



GEDCO Senior Living

April 2017

In This Issue

- Senior Network 2
- Harford Senior Center.....3
- Stadium Place 4
- Monthly Calendar..... 5
- Resources 6

Stadium Place
410-467-2572

Harford Senior Center
4920 Harford Road
Baltimore, MD 21214
410-426-4009

Senior Network of
North Baltimore
5828 York Road
Baltimore, MD 21212
410-323-7131

GEDCO
1010 E. 33rd Street
Baltimore, MD 21218
410-433-2442
www.gedco.org

Good Friday, April 14—Centers Closed

Happy Passover and Happy Easter



**Thursday, April 6, 2017
5 pm—9 pm**

Please join **Senior Network**
for Our Annual Fundraiser at
Gertrude's Restaurant
10 Art Museum Drive

Call **410.889.3399** or reserve your table online at
www.gertrudesbaltimore.com

Dept. of Recreation and Parks
Senior Fitness Day at Patterson Park
Wednesday, May 31, 2017, 10 am to 2 pm
Cost \$17, includes line dancing, games,
picnic lunch, t-shirt, transportation and
other fun activities
Call HSC or SNNB to RSVP

Senior Network Highlights

Mon/Fri @ 9 am– Spring into Shape with the Best! Mr. A.J. Dease. Have fun & learn the latest *Line Dances* on the East Coast! Sign-up and get the **first class FREE!**

Mon. @ 11:45 am & 12:45 pm – Tai Chi. *Want less falls, healthier balance & stability, increased circulation, lower stress and better concentration?* **Join our Tai-Chi Classes with expert instructor Eric Johnson, over 20 years of teaching!**

Tues. @ 10 am–Bridge Players Wanted! *What are you waiting for? It's finally Spring! Get out of the house, brush up your skills, have fun & join us for lunch at Jerry's Belvedere Tavern!*

Tues. @ 11 am – A “Powerful” Bible Discussion on the book of Matthews!
Meet (Pastor-Tom Harris) of Govans Presbyterian Church. *“Everyone’s Welcome!”*

Tues., April 25 – (Monthly) FREE-Estate Planning Law Clinic, call to reserve a spot!

Thurs. @ 10 am – 1ST Class free, \$5 disc for members – Advance Senior Fitness- (floor-exercise) - low impact aerobics, with expert instructor **Debbie Bena, MA, RN.**

Thurs. @ 11:15 am – Sparkle’s Sip & Paint in Sharp Hall! New Class. Call to register!

SENIOR NETWORK’S ANNUAL FUNDRAISER

Thursday, April 6 – 5 pm - 9 pm Please join Senior Network for our Fundraiser at Gertrude’s Restaurant -10 Art Museum Drive – Call 410.889.3399 or reserve your table online at www.gertrudesbaltimore.com

Funny Friday Luncheon

Friday, April 21 - 12—2 pm– Get Your Giggle On! A mesmerizing afternoon full of laughs, surprises, fun, pizza & delicious ice-cream. **Meet Aladdin Productions’ Tim Hall, Award Winning Comedy Magician,** Winner of 2010 prestigious Natl. Theatre "Stars of Magic" award. (Show/lunch Cost-\$7.50-pizza, salad, drinks & dessert)- (Show Only -\$3.75).

Trips

Sat. Sept. 9—Mon. Sept. 11 - Guided Tour of Washington, D.C. – Nation’s Capital, Smithsonian’s National Museum of African American History and Culture, WW II, Korean & Vietnam Veterans Memorials, Martin Luther King, Jr. & Lincoln Memorial, Capitol Hill, Embassy Row, and more. \$315 includes transportation, 2 nights lodging, and 4 meals. Call us for more info at 410-323-7131!

Harford Senior Center

CRUISE TO THE EXOTIC EASTERN CARIBBEAN ON CARNIVAL PRIDE

Sunday, October 8, 2017 to Sunday, October 15, 2017
Eight Days and Seven Nights

Cost: \$730-\$950. Final Payment due July 18, 2017

Questions or for more information please contact:

Rita Hartman (HSC) at (410) 426-4009 or
Ruby Jackson, Travel Advisor at (410) 426-3739

Washington Tour

**National Museum of African
American History and Culture,
Martin Luther King, Jr.
Memorial
and**

World War II Memorial

Monday, April 3, 2017

From 9 am-6 pm

Cost \$30

Lunch on your own

BCRP Trips

**Thurs., June 8—Spirit of
Baltimore Luncheon Cruise**
Thurs., July 27—Kurtz's Beach
**Tues., Aug. 29—Senior Splash
Day at Patterson Park Pool**

**Better Health through
Communication
Stroke Education**

**Tuesday, April 18
10:30 am**

Yoga Classes

**Tuesdays and Thursdays
10 am—11 am**

Lancaster Show Trip

Jonah at the

Sight & Sound Theatre

Wed. May 3—Thurs. May 4

Cost: \$199

**2nd day—Visit Philadelphia
for shopping, dining and
sightseeing**

Stadium Place Highlights

Eating Together Lunch Program: Mondays, Wednesdays and Fridays at Ednor Apts.

