



Fall Into Wellness: September Programs for a Healthier You. Welcome the new season with programs designed to keep your mind active, your body moving, and your spirit connected. Join us as we embrace healthy habits, lifelong learning, and a vibrant community this September!

Advance registration is required for all programs.

Please RSVP to reserve your spot.

Programs with insufficient enrollment may be canceled.

410-358-6856 or info@myerberg.org

Vibrant Living Circle is canceled for the month of September.

We will see you back on Monday, October 5, 2026, at 12:30 PM.

Walk & Talk Wednesdays- Join us every Wednesday for a relaxed group walk paired with friendly conversation. Enjoy fresh air and a chance to connect with others while staying active and social. All fitness levels are welcome!

September 2, 9, 16, 23 & 30, 2026- 9:00-10:00 AM (NEW TIME)

Members: Free, Guests: \$5

Healthy Aging Month-Disrupt Aging with AARP - Discover how to challenge outdated ideas about aging and embrace a healthier, more fulfilling future. Join **AARP** for an inspiring presentation on living with purpose, staying active, and redefining what it means to grow older.

Wednesday, September 9, 2026- 11:30- 12:30 AM

Members: Free, Guests: \$5

Brain Health Matters- Join the **Division of Aging and Community Support** from the **Baltimore City Health Department** for an informative presentation on brain health. Learn practical tips to keep your mind sharp, support healthy aging, and promote lifelong cognitive wellness.

Monday, September 14, 2026- 2:00-3:00 PM

Members Free, Guests \$5

Stay Steady: Fall Prevention- Join experts from **R Adams Cowley Shock Trauma Center** for an informative presentation on fall prevention. Learn practical tips to improve balance, prevent falls, and stay safe and independent at home and in your community.

Tuesday, September 15, 2026- 1:00-2:00 PM

Members: Free, Guests: \$5

Stay Safe Behind the Wheel- CarFit is coming to Myerberg! This free program helps older adults improve their fit in their vehicle for greater safety and comfort. Trained technicians will provide personalized recommendations to help you stay safe on the road.

Tuesday, September 15, 2026- 2:00-4:00 PM

Members Free, Guests \$5

National Falls Prevention Awareness Week - Stay Steady, Stay Strong - After our Walk & Talk on September 16th, **Steady Strides** will be on site offering free fall risk evaluations. Receive a personalized assessment of your balance, strength, and mobility, along with recommendations to help you stay safe, steady, and independent.

Wednesday, September 16, 2026- Please sign up for an appointment at the front desk.

11:00 AM-1:00 PM- Members: Free, Guests: \$5

Please Note: The Edward A. Myerberg Center will be closed on Monday, September 21, in observance of Yom Kippur. As a result, Move & Groove Bingo will not be held in September. See everyone on Monday, October 19, 2026, from 1-2:30 PM.

Mamma Mia! Let Us Move- Move, groove, and exercise to ABBA's greatest hits in this fun, easy-to-follow fitness class. No dance experience needed; bring your energy and love of music!

Tuesday, September 22, 2026- 11:00- 11:45 AM

Members: Free, Guests: \$5

First Day of Fall - Grow Your Own Wellness - Kathleen Breen from **Master Gardeners Grow It Eat It** will take us through a Container Gardening workshop.

Tuesday, September 22, 2026- 1:00-2:00 PM

Members: Free, Guests: \$5

Understanding Dementia: From Diagnosis to Daily Support. Learn the basics of dementia with **Betsey Kurtz from Eye on Elders**. This informative presentation will cover the stages of dementia, what to expect, and the support available to individuals and caregivers.

Wednesday, September 23, 2026- 1:00-2:00 PM

Members Free; Guests \$5

Autumn Calm: A Fall Meditation Experience- Embrace the beauty of the season with a relaxing guided meditation designed to help you unwind, reduce stress, and find inner peace. As the leaves change, take time to slow down, breathe deeply, and enjoy a moment of calm and reflection.

Monday, September 28, 2026- 2:00-3:00 PM

Members Free; Guests \$5

Harvesting Health with Apples- Celebrate the flavors of fall with a healthy apple-themed cooking demonstration! Learn about the nutritional benefits of apples while watching easy recipes come to life. You will leave inspired with innovative ideas for adding this seasonal favorite to breakfasts, snacks, and desserts.

Tuesday, September 29, 2026- 12:00 PM- 1:00 PM

Members \$10, Guests \$15

World Alzheimer's Month - Understanding Memory Loss - Sheila Baldeo from the Alzheimer's Association joins us for an informative presentation on Alzheimer's disease, brain health, and resources available for individuals and caregivers.

Tuesday, September 29, 2026- 2:00-3:00 PM

Members: Free, Guests: \$5

Any questions, please contact:

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