

**wise & well**
KESWICK
Center for Healthy Living



Scan to View
Our Classes!



Community Education
Summer 2026 Issue
EXPLORE · CONNECT · THRIVE

Improving the experience of aging, together.

Our Mission at Keswick

Keswick exists to improve the experience of aging, together. Through compassionate care, education, wellness, and meaningful connection, we support individuals and families in navigating aging with dignity, purpose, and possibility.

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 growth, adaptation, and possibility — and every individual deserves opportunities to stay engaged, connected, and well. Through evidence-informed programming and a welcoming community environment, Wise & Well helps older adults build strength, discover new interests, support healthy aging, and continue doing the things that matter most.

This summer, our programming celebrates connection, lifelong learning, and practical wellness through experiences that encourage movement, creativity, brain health, and social engagement. Whether you are joining a fitness class, learning a new skill, connecting with peers, or exploring ways to support wellbeing at home, there is a place for you here.

Our members come from throughout Baltimore and beyond to participate in programs designed to support the many dimensions of healthy aging. Whether you are trying something new or returning to something familiar, you belong here.

What Makes Us Different

- Evidence-based programs built around the 8 dimensions of wellness
- Inclusive, welcoming environment
- Professional instructors and local experts
- Cognitive & Caregiver Resource Center support
- Opportunities to participate in person and virtually
- Personalized pathways for healthier aging



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

Welcome Letter	3
Resources & Reading List.....	4
Wellness Wheel	5
Membership Benefits	6

Course Planning Tools

July Calendar	7-8
August Calendar	9-10
September Calendar.....	11-12

Summer 2026 Course Listings

Course Descriptions.....	14-29
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How to Engage

How to Register.....	13
Policies & FAQs	33
Registration Form.....	38

Additional Resources

Cognitive & Caregiver Resource Center ..	31
Home & Healthy®	30
PACE of West Baltimore	34
100 Years Serving the Community.....	35
Support Keswick	37

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,

Summer has a way of bringing smiles to our faces. The longer days, neighborhood gatherings, vacations, and evenings spent outdoors often remind us of some of our most treasured memories. I encourage you to take time to reflect on some of your favorite summers past; the people, places, traditions, and moments that made them meaningful. Revisiting those memories can spark gratitude and connection while also inspiring us to make new memories together.

This summer, we invite you to celebrate community and connection with us during our International Day of Friendship Social. Friendship and social connection are important parts of healthy aging, and this will be an opportunity to meet new people, socialize with old friends, and celebrate the many ways friendship enriches our lives.

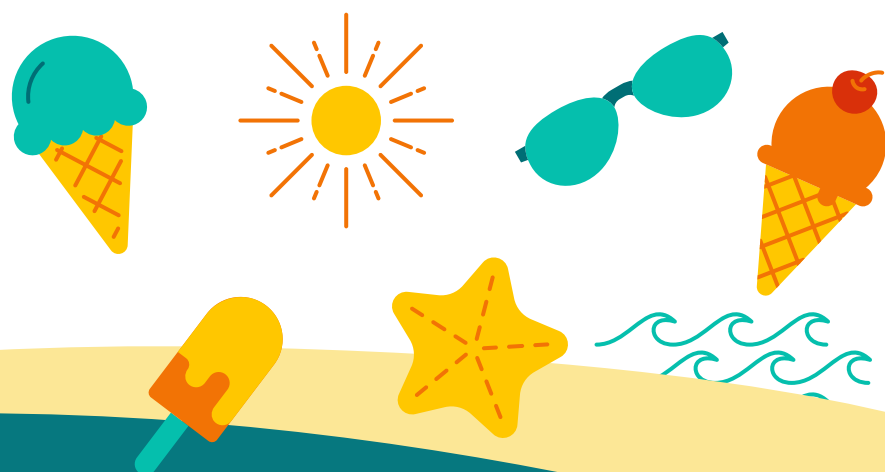
We are also incredibly excited to celebrate Wise & Well's 8th Anniversary on September 10th. Over the past eight years, our community has grown into a vibrant place for learning, wellness, creativity, and support. Thank you for being part of this journey and for helping us continue to live out our philosophy of Aging Together every day.

As summer transitions into fall, we will once again recognize Falls Prevention Week with programs, education, and resources designed to help you stay safe, confident, and independent both at home and in the community. Prevention and wellness go hand in hand, and we hope you will take advantage of all Wise & Well has to offer as you navigate your individual aging journey.

Finally, this summer marks a personal milestone for me as well. I am excited to join you as a Wise & Well member myself in August! I am looking forward to enjoying the many benefits of membership alongside all of you. It feels especially meaningful to experience Wise & Well as both a leader and a member of this incredible community we've built together. Aging Together has always been at the heart of our mission, and I am grateful to embrace that journey in an even more personal way.

May your summer be bright with sunshine, rich with connection, and full of laughter and joy,

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.

Summer 2026 Reading List



***Aging with Grace* by David Snowdon**

In 1986, Dr. David Snowdon embarked on a revolutionary study that would change the way we view aging. Dubbed the "Nun Study", this groundbreaking research project made headlines worldwide and revealed the inspiring human story of these remarkable women whose dedication to serving others may help us all live longer and healthier lives. A prescription for hope, *Aging with Grace* shows us that old age doesn't have to be an inevitable slide into illness but can be a time of promise, productivity, and vigor. **Join us on September 25 for a book discussion!**

***The Body Keeps Score* by Bessel Van Der Kolk**

Trauma is unfortunately a fact of life. Dr. Bessel Van Der Kolk has spent three decades working with trauma survivors. He highlights scientific advances to show how trauma literally reshapes the body and brain and compromises sufferers' capacity for pleasure, engagement, self-control, and trust. Explore innovative treatments that offer new paths to recovery by activating the brain's natural plasticity. This book exposes the tremendous power of our relationships to both hurt and heal; and offers hope for reclaiming our lives.

Trusted Wellness Providers

Looking for massage therapy, acupuncture, or bodywork? Visit our trusted wellness providers, conveniently located on the second floor of Wise & Well.

