

**wise & well**  
Center for Healthy Living



Scan to View  
Our Classes!



**Community Education**  
Spring 2026 Issue  
EXPLORE · CONNECT · THRIVE

# Our Mission at Keswick

Improving the experience of aging, together.

## About Wise & Well

The Wise & Well Center for Healthy Living at Keswick is your partner in whole-person wellness. We believe that aging is a lifelong process of becoming – and every individual deserves access to supportive, enriching experiences that promote strength, growth, and connection.

As part of Keswick's commitment to improving the experience of aging, together, Wise & Well offers wellness programs designed to meet older adults where they are and inspire where they're going. From chronic disease management to fitness classes, brain health, creative arts, caregiver support, and wellness resources, everything we offer is built around the eight domains of wellness.

Our members come from all over Baltimore and beyond to take part in programming that is inclusive, evidence-informed, and designed to help them live well on their terms. Whether you're trying something new or returning for a familiar favorite, you belong here.

## What Makes Us Different

- Evidence-based programs rooted in the eight domains of wellness
- Inclusive, welcoming environment
- Professional instructors and local experts
- Access to new Cognitive & Caregiver Resource Center
- Located on Keswick's vibrant campus in Baltimore
- With smart classrooms, you can join us at Wise & Well, from home – anywhere!

## By the Numbers

**652**

individuals served in the past year

**200+**

individuals engaged monthly

**80%**

of members choose in-person participation

**70+**

unique program offerings each month

### Welcome & Orientation

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Need help registering or planning your classes? Flip to page 13 for a step-by-step guide or call 410-662-4363.





## Welcome Letter from Dr. Serina

Dear Wise & Well Community,

Spring is a time of renewal, growth, and possibility. At Wise & Well, it is a time to reconnect with what helps us feel curious, energized, and well. This past winter felt especially long and cold – truly the coldest and most challenging I have experienced in my eight years in Maryland – and I know many of us felt the need to retreat inward, hibernate a little, and slow down more than usual. As the days grow longer and the air becomes warmer, the transition from winter to spring gently brings both the body and mind back to life, inviting us to move more, think differently, and engage more fully with one another and the world around us.

This spring, our programs are centered on three important themes: supporting brain health, expanding creative outlets, and celebrating our planet. You will find opportunities to strengthen cognitive wellness through our signature brain health series Brain Wise 1.0, explore new and familiar forms of creative expression, and make meaningful connections with the natural world.

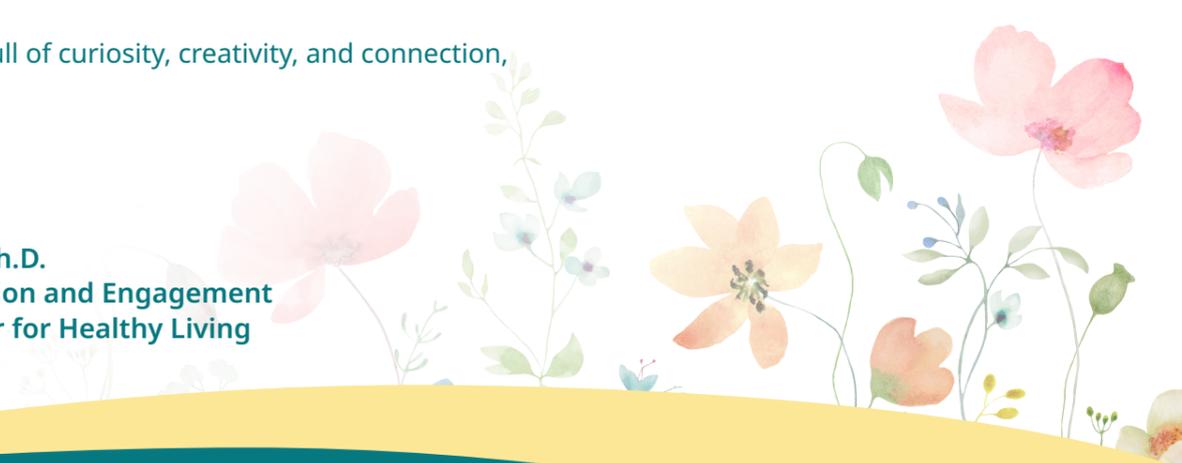
On June 18, we invite you to join us for a campus-wide Juneteenth celebration. This important event offers an opportunity for learning, reflection, and community gathering as we recognize history, resilience, and the continued importance of equity and inclusion in our lives today.

Over 140 years ago, a group of women volunteers recognized that people were being released from the hospital with nowhere to go and identified a need for a place that would provide medical and nursing care for those that needed it. Keswick was born from the ideas of this group of women, the Board of Lady Managers, and their dedication to helping those in their community. This spring marks a very special milestone – 100 years on our current campus. For a century, this campus has been a place of learning, care, connection, and community. We are proud to celebrate this legacy while continuing to look forward with hope, innovation, and purpose.

Since the beginning, our work has been grounded by our shared commitment to Aging Together – creating spaces to learn, grow, stay connected, and build meaningful relationships along your aging journey.

Wishing you days full of curiosity, creativity, and connection,

Serina McEntire, Ph.D.  
Director of Education and Engagement  
Wise & Well Center for Healthy Living



## Resources for Living Well

At Wise & Well, we strive to provide opportunities and resources for growth, learning, and empowerment, while challenging the stereotypes of aging. Explore the latest insights on the science of aging, discover strategies for improving both healthspan and lifespan, and shift your perceptions of what aging “should” look like. Embrace the wisdom of Aging Together and unlock your potential for a vibrant and fulfilling life.

### Spring 2026 Reading List



#### **Factfulness: Ten Reasons We're Wrong About the World – And Why Things Are Better Than You Think by Hans Rosling**

Explore the misconceptions that color our world view. Whether it's global poverty, epidemics, or war, we tend to have a dramatic, negative view of the world: that things are worse than they've ever been and they're getting worse all the time. But this view is wrong. This book walks us through 10 instincts that distort how we understand global problems and offers solutions for overcoming these instincts, turning our dramatic worldview into a factual one. **Join us on May 21 for a book discussion!**

#### **How to Live Forever: The Enduring Power of Connecting the Generations by Marc Freedman**

Encore.org founder and CEO Marc Freedman tells the story of his 30-year quest to answer some of life's most urgent questions: With so many people living longer, what is the meaning of the increasing years beyond 50? How can a society with more older people than younger ones thrive? How do we find happiness when we know life is long and time is short? Freedman explores purpose and generativity, digging into the drive for longevity and the perils of age segregation, and talking to social innovators across the globe bringing the generations together for mutual benefit. This is a deeply personal call to find fulfillment and happiness in our longer lives by connecting with the next generation and forging a legacy of love that lives beyond us.

### Resource List



#### **Retired & Senior Volunteer Program (RSVP)**

RSVP encourages individuals ages 55+ to volunteer their skills and talents to make a difference in their communities. Volunteers are matched with non-profits (like Keswick!) and public agencies. Call 410-361-9400 (city) or 410-887-3101 (county) for more information.