Shopping Trip on Heritage Run Shuttle Bus Mondays from 10 am to 1 pm

Shopping Trip to York Road—Action in Maturity Tuesdays at 9 am

Line Dancing Friday nights at Ednor Apts. from 6 - 7 pm; Cost is \$2 per person

Call **Dr. Regina Gan-Carden** to make an appointment at 410-645-0868.

Exercise with Johns Hopkins Students—Tuesdays at 10:30 at Venable Apts. II

Heritage Run Events (1080 E. 33rd Street)

Mondays- Bible Study 6:00 pm- 7:00 pm

Tuesdays – Craft Circle at 4:00 pm

Wednesdays- Game Night at 4:00 pm

Thursdays- Fitness Thursdays at 10:00 am (no fitness on 4th Thursdays)

FAMILY CAREGIVER RESOURCES AND EVENTS

Community Law Day: Saturday, April 22, 2017, 8 am—2:30 pm

District Court of Maryland, 5800 Wabash Avenue, Baltimore, MD 21215

RSVP by April 18 to 410-396-5278, Space Limited

Free Breakfast and Lunch, Presentations, Ask an Attorney, Benefits Checkup, Vendor Displays

Money Power Day: Saturday, April 1, 2017, 9 AM—3 PM, Poly-Western High School

Workshops, Credit Café, Kids Zone, Free Tax Prep., Speakers, Exhibitors



This newsletter is supported by the Baltimore City Health Department, Division of Aging and CARE Services, the Harry and Jeanette Weinberg Endowment Fund, membership fees, and your generous donations. PLEASE SEND US YOUR EMAIL ADDRESS IF YOU WANT TO RECEIVE THIS NEWSLETTER AND PROGRAM REMINDERS BY EMAIL.

Monthly Calendar

HARFORD SENIOR CENTER Daily lunch program

Mondays

10:30 Bible Study
10:30 Chair Exercise
12:30 Arts & Crafts

Tuesdays

10:00 Arts & Crafts & Yoga
10:30 Card Games
11:00 Chair Aerobics

Wednesdays

10:30 Exercise Class
12:30 Bingo

Thursdays

10:30 Arts & Crafts
11:00 Chair Exercise
12:30 Cards/Games/Chess/Dominoes

Fridays

10:00 Computer Practice Time
11:30 Card Games

Harford Senior Center

4/3 Washington Tour
4/4 Maryland Live
4/11 Members Meeting
4/18 Better Health—Stroke
5/2 Delaware Park
5/3-4 Lancaster/Philadelphia Trip
5/31 Senior Fitness Day
6/6 MGM National Harbor
6/8 Spirit of Baltimore Cruise

SENIOR NETWORK Boxed lunches Mon. & Wed.

Mondays

9:00 Line Dancing
10:00 Strength Training
11:00 Gentle Yoga
11:45 Tai Chi Advanced
12:45 Tai Chi Beginners

Tuesdays

10:00 Bridge Club, Knitting
10:00 Walking Club
11:00 Bible Study

Wednesdays

9:15 Senior Fitness Class
11:00 Spanish (Beginner-Adv.)
12:00 Zumba

Thursdays

10:00 Advanced Fitness
11:15 Sip and Paint
12:00 Bridge Practice
12:30 Tai Chi Practice

Fridays

9:00 Line Dancing
10:30 Reminiscing Club
Debbie Bena and Lunch Bunch

Senior Network

4/6 Gertrude's Dinner
4/21 Tim Hall Magician and Lunch
4/25 Legal Clinic
6/12-16 Cape Cod Tour
9/9-11 Washington, DC Tour



Building Caring and Compassionate Communities

1010 East 33rd Street
Baltimore, MD 21218
www.gedco.org

Nonprofit Org.
U.S. Postage
PAID
Permit #4322
Baltimore, MD

Overnight Trips

Sept. 9-11, 2017 - Washington, DC, Smithsonian's African American Museum and more.

Call SNNB at 410-323-7131 for more information

Lancaster Show Trip with HSC—NEW DATES

Jonah at the Sight & Sound Theatre

Wednesday-Thursday, May 3 & 4, 2017

Cost: \$199 per person

This incredible price includes:

- Transportation on a top-quality motor coach
- 1 night lodging
- 2 meals including 1 Breakfast and 1 Dinner
- Admission to the "JONAH" show at the Sight & Sound Millennium Theatre
- Visit to charming Kitchen Kettle Village
- Visit to Rockvale Square Outlets
- 2nd Day—Visit Philadelphia for shopping and sightseeing

Call HSC at 410-426-4009 for more information