Integrative Massage Therapy

Jane Marinelli & Stefanie Stolzenberg

janemarinelli.com

443-386-2054

Sicari Healing Arts

Laura Sicari

sicarihealingarts.com

410-657-2548

Regina Tumasella

villageCST.com

443-938-2058



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



Improving the Experience of Aging, Together

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Check the Website
for Event Updates!**

		<p>1 Chair Yoga L V 10:00 am – 11:00 am p.27 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>2 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.28</p>	<p>3 4th of July Observance CLOSED</p>	<p>4</p>
<p>6 Quick Cardio L 9:30 am – 10:00 am p.26 Arthritis Made Easier L V 1:00 pm – 2:00 pm p.20</p>	<p>7 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27 Caregiver Support Group L 5:00 pm – 6:00 pm p.31</p>	<p>8 Chair Yoga L V 10:00 am – 11:00 am p.27 Everyday Technology L 1:00 pm – 2:00 pm p.17 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>9 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 The Jones Falls L V 1:00 pm – 2:00 pm p.17 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>10 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.15</p>	<p>11</p>
FIND YOUR FIT WEEK: JULY 6-10						
<p>13 Quick Cardio L 9:30 am – 10:00 am p.26 Ancient Civilizations L V 1:00 pm – 3:00 pm p.24 Back to the Basics: Dementia Caregiver 101 L V 1:00 pm – 2:30 pm p.32</p>	<p>14 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>15 Chair Yoga L V 10:00 am – 11:00 am p.27 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>16 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Pop & Circumstance L 1:00 pm – 3:00 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>17 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Eye Care Essentials L V 1:00 pm – 2:00 pm p.20</p>	<p>18</p>
<p>20 Quick Cardio L 9:30 am – 10:00 am p.26 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>21 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>22 Chair Yoga L V 10:00 am – 11:00 am p.27 World Brain Day L 1:00 pm – 2:30 pm p.15 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>23 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Pop & Circumstance L 1:00 pm – 3:00 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>24 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 History of Vanity L V 1:00 pm – 3:00 pm p.24</p>	<p>25</p>
<p>27 Quick Cardio L 9:30 am – 10:00 am p.26 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>28 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Affording Aging L V 1:00 pm – 2:00 pm p.17</p>	<p>29 Chair Yoga L V 10:00 am – 11:00 am p.27 Perfectly Imperfect L 11:00 am – 12:30 pm p.17 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>30 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 International Friendship Day L 1:00 pm – 2:30 pm p.18 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>31 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Maryland's America L V 11:00 am – 12:00 pm p.18 Opportunities for Independence L V 2:00 pm – 3:30 pm p.32</p>	<p>1</p>

Monday

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<p>3 Quick Cardio L 9:30 am – 10:00 am p.26 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>4 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27 Caregiver Support Group L 5:00 pm – 6:00 pm p.31</p>	<p>5 Chair Yoga L V 10:00 am – 11:00 am p.27 Mount Vernon Place L 1:00 pm – 3:00 pm p.18 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>6 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.28</p>	<p>7 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.15</p>	<p>8</p>
<p>10 Quick Cardio L 9:30 am – 10:00 am p.26</p>	<p>11 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Birds of Maryland L 2:00 pm – 3:00 pm p.18 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>12 Chair Yoga L V 10:00 am – 11:00 am p.27 Better Breathers Club L 11:30 am – 12:30 pm p.21</p>		<p>13 Forever Strong L V 9:00 am – 10:00 am p.28 Understanding Grief L V 10:00 am – 11:30 am p.21 Qigong L V 11:30 am – 12:15 pm p.28 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>14 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Abstract Acrylic Painting L 1:00 pm – 3:00 pm p.25</p>	<p>15</p>
<p>17 Quick Cardio L 9:30 am – 10:00 am p.26 Resource Navigation LV 11:00 am – 12:00 pm p.14 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>18 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Planning for Peace of Mind L V 1:00 pm – 2:00 pm p.22 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>19 Chair Yoga L V 10:00 am – 11:00 am p.27 Sandlots to World Series L 1:00 pm – 2:30 pm p.19 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>20 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Immunity & Aging L V 1:00 pm – 2:00 pm p.21 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>21 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Abstract Acrylic Painting L 1:00 pm – 3:00 pm p.25</p>	<p>22 Caregiver's Journey L 11:00 am – 12:00 pm p.16</p>
<p>24 Quick Cardio L 9:30 am – 10:00 am p.26 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>25 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>26 Chair Yoga L V 10:00 am – 11:00 am p.27 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>27 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Does This Smell Bad? L V 1:00 pm – 2:00 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>28 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Abstract Acrylic Painting L 1:00 pm – 3:00 pm p.25 A Lived Experience: Intro to Dementia & Alzheimer's Disease L 11:00 am – 1:00 pm p.32</p>	<p>29</p>
<p>31 Quick Cardio L 9:30 am – 10:00 am p.26 Living Well with Chronic Disease L 1:00 pm – 3:00 pm p.20</p>	<p>1</p>	<p>2</p>		<p>3</p>	<p>4</p>	<p>5</p>



Check the Website for Event Updates!

