


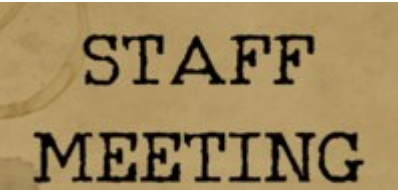
# Loffler Senior Activity Center

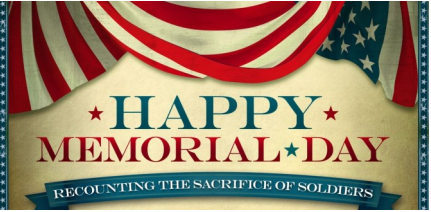
## May 2024

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 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. \$6 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.stmarysmd.com/aging](http://www.stmarysmd.com/aging), or by calling 301-475-4200, ext. 1658

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Loffler Senior Activity Center</b> <b>Hours of Operation</b> <b>Monday - Friday 8 a.m.– 4:30 p.m.</b> <b>(last entry 4 p.m.)</b> 	<b><u>ROOM KEY:</u></b>  <b>(1)- Activity Room</b> <b>(2)-Activity Room 2</b> <b>(W)- Wesiman Room</b> <b>(L)- Loffler Room</b> <b>(SL)- Senior Lounge</b> <b>(DK)- Demo Kitchen</b>	<b>1</b> 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - <b>FC</b> 10- Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- <b>FC</b> 2- Diamond Painting (L)	<b>2</b> 9-Dice Rummy 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-LofflerSunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	<b>3</b> 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) <b>\$\$</b> 9:30-Yoga (W) <b>FC</b> 10:30- Bible Study (SL) 11-Line Dancing (W) 2-Book Club (SL)
<b>6</b> 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) <b>FC</b> 12-Bridge (SL) 12:30-Zumba Gold (W) <b>FC</b> 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) <b>\$\$</b>	<b>7</b> 9-Canasta & Pitch (1) 9-Dice Rummy 10- <b>Art w/Jamie</b> (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Woodcarving (2)	<b>8</b> 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - <b>FC</b> 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- <b>FC</b> 2- Diamond Painting (L)	<b>9</b> 9-Dice Rummy 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10- <i>No Loffler Sunshine Singers</i> 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)  <b>No Mobile Library</b>	<b>10</b> <b>ALL Senior Activity Centers</b> <b>CLOSED</b>  
<b>13</b> 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10- <b>Nutrition Education-Osteoporosis</b> (2) 10-Current Events (SL) 11-Enhance Fitness (W) <b>FC</b> 12-Bridge (SL) 12:30-Zumba Gold (W) <b>FC</b> 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) <b>\$\$</b>	<b>14</b> 9-Canasta & Pitch (1) 9-Dice Rummy 10- <b>Art w/Jamie</b> (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1-Woodcarving (2)	<b>15</b> 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- <b>Health Watch-Sunscreen 101</b> (2) 9:30- Yoga (W) - <b>FC</b> 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- <b>FC</b> 2- Diamond Painting (L)	<b>16</b> 9-Dice Rummy 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10- <b>Bereavement Support Group</b> (SL) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	<b>17</b> 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) <b>\$\$</b> 9:30-Yoga (W) <b>FC</b> 10-Project Linus (1) 10:30- Bible Study (SL) 11-Line Dancing (W)

Monday	Tuesday	Wednesday	Thursday	Friday
20 8:30-Pinohle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) <b>FC</b> 12-Bridge (SL) 12:30-Zumba Gold (W) <b>FC</b> 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) <b>\$\$</b>	21 9-Canasta & Pitch (1) 9-Dice Rummy 10-Art w/Jamie (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Woodcarving (2)	22 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - <b>FC</b> 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- <b>FC</b> 2- Diamond Painting (L)	23 9-Dice Rummy 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	24 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) <b>\$\$</b> 9:30-Yoga (W) <b>FC</b> 10:30- Bible Study (SL) 11-Line Dancing (W)
27 ALL Senior Activity Centers CLOSED 	28 9-Canasta & Pitch (1) 9-Dice Rummy 10-Make & Take w/Jamie (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1-Woodcarving (2)	29 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - <b>FC</b> 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- <b>FC</b>	30 9-Dice Rummy 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	31 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) <b>\$\$</b> 9:30-Yoga (W) <b>FC</b> 10:30- Bible Study (SL) 11-Line Dancing (W)

**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](http://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	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.