Hours of Operation:

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

Address:

23630 Hayden Farm Ln Leonardtown, MD 20650

Garvey Senior Activity Center April 2025

Lunch meals are served Monday - Friday from 12-12:30 p.m. 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.

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

ROOM KEY:

MONDAY

GFS - Group Fitness Studio DR - Dining Room AS - Art Studio AR1 - Activity Room 1 AR2 - Activity Room 2

WR - Wellness Room L - Lounge

PBC - Pickleball Courts

8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10:45-Friends of Garvey Meeting-DR

TUESDAY

11-Line Dance-GFS 12:30-Yoga FC-GFS

1:30-Embroidery Card Making \$-AR2

2-American 500 Cards-AR1

4-Tai Chi-GFS

5-Crochet Group-AR2

5-Dungeons & Dragons-AR1

WEDNESDAY **NO Rock Steady Boxing**

9-Bridge Club-AR1 9-Walking Club-L

9-Beginner Pickleball-PBC

9:30-Chair Yoga FC-GFS 11-Exercise Video-GFS

12:45-Nutrition Education-AR2

2-Geri-Fit-GFS

5-EnhanceFitness FC-GFS

5-Recipe Roundup \$-AR2

THURSDAY 8:45-Arthritis Video- GFS 9-Bridge Club-AR1

9:45-Arthritis Exercise-GFS 10-Pitch Card Game-AR2

12:30-Zumba FC-GFS

2-Diamond Dots-AS

4-Open Art Studio-AS

4-Tai Chi-GFS

5-Silver Companions-AR2

5:30-Zumba FC-GFS

6:30-Arthritis Exercise-GFS

10 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1

9:45-Arthritis Exercise-GFS

10-Pitch Card Game-AR2

12:30-Zumba FC-GFS

2-Diamond Dots-AS

3-Pickleball 101: Double

Your Fun-PBC

4-Tai Chi-GFS

5-Silhouette Painting \$-AS

5-Card/Board Game Night-AR1 5:30-Zumba FC-GFS

6-Nutrition Education-AR2

6:30-Arthritis Exercise-GFS

NO Walk & Tone NO EnhanceFitness

8:45-Arthritis Video- GFS

FRIDAY

9-Ouilters-AR2

9-Scrapbooking-AS

9-Walking Club-L 11-EnhanceFitness FC-GFS

12:30-Yoga FC-GFS

1:30-Open Uke Jam

Session-AR1

7 9-Walking Club-L

9:30-Men's Strength FC-GFS 10-Bingo-DR

11-Exercise Video-GFS

12:30-Mah Jongg-AR1

12:30-R&B Line Dance-GFS

2-Geri-Fit-GFS

3:30-Rock Steady Boxing for Parkinson's-GFS

5-Collaborative Art \$-AS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS

8 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS

11-Line Dance-GFS

11-Reader's Theater-AR1

12:30-Yoga FC-GFS

1:30-Watercolor with

T.L.Ford \$-AS

2-American 500 Cards-AR1

3-Pickleball 101: Double

Your Fun-PBC

4-Tai Chi-GFS

6-Meditation Workshop \$-AR2

9-Bridge Club-AR1 9-Walking Club-L

9-Beginner Pickleball-PBC

9:30-Chair Yoga FC-GFS

11-Book Discussion Group-AR2

11-Exercise Video-GFS

2-Geri-Fit-GFS

3:30-Rock Steady Boxing for Parkinson's-GFS

4-Afternoon Tea \$-DR

5-EnhanceFitness FC-GFS

NO Walk & Tone

NO EnhanceFitness 8:45-Arthritis Exercise-GFS

9-Walking Club-L

9:30-Walk & Tone FC-GFS

10-Osteoporosis

Presentation-DR

11-EnhanceFitness FC-GFS 12:30-Open Art Studio-AS

12:30-Yoga FC-GFS

-The Fitness Room Equipment (treadmills, bikes, etc.), Group Exercise Equipment (hand weights, bands, mats, etc.), Billiards Table, Pickleball Courts, Cornhole & Ping Pong Table are available for use, no reservations required. -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.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	NO 9:30-Men's Strength	8:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	8:45-Arthritis Exercise-GFS	18	