#### **State Health Insurance Assistance Program (SHIPs)**

SHIPs provide free local, in-depth, and unbiased insurance counseling and assistance to Medicare eligible individuals, their families, and caregivers. Call 410-396-2273 (city) or 410-887-2059 (county) or visit <https://www.shiphelp.org>.

#### **Pro Bono Counseling**

Pro Bono Counseling connects low-income Marylanders with compassionate and qualified mental health professionals who provide care at no cost. If you are feeling anxious, depressed, or just need someone to talk to, call their WARM LINE at 410-598-0234. For information on counseling, call 410-825-1001 or visit [www.probonocounseling.org](http://www.probonocounseling.org).

**Have a Great Book, Podcast, or Article to Share?**  
Let us know – we may feature it in an upcoming season!



# Your Whole-Person Wellness Wheel

At Wise & Well, we believe in supporting the whole person. Our programs are designed around eight key wellness domains - each contributing to a balanced, fulfilling life. Use this wheel to guide your choices and explore new areas of growth.



**Social**  
Create and maintain healthy relationships.

**Spiritual**  
Find purpose, value, and meaning in your life.

**Physical**  
Move your body, eat well, get restful sleep, and take care of your health.

**Financial**  
Manage your resources and be prepared for your needs and emergencies.

**Occupational**  
Lend your talents to others.

**Environmental**  
The space around you allows you to grow and live peacefully.

**Intellectual**  
Never stop learning.

**Emotional**  
Understand and respect your feelings, values, and attitudes, and those of others.

# Wise & Well Membership Benefits

## Welcome to Wise & Well!

Your \$70 yearly membership fee opens up a world of opportunities on your wellness journey!

- Members-only access to our intentionally designed space and programs that encourage movement, engagement, and personal growth for older adults.
- Courses, programs, and activities taught by vetted professionals, and designed around the domains of wellness to help you create and navigate your roadmap to your best life!
- Group fitness, personal training, and independent workouts to help you meet all your aerobic, strength, balance, and flexibility goals, and elevate your fitness even further.
- Wise & Well Coaches to help monitor your vitals, plan for medical appointments, assess your risk of falling, create a wellness journey plan, and help you achieve balance and joy.
- Private consultations by health-related professionals who are a part of the Wise & Well community and who share our vision for personal growth. Services include massage therapy, aromatherapy, acupuncture, Chinese herbal medicine, nutrition, life coaching, and more! Fees vary by practitioner.

Learn more at [ChooseKeswick.org/Wise-and-Well](http://ChooseKeswick.org/Wise-and-Well)



Improving the Experience of Aging, Together

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>2</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Landscape Drawing L 1:00 pm – 2:30 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>3</b> Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29</p>	<p><b>4</b></p>
<p><b>6</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26</p>	<p><b>7</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>8</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Better Breathers Club L 11:30 am – 12:30 pm p.20 Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>9</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Landscape Drawing L 1:00 pm – 2:30 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>10</b> Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29 Rest, Reset, Renew L V 1:00 pm – 2:30 pm p.20</p>	<p><b>11</b></p>
<p><b>FIND YOUR FIT WEEK: April 6-10 ONLY</b></p>						
<p><b>13</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26 Curiosity in Motion L 1:00 pm – 2:30 pm p.15</p>	<p><b>14</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Dazzling Glass Jewelry L 1:00 pm – 3:00 pm p.23 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>15</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Protect Yourself L 11:00 am – 12:30 pm p.17 Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>16</b> Forever Strong L V 9:00 am – 10:00 am p.28 Voyeurism in Art L V 10:00 am – 11:30 am p.23 Qigong L V 11:30 am – 12:15 pm p.28 Take Charge of Your Care L V 1:00 pm – 2:00 pm p.17 Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>17</b> Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.16</p>	<p><b>18</b></p>
<p><b>20</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26</p>	<p><b>21</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Dazzling Glass Jewelry L 1:00 pm – 3:00 pm p.23 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>22</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Secret Power of Trees L V 11:00 am – 12:00 pm p.17 Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>23</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Beyond the Snapshot L 1:00 pm – 2:30 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>24</b> Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29 Resource Navigation L V 11:00 am – 12:00 pm p.14</p>	<p><b>25</b> Parkinson's Disease Resource Fair L 10:00 am – 2:00 pm p.20</p>
<p><b>27</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26 Connection &amp; Care Amid Changing Families L V 1:00 pm – 2:00 pm p.18</p>	<p><b>28</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>29</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Intro to Oil Painting L 1:00 pm – 3:00 pm p.24 Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>30</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Beyond the Snapshot L 1:00 pm – 2:30 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>1</b></p>	<p><b>2</b></p>

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



**Check the Website  
for Event Updates!**

		29		30	<b>1</b> Balance & Easy Movement L V 10:00 am – 11:00 am p.29 The World in Your Spice Cabinet L V 1:00 pm – 2:30 pm p.22	2
<b>4</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26	<b>5</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15	<b>6</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Intro to Oil Painting L 1:00 pm – 3:00 pm p.24 Zumba L V 5:30 pm – 6:30 pm p.28		<b>7</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Beyond the Snapshot L 1:00 pm – 2:30 pm p.24	<b>8</b> Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Blood Pressure Basics L V 1:00 pm – 3:00 pm p.21	9
<b>11</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26 Your Best Life L 1:00 pm – 2:30 pm p.14	<b>12</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15 Mat Pilates L V 5:00 pm – 5:45 pm p.27	<b>13</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Intro to Oil Painting L 1:00 pm – 3:00 pm p.24 Zumba L V 5:30 pm – 6:30 pm p.28		<b>14</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Strength to the Core L V 5:15 pm – 6:15 pm p.29	<b>15</b> Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Pathway to Peace L 11:00 am – 12:30 pm p.18 Intro to Dementia & Alzheimer's Disease L 1:00 pm – 3:00 pm p.21	16
<b>18</b> Stretching for an Active Life L 9:30 am – 10:30 am p.26 Shadow Boxing L 11:00 am – 12:00 pm p.26 Helping Your Brain L V 1:00 pm – 2:30 pm p.16	<b>19</b> Garden Club L 9:00 am – 10:30 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15 Mat Pilates L V 5:00 pm – 5:45 pm p.27	<b>20</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Intro to Oil Painting L 1:00 pm – 3:00 pm p.24 Zumba L V 5:30 pm – 6:30 pm p.28		<b>21</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Factfulness Book Discussion L 1:00 pm – 2:00 pm p.14 Strength to the Core L V 5:15 pm – 6:15 pm p.29	<b>22</b> Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.16	23
<b>25</b> Memorial Day CLOSED	<b>26</b> Garden Club L 9:00 am – 10:30 am p.22 Planting for Pollinators L 10:00 am – 11:30 am p.18 Tai Chi L V 12:00 pm – 1:00 pm p.27 Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15 Mat Pilates L V 5:00 pm – 5:45 pm p.27	<b>27</b> Chair Yoga L V 10:00 am – 11:00 am p.27 Library Tech L V 11:30 am – 12:30 pm p.19 Intro to Oil Painting L 1:00 pm – 3:00 pm p.24 Zumba L V 5:30 pm – 6:30 pm p.28		<b>28</b> Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Strength to the Core L V 5:15 pm – 6:15 pm p.29	<b>29</b> Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Mixed Media Sampler L 1:00 pm – 3:00 pm p.24	30

