

### 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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>ROOM KEY:</b> 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		1	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10:45-Friends of Garvey Meeting-DR 11-Line Dance-GFS 12:30-Yoga <b>FC</b> -GFS <b>1:30-Embroidery Card Making \$-AR2</b> 2-American 500 Cards-AR1 <b>4-Tai Chi-GFS</b> 5-Crochet Group-AR2 5-Dungeons & Dragons-AR1	2	<b>NO Rock Steady Boxing</b> 9-Bridge Club-AR1 9-Walking Club-L <b>9-Beginner Pickleball-PBC</b> 9:30-Chair Yoga <b>FC</b> -GFS 11-Exercise Video-GFS <b>12:45-Nutrition Education-AR2</b> 2-Geri-Fit-GFS 5-EnhanceFitness <b>FC</b> -GFS <b>5-Recipe Roundup \$-AR2</b>	3	8:45-Arthritis Video- GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Pitch Card Game-AR2 12:30-Zumba <b>FC</b> -GFS 2-Diamond Dots-AS 4-Open Art Studio-AS <b>4-Tai Chi-GFS</b> 5-Silver Companions-AR2 5:30-Zumba <b>FC</b> -GFS 6:30-Arthritis Exercise-GFS	4	<b>NO Walk &amp; Tone</b> <b>NO EnhanceFitness</b> 8:45-Arthritis Video- GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 11-EnhanceFitness <b>FC</b> -GFS 12:30-Yoga <b>FC</b> -GFS 1:30-Open Uke Jam Session-AR1
		7	9-Walking Club-L 9:30-Men's Strength <b>FC</b> -GFS 10-Bingo-DR 11-Exercise Video-GFS 12:30-Mah Jongg-AR1 12:30-R&B Line Dance-GFS 2-Geri-Fit-GFS <b>3:30-Rock Steady Boxing for Parkinson's-GFS</b> <b>5-Collaborative Art \$-AS</b> 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite <b>FC</b> -GFS	8	9-Bridge Club-AR1 9-Walking Club-L <b>9-Beginner Pickleball-PBC</b> 9:30-Chair Yoga <b>FC</b> -GFS 11-Book Discussion Group-AR2 11-Exercise Video-GFS 2-Geri-Fit-GFS <b>3:30-Rock Steady Boxing for Parkinson's-GFS</b> <b>4-Afternoon Tea \$-DR</b> 5-EnhanceFitness <b>FC</b> -GFS	10	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Pitch Card Game-AR2 12:30-Zumba <b>FC</b> -GFS 2-Diamond Dots-AS <b>3-Pickleball 101: Double Your Fun-PBC</b> <b>4-Tai Chi-GFS</b> <b>5-Silhouette Painting \$-AS</b> 5-Card/Board Game Night-AR1 5:30-Zumba <b>FC</b> -GFS <b>6-Nutrition Education-AR2</b> 6:30-Arthritis Exercise-GFS	11	<b>NO Walk &amp; Tone</b> <b>NO EnhanceFitness</b> 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone <b>FC</b> -GFS <b>10-Osteoporosis Presentation-DR</b> 11-EnhanceFitness <b>FC</b> -GFS 12:30-Open Art Studio-AS 12:30-Yoga <b>FC</b> -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](http://www.stmaryscountymd.gov/aging) or by calling 301-475-4200, ext. 1075  
*Some programs have a fee \$*


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY															
14	<b>NO 9:30-Men's Strength</b> 9-Walking Club-L 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	15	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Carol Booker: Book Presentation-DR 11-Friends of Garvey Staff Meeting-AR2 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 3-Pickleball 101: Double Your Fun-PBC 4-Tai Chi-GFS 5-Crochet Group-AR2 6:30-Sound Bath \$-GFS	16	9-Bridge Club-AR1 9-Walking Club-L 9-Beginner Pickleball-PBC 9:30-Chair Yoga FC-GFS 11-Exercise Video-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing for Parkinson's-GFS 4-Sweetheart Cupcakes \$-AR 5-EnhanceFitness FC-GFS 5-Recipe Roundup \$-AR2	17	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Stained Glass Pendants \$-AS 10-Pitch Card Game-AR2 12:30-Zumba FC-GFS 2-Diamond Dots-AS 3-Pickleball 101: Double Your Fun-PBC 4-Open Art Studio-AS 4-Tai Chi-GFS 5-Intergenerational Movie Night "Wicked"-DR 5-Silver Companions-AR2 5:30-Zumba FC-GFS 6:30-Arthritis Exercise-GFS	18	<div>All Senior Activity Centers Closed</div> <div></div>														
21	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	22	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 3-Pickleball 101: Double Your Fun-PBC 4-Tai Chi-GFS 6-Caregivers Support Group-AR2	23	9-Bridge Club-AR1 9-Walking Club-L 9-Beginner Pickleball-PBC 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 11-Exercise Video-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing for Parkinson's-GFS 5-EnhanceFitness FC-GFS	24	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Book Stitching \$-AS 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-Card/Board Game Night-AR1 5:30-Zumba FC-GFS 6-Masquerade Craft \$-AS 6:30-Arthritis Exercise-GFS	25		8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS 12:30-Luncheon with Folk Salad-DR													
28	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 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	29	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 4-Tai Chi-GFS	30	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 11-Exercise Video-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing for Parkinson's-GFS 5-EnhanceFitness FC-GFS	<div><div>Register for Zoom Fitness Classes</div><div>Please visit <a href="http://stmaryscountymd.gov/aging">stmaryscountymd.gov/aging</a> for more information on fees and how to register.</div><table><tr><td>MONDAY</td><td>9-10 a.m.</td><td>Enhance Fitness</td></tr><tr><td>TUESDAY</td><td>9:30-10:30 a.m.</td><td>Chair Assisted Yoga</td></tr><tr><td>WEDNESDAY</td><td>3-4 p.m.</td><td>Chair Pilates</td></tr><tr><td>THURSDAY</td><td colspan="2">NO CLASSES</td></tr><tr><td>FRIDAY</td><td>9:30-10:30 a.m.</td><td>Chair Assisted Yoga</td></tr></table></div>				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.
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<div><div>ST. MARY'S COUNTY DEPARTMENT OF AGING &amp; HUMAN SERVICES Working Together ~ Caring About You</div></div>		<div>Programs and activities brought to you by the Commissioners of St. Mary's County and the Department of Aging &amp; Human Services.</div>			<div><div>Scan QR Code for registration and more info:</div><div></div></div>																		



# GARVEY SENIOR ACTIVITY CENTER

## MAY 2025

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