



**WINTER IN THE CITY
RENAISSANCE INSTITUTE
NOTRE DAME OF MARYLAND UNIVERSITY
DECEMBER 11, 2023 - FEBRUARY 2, 2024**



As the Winter holiday season begins, thoughts turn to celebrations with friends and families. Thanks to many generous volunteers, RI members will also enjoy getting together – learning, dining, playing, and more – during the semester break. Once again, your fellow members have stepped up to sponsor a variety of wonderful events, both in-person and via Zoom. Note that some activities are recurring – Qigong, Chair Yoga, Somatics, and a film series.

Following are important procedural reminders for signing up and helping the process run smoothly: Please . . .

- Email **the sponsor** to register for an event.
- Keep a record of all activities you've signed up for and contact the sponsors if you don't receive confirmation from them.
- Record your events on your personal calendar.
- Let the sponsor know, ASAP, if you have to cancel. Members on wait lists might be able to attend.
- DO NOT attend any event for which you haven't registered. Contact the sponsor to see if there are spaces available, or to be added to the wait list.
- Guests are welcome, but members come first when there's a limit. Email the sponsor to see if you can bring a guest.
- Note activities which include a fee and check with sponsors to see if they need the money in advance.
- Be sure to bring a mask, for indoor activities, in case it's required.

****Cancellations do occur frequently, so be sure to join wait lists for events that are filled.****

**EVENTS ARE POSTED ON THE RI MEMBER WEBSITE – <https://renmember.com>
– UNDER THE HEADING, WIC EVENT QUICK LIST.**

ACTIVITIES ARE ALSO POSTED ON THE WEBSITE'S EVENTS CALENDAR.

Events may be added to the list, while WIC is underway. The RI office will be closed after classes end, in December, but we'll send out updates in January.



- Monday, December 11** **Baltimore Immigration Museum, 1308 Beason St., 21230** **10:30**
Sponsor: Nick Fessenden
Email: nicholasfessenden@comcast.net
RI Instructor and museum co-founder, Nick Fessenden will give a presentation at the Baltimore Immigration Museum, housed in a former boarding house for immigrants, just 5 blocks away from the immigration pier, in Locust Point. He will address questions and comments. Participants may tour the museum exhibits at their own pace, and search the museum database, which includes the names of 185K immigrants who landed in Baltimore.
There are 5 steps, with railings on both sides, leading to the porch and one small step at the doorway. Everything is on one level, inside the building. A \$5 donation to the museum may be paid by each visitor on the 11th. Street parking is available; carpooling encouraged. There are many lunch spots, nearby.
- Monday, December 11** **Sentimental Christmas Tea, 117C Cross Keys Rd, Baltimore, 21210** **3:30-5:30**
Sponsor: Betty Loafmann
Email: 4eastinn@gmail.com
Join Betty for a pleasant afternoon of tea with refreshments and a discussion of favorite Christmas stories or poems. Bringing materials is optional. Unfortunately, Jane Austen cannot attend the tea. Guests may offer, but need not bring munchies.
There are two sets of stairs, with railings.
- Tuesday, December 12** **Share Some of Your Favorite Books – on Zoom** **2-4 PM**
Sponsor: Nadine Yoritomo
Email: nadine.yoritomo@gmail.com
Join a Zoom discussion with your fellow RI members about favorite books or literary genres. This event may be an opportunity to receive inspiration for your next book to read – or give to someone on your holiday gift list.
- Tuesday, December 12** **“Rocket” to Holiday Lights, 3360 Chestnut Avenue, 21211** **5 PM**
Sponsor: Mike Baker
Email: dancingmike@comcast.net
The Miracle on 34th Street is a Baltimore “landmark” that has lasted for 75 years. Let’s get 15 of us together for a walk through the wonderful lights – with the enhancement of holographic glasses, making our experience almost psychedelic!
We’ll meet at Rocket to Venus, a neighborhood restaurant at 3360 Chestnut, on the corner of 34th Street, right across from the lights, at 5 PM. I’ve picked an early time because that’s when the place opens. Tuesday isn’t a very busy night, so parking should be a bit easier. By the time we grab some food, it will be quite dark, and the lights will be just a few steps away. It’s a Bawlamer tradition, Hon! **Carpooling suggested.**