Monday

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Saturday

<p>31</p>	<p>1 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Mat Pilates L V 5:00 pm – 5:45 pm p.27 Caregiver Support Group L 5:00 pm – 6:00 pm p.31</p>	<p>2 Chair Yoga L V 10:00 am – 11:00 am p.27 Library Tech L V 11:00 am – 12:00 pm p.19 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>		<p>3 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Fit for Life: Men's Health Group L 12:15 pm – 1:00 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>4 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.15</p>
<p>7 Labor Day CLOSED</p>	<p>8 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Hues of Summer L 1:00 pm – 3:00 pm p.25 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>9 Chair Yoga L V 10:00 am – 11:00 am p.27 Mile Marker Check L 11:00 am – 12:30 pm p.14 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>	<p>10 Forever Strong L V 9:00 am – 10:00 am p.28 AGING TOGETHER ANNIVERSARY CELEBRATION L 12:00 pm – 2:00 pm p.14 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>11 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Breaking Through Brain Fog L V 1:00 pm – 2:30 pm p.16</p>	<p>12</p>
<p>14 Quick Cardio L 9:30 am – 10:00 am p.26 Early Detection of Cognitive Decline L V 1:00 pm – 2:00 pm p.16</p>	<p>15 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Hues of Summer L 1:00 pm – 3:00 pm p.25 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>16 Chair Yoga L V 10:00 am – 11:00 am p.27 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>	<p>17 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Thyroid & Aging L V 1:00 pm – 2:00 pm p.22 Strength to the Core L V 5:15 pm – 6:15 pm p.28</p>	<p>18 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 New Member Orientation 12:30 pm – 1:15 pm p.14 Your Best Life L 1:30 pm – 3:00 pm p.15</p>	<p>19</p>
<p>21 Quick Cardio L 9:30 am – 10:00 am p.26 Emerging Technology for Movement L V 10:30 am – 12:00 pm p.22</p>	<p>22 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Stepping Up Your Nutrition L 1:00 pm – 3:00 pm p.23 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>23 Chair Yoga L V 10:00 am – 11:00 am p.27 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>	<p>24 Qigong L V 11:30 am – 12:15 pm p.28 Hospital Discharge Planning L V 1:00 pm – 2:30 pm p.22</p>	<p>25 Balance & Easy Movement L V 10:00 am – 11:00 am p.28 Book Club – <i>Aging with Grace</i> L 11:00 am – 12:00 pm p.15 Alzheimer's Disease & Dementia Care Training L 8:30 am – 4:30 pm p. 31</p>	<p>26</p>
<p>FALLS PREVENTION WEEK: SEPTEMBER 20–26 • Stay Strong, Stay Steady with Wise & Well</p>					
<p>28 Quick Cardio L 9:30 am – 10:00 am p.26 Space Science Synergy L 11:00 am – 12:00 pm p.19 Summer Art Show L 4:00 pm – 5:30 pm p.25</p>	<p>29 Garden Club L 9:00 am – 10:30 am p.23 Tai Chi L V 12:00 pm – 1:00 pm p.26 Music, Art & Movement for Health L V 1:00 pm – 3:00 pm p.25 Mat Pilates L V 5:00 pm – 5:45 pm p.27</p>	<p>30 Chair Yoga L V 10:00 am – 11:00 am p.27 Powerful Tools for Caregivers L 1:00 pm – 3:00 pm p.22 Yoga Flow L V 5:15 pm – 6:00 pm p.27</p>	<p>1</p>	<p>2</p>	<p>3</p> <div data-bbox="2200 1612 2834 1838" style="border: 2px solid teal; padding: 10px; display: flex; align-items: center; justify-content: center;">  <p style="color: white; font-weight: bold; font-size: 1.2em;">Check the Website for Event Updates!</p> </div>

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
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 38.
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:

Summer 2026 Registration Opens:
Monday, June 22, 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. Keswick’s new Home & Healthy® program will be discussed.

Facilitator: Wise & Well Staff
Date: Monday, August 17
Fee: Free

Time: 11:00 am – 12:00 pm

Mile Marker Check • L



How’s it going for you? Take a moment to pause and reflect on your Wise & Well journey and progress this year. Discuss your wellness goals and strategies for meeting them with the Wise & Well community. Work together to re-evaluate goals that aren’t working, get back on track, and live Your Best Life.
MEMBERS ONLY

Facilitator: Wise & Well Staff
Date: Wednesday, September 9
Fee: Free

Time: 11:00 am – 12:30 pm

Aging Together Anniversary Celebration • L



We are grateful to all our members, past and present, who have grown and prospered with us on our journey of health, wellness, and longevity. Gather with us to reminisce, share stories, and enjoy fellowship with members and staff as we celebrate another year of Wise & Well. Lunch will be provided.
MEMBERS ONLY

Date: Thursday, September 10
Fee: Free

Time: 12:00 pm – 2:00 pm

New Member Orientation • L



Welcome new members! Come together with other new members, meet staff, and learn more about what your Wise & Well membership offers.

Facilitator: Wise & Well Staff
Date: Friday, September 18
Fee: Free

Time: 12:30 pm – 1:15 pm

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

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: Friday, September 18

Fee: Free

Time: 1:30 pm – 3:00 pm

Book Club – Aging with Grace • L

In 1986, Dr. David Snowdon embarked on a revolutionary study that would change the way we view aging. Dubbed the “Nun Study”, this groundbreaking research project made headlines worldwide and revealed the inspiring human story of these remarkable women whose dedication to serving others may help us all live longer and healthier lives. A prescription for hope, *Aging with Grace* shows us that old age doesn't have to be an inevitable slide into illness but can be a time of promise, productivity, and vigor. Book is available through Enoch Pratt Free Library, Kindle, Amazon, and most booksellers.

Facilitator: Wise & Well Staff

Date: Friday, September 25

Fee: Free

Time: 11:00 am – 12:00 pm

Brain Health

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, July 10

Date: Friday, August 7

Date: Friday, September 4

Fee: Members Free/\$10 Non-members

Time: 1:00 pm – 2:00 pm

Time: 1:00 pm – 2:00 pm

Time: 1:00 pm – 2:00 pm

World Brain Day • L



Celebrate World Brain Day by engaging both the mind and body. Pairing simple movement with mental challenges to hone memory, attention, coordination, and task switching skills. Support brain health, boost confidence, and make staying sharp an enjoyable, social experience.

Facilitator: Tanya Taylor

Date: Wednesday, July 22

Fee: Members Free/\$10 Non-members

Time: 1:00 pm – 2:30 pm

A Caregiver's Journey • L



Dr. Peter Rabins is one of the leading experts in the field of dementia and co-authored *The 36-Hour Day*, a best-selling guide to understanding and caring for people with dementia and their family members. Dr. Rabins will share his extensive experience related to caring for people with Alzheimer's disease, other dementias, and memory loss along with ways a caregiver can support their own self-care and wellbeing. This special event will be held in the Keswick Cognitive and Caregiver Resource Center. More details to follow.

Facilitator: Dr. Peter V. Rabins, MD, MPH, Johns Hopkins School of Medicine

Date: Saturday, August 22

Fee: Free

Time: 11:00 am – 12:00 pm

Breaking Through Brain Fog • L / V



From forgetfulness and confusion to a frustrating lack of focus, brain fog is no laughing matter. Identify causes and symptoms of brain fog as they relate to aging while learning practical strategies and healthy habits that support better mental clarity, sharper focus, and improved memory.

