



GEDCO Senior Living

April 2019

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Celebrate National Cancer
Awareness Week

- **Have you had a screening recently?**
- **Did you Know: Increased exercise and healthy eating helps to prevent cancer?**

**MedStar Health
Center for Successful Aging
Healthy Aging 101
Ednor Apartments II
April 4, 2019 at 2 pm**

Are you looking for a new doctor? Come meet with Dr. Hennawi and his team. Call GEDCO (410-467-2572) or MEDSTAR (443-444-4720) for more information.

**Senior Network
Spring Fundraiser @ Gertrude's
Thursday, May 2 from 5-9 pm
Baltimore Museum of Art**

Enjoy an evening of drinks or fine dining with friends. Gertrude's will donate a portion of all proceeds to SNNB!

Senior Network Highlights

Mon/Fri @ 9 am: Line-dancing! Rise, Shine & Join The Dance Line! Strengthen your memory muscles & glide to the beats! Meet expert instructor A.J. Dease. **First Class FREE!**

Mondays, 11:45 am & 12:45 pm – Tai-Chi! *Are you stressed or having trouble sleeping? Is your balance off? Try .* Our coach has 40+ years of teaching. **First Class FREE!**

Tuesdays @ 10 am –Bridge Players Wanted! Spring Forward & Fellowship! Meet us in the activity room! Brush up on your skills & join us for lunch @ Jerry's Belvedere Tavern!

Tuesdays @10 am –Knitting with a purpose! A warm & cozy hour of power! Meet us in Sharp Hall for friendly company and great conversation. We're waiting to meet you!

Tuesdays @11am – Bible Study is back! Join Rev. Nelson Murphy for an Inspiring Hour of study and discussion on the book of Psalms! All are welcome. You don't want to miss it.

(NEW DAY) Tuesdays @12:15pm – Zumba Gold! There's a whole lot of fun going on! Meet new friends & get energized! *With our best, Katie!* **First Class Free.**

Tues.-(monthly) - Do you need (FREE) repairs/upgrades to your home? Intake appointments are available for the **HUBS-Program.** *Call us!*

Tues.-(monthly) - FREE Pro-Bono Law Clinic, Preparations for Advance Directives, POA's, Wills & Estate planning is available. Call us for an appointment!

Thursdays @ 10 am – Senior Fitness Advanced – Low impact aerobics exercise with Debbie Bena, MedStar Health. 10 weeks-**Discounted Cost: \$20.**

2nd Thursday @ 12:30 pm—Book Club meets monthly. Join Lenetta & Friends for thought provoking conversations. We're reading **Tangerine by Christine Mangan!**

Fridays-(most) - Money Matters! - Papers piling up? Need help organizing records and understanding your mail. Confidential, free program for people 60+. Provided by BCHD/Maryland Access point/NCOA. By Appointment Only. Call to RSVP.

2nd & 4th Fridays-10:30–12:30pm – The Reminiscing Club, Do you have a Story 2 tell? Join Us!

SPECIAL EVENTS & TRAVEL WITH GEDCO

Senior Network—Friday Events & Lunches

Friday, April 5, 2019 @ 12 pm Lunch Bunch Chat & Chew—Meet us at Zen West for delicious Mexican Food with friends. 5916 York York, 410-323-3268.

Friday, April 26, 2019: 12-2 pm Money Matters Workshop. Financial Health is VITAL to your independence! Learn about a FREE Financial Support Service, a NEW PROGRAM sponsored by BCHD/MD Access Point. Presented by BCHD and Maryland State's Attorney Office. RSVP/call for details at 410-323-7131.

Friday, May 31, 2019 @ 12 pm—Nutrition Education—Older Adults Living their BEST Life Through Food! Healthy Food Choices by Rona Martiyan, BCHD. Program Free / Lunch Cost is \$8. Menu—Grilled Chicken, Garden Salad with Blueberries, carrot muffins, fruit medley and drinks.

SENIOR NETWORK TRIPS—CALL 410-323-7131

SNNB Presents – Beautiful Vermont 2019 Tour!

Monday – Friday, August 19-23, 2019

Cost: \$639 members and \$659 non-members.

Non-refundable, non-transferable deposit of \$75.00 required upon sign-up! Includes Motor Coach transportation, lodging, 4 breakfasts, 4 dinners, A Dinner Cruise on beautiful Lake Champlain with Entertainment, & touring. Call for more details! Final payment Due – June 6, 2019.

Special Event!

Senior Network of North Baltimore

Spring Fundraiser @ Gertrude's

Thursday, May 2, 2019

5:00pm – 9:00pm

**Gertrude's at The Baltimore Museum of Art
10 Art Museum Drive Baltimore, MD 21218**

**Reservations: 410-889-3399 or
www.gertrudesbaltimore.com**

Gallagher Mansion / Epiphany House

FREE SHOPPING SHUTTLE

Reminder: The AIM (Action in Maturity) Tuesday shopping shuttle is **FREE** for trips to the York Road shopping centers. It starts at Stadium Place, and is available to stop at Gallagher Mansion and Epiphany House. **Please call AIM by Monday afternoon at 410-889-7915 if you want to ride the Tuesday shopping shuttle.**

Epiphany House Round Table—Thursdays at 1:15 pm

Discuss various topics with your neighbors. March discussion topic will be Healthy Community.

Stadium Place Activities

NEW ACTION IN MATURIY EXERCISE CLASSES OPEN TO ALL STADIUM PLACE RESIDENTS

Active Yoga—Mondays at 10 am

Chair Yoga—Mondays at 2 pm and Wednesdays at 10 am

Line Dance—Tuesdays at 9:45 am

All classes at Venable Apartments 2 (1030 E. 33rd Street)

Floor & Chair Yoga \$2/class and Line Dance \$3/class.

