



Garvey Senior Activity Center


May 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 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. \$6 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 |
|---|--|---|---|--|
| <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>ROOM KEY: GFS1/2-Group Fitness Studio DR-Dining Room AS-Art Studio AR1-Activity Room 1 AR2-Activity Room 2 PBC-Pickleball Courts WR-Wellness Room</p> | <p>1 9-Walking Club -L 9-Bridge Club-AR1 9- Beginner Pickleball-PBC 9:30-Chair Yoga FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 12:45-Nutrition Education-“Osteoporosis Awareness Month”-AR2 2-Geri-Fit-GFS1/2 3:30-Rock Steady Boxing-GFS1/2 5:30-EnhanceFitness FC-GFS1/2</p> | <p>2 8:45-Exercise Video-GFS1/2 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS1/2 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 4-7:30 Open Studio Time-AS 5-Silver Companions-AR2 5:30-Zumba FC-GFS1/2</p> | <p>3 8:45-Arthritis Exercise-GFS1/2 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk & Tone FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 12:30-Luncheon w/Patricia Armstrong-DR 12:30-Yoga FC-GFS1/2 1:30-Open Uke Jam Session-AR1 LAW DAY 9-4</p> |
| <p>6 9-Walking Club-L 9-Bridge for Beginners-AR1 9:30-Men’s Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GFS1/2 12:30-R&B Line Dance - GFS1/2 2-Geri-Fit-GFS1/2 5-Dungeons & Dragons-AR1 5:30-Beginners Pickleball-PBC 5:30-Cardio-Lite FC-GFS1/2</p> | <p>7 9:45-Arthritis Exercise-GFS1/2 10-Reflexology/Reiki w/Sarah \$-WR 11-Line Dance-GFS1/2 11-Friends of Garvey Meeting-AR2 12:30-Yoga FC-GFS1/2 1:30-Card Embroidery \$-AS 2-American 500-AR1 5-Crochet Group-AR2 6:30-Introduction to Crystals \$-AR2</p> | <p>8 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 10-Downsizing 101 w/Jan-AR2 11-Book Discussion-AR2 11-EnhanceFitness FC-GFS1/2 1-Reflexology/Reiki w/Sarah \$-WR 2-Geri-Fit-GFS1/2 3:30-Rock Steady Boxing-GFS1/2 4-Sweetheart Cupcake Decorating \$-AS 5:30-EnhanceFitness FC-GFS1/2</p> | <p>9 8:45-Exercise Video-GFS1/2 9-Bridge Club-AR1 9:45-Exercise Vico-GFS1/2 11-Reflexology/Reiki w/Sarah \$ -WR 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 4-7:30 Open Studio Time-AS 4:30-WARM Volunteer Dinner-DR 5:30-Zumba FC-GFS1/2 6-Nutrition Education- “Osteoporosis Awareness Month”-AR2</p> | <p>10 ALL Senior Activity Centers CLOSED</p>  |
| <p>13 9-Walking Club-L 9-Bridge for Beginners-AR1 9:30-Men’s Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GFS1/2 12:30-R&B Line Dance - GFS1/2 2-Geri-Fit-GFS1/2 5-Dungeons & Dragons-AR1 5:30-Beginners Pickleball-PBC 5:30-Cardio-Lite FC-GFS1/2</p> | <p>14 9:45-Arthritis Exercise-GFS1/2 11-Line Dance-GFS1/2 11-Reader’s Theater-AR1 12:30-Yoga FC-GFS1/2 1:30-Watercolor w/T.L. Ford \$-AS 2-American 500-AR1 4-Aromatherpay Workshop “Get Focused” \$-AR2 5:30-Evening w/Drama Speaks-DR</p> | <p>15 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 10-NARFE Meeting-AR2 11-EnhanceFitness FC-GFS1/2 2-Geri-Fit-GFS1/2 3:30-Rock Steady Boxing-GFS1/2 5-HDM Volunteer Dinner-DR 5:30-EnhanceFitness FC-GFS1/2</p> | <p>16 8:45-Exercise Video-GFS1/2 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS1/2 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 4-7:30 Open Studio Time-AS 5-Silver Companions-AR2 5:30-Zumba FC-GFS1/2 5:30-Movie Night “Top Gun Maverick”-DR</p> | <p>17 8:45-Arthritis Exercise-GFS1/2 9-Walking Club-L 9-Quilters-AR2 9-Scrapbooking-AS 9:30-Walk & Tone FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 12:30-Yoga FC-GFS1/2 1:30-Open Uke Jam Session-AR1</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>20</p> <p>9-Walking Club-L</p> <p>9-Bridge for Beginners-AR</p> <p>9:30-Men's Strength FC-GFS1/2</p> <p>10-Bingo-DR</p> <p>11-EnhanceFitness FC-GFS1/2</p> <p>12:30-R&B Line Dance-GFS1/2</p> <p>2-Geri-Fit-GFS1/2</p> <p>5-Dungeons & Dragons-AR1</p> <p>5:30-Cardio-Lite FC-GFS1/2</p> <p>5:30-Beginner Pickleball-PBC</p> | <p>21 9:45-Arthritis Exercise-GFS1/2</p> <p>10-Reflexology/Reiki w/Sarah \$-WR</p> <p>11-Friends of Garvey Leaders Meeting-AR1</p> <p>11-Line Dance-GFS1/2</p> <p>12:30-Yoga FC-GFS1/2</p> <p>1-Presented by Hope & Healing "Grief and Loss" \$-AR1</p> <p>2-American 500-AR1</p> <p>5-Crochet Group-AR2</p> <p>5:30-Acrylic Painting w/Chris \$-AS</p> | <p>22</p> <p>9-Walking Club-L</p> <p>9-Bridge Club-AR1</p> <p>9:30-Chair Yoga FC-GFS1/2</p> <p>11-EnhanceFitness FC-GFS1/2</p> <p>1-Reflexology/Reiki w/Sarah \$-WR</p> <p>1:30-Patriotic Rag Garland-AS</p> <p>2-Geri-Fit-GFS1/2</p> <p>3:30-Rock Steady Boxing-GFS1/2</p> <p>5:30-Enhance Fitness FC-GFS1/2</p> | <p>23</p> <p>8:45-Exercise Video-GFS1/2</p> <p>9-Bridge Club-AR1</p> <p>9:45-Arthritis Exercise-GFS1/2</p> <p>11-Reflexology/Reiki w/Sarah \$-WR</p> <p>12:30-Zumba FC-GFS1/2</p> <p>2-Diamond Dots-AS</p> <p>2-Movement Safety Education: Be Your Own Injury Prevention Advocate w/ Judi Lyons \$-GFS1/2</p> <p>4-7:30 Open Studio Time-AS</p> <p>5:30-Zumba FC-GFS1/2</p> | <p>24</p> <p>8:45-Arthritis Exercise-GFS1/2</p> <p>9-Walking Club-L</p> <p>9:30-Walk & Tone FC-GFS1/2</p> <p>11-EnhanceFitness FC-GFS1/2</p> <p>12:30-Yoga FC-GFS1/2</p> <p>12:30-Open Art Studio-AS</p> |
| <p>27</p> <p>ALL Senior Activity Centers CLOSED</p>  | <p>28</p> <p>9:45-Arthritis Exercise-GFS1/2</p> <p>11-Line Dance-GFS1/2</p> <p>12:30-Yoga FC-GFS1/2</p> <p>2-American 500-AR1</p> <p>6:30-Sound Bath-\$ GFS1/2</p> | <p>29</p> <p>NO 5:30 EnhanceFitness</p> <p>9-Walking Club-L</p> <p>9-Bridge Club-AR1</p> <p>9:30-Chair Yoga FC-GFS1/2</p> <p>11-EnhanceFitness FC-GFS1/2</p> <p>2-Geri-Fit-GFS1/2</p> <p>3:30-Rock Steady Boxing-GFS1/2</p> | <p>30</p> <p>8:45-Exercise Video-GFS1/2</p> <p>9-Bridge Club-AR1</p> <p>9:45-Arthritis Exercise-GFS1/2</p> <p>12:30-Zumba FC-GFS1/2</p> <p>2-Diamond Dots-AS</p> <p>4-Afternoon Tea w/ Martha \$-AS</p> <p>5-Game Night-AR1</p> <p>5:30-Zumba FC-GFS1/2</p> | <p>31</p> <p>8:45-Arthritis Exercise-GFS1/2</p> <p>9-Walking Club-L</p> <p>9:30-Walk & Tone FC-GFS1/2</p> <p>11-EnhanceFitness FC-GFS1/2</p> <p>12:30-Yoga FC-GFS1/2</p> <p>12:30-Open Art Studio-AS</p> |

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 +

You can now use the online registration at www.stmarysmd.com/aging. Registration opens on April 20, 2024 at 8 a.m.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|--|---------------------------|---|--------------------------------|
| 9-10 a.m. Enhance Fitness | 8:30 –9:30 a.m. Enhance Fitness 10 –11 a.m. Chair Assisted Yoga 3-4 p.m. Chair Pilates | 9-10 a.m. Enhance Fitness | 8:30-9:30 a.m. Enhance Fitness 10:00 a.m. -11:00 a.m. Awakening (Mat) Yoga | 10-11 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.