

^{KESWICK} **wise & well** Center for Healthy Living



Scan to View
Our Classes!



Community Education
Fall 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 fall, 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

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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,

As the leaves change and the days grow shorter, we too begin to shift our routines, reflect on where we've been, and consider what we want the next season of life to hold. Transitions can bring change and uncertainty, but they can also create space for new interests, new relationships, and new possibilities. At Wise & Well, we hope this season inspires you to embrace change with curiosity and discover what might be waiting just around the corner.

One of the things I love most about our community is the willingness of our members to share their experiences, passions, and wisdom with one another. Active Aging Week (October 5-9) is a wonderful opportunity to do just that. It is a chance to invite friends and neighbors to experience what makes Wise & Well special, while also celebrating the many ways our members continue to learn, grow, and stay engaged.

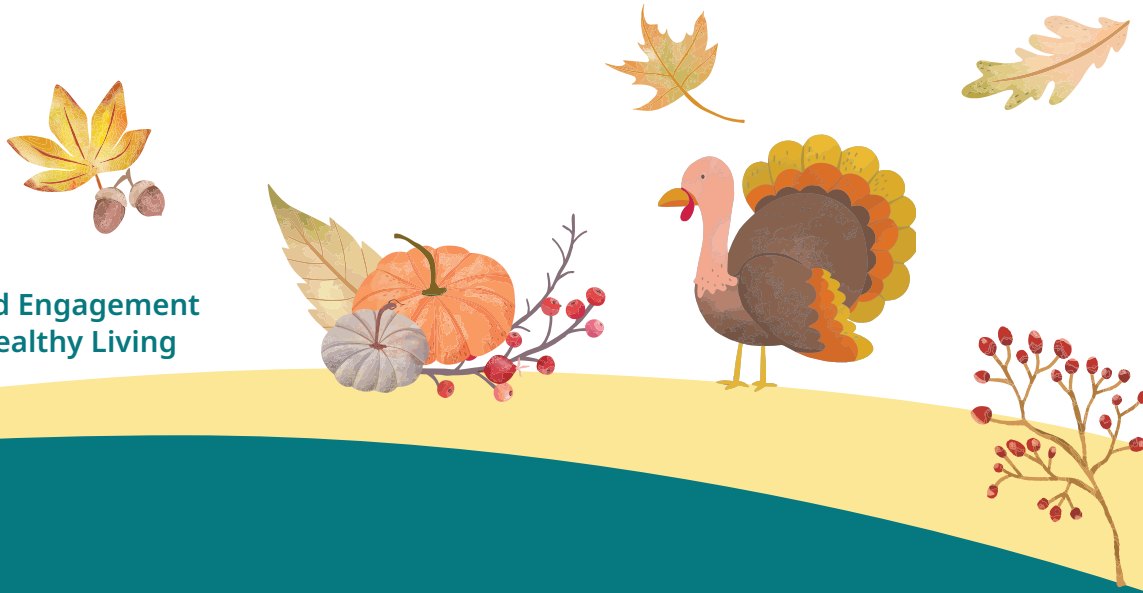
I also encourage you to support friends and fellow members who are exploring what comes next in their post-retirement lives. Retirement doesn't have to mean stepping away from the life you know; it's an invitation to step into something new. We are excited to explore that idea further through an author-led discussion inspired by the book, *The Afterwork: Finding Fulfilling Alternatives to Retirement*, written by one of our members! Together, we'll consider what it means to create a fulfilling life beyond traditional work and explore the many possibilities that can emerge when we have the freedom to rethink how we spend our time, talents, and energy. I hope you'll join us for what promises to be a thoughtful and inspiring conversation.

And, of course, we can't pass up opportunities to celebrate the people (YOU!) who make Wise & Well such a special community. We will be gathering for our 4th annual Friendsgiving celebration, sharing gratitude, good food, and great company, and then coming together again for our December Holiday Party. These moments of laughter, friendship, and fellowship are reminders that wellness isn't only about our personal health but also about the relationships we nurture along the way.

As the temperature changes around us, I encourage you to embrace the transitions in your own life, remain curious about what comes next, and continue finding ways to learn, connect, and grow. Whatever your next chapter looks like, we are here to help you navigate it.

With gratitude,

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.

Fall 2026 Reading List



Stupid Things I Won't Do When I Get Old by Steven Petrow

Soon after his 50th birthday, Steven Petrow began assembling a list of "things I won't do when I get old." His list became a collection of do's and don'ts for aging that are equal parts hilarious, honest, and practical. *Stupid Things I Won't Do When I Get Old* addresses the fears, frustrations and stereotypes that come with getting older, emphasizing that aging is a privilege that should be done with grace, humor, and hope. [Join us on December 22 for a book discussion!](#)

The AfterWork: Finding Fulfilling Alternatives to Retirement by Don Akchin

With more years of post-career living than ever before, you have many opportunities to fill those bonus years with great life-affirming adventures. Freed from adulting obligations, you have license to try new experiences, with far less at stake if things don't work out. Meet people who chose to continue their careers indefinitely, people who combine part-time work with part-time play, people who discovered new purpose through volunteer activities, and people who fashion whole new careers in life. Learn to identify potential obstacles, manage healthy relationships and transition from work life to AfterWork life.

Resource List

CyberSeniors

Trains young adults as digital mentors to provide older adults with virtual educational courses and tech support to stay socially connected and engaged. Call 844-217-3057 for more information.

