



The Quarterly Silver Scoop - Winter Edition
Senior Network of North Baltimore
The Harry & Jeanette Weinberg Senior Center
5828 York Road Baltimore, MD 21212

**2025
Highlights**

Website:

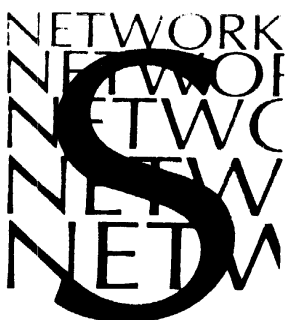
- GEDCO.ORG
- [410-323-7131](tel:410-323-7131)

SNNB STAFF:

- **TED GROSS,**
CHIEF PROGRAM OFFICER
- **GWEN LLOYD,**
PROGRAM DIRECTOR
- **CORINDA JONES**
ADMIN ASSISTANT

Board Members:

- Mary Faith Ferretto
- Robert Blankfeld
- Carol Rice
- Cynthia Jamison
- Lillie Pascal



*hello
january*

FEBRUARY

*hello
march*

“Meet Us @ The Network as we Thrive and Vibe in 2025!”



MESSAGE FROM THE DIRECTOR



“YOU ARE THE ONES”

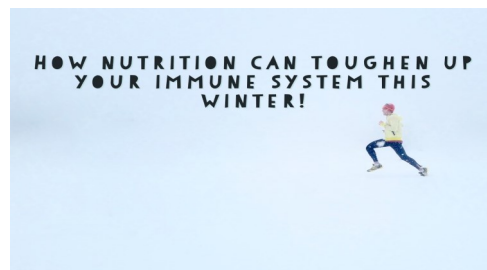
Hello Networkers! You have Arrived! “Happy 2025! Thanks for all the fantastic holiday fun, and unfortunately for me, the Flu. A word of caution COVID, Influenza, and the RSV viruses are on the Rise, according to the CDC and Kaiser. Nevertheless, didn’t we have a ball? We enjoyed cider, cookies & 2-hour bridge games, mindset Mondays, movements with Maria & a trip to see Scott Joplin’s Opera -Treemonisha at Morgan! GBMC brought food & facts and the Mayor’s office came to visit. We kept moving & grooving with Debbie, celebrated with city programs, shopped in Cockeysville & lunched at Pappas. We took in a musical at Toby’s, some met me at the movies and some met me at a Special Govans Service. Did you know? **“You Are the Ones”** that hold a wealth of wisdom, resilience & life experiences. Do you get how extraordinary you are? And did you further know? socializing with your positive peers, does your Heart & Health a world of Good!

I’ve watched, listened and learned from many of you, and it gives me great pleasure to be serving you in my 12th year. “You are the ones” that have lived through decades of change, challenges and growth. “You are the ones” who have inspired younger generations. Your insight and stories are true treasures filled with lessons that help shape this world. You bring a unique perspective, from nurturing families to building communities, your contributions leave lasting impressions. Celebrate the richness in every space you touch! You’re Still our HOPE! - Happy Birthday everybody born in January, February & March! You Matter, Especially to ME! Fostering connections & bringing joy is what we aim to do, *“Cheers my dears, to a Blessed New Year!”* - Gwen



BOOSTING YOUR IMMUNITY DURING WINTER - A TALK WITH SYDNEY HINESTROZA – FOOD EQUITY FELLOW- DIVISION OF AGING AND COMMUNITY SUPPORT-

WHEN: MONDAY JAN 27, 2024 TIME:11AM-12PM COST: FREE - WARM TEA & LIGHT SNACKS FOLLOWING SESSION- MUST REGISTER



Digital Equity Talk - Mon Feb 10, 2025 @ 11am-12pm
Presented by-William Honablew Jr.- Digital Equity Coordinator,
Baltimore City Office of Information and Technology

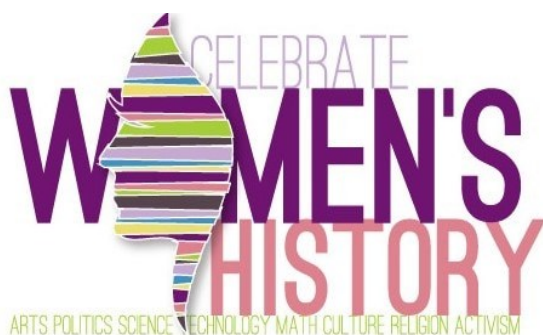
An informative session on the reason why everyone should have access to technology & the skills they need to participate in society, the economy, and our democracy.