	9-Walking Club-L	9:45-Arthritis Exercise-GFS	9-Walking Club-L	9-Bridge Club-AR1		
	10-Bingo-DR	10-Carol Booker:	9-Beginner Pickleball-PBC	9:45-Arthritis Exercise-GFS	All Senior Activity	
	11-Exercise Video-GFS	Book Presentation-DR	9:30-Chair Yoga <mark>FC</mark> -GFS	10-Stained Glass Pendants \$-AS	Centers Closed	
V.	12:30-Mah Jongg-AR1	11-Friends of Garvey	11-Exercise Video-GFS	10-Pitch Card Game-AR2		
6	12:30-R&B Line Dance - GFS	Staff Meeting-AR2	2-Geri-Fit-GFS	12:30-Zumba FC-GFS	* * * * *	
	2-Geri-Fit-GFS	11-Line Dance-GFS	3:30-Rock Steady Boxing	2-Diamond Dots-AS	* (
	3:30-Rock Steady Boxing	12:30-Yoga FC-GFS	for Parkinson's-GFS	3-Pickleball 101: Double Your Fun-PBC	* * \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
	for Parkinson's-GFS	2-American 500 Cards-AR1	4-Sweetheart Cupcakes \$-AR	4-Open Art Studio-AS		
	5-Collaborative Art \$-AS	3-Pickleball 101: Double	5-EnhanceFitness FC-GFS	4-Tai Chi-GFS	&HAPPY	
1	5-Dungeons & Dragons-AR1	Your Fun-PBC	5-Recipe Roundup \$-AR2	5-Intergenerational Movie		
	5:30-Cardio-Lite FC-GFS	4-Tai Chi-GFS		Night "Wicked"-DR	EASTER	
S.		5-Crochet Group-AR2		5-Silver Companions-AR2		
		6:30-Sound Bath \$-GFS		5:30-Zumba FC-GFS		
-				6:30-Arthritis Exercise-GFS		
	9-Walking Club-L	8:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	8:45-Arthritis Exercise-GFS	25 8:45-Arthritis	
	9:30-Men's Strength FC-GFS	9:45-Arthritis Exercise-GFS	9-Walking Club-L	9-Bridge Club-AR1	Exercise-GFS	
	10-Bingo-DR	11-Line Dance-GFS	9-Beginner Pickleball-PBC	9:45-Arthritis Exercise-GFS	9-Walking Club-L	
	11-Exercise Video-GFS	12:30-Yoga FC-GFS	9:30-Chair Yoga <mark>FC</mark> -GFS	10-Book Stitching \$-AS	9:30-Walk & Tone FC-GFS	
-	12:30-Mah Jongg-AR1	2-American 500 Cards-AR1	9:30-NARFE-AR2	10-Pitch Card Game-AR2	11-EnhanceFitness FC-GFS	
	12:30-R&B Line Dance - GFS	3-Pickleball 101: Double	11-Exercise Video-GFS	12:30-Zumba FC-GFS	12:30-Open Art Studio-AS	
1	2-Geri-Fit-GFS	Your Fun-PBC	2-Geri-Fit-GFS	2-Diamond Dots-AS	12:30-Yoga FC-GFS	
	3:30-Rock Steady Boxing	4-Tai Chi-GFS	3:30-Rock Steady Boxing	3-Pickleball 101: Double	12:30-Luncheon with	
	for Parkinson's-GFS	6-Caregivers Support Group-AR2	for Parkinson's-GFS	Your Fun-PBC	Folk Salad-DR	
	5-Collaborative Art \$-AS	o caregoria suppose creap seed	5-EnhanceFitness FC-GFS	4-Tai Chi-GFS		
	5-Dungeons & Dragons-AR1			5-Card/Board Game Night-AR1		
	5:30-Cardio-Lite FC-GFS			5:30-Zumba FC-GFS		
	2,000 200 200 200 200 200			6-Masquerade Craft \$-AS		
				6:30-Arthritis Exercise-GFS		
	28 9-Walking Club-L	8:45-Arthritis Exercise-GFS	9-Bridge Club-AR1			
	9:30-Men's Strength FC-GFS	9:45-Arthritis Exercise-GFS	9-Walking Club-L	Register for Zoom Fitness Classe	es	
	10-Bingo-DR	11-Line Dance-GFS	9:30-Chair Yoga FC-GFS	Please visit <u>stmaryscountymd.gov/ag</u>	ing Scan QR Code	
	11-Exercise Video-GFS	12:30-Yoga FC-GFS	11-Exercise Video-GFS	for more information on fees and how to	register. for registration	
Barrer.	12 20 M L L AD1	12.50-10ga PC-GFS	A C : E' CEC		and more info:	