Maryland Healthy Smiles Dental Program

Provides comprehensive, no-cost dental care to eligible Medicaid members in Maryland. Services include exams, cleanings, fillings, crowns, root canals, and extractions. For more information, call 855-934-9812 or email outreachcoordinator@skygenusa.com

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!			30		1 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	2 Balance & Easy Movement L V 10:00 am – 11:00 am p.29	3
5 Quick Cardio L 9:30 am – 10:00 am p.26 Walk with the Doc L 1:00 pm – 2:00 pm p.14 Yoga Flow L V 5:15 pm – 6:00 pm p.26	6 Active Aging Icons L V 10:00 am – 11:30 am p.14 Tai Chi L V 12:00 pm – 1:00 pm p.27 Mat Pilates L V 5:00 pm – 5:45 pm p.27	7 Chair Yoga L V 10:00 am – 11:00 am p.27 The AfterWork L 1:00 pm – 3:00 pm p.14 Quick Cardio L 5:15 pm – 5:45 pm p.26	8 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		9 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Unveiling Age L V 1:00 pm – 2:30 pm p.14	10	
ACTIVE AGING WEEK (OCTOBER 5–9)							
12 Quick Cardio L 9:30 am – 10:00 am p.26 Yoga Flow L V 5:15 pm – 6:00 pm p.26	13 Tai Chi L V 12:00 pm – 1:00 pm p.27 Health Literacy in Action L V 1:00 pm – 2:30 pm p.18 Mat Pilates L V 5:00 pm – 5:45 pm p.27	14 Chair Yoga L V 10:00 am – 11:00 am p.27 Better Breathers Club L 11:30 am – 12:30 pm p.20 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		15 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Expanding Self- Portrait L 1:00 pm – 3:00 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.29	16 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Puzzle Power L 1:00 pm – 3:00 pm p.16	17	
19 Quick Cardio L 9:30 am – 10:00 am p.26 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.16 Yoga Flow L V 5:15 pm – 6:00 pm p.26	20 Mental Health & Aging L V 11:00 am – 12:00 pm p.21 Tai Chi L V 12:00 pm – 1:00 pm p.27 Mat Pilates L V 5:00 pm – 5:45 pm p.27	21 Chair Yoga L V 10:00 am – 11:00 am p.27 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		22 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Expanding Self- Portrait L 1:00 pm – 3:00 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.29	23 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Realistic Fiction L 1:00 pm – 3:00 pm p.23	24	
26 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	27 What’s New with COPD L V 10:00 am – 11:00 am p.21 Tai Chi L V 12:00 pm – 1:00 pm p.27 Fall Pointillism L 1:00 pm – 3:00 pm p.24 Mat Pilates L V 5:00 pm – 5:45 pm p.27	28 Chair Yoga L V 10:00 am – 11:00 am p.27 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		29 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Expanding Self- Portrait L 1:00 pm – 3:00 pm p.23 Strength to the Core L V 5:15 pm – 6:15 pm p.29	30 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Shadows & Suspense L 1:00 pm – 3:00 pm p.18	31	

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21	3 Food is Medicine L V 10:00 am – 11:00 am p.22 Tai Chi L V 12:00 pm – 1:00 pm p.27 Fall Pointillism L 1:00 pm – 3:00 pm p.24	4 Chair Yoga L V 10:00 am – 11:00 am p.27 PACE Program L V 11:00 am – 12:00 pm p.21 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		5 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Bound Together L 1:00 pm – 2:30 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.29	6 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 The Science of Seasonal Vitality L 1:00 pm – 3:00 pm p.18	7
9 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	10 Tai Chi L V 12:00 pm – 1:00 pm p.27 Better Sleep for Better Days L V 1:00 pm – 2:00 pm p.22	11 Chair Yoga L V 10:00 am – 11:00 am p.27 Ask the Dietician V 1:00 pm – 2:00 pm p.23 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		12 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Bound Together L 1:00 pm – 2:30 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.29	13 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Discover the Magic of Improv L 1:00 pm – 3:00 pm p.24	14
16 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	17 Sparrows Point Legacy L V 10:00 am – 11:30 am p.18 Tai Chi L V 12:00 pm – 1:00 pm p.27	18 Chair Yoga L V 10:00 am – 11:00 am p.27 Alzheimer's Awareness L V 1:00 pm – 2:00 pm p.17 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		19 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Bound Together L 1:00 pm – 2:30 pm p.24 Strength to the Core L V 5:15 pm – 6:15 pm p.29	20 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Friendsgiving L 12:00 pm – 1:30 pm p.15	21
23 Quick Cardio L 9:30 am – 10:00 am p.26 Building Stronger Bones L V 10:00 am – 11:00 am p.22 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	24 Cindy Sherman L V 10:00 am – 11:30 am p.24 Tai Chi L V 12:00 pm – 1:00 pm p.27	25 Chair Yoga L V 10:00 am – 11:00 am p.27 Be the Difference L V 11:00 am – 12:00 pm p.19		26 Thanksgiving Observance CLOSED	27 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Brain Blast Challenge L 1:00 pm – 2:00 pm p.16	28
30 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	1	2		3	4  Check the Website for Event Updates!	5