PLEASE JOIN GOVANS PRESBYTERIAN CHURCH FOR A SPECIAL BLACK HISTORY MONTH PROGRAM - FEBRAURY 13, 2025 - MORE DETAILS FORTHCOMNG!

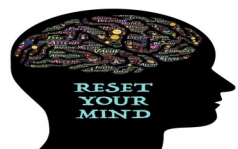


HONORING ALL PRESIDENTS OF THE UNITED STATES OF AMERICA *
Mon-February 17, 2025- Center Closed



Lenetta's SHNB Book Club Program

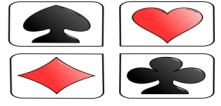
Stay tuned for our very own Book Club's special dramatization on Friday, March 28 @ 12:30pm, more details TBA! Light snacks afterwards, must register-space is very limited!



Virtual & In-Person 2025 Activities

Safe, Fun & Energizing!

SNNB CONFERENCE CALL LINE 1-425-436-6346, ACCESS-CODE 548655 - Press (#)



Monday

10:30-11:30am) - Sheila's Strength Training – [Call Line](#). Open to New participants-Cost: \$48/yearly

11am-12pm) **NEW**- Maria Broom's "Let's Dance" Waverly Room. January 13, 2025. - Cost:\$10

11am -1pm) - Eating Together- Box Lunch Meals (Activity Room) Cost: \$1.50 - \$2.50 per meal

12:30 –2pm) ([Mindset Mondays](#)) with Loyola Doctoral Students (**FREE**) - Start (TBA) -Wavery Room!

Tuesday

10-11am)-Hybrid/ Move & Groove Exercise Cost: \$50-mem/\$55 guest– SNNB in the Gallery- **Sessions starts Tuesday-Jan 14 - March 25, 2025 (1 class is \$30/\$35-guest) - (Limited spacing, Wait list for New Participants)**

10:30-11:30pm)-(Activity Room)- (**FREE**)-Knitting & Crocheting with Friends –Join Us! - **donations encouraged**

Wednesday

11am-12pm) Tai-Chi 4 Seniors—New Session Starts/ Jan 8-March 12, 2025—\$60/\$65 for 10 weeks – The Gallery

12-1pm) - Online Bible Study with Govans & Knox Presbyterian Church ([contact SNNB for the Zoom link](#))

Thursday

10-11am)-Hybrid/ Move & Groove Exercise Cost: \$50-mem/\$55 guest– SNNB in the Gallery- **New Sessions starts Thursdays- Jan 16, 2025 – March 27, 2025 - (1 class is \$30/\$35-guest)- limited space *Waitlist for New Participants**

12:30-2pm) - Chromebooks Training (2x monthly-TBA) (**FREE**) with Dylan-Enoch Pratt Library- (The Gallery)

12:30-2pm) Lenetta's Book Club - (**2nd Thurs**) January's read is "I Always Knew" by Barbara Chase-Riboud

1-3pm) -Bridge Club/SNNB's Activity Room-(AI's Teaching starts in Feb/2025 @ 10:30am)- \$3.00 per class)

Friday

9:30-10:30am) Line Dancing /AJ DEASE - New session starting again in February/2025 - \$40mem/\$45– Guest

ALERT!!!

