



Loffler 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.

- 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
Loffler Senior Activity Center Hours of Operation Monday-Friday, 8 a.m.-4:30 p.m. (last entry 4 p.m.) 	ROOM KEY: (1)- Activity Room 1 (2)-Activity Room 2 (W)- Wesiman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room (CL) Computer Lab		1 9-Dice Rummy (L) 9-Yoga (W) FC 10-Loffler Sunshine Singers (L) 10-Needlecrafters (1) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30-Chatter Corner (2) 2-Geri-fit (W)	2 No Tai Ji Quan 8:30-Pinochle (L) 9-Walking Club 9-Open Studio Art w/ Penny (2) \$\$ 9:30-Yoga (W) FC 10- Cake Decorating 101 (DK) \$\$ 10:30-Bible Study (SL) 11-Line Dancing (W) 2-Loffler Book Club (SL)
5 8:30-Pinochle (L) 9-Walking Club 9-12-Jacobs Audiology Hearing Screenings (MR) 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)	6 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage Therapy (MR) \$\$ 10-Art w/Jamie –Mosaic Art (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	7 8-12- Painting with Chris (2) 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Yoga (W) FC 10-2:45-Massage Therapy (MR) \$\$ 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 11-R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhanced Fitness (W) FC 2-Diamond Painting (1)	8 9-Dice Rummy (L) 9-Building Better Caregivers (SL) 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 (2) 2-Geri-fit (W) 11-Noon St. Mary's County Mobile Library On-Site	9 No Tai Ji Quan/ or Yoga 8:30-Pinochle (1) 9-Walking Club 10-3-Spring Craft & Vendor Fair (W & L) 10:30- Bible Study (SL) 12:30 –2:30- Anna Griffin Teacup Pop-up Card (2)
12 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Nutrition Education- Bone Health (2) 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)	13 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage Therapy (MR) \$\$ 10-Bridge (SL) 10-Art w/Jamie- Mosaic Art (2) \$\$ 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	14 8-12- Painting with Chris (2) 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) 1:30-Create Your Own Fascinator (1) \$\$ 2-Diamond Painting (2)	15 9-Dice Rummy (L) 9-Building Better Caregivers (SL) 9:30-Yoga - RECORDING (W) 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (2) 2-Geri-Fit (W)	16 8:30-Pinochle (L) 9-Walking Club 9-Open Studio Art w/ Penny (2) \$\$ 9:30-Yoga (W) FC 10-Project Linus (1) 10:30-Bible Study (SL) 11-Day at the Races Luncheon (L) 11-Line Dancing (W) 2-Tai Ji Quan (W)

Monday	Tuesday	Wednesday	Thursday	Friday
19 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) \$\$ 1-Making a Natural Bug Spray w/ Natalie (1)- \$\$ 2-Tai Ji Quan (W)	20 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage (MR) \$\$ 10-Art w/Jamie-Mosaic Art (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	21 8-Painting with Chris (2) 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Yoga (W) FC 9:30-Health Watch-How to Seek Medical Care & Blood Pressure (2) 10-2:45-Massage Therapy (MR) \$\$ 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 (1)	22 9-Dice Rummy (L) 9-Building Better Caregivers (SL) 9:30-Yoga (W) FC 10-Loffler Sunshine Singers (L) 10-Needlecrafters (1) 12:30-Artritis Exercise (W) 12:30-Mah Jong (SL) 12:30-Chatter Corner (2) 1-Crafts w/Penny-Pressed Flower Fairy Light Jars (L) \$\$ 2-Geri-fit (W)	23 8:30-Pinochle (1) 9-Walking Club 9:30-Yoga (W) FC 10-Book Presentation w/Thelma Smoot- The Bully Within: For LJ (L) 10:30-Bible Study (SL) 11-Line Dancing (W) 2-Tai Ji Quan (W)
26 ALL SENIOR CENTERS CLOSED 	27 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage (MR) \$\$ 10-Make & Take with Jamie-Mosaic Yard Art (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	28 8-12-Painting with Chris (2) 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 (1)	29 9-Dice Rummy (L) 9-Building Better Caregivers (SL) 9:30-Yoga (W) FC 10-Loffler Sunshine Singers (L) 10-Needlecrafters (1) 12:30-Artritis Exercise (W) 12:30-Mah Jong (SL) 12:30-Chatter Corner (2) 2-Geri-fit (W)	30 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)

Weather Related Closures and Cancellations

Please call 301-475-4200, ext. 1658. You will hear a recorded message after 7:00 a.m. on an inclement weather day.