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30	1 Tai Chi L V 12:00 pm – 1:00 pm p.27 Those We Lost L V 1:00 pm – 2:30 pm p.25	2 Chair Yoga L V 10:00 am – 11:00 am p.27 Community Resource Navigation L V 1:00 pm – 2:00 pm p.15 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		3 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Small Wonders Workshop L 1:00 pm – 3:00 pm p.25 Strength to the Core L V 5:15 pm – 6:15 pm p.29	4 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Fit for Life: Men's Health Group L 12:00 pm – 12:45 pm p.23	5
7 Quick Cardio L 9:30 am – 10:00 am p.26 Stepping on L 1:00 pm – 3:00 pm p.21 Yoga Flow L V 5:15 pm – 6:00 pm p.26	8 Tai Chi L V 12:00 pm – 1:00 pm p.27 History of Sears Catalog Shopping L V 1:00 pm – 2:00 pm p.19 Mat Pilates L V 5:00 pm – 5:45 pm p.27	9 Chair Yoga L V 10:00 am – 11:00 am p.27 Better Breathers Club L 11:30 am – 12:30 pm p.20 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		10 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Small Wonders Workshop L 1:00 pm – 3:00 pm p.25 Strength to the Core L V 5:15 pm – 6:15 pm p.29	11 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 New Member Orientation L 12:30 pm – 1:15 pm p.15 Your Best Life L 1:30 pm – 3:00 pm p.15	12
14 Quick Cardio L 9:30 am – 10:00 am p.26 Kinusaiga L 10:00 am – 12:30 pm p.25 Yoga Flow L V 5:15 pm – 6:00 pm p.26	15 Tai Chi L V 12:00 pm – 1:00 pm p.27 Blood Flow & the Blood-Brain Barrier L V 1:00 pm – 2:00 pm p.17 Mat Pilates L V 5:00 pm – 5:45 pm p.27	16 Chair Yoga L V 10:00 am – 11:00 am p.27 Roland Park Library Tech L V 11:30 am – 12:30 pm p.19 Chair Zumba L V 3:30 pm – 4:30 pm p.28 Quick Cardio L 5:15 pm – 5:45 pm p.26		17 Forever Strong L V 9:00 am – 10:00 am p.28 Qigong L V 11:30 am – 12:15 pm p.28 Small Wonders Workshop L 1:00 pm – 3:00 pm p.25 Strength to the Core L V 5:15 pm – 6:15 pm p.29	18 Balance & Easy Movement L V 10:00 am – 11:00 am p.29 Wise & Well Holiday Party L 1:00 pm – 3:00 pm p.16	19
21 Quick Cardio L 9:30 am – 10:00 am p.26 Understanding Diabetes L V 10:00 am – 11:00 am p.22 Art Show L 4:00 pm – 5:30 pm p.25 Yoga Flow L V 5:15 pm – 6:00 pm p.26	22 Book Club L 10:00 am – 11:00 am p.16 Tai Chi L V 12:00 pm – 1:00 pm p.27 Mat Pilates L V 5:00 pm – 5:45 pm p.27	23 Chair Yoga L V 10:00 am – 11:00 am p.27 Reducing Cognitive Overload L V 1:00 pm – 2:30 pm p.17 Quick Cardio L 5:15 pm – 5:45 pm p.26		24	25 Christmas Observance CLOSED	26
28 Quick Cardio L 9:30 am – 10:00 am p.26 Brain Blast Challenge L V 1:00 pm – 2:00 pm p.16 Yoga Flow L V 5:15 pm – 6:00 pm p.26	29 Tai Chi L V 12:00 pm – 1:00 pm p.27 Mat Pilates L V 5:00 pm – 5:45 pm p.27	30 Chair Yoga L V 10:00 am – 11:00 am p.27 The Power of Connection L V 1:00 pm – 2:30 pm p.19		31 Why We Celebrate L V 10:00 am – 11:00 am p.20	1 	2

Check the Website
for Event Updates!

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:

Fall 2026 Registration Opens:
September 21, 2026

By Mail
Complete the registration form on page 38.

Need Help?
Call 410-662-4363



Walk with the Doc • L



Hit the pavement and explore the neighborhood on a fine fall day with fellow members and one of our favorite family medicine physicians. Walking is a fantastic, low-impact cardiovascular exercise that is great for social engagement and physical and mental health. *Bring a water bottle and wear comfortable clothing and close-toed shoes.*

Facilitator: Dr. Nishant Shah, MD, Keswick Community Health Medical Advisor
Date: Monday, October 5
Time: 1:00 pm – 2:00 pm
Fee: Free

Active Aging Icons • L / V



Be inspired by the stories of people who have redefined what it means to age well. Reflect on your own aging journey and discover how embracing an active, purposeful lifestyle can help you create your own iconic path at every stage of life.

Facilitator: Maddie Hagerty
Date: Tuesday, October 6
Time: 10:00 am – 11:30 am
Fee: Free

The AfterWork • L



The AfterWork: Finding Fulfilling Alternatives to Retirement written by Wise & Well member Don Akchin is based on his and others experiences as they approached retirement and beyond. With more years of post-career living than ever before, there are many opportunities to fill those bonus years with meaningful relationships, great adventures, and less at stake if things don't go as planned. Join the author and a panel of guests for a discussion of the opportunities, obstacles, and excitement as you transition from work life to AfterWork life.

Facilitator: Don Akchin, Author
Date: Wednesday, October 7
Time: 1:00 pm – 3:00 pm
Fee: Free

Unveiling Age • L / V



Examine how the body is depicted in art and what it reveals about personal and societal attitudes toward the physical form, particularly as it ages. Navigate how artists from the Renaissance to the present day depict and engage with the aging body across different emotional states, lived experiences, and communal connections. Examine how creative expression challenges or reinforces cultural perceptions of growing older.