Tuesday, December 19 **Lunch and a Movie, Spanish Style, 675 President St., Unit 2509** **11:30-2:00**
Sponsors: Amanda Joyce and Carol Daddazio
Email: cdaddazio42@gmail.com

Come and join us for a Spanish lunch and a viewing of “Volver,” Pedro Almodóvar’s masterpiece starring Penelope Cruz. **There is parking on the street and in numerous parking garages nearby. The building is completely handicapped accessible. Limit: seven guests.**

Saturday, December 23 **Feeding Families at Ronald McDonald House, 1 Aisquith St.** **4:30-6 PM**
Sponsor: Betty Loafmann
Email: 4eastinn@gmail.com

Help support families whose loved ones are in-patient at Johns Hopkins Hospital by warming and serving dinner in the **well-equipped kitchen** of RMH, and cleaning up, afterwards. Five or six people are needed to prepare the food, earlier in the day or on Friday, 12/22, and five or six people to finish preparing and serve the meal. (These may or may not be the same people.) Food can be picked up by Betty or other serving participants. RMH suggests the menu, volunteers cover the cost of food, and cook the food. Donations toward the cost of food are gratefully accepted, even if you’re not going to RMH. In addition to food, we provide the cooking containers – aluminum foil pans, etc. Serving dishes, utensils, and leftover storage containers are plentiful in the RMH kitchen. **Underground parking is provided and there are no handicap impediments. Carpooling recommended.**

Thursday, December 28 **Anne Lowe: American Couturier Exhibit and Yuletide Decorations,** **9 AM-5 PM**
Winterthur Museum, Winterthur, Delaware
Sponsors: Christine Goglia and Beverly Fransen
Emails: mcgoglia1@verizon.net and fransenbeverly1@gmail.com

Enjoy the exhibit of 40 couture gowns designed by Ann Lowe for America’s most prominent ladies, including Jacqueline Kennedy, Olivia de Havilland, and Marjorie Merriweather Post. Included will be a tour of the mansion, decorated for the holidays. Docents are available for questions. We will have lunch in the Visitor’s Center Café. **Limit: 8 participants. We will meet at NDMU at 9 AM and ride with sponsors to Delaware and back. Cost is \$27.00 for seniors. Please send a check to Christine Goglia, 3 Carmelita Court, Reisterstown, MD 21136, by December 15, 2023. Inclement weather date: Wednesday, January 3, 2024.**

Friday, December 29 **Take another Hike! NCR Rail Trail, 1820 Monkton Road, 21111** **10:30-noon**
Sponsor: Susan Serotte
Email: nsed7915@comcast.net

Enjoy the flat trail and easy walking, along a stretch of the Torrey C. Brown Trail. No limit on participants – bring a friend! The trail is 10 feet wide, with a stone dust surface; **the entrance is wheelchair accessible. Take I-83 to Exit 27, go toward Hereford (east) for 0.4 miles on MD 137/Mt. Carmel Road. Turn right on York Rd, then immediately turn left on Monkton Road. Follow for 3 miles, and enter the (small) parking lot with park office on the left. There is no sign. This location features restrooms and water.**

Parking is also available along the shoulder of Monkton Rd.

Sunday, December 31 **New Year's Eve Open House, 603 Fairway Drive, Towson** **4-9 PM**
Sponsor: Carol Friedrich
Email: carol.friedrich@comcast.net

Put on your festive attire – or ugly holiday sweaters – and join me to ring in the new year. I will serve Prosecco, coffee, tea, and snacks. Bring a snack to share, if you'd like to. **There are 7 steps to the front entrance and 3 in the back. Street parking and space in the driveway, as well.**

