



Garvey Senior Activity Center January 2025

For info on weather-related closures or cancellations, Call: 301-475-4200, ext. 1080.

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 12-12:30 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.




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Garvey Senior Activity Center Hours of Operation Monday-Thursday 8 a.m. - 8 p.m. Friday 8 a.m. - 4:30 p.m. (last entry 4 p.m.)</p>		<p>ROOM KEY: GFS - Group Fitness Studio DR - Dining Room AS - Art Studio AR1 - Activity Room 1 AR2 - Activity Room 2 PBC - Pickleball Courts</p>		<p>1 All Senior Activity Centers Closed</p> 		<p>2 NO 12:30 Zumba 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Exercise Video-GFS 2-Diamond Dots-AS 4-Arthritis Exercise-GFS 4-Open Art Studio-AS 5-Silver Companions-AR2 5:30-Zumba FC-GFS</p>		<p>3 NO Walk & Tone NO EnhanceFitness 8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>	
<p>6 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-GFS 5-Collaborative Art \$-AS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS</p>		<p>7 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10:45-Friends of Garvey Meeting-DR 11-Line Dance-GFS 12:30-Yoga FC-GFS 1:30-Card Embroidery \$-AR2 2-American 500 Cards-AR1 5-Crochet Group-AR2</p>		<p>8 9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 11-Exercise Video-GFS 12:45-Nutrition Education-AR2 "Are Meal Kits Healthy for Seniors?" 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS</p>		<p>9 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 4-Arthritis Exercise-GFS 5-Silhouette Painting \$-AS 5:30-Game Night-AR1 5:30-Zumba FC-GFS 6:30-Nutrition Education-AR2 "Are Meal Kits Healthy for Seniors?"</p>		<p>10 8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-Enhance Fitness FC-GFS 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS</p> 	

IMPORTANT INFORMATION

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.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1075. *Some programs have a fee \$*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
13	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-GFS 5-Collaborative Art \$-AS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	14	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 6-Sound Bath "Restorative" \$-GFS	15	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 11-Book Discussion Group-AR2 11-Exercise Video-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5:30-Enhance Fitness FC-GFS	16	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 5-Movie Night "Rocky"-DR 4-Open Art Studio-AS 4-Arthritis Exercise-GFS 5-Silver Companions-AR2 5:30-Zumba FC-GFS 	17	8:45-Arthritis Exercise-GFS 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-Enhance Fitness FC-GFS 12:30-Luncheon w/Bushmill Band-DR 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1
20	 All Senior Activity Centers Closed	21	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 10-Flower Cart Easel Card-AS 11-Line Dance-GFS 11-Friends of Garvey Staff Meeting-AR2 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 4-Tai Chi-GFS 5-Crochet Group-AR2	22	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 11-Exercise Video-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing-GFS 5-Recipe Roundup \$-AR2 5:30-Enhance Fitness FC-GFS 4-Trivia Afternoon \$-DR "New Years Resolution"	23	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 4-Arthritis Exercise-GFS 5:30-Game Night-AR1 5:30-Zumba FC-GFS	24	8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-Enhance Fitness FC-GFS 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS 
27	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-GFS 5-Collaborative Art \$-AS 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS	28	8:45-Arthritis Exercise-GFS 9:45-Exercise Video-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 4-Tai Chi-GFS 6-Caregivers Support Group-AR2	29	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-GFS 5:30-Enhance Fitness FC-GFS 5:30-Doily Dream Catcher-AS	30	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Exercise Video-GFS 10-Pitch Card Game-AR2 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-Arthritis Exercise-GFS 5:30-Zumba FC-GFS	31	8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-Enhance Fitness FC-GFS 12:30-Yoga FC-GFS 2-Playful Pages Memory Book-AS

Programs and activities brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.



Register for Zoom Fitness Classes
 +Please visit stmaryscountymd.gov/aging
 For more information on fees and how to register

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

Scan QR Code for more info:

