MYERBERG
EDWARD A. MYERBERG CENTER
A Program of CHAI



Grateful for Good Health: November at Myerberg

Stay active, well, and connected this November through fitness, wellness, educational, and social programs designed to help you move, learn, and thrive.

RSVP Required! Programs may be canceled due to low registration.

Call: 410-358-6856 or email: info@myerberg.org

Vibrant Living Circle – Fall into Connection- Join us for a welcoming conversation focused on **connection, positivity, and living well**. Share your thoughts, experiences, and ideas in a supportive group setting.

Monday, November 2, 2026

12:30–1:30 PM; Registration Required-Members Only | Limited to 15 participants.

Draw Your Future: What is next for you? Agility is a skill you are good at and enjoy. **Join Judy Schnidman, MBA, founder of Third Act Careers**, for a fun, interactive experience designed to help you discover your strengths, boost your confidence, and envision a meaningful next chapter in work, volunteering, or life. No drawing skills are needed! **Please bring your smartphone to take a brief survey to discover your own Agilities and then create your own hand-drawn vision board to take home.**

Tuesday, November 3, 2026

1:30-3:00 PM, Members Free, Guests: $10

Walk & Talk Wednesdays: Autumn Wellness Walks- Start your morning with **fresh air, movement, and enjoyable conversation!** Join us for a fun, social walk as you take in the steps and stay active this fall.

Wednesday, November 4, 11, 18 & 25 (November 25th will be our last walk until spring)

9:00-10:00 AM, Members Free, Guests: $5

National Diabetes Month- Join Rozalina G. McCoy, MD, MS, Endocrinology, Diabetes & Nutrition, University of Maryland School of Medicine for a program about Diabetes Basics for Older Adults

Monday, November 9, 2026, 2:00-3:00 PM

Members Free, Guests: $5

Veterans Day at Myerberg- Join us as we come together to honor and thank the veterans in our Myerberg community for their service, sacrifice, and dedication to our country**.**

November 10, 2026, 10:00-11:30 AM

OPEN TO THE COMMUNITY!

Happy Feet, Healthy You! **Join Dr. Chantel Sanford, Podiatric Physician and founder of SoleCare,** for an informative program on keeping your feet healthy as you age. Learn about common foot concerns, proper foot care, and tips to help you stay comfortable, active, and on your feet!
Wednesday, November 11, 2026, 12:00-1:00 PM
Members Free, Guests: $5

National Hospice & Palliative Care Month: BEING MORTAL. Join us for the acclaimed PBS FRONTLINE documentary featuring **Dr. Atul Gawande**, which explores aging, end-of-life care, and the importance of quality of life and personal choice. After the film, stay for a discussion with Carlos Graveran from BridgingLife.
Tuesday, November 17, 2026, 1:00-2:00 PM
Members Free, Guests: $5

Stay Safe, Stay Aware! Join **Officer Douglas Gibson from the Baltimore City Police** for an informative discussion on personal safety, crime prevention, and simple ways to stay alert and protect yourself in everyday situations.
Thursday, November 19, 2026, 10:00-11:00 AM
Members Free, Guests: $5

Shake Your Tail Feathers: A Thanksgiving Fitness Party! Get moving before the Thanksgiving feast! Join Ilysa for a fun, festive workout featuring upbeat music, easy cardio, strength, and plenty of smiles. Wear your favorite fall colors and get ready to **shake your tail feathers!**
Friday, November 20, 2026, 10:30-11:15 AM
Members: Free, Guests: $10

Move, Groove & Give Thanks Bingo! Bingo with a twist! Play a few rounds of Bingo, take a fun exercise break, then get back to the games. Move, play, laugh, and win prizes! **Wear Your Best Fall Colors!**
DATE CHANGED FOR THIS MONTH-Monday, November 23, 2026
1:00-2:30 PM, Members Free, Guests: $10

The Gift of Connection with Bethann Talbot from Compassionate Ally
Discover how friendships, purpose, and meaningful connections can enrich our lives as we age. Join Bethann Talbot for an inspiring conversation about staying socially engaged, building supportive relationships, and finding purpose at every stage of life.
Monday, November 30, 2026, 2:00-3:00 PM
Members: Free; Guests: $5