*******Recurring Events in January*******

Chair Yoga, Tuesdays, 10-11:15 AM, starting January 2 – on Zoom

Sponsor: Linda McGill

Email: laharte12@gmail.com

Staying seated means that even those who aren't flexible can safely do the exercises. This is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation, while lowering blood pressure, protecting joints, and building strength & balance. We will also do some standing poses at the end of class, using the chair as a prop. We will focus on moving with the breath, starting and ending each class with a meditation, leaving you feeling peaceful and grounded. Materials: chair with hard seat and no arms, a shawl or sweater to keep warm in meditation. Class will be recorded each week. Cost: 5 classes for \$35.00. Payment can be made via PayPal: https://paypal.me/LindaMcGillBaltimore?locale.x=en_US or via Zelle: 410-236-9650. **** I will need at least 4 people to sign up to be able to schedule the 5 classes.****

Meditation Class, Tuesdays, 1-2 PM, starting January 2, - on Zoom

Sponsor: Linda McGill

Email: laharte12@gmail.com

Discover the power of a peaceful mind. This course will help you bring a gentle and loving attention to the present moment. When you meditate you are cleansing your subconscious mind – the storehouse of your life experiences and your reactions to them – so that your

natural happiness and radiance can shine more brightly. Everyone is welcome, from the beginner to the seasoned meditator. We will come together each week and learn different practices that will expand your awareness and allow you to come to a place of more stillness and ease. Bring a chair or meditation cushion and a blanket. Class will be recorded each week. Cost: 5 classes for \$35.00. Payment can be made via PayPal: https://paypal.me/LindaMcGillBaltimore?locale.x=en_US or via Zelle: 410-236-9650.

**** I will need at least 4 people to sign up to be able to schedule the 5 classes.****

Freedom of Movement (Somatics), **Thursdays, 10-11:15, starting January 4 – on Zoom.**

Sponsor: Linda McGill

Email: laharte12@gmail.com

Somatics is a type of yoga class that creates a new freedom of movement. It works on strengthening the posture and core and helping the body feel stronger and better aligned, using simple movements, & breath and relaxation. Other benefits include relieving neuromuscular pain, regaining voluntary control of habitually tight muscles, improving coordination, balance, and flexibility, while increasing self-awareness and mindfulness. Classes begin with a meditation and end with a Yoga Nidra. Classes will be recorded each week. Cost: 5 classes for \$35.00. Payment can be made via PayPal:

https://paypal.me/LindaMcGillBaltimore?locale.x=en_US or via Zelle: 410-236-9650.

**** I will need at least 4 people to sign up to be able to schedule the 5 classes.****

Take Me Out to the Ballgame: Movies at Highview, Hunt Valley, Four Thursdays @ 1:00 PM

Sponsor: Vivian Appel

Email: appelvm@gmail.com

A tip of the cap to the Orioles, with the showing a series of four baseball movies in a 20-person theater room at **Highview Condos, 400 Symphony Circle, Cockeysville (off Shawan Road and I-83 N). No charge and plenty of free parking.**

Qigong Classes – Move Your Body, Work Your Brain, 4 Fridays in January, 10:00 – on Zoom.

Sponsor: Pamela Tanton

Email: pamelatanton@gmail.com

If you're new to Qigong and want to find out what it's like, or if you want to keep doing Qigong between semesters, this class is for you. We'll learn two different movement sequences – both standing and seated. Very adaptable to sitting the whole time, if you choose. **Cost: \$40 for the mini-series. **Minimum number of members needed to hold the mini-series: 8.**** Payment can be on Venmo, PayPal, Zelle, or by check. Please email Pamela with any questions.