12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS 1-COA Meeting-AR2

2-Geri-Fit-GFS 3:30-Rock Steady Boxing for Parkinson's-GFS **5-Collaborative Art \$-AS**

5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS

2-American 500 Cards-AR1 4-Tai Chi-GFS

DEPARTMENT OF AGING & HUMAN SERVICES

2-Geri-Fit-GFS

3:30-Rock Steady Boxing for Parkinson's-GFS

5-EnhanceFitness FC-GFS

MONDAY	9-10 a.m.	Enhance Fitness	
TUESDAY	9:30-10:30 a.m.	Chair Assisted Yoga	
WEDNESDAY	3-4 p.m. Chair Pilates		
THURSDAY	NO (CLASSES	
FRIDAY	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 MAY 2025

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		V	VEDNESDAY	THURSDAY	Friday
		Hours of Operation:	Please	ister for Zoom Fite visit stmaryscound formation on fees		1 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS	2 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS
ř	GFS - Group Fitness Studio DR - Dining Room	Monday-Thursday 8 a.m 8 p.m.	MONDAY	9-10 a.m.	EnhanceFitness	10-Pitch Card Game-AR2 12:30-Zumba FC-GFS	9-Walking Club-L 9:30-Walk & Tone FC-GFS
4	AS - Art Studio AR1 - Activity Room 1	riday 8 a.m 4:30 p.m.	TUESDAY	9:30-10:30 a.m.	Chair Assisted Yoga	2-Diamond Dots-AS	11-EnhanceFitness FC-GFS
	AR2 - Activity Room 2	(last entry 4 p.m.)	TUESDAY	3-4 p.m.	Chair Pilates	4-Open Art Studio-AS	12:30-Yoga FC-GFS
	WR - Wellness Room L - Lounge 2	Address: 23630 Hayden Farm Ln	WEDNESDAY	9-10 a.m.	EnhanceFitness	4-Tai Chi-GFS	1:30-Open Uke Jam
		eonardtown, MD 20650				5-Silver Companions-AR2	Session-AR1
ğ		,	FRIDAY	9-10 a.m.	Chair Assisted Yoga	5:30-Zumba FC-GFS	2-Barre Class \$-GFS
<u> </u>	0.11.1.1.1		CEC	0.337.11.	C1 1 T	6:30-Arthritis Exercise-GFS	0 47 A 41 W F CFG
5	9-Walking Club-L	8:45-Arthritis Exercise		7 9-Walking		8:45-Arthritis Exercise-GFS	9 8:45-Arthritis Exercise-GFS
1	9:30-Men's Strength FC-GFS			9-Bridge C		9-Bridge Club-AR1	9-Walking Club-L
	10-Bingo-DR	10:45-Friends of Garv	ey Meeting-Di		Yoga <mark>FC</mark> -GFS	9:45-Arthritis Exercise-GFS	9:30-Walk & Tone FC-GFS
	11-Exercise Video-GFS	11-Line Dance-GFS		-	ookout Prison	10-Pitch Card Game-AR2	11-EnhanceFitness FC-GFS
	12:30-Mah Jongg-AR1	11:30-Virtual Reality	101-AR1	-	Presentation-DR	12:30-Zumba FC-GFS	12:30-Open Art Studio-AS
	12:30-R&B Line Dance-GFS	0			e Video-GFS	2-Diamond Dots-AS	12:30-Yoga FC-GFS
	2-Geri-Fit-GFS	1:30-Embroidery Card	_	12:45-Nutr	ition Education	4-Tai Chi-GFS	2-Barre Class \$-GFS
A	3:30-Rock Steady Boxing	2-American 500 Cards	s-AR1	Bone	e Health-AR2	5-Card/Board Game Night-AR1	
8	for Parkinson's-GFS	4-Tai Chi-GFS		2-Geri-Fit-	GFS	5-Scandinavian Tole Painting \$-AS	3
	5-Dungeons & Dragons-AR1	5-Crochet Group-L		3:30-Rock	Steady Boxing	5:30-Zumba <mark>FC</mark> -GFS	
	5:30-Cardio-Lite FC-GFS	5-Beginner Bridge-AF	R1	for Par	kinson's-GFS	6-Nutrition Education	
ľ				4-Sweethea	rt Cupcakes \$-AS	Bone Health-AR2	
					oundup \$-AR2	6:30-Arthritis Exercise-GFS	
				_	Fitness FC-GFS		+ 1 +
4 7	The Fitness Room Equipment (tree	admilla hilzag eta) Group Eve	oroica Equipmen	ot (hand swaights	I I The Pridge Club ore	ranizes players/tables in advance of each	Any program in groon requires

