





# Garvey Senior Activity Center

## November 2024

<p>Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.</p>	<ul style="list-style-type: none"> <li>Lunch meals are served from 12-12:30 p.m. Monday - Friday in the dining room &amp; 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.</li> <li>The Fitness Room, Billiards Table, Pickleball Courts, Cornhole &amp; Ping Pong Table are available for use, no reservations required.</li> </ul>	<p>Any program in <b>green</b> requires advance online registration at <a href="http://www.stmarysmd.com/aging">www.stmarysmd.com/aging</a>, or by calling 301-475-4200, ext. 1075. <i>Some programs have a fee \$</i></p>
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ROOM KEY:</b> GFS-Group Fitness Studio DR-Dining Room AS-Art Studio AR1-Activity Room 1 AR2-Activity Room 2 PBC-Pickleball Courts</p>	<p><b>Garvey Senior Activity Center</b> <b>Hours of Operation</b> Monday - Thursday 8 a.m.- 8 p.m. Friday 8 a.m. - 4:30 p.m. (last entry 4 p.m.)</p>			<p><b>1</b> 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk &amp; Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>
<p><b>4</b> 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo -DR 12:30-R&amp;B Line Dance - GFS 12:30-Mah Jongg-AR1 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons &amp; Dragons-AR1 5:30-Cardio-Lite FC-GFS</p>	<p><b>5</b> 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS <b>10-Reiki &amp; Reflexology \$-WS</b> 10:45-Friends of Garvey Meeting-DR 11-Line Dance-GFS 12:30-Yoga FC-GFS <b>1:30-Card Embroidery \$-AR2</b> 2-American 500 Cards-AR1 5-Crochet Group-AR2</p>	<p><b>6 NO 5:30 pm EnhanceFitness</b> 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS <b>12:45-Nutrition Education "National Diabetes Awareness-AR2</b> <b>1-Reiki &amp; Reflexology \$-WS</b> <b>1:30-Iris Folding-AS</b> 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS</p>	<p><b>7</b> 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS <b>11-Reiki &amp; Reflexology \$-WS</b> 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-7:30 Open Art Studio-AS 5-Silver Companions-AR2 5:30-Zumba FC-GFS</p>	<p><b>8</b> 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk &amp; Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 12:30-Open Art Studio-AS</p>
<p><b>11</b> <b>ALL Senior Activity Centers CLOSED</b></p> 	<p><b>12</b> 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 11-Reader's Theater-AR1 12:30-Yoga FC-GFS <b>12:30-Luncheon w/Suzette Prichett- DR</b> <b>1:30-Watercolor w/T.L. Ford \$-AS</b> <b>2-Belly Dance \$-GFS</b> 2-American 500 Cards -AR1 <b>4-Aromatherapy "Skin and Beauty" \$-AR2</b> <b>5:30-Thankful Banner-AS</b> <b>6:30-Sound Bath w/Angel "Grateful Immersion" \$-GFS</b></p>	<p><b>13</b> 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 11-Book Discussion-AR2 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-EnhanceFitness FC-GFS</p>	<p><b>14</b> 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 5:30-Zumba FC-GFS 5:30-Gamenight-AR1 <b>6-Nutrition Education "National Diabetes Awareness-AR2</b></p>	<p><b>15</b> <b>NO Walk &amp; Tone</b> <b>NO EnhanceFitness</b> 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9-Quilters-AR2 9-Scrapbooking-AS 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b> 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 12:30-R&B Line Dance-GFS 12:30-Mah Jongg-AR1 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS 5:30-Gingerbread Wreath Mandala-AS	<b>19</b> 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Reiki & Reflexology \$-WS 11-Line Dance-GFS 11-Friends of Garvey Staff Meeting 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 2-Sweetheart Cupcake \$-AS 2-Belly Dance \$-GFS	<b>20</b> 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 10-Senior Planet Presentation-DR 1-Reiki & Reflexology \$-WS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS 5:30-Iris Folding-AS	<b>21</b> 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 11-Reiki & Reflexology \$-WS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-7:30 Open Art Studio-AS 5-Movie Night "Back to the Future"-DR 5-Silver Companions-AR2 5:30-Zumba FC-GFS	<b>22</b> 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 12:30-Open Art Studio-AS
<b>25</b> 9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 12:30-R&B Line Dance-GFS 12:30-Mah Jongg-AR1 1-COA Meeting-AR2 1:30- Floral Arranging w/Sunnyside Florals \$-AS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	<b>26</b> 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 2-Belly Dance \$-GFS	<b>27</b> 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS	<b>28</b> ALL Senior Activity Centers CLOSED 	<b>29</b> ALL Senior Activity Centers CLOSED 

### 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 +

Please visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) for more information on fees and how to register.

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	9:30-10:30 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.