





Garvey Senior Activity Center

November 2024

<p>Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.</p>	<ul style="list-style-type: none"> Lunch meals are served from 12-12:30 p.m. Monday - Friday in the dining room & require a 24 hour advance reservation. The cost of lunch is a donation for those ages 60 and above. \$7 for those under the age of 60. The Fitness Room, Billiards Table, Pickleball Courts, Cornhole & Ping Pong Table are available for use, no reservations required. 	<p>Any program in green requires advance online registration at www.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1075. <i>Some programs have a fee \$</i></p>
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>ROOM KEY: GFS-Group Fitness Studio DR-Dining Room AS-Art Studio AR1-Activity Room 1 AR2-Activity Room 2 PBC-Pickleball Courts</p>	<p>Garvey Senior Activity Center Hours of Operation Monday - Thursday 8 a.m.- 8 p.m. Friday 8 a.m. - 4:30 p.m. (last entry 4 p.m.)</p>			<p>1 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>
<p>4 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo -DR 12:30-R&B Line Dance - GFS 12:30-Mah Jongg-AR1 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS</p>	<p>5 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Reiki & Reflexology \$-WS 10:45-Friends of Garvey Meeting-DR 11-Line Dance-GFS 12:30-Yoga FC-GFS 1:30-Card Embroidery \$-AR2 2-American 500 Cards-AR1 5-Crochet Group-AR2</p>	<p>6 NO 5:30 pm EnhanceFitness 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 12:45-Nutrition Education "National Diabetes Awareness-AR2 1-Reiki & Reflexology \$-WS 1:30-Iris Folding-AS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS</p>	<p>7 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 11-Reiki & Reflexology \$-WS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-7:30 Open Art Studio-AS 5-Silver Companions-AR2 5:30-Zumba FC-GFS</p>	<p>8 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 12:30-Open Art Studio-AS</p>
<p>11 ALL Senior Activity Centers CLOSED</p> 	<p>12 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 11-Reader's Theater-AR1 12:30-Yoga FC-GFS 12:30-Luncheon w/Suzette Prichett- DR 1:30-Watercolor w/T.L. Ford \$-AS 2-Belly Dance \$-GFS 2-American 500 Cards -AR1 4-Aromatherapy "Skin and Beauty" \$-AR2 5:30-Thankful Banner-AS 6:30-Sound Bath w/Angel "Grateful Immersion" \$-GFS</p>	<p>13 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 11-Book Discussion-AR2 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-EnhanceFitness FC-GFS</p>	<p>14 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 5:30-Zumba FC-GFS 5:30-Gamenight-AR1 6-Nutrition Education "National Diabetes Awareness-AR2</p>	<p>15 NO Walk & Tone NO EnhanceFitness 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9-Quilters-AR2 9-Scrapbooking-AS 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 12:30-R&B Line Dance-GFS 12:30-Mah Jongg-AR1 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS 5:30-Gingerbread Wreath Mandala-AS	19 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Reiki & Reflexology \$-WS 11-Line Dance-GFS 11-Friends of Garvey Staff Meeting 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 2-Sweetheart Cupcake \$-AS 2-Belly Dance \$-GFS	20 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 10-Senior Planet Presentation-DR 1-Reiki & Reflexology \$-WS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS 5:30-Iris Folding-AS	21 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 11-Reiki & Reflexology \$-WS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-7:30 Open Art Studio-AS 5-Movie Night "Back to the Future"-DR 5-Silver Companions-AR2 5:30-Zumba FC-GFS	22 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 12:30-Open Art Studio-AS
25 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 12:30-R&B Line Dance-GFS 12:30-Mah Jongg-AR1 1-COA Meeting-AR2 1:30-Floral Arranging w/Sunnyside Florals \$-AS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	26 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 2-Belly Dance \$-GFS	27 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS	28 ALL Senior Activity Centers CLOSED 	29 ALL Senior Activity Centers CLOSED 

Important Information

- Fitness classes marked FC require use of a Fitness Card. Fitness cards may be purchased from the receptionist desk (\$40 for 10 classes). A one day drop in pass may be purchased for \$5 per class.
- The Bridge Club organizes players/tables in advance of each session; drop in players are not permitted. If you are interested in joining the group, please leave your name and contact information at the receptionist desk and it will be passed on to the group coordinator.
- Group exercise equipment (hand weights, bands, mats, etc.) and fitness equipment (treadmills, bikes, etc.) are available for use. Users are asked to clean their equipment using the wipes and gloves provided.
- For weather related closures or cancellations, call 301-475-4200, ext. 1080.

Register for Zoom Fitness Classes +

Please visit www.stmaryscountymd.gov/aging for more information on fees and how to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10 a.m. Enhance Fitness	9:30-10:30 a.m. Chair Assisted Yoga 3-4 p.m. Chair Pilates	9-10 a.m. Enhance Fitness	NO CLASSES	9:30-10:30 a.m. Chair Assisted Yoga

Programs and activities brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.