-The Fitness Room Equipment (treadmills, bikes, etc.), Group Exercise Equipment (hand weights, bands, mats, etc.), Billiards Table, Pickleball Courts, Cornhole & Ping Pong Table are available for use, no reservations required.

-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.

Any program in **green** requires advance online registration at www.stmaryscountymd.gov/aging or by calling 301-475-4200, ext. 1075

Some programs have a fee \$

Г	Monday	Monday		Wednesday Estates		
	Monday	Tuesday	Wednesday	Thursday	Friday	
	9-Walking Club-L	8:45-Arthritis Exercise-GFS	9-Walking Club-L	8:45-Arthritis Exercise-GFS	8:45-Arthritis Exercise-GFS	
	9:30-Men's Strength FC-GFS	9:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	9-Bridge Club-AR1	9-Quilters-AR2	
	10-Bingo-DR	10-Reiki & Reflexology \$-WS	9:30-Chair Yoga FC-GFS	9:45-Arthritis Exercise-GFS	9-Scrapbooking-AS	
	11-Exercise Video-GFS	11-Reader's Theater-AR1	11-Book Discussion	10-Pitch Card Game-AR2	9-Walking Club-L	
3	12:30-Mah Jongg-AR1	11-Line Dance-GFS	Group-AR2	11-Reiki & Reflexology \$-WS	9:30-Walk & Tone FC-GFS	
	12:30-R&B Line Dance-GFS	12:30-Yoga FC-GFS	11-Exercise Video-GFS	12:30-Zumba FC-GFS	11-EnhanceFitness FC-GFS	
	2-Geri-Fit-GFS	1:30-Watercolor with T.L.Ford \$-AS	1-Reiki & Reflexology \$-WS	2-Diamond Dots-AS	12:30-Yoga <mark>FC</mark> -GFS	
	3:30-Rock Steady Boxing	2-American 500 Cards-AR1	2-Geri-Fit-GFS	Senior Prom	1:30-Open Uke Jam	
	for Parkinson's-GFS	4-Tai Chi-GFS	3:30-Rock Steady Boxing	4:30-7:30 p.m.	Session-AR1	
t	5-Dungeons & Dragons-AR1	5-Beginner Bridge-AR1	for Parkinson's-GFS	"Dazzling Masquerade" \	2-Barre Class \$-GFS	
	5:30-Candle Workshop \$-AS	5:30-Reader's Theater-DR	5-EnhanceFitness FC-GFS	Intergenerational		
	5:30-Cardio-Lite FC-GFS			Tickets \$7		
	9-Walking Club-L	8:45-Arthritis Exercise-GFS	9-Walking Club-L	8:45-Arthritis Exercise-GFS	8:45-Arthritis Exercise-GFS	
	\mathcal{E}	20 9:45-Arthritis Exercise-GFS	21 9-Bridge Club-AR1		23 9-Walking Club-L	
	10-Bingo-DR	10-Reiki & Reflexology \$-WS	9:30-Chair Yoga FC-GFS	9:45-Arthritis Exercise-GFS	9:30-Walk & Tone FC-GFS	
	11-Exercise Video-GFS	11-Friends of Garvey Staff Meeting-AR2	11-Exercise Video-GFS	10-Pitch Card Game-AR2	11-EnhanceFitness FC-GFS	