Facilitator: Dr. Julianna Jung, MD, Johns Hopkins School of Medicine

Date: Friday, September 11

Fee: Members Free/\$10 Non-members

Time: 1:00 pm – 2:30 pm

Early Detection of Cognitive Decline • L / V



About 6.7 million Americans are living with Alzheimer's disease and related dementias (ADRD), a number expected to double by 2060. Cognitive and sensory-motor changes are closely related and sensory-motor changes can be an early indicator of cognitive decline. The most effective interventions need to be administered early in the disease process. However, it is difficult to diagnose the different types of cognitive impairment using current clinical assessments. Learn about new research that combines cognitive, sensory, motor, and eye-movement assessments to improve the diagnosis and classification of dementia.

Facilitator: Dr. LiQun (Larry) Zhang, PhD, University of Maryland

Date: Monday, September 14

Fee: Free

Time: 1:00 pm – 2:00 pm



**Check the Website
for Event Updates!**

All About You

Everyday Technology • L



Ever wondered what QR codes actually do or why Wi-fi and mobile data aren't the same? Break down the "why" behind everyday technology, from passwords and apps to staying safe online. Turn confusion into clarity through guided practice and real life examples to leave you feeling more confident, capable, and curious about the digital world around you.

Facilitator: Sa'heed Sneed

Date: Wednesday, July 8

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

The Jones Falls • L / V



The Jones Falls and Baltimore are intertwined through centuries of change, industrialization, and ecological recovery. Discover the exciting ways that the Falls have helped to create the city as we know it today.

Facilitator: Bev Rosen, Baltimore Heritage

Date: Thursday, July 9

Time: 1:00pm – 2:00pm

Fee: Members Free/\$10 Non-members

Affording Aging • L / V



What does aging well really look like and how do you plan for the costs that come with it? Unpack the basics of care options, services, and expenses in a way that's clear and approachable. Discover realistic ways to afford care, explore low-cost solutions, and leave feeling more prepared, informed, and confident about the road ahead.

Facilitator: Luke Fannon, Oasis Senior Living Advisors

Date: Tuesday, July 28

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Perfectly Imperfect • L



When life doesn't match the plan, a quiet voice often says you should be doing more and needing less. Gain practical tools for meeting that voice, including reframing thought patterns, adapting to change through flexible problem solving, and taking small, meaningful risks. These practices will build self-trust and flexibility so you can move forward imperfectly, but for real.

Facilitator: Rabbi Jacke Schroeder, LCSW-C

Date: Wednesday, July 29

Time: 11:00 am – 12:30 pm

Fee: Members Free/\$10 Non-members

International Day of Friendship Social • L



International Day of Friendship celebrates the role that friendship plays in promoting peace, happiness, and unity. Friendship feels almost radical in its simplicity; it doesn't need speeches or fanfare; just a shared moment, conversation, and a willingness to see each other as fellow travelers in this human experience. Enjoy mingling and mocktails with your friends at Wise & Well.

Date: Thursday, July 30

Time: 1:00 pm – 2:30 pm

Fee: Members Free/\$15 Non-members

Maryland's America • L / V



From the stitching of the American flag to the writing of the Star-Spangled Banner, Baltimore has stood at the center of our nation's earliest defining moments. Uncover the powerful stories behind these iconic symbols and celebrate the 250 year history of the United States.

Facilitator: Chris Sniezek, Star-Spangled Banner Flag House

Date: Friday, July 31

Time: 11:00 am – 12:00 pm

Fee: Members Free/\$10 Non-members

Mount Vernon Place • L / V



Step into Baltimore's historic Mount Vernon Place, a cultural crossroads shaped by 19th-century architecture, iconic monuments, and longstanding public traditions. From landmark buildings to civic spaces and neighborhood festivals, the area's layered history tells the story of how Mount Vernon became one of the city's most significant and enduring districts.

Facilitators: Alex Henderson and Justin Alston

Date: Wednesday, August 5

Time: 1:00 pm – 3:00 pm

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

Birds of Maryland • L



From scarlet tanagers and warblers to our state bird, the oriole, takeoff, glide and fly into the ways birds change with each habitat, discover unique behaviors and fantastic facts about our local feathery friends.

Facilitator: Marty Brazeau, Baltimore Bird Club

Date: Tuesday, August 11

Time: 2:00 pm – 3:00 pm

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

Sandlots to World Series • L



Generations of players and fans have woven baseball into the fabric of our city. Round the bases with the Orioles of the 1800s and slide into home with Eddie Murray and Cal Ripken, Jr. Baseball in Baltimore is more than a pastime; it's part of the city's DNA.

Facilitator: Peter Coolbaugh, Babe Ruth Birthplace & Museum

Date: Wednesday, August 19

Time: 1:00 pm – 2:30 pm

Fee: Members Free/\$10 Non-members

Roland Park Library Tech • L / V



Bring your tablet, smartphone, or laptop along with your Pratt Library card and PIN and librarians will guide you through PressReader, a platform that provides free access to thousands of magazines and newspapers.

Facilitator: Greg Fromme, Roland Park Branch Librarian

Date: Wednesday, September 2

Time: 11:00 am – 12:00 pm

Fee: Free

Space Science Synergy • L



The Hubble, James Webb, and Nancy Grace Roman Space Telescopes have transformed how we explore the universe. These cutting-edge observatories collaborate to map vast regions of space, uncover distant galaxies, and zoom in to show us the fine details of stars, planets, and cosmic phenomena.

Facilitator: Dr. Mitchell Revalski, PhD, Space Telescope Science Institute

Date: Monday, September 28

Time: 11:00 am – 12:00 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

Falls Risk Assessments • L



Falls are common in adults over 65 and about 1/3 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 healthcare provider can determine the best strategies to prevent falls and reduce your chance of injury. Assessment includes review of falls history, nutrition and medication review, timed walk test, lower body strength test, and a balance test.

