


Loffler Senior Activity Center


July 2024

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. 1658

Monday	Tuesday	Wednesday	Thursday	Friday
1 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 Sew It <u>Alls</u> (1) 12:30-Embroidery on Paper (2) SS	2 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Sweetheart Cupcake Decorating- (DK) SS 2-Geri-fit (W)	3 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10- Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	4 ALL Senior Activity Centers CLOSED 	5 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) SS 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W) 2-Book Club (SL)
8 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 Sew It <u>Alls</u> (1) 12:30-Embroidery on Paper (2) SS	9 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4 Massage Therapy- (MR) SS 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30- Card Connection (2) 1-Charity Crafters (L) 2-Geri-fit (W)	10 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	11 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 1- Yarn Summer Wreath (2) SS 2-Geri-fit (W) 11- Noon- St. Mary's County Mobile Library On Site	12 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) SS 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W)
15 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Nutrition Education-Let's Learn About Sodium (2) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30 Sew It <u>Alls</u> (1) 12:30-Embroidery on Paper (2) SS	16 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Crafts with Chris-Wine glass (2) SS 2-Geri-fit (W)	17 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Health Watch- Blood Pressure & Pulse Oximeter (2) 9:30- Yoga (W) - FC 10- St. Mary's Transit System (STS) (L) 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	18 No Loffler Sunshine Singers 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10- Coffee with the Sheriff (L) 10- Bereavement Support Group (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 1- Movie Madness- Casablanca (L) 2-Geri-fit (W)	19 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) SS 9:30-Yoga (W) FC 10-Project Linus (1) 10:30- Bible Study (SL) 1-4- Loffler Appreciation Day

Monday	Tuesday	Wednesday	Thursday	Friday
22 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 Sew It <u>Alls</u> (1) 12:30-Embroidery on Paper (2) SS	23 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4 Massage Therapy (MR) SS 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1-Oasis Senior Resource- Planning for Aging and Safety in our Homes (1) 2-Geri-fit (W)	24 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	25 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30- Chatter Corner (1) 1- Crafts with Penny- Beach Theme Wine Bottle (2) SS 2-Geri-fit (W)	26 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) SS 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W)
29 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 Sew It <u>Alls</u> (1) 12:30-Embroidery on Paper (2) SS	30 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	31 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting	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 (2)-Activity Room 2 (W)- <u>Wesiman</u> Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room

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.
- 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.

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	8:30-9:30 a.m. Enhance Fitness 10-11 a.m. Chair Assisted Yoga 3-4 p.m. Chair Pilates	9-10 a.m. Enhance Fitness	8:30-9:30 a.m. Enhance Fitness 10:00 a.m. -11:00 a.m. Awakening (Mat) Yoga	10-11 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.



Loffler Senior Activity Center

August 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Loffler Senior Activity Center Hours of Operation Monday - Friday 8 a.m.– 4:30 p.m. (last entry 4 p.m.)</p> 	<p><u>ROOM KEY:</u></p> <p>(1)- Activity Room (2)-Activity Room 2 (W)- Wesiman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room</p>		<p>1 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10:30-Clear Caption (SL) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 –Chatter Corner (1) 2-Geri-fit (W)</p>	<p>2 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-Book Club (SL)</p>
<p>5 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10 –4 Massage Therapy (MR) \$\$ 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-Basic Photography (SL)</p>	<p>6 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)</p>	<p>7 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30– Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 12:30-Bingo (L) 12:30– Enhance Fitness (W)- FC 2– Diamond Painting (L)</p>	<p>8 No Loffler Sunshine Singers 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 –Chatter Corner (1) 1– Terra Cotta Planter with Succulents (2) \$\$ 2-Geri-fit (W) 11– Noon– St. Mary’s County Mobile Library On Site</p>	<p>9 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)</p>
<p>12 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Nutrition Education– All You Need to Know About Protein (2) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) FC 12:30-Embroidery on Paper (2) \$\$ 1-Basic Photography (SL)</p>	<p>13 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Art with Jamie –Color Theory Collages (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30- Card Connection (2) 1-Charity Crafters (L) 2-Geri-fit (W)</p>	<p>14 NO ENHANCE FITNESS 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30– Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 2– Diamond Painting (L)</p>	<p>15 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 10-Bereavement Support Group (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 –Chatter Corner (1) 1– Movie Madness—Mama Mia (L) 2-Geri-fit (W)</p>	<p>16 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10-Project Linus (1) 10:30– Bible Study (SL) 11-Line Dancing (W)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
19 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-4 Massage Therapy (MR) \$\$ 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- Basic Photography (SL)	20 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Iris Folding—Water Can & Butterfly (2) 2-Geri-fit (W)	21 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Health Watch— Preventing Dehydration (2) 9:30– Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 12:30-Bingo (L) 12:30– Enhance Fitness (W)- FC 2– Diamond Painting (L)	22 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 –Chatter Corner (1) 2-Geri-fit (W)	23 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 9:30- Legal Aid (L) 10:30– Bible Study (SL) 11-Line Dancing (W) 11-1:30- Sun-Sensational Soiree Luncheon (L)
26 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- Basic Photography (SL)	27 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10- Make & Take with Jamie (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1- Make a Dream Catcher with Toni (2) 2-Geri-fit (W)	28 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30– Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30– Enhance Fitness (W)- FC 2– Diamond Painting	29 9-Dice Rummy (L) 9:30-Yoga FC 10-Needlecrafters (1) 10-Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 –Chatter Corner (1) 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)

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