"As of Dec 27, 2024, the amount of acute respiratory illnesses causing people to seek healthcare is High Nationally. COVID-19, Seasonal Influenza and RSV activity is on the RISE!!! (CDC)

WEAR A MASK, SEEK MEDICAL ATTENTION, AND PLEASE **STAY HOME IF YOU FEEL SICK!**



[Older-Adult Services and Resources](#)

- ◆ **Action in Maturity (AIM) Programs and Transportation-410-889-7915**
- ◆ **Alzheimer's Association 24/7 Helpline 1-800-272-3900**
- ◆ **Baltimore City Health Department, Office on Aging and Care Services.** 410-396-2273. Inquire about the Application for the **WATER4ALL** program.
- ◆ **Bar Association of Baltimore City, Senior Legal Services**– Mission: to provide quality legal services to an underserved population. **Call (410) 396-1322.**
- ◆ **Dialing 2-1-1** is a quick & easy way to find information and get referrals across Maryland.
- ◆ **Enoch Pratt Library**-computer classes: Call 443-984-4944
- ◆ **Findhelp.org, resources and referrals for anyone**
- ◆ **GEDCO COMMUNITY HUB CARES /401 WOODBOURNE AVE/ BALTO 21212 - WE PROVIDE HELP WITH EMPLOYMENT, FINANCIAL, UTILITIES & FOOD PLEASE CALL 410-433-2442**
- ◆ **GoGoGrandparents-Instant Rides** 1-855-464-6872, press 2 to speak with an operator
- ◆ **MARYLAND ACCESS POINT**—a one-stop-shop to work with a certified options counselor to learn about older adult services. Call 410-396-2273,1-844-627-5465 or visit www.MarylandAccessPoint.info
- ◆ **MTA/Mobility** - 4201 Patterson Ave #5 Baltimore MD 21215 - 410-764-8181
- ◆ **MTA/Taxi Access Program** Customer Service for Baltimore City—410-664-2030
- ◆ **Senior Call Check Program, for seniors 65+ Maryland Dept of Aging 1-866-502-0560**
- ◆ **The New (988) Crisis and Suicide Prevention Lifeline available 24 hours/7days**
- ◆ **The Social Security Administration**—SSA.GOV for online services, in-person help by appointment only, or phone assistance 1-866-336-9653 Mon-Friday 9am-4pm
- ◆ **2025 Community Resource Booklets should be available @ Senior Network by Feb/2025.**

SENIOR NETWORK Tribute and SPECIAL EVENTS!!!



**Senior Network of North Baltimore
 Pays Tribute to Former President Jimmy Carter**
39th US President, Dies at 100
October 1, 1924-December 29, 2024
James Earl Carter Jr. American Statesman and Humanitarian

“He believed some things were more important than reelection — things like integrity, respect, and compassion. Because Jimmy Carter believed, as deeply as he believed anything, that we are all created in God’s image. Words from the -44th US President -Barack Obama

TRIP – Bowl For Your Heart with BCRP

When: Thursday February 20, 2025

Cost: \$20 (due now) includes transportation, bowling shoes & lunch

Time: 9am-3pm



TRIP—Toby’s Dinner Theater Presents (9-5)-The Musical

When: Wednesday March 12, 2025

Time: 9:30am—3:30pm

Cost: \$95. Half down now & remaining balance by Feb 21, 2025



GBMC/Gilchrist—Healthcare Info and Blood Pressure Screenings

When: TBA

Where: The Gallery/Waverly Room - Time: 12:30-1:30pm

Cost: (FREE) - Light Fare included—Please call us-limited spacing





Happy MLK JR Day! Monday Jan 20, 2025 @ 7pm - Please Join Govans Presbyterian for a Special Music Monday-MLK Concert -AARON HILL with guest vocalist Keith Snipes.

[GEDCO-Senior Network Holiday Closings](#)

Dr. Martin Luther King Jr Day—Mon Jan 20, 2025

Presidents Day – Mon Feb 17, 2025

This newsletter is supported by the Baltimore City Health Department, Division of Aging and CARE Services, the Harry and Jeanette Weinberg Endowment Fund, fundraisers, class and membership fees, and your generous donations. **IF YOU ARE RECEIVING THIS BY US MAIL, PLEASE GIVE US YOUR E-MAIL ADDRESS FOR PROGRAM UPDATES. IT'S TIME TO RENEW Your Subscription for just \$25.00 per year, or help us stay active by sending a Donation of any amount! Thank you in advance.**



<https://youtu.be/U3n31M81RpE>

Click on the link above to hear Smooth Jazz and Relax.-Remember to click on the broken box on your far right bottom of video to enlarge the picture, and press ESC to get out of it. Thank you so very much for your continuous support!