Fee: Members Free/\$40 Non-members

Arthritis Made Easier • L / V



Living with arthritis can be difficult, but adaptive devices and assistive solutions can make a meaningful difference. Learn to simplify everyday tasks with practical tools and techniques to protect your joints and conserve energy. These aids build confidence, ease daily challenges, and enhance overall quality of life for anyone navigating arthritis.

Facilitator: Salena Jacob, DPT, Summit Physical Therapy

Date: Monday, July 6

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Eye Care Essentials • L / V



Healthy vision supports cognitive function, independence, and overall quality of life. Recognize typical age-related vision changes and identify early warning signs of cataracts, glaucoma, and macular degeneration. Review current treatment options to help you see clearly for years to come.

Facilitator: Dr. Allen Eghrari, MD, Wilmer Eye Institute and RevitalEyes Education

Date: Friday, July 17

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Living Well with Chronic Disease • L



Living with a chronic condition can be full of challenges that may limit your engagement in activities you enjoy, but it doesn't have to be that way. Learn new behaviors and strategies to better manage symptoms and improve your quality of life, regardless of your condition. Engage with peers to share challenges and help each other find solutions while building confidence to overcome barriers. This is a six-week series produced by the Self-Management Resource Center.

Facilitators: Tanya Taylor and Trina Adams

Dates: Mondays, July 20 – August 31 (No class 8/10)

Time: 1:00 pm – 3:00 pm

Fee: Free

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: Dr. Serina McEntire, PhD

Dates: Wednesday, August 12

Time: 11:30 am – 12:30 pm

Fee: Free

Understanding Grief • L / V



Examine the many ways grief can impact our emotional, mental, and physical wellbeing. Learn what grief is, how it can show up in different areas of life, and why the grieving process is often non-linear. Discuss forms of grief beyond the loss of a loved one, adopt healthy coping strategies, and learn when it may be time to seek additional support.

Facilitator: Dr. Marcie Johnson, PhD, MJ Psychological Services

Date: Thursday, August 13

Time: 10:00 am – 11:30 am

Fee: Members Free/\$10 Non-members

Planning for Peace of Mind • L / V



Understand the benefits of funeral pre-planning, including greater peace of mind, financial stability, and reduced stress for loved ones during difficult times. Explore options for personalizing arrangements, gain a simple overview of the pre-planning process, and ask questions in a supportive, no-obligation environment.

Facilitator: Scott Gardner, Ruck Funeral Homes

Date: Tuesday, August 18

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Immunity & Aging • L / V



Explore the critical role the immune system plays in protecting against infectious diseases; how aging contributes to immune function decline and increased vulnerability to infections in older adults. Examine the history and development of vaccines as well as the mechanisms by which they strengthen immune responses and help to prevent disease.

Facilitator: Dr. Sean Leng, MD, PhD, Johns Hopkins School of Medicine

Date: Thursday, August 20

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Powerful Tools for Caregivers • L



Are you taking care of a loved one who is ill or needs daily care? Is it hard to find time or energy to take care of your own needs? Don't stress, we have tools to help you stay healthy and happy while caring for a loved one. Cultivate tools to help improve self-care behaviors, manage emotions, boost self-efficacy, identify community resources and much more. Start caring for yourself again, which will enhance your caregiving ability!

Facilitators: Tanya Taylor and Donnita McGowan

Dates: Wednesdays, August 26 – September 30

Time: 1:00 pm – 3:00 pm

Fee: Free

Thyroid & Aging • L / V



Explore how thyroid hormones shape the aging process and what occurs when hormonal balance begins to shift over time. Examine how more personalized care and clinically relevant testing can improve diagnosis, treatment, and long-term outcomes for thyroid health.

Facilitator: Dr. Jenna Mammen, MD, PhD, Johns Hopkins School of Medicine

Date: Thursday, September 17

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Emerging Technology for Measuring Movement • L / V



New technologies like wearable devices and AI have made it easier to measure human movement than ever before. These innovative tools can be useful for measuring walking, balance, and other movement patterns to help researchers and clinicians better understand frailty and other age-related conditions. Learn how these technologies are being used to develop new, improved rehabilitation approaches to help older adults move better.

Facilitator: Dr. Ryan Roemmich, PhD, Johns Hopkins School of Medicine

Date: Monday, September 21

Time: 10:30 am – 12:00 pm

Fee: Free

Hospital Discharge Planning • L / V



Hospital discharge often feels rushed and overwhelming as you try to make the best decisions for yourself or a loved one after a hospital stay. Identify the most common mistakes people make during discharge and how to avoid them. Move forward with purpose, ask the right questions, and feel confident navigating the healthcare system.

Facilitator: Ashley DiMaggio, MSN, RN, GuideWell Patient Advocates

Date: Thursday, September 24

Time: 1:00 pm – 2:30 pm

Fee: Free

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

Does This Smell Bad? • L / V



How long should leftovers stay in the refrigerator? How long should food stay out at a party? How do age-related changes in smell, taste, and vision impact food safety? Take the guesswork out of leftovers with practical tips to keep you confident in the kitchen and at the cookout.

Facilitator: Morgan Fique, University of Maryland School of Medicine

Date: Thursday, August 27

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Fit for Life: Men's Health Group • L



Gather for 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 8/28.

Facilitator: Dr. Nishant Shah, MD, Keswick Community Health Medical Director

Date: Thursday, September 3

Time: 12:15 pm – 1:00 pm

Fee: Members Free/\$15 Non-members

Stepping Up Your Nutrition • L



Falls prevention is about more than just strength and balance training! Proper nutrition is essential to reducing your falls risk and maintaining healthy muscle mass. Calculate your personal Nutrition Risk Score and set goals for protein and fluid intake. Learn how to read food labels like a pro so you can stay steady and remain active in your community with the people you love!

Facilitators: Dr. Serina McEntire, PhD and Tanya Taylor

Date: Tuesday, September 22

Time: 1:00 pm – 3:00 pm

Fee: Free

Creative Pathways

Ancient Civilizations • L / V



Uncover the mysteries of the cave paintings at Lascaux and trace the origins of portable art from Venus Impudica to the intriguing structures of Mesopotamia where early humans used visual expression to make sense of their world. Examine a cross-section of art and architecture from ancient civilizations around the globe, revealing shared forms, materials, and ideas that connect humanity's earliest creative efforts.

