



Sizzle Into Summer Health- June's Health & Wellness Programs

Kick off summer with energizing programs designed to keep you active, strong, and feeling your best! From fitness and balance to health education and fun social activities.

RSVP FOR ALL PROGRAMS 410-358-6856 OR INFO@MYERBERG.ORG

Vibrant Living Circle- A space to connect, share, and grow together. It focuses on enhancing well-being through meaningful conversation and mutual support—helping members live with purpose, connection, and vitality.

Monday, June 1, 2026, 12:30-1:30 pm

Members Only Program, limited to 15.

Fresh & Fit for Summer: Healthy Recipe Social- Join us as we kick off the summer season with a fun and flavorful social featuring Nutritionist Hannah Dressel! Discover refreshing, healthy summer recipes designed to keep you energized and feel your best all season long.

Tuesday, June 2, 2026, 12:30-1:30 pm.

Members \$5, Guests \$10

Join the Baltimore Zionist District for “Unmasking Antisemitism: Understanding What We Are Seeing Today,” an important and timely program exploring current expressions of antisemitism, how to recognize them, and how they impact communities today.

Wednesday, June 3, 2026, 1:00-2:00 pm

Members Free, Guests \$5

Unwind & Rebalance: Reiki Experience

Join Daniella Fradkin for a special introductory Reiki session. This group session offers a chance to experience the calming and restorative benefits of Reiki in a relaxed, welcoming setting.

Following the first session, Reiki will continue every Wednesday from 3:00 PM-3:45. Participants can also sign up for individual one-on-one sessions for a more personalized experience.

Wednesdays starting June 3, 2026, 3:00-3:45 pm

Members Free, Guests \$5

Memory Makers: A Show & Tell Experience- Enjoy a lively afternoon of stories, laughter, and connection at our **Show & Tell Social!** Bring a meaningful item to share (or just come to listen), and join in as we celebrate memories, creativity, and fun—plus vote for your favorite moments along the way.

Monday, June 8, 2026, 2:00-3:00 pm

Members Free, Guests \$5

Uptown Moves: A Billy Joel Chair Workout- Sing along and stay active in this fun, music-filled chair exercise class set to the timeless hits of Billy Joel! Improve strength, flexibility, and mood with easy-to-follow movements.

Tuesday, June 9, 2026, 2:00-3:00 pm

Members Free, Guests \$5

Fall Risk Prevention Study with Steady Strides (OPEN TO THE COMMUNITY)

Be part of an important study focused on improving safety and independence. Participants will complete simple assessments and activities to help identify fall risks and contribute to research supporting healthier aging. Join us to learn more about your own balance and mobility while helping advance care for others.

Wednesday, June 10, 2026, 9:00 am- 12:00 pm

Calling all Needlepoint Stitchers! Join this exciting community project to create a beautiful wall-hanging for Myerberg. If you are comfortable with continental or basketweave stitches, we'd love your help! Each participant will stitch a unique 6" x 6" canvas square, which will be combined into one magnificent tapestry for display at Myerberg.

June 11, 2026, 12:30-1:30 pm

Members Free, Guests \$5

Questions? lesliedgoldberg@gmail.com

Move & Groove Bingo!

Bingo, where the game pauses throughout to add light exercise and movement. Participants enjoy playing bingo, then move together before jumping back into the game—keeping everyone active, engaged, and smiling.

Monday, June 15, 2026, 1:00-2:30 pm

Members Free, Guest \$10

Dementia Conversations: Talking with Loved Ones

When someone begins showing signs of dementia, starting important conversations can feel overwhelming. This program from the Alzheimer's Association provides practical tips and supportive strategies to help families navigate these difficult but necessary discussions.

Tuesday, June 16, 2026, 2:00-3:00 pm

Members Free, Guests \$5

June Joy Walk: Move, Breathe, Connect- Join us for our **monthly community walk in June**, a refreshing opportunity to get moving, enjoy the outdoors, and connect with friends.

Wednesday, June 17, 2026, 11:00 am-12:00 pm

Members Free, Guests \$5

Aging Smart with AARP- Join us for an engaging and informative program with AARP focused on aging smart and living well. Discover valuable resources and simple strategies to help you stay healthy, independent, financially secure, and socially connected as you age.

Thursday, June 18, 2026, 10:00-11:00 am

Members Free, Guests \$5

First Day of Summer- Join us for Smiles & Sandwiches!

Join us for a relaxing and fun-filled picnic with friends! Enjoy the fresh air, good company, and light activities. Please bring a kosher lunch to enjoy together as we celebrate community and summer.

Monday, June 22, 2026, 12:30-1:30 pm

Members Free, Guests \$5

Scam Smart: Stay Safe with the Better Business Bureau

Join Better Business Bureau for a helpful talk on avoiding scams, protecting your information, and making smart consumer choices.

Wednesday, June 24, 2026, 10:00-11:00 am

Members Free, Guests \$5

Celebrate International Yoga Day with a relaxing and accessible **Chair Yoga session** designed for all abilities. Gentle stretches, mindful breathing, and guided movements will help improve flexibility, balance, and relaxation while seated or supported by a chair.

Thursday, June 25, 2026, 10:00-11:00 am

Members \$5, Guests \$10

