



# Loffler Senior Activity Center


## April 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](http://www.stmaryscountymd.gov/aging), or by calling 301-475-4200, ext. 1660.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Loffler Senior Activity Center</b>  <b>Hours of Operation</b>  <b>Monday-Friday, 8 a.m.-4:30 p.m.</b>  <b>(last entry 4 p.m.)</b></p> 	<p><b>1</b>            9-Canasta &amp; Pitch (1)            9-Dice Rummy (L)            10-4-Massage Therapy (MR) \$\$            10-Art w/Jamie -Linocut Folk Art Flower Printmaking (2) \$\$            10-Bridge (SL)            12:30-Arthritis Exercise (W)            12:30-Mah Jong (SL)            1-Charity Crafters (L)            2-Geri-fit (W)</p>	<p><b>2 NO ENHANCE FITNESS</b>            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 &amp; B Line Dancing (W)            12:30-Bingo (L)            2-Diamond Painting (1)</p>	<p><b>3</b>            9-Dice Rummy (L)            9- 3-AARP Smart Driving Safety Course (SL) \$\$            9-Yoga (W) FC            10-Loffler Sunshine Singers (L)            10-Needlecrafters (1)            12:30-Arthritis Exercise (W)            12:30-Mah Jong (DK)            12:30-Chatter Corner (2)            2-Geri-fit (W)</p>	<p><b>4</b>            8:30-Pinochle (L)            9-Walking Club            9-Open Studio ART with Penny (2) \$\$            9:30-Yoga (W) FC            10-1:30-Anna Griffin Basket Card (1)            10:30-Bible Study (SL)            11-Line Dancing (W)            2-Loffler Book Club (SL)            2-Tai Ji Quan (W)</p>
<p><b>7</b>            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><b>8</b>            9-Canasta &amp; Pitch (1)            9-Dice Rummy (L)            10-4-Massage Therapy (MR) \$\$            10-Art w/Jamie -Linocut Folk Art Flower Printmaking (2) \$\$            10-Bridge (SL)            12:30-Arthritis Exercise (W)            12:30-Mah Jong (SL)            1-Charity Crafters (L)            1-3-Crafts with Penny- Bunny Wreath (1)            2-Geri-fit (W)</p>	<p><b>9 NO ENHANCE FITNESS</b>            8:30- Pinochle (L)            9-Walking Club            9-Rummikub (L)            9:30-Yoga (W) FC            10-Contract Bridge (SL)            11-R &amp; B Line Dancing (W)            12:30-Bingo (L)            2-Diamond Painting (1)</p>	<p><b>10</b>            9-Dice Rummy (L)            9:30-Yoga (W) FC            10-Needlecrafters (1)            10-Loffler Sunshine Singers (L)            10-Spring Bird Feeding Discussion (SL)            12:30-Arthritis Exercise (W)            12:30-Mah Jong (SL)            12:30- Chatter Corner (2)            1-3-Crafts with Penny- Beehive &amp; Flower Vase (L) \$\$            2-Geri-fit (W)</p> <p>11-Noon St. Mary's County Mobile Library On-Site</p>	<p><b>11</b>            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)</p>
<p><b>14</b>            8:30-Pinochle (L)            9-Walking Club            9:30-Yoga (W) FC            10-Nutrition Education- Eye Health &amp; Safety Month (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)</p>	<p><b>15 No Art with Jamie</b>            9-Canasta &amp; Pitch (1)            9-Dice Rummy (L)            10-4-Massage Therapy (MR) \$\$            10-Bridge (SL)            12:30-Arthritis Exercise (W)            12:30-Mah Jong (SL)            1-Charity Crafters (L)            2-Geri-fit (W)</p>	<p><b>16 NO ENHANCE FITNESS</b>            8:30 -Pinochle (L)            9-Walking Club            9-Rummikub (L)            9:30-Health Watch-Parkinson's Awareness (2)            9:30- Yoga (W) - FC            10-Contract Bridge (SL)            10-Honeybee Quilters (1)            11-R &amp; B Line Dancing (W)            12:30-Bingo (L)            2-Diamond Painting (1)</p>	<p><b>17</b>            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 (2)            12:30-Movie Madness-The Searchers (L)            2-Geri-Fit (W)</p>	<p><b>18</b>            All Senior Activity Centers</p> <p><b>CLOSED</b></p>  <p>Good Friday</p>

Monday	Tuesday	Wednesday	Thursday	Friday
22 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) <b>FC</b> 12:30-Zumba Gold (W) <b>FC</b> 12:30-Embroidery on Paper (2) <b>\$\$</b> 2-Tai Ji Quan (W)	22 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage (MR) <b>\$\$</b> 10-Art w/Jamie-Linocut Folk Art Flower Printmaking (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	23 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Yoga (W) <b>FC</b> 10-Contract Bridge (SL) 11-R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhance Fitness (W)- <b>FC</b> 2-Diamond Painting (1)	24 <b>NO SUNSHINE SINGERS</b> 9-Dice Rummy (L) 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-Coffee with the Sheriff (L) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 12:30-Chatter Corner (2) 2-Geri-fit (W)	25 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10:30-Bible Study (SL) 11-1 Sounds of Spring Special Luncheon with Will Yeckley (L) 11-Line Dancing (W) 2-Tai Ji Quan (W)
28 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) <b>FC</b> 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) <b>FC</b> 12:30-Zumba Gold (W) <b>FC</b> 12:30-Embroidery on Paper (2) <b>\$\$</b> 2-Tai Ji Quan (W)	29 9-Canasta & Pitch (1) 9-Dice Rummy (L) 10-4-Massage (MR) <b>\$\$</b> 10-Make & Take with Jamie-Folk Art Birds (2) <b>\$\$</b> 10-Bridge (SL) 12:30-Arthritis Exercise (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 2-Geri-fit (W)	30 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30-Yoga (W) <b>FC</b> 10-Contract Bridge (SL) 10-Honeybee Quilters (1) 11-R & B Line Dancing (W) 12:30-Bingo (L) 12:30-Enhance Fitness (W)- <b>FC</b> 2-Diamond Painting (1)	<b>ROOM KEY:</b> (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	

**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](http://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.