



Fall Into Wellness: October at Myerberg

October is a great time to focus on your health and well-being! Join us at Myerberg for a month filled with opportunities to **move, learn, connect, and feel your best.**

From fitness and healthy aging to educational programs and social wellness, there's something for everyone.

Please register in advance for ALL Health & Wellness programs.

Programs with low registration may be at risk of cancellation, so don't wait—sign up early and help us keep these great programs going!

410-358-6856 or info@myerberg.org

Know Your Meds- Protect Your Health-Join Pharmacy Ethics Education & Resources for an informative program focused on medication safety, proper use, and tips for managing your medications with confidence.

Thursday, October 1, 2026, 10:00- 11:00 AM

Members: Free; Guests: \$5

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, October 5, 2026, 12:30–1:30 PM

Members Only | Limited to 15 participants | Registration Required

Fall Into Healthy Eating; Healthy Cooking with Hannah- Nutritionist Hannah Dressel returns to **Myerberg** for a delicious fall-inspired cooking program! Learn how to prepare a **healthy seasonal recipe** while picking up simple nutrition tips to enjoy all season long.

Tuesday, October 6, 2026, 12:30-1:30 PM

Members: \$5; 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.

Wednesdays, October 7, 14, 21 & 28, 2026, 9:00- 10:00 AM

Put Your Best Foot Forward! Special Guest — October 7!

After our walk, **Charm City Run** and a **Physical Therapist** will meet with us to share helpful tips on **walking, proper footwear, balance, mobility, and staying active safely.**

Members: Free; Guests: \$5

Research Today, Healthier Tomorrow- Join Cassie Gipson from Johns Hopkins Research for an informative morning at Myerberg. Learn more about current research, opportunities to take part, and how research is helping advance our understanding of healthy aging.

Thursday, October 8, 2026, 10:00- 11:00 AM

Members: Free; Guests: \$5

Catch the Show with Senior Box Office: Learn how Senior Box Office connects adults 55+ with discounted and complimentary tickets to local theater, concerts, museums, and more. Discover new ways to get out, have fun, and enjoy the arts!

Tuesday, October 13, 2026, 11:15 AM-1:00 PM

Free for the Community!

CarFit is Back: Drive Safe, Drive Confident! Join us as CarFit returns to Myerberg for a free, personalized vehicle check to help you improve comfort, safety, and confidence behind the wheel.

Thursday, October 15, 2026, 1:00-4:00 PM

Members: Free; Guests: \$5

Please sign up for a 20-minute CarFit evaluation by emailing Ilysa Cohen at ilysa@myerberg.org.

Move & Groove 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!

Monday, October 19, 2026, 1:00-2:30 PM

Members: Free; Guests: \$10

Protect Your Health This Fall- Join Giant Pharmacy for an informative talk about staying healthy this fall, followed by an **On-Site Vaccine Clinic**. Learn about recommended seasonal vaccines, get your questions answered, and take a crucial step toward protecting your health.

Tuesday, October 20, 2026, 11:00 AM-1:00 PM

Open to The Community!

Jolene, Don't Take My Workout! Join Ilysa for a toe-tapping, smile-filled workout featuring Dolly Parton's music! We'll move, stretch, and groove to Dolly favorites with easy-to-follow exercises designed to get you moving and having fun. **Come dressed Dolly-style!** Think pink, sparkle, denim, rhinestones, or your best country flair.

Tuesday, October 20, 2026, 2:00-2:45 PM

Members: Free; Guests: \$5

Medicare Made Simple- Join Juliya Leviyeva for an informative conversation about Medicare. Learn the basics, understand your options, and get helpful information to make Medicare easier to navigate.

Monday, October 26, 2026, 11:30 AM-12:30 PM

Members: Free; Guests: \$5

Shop Smart, Stay Sharp: Join the Better Business Bureau to learn how to spot deceptive advertising, recognize red flags, and use BBB tools and resources to make safer, more informed consumer decisions.

Tuesday, October 27, 2026, 1:00-2:00 PM

Members: Free; Guests: \$5

Move, Groove & Feel Better! Join Ilysa, David & Marcie for a fun fall-inspired **Senior Fitness Day!** Enjoy cardio, strength, balance, and stretching to upbeat music while celebrating the season.

Wednesday, October 28, 2026, 11:30-12:30

Members: Free; Guests: \$5