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p><b>1</b></p> <p>Stretching for an Active Life L 9:30 am – 10:30 am p.26</p> <p>Shadow Boxing L 11:00 am – 12:00 pm p.26</p> <p>Diet, Aging &amp; Food Noise L V 1:00 pm – 2:30 pm p.22</p>	<p><b>2</b></p> <p>Garden Club L 9:00 am – 10:30 am p.22</p> <p>Tai Chi L V 12:00 pm – 1:00 pm p.27</p> <p>Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15</p> <p>Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>3</b></p> <p>Chair Yoga L V 10:00 am – 11:00 am p.27</p> <p>Intro to Oil Painting L 1:00 pm – 3:00 pm p.24</p> <p>Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>4</b></p> <p>Forever Strong L V 9:00 am – 10:00 am p.28</p> <p>Qigong L V 11:30 am – 12:15 pm p.28</p> <p>Fit for Life: Men's Health Group L 12:15 pm – 1:00 pm p.22</p> <p>Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>5</b></p> <p>Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29</p> <p>Art Is for Everyone: Radiantly Haring L V 1:00 pm – 2:30 pm p.24</p>	<p><b>6</b></p>
<p><b>8</b></p> <p>Stretching for an Active Life L 9:30 am – 10:30 am p.26</p> <p>Shadow Boxing L 11:00 am – 12:00 pm p.26</p> <p>Make It to the Bathroom in Time L V 1:00 pm – 2:30 pm p.21</p>	<p><b>9</b></p> <p>Garden Club L 9:00 am – 10:30 am p.22</p> <p>Tai Chi L V 12:00 pm – 1:00 pm p.27</p> <p>Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15</p> <p>Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>10</b></p> <p>Chair Yoga L V 10:00 am – 11:00 am p.27</p> <p>Better Breathers Club L 11:30 am – 12:30 pm p.20</p> <p>Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>11</b></p> <p>Forever Strong L V 9:00 am – 10:00 am p.28</p> <p>Qigong L V 11:30 am – 12:15 pm p.28</p> <p>Intro to Watercolor L 1:00 pm – 3:00 pm p.25</p> <p>Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>12</b></p> <p>Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29</p> <p>Resistance Training for Powerful Aging L V 11:00 am – 12:00 pm p.21</p>	<p><b>13</b></p>
<p><b>15</b></p> <p>Stretching for an Active Life L 9:30 am – 10:30 am p.26</p> <p>Shadow Boxing L 11:00 am – 12:00 pm p.26</p> <p>Tidying Up L 1:00 pm – 2:30 pm p.19</p>	<p><b>16</b></p> <p>Garden Club L 9:00 am – 10:30 am p.22</p> <p>Tai Chi L V 12:00 pm – 1:00 pm p.27</p> <p>Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15</p> <p>Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>17</b></p> <p>Chair Yoga L V 10:00 am – 11:00 am p.27</p> <p>Assemblage L 1:00 pm – 3:00 pm p.25</p> <p>Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>18</b></p> <p>Forever Strong L V 9:00 am – 10:00 am p.28</p> <p>Qigong L V 11:30 am – 12:15 pm p.28</p> <p>Juneteenth Celebration L 1:00 pm – 3:00 pm p.15</p> <p>Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>19</b></p> <p>Juneteenth Closed</p>	<p><b>20</b></p>
<p><b>22</b></p> <p>Stretching for an Active Life L 9:30 am – 10:30 am p.26</p> <p>Shadow Boxing L 11:00 am – 12:00 pm p.26</p> <p>Spring Art Show L 4:00 pm – 5:30 pm p.25</p>	<p><b>23</b></p> <p>Garden Club L 9:00 am – 10:30 am p.22</p> <p>Tai Chi L V 12:00 pm – 1:00 pm p.27</p> <p>Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15</p> <p>Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>24</b></p> <p>Blood Drive L 10:00 am – 3:00 pm p.15</p> <p>Zumba L V 5:30 pm – 6:30 pm p.28</p>		<p><b>25</b></p> <p>Forever Strong L V 9:00 am – 10:00 am p.28</p> <p>Qigong L V 11:30 am – 12:15 pm p.28</p> <p>Eat Smart for Brain Health V 1:00 pm – 2:30 pm p.16</p> <p>Strength to the Core L V 5:15 pm – 6:15 pm p.29</p>	<p><b>26</b></p> <p>Balance &amp; Easy Movement L V 10:00 am – 11:00 am p.29</p> <p>Brain Blast Challenge L V 1:00 pm – 2:00 pm p.16</p>	<p><b>27</b></p>
<p><b>29</b></p> <p>Stretching for an Active Life L 9:30 am – 10:30 am p.26</p> <p>Shadow Boxing L 11:00 am – 12:00 pm p.26</p> <p>Rainbow Riot L V 1:00 pm – 2:30 pm p.25</p>	<p><b>30</b></p> <p>Garden Club L 9:00 am – 10:30 am p.22</p> <p>Tai Chi L V 12:00 pm – 1:00 pm p.27</p> <p>Brain Wise 1.0 L 1:00 pm – 3:00 pm p.15</p> <p>Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	 <p><b>Check the Website for Event Updates!</b></p>	

# How to Register for Wise & Well Courses

Registering for classes is easy and flexible. Choose the method that works best for you – and be sure to register early, as many offerings fill quickly. Payment is due at the time of registration.

## Four Ways to Register

### 1 Online

Visit [www.ChooseKeswick.org/Wise-and-Well](http://www.ChooseKeswick.org/Wise-and-Well)

Click “View Catalog” to browse offerings and pay online.

Available 24/7.

### 2 By Phone

Call 410-662-4363 during business hours.

(Mon–Fri, 8:30 am - 4:30 pm)

A team member will assist you with registration and payment.

### 3 In Person

Stop by Wise & Well during business hours.

A team member will help complete your registration on the spot.

### 4 By Mail

Complete the registration form on page 34.

Include check or credit card info, and mail to:

Keswick Wise & Well Center for Healthy Living  
700 W. 40th Street, Baltimore, MD 21211

## Important Reminders:

### Spring 2026 Registration Opens:

Monday, March 23, 2026

### Need Help?

Call 410-662-4363

# Course Descriptions

## Wise & Well Journey

### Community Resource Navigation • L / V



There are endless resources available to help older adults stay healthy, engaged, active, and safe. Learn about relevant and timely resources that can help you and your family thrive. Medicare and Medicaid programs and changes will be discussed.