Facilitators: Alex Henderson and Bao Nguyen, Libby Bowerman Art Fellow
Date: Friday, October 9
Time: 1:00 pm – 2:30 pm
Fee: Free

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

Course Descriptions

Wise & Well Journey

Friendsgiving • L



Gather with Wise & Well members and staff for a Friendsgiving celebration! Wise & Well will supply the main course and members will bring a favorite dish to share along with friendship and fellowship! RSVP by Monday, November 16. MEMBERS ONLY

Date: Friday, November 20

Time: 12:00 pm – 1:30 pm

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.

Facilitator: Donnita McGowan

Date: Wednesday, December 2

Fee: Free

Time: 1:00 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, December 11

Fee: Free

Time: 12:30 pm – 1:15 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: Friday, December 11

Fee: Free

Time: 1:30 pm – 3:00 pm

Wise & Well Holiday Party • L



Enjoy festive refreshments, good conversation, and holiday cheer as we celebrate the season together. MEMBERS ONLY

Date: Friday, December 18

Time: 1:00 pm – 3:00 pm

Book Club – *Stupid Things I Won't Do When I Get Old* • L



Soon after his 50th birthday, Steven Petrow began assembling a list of “things I won’t do when I get old.” His list became a collection of do’s and don’ts for aging that are equal parts hilarious, honest, and practical. *Stupid Things I Won’t Do When I Get Old* addresses the fears, frustrations and stereotypes that come with getting older, emphasizing that aging is a privilege that should be done with grace, humor, and hope. Book is available through Enoch Pratt Free Library, Kindle, Amazon, and most booksellers.

Facilitator: Maddie Hagerty

Date: Tuesday, December 22

Fee: Free

Time: 10:00 am – 11:00 am

Brain Health

Puzzle Power • L



Get ready to twist, turn, and solve! Challenge your mind with a variety of interactive puzzles that engage your senses and strengthen memory, focus, and critical thinking skills. Whether you are a puzzle enthusiast or just looking for a fun mental workout, there’s something for everyone. Bring your Rubik’s Cube if you’ve got one!

Facilitator: Justin Alston

Date: Friday, October 16

Fee: Members Free/\$10 Non-members

Time: 1:00 pm – 3:00 pm

Brain Blast Challenge



Put your brain to work with a series of challenges designed to exercise your memory, attention, and problem-solving skills. Boost your brain power while having fun with friends!

Facilitator: Maddie Hagerty

Date: Monday, October 19

Date: Friday, November 27

Date: Monday, December 28

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

L / V

Live Only

L / V

Alzheimer's Awareness • L / V



While age and genetics play a role in Alzheimer's disease, research shows that several lifestyle factors influence brain health and cognitive decline. Explore modifiable risk factors, including physical activity, nutrition, sleep, cardiovascular health, social engagement, and cognitive stimulation. Identify the early warning signs of Alzheimer's disease and gain strategies to support your lifelong brain health.

Facilitator: Dr. Mfon E. Umoh, MD, PhD, Johns Hopkins School of Medicine

Date: Wednesday, November 18

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Blood Flow & the Blood-Brain Barrier • L / V



Your brain relies on a constant supply of blood and a specialized blood-brain barrier that blocks harmful substances while letting nutrients and oxygen freely enter the brain. Learn how these vital systems change with age, how they influence memory and thinking, and how they are affected by risk factors such as smoking and diabetes; and how their changes may contribute to disorders such as stroke, vascular disease, and Alzheimer's disease. Discuss practical, science-based strategies that may help support healthy brain aging and preserve cognitive function.

Facilitator: Dr. Ze Wang, PhD, University of Maryland School of Medicine

Date: Tuesday, December 15

Time: 1:00 pm – 2:00 pm

Fee: Members Free/\$10 Non-members

Reducing Cognitive Overload • L / V



The brain is the most complex organ in the body and processes an incredible amount of information daily. While technology connects us to more knowledge than ever before, it's not always a good thing. Our brains can become overwhelmed and paralyzed when processing too much at once, reducing our ability to think clearly and make decisions. Explore strategies for recognizing and reducing cognitive overload to keep your mind calm and your brain engaged.

Facilitator: Tanya Taylor

Date: Wednesday, December 23

Time: 1:00 pm – 2:30 pm

Fee: Members Free/\$10 Non-members



**Check the Website
for Event Updates!**

All About You

Health Literacy in Action • L / V



There's a lot of health information out there and it can be hard to know the difference between fact and fiction. Learn how to identify reliable health resources to communicate effectively about your wellbeing. Ask the right questions to make informed decisions to advocate for your best health.

Facilitator: Maddie Hagerty

Date: Tuesday, October 13

Time: 1:00 pm – 2:30 pm

Fee: Members Free/\$10 Non-members

Shadows & Suspense • L



Have you ever read a book or watched a movie so spellbinding it kept you up all night? What makes a story truly suspenseful? From chilling thrillers to murder mysteries, we love to anticipate what's around the next corner. Delve into the psychology and technology behind our fascination with mysteries and true crime to understand why scary stories can be so captivating. Expect the unexpected and unravel how groundbreaking techniques continue to shape storytelling today.

Facilitators: Justin Alston and Maddie Hagerty

Date: Friday, October 30

Time: 1:00 pm – 3:00 pm

Fee: Members Free/\$10 Non-members

The Science of Seasonal Vitality • L



Fall brings shorter days and cooler temperatures that can disrupt our healthy routines. Thankfully, there are plenty of ways to keep our bodies and minds functioning well throughout the season. From fragrant simmer pots to warming beverages, take home practical strategies and nourishing recipes to keep you energized and thriving all winter long.

