




Loffler Senior Activity Center


November 2024

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.

Lunch meals are served from 11:30-12:00 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. **To reserve lunch leave a message at 301-475-4200, ext. 1657.**

Any program in **BLUE** requires advance online registration at www.stmaryscountymd.gov/aging, or by calling 301-475-4200, ext. 1660

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>Loffler Senior Activity Center Hours of Operation Monday - Friday 8 a.m.– 4:30 p.m. (last entry 4 p.m.)</p>  | <p>ROOM KEY:</p> <p>(1)- Activity Room 1 (2)-Activity Room 2 (W)- Weisman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room</p> |  | | <p>1 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10:30-Bible Study (SL) 11-Line Dancing (W) 2-Book Club (SL) 2-Tai Ji Quan- (W)</p> |
| <p>4 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10- Nutrition Education - American Diabetes Month (2) 10-Needlecrafters (1) 9-3- Massage Therapy (MR) \$\$ 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W)</p> | <p>5 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 10-12-Art with Jamie-Autumn Art (2) \$\$ 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Neurographic Art- (2) \$\$ 2-Geri-fit (W)</p> | <p>6 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybees Quilters (1) 11- R & B Line Dancing (W) 12:30- Enhance Fitness (W) 12:30-Bingo (L) 2- Diamond Painting (2)</p> | <p>7 NO LOFFLER SUNSHINE SINGERS 9-Dice Rummy (2) 9- Veteran's Circle Celebration (L) 9:30-Yoga (W) FC 10-Needlecrafters (1) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 2-Creative Writing (1) 2-Geri-fit (W)</p> | <p>8 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10-Sheriff's Office—Fraud Prevention (L) 10:30- Bible Study (SL) 11-Line Dancing (W) 2-Tai Ji Quan- (W)</p> |
| <p>11 ALL SENIOR ACTIVITY CENTERS</p> <p>CLOSED</p>  | <p>12 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-12-Art with Jamie- Autumn Art (2) \$\$ 10-Bridge (SL) 10-4 Massage Therapy (MR) \$\$ 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)</p> | <p>13 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 9:30- Health Watch- Stroke—Signs, Prevention, & Resources (2) 10-Contract Bridge (SL) 11- R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhance Fitness- (W) FC 2- Diamond Painting (2)</p> | <p>14 9-Dice Rummy (L) 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 1-Iris Folding Holiday Gift Bags—Santa Hat & Stocking (2) 2- Creative Writing (1) 2-Geri-fit (W) 11- Noon- St. Mary's County Mobile Library On Site</p> | <p>15 NO YOGA & TAI JI QUAN 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 10-3 Holiday Craft & Vendor Fair (W) 10-Project Linus (1) 10:30- Bible Study (SL) 11-Line Dancing (W)</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 18 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W) | 19 9-Canasta & Pitch (1) 9-Dice Rummy (W) 10-Bridge (SL) 10-4 Massage Therapy (MR) \$\$ 10-12- Art with Jamie- Autumn Art- (2) \$\$ 11-Giving Thanks Fall Luncheon with Just US 2 (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Art with Chris—Christmas Scene on Cards with Watercolors (2) \$\$ 2-Geri-fit (W) | 20 8:30 -Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 9:30- Health Watch- Stroke—Signs, Prevention & Resources (2) 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 11- R & B Line Dancing (W) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (2) | 21 9-Dice Rummy (L) 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Bereavement Support Group (SL) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 1- Movie Madness—Planes, Trains , & Automobiles (L) 2-Creative Writing (1) 2-Geri-fit (W) | 22 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W) 2-Tai Ji Quan- (W) |
| 25 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W) | 26 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W) | 27 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 11- R & B Line Dancing (W) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (2) | 28 ALL SENIOR ACTIVITY CENTERS <div style="text-align: center;"> CLOSED  </div> | 29 ALL SENIOR ACTIVITY CENTERS <div style="text-align: center;"> CLOSED </div> |

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.
- 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.

Register for Zoom Fitness Classes

You can now use the online registration at www.stmaryscountymd.com/aging or leave a message at 301-475-4200, ext.1660.

| 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.