1	12:30-Mah Jongg-AR1	11-Line Dance-GFS	1-Reiki & Reflexology \$-WS	11-Reiki & Reflexology \$-WS	12:30-Open Art Studio-AS	
	12:30-R&B Line Dance-GFS	12:30-Luncheon with Will Yeckley-DR	1:30-Pouring Paint	12:30-Zumba FC-GFS	12:30-Yoga FC-GFS	
	2-Geri-Fit-GFS	12:30-Yoga <mark>FC</mark> -GFS	Ornaments \$-AS	2-Diamond Dots-AS	2-Barre Class \$-GFS	
1	3:30-Rock Steady Boxing	1:30-Backyard Pets Iris Folding-AS	2-Geri-Fit-GFS	3-Afternoon Pickleball 101-PBC		
	for Parkinson's-GFS	2-American 500 Cards-AR1	3:30-Rock Steady Boxing	4-Tai Chi-GFS		
1	5-Dungeons & Dragons-AR1	3-Afternoon Pickleball 101-PBC	for Parkinson's-GFS	5-Card/Board Game Night-AR1		
1	5:30-Citronella Votive	4-Tai Chi-GFS	5-Recipe Roundup \$-AR2	5-Movie Night-DR		
	Holder Craft \$-AS	5-Crochet Group-L	5-EnhanceFitness FC-GFS	Twisters (2024)	TWISTERS	
1	5:30-Cardio-Lite FC-GFS	4-HDM Volunteer Dinner-DR		5:30-Zumba FC-GFS		
		5-Beginner Bridge-AR1		6:30-Arthritis Exercise-GFS		
	26 All Senior Activity	8:45-Arthritis Exercise-GFS	9-Walking Club-L	29 8:45-Arthritis Exercise-GFS	8:45-Arthritis Exercise-GFS	
	Centers Closed for	9:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	9-Bridge Club-AR1	9-Walking Club-L	
	Memorial Day	11-Line Dance-GFS	9:30-Chair Yoga <mark>FC</mark> -GFS	9:45-Arthritis Exercise-GFS	9:30-Walk & Tone FC-GFS	
A.	Wiemonai Day	12:30-Yoga <mark>FC</mark> -GFS	11-Exercise Video-GFS	10-Pitch Card Game-AR2	11-EnhanceFitness FC-GFS	
1		2-American 500 Cards-AR1	2-Geri-Fit-GFS	12:30-Zumba FC-GFS	12:30-Yoga <mark>FC</mark> -GFS	
	· k	3-Afternoon Pickleball 101-PBC	3:30-Rock Steady Boxing	2-Diamond Dots-AS	2-Barre Class \$-GFS	
		4-Tai Chi-GFS	for Parkinson's-GFS	3-Afternoon Pickleball 101-PBC	מעינה היים ביים	
		5-Beginner Bridge-AR1	5-EnhanceFitness FC-GFS	4-Tai Chi-GFS	Scan QR Code	
4		6-Caregivers Support Group-AR2		5:30-Zumba FC-GFS	for registration and more info:	
-		<u>.</u>		6:30-Arthritis Exercise-GFS	and more into.	
	Lunah maals are served Monday	Friday from 12 12:20 n m in the dining room &	Ducanama and activities buoyabt to no	why the Commission are of St		

Lunch meals are served Monday - Friday from 12-12:30 p.m. 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.

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