Facilitators: Maddie Hagerty and Tanya Taylor

Date: Friday, November 6

Time: 1:00 pm – 3:00 pm

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

Sparrows Point Legacy • L / V



Sparrows Point has had a lasting impact on Baltimore and the nation. Explore the rise of the steel industry through the lives and stories of a diverse workforce that helped sustain one of the world's largest steel-producing and shipbuilding centers. Through photographs, documents, and local stories, gain a deeper appreciation for the people, industry, and legacy that give Sparrows Point its place in American history.

Facilitator: Bill Barry, Author and Maryland Historian

Date: Tuesday, November 17

Time: 10:00 am – 11:30 am

Fee: Members Free/\$10 Non-members

Be the Difference • L / V



Making a positive impact in your community benefits the mind and body and giving doesn't have to be costly, complicated, or time-consuming. Find out how to share your knowledge and skills to make a meaningful difference in the lives of others. Whether you have a few minutes or a few hours to give, discover volunteer opportunities, acts of kindness, and creative ways to support neighbors, local organizations, and causes you care about.

Facilitators: Rosalyn Stewart and Tanya Taylor
Date: Wednesday, November 25
Fee: Members Free/\$10 Non-members

Time: 11:00 am – 12:00 pm

History of Shopping Through the Sears Catalog • L / V



Take a trip down memory lane and explore the library's retrospective collection of Sears catalogs. Beginning with issues from the 1930s, view how clothing, furniture, appliances, (and the value of the dollar) have changed through the decades. Observe historical trends in marketing and other aspects of business innovation and gain an appreciation for these artifacts that function as fascinating mirrors of our times.

Facilitator: John Damond, Maryland State Resource Library
Date: Tuesday, December 8
Fee: Free

Time: 1:00 pm – 2:00 pm

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 research databases you can access for free with your Pratt Library card. Search through the databases to satisfy your curiosity and find answers to your burning questions!

Facilitator: Greg Fromme, Roland Park Branch Librarian
Date: Wednesday, December 16
Fee: Free

Time: 11:30 am – 12:30 pm

The Power of Connection • L / V



Meaningful relationships with friends, family, and community are essential to living a healthy, fulfilling life. Explore the role societal connections play in healthy aging and identify opportunities to strengthen and nurture the relationships that matter most.

Facilitator: Maddie Hagerty
Date: Wednesday, December 30
Fee: Members Free/\$10 Non-members

Time: 1:00 pm – 2:30 pm

Why We Celebrate • L / V



Throughout history and across cultures, people have found a need to celebrate the seasons. Trace the origins and significance of cold-weather festivities around the globe to discover the common themes and purposes that help sustain us through dark days and unite us with tradition. Share your favorite stories of what these celebrations mean to you.

Facilitator: Tanya Taylor
Date: Thursday, December 31
Fee: Free

Time: 10:00 am – 11:00 am

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

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, October 14 and December 9
Fee: Free

Time: 11:30 am – 12:30 pm

Mental Health and Aging • L / V



Aging and mental health are closely connected. Whether facing new emotional challenges later in life or managing a long-term mental illness, understanding the changes that come with aging can improve wellbeing. From identifying signs of depression to accessing treatment, gain knowledge and resources that promote independence, resilience, and a healthy quality of life.

Facilitator: Dr. Laura M. Rowland, PhD, University of Maryland School of Medicine
Date: Tuesday, October 20 **Time:** 11:00 am – 12:00 pm
Fee: Members Free/\$10 Non-members

Stepping On • L



Have you experienced a slip, trip, or fall that has shaken your confidence, left you with the fear of falling, or, worse yet, resulted in injury? The threat of a fall is often a “game-changer” and can be a barrier to doing activities you enjoy at home and in your community. This fall-prevention course provides opportunities to reduce your risk by improving strength and balance, evaluating home hazards, and medication management to live well at home and in your community. This seven-week series is produced by the Wisconsin Institute for Healthy Aging Curriculum.

Facilitators: Justin Alston, Maura Guedouar, and Tanya Taylor
Dates: Mondays, October 26 – December 7 **Time:** 1:00 pm – 3:00 pm
Fee: Free

What’s New with COPD • L / V



Take a closer look at the challenges and solutions surrounding Chronic Obstructive Pulmonary Disease. Get an engaging overview of COPD and learn different ways to manage it both medically and non-medically.

Facilitator: Dr. Sarath Raju, MD, MPH, Johns Hopkins School of Medicine
Date: Tuesday, October 27 **Time:** 10:00 am – 11:00 am
Fee: Members Free/\$10 Non-members

PACE Program • L / V



The Program of All-Inclusive Care for the Elderly (PACE) is designed to help older adults remain in their homes for as long as possible. The PACE model provides both medical and social services and is an alternative to nursing home care for many older adults. A healthcare team implements an individualized care plan to address the chronic health needs of participants and provides assistance for family caregivers. Learn about where and how to access this care option, now and in the future.

Facilitators: Dr. Nishant Shah and Tracy Knox, PACE West Baltimore
Date: Wednesday, November 4 **Time:** 11:00 am – 12:00 pm
Fee: Free

Better Sleep for Better Days • L / V



A few nights of bad sleep can affect more than just your mood. Explore the science of sleep and its impact on not only your physical health, but also cognitive, emotional, and social health. Adopt healthy sleep habits to wake up feeling refreshed and ready for the day.

