

"Such a variety of free programs, we really enjoy them!"

Cardio Drumming with Ilysa Cohen (ONSITE)
Thursdays, 2:00 to 3:00 p.m.; no class TBD

Brings together drumsticks, an exercise ball and a stand to create one of the most fun workouts you'll ever do. Using the ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop! Registration required, limited space available.

Myerberg Walking Club with Ilysa Cohen (ONSITE)
Wednesdays, 1:00 to 2:00 p.m.

Get your steps in while chatting with some new friends. Meet in the cafe by the fitness center. Weather permitting.
Please CALL US to express interest. Minimum of 4 attendees.

MEMBERSHIP provides you with discounts on a variety of programs including Bridge, Trips, Fitness Classes, Personal Training, Virtual Center Subscriptions & more!

MYERBERG ANNUAL CELEBRATION
Tuesday, June 9, 2026

9:30 - 11:00 a.m.

Celebrate the past year with us and kick off what's next! Start your morning with great company, a light kosher breakfast, and a look ahead at the exciting programs and events to come.

Please register by 6/1/26 at 410-358-6856 or info@myerberg.org



SUMMER
2026

MYERBERG FREE* PROGRAMS


MYERBERG
EDWARD A. MYERBERG CENTER
A Program of CHAI

*FREE FOR MEMBERS & SUBSCRIBERS
REGISTRATION IN ADVANCE REQUIRED

Updated 2.23.26

We offer a variety of free programs!

Break-A-Sweat Bingo with Ilysa Cohen (ONSITE)

One Monday each month (5/18, 6/15, 7/20, 8/17)

1:00 - 2:30 p.m.

Play a little bingo, dance or workout to a song, win some prizes and have a lot of fun. Meet new friends. Registration required.

Canasta Open Play (ONSITE)

Mondays 1:30 to 3:30 p.m.

Coloring for Calm & Creativity

Fridays, 10:30 to 11:15 a.m.

A calming morning of coloring with different designs and coloring media. Products provided or bring your own. Registration required each semester.

Breaking News with Ron Matz & John Rydell (VIRTUAL)

Mondays, 11:00 a.m. to 12:00 p.m.

Local experienced news reporters will take turns hosting a current events discussion in alternating weeks. Bring your questions to this amazing hour filled with news and laughs. Call 410.358.6856 to register.

Knitting & Needlework with Daniella Fradkin (ONSITE)

Wednesdays, 1:30 to 2:30 p.m.

Join Daniella and other members who enjoy needlework and learn how to knit and crochet.



Mah Jongg (ONSITE)

Mondays 11:30 a.m. to 1:30 p.m.

Join to play Mah Jongg. Please come with your own card and set of tiles (we have some sets here).

Myerberg MOVIES! (ONSITE)

Dates vary each month

Thursdays at 12:00 p.m.

Email reese@myerberg.org for more information.

5/14 - Remarkably Bright Creatures (2026)

6/11 - Miracle - The Boys of '80 (2026)

7/9 - Hustle (2022)

8/13 - Carry-On (2024)

Photography Club (ONSITE)

Every other Tuesday

11:15 a.m. to 12:15 p.m.

Share photographs, discuss and learn techniques from each other. Each session, you can email your photos to the group leaders to be shown during the meeting. Contact us to be included.