- Tuesday, January 2** **Chair Yoga - on Zoom (See info, above.)** **10:00-11:15**
- Tuesday, January 2** **Pot Luck & Board Games, 602 Fairway Drive, Towson** **noon**
Sponsor: Page Campbell
Email: pagerini@peoplepc.com
 Bring a dish to share and choose from a variety of provided board games – or bring your own. Lots of conviviality on a Winter afternoon! **Street parking; entrance is via carport, after walking up a short driveway. (If necessary, someone can park in the carport.) Three steps to enter the house.**
- Tuesday, January 2** **Meditation Class – on Zoom (See info, above.)** **1:00-2:00**
- Wed., January 3** **Renga – Writing Collaborative Poems – on Zoom** **1:30-3:00**
Sponsor: Kim Leith
Email: leith922yahoo.com
 Renga is a form of poetry from Japan in which poets take turns writing two or three lines in response to the previous stanza, and include a word or allusion to the season and nature. We will create renga poems together and share the results! Please bring pen and paper, and join us for a meditative and friendly way to begin the new year. Everyone is welcome: no experience necessary. **Limit: 14**
No cost
- Thursday, January 4** **Somatics Class on Zoom (See info, above.)** **10:00-11:15**
- Thursday, January 4** **Movies at Highview Hunt Valley, 400 Symphony Circle, Cockeysville** **1:00**
Sponsor: Vivian Appel
Email: appelvm@gmail.com
 The first baseball-themed film is *Field of Dreams*.
- Friday, January 5** **Qigong Class on Zoom (See info, above.)** **10:00**

- Saturday, January 6** **New Year's Open House, 3500 Round Hollow Rd., Pikesville** **2:00-6:00**
Sponsor: Laurie Rosenberg
Email: loreleirex@gmail.com
Join our Annual Welcome the New Year Party. Family members are welcome, and a children's play room will be set up. Dine on smoked turkey, fresh off the grill, honey-glazed ham, holiday cookies, and some small side dishes. Pot luck dishes are appreciated, but not a necessity. **House is handicapped accessible and there is plentiful street parking.**
- Monday, January 8** **Luncheon at Vito's Ristorante, 10249 York Road, Cockeysville** **12:30**
Sponsors: Vickie and Joe Lapicki
Email: jlapicki@aol.com
Please join us at Vito's authentic Italian Bistro, **located in the Scotts Corner Shopping Center at the corner of York Road and Scott Adam Road.** The lunch menu features appetizers, salads, sandwiches, pizza, and entrees. **Lunch will be individual checks and will range from \$15 to \$25. Parking lot is right in front of the restaurant and it is handicapped accessible.** Tutti a tavola a mangiare ... everyone to the table to eat!
- Tuesday, January 9** **Chair Yoga Class - on Zoom** **10-11:15**
- Tuesday, January 9** **Healthy Soup & Salad Pot Luck, 327 South Wind Road 21204** **noon-2:00**
Sponsor: Nikki Cole
Email: colendleb@aol.com
After a busy holiday season, enjoy a lunch of tasty salads and soups with your RI friends. We may share our favorite memories of the holidays. **Limit: 7. Street parking. Two steps into the house.**
- Tuesday, January 9** **Meditation Class - on Zoom** **1:00-2:00**

- Wed.,
January
10** ***Ethiopia at the Crossroads*, Walters Art Museum, 600 N. Charles St. 11-noon**
Sponsors: Judy Weitzman
Email: weitzmanjudy@gmail.com
 Docent led tour of this exhibit, which spans over 1,750 years of history and features 225 objects drawn from both the Walters' collection and loans from other American, European, and Ethiopian lenders. This is the first major exhibition in America to examine Ethiopian art in a global context. **Meet at the Walters Center Street entrance. Street parking or lot on Cathedral Street; carpooling is advised. The Light Rail stop is very convenient. Limit: 20 attendees. No fee.**
- Thursday,
January 11** **Somatics Class - on Zoom** **10-11:15**
- Thursday,
January
11** **Movies at Highview Hunt Valley, 400 Symphony Circle, Cockeysville** **1:00**
Sponsor: Vivian Appel
Email: appelvm@gmail.com
 This week's feature is *The Natural*.
- Thursday,
January
11** **High Tea at Emma's, 5500 Harford Road, Baltimore 21214** **2:00**
Sponsors: Carol Friedrich and Page Campbell
Email: carolfriedrich@comcast.net
 Page Campbell and Carol Friedrich invite you to High Tea at Emma's Tea Spot, in Hamilton. Check out the mouth-watering menu, online. **The price is \$30, plus tax and tip. There is parking behind the venue. Emma's is handicapped accessible.**
- Friday,
January
12** **Writing Exercises for Fun & Play – on Zoom** **10:00**
Sponsors: Joyce Dennison and Amanda Joyce
Email: amanda.joyce7131@gmail.com
 Join us via Zoom for a variety of lighthearted writing exercises, intended for both novice and experienced writers. This event is non-competitive and pressure free, and sharing what you've written is optional. Get those writing muscles toned before Spring Semester! **Limit: 12**
- Friday,
January 12** **Qigong Class - on Zoom** **10:00**
- Tuesday,
January 16** **Chair Yoga Class - on Zoom** **10-11:15**

