



Savor Summer, Strengthen Your Health

August Health & Wellness Programs

Make the most of August with programs designed to help you stay active, engaged, and connected! Join us for educational talks, fitness classes, wellness workshops, and social activities that support healthy aging, brain health, balance, and overall well-being. There's something for everyone to learn, move, and thrive with us this month!

Your RSVP matters! Please sign up in advance for all programs. Programs with low enrollment may be canceled.

410-358-6856 or info@myerberg.org

Vibrant Living Circle- A member-led discussion group focused on connection, conversation, and living well. Share, listen, and grow together in a supportive environment.

Monday, August 3, 2026, 12:30-1:30 PM

MEMBERS ONLY PROGRAM

Balance Basics: A 4-Week Journey to Steadier Steps. Join Kevin Lamberson from Phoenix Physical Therapy for a 4-week workshop focused on improving balance, strength, and confidence with movement.

Tuesdays, August 4, 11, 18 & 25, 2:00-3:00 PM

Members \$30, Guests \$45

A minimum of 10 participants is required for this class to run.

Summer Splash Chair Exercise Party! - Bring your beach spirit and get moving! Enjoy a tropical-themed chair workout with fun music, gentle exercises, and summer vibes.

Monday, August 3, 2026, 2:00-3:00 PM

Members Free, Guests \$5

Farm Fresh Adventure: Trip to the Pikesville Armory Farmers Market -Join us as we celebrate National Farmers Market Week with a trip to the Pikesville Armory Farmers Market!

Tuesday, August 4, 2026, 3:00 PM

Open to the Community!

Walk & Talk- Join us for our weekly Wednesday stroll and celebrate **National Dog Day on August 26 with a special visit from Pets on Wheels!**

Enjoy a heartwarming afternoon meeting friendly therapy animals while we walk, socialize, and enjoy the outdoors together.

Wednesdays, August 5 & 12, 19, & 26

NEW TIME FOR AUGUST- 9:00- 10:00 AM

Members: Free, Guests: \$5

Home Safety Check-Up - Join Daniel Chernoff, MS, OTR/L, owner of Back Home Therapy, who will discuss common myths about aging and answer questions.

Thursday, August 6, 2026, 10:00-11:00 AM

Members: Free, Guests: \$5

Beat the Heat with Healthy Eats- Garden Fresh Flatbreads - Enjoy the flavors of summer with this onsite, hands-on healthy cooking class with Ilysa Cohen! Create your own whole wheat flatbread topped with fresh vegetables, mozzarella cheese, and herbs.

Monday, August 10, 2026, 12:00-1:30 PM

Members \$10, Guests \$15

Show & Tell: Summer Memories Edition- Members bring photos, souvenirs, or stories from favorite summers.

Monday, August 10, 2026, 2:00-3:00 PM

Members Free, Guests \$5

Jewish Network - Israel Through Song: Naomi Shemer - Join Jewish Connection Network for a special morning celebrating the life and music of Israel's beloved songwriter, composer, and poet, Naomi Shemer. Through timeless songs like *Jerusalem of Gold*, *Lu Yehi*, and *Al Kol Eleh*, we'll explore Israel's history, culture, and spirit while discovering the stories behind the music that has inspired generations.

Tuesday, August 11, 2026, 11:00 AM-12:00 PM

OPEN TO THE COMMUNITY!

Golden Hits, Golden Memories: Name That Tune! Celebrate National Senior Citizens Day with a fun-filled musical journey through the decades! Test your knowledge of classic songs and enjoy friendly competition with friends.

Wednesday, August 12, 2026, 11:00 AM-12:00 PM

Members: Free; Guests: \$5

Move & Groove Bingo- Play bingo, get moving, and have fun! Enjoy light exercises between games, great company, and chances to win prizes. Every number gets you closer to BINGO—and better health!

Monday, August 17, 2026, 1:00-2:30 PM

Members: Free, Guests \$10

For questions, please get in touch with Ilysa Cohen
Wellness & Engagement Coordinator

ilysa@myerberg.org

443-963-1447