Garvey Senior Activity Center December 2024

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Lunch meals are served from 12-12:30 p.m. Monday - Friday in the dining room & require a 24 hour advance reservation. The cost of lunch is a donation for those ages 60 and above. \$7 for those under the age of 60.
The Fitness Room, Billiards Table, Pickleball Courts, Cornhole & Ping Pong Table are available for use, no reservations required.

Any program in **green** requires advance online registration at www.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1075.
Some programs have a fee \$

Monday		Tuesday		Wednesday		Thursday		Friday	
2	9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 10-Reiki & Reflexology \$-WR 12:30-Mah Jongg-AR1 12:30-R&B Line Dance-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	3	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Reiki & Reflexology \$-WR 10:45-Friends of Garvey Meeting-AR2 11-Line Dance-GFS 12:30-Yoga FC-GFS 1:30-Card Embroidery \$-AR2 2-American 500 Cards-AR1 2-Belly Dance \$-GFS 3-Reader's Theatre Rehearsal-DR 4-Sweetheart Cupcake Decorating \$-AS 5-Crochet Group-L	4	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 12-Reiki & Reflexology \$-WR 12:45-Nutrition Education-AR2 "Tips to get through Holiday Eating" 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-EnhanceFitness FC-GFS	5	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Reiki & Reflexology \$-WR 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-7:30 Open Art Studio-AS 5:30-Zumba FC-GFS	6	NO Walk & Tone NO EnhanceFitness 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 11:30-Virtual Reality 101-AR1 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1
9	9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 12:30-Mah Jongg-AR1 12:30-R&B Line Dance-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	10	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Fraud Financial Awareness-AR2 11-Line Dance-GFS 11-Reader's Theater-AR1 12:30-Luncheon with Drama Speaks-DR 12:30-Yoga FC-GFS 1:30-Watercolor with T.L. Ford \$-AS 2-American 500 Cards-AR1 4-Aromatherapy Workshop \$-AR2	11	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 11-Book Discussion Group-AR2 "The Silent Patient" 2-Geri-Fit-GFS 3-Wreath Making \$-AS With Sunnyside Florals 3:30-Rock Steady Boxing-GFS 5:30-EnhanceFitness FC-GFS	12	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 2:30-Chair Dance with Judi Lyons & Patty Masson \$-GFS 5:30-Game Night AR1 5:30-Zumba FC-GFS 6-Nutrition Education-AR2 "Tips to get through Holiday Eating"	13	NO Walk & Tone NO EnhanceFitness 8:45-Exercise Video-GFS 9-Walking Club-L 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS

Monday		Tuesday		Wednesday		Thursday		Friday	
16	9-Walking Club-L 9:30-Men's Strength FC -GFS 10-Bingo-DR 12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC -GFS	17	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 11-Friends of Garvey Staff Meeting-AR2 12:30-Yoga FC -GFS 2-American 500 Cards-AR1 5-Crochet Group-L 5:30-Folk Salad Live Music-DR 6-Caregivers Support Group-AR2	18	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC -GFS 9:30-NARFE-AR2 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC -GFS	19	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 9:45-Pitch-AR2 12:30-Zumba FC -GFS 2-Diamond Dots-AS 3-Silver Companions-AR2 4-7:30 Open Art Studio-AS 5-Intergenerational Movie Night-DR "Christmas with the Kranks" 5:30-Zumba FC -GFS	20	NO Walk & Tone NO EnhanceFitness 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 11:30-Virtual Reality 101-AR1 12:30-Yoga FC -GFS 1:30-Open Uke Jam Session-AR1
23	9-Walking Club-L 9:30-Men's Strength FC -GFS 10-Bingo-DR 12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC -GFS	24	All Senior Activity Center CLOSED 	25	All Senior Activity Center CLOSED  Happy Holidays!	26	All Senior Activity Center CLOSED 	27	NO Walk & Tone NO EnhanceFitness 8:45-Arthritis Exercise-GFS 9-Walking Club-L 12:30-Open Art Studio-AS 12:30-Yoga FC -GFS
30	NO Men's Strength NO Geri-Fit 9-Walking Club-L 10-Bingo-DR 12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS 2-Exercise Video-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC -GFS	31	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC -GFS 2-American 500 Cards-AR1						

Hours of Operation
 Monday-Thursday
 8 a.m. - 8 p.m.
 Friday 8 a.m. - 4:30 p.m.
 (last entry 4 p.m.)

Garvey Senior Activity Center
 23630 Hayden Farm Lane
 Leonardtown, MD 20650
 301-475-4200, ext. 1080
www.stmarysmd.com/aging



ST. MARY'S COUNTY
 DEPARTMENT OF AGING & HUMAN SERVICES
 Working Together ~ Caring About You



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ROOM KEY:

- GFS - Group Fitness Studio
- DR - Dining Room
- AS - Art Studio
- AR1 - Activity Room 1
- AR2 - Activity Room 2
- PBC - Pickleball Courts
- WR - Wellness Room
- L - Lounge