Fitness 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 also 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	9:00- 10: 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.


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June 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
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)	3 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage Therapy (MR) \$\$ 10-Art w/Jamie -Everything Maryland Watercolor Art (2) \$\$ 10-Bridge (SL) 10:30-Beginner Sudoku (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	4 8-12- Painting with Chris (2) 8:30- Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Yoga (W) FC 10-4-Massage Therapy (MR) \$\$ 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 11-R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhanced Fitness (W) FC 2-Diamond Painting (1)	5 9-Dice Rummy (L) 9:30-Yoga (W) FC 9-Building Better Caregivers (SL) 10-Loffler Sunshine Singers (L) 10-Needlecrafters (1) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30-Chatter Corner (2) 1-Crafts with Penny-Beach Wreath (L) \$\$ 2-Loffler Book Club (1) 2- Geri-fit Video (W)	6 All Senior Activity Centers CLOSED <div>STAFF MEETING</div>
9 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Nutrition Education- Nutrition for Brain Health (2) 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)	10 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30- Beginner Computer Class (CL) 9:30-Thrive Mindfully-Brain Fitness (W) 10-Bridge (SL) 10-Art with Jamie-Everything Maryland Watercolor Art (2) \$\$ 10:30-Beginner Sudoku (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	11 8-12- Painting with Chris (2) 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-Enhanced Fitness (W) FC 2-Diamond Painting (1)	12 No Loffler Sunshine Singers 9-Dice Rummy (L) 9-Building Better Caregivers (SL) 9:30-Yoga (W) FC 9:30- Beginner Computer Class (CL) 10-Needlecrafters (1) 10-Book Presentation: The Farmer's Wife by Carol McCabe Booker (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30- Chatter Corner (2) 2-Geri-fit (W) 11-Noon St. Mary's County Mobile Library On-Site	13 8:30-Pinochle (L) 9-Walking Club 9- Mom & Pop Breakfast w/ Bruce Thomas (L) 9:30-Yoga (W) FC 10-Project Linus (1) 10:30-Bible Study (SL) 11-Line Dancing (W) 12:30- Anna Griffin-Basket Pop-up Card (1) 2-Tai Ji Quan (W)
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)	17 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30- Beginner Computer Class (CL) 10-4-Massage Therapy (MR) \$\$ 10-Bridge (SL) 10-Art w/Jamie-Everything Maryland Watercolor Art (2) \$\$ 10:30-Beginner Sudoku (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	18 8-12- Painting with Chris (2) 8:30 -Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 9:30- Health Watch-Depression (2) 10-2:45-Massage Therapy (MR) \$\$ 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 11-R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhanced Fitness (W) FC 2-Diamond Painting (2)	19 All Senior Activity Centers CLOSED <div>  </div>	20 Registration Opens 8 a.m. 8:30-Pinochle (L) 9-Walking Club 9-Open Studio Art w/ Penny (2) \$\$ 9:30-Yoga (W) FC 10-Project Linus (1) 10:30-Bible Study (SL) 11-Hello Summer, Special Luncheon with Kurt Schlesinger (L) 11-Line Dancing (W) 2-Tai Ji Quan (W)

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30 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)			Loffler Senior Activity Center Hours of Operation Monday-Friday, 8 a.m.-4:30 p.m. (last entry 4 p.m.) 	ROOM KEY: (1)- Activity Room 1 (2)-Activity Room 2 (W)- Weisman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room (CL) Computer Lab

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