**Facilitator:** Wise & Well Staff

**Date:** Friday, April 24

**Fee:** Free

**Time:** 11:00 am – 12:00 pm

### Your Best Life • L



Your Best Life is waiting just around the corner – all you need is a plan to get there! Look at the big picture of life across the eight domains of wellness and create a vision for what you hope to achieve in the next year. Set goals and create a path forward on your Wise & Well Journey. MEMBERS ONLY.

**Facilitator:** Wise & Well Staff

**Date:** Monday, May 11

**Fee:** Free

**Time:** 1:00 pm – 2:30 pm

### Factfulness: 10 Reasons We’re Wrong About the World – And Why Things Are Better Than You Think • L



Explore the misconceptions that color our world view. Whether it’s global poverty, epidemics, or war, we tend to have a dramatic, negative view of the world: that things are worse than they’ve ever been and they’re getting worse all the time. But this view is wrong. This book walks us through 10 instincts that distort how we understand global problems and offers solutions for overcoming these instincts, turning our dramatic worldview into a factful one. This book is available through Enoch Pratt Free Library, Kindle app, Apple Books, and most booksellers.

**Facilitator:** Wise & Well Staff

**Date:** Thursday, May 21

**Fee:** Members Free/\$10 Non-members

**Time:** 1:00 pm – 2:00 pm

## Juneteenth: Freedom, Memory, and Meaning • L



This special gathering honors the history and significance of June 19, 1865. Explore the enduring legacy of freedom and resilience through historical readings, storytelling, guided reflection, and a moving musical presentation. Together, we remember, learn, and reflect as a community.

**Date:** Thursday, June 18  
**Fee:** Free

**Time:** 1:00 pm – 3:00 pm

## American Red Cross Blood Drive • L



Every two seconds, someone in the U.S. needs blood or platelets, and just one donation can save multiple lives. It's quick and easy to give blood; you must be in good health, over 17 years old, and weigh at least 110 lbs. Roll up your sleeves and give the GIFT of LIFE! Appointment required.

**Date:** Wednesday, June 24

**Time:** 10:00 am – 3:00 pm

## Brain Health

### Curiosity in Motion • L



Explore the wonders of physics with fun, eye-opening experiments. Bring concepts like gravity and motion to life while strengthening working memory, spatial reasoning, and problem-solving skills. No formulas, lab coats, or prior science experience required!

**Facilitator:** Tanya Taylor  
**Date:** Monday, April 13  
**Fee:** Members Free/\$10 Non-members

**Time:** 1:00 pm – 2:30 pm

### Brain Wise 1.0 • L



This is a deep examination into how the domains of wellness and your lifestyle impact your functional brain health. Make positive lifestyle changes and learn strategies to improve clarity, focus, functional memory, and overall health. A pre- and post-cognitive assessment is provided for a tailored approach to meet your individual brain health needs.

**Facilitators:** Serina McEntire, Ph.D. and Tanya Taylor  
**Dates:** Tuesdays, April 28 – June 30  
**Fee:** \$50 Members/\$100 Non-members

**Time:** 1:00 pm – 3:00 pm

## Helping Your Brain Through Better Communication • L / V



Hearing loss can increase listening effort and communication strain, which may affect attention, memory, and social participation over time. Identify common changes people notice in everyday communication, such as word-finding difficulty or speaking more slowly, that can be early signs of cognitive changes. Learn practical strategies and clear next steps for getting connected to hearing and speech-language care.

**Facilitators:** Jennifer Rae Myers, Ph.D., and Danielle Powell, Au.D., Ph.D., University of Maryland School of Medicine

**Date:** Monday, May 18  
**Fee:** Members Free/\$10 Non-members

**Time:** 1:00 pm – 2:30 pm

## From Plate to Purpose: Eat Smart for Brain Health • V



Curious as to how nutrition and lifestyle choices directly impact brain health? From key nutrients and brain-boosting foods to the roles of exercise, sleep, and stress management, explore evidence-based strategies to support cognitive function, reduce the risk of cognitive decline, and enhance mental clarity and focus.

**Facilitator:** Kyndra Hamblin, RDN/LD, Decoding Nutrition Answers

**Date:** Thursday, June 25  
**Fee:** Members Free/\$10 Non-members

**Time:** 1:00 pm – 2:30 pm

## Brain Blast Challenge • L / V



Join us for some engaging brain game exercises to stir up your brain's super pathways. Challenge your mind; your brain will thank you!

**Facilitator:** Joshua Huff

**Date:** Friday, April 17  
**Date:** Friday, May 22  
**Date:** Friday, June 26  
**Fee:** Members Free/\$10 Non-members

**Time:** 1:00 pm – 2:00 pm



Check the Website  
for Event Updates!

# All About You

## Protect Yourself • L



Learn the basics of self-defense, how to stay safe, and how to build safe habits. Practice strikes and release moves that could be used to defend yourself against an attacker in different situations. Create a mindset of safety, learn how to get out of a dangerous encounter, and lay the groundwork to stay safe while out and about.

**Facilitator:** Courtney Feldheim, Golden Gloves Boxer and Owner of Feldheim Functional Fitness

**Date:** Wednesday, April 15

**Time:** 11:00 am – 12:30 pm

**Fee:** \$5 Members/\$15 Non-members

## Take Charge of Your Care • L / V



A clear Advanced Directive is one of the most meaningful gifts you can give yourself and your loved ones. From creating a living will to choosing a health care proxy, planning for your health care needs provides confidence and peace of mind in both the present and future.

**Facilitator:** Amy Griboff, Pessin Katz Law, P.A.

**Date:** Thursday, April 16

**Time:** 1:00 pm – 2:00 pm

**Fee:** Members Free/\$10 Non-members

## Secret Power of Trees • L / V



Trees support humans in surprising and essential ways, from cleaning the air and preventing floods to reducing stress and boosting focus. This Earth Day, discover the powerful connections between trees and human health, and their contributions to our mental and physical wellbeing.

**Facilitator:** Tanya Taylor

**Date:** Wednesday, April 22

**Time:** 11:00 am – 12:00 pm

**Fee:** Members Free/\$10 Non-members

### How to Register for Wise & Well Courses: Four Ways to Register

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Click "View Catalog" to browse offerings and pay online. Available 24/7.
- 2 By Phone** Call 410-662-4363 during business hours. (Mon–Fri, 8:30 am - 4:30 pm)  
A team member will assist you with registration and payment.
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A team member will help complete your registration on the spot.
- 4 By Mail** Complete the registration form on page 34. Include check or credit card info, and mail to:  
Keswick Wise & Well Center for Healthy Living, 700 W. 40th Street, Baltimore, MD 21211

Key: L = Live at W&W V = Virtual

## Connection & Care Amid Changing Families • L / V



Population aging is unfolding alongside significant changes in family structure, including smaller families, greater geographic distance between parents and adult children, and fewer available family members to provide care and social support. Discover how an age-friendly framework that centers around friendship, community ties, and social infrastructure can promote social participation through inclusive design, accessible transportation, safe and welcoming public spaces, and opportunities for meaningful engagement across the life course. Consider how healthcare providers can recognize social connection as a modifiable factor by assessing social needs and offering guidance on pathways to connection, and how the voices of older adults are essential for building this new framework.

**Facilitator:** Christine Armstrong Mair, Ph.D., Center for Health, Equity & Aging, UMBC

**Date:** Monday, April 27

**Time:** 1:00 pm – 2:00 pm

**Fee:** Members Free/\$10 Non-members

## Pathway to Peace • L



Healthy boundaries support dignity, clarity, and connection in the changing seasons of life. Gain practical tools to understand and set boundaries – saying no while still saying yes to what matters, and creating a supportive structure for relationships and daily life. Conclude with a brief, drumming experience that invites gentle reflection to set and sustain boundaries with care.

**Facilitator:** Rabbi Jacke Schroeder, LCSW-C

**Date:** Friday, May 15

**Time:** 11:00 am – 12:30 pm

**Fee:** \$5 Members/\$15 Non-members

## Planting for Pollinators • L



Bees, birds, and butterflies help sustain healthy ecosystems by preventing soil erosion and supporting biodiversity. Grow the right flowers, herbs, and native plants to help pollinators thrive right where you live.

**Facilitator:** Katy Gorsuch, Maryland Department of Natural Resources

**Date:** Tuesday, May 26

**Time:** 10:00 am – 11:30 am

**Fee:** Members Free/\$10 Non-members



Check the Website  
for Event Updates!

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## Roland Park Library Tech • L / V



Bring your tablet, smartphone, or laptop along with your Pratt Library card and PIN. Librarians will guide you through Libby, a platform that allows you to check out audiobooks, e-books, and magazines from the library.

**Facilitator:** Greg Fromme, Roland Park Branch Librarian

**Date:** Wednesday, May 27

**Time:** 11:30 am – 12:30 pm

**Fee:** Free

## Tidying Up • L



Got too much stuff? Need help organizing your home? Reclaim your space and put your house and life back in order. Dramatic reorganization of your home can initiate major changes in your lifestyle and perspective. Explore organizational methods from the Life Changing Magic of Tidying Up (KonMari Method, Marie Kondo), Home Edit (Netflix Series), and other experts.

**Facilitator:** Tanya Taylor

**Date:** Monday, June 15

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

# Managing Your Personal Health Conditions

## Wellness Checks • L



Monitoring your vital signs regularly is an important step in maintaining good health. Health assessments will include weight, blood pressure, and other health status markers. This is also a great time to ask questions about preparing for an upcoming doctor's visit, nutrition, exercise, or other health concerns. MEMBERS ONLY.

**Fee:** Free

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## Fall Risk Assessments • L



Falls are common in adults over 65 and about one-third of older adults who live at home fall at least once per year. Mobility, balance, vision, diet, chronic disease, and other factors increase the risk of falling. An assessment is recommended yearly to determine fall risk level so that you and your health care provider can determine the best strategies to prevent falls and reduce your chance of injury. Assessment includes review of fall history, nutrition and medication review, timed walk test, lower body strength test, and a balance test.

**Fee:** Members Free/\$40 Non-members

## Better Breathers Club • L



The American Lung Association's Better Breathers Club connects people with lung conditions such as asthma, COPD, pulmonary fibrosis, and emphysema to education, support, and resources. Learn better ways to cope with lung disease while getting support from others through a fun and stimulating combination of guest speakers, problem solving discussions, movement, and social activities. This support group will give you the tools to stay active, healthy, and living your best life.

**Facilitator:** Serina McEntire, Ph.D.

**Dates:** Wednesdays, April 8 and June 10

**Time:** 11:30 am – 12:30 pm

**Fee:** Free

## Rest, Reset, Renew • L / V



Stress is a biological reaction affecting cognitive, emotional, and physical health in both positive and negative ways. Explore how stress affects the body and brain and how to manage it effectively at every stage of life. Learn to recognize stress signals, build resilience, and move through life's challenges with greater ease and confidence.

**Facilitator:** Tanya Taylor

**Date:** Friday, April 10

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

## Parkinson's Disease Resource Fair • L



Keswick's Cognitive and Caregiver Resource Center is hosting an open house as part of Parkinson's Awareness Month. Local providers and experts will be sharing health education and helpful information for those living with Parkinson's as well as their care partners.

**Date:** Saturday, April 25

**Time:** 10:00 am – 2:00 pm

**Fee:** Free

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## Blood Pressure Basics • L / V



High blood pressure is a common condition in older adults. Identify the causes and consequences of uncontrolled hypertension and how lifestyle modifications like stress management, improved sleep, exercise, and nutrition can help reduce blood pressure. Examine how food impacts your blood pressure and learn ways to make cooking and shopping easier on your heart and wallet.

**Facilitator:** Serina McEntire, Ph.D.

**Date:** Friday, May 8

**Time:** 1:00 pm – 3:00 pm

**Fee:** Members Free/\$10 Non-members

## A Lived Experience: Intro to Dementia

### & Alzheimer's Disease • L

Build your care partner toolkit with an empathy-based immersive experience facilitated through Dementia Live and Embodied Labs programs. From group virtual reality to hands-on education, gain a greater understanding of dementia, Alzheimer's, and other cognitive changes. This program will be held in the Keswick Cognitive and Caregiver Resource Center.

**Date:** Friday, May 15

**Time:** 1:00 pm – 3:00 pm

**Fee:** Free

## No Worry or Hurry, Make It to the Bathroom in Time • L / V



Urinary incontinence (loss of bladder control) is a common and often embarrassing problem for both men and women. Learn tips and tricks to help improve your current symptoms, ways to prevent incontinence through exercise, and how to treat incontinence without medications.

**Facilitator:** Molly Harding, DPT, CDNT, Origin Physical Therapy

**Date:** Monday, June 8

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

## Resistance Training for Powerful Aging • L / V



When it comes to aging successfully, not all exercise is equal. Maintaining and building muscle mass after 50 is vital for staying strong, steady, and confident. Resistance training supports bone health, balance, mobility, metabolism, and long-term independence. Debunk common myths, including the idea that strength training is unsafe for older adults or that women become “bulky” from lifting weights. Learn how to choose the right load, intensity, and exercises that are safe, joint-friendly, and effective for improving strength.

**Facilitator:** Amal Wanigatunga, Ph.D., Johns Hopkins School of Medicine

**Date:** Friday, June 12

**Time:** 11:00 am – 12:00 pm

**Fee:** Members Free/\$10 Non-members

## Cooking & Conversation

### Garden Club • L



Gather in the garden to plant, grow, and harvest vegetables and herbs. Take part in a team effort to maintain the garden and reap the benefits of fresh vegetables this season. No green thumb required!