- Tuesday, January 16** **Behind the Scenes at Cross Keys, 5100 Falls Road 21210** **11:00**
Sponsor: Joe Nathanson
Email: urbaninfo@comcast.net
 Meet with developer Arsh Mirmiran, Caves Valley Partners, for a briefing on redevelopment underway at the Village of Cross Keys. **Meet at the large red sculpture in the center of the Village Square** and take a short walking tour to learn about plans for new restaurants, retail, and residential developments. Following the 30 – 45-minute briefing, participants have the option of enjoying lunch at **Easy Like Sunday** café. **Limit: 20. Free parking. Rain/snow date: Tuesday, January 23 @ 11:00.**
- Tuesday, January 16** **Meditation Class on Zoom** **1:00-2:00**
- Wed., January 17** **Making a Beautiful Birthday Cake Without Having Any Talent or Skills,** **10:00**
7135 Pheasant Cross Drive, Baltimore, 21209
Sponsor: Liz Caplan
Email: lizcaplan46@gmail.com
 Spend a couple of hours, developing your baking and cake-decorating skills in Liz's kitchen. Enjoy each other's company as the ovens do their work! **Limited to 9 participants. Street parking on Liz's side of the street. Two steps to enter the house; it's easier to enter from the side door than the front door.**
- Thursday, January 18** **Somatics Class on Zoom** **10-11:15**
- Thursday, January 18** **Visual Art Fair and Share – on Zoom** **10:30-noon**
Sponsors: Joe Nathanson and Robin Ujcic-Snyder
Emails: urbaninfo@comcast.net & robin.ujcicsnyder@gmail.com
 Submit your art work, any medium, and see what others are doing. On Zoom, participants will have an opportunity to view the art, comment, and critique. We welcome artists of all abilities – or those just curious about art. **YOU DO NOT HAVE TO SUBMIT WORK TO PARTICIPATE IN THIS VIRTUAL EVENT.** Participants should submit their art by emailing photos of one or two works to the sponsors. **Deadline for submissions is Friday, January 12. A Zoom link will be sent on Wednesday, January 17.**
- Thursday, January 18** **Movies at Highview, Hunt Valley, 400 Symphony Circle, Cockeysville** **1:00**
Sponsor: Vivian Appel
Email: appelvm@gmail.com
 This week's feature is *A League of Their Own*.

- Tuesday, January 23** **Chair Yoga Class - on Zoom** **10-11:15**
- Tuesday, January 23** **Passage to India- Sangam Indian Cuisine, 112 Cranbrook Rd., Cockeyville** **12:30**
Sponsor: Susan Serotte
Email: nsed7915@comcast.net
Experience the vibrant flavors and spices of southern India at this new restaurant in the Yorktown Plaza Shopping Center. Try *Thali*, an authentic lunch entrée, including a variety of small dishes. Many more choices available. **BYOB**
The Shopping Center is under construction, but it IS open.
Plenty of parking.
- Tuesday, January 23** **Meditation Class - on Zoom** **1:00-2:00**
- Wed., January 24** **Luncheon at Vito's Ristorante, 10249 York Road, Cockeyville** **12:30**
Sponsors: Vickie and Joe Lapicki
Email: jlapicki@aol.com
Please join us at Vito's authentic Italian Bistro, **located in the Scotts Corner Shopping Center at the corner of York Road and Scott Adam Road.** The lunch menu features appetizers, salads, sandwiches, pizza, and entrees. **Lunch will be individual checks and will range from \$15 to \$25. Parking lot is right in front of the restaurant and it is handicapped accessible.** Tutti a tavola a mangiare ... everyone to the table to eat!
- Wed., January 24** **Museum of Industry Group Tour, 1415 Key Highway, Baltimore** **2:00**
Sponsor: Judy Floam
Email: jmfloam@gmail.com
Located in an old cannery complex, the museum has exhibits on various types of manufacturing and industry from the early 20th century, documenting the stories of the workers and entrepreneurs who built Baltimore into a manufacturing powerhouse. There are several hands-on sections, with working equipment and other artifacts. Visit *The Neighborhood Corner Bar* – a fascinating new immersive exhibit. **The guided tour will last 60-90 minutes and the museum will be open for another half-hour, afterwards. Cost is \$7 – please bring cash. Free parking available.**