Facilitator: Alex Henderson

Date: Monday, July 13

Time: 1:00 pm – 3:00 pm

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

Pop & Circumstance • L



Explore the delight of pop-up cards, where thoughtful engineering and creative design combine to create playful, moving stories on the page. With strategic folds, hidden tabs, and clever hinges, flat paper bursts into motion.

Facilitator: Linda Whelihan, Community Artist

Dates: Thursdays, July 16, 23

Time: 1:00 pm – 3:00 pm

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

History of Vanity • L / V



Pull back the veil on the history of vanity and uncover how pride and ego have shaped the world of fashion, cosmetics, and fitness. Discover the pursuit of the coveted luminous white complexion, the sometimes-dangerous practices used to achieve it, and why historical beauty regimens, featuring everything from toxic cosmetics to wine-and-egg diets, often blur the line between beauty and pain. From self-improvement fads to tasteful trends in clothing, the pursuit of ever-changing ideals has encompassed everything from corsets to contouring.

Facilitators: Alex Henderson and Tanya Taylor

Date: Friday, July 24

Time: 1:00 pm – 3:00 pm

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



**Check the Website
for Event Updates!**

Abstract Acrylic Painting • L



Dive into the magical properties of acrylic paint, exploring enchanting hues and iridescent shifts that allude to dreams. A freeform, layered multimedia approach intuitively guides the painting process, creating work that seemingly breaks the plane of the canvas.

Facilitator: Lydia Ethem, Community Artist

Date: Fridays, August 14-28

Fee: \$30 Members/\$70 Non-members

Time: 1:00 pm – 3:00 pm

Hues of Summer • L



Dabble in velvet-dry pigments that whisper across the surface like a warm summer breeze. Using soft pastels as the medium, let each stroke blend effortlessly as you craft a masterpiece that comes alive with lustrous shades, reminiscent of verdant gardens and memories of summers past.

Facilitator: Alex Henderson

Date: Tuesdays, September 8, 15

Fee: \$15 Members/\$40 Non-members

Time: 1:00 pm – 3:00 pm

Summer 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 fall's creative offerings. Come connect and delight in what takes shape when hands, hearts, and ideas spark together.

Date: Monday, September 28

Fee: Free

Time: 4:00 pm – 5:30 pm

Music, Art, and Movement for Health • L / V



Navigate the connections between music, visual art, and movement as pathways to physical, emotional, and mental wellbeing. Creative expression and gentle movement support stress reduction, self-awareness, and overall health through accessible practices such as guided listening, simple rhythm work, creative art-making, and expressive movement.

Facilitators: Alex Henderson and Justin Alston

Date: Tuesday, September 29

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

Time: 1:00 pm – 3:00 pm

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: July 6-10 **ONLY**

Fee: \$10 per class

Quick Cardio • L



Turn up the energy and get your heart pumping with some fun cardio that combines intervals, fun movement, and nonstop motivation. Burn calories, build endurance, and leave feeling energized and unstoppable. No seated or floor exercises; must be able to stand/move for 30 minutes. Skill Level: All levels.

Facilitator: Justin Alston

Dates: Mondays

Series 1: July 6, 13, 20, 27

Series 2: August 3, 10, 17, 24, 31

Series 3: September 14, 21, 28 (No class 9/7)

Time: 9:30 am – 10:00 am

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

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

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

Tai Chi • L / V



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

Facilitator: Suzanne Diehl

Dates: Tuesdays

Series 1: July 7, 14, 21, 28

Series 2: August 4, 11, 18, 25

Series 3: September 1, 8, 15, 22, 29

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, 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: July 7, 14, 21, (No class 7/28)

Series 2: August 4, 11, 18, 25

Series 3: September 1, 8, 15, 22, 29

Time: 5:00 pm – 5:45 pm

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

Fee: \$20 Members/\$40 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: July 1, 8, 15, 22, 29

Series 2: August 5, 12, 19, 26

Series 3: September 2, 9, 16, 23, 30

Time: 10:00 am – 11:00 am

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

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

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

Yoga Flow • L / V



Coordinate breath with a sequence of poses that build strength, increase flexibility, and improve balance. Combine mindfulness and movement to promote whole-body wellbeing. Participants must be able to get onto the floor. Yoga mat required. Skill Level: All levels.

Facilitator: Tanya Taylor

Dates: Wednesdays

Series 1: July 1, 8, 15, 22, 29

Series 2: August 5, 19, 26 (No class 8/12)

Series 3: September 2, 9, 16, 23, 30

Time: 5:15 pm – 6:00 pm

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

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

Fee: \$25 Members/\$50 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 2nd 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: July 2, 9, 16, 23, 30

Series 2: August 6, 13, 20, 27

Series 3: September 3, 10, 17 (No class 9/24)

Time: 9:00 am – 10:00 am

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

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

Fee: \$15 Members/\$30 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: July 2, 9, 16, 23, 30

Series 2: August 6, 13, 20, 27

Series 3: September 3, 10, 17, 24

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: July 2, 9, 16, 23, 30

Series 2: August 6, 13, 20, 27

Series 3: September 3, 10, 17 (No class 9/24)

Time: 5:15 pm – 6:15 pm

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

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

Fee: \$15 Members/\$30 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: July 10, 17, 24, 31 (No class 7/3)

Series 2: August 7, 14, 21, 28

Series 3: September 4, 11, 18, 25

Time: 10:00 am – 11:00 am

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

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

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

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!

HOME & HEALTHY®

Home & Healthy is a month-to-month membership to age well at home — with guidance, planning, and trusted support.

You'll work with a *Personal Navigator* to clarify goals, build a practical plan, and connect to the right resources — without having to figure it all out alone.

WHAT'S INCLUDED

\$150/month

Your monthly membership includes:

- **Personal navigation**
Planning, resource connection, and individualized ongoing support built around your goals, priorities, and next steps.
- **Wise & Well membership**
Stay connected to programs, education, and engagement opportunities that support whole-person wellbeing.
- **Brain health consult**
Optional self-guided surveys plus a 1:1 review with Dr. Nishant Shah.
- **Dorvie concierge access**
Through our partnership with Dorvie, access support for at-home tasks and vendors. Dorvie serves as Keswick's concierge partner.