Facilitator: Dr. Adam Spira, PhD, Johns Hopkins Bloomberg School of Public Health
Date: Tuesday, November 10 **Time:** 1:00 pm – 2:00 pm
Fee: Members Free/\$10 Non-members

Building Stronger Bones • L / V



Osteoporosis is a common condition that weakens bones and increases the risk of fractures, particularly as we age. Identify the risk factors and explore the importance of early detection through bone density screening to help prevent further bone loss. Examine the role of nutrition, physical activity, fall prevention, and current treatment options to help improve bone health and support healthy aging for those living with osteopenia or osteoporosis.

Facilitator: Dr. Lauren Payne, MD, Johns Hopkins School of Medicine
Date: Monday, November 23 **Time:** 10:00 am – 11:00 am
Fee: Members Free/\$10 Non-members

Understanding Diabetes • L / V



Living well with diabetes is about more than just managing blood sugar, it's about building healthy habits that support your overall wellbeing and addressing the wide range of cardiovascular, kidney, and metabolic risk factors that are associated with diabetes. Examine the basics of diabetes, treatment, and lifestyle strategies that you can implement to help live your best life. Gain practical tips and evidence-based tools to manage diabetes with confidence and support long-term health.

Facilitator: Dr. Rozalina McCoy, MD, University of Maryland School of Medicine
Date: Monday, December 21 **Time:** 10:00 am – 11:00 am
Fee: Members Free/\$10 Non-members

Cooking & Conversation

Food is Medicine • L / V



Baltimore’s coalition of food service providers is pioneering streamlined nutrition services to help close the health equity gap. The Food Access and Support Services Team (FASST) includes Meals on Wheels of Central Maryland, Moveable Feast, and the Maryland Food Bank. Discover how FASST, in collaboration with the University of Maryland Medical System, has designed a successful food is medicine model that serves vulnerable, high-risk individuals.

Facilitator: Sam Zisow-Mclean, Moveable Feast
Date: Tuesday, November 3 **Time:** 10:00 am – 11:00 am
Fee: Free

Ask the Dietician • V



Trying to eat healthier? Have a question about food or nutrition? Confused about things you hear about in the news or on TV? Ask the dietician! Email your nutrition questions or interests to kyndra@decodingnutritionanswers.com and the dietician will address your questions in class.

Facilitator: Kyndra Hamblin, RD, Decoding Nutrition Answers
Date: Wednesday, November 11
Fee: Members Free/\$10 Non-members
Time: 1:00 pm – 2:00 pm

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 11/30.

Facilitator: Dr. Nishant Shah, MD, Keswick Community Health Medical Advisor
Date: Friday, December 4
Fee: Members Free/\$15 Non-members
Time: 12:00 pm – 12:45 pm

Creative Pathways

Expanding Self-Portrait • L



Unveil self-portraiture through 2-D and mixed media, including drawing, painting, and collage, to depict identity in both realistic and imaginative ways. Focus on foundational rendering of faces and bodies, progressing into expressive techniques like blind contour and non-representational self-portraits. This creative exploration offers meaningful avenues to understand and expand your sense of self.

Facilitator: Bao Nguyen, Libby Bowerman Art Fellow
Date: Thursdays, October 15 - 29
Fee: \$20 Members/\$40 Non-members
Time: 1:00 pm – 3:00 pm

Realistic Fiction • L



Magic and dragons have nothing on the drama and interwoven connections of everyday life! Learn how characters, setting, plot, and dialogue all come together to create a short story from the ground up. Break down what makes a story feel realistic, brainstorm interesting ideas, and write an intriguing short story all your own.

Facilitators: Star Matis and Alex Henderson
Date: Friday, October 23
Fee: Free
Time: 1:00 pm – 3:00 pm

Fall Pointillism • L



Revel in the crimson and amber hues of fall. Dot upon dot, a wondrous autumn scene emerges. Discover the captivating technique of pointillism, where tiny, deliberate dots of paint come together to form a rich, glowing landscape. Layer vibrant colors using optical blending techniques to create depth and light without mixing on a palette.

Facilitator: Alex Henderson
Date: Tuesdays, October 27 and November 3
Fee: \$15 Members/\$30 Non-members
Time: 1:00 pm – 3:00 pm

Bound Together • L



Create experimental books using fellow attendees as creative inspiration. Plan page layouts, bind pages together, create portraits, conduct interviews, and utilize those gathered conversations as the unique content of the book. This collaborative process transforms personal stories into a tangible, handcrafted volume of shared artistry.

Facilitator: Bao Nguyen, Libby Bowerman Art Fellow
Date: Thursdays, November 5 – 19
Fee: \$25 Members/\$50 Non-members
Time: 1:00 pm – 2:30 pm

Discover the Magic of Improv • L



Restore your creative energy through delightful warm-ups, interactive exercises, and improv games full of laughter and collaboration. Discover the joy of working together, building upon each other's ideas, and creating on the spot. No prior acting or improv experience required, just a desire to break from your everyday routine, improve your communication skills, and enjoy a fun and unique experience!

Facilitator: Barry Wright, HighWire Improv
Date: Friday, November 13
Fee: Members Free/\$20 Non-members
Time: 1:00 pm – 3:00 pm

Cindy Sherman • L / V



Step into the enigmatic world of Cindy Sherman, a pioneering figure in contemporary photography. Raised with a fascination for dress-up and disguise, she abandoned traditional painting to construct groundbreaking conceptual series portraying an endless array of cinematic characters and cultural archetypes. Explore her profound impact on postmodernism and modern photographic art.