- Thursday, January 25** **Somatics Class - on Zoom** **10-11:15**
- Thursday, January 25** **Movies at Highview, Hunt Valley, 400 Symphony Circle, Cockeysville** **1:00**
Sponsor: Vivian Appel
Email: appelvm@gmail.com
 This week's feature is **42**, the biographical sports film about Jackie Robinson.
- Friday, January 26** **Qigong Class on Zoom** **10:00**
- Friday, January 26** **Visit to Broadmead, 13801 York Road, Cockeysville** **noon-3**
Sponsor: Becky Kennedy
Email: beckyvt@gmail.com
 Broadmead is a senior living community in Cockeysville, offering accommodations ranging from independent living, in apartments or attached cottages, to all levels of care. **We'll meet and buy lunch in the Arbor Café, at noon.** I plan to share information and give a tour of the main building. Brochures and cards requesting more information will be available. Then we can walk to our nearby cottage – and hopefully, visit another one as well. Afterwards, feel free to tour the extensive grounds, by foot or by car. **Visitor parking is available.**
- Monday, January 29** **International Folk Dance Party, FIC 003 (NDMU Campus)** **1:30-3:30**
Sponsor: Kim Leith
Email: leith92@yahoo.com
 Warm up with an afternoon of international folk dancing, international snacks, and travel tales with RI friends! We will do some easy circle and line dances, mostly from the Balkans and Middle East, including a quick review of some dances from the Fall class. Everyone is welcome; you don't have to have been in the class. **Please wear comfortable shoes.** If you wish, you may bring a favorite international snack and/or photo or travel story. Dance requests are welcome; please email them to Kim, ahead of time. **Masking may be requested. Limit: 20. No cost. Parking in the usual spaces – KOC lot, on Charles Street and Homeland Avenue.**

- Wed,
January
31** **Passage to India- Sangam Indian Cuisine,
112 Cranbrook Rd., Cockeysville
Sponsor: Susan Serotte
Email: nsed7915@comcast.net** **12:30**
- Experience the vibrant flavors and spices of southern India at this new restaurant in the Yorktown Plaza Shopping Center. Try *Thali*, an authentic lunch entrée, including a variety of small dishes. Many more choices available. **BYOB**
The Shopping Center is under construction, but it IS open.
Plenty of parking.
- Thursday,
February
1** **Hike, with Hills, Cromwell Valley Park, 2002 Cromwell Bridge Road, 21234 10:30**
**Sponsor: Marcia Dysart
Email: mjdysart@gmail.com**
- Hike, with hills, approximately 2 hours long. **Meet at the parking lot (Willow Grove entrance – second entrance, if traveling from the west – NOT Sherwood Farms, the first entrance) or travel with me from NDMU Campus at 10 AM. No indoor bathrooms, but a Port-a- Pot is available. If you'd like to, bring a picnic lunch for after the hike.**
- Friday,
February
2** **The Dictionary Game – on Zoom** **11:00**
**Sponsors: Amanda Joyce and Joyce Dennison
Email: amanda.joyce7131@gmail.com**
- Interactive word game with Joyce D and Amanda J as emcees. No implements needed, except pencils, paper, love of strange words, and a talent for deception! No dictionaries allowed. **Limit: 14**