Spring Jazz Concert—Thursday, April 18, 2019

Heritage Run at 11:30 am. Enjoy a live jazz ensemble led by Rhonda Robinson, in partnership with Contemporary Arts.

Memory Enhancement, Tuesday, April 9, 2:30 pm at Heritage Run (1080 E. 33rd).

Stadium Place/GM Highlights

Eating Together Lunch Program: Come eat and spend time with friends Mondays, Wednesdays and Fridays at Ednor Apts. 11:30 am—1 pm

Shopping Trip-Heritage Run Shuttle Bus Tuesdays from 10 am to 1 pm

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

Coloring Club Mondays at 4:30 pm, Ednor II (except 2nd Monday of Month)

“Our Space” Grief Support Group: Every Thursday, 2 –4 pm, Ednor 1

Pratt Bookmobile Thursdays at 2:45 pm, Heritage Run

Super Game Day at Heritage Run—4th Wednesday (April 24)

Stadium Place Book Club, My Eyes are Weary, Mondays @ 2:30 pm, Venable Apts. 2 Theater

JHH Nursing Students—Chair Exercises, Nutrition Talk

Tuesday, April 2 and April 9, 1:30-2:30 at Venable Apts. 2 and Ednor 2

Morgan State University Nursing Students, Thursdays 3-6 pm, Ednor 1

Pantry on the Go—Wednesday, April 17, 2019

Arthritis Workshop—Wed., April 24, Venable 2 at 1 pm

Towson OT Students

Technology Workshop—Tuesdays, Ednor Apts. (1040) , 2 to 4 pm

Technology Workshop—Tuesdays, Weinberg Court (1020) , 2-4 pm

Technology Workshop—Tuesdays, Venable Apts. 2 (1030) , 2-4 pm

Wellness Workshop—Wednesdays, Weinberg Ct. (1020), 2 to 4 pm

Dance Workshop—Thursdays, Venable Apts. 2 (1030), 2 to 4 pm

Kaiser/Ocean Blue Community Volunteer Day-Thursday, April 11

Music, games, bingo, light housekeeping, computer/phone assistance

Call Alda James at 410-467-2572 to sign up.

Friday, May 10, 2019 Catholic Charities Community Resource Fair

1 to 4 pm at Ednor Apts. 2. Learn about organizations providing services to help older adults improve their wellbeing and live in the community.

Monthly Calendar

STADIUM PLACE

Mondays

- 10:00 AIM Active Yoga (V2)
- 12:00 Eating Together (E1)
- 2:00 AIM Chair Yoga (V2)
- 2:30 Book Club (V2)
- 4:30 Coloring Club (E2)

Tuesdays

- 9:00 AIM Shopping Shuttle
- 9:45 AIM Line Dancing
- 10:00 Heritage Run Shopping Shuttle
- 2:00 Movies
- 2:30 Exercise Class (WC)

Wednesdays

- 10:00 AIM Chair Yoga
- 12:00 Eating Together (E1)

Thursdays

- 2:45 Bookmobile (HR)
- 3:00 MSU Nursing Students (E2)

Fridays

- 12:00 Eating Together (E1)
- 2:00 Movies (V2)

Stadium Place Activities

- 4/2 and 4/9 Chair Exercise
- Giant Food Nutritionist
- 4/4 MedStar Health (E2 at 2 pm)
- 4/9 Memory Enhancement (HR)
- 4/11 Ocean Blue and Kaiser Visit
- 4/18 Jazz Concert (HR)
- 4/24 Arthritis Workshop (V2)
- 5/10 Resource Fair, E2, 1-4 pm**

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
- 11:00 Bible Study
- 12:15 Zumba Gold (New Day)

Wednesdays

- 9:15 Senior Fitness Class
- 10:15 Chair Yoga

Thursdays

- 10:00 Advanced Fitness
- 11:15 Sip and Paint
- 12:00 Bridge Practice
- 12:30 Book Club
- 12:45 Tai Chi Practice

Fridays

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

Senior Network

- 4/5 Lunch Bunch Café Zen
- 4/26 Money Matters Workshop
- 5/2 Gertrude's Spring Fundraiser
- 5/10 Stadium Place Resource Fair
- 5/31 Nutrition Talk

RESOURCES FOR OLDER ADULTS

RESOURCES AND EVENTS

Health Care Resources:

MedStar Center for Successful Aging (443-444-4720)

MedStar Total Elder Care (443-444-6100)

Renter's Tax Credits, Water bill credits for owners and renters.

Call BCHD, Division of Aging at 410-396-2273 for more information.

**Need a ride to the doctors or shopping? Call Action in Maturity:
410-889-7915.**

Call Baltimore City Health Department: 410-396-CARE (2273) for information on resources such as Taxi Card Program and Family Caregiver Program.

Maryland Access Point: www.marylandaccesspoint.info

GEDCO SERVICE COORDINATION

Need help with public benefits? Looking for something fun to do? Have time to volunteer to help others? Call GEDCO! Meet with a Service Coordinator!

GEDCO Senior Services answers the needs of older adults by providing affordable housing and supportive services at Stadium Place, Gallagher Mansion and Epiphany House. We also support older adults in living healthy and meaningful lives through Senior Network of North Baltimore.

Please call 410-433-2442 or visit www.gedco.org, for more information.



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.



Building Caring and Compassionate Communities

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SAVE THE DATE
FRIDAY, MAY 10, 2019
Catholic Charities
Community Outreach Program

Stadium Place Resource Fair
Ednor Apartments II
1 pm—4 pm

Senior Network of North Baltimore
Spring Fundraising Dinner
Gertrude's at the BMA
Thursday, May 2, 2019