Facilitators: Alex Henderson and Justin Alston
Date: Tuesday, November 24
Fee: \$5 Members/\$15 Non-members
Time: 10:00 am – 11:30 am

Those We Lost • L / V



A dedicated commemoration of World AIDS Day honors visionaries lost to AIDS whose powerful contributions shaped design, art, and music. Examine the profound impact these visionary figures had on their respective fields, ensuring their enduring creative legacies remain remembered.

Facilitator: Alex Henderson

Date: Tuesday, December 1

Time: 1:00 pm – 2:30 pm

Fee: Members Free/\$10 Non-members

Small Wonders Workshop • L



Step into a seasonal studio dedicated to festive petite projects, where every session features a different miniature creation. Master the art of crafting delicate mini wreaths, winter paintings, and other charming seasonal artworks. Explore how simple, intricate details transform everyday materials into tiny treasures.

Facilitators: Alex Henderson and Bao Nguyen, Libby Bowerman Art Fellow

Date: Thursdays, December 3 - 17

Time: 1:00 pm – 3:00 pm

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

Kinusaiga • L



Kinusaiga (Kee-new-sigh-gah) is a no-sew Japanese technique for fiber collage that produces a beautiful, quilted effect with no thread involved. Fabricate a stunning sunset through simple shapes, bold colors, and a variety of fabric choices. Framed in dark wood, each breathtaking sunset showcases the beauty of another day well spent. Must be comfortable using a craft knife.

Facilitator: Marisa Canino, Community Artist

Date: Monday, December 14

Time: 10:00 am – 12:30 pm

Fee: \$45 Members/\$90 Non-members

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 winter's creative offerings. Come connect and delight in the incredible talent that comes to life when members share their passions.

Date: Monday, December 21

Time: 4:00 pm – 5:30 pm

Fee: Free

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: October 5-9 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: October 5, 12, 19, 26

Series 2: November 2, 9, 16, 23, 30

Series 3: December 7, 14, 21, 28

Time: 9:30 am – 10:00 am

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

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

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

Dates: Wednesdays

Series 4: October 7, 14, 21, 28

Series 5: November 4, 11, 18 (No class 11/25)

Series 6: December 2, 9, 16, 23 (No class 12/30)

Time: 5:15 pm – 5:45 pm

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

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

Fee: \$20 Members/\$40 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: Mondays

Series 1: October 5, 12, 19, 26

Series 2: November 9, 16, 23, 30 (No class 11/2)

Series 3: December 7, 14, 21, 28

Time: 5:15 pm – 6:00 pm

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

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

Fee: \$20 Members/\$40 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: October 6, 13, 20, 27

Series 2: November 3, 10, 17, 24

Series 3: December 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.

***Note: No classes in November.**

Facilitator: Maura Guedouar

Dates: Tuesdays

Series 1: October 6, 13, 20, 27

Series 2: December 8, 15, 22, 29 (No class 12/1)

Time: 5:00 pm – 5:45 pm

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

Fee: \$20 Members/\$40 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: October 7, 14, 21, 28

Series 2: November 4, 11, 18, 25

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

Time: 10:00 am – 11:00 am

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

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

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



Check the Website
for Event Updates!

Chair Zumba • L / V



This fun workout incorporates easy to follow dance moves in a chair choreographed to music from the 50s and beyond! Grab a chair (preferably armless) and get ready to feel the music, dance, clap, sing, and enjoy a fabulous full-body workout. Zumba Gold seated is perfect for those with mobility or balance challenges or who prefer the safety a chair offers. Skill Level: All levels.

Facilitator: Wendy Brogdon

Dates: Wednesdays

Series 1: October 14, 21, 28 (No class 10/7)

Series 2: November 4, 11, 18 (No class 11/25)

Series 3: December 2, 9, 16 (No class 12/23, 12/30)

Time: 3:30 pm – 4:30 pm

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

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

Fee: \$15 Members/\$30 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. Must be able to get onto the floor. Recommended Equipment: Weights, non-rolling chair, and a yoga mat. Skill Level: Beginner/Intermediate level.

Facilitator: Maura Guedouar

Dates: Thursdays

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

Series 2: November 5, 12, 19 (No class 11/26)

Series 3: December 3, 10, 17 (No class 12/24, 12/31)

Time: 9:00 am – 10:00 am

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

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

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

Qigong • L / V



Qigong uses movement to optimize energy within the mind, body, 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: October 1, 8, 15, 22, 29

Series 2: November 5, 12, 19 (No class 11/26)

Series 3: December 3, 10, 17 (No class 12/24, 12/31)

Time: 11:30 am – 12:15 pm

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

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

Fee: \$15 Members/\$30 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: October 1, 8, 15, 22, 29
Series 2: November 5, 12, 19 (No class 11/26)
Series 3: December 3, 10, 17 (No class 12/24, 12/31)
Time: 5:15 pm – 6:15 pm
Fee: \$25 Members/\$50 Non-members
Fee: \$15 Members/\$30 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: October 2, 9, 16, 23, 30
Series 2: November 6, 13, 20, 27
Series 3: December 4, 11, 18 (No class 12/25)
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

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 falls 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 fit and healthier you! Fitness training is available live and virtually.

