



Spring Into Health!

Energizing programs to keep you moving and thriving.

Discover opportunities to move more, learn more, and feel your best as we focus on strengthening our bodies, minds, and community throughout the month.

RSVP FOR ALL PROGRAMS

410-358-6856

ilysa@myerberg.org

Vibrant Living Circle

Join us for friendly chats about wellness, connection, and living life to the fullest.

Monday, May 4, 2026, 12:30-1:30 pm

Member's only program

Hear for You comes to Myerberg for a presentation and on-site hearing checks. Learn ways to protect your hearing and explore helpful hearing devices.

Tuesday, May 5, 2026, 10:00 am-12:00 pm.

Members Free, Guests \$5

Dr. David Ajibade is a brain health researcher, clinician, and global brain health advocate working to change how the world understands and protects the human brain. Join us for a five-part series on "**Keeping Your Marbles.**"

Tuesdays, May 5 to May 26, 2026, 1:00-2:00 pm

Members \$60, Guests \$75

Care Access Health Screening – Join us for free screenings to check your blood pressure, blood sugar, and more. Get personalized tips to stay healthy and address any concerns.

Wednesday, May 6, 2026, 11:00 am-12:00 pm

Members Free, Guests \$5

Mack's Jewish Connection- Learn about Sirtei Burekas, a uniquely Israeli genre of film.

Thursday, May 7, 2026, 10:00 am-12:00 pm

Open to the Community!

Sound Bath with Salt Sanctuary of Maryland is a calming experience where soothing tones and vibrations help you relax, reduce stress, and feel more at ease.

Monday, May 11, 2026, 2:00-3:00 pm

Members \$10, Guests \$15

Balance Class with Kevin Lamberson – Build strength and stability with expert guidance from **Phoenix Physical Therapy**.

Wednesday, May 13, 2026, 10:00-11:00 am

Members Free, Guests \$5

Older Americans Month-Civic Works Elder Services – Learn about programs and support designed to help older adults stay active, independent, and engaged in the community.

Thursday, May 14, 2026, 12:00-3:00 pm (Drop In)

Members Free, Guests \$5

Move & Groove Bingo! Get moving and have fun! Play bingo while staying active with light exercises and energizing activities.

Monday, May 18, 2026, 1:00-2:30 pm

Members Free, Guests \$10

Bloom & Stroll – Celebrate Spring with a refreshing walk outside.

Wednesday, May 20, 2026, 11:00 am-12:00 pm

Members Free, Guests \$5

Israeli Culture Club- Explore Israeli history, music, food, and traditions in a fun, engaging group setting. Connect with others and celebrate the richness of Israeli culture.

Wednesday, May 20, 2026

Open to the Community!

National Senior Fitness Day – Join **Ilysa, David, and Marcie** for a fun, energizing celebration of fitness for older adults! Enjoy exercises and activities designed to keep you strong, healthy, and motivated.

Wednesday, May 27, 2026, 11:30 am-12:30 pm

Members Free, Guests \$5

