



## Wellness in Bloom: April Programs for Healthy Aging

Celebrate the season of renewal with programs that help you feel your best. From gentle movement to informative health talks, April is all about staying active, confident, and connected.

**REGISTRATION IS REQUIRED FOR ALL PROGRAMS**  
**410-358-6856 OR [ilysa@myerberg.org](mailto:ilysa@myerberg.org)**

**Vibrant Living Circle-** A supportive small-group experience focused on connection, reflection, and emotional well-being.

**Monday, April 6, 2026, 12:30-1:30 pm**

**Members Free- Limited to 15 Members**

### **VISIONARY EYE CENTER-Eyes on Wellness**

A friendly, informative class focused on eye health for older adults. Learn about common vision concerns, prevention strategies, and habits that support clear, comfortable vision.

**Tuesday, April 7, 2026, 1:00-2:00 pm**

**Members Free, Guests \$5**

**Spring Smoothie Bar in the Cafe.** Celebrate the flavors of spring! Join us for a hands-on tasting and learn simple, healthy smoothie recipes to energize your day.

**Monday, April 13, 2026, 1:00-1:30 pm (Before Dance Class)**

**Members Free, Guests \$5**

**Physical Wellness Month! Join Ilysa Cohen for a Fun “Sonny & Chair” Dance Exercise Class.** Move, groove, and smile from the comfort of your chair! A lively, upbeat class that gets you dancing, stretching, and feeling great

**Monday, April 13, 2026, 2:00-3:00 pm**

**Members Free, Guests \$5**

**Step Into Spring: Myerberg Walking Group!** Celebrate Walking Day by joining our **NEW Monthly Walking Group!** Enjoy fresh air, gentle movement, and good company. Walk at your own pace — all levels welcome.

**Wednesday, April 15, 2026, 11:00 am-12:00 pm**

**Members Free, Guests \$5**

**Join the Jewish Network** to learn about Sirtei Burekas, a uniquely Israeli film genre.  
**Thursday, April 16, 2026, 10:00-12:00 pm**  
**Free & Open to the Community!**

**Break a Sweat Bingo-** Play bingo, then get up and move halfway through! Fun, active, and social—exercise and laughter all in one.  
**Monday, April 20, 2026, 1:00-2:30 pm**  
**Members Free, Guests \$10**

**Catch A Rising Star with Alan Rubenstein-** Get ready for an afternoon of music, memories, and fun! Join us for an engaging, high-energy musical experience filled with great songs, fun facts, and audience participation.  
**Tuesday, April 21, 2026, 1:00-2:30 pm**  
**Open to the Community!**

**Israeli Culture Club-**Travel to Israel without leaving Myerberg! Join us for a lively discussion exploring Israeli traditions, history, music, food, and current culture.  
**Wednesday, April 22, 2026, 1:00-2:00 pm**  
**Members Free, Guests \$5**

#### **Older Driver Safety Class**

**Thursday, April 23, 2026, 10:00-11:00 am**  
**Members Free, Guests \$5**

Stay confident and safe behind the wheel! Experts from the **Center for Injury Prevention and Policy, the R Adams Cowley Shock Trauma Center, and the University of Maryland Medical System** will share tips and strategies for older drivers.

**Healthy Heart Ambassador Program-**This program, led by the Maryland Department of Health, provides self-monitoring, lifestyle coaching, and nutrition education to support adults with hypertension.

**Tuesday, April 28, 2026, 2:00-3:00 pm**  
**Members Free, Guests \$5**

#### **Moyer Move Management – Simplifying Life’s Transitions**

Join us to learn how Moyer Move Management helps older adults and families with downsizing, organizing, packing, and setting up a new home.

**Monday, April 27, 2026, 1:00-2:00 pm**  
**Members Free, Guests \$5**

**Celebrate World Health Day with Dr. Benjamin Frizner!** Learn tips for staying healthy, active, and feeling your best. Don't miss this opportunity to engage, ask questions, and take charge of your wellness.

**Wednesday, April 29, 2026, 12:00-1:00 pm**

**Members Free, Guests \$5**