WHO IT'S FOR

Home & Healthy may be good if you want:

- A clearer path for aging at home
- To think through resources and next steps
- A planning partner who works with you, not for you
- A trusted point of connection when health, home, or family needs change



HOW TO GET STARTED

Step 1: Talk with our *Personal Navigator*

We begin with a brief conversation to learn about you and confirm the membership is the right fit.

Step 2: Receive your private enrollment link

To keep the process clear and personal, enrollment begins after your conversation.

Step 3: Begin your membership

Once the agreement is signed and payment is completed, membership begins.

AGING TOGETHER
KESWICK
Improving the Experience of Aging, Together

QUESTIONS? LET'S TALK.

Home & Healthy®
410-662-4349

*Scan to learn more
and connect with
our team:*



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 sparking 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.



Caregiver Support Group

Join our compassionate community support group for those caring for individuals with dementia or age-related needs. Explore real-world caregiving challenges; behavioral changes, independence, communication, and caregiver wellbeing, and leave with new insights, practical tools, and a renewed sense of support.

Facilitator: Jen Fenton
Date: Tuesdays; July 7, August 4, Sept 1
Time: 5:00 pm – 6:00 pm
Fee: Free

Alzheimer’s Disease & Dementia Care Training

This NCCDP-approved training offers comprehensive, evidence-based dementia education for healthcare professionals, aging services professionals, and caregivers. Curriculum topics include (but not limited to) dementia subtypes, behavior management, communication techniques, meaningful engagement, and personal self-care to help you improve the quality of life for those living with dementia. Upon completion, you will be eligible to apply for the Certified Dementia Practitioner credential.

Facilitator: Jen Fenton & Tanya Taylor
Date: Friday, Sept 25th
Time: 8:30 am – 4:30 pm
Fee: \$250 (e-book included)

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.

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

Cognitive & Caregiver Resource Center – Summer 2026

Back to the Basics: Dementia Caregiver 101 • L / V

Build a foundational understanding of dementia and its impact on daily function. Address common caregiving challenges, including behavioral changes, changing care needs, and the desire to maintain a sense of independence. Caregivers will gain a practical toolkit to support someone living with dementia.

Facilitator: Jen Fenton & Joshua Huff
Date: Monday, July 13
Fee: Free
Time: 1:00 pm – 2:30 pm

Opportunities for Independence • L / V

Dignity and emotional well-being are deeply tied to our sense of independence. When the need for assistance grows, caregivers often struggle to navigate complex emotional and practical changes. Learn new ways to respect independence while strengthening supportive care.

Facilitator: Jen Fenton & Joshua Huff
Date: Friday, July 31
Fee: Free
Time: 2:00 pm – 3:30 pm

A Caregiver’s Journey • L

Dr. Peter Rabins is one of the leading experts in the field of dementia and co-authored *The 36-Hour Day*, a best-selling guide to understanding and caring for people with dementia and their family members. Dr. Rabins will share his extensive experience related to caring for people with Alzheimer’s disease, other dementias, and memory loss along with ways a caregiver can support their own self-care and wellbeing. More details to follow.

Facilitator: Dr. Peter V. Rabins, MD, MPH, Johns Hopkins School of Medicine
Date: Saturday, August 22
Fee: Free
Time: 11:00 am – 12:00 pm

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.

Facilitator: Joshua Huff & Jen Fenton
Date: Friday, August 28th
Fee: Free
Time: 11:00 am – 1:00 pm

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



Prefer a call?
410-662-4262

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. 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 38. Include check or credit card info, and mail to: Keswick Wise & Well Center for Healthy Living, 700 W. 40th Street, Baltimore, MD 21211

PACE of West Baltimore

Keswick is invested in supporting older adults in whatever setting they call home. The Program of All-Inclusive Care for the Elderly (PACE) provides medical and emotional support services, so older adults may stay safe, comfortable, and healthy at home. Keswick's partnership with PACE of West Baltimore reflects our mission: to improve the experience of aging, together. This partnership is one of the many ways Keswick is shaping a future where older adults have the resources they need to age well while fostering stronger, more connected communities, for all.

Eligibility Criteria

- 55 years of age or older
- Live within the PACE of West Baltimore service area
- Qualify for nursing home level of care
- Live safely in your community

Coverage & Cost

- If you are Medicaid eligible or have Medicare and Medicaid, there is no cost.
- If you are eligible for Medicare only, there will be a fee involved.
- Those without Medicare or Medicaid may pay privately.

Service Areas

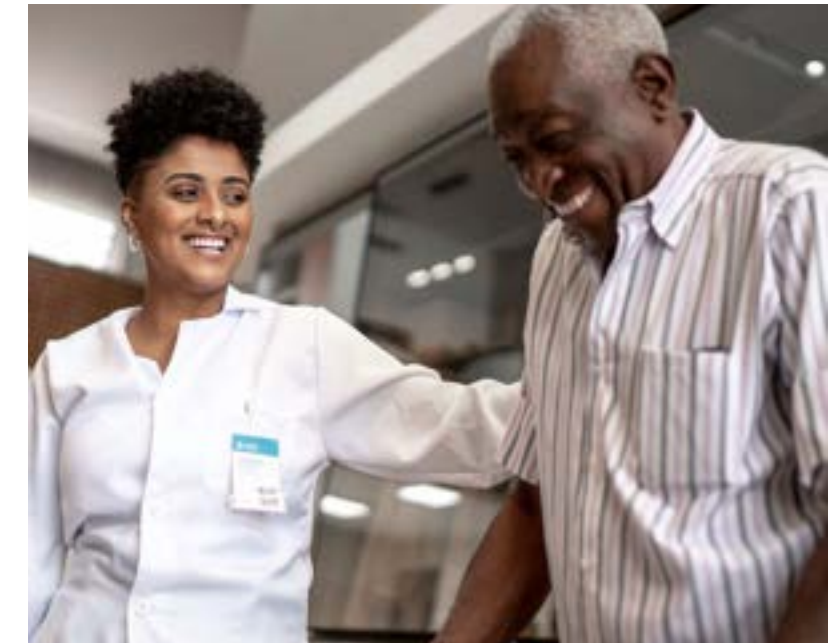
The PACE of West Baltimore service area includes:
21201; 21207; 21209; 21210; 21211; 21212;
21215; 21216; 21223; 21225; 21226; 21228;
21229; 21230; 21239; 21251; 21287.



