Center closes at 2pm)
Thursday, October 13- Sukkot
Friday, October 14- Sukkot
Wednesday, October 19- Close at 3pm
(Fitness Center closes at 2pm)
Thursday, October 20- Shemini Atzeret
Friday, October 21- Simchat Torah

FITNESS CENTER NEWS

**MONDAYS,
OCTOBER 3-NOVEMBER 28**
(No class November 21)
4:00pm-5:00pm

Core & Relaxation Class

Focus on your abdominals
and back improving your core
and overall strength. Manage
your stress by practicing relaxation
skills to improve overall health.
Instructor: Gail Wolven
\$42 Member / \$72 Non-Member
(minimum 6 people
required to run class)

We hope to start an
exercise program for those with
Parkinson's. This program would
feature cardio, stretching and light
weights designed specifically for those
with Parkinson's.
Contact the Fitness Center for
more information.

ST. JOHNS COLLEGE GREAT BOOKS SEMINAR

September 2011-June 2012
Seminar meets the third Tuesday
of every month

Limited space still available
11:00am-12:30pm
(includes snacks)

\$630
Reserve your space now!
Call Toba at
410-358-6856 to register