**Dates:** Tuesdays, April 7 – October 13

**Time:** 9:00 am – 10:30 am

**Fee:** Members Free/\$10 Non-members

## The World in Your Spice Cabinet • L / V



For over 1,500 years, the Silk Road was a 4,000-mile trade route connecting the continents. Trace the epic journeys of powerhouse spices traded across deserts and seas to transform cooking, medicine, and global economics.

**Facilitator:** Tanya Taylor

**Date:** Friday, May 1

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

## Diet, Aging & Food Noise • L / V



Examine how nutrition needs change with age and how “food noise” and aging influence appetite and food choices. Take home practical tips to support healthier, more enjoyable eating for energy, independence, and overall wellbeing.

**Facilitator:** Galya Bigman, Ph.D., University of Maryland School of Medicine

**Date:** Monday, June 1

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

## Fit for Life: Men's Health Group • L



Celebrate Men's Health Month with a group discussion focused on issues specific to aging among men. From maintaining strength and function, brain health, hormones and combating loneliness, share your experiences and learn from each other. Lunch will be provided. Men only. Registration deadline 6/1.

**Facilitator:** Nishant Shah, M.D., Keswick Community Health Medical Director

**Date:** Thursday, June 4

**Time:** 12:15 pm – 1:00 pm

**Fee:** Members Free/\$15 Non-members

## Creative Pathways

### Landscape Drawing • L



Unearth the concept of the vanishing point and learn how perspective brings landscapes to life. With the flick of a pen or pencil, render realistic, stunning landscape drawings from photo references of nature's beauty.

**Facilitator:** Lucy Gale, NDMU Art Therapy Intern

**Dates:** Thursdays, April 2, 9

**Time:** 1:00 pm – 2:30 pm

**Fee:** \$15 Members/\$30 Non-members

### Dazzling Glass Jewelry • L



Explore the art of cutting, shaping, and etching dazzling colored glass to create designs that pop! Learn how to transform glass fragments into one-of-a-kind fashion accessories.

**Facilitator:** Sally Shapiro, Community Artist

**Date:** Tuesdays, April 14, 21

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$40 Members/\$90 Non-members

### Voyeurism in Art • L / V



Peep behind the scenes and examine how the act of looking is depicted in the paintings of artists like Edgar Degas, as well as in the cinematic visions of Alfred Hitchcock and others. Explore the connections between these artists and uncover the hidden narratives that lie beneath the surface of their creations. Hone a sharper awareness of how observation, perspective, and gaze shape the way we experience works of art.

**Facilitator:** Lucy Gale, NDMU Art Therapy Intern

**Date:** Thursday, April 16

**Time:** 10:00 am – 11:30 am

**Fee:** \$5 Members/\$10 Non-members

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Keswick Wise & Well Center for Healthy Living, 700 W. 40th Street, Baltimore, MD 21211

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### Beyond the Snapshot • L



Move beyond technical basics to create photographs with intention and impact. Explore composition, light, perspective, and visual storytelling to transform everyday scenes into compelling images. Cultivate new ways of seeing while working confidently with a range of in-camera and post-processing techniques to develop a personal approach to making photographs that resonate. DSLR cameras provided.

**Facilitator:** Lucy Gale, NDMU Art Therapy Intern

**Dates:** Thursdays, April 23, 30, May 7

**Time:** 1:00 pm – 2:30 pm

**Fee:** \$20 Members/\$50 Non-members

### Intro to Oil Painting • L



Dip a brush in vivid oil paint, working layer by layer to create dimension that's out of this world. See how the interaction of light, environment, and color affects an image. Reveal the secrets of wet-on-wet and Flemish oil painting as you produce a masterpiece that stirs conversation.

**Facilitator:** Mariia Usova, Ph.D., Bard College Alumna

**Dates:** Wednesdays, April 29 – June 3

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$60 Members/\$120 Non-members

### Mixed Media Sampler • L



Celebrate the liveliness of spring by creating a vibrant floral or lush greenery composition using a variety of water-based mediums. From chalk marbling to wax resist, develop an understanding of how color, texture, and movement work together in composition.

**Facilitator:** Alex Henderson

**Date:** Friday, May 29

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$15 Members/\$30 Non-members

### Art Is for Everyone: Radiantly Haring • L / V



Experience the joyous, expressive works of Keith Haring through his dancing figures, barking dogs, and radiant babies. Follow the rise of Haring from his early beginnings as a young unknown sharing his love of art in the NYC subway, to becoming highly sought after by art collectors. Discover an artist who believed that art belongs to everyone.

**Facilitators:** Alex Henderson and Justin Alston

**Date:** Friday, June 5

**Time:** 1:00 pm – 2:30 pm

**Fee:** \$5 Members/\$10 Non-members

Key: L = Live at W&W V = Virtual

## Intro to Watercolor • L



Explore the enchanting world of illustration through the fluid beauty of watercolor. Discover how shimmering highlights come to life with the right mediums and uncover the secret power of paper - transforming every brushstroke into a masterpiece.

**Facilitator:** Sadie Fuqua, Author and Illustrator

**Date:** Thursday, June 11

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$20 Members/\$50 Non-members

## Assemblage • L



Traverse the art of assemblage through the quiet, poetic world of Joseph Cornell, who transformed found objects, images, and small treasures into box-based works filled with memory and longing. Draw inspiration from Cornell's work to create a 3D dreamlike narrative shaped by nostalgia and imagination.

**Facilitator:** Lisa McCall, Community Artist

**Date:** Wednesday, June 17

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$20 Members/\$50 Non-members

## Spring Art Show • L



Celebrate the season in full color with a showcase of fresh work created by Wise & Well artists. Discover inspiring pieces created by fellow members alongside artwork from the dynamic facilitators leading this summer's creative offerings. Come connect and delight in what takes shape when hands, hearts, and ideas spark together.

**Date:** Monday, June 22

**Time:** 4:00 pm – 5:30 pm

**Fee:** Free

## Rainbow Riot • L / V



From early acts of defiance to the artistry of ballroom culture, discover how Baltimore's LGBTQIA+ community has shaped – and continues to redefine – its cultural landscape. Be immersed in local LGBTQIA+ history, from the raid on the Pepper Hill Club that predated Stonewall to modern Pride traditions. Engage with the stories of significant figures and creatives, lifting the veil on the people who helped shape this vibrant legacy.

**Facilitator:** Alex Henderson

**Date:** Monday, June 29

**Time:** 1:00 pm – 2:30 pm

**Fee:** Members Free/\$10 Non-members

## Fitness and Movement

### UNLIMITED MONTHLY FITNESS MEMBERSHIP

For \$45 per month, you can have unlimited access to most of our virtual fitness and movement classes! Upon registration each month, you will receive the schedule, links, and meeting codes for all available classes that month! You can pick and choose which classes to join! Live classes are not included in this offer. MEMBERS ONLY.

### FIND YOUR FIT WEEK



Is there a fitness class that you've been itching to try out? Have a friend who is interested in joining you for class? Now is your chance! Attend one class in the series to get to know the class format, instructor, and other class participants. Pre-registration is required and spaces are limited. Applies to in-person, live attendance only. Open to members and non-members.