**West Baltimore
PACE Community Coalition**
Program of All-Inclusive Care for the Elderly



Center Hours: Mon–Fri, 8:00 AM – 5:00 PM
PACEWestBaltimore.com
 3201-A Tioga Parkway | Baltimore, MD 21215
 Phone: (443) 961-0796 | TTY: (443) 961-0801 |
 Toll Free: (833) 722-3225



PACE SERVICES

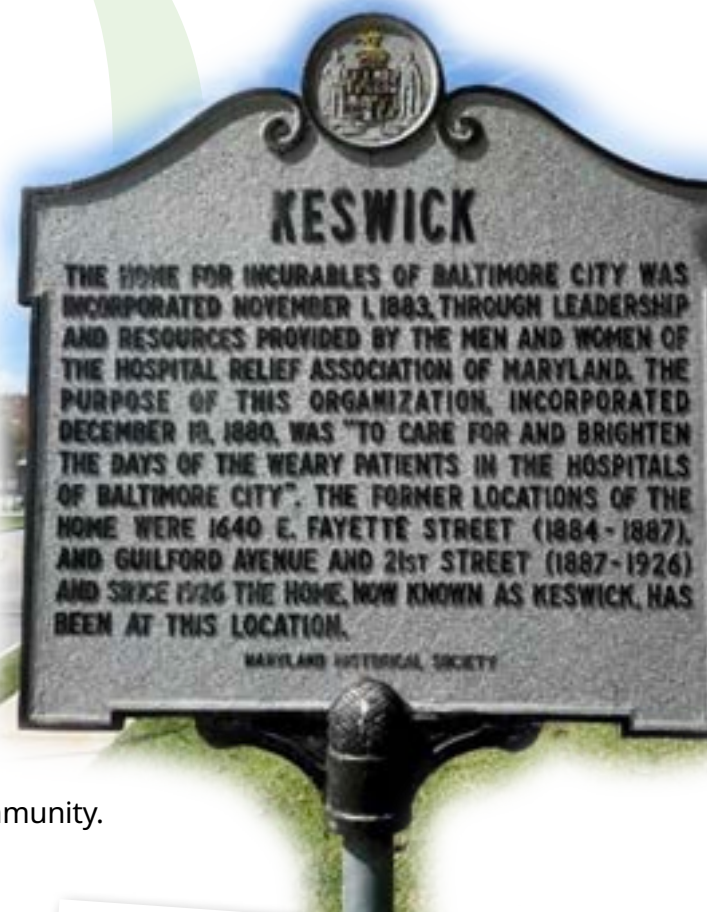
- All Primary & Specialty Physician Services
- Nursing Services
- Transportation
- Rehabilitation Services
- Durable Medical Equipment
- Meals & Nutritional Counseling
- Recreational Therapy & Activities
- Social Engagement at Day Center
- Personal & Home Care Services
- Social Services & Care Coordination
- Hearing, Dental, Vision, & Podiatry Services
- Speech Therapy & Behavioral Health
- Pharmacy Services & Medication Management
- Regular Needs Assessments
- Respite & End-of-Life Care
- Emergency Care
- Additional services approved by the PACE team

KESWICK 100 YEARS A Century of Community

This year, we celebrate the 100th anniversary of the campus that gave us our name and our “home”- an evolution since our service began in downtown Baltimore in 1883 by a group of fearless and compassionate women.

We celebrate this milestone during a transformational, multi-year, \$65 million capital reinvestment by Keswick into our century-old campus and our mission-driven service to the Baltimore community into the future.

Today, Keswick is shaped by people of all ages and backgrounds who are bringing greater fulfillment and freedom to aging, for all, in so many ways. We are grateful for your role – past, present, and future - in improving the experience of aging, together, with our growing Keswick community.



For 100 years on this campus, and since 1883 in Baltimore, Keswick has continued to evolve alongside older adults and their families – guided by one enduring purpose: **Improving the experience of aging, together.**

COMMUNITY HEALTH

Cognitive & Caregiver Resource Center

Focused on prevention and education for all ages, and support for those affected by dementia and their caregivers.

Wise & Well Center for Healthy Living

Designed as a place for those 50+ to improve their health and well-being through classes, coaching, and personalized services across multiple dimensions of wellness.

To learn more about our Community Health Programs call 410.662.4363 or email CommunityHealth@ChooseKeswick.org.



SERVICE NAVIGATION

Home & Healthy®

Membership-based program that helps older adults in Baltimore stay connected and well in their homes.

Housing Upgrades to Benefit Seniors (HUBS)

In partnership with Civic Works, provides navigation and assistance for older adult homeowners in Baltimore to receive home safety, weatherization, and energy-efficient modifications.



MULTI-CARE CENTER

Short-Stay Rehabilitation

To return home successfully, short-term guests gain personal support focusing on recovery and rehabilitation.

Long-Term Care Residence

Keswick residents access long-term comprehensive nursing care on the campus they call home.

To learn more about our on campus nursing care, call 410.662.4218 or email Admissions@ChooseKeswick.org.



PACE of West Baltimore

Brings together medical care, social services, rehabilitation, and daily supports under one roof to help older adults live well in their homes and neighborhoods.

Learn more at PaceWestBaltimore.com or call 443.961.0796.

Careers

Keswick is a place to learn, grow, and make a meaningful impact. We offer opportunities throughout our community to join us in improving the experience of aging, together.

Call Keswick today at 410.235.8860 or visit us at ChooseKeswick.org/Careers.

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

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**
- 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. 40th Street
Baltimore, MD 21211

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WILKES-BARRE, PA
18701
PERMIT NO. 243



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410-662-4363 | ChooseKeswick.org

