



MYERBERG

MINIMESTER PROGRAMS



Otago: Falls Prevention Training Program

Otago is a classroom and home-based strength and balance retraining program to prevent falls in older adults. This 8-week program will consist of a set of leg muscle strengthening and balance exercises, progressing in difficulty, along with a walking plan. A class will be held weekly and each participant will receive a booklet with home workout instructions for each exercise prescribed. Participants are expected to exercise three times a week for 30 minutes and go for a walk at least twice a week. Participants will record the days they complete the program and the instructor telephones between classes to check-in. Extensive research has shown the Otago program decreases falls in older adults by 35%!

Instructor: Joshua Wies, MSc, PT; Number of Sessions: 8

Day	Dates	Time	Fee
Wednesdays	11/2 - 12/21	2:00 - 3:00 p.m.	\$25 members/ \$40 nonmembers

Brain Health w/ Alyssa

Numerous studies have shown interventions have been able to delay the normal cognitive decline associated with ageing. Join us for The Myerberg's first class exclusively for the brain! Using physical, social, and brain game activities, this 8-week class can preserve or improve fluid intelligence, reduce stress, increase memory and attention/focus, and improve motor skills/coordination. Exercise and cognitive improvements have been proven to increase mood, positive mental well-being, and confidence! *Instructor: Alyssa Hirsch; Number of Sessions: 7*

Day	Dates	Time	Fee
Mondays	11/7 - 12/19	2:00 - 3:00 p.m.	\$50 members / \$65 nonmembers

Small Group Personal Training

Personal Trainer David Curtis mixes different types of cardio and full body strengthening exercises to keep your metabolism working in high gear, while building a stronger body and increasing endurance. If you're looking for an affordable way to stay motivated over the holidays with extra personal attention, this 6-week personal training program is for you! Enjoy a weekly variety of fun and exciting workouts that will include a mix of the rowing machine, bike, resistance bands, dumbbells, medicine balls, agility ladder, boxing drills, and more! The best part - you'll have the camaraderie of your fit buddies to push you a little more each time. *Instructor: David Curtis*

Day	Dates	Time	Fee
Mondays and Wednesdays	11/7 - 12/14	5:30 - 6:00 p.m.	\$75 for 6 Class Pass or \$120 for 12 Class Pass members / \$105 for 6 Class Pass or \$180 for 12 Class Pass nonmembers

Passes valid for 60 days from date of purchase.

AARP Driver Education Class

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Some drivers haven't looked back since the day they got their original licenses, but even the most experienced drivers can brush up their skills.

By taking this class, you may qualify for an insurance premium reduction! Please arrive by 9:30am. There will be a 30 minute break at noon for lunch on your own. Presented by AARP.

Day	Date	Time	Fee
Wednesday	November 16	10:00 a.m. - 3:00 p.m.	\$15 AARP members / \$20 non-AARP members

Lunch and Learn: Contemporary Issues Through a Jewish Lens

We will provide a cold drink and a nosh, bring your lunch and join us to explore contemporary issues of politics, identity, values, and culture with weekly lectures featuring guest speakers.

This program is supported by a grant from The Charles Crane Family Foundation and in partnership with the Center for Jewish Education.



Day	Date	Time	Fee
Thursdays	November 3, 10, 17 December 1, 6	12:00 – 1:15 p.m.	Free

Thursday 11/3
JEWISH PERSPECTIVES ON POLITICAL ACTIVISM—HOW AND WHEN TO GET INVOLVED
 Guest Speaker: Rabbi Etan Mintz of B'nai Israel

Thursday 11/17
HONOR THY FATHER & THY MOTHER —
 An examination of traditional interpretations of the Commandment to “honor and respect” our parents. Guest Speaker: Rabbi Chaim Landau

Tuesday 12/6
OVERCOMING LIFE’S OBSTACLES
 Guest Speaker: TBD

Thursday 11/10
JEWISH VALUES & DEMOCRACY
 Guest Speaker: Art Abramson, retired Executive Director of the Baltimore Jewish Council

Thursday 12/1
PERSPECTIVES IN AGING IN JEWISH LIFE
 Guest Speaker: TBD

The Lure of Travel

What makes us want to travel? Enjoy reading and discussing selections from works of fiction and non-fiction that offer a variety of perspectives on the experiences, challenges and rewards of travel. You will have opportunities to talk about your own travels related to the literature. Copies of the readings for the first session on November 15 will be available in the Membership and Registration Office as of October 19, and distributed in each class for the next meeting.

“The wish to travel seems to me characteristically human: the desire to move, to satisfy your curiosity or ease your fears, to change the circumstances of your life, to be a stranger, to make a friend, to experience an exotic landscape, to risk the unknown” - *Paul Theroux*

“One’s destination is never a place, but a new way of seeing things.” - *Henry Miller*

Gail Lipsitz teaches literature classes for adults locally at Beth El Congregation and Kol Halev Congregation. She has a Master of Arts in Teaching English (M.A.T.) from Yale University, and also taught high school and college students in the United States and France.

Instructor: Gail Lipsitz; Number of Sessions: 4

Day	Date
Tuesday	11/15–12/6

Time	Fee
10:30 a.m. – 12:00 p.m.	\$70 members/\$95 nonmembers

NEW! The Scientists of the Manhattan Project

Meet Teller, Oppenheimer, Meitner, Szillard and other scientists of the Manhattan Project. Discover their stories of brilliance, perseverance, and providence and their experiences in creating one of the most brilliant yet dangerous projects of our time.

Instructor: Robert Karp; Number of Sessions: 4

Day	Date
Tuesdays	11/1-11/22

Time	Fee
1:00 - 3:00 p.m.	\$55 members/\$75 nonmembers



TASTE OF THE MYERBERG An Interactive Afternoon

November 13, 11:00 a.m. – 2:00 p.m.
 3101 Fallstaff Road, Baltimore

Try our Fitness Center, Sample an Art Class,
 Meet our Social Groups, And more...

LEARN MORE myerberg.org or call 410-358-6856

Be Fit • Be Creative • Be Connected
BE A MEMBER