Cancellation Policy: A minimum of 24 hours is required when canceling or rescheduling an appointment. No show or failure 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 of the Fitness Center for independent workouts up to 3 days per week for 45 minutes per session. Workouts are monitored by fitness staff and scheduled in advance. Medical exercise clearance and fitness screening are prerequisites. MEMBERS ONLY
Fee: \$30/Month

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.



QUESTIONS? LET'S TALK.

Home & Healthy®
410-662-4349

Scan to learn more
and connect with
our team:

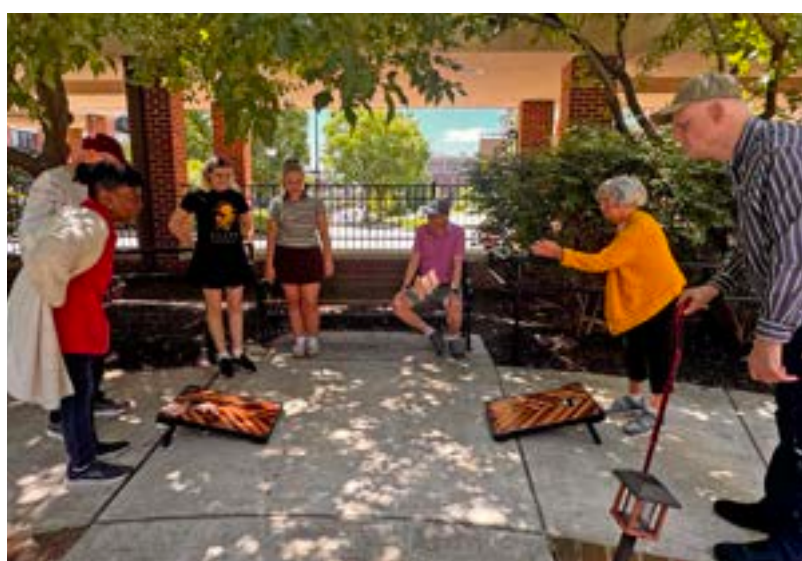


Practical Support for Cognitive Change – for You and Your Family

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.



Cognitive & Caregiver Resource Center – Fall 2026

Memory Cafe • L

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.

Facilitators: Keswick Staff
Date: Saturday, October 3
Fee: Free

Time: 11:00 am – 1:00 pm

Meaningful Visits • L / V

The holiday season can bring both joy and challenges when visiting loved ones living with dementia or mild cognitive impairment. Learn communication techniques, engagement ideas, and tips for managing expectations to help make holiday gatherings more positive, comfortable, and memorable for everyone involved.

Facilitators: Tanya Taylor and Maddie Hagerty
Date: Friday, October 16
Fee: Free

Time: 1:00 pm – 2:30 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.

Facilitators: Keswick Staff
Date: Monday, November 16
Fee: Free

Time: 1:00 pm – 2:30 pm

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.

Facilitators: Joshua Huff and Maddie Hagerty
Date: Friday, December 11
Fee: Free

Time: 1:00 pm – 2:30 pm

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



Prefer a call?
410-662-4262

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

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.



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

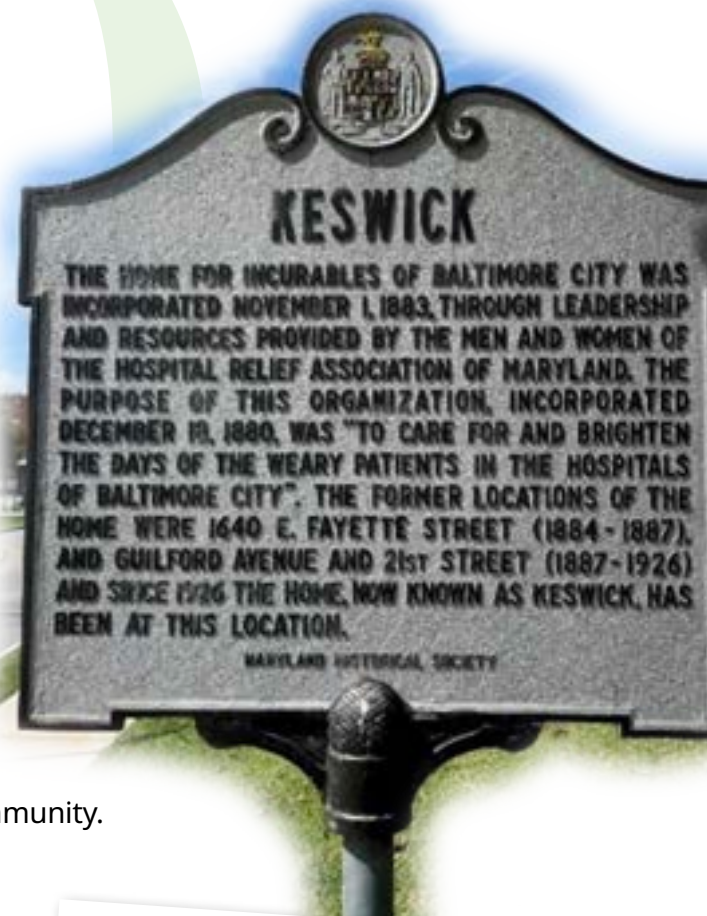
- All Primary & Specialty Physician Services
- Nursing Services
- Transportation
- Rehabilitation Services
- Durable Medical Equipment
- Meals & Nutritional Counseling
- Recreational Therapy & Activities
- Social Engagement at Day Center
- Personal & Home Care Services
- Social Services & Care Coordination
- 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 & 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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