Loffler Senior Activity Center






DECEMBER 2024

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>2 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W)</p> | <p>3 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9-3- Massage Therapy (MR) \$\$ 10-Bridge (SL) 10-12-Make & Take with Jamie- Holidays Cards (2) \$\$ 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1 p.m.-Art with Chris- Christmas Wreath (2) \$\$ 1-Charity Crafters (L) 2-Geri-fit (W)</p> | <p>4 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybees Quilters (1) 11- R & B Line Dancing (W) 12:30- Enhance Fitness (W) 12:30-Bingo (L) 2- Diamond Painting (2)</p> | <p>5 9-Dice Rummy (2) 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 2-Creative Writing (1) 2-Geri-fit (W)</p> | <p>6 NO YOGA 8:30-Pinochle (L) 9-Walking Club 9-Open Studio Art (2) \$\$ 10:30-Bible Study (SL) 11-Line Dancing (W) 2-Book Club (SL) 2-Tai Ji Quan- (W)</p> |
| <p>9 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10- Nutrition Education - Tips to Get Through Holiday Eating (2) 10-Needlecrafters (1) 9-3- Massage Therapy (MR) \$\$ 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W)</p> | <p>10 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 10-4- Massage Therapy (MR) \$\$ 10-12-Make & Take with Jamie-Penguin Rock & Wood Sign (2) \$\$ 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- 3-Crafts with Mimi- Christmas Cards (2) \$\$ 2-Geri-fit (W)</p> | <p>11 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 11- R & B Line Dancing (W) 12:30- Enhance Fitness (W) 12:30-Bingo (L) 2- Diamond Painting (2)</p> | <p>12 NO GERI-FIT 9-Dice Rummy (2) 9:30-Yoga (W) FC 9:30-Loffler Sunshine Singers (L) 10-Needlecrafters (1) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 11- Noon- St. Mary's County Mobile Library On Site</p> | <p>13 10- 3-Annual Christmas Party - Home for Christmas (W & L) \$\$ ALL OTHER ACTIVITIES CANCELLED</p> |
| <p>16 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan- (W)</p> | <p>17 NO GERI-FIT 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4- Massage Therapy (MR) \$\$ 10-Bridge (SL) 12:30-Arthritis Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L)</p> | <p>18 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybees Quilters (1) 11- R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhance Fitness- (W) FC 2- Diamond Painting (2)</p> | <p>19 9-Dice Rummy (L) 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 1-Movie Madness- Polar Express (L) 2-Geri-fit (W)</p> | <p>20 8:30-Pinochle (L) 9-Walking Club 9-Open Studio Art (2) \$\$ 10-Project Linus (1) 10:30- Bible Study (SL) 11-Line Dancing (W) 12:30-2 -Christmas Bingo (L) 2:30-Tai Ji Quan</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>23</p> <p>8:30-Pinochle (L)</p> <p>9-Walking Club</p> <p>9:30-Yoga (W) FC</p> <p>10-Needlecrafters (1)</p> <p>10-Current Events (SL)</p> <p>11-Enhance Fitness (W) FC</p> <p>12:30-Zumba Gold (W) FC</p> <p>12:30-Embroidery on Paper (2) \$\$</p> <p>2-Tai Ji Quan- (W)</p> | <p>24</p> <p>ALL SENIOR ACTIVITY CENTERS</p> <p>CLOSED</p> <p>Christmas Eve</p>  | <p>25</p> <p>ALL SENIOR ACTIVITY CENTERS</p> <p>CLOSED</p>  | <p>26</p> <p>ALL SENIOR ACTIVITY CENTERS</p> <p>CLOSED</p>  | <p>27</p> <p>8:30-Pinochle (L)</p> <p>9-Walking Club</p> <p>9-Open Studio Art (2) \$\$</p> <p>9:30-Yoga (W) FC</p> <p>10:30- Bible Study (SL)</p> <p>11-Line Dancing (W)</p> <p>2-Tai Ji Quan- (W)</p> |
| <p>30</p> <p>8:30-Pinochle (L)</p> <p>9-Walking Club</p> <p>9:30-Yoga (W) FC</p> <p>10-Needlecrafters (1)</p> <p>10-Current Events (SL)</p> <p>11-Enhance Fitness (W) FC</p> <p>12:30-Zumba Gold (W) FC</p> <p>12:30-Embroidery on Paper (2) \$\$</p> <p>2-Tai Ji Quan- (W)</p> | <p>31</p> <p>9-Canasta & Pitch (1)</p> <p>9-Dice Rummy (L)</p> <p>10-Bridge (SL)</p> <p>12:30-Arthritis Exercise (W)</p> <p>12:30-Mah Jong (SL)</p> <p>1-Charity Crafters (L)</p> <p>2-Geri-fit (W)</p> | <p>Loffler Senior Activity Center</p> <p>Hours of Operation</p> <p>Monday - Friday 8 a.m.– 4:30 p.m.</p> <p>(last entry 4 p.m.)</p>  | <p><u>ROOM KEY</u></p> <p>(1)- Activity Room 1</p> <p>(2)- Activity Room 2</p> <p>(W)- Weisman Room</p> <p>(L)- Loffler Room</p> <p>(SL)-Senior Lounge</p> <p>(DK)-Demo Kitchen</p> <p>(MR)-Massage Room</p> |  |

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Virtual classes to resume in January 2025

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