**Dates:** April 6-10 **ONLY**

**Fee:** \$10 per class

### Stretching for an Active Life • L



If you find traditional stretching programs boring or monotonous, active isolated stretching is for you! Hold stretches for a brief duration, with several repetitions designed to keep you moving and flowing. Enhance flexibility, improve balance, and reduce pain by using gentle movements to stretch your muscles in a new way. Skill level: All levels.

**Facilitator:** Stefanie Stolzenberg, LMT

**Dates:** Mondays

**Series 1:** April 6, 13, 20, 27

**Series 2:** May 4, 11, 18 (No class 5/25)

**Series 3:** June 1, 8, 15, 22, 29

**Time:** 9:30 am – 10:30 am

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$15 Members/\$30 Non-members

**Fee:** \$25 Members/\$50 Non-members

### Shadow Boxing • L



Boxing has been shown to improve cognitive and cardiovascular function, enhance balance, and reduce symptoms of anxiety and depression. It is also used as a therapeutic intervention for Parkinson's disease! Challenge your brain, mind, and balance while safely learning the basics of boxing without contact, standing or seated. Skill level: All levels.

**Facilitator:** Courtney Feldheim, Golden Gloves Boxer and Owner of Feldheim Functional Fitness.

**Dates:** Mondays

**Series 1:** April 6, 13, 20, 27

**Series 2:** May 4, 11, 18 (No class 5/25)

**Series 3:** June 1, 8, 15, 22, 29

**Time:** 11:00 am – 12:00 pm

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$15 Members/\$30 Non-members

**Fee:** \$25 Members/\$50 Non-members

## Tai Chi • L / V



Tai Chi improves balance, lowers blood pressure, increases energy levels, and lowers fall risk. Movements are simple and easy to learn. Skill Level: All levels.

**Facilitator:** Suzanne Diehl

**Dates:** Tuesdays

**Series 1:** April 7, 14, 21, 28

**Series 2:** May 5, 12, 19, 26

**Series 3:** June 2, 9, 16, 23, 30

**Time:** 12:00 pm – 1:00 pm

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$25 Members/\$50 Non-members

## Mat Pilates • L / V



Mat Pilates is a mind, body, and spirit practice that improves posture, coordination, balance, flexibility, breath control, focus, and increases body awareness. It strengthens and lengthens your core, arms, and legs; you'll feel muscles you never knew you had! Regular practice will make you strong to the core! All exercises will be performed on a mat on the floor; yoga mat required. Skill Level: All levels.

**Facilitator:** Maura Guedouar

**Dates:** Tuesdays

**Series 1:** April 7, 14, 21, 28

**Series 2:** May 12, 19, 26 (No class 5/5)

**Series 3:** June 2, 9, 16, 23, 30

**Time:** 5:00 pm – 5:45 pm

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$15 Members/\$30 Non-members

**Fee:** \$25 Members/\$50 Non-members

## Chair Yoga • L / V



Yoga means union. Members will practice uniting movement, breathing, and meditation without the need to move up and down from the floor to a seated or standing position. Yoga promotes balance, flexibility, and relaxation mentally and physically. Skill Level: All levels.

**Facilitator:** Salena Jacob, DPT

**Dates:** Wednesdays

**Series 1:** April 1, 8, 15, 22, 29

**Series 2:** May 6, 13, 20, 27

**Series 3:** June 3, 10, 17 (No class 6/24)

**Time:** 10:00 am – 11:00 am

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$15 Members/\$30 Non-members

## Zumba Gold • L / V



This dynamic dance fitness program is inspired by Latin and international rhythms and designed specifically for beginners, older adults, and anyone who loves to dance. Groove your way to improved health – no rhythm required! Skill Level: All levels.

**Facilitator:** Wendy Brogden

**Dates:** Wednesdays

**Series 1:** April 1, 8, 15, 22, 29

**Series 2:** May 6, 13, 20, 27

**Series 3:** June 3, 10, 17, 24

**Time:** 5:30 pm – 6:30 pm

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$20 Members/\$40 Non-members

## Forever Strong • L / V



A full-body workout designed to increase endurance, strength, and balance, while also improving your independence in everyday activities. The first half of the class focuses on strength and balance, while dynamic and static stretches improve your flexibility and mobility in the second half of class. Participants must be able to get onto the floor. Skill Level: Beginner/Intermediate level. Recommended Equipment: Weights, non-rolling chair, and a yoga mat.

**Facilitator:** Maura Guedouar

**Dates:** Thursdays

**Series 1:** April 2, 9, 16, 23, 30

**Series 2:** May 7, 14, 21, 28

**Series 3:** June 4, 11, 18, 25

**Time:** 9:00 am – 10:00 am

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$20 Members/\$40 Non-members

## Qigong • L / V



Qigong uses movement to optimize energy within the body, mind, and spirit with the goal of improving and maintaining health and wellbeing. The practice introduces you to Sheng Zhen, meaning unconditional love, which opens the heart, strengthens the body, and calms the mind. Skill Level: All levels.

**Facilitator:** Pamela Tanton

**Dates:** Thursdays

**Series 1:** April 2, 9, 16, 23, 30

**Series 2:** May 7, 14, 21, 28

**Series 3:** June 4, 11, 18, 25

**Time:** 11:30 am – 12:15 pm

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$20 Members/\$40 Non-members

## Strength to the Core • L / V



A full-body strength workout with an emphasis on core strength and stability. Tone and strengthen your muscles while improving your balance, flexibility, range of motion, and coordination. Must be able to get down on the floor. Recommended Equipment: Weights and a yoga mat. Skill Level: Intermediate level.

**Facilitator:** Maura Guedouar

**Dates:** Thursdays

**Series 1:** April 2, 9, 16, 23, 30

**Series 2:** May 14, 21, 28 (No class 5/7)

**Series 3:** June 4, 11, 18, 25

**Time:** 5:15 pm – 6:15 pm

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$15 Members/\$30 Non-members

**Fee:** \$20 Members/\$40 Non-members

## Balance & Easy Movement • L / V



This low-impact, low-intensity workout focuses on balance and easy movement exercises to improve range of motion and activities of daily living. Skill Level: All levels.

**Facilitator:** Marci Roth

**Dates:** Fridays

**Series 1:** April 3, 10, 17, 24

**Series 2:** May 1, 8, 15, 22, 29

**Series 3:** June 5, 12, 26 (No class 6/19)

**Time:** 10:00 am – 11:00 am

**Fee:** \$20 Members/\$40 Non-members

**Fee:** \$25 Members/\$50 Non-members

**Fee:** \$15 Members/\$30 Non-members

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- 3 In Person** Stop by Wise & Well during business hours.  
A team member will help complete your registration on the spot.
- 4 By Mail** Complete the registration form on page 34. Include check or credit card info, and mail to:  
Keswick Wise & Well Center for Healthy Living, 700 W. 40th Street, Baltimore, MD 21211

## Personal Training & Independent Workout

### Fitness Screening & Training Plan Development

Do you need a plan for your physical fitness training? Sign up for a personal fitness assessment. Meet one-on-one with a fitness expert to develop a plan that emphasizes building strength and balance for fall prevention. (Participant must have a signed medical release prior to screening). Call the Wise & Well Center to schedule an appointment.

