





Loffler Senior Activity Center


February 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. \$6 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
<p>Loffler Senior Activity Center Hours of Operation Monday - Friday 8 a.m.–4:30 p.m. (last entry 4 p.m.)</p> 	<p>ROOM KEY: (1)- Activity Room (2)-Activity Room 2 (W)- Wesiman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen (MR)- Massage Room (CL) Computer Lab</p>			
<p>3 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)</p>	<p>4 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30-Senior Planet-Computer Basics for Seniors (CL) 10- Massage Therapy (MR) \$\$ 10-Art w/Jamie -All About Texture (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)</p>	<p>5 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 11- R & B Line Dancing (W) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)</p>	<p>6 9-Dice Rummy (L) 9:30-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 (1) 1-Art with Penny—Valentine Heart Wreath (L) \$\$ 2-Geri-fit (W)</p>	<p>7 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-Loffler Book Club (SL) 2- Tai Ji Quan (W)</p>
<p>10 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Nutrition Education-Heart Health Month (2) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12:30-Zumba Gold (W) 12:30-Embroidery on Paper (2) \$\$ 1- Aromatherapy Winter Workshop- Healthier Alternatives Dryer Ball & Spray (2) \$\$ 2- Tai Ji Quan—(W)</p>	<p>11 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30-Senior Planet-Computer Basics for Seniors (CL) 10-4-Massage Therapy (MR) \$\$ 10-Art w/Jamie—All About Textures (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)</p>	<p>12 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 (L)</p>	<p>13 9-Dice Rummy (L) 9:30-Yoga (W) FC 10-Needlecrafters (1) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) 2-Geri-Fit (W)</p> <p>11-Noon St. Mary's County Mobile Library On Site</p>	<p>14 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Project Linus (1) 10:30- Bible Study (SL) 11-Valentines Day Special Luncheon with Folk Salad (L) 11-Line Dancing (W) 2- Tai Ji Quan (W)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17 All Senior Centers CLOSED 	18 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30-Senior Planet-Computer Basics for Seniors (CL) 10-4-Massage Therapy (WR) \$\$ 10-Art w/Jamie –All About Texture (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	19 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Health Watch- Heart Health (2) 9:30- Yoga (W) - FC 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 (L)	20 9-Dice Rummy (L) 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 (1) 1-Movie Madness– Groundhog Day (L) 2-Geri-fit (W)	21 NO OPEN ART 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10:30– Bible Study (SL) 11-Line Dancing (W) 2-Tai Ji Quan (W)
24 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 Alls (1) 12:30-Embroidery on Paper (2) \$\$ 2-Tai Ji Quan (W)	25 9-Canasta & Pitch (1) 9-Dice Rummy (L) 9:30-Senior Planet-Computer Basics for Seniors (CL) 10-4-Massage Therapy (WR) \$\$ 10-Make & Take with Jamie-Textured Flower Art (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	26 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 (L)	27 9-Dice Rummy (L) 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 (1) 2-Geri-fit (W)	28 8:30-Pinochle (L) 9-Walking Club 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 8:00am 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	9:30-10:30 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.