**Fee:** \$40 Members/\$60 Non-members

### Wise & Well Fitness Training

(Prerequisite: Fitness Screening, Training Plan Development, and Medical Clearance)

Let us help you meet your fitness goals through individualized personal training. Our fitness experts will help you implement your action plan for a fitter, healthier you! Fitness training is available live and virtually.

**Cancellation Policy:** A minimum of 24 hours is required when canceling or rescheduling an appointment. Not showing or failing to provide the required notice will result in the loss of that session. However, we understand that emergencies can arise. One exception to the policy will be given each year.

#### Member Rate:

##### 30-Minute Personal Training Sessions

\$200 for 8 sessions

##### 60-Minute Personal Training Sessions

\$450 for 10 sessions

#### Non-Member Rate:

##### 60-Minute Personal Training Sessions

\$65 per session

\*\*All personal training packages expire six months from the date of purchase.

**Independent Workout:** Use the Fitness Center for independent workouts for 45 minutes each session up to three days per week. Workouts are monitored by fitness staff and scheduled in advance. Medical exercise clearance and fitness screening are prerequisites. MEMBERS ONLY.

**Fee:** \$30/Month



Check the Website  
for Event Updates!

# Policies & Frequently Asked Questions

Our goal is to make every experience at the Wise & Well Center safe, welcoming, and accessible. Please review the following guidelines before participating in classes.

## Registration & Payment

- Registration is required for all programs.
- Payment is due at the time of registration (online, phone, mail, or in person).
- We accept credit cards, checks, and cash.
- Class space is limited; early registration is encouraged.

## Cancellations & Refunds

- If Wise & Well cancels a class, you will receive class credit.
- Missed sessions are not refundable or transferable.

## Weather & Emergency Closures

- In case of inclement weather or emergencies, check your email or call the main line: 410-662-4363.
- Virtual classes may proceed as scheduled even if the building is closed.

## Health & Safety

- Please stay home if you feel unwell or have been exposed to illness.
- Masks are optional unless otherwise noted.
- Sanitizing stations are available throughout the center.

## Accessibility & Accommodations

- Most spaces are wheelchair accessible.
- If you need additional support, call 410-662-4363 at least one week before your class begins.

## Technology Support

Need help accessing Zoom or using our online system?

**Call 410-662-4363 for support.**

### How to Register for Wise & Well Courses: Four Ways to Register

Registering for classes is easy and flexible. Choose the method that works best for you – and be sure to register early, as many offerings fill quickly. Payment is due at the time of registration.

- 1 Online** Visit [www.ChooseKeswick.org/Wise-and-Well](http://www.ChooseKeswick.org/Wise-and-Well)  
Click "View Catalog" to browse offerings and pay online. Available 24/7.
- 2 By Phone** Call 410-662-4363 during business hours. (Mon–Fri, 8:30 am - 4:30 pm)  
A team member will assist you with registration and payment.
- 3 In Person** Stop by Wise & Well during business hours.  
A team member will help complete your registration on the spot.
- 4 By Mail** Complete the registration form on page 34. Include check or credit card info, and mail to:  
Keswick Wise & Well Center for Healthy Living, 700 W. 40th Street, Baltimore, MD 21211

# Practical Support for Cognitive Change – for You and Your Family.

The **Cognitive & Caregiver Resource Center** focuses on prevention and empowering those already affected by dementia. Through lifestyle management, education, and skill development, Keswick and its partners are committed to improving cognitive wellbeing.

## Social Engagement Program

Daytime small-group sessions using music, art, storytelling, gentle movement, and conversation to spark self-expression and connection.

**Social Engagement Program Schedule:**  
Tuesdays & Thursdays | 10:00 am–3:00 pm

Monthly options:  
**One Day/Week \$395**  
**Two Days/Week \$790**

*Scholarships are available for families experiencing financial hardship.*

## Programs & Services Available

### Parkinson's Disease Resource Fair

Join us during this open house to learn more and access resources as part of Parkinson's Awareness Month. Local providers and experts will be sharing health education and helpful information for those living with Parkinson's as well as their care partners. Everyone is welcome to attend this special event.

**Date:** Saturday, April 25 **Time:** 10:00 am - 2:00 pm  
**Fee:** Free

### A Lived Experience: Intro to Alzheimer's Disease & Dementia

Build your care partner toolkit with an empathy-based immersive experience using Dementia Live and Embodied Labs. From group virtual reality to hands-on education, participants will gain a greater understanding of dementia, Alzheimer's and other cognitive changes.

**Date:** Friday, May 15 **Time:** 1:00 pm - 3:00 pm  
**Fee:** Free

### Memory Cafe

Memory Cafes create a space for people experiencing cognitive challenges, along with their care partners, to enjoy good company, community resources, education, and more! Keswick is proud to collaborate with community partners and the Johns Hopkins Alzheimer's Disease Research Center for Baltimore City's newest Memory Cafe. Visit our website for upcoming dates and times throughout the year.



Scan the QR code to learn more, see upcoming groups, and contact our team.



Prefer a call?

**410-662-4262**

# Powered by Generosity.

Since 1883, Keswick has been Baltimore-born and volunteer-led with philanthropy at its heart. Your gift supports programs and partnerships that help neighbors live well both at home and on our campus. Together, we're improving the experience of aging today and into the future.

## These Programs Are Possible Because of Our Generous Donors.

- Training, coaching, and classes through the Wise and Well Center.
- Respite, caregiver navigation, and education through the Cognitive & Caregiver Resource Center.
- Service navigation for older adults living at home and staying connected.

Scan to Give

Make a Gift Today



[www.ChooseKeswick.org/giving](http://www.ChooseKeswick.org/giving)

**Every Gift - of Any Size - Helps Neighbors Right Here in Baltimore.**

AGING TOGETHER  
**KESWICK**  
 Improving the Experience of Aging, Together



## wise & well KESWICK Course Registration Form

NAME \_\_\_\_\_ DATE \_\_\_\_\_

Course Name	Page	Day	Time	Start Date	End Date	Fee

### PAID BY

- CHECK # \_\_\_\_\_  
 Make payable to **Keswick Community Health**
- CREDIT CARD  
 (a KCH Representative will reach out for payment)
- CASH  
 KCH Representative \_\_\_\_\_

TOTAL AMOUNT DUE \$ \_\_\_\_\_

AMOUNT PAID \$ \_\_\_\_\_

Please complete this form and mail with payment to:

**Keswick Community Health**  
 700 W. 40th Street  
 Baltimore, MD 21211

**Keswick Community Health**  
700 W. 40<sup>th</sup> Street  
Baltimore, MD 21211

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