

Garvey 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.

For **weather-related** closures or cancellations, please call 301-475-4200, ext. 1080.

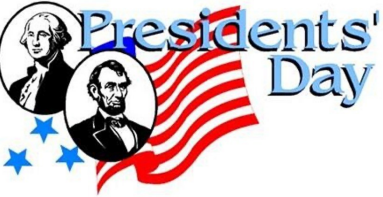
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-Walking Club-L 9:30-Men's Strength FC -GFS 10-Bingo-DR 11-Exercise Video-GFS 12:30-Mah Jongg-AR1 12:30-R&B Line Dance-GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing For Parkinson's-GFS 5-Dungeons & Dragons-AR1 5-Building Better Caregivers-AR2 5-Collaborative Art \$-AS 5:30-Cardio-Lite FC -GFS	4 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-Embroidery Card Making \$-AR2 2-American 500 Cards-AR1 4-Tai Chi-GFS 5-Crochet Group-L	5 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC -GFS 10-MD's Military History Presentation-DR 11-Exercise Video-GFS 12:45-Nutrition Education Heart Healthy Month-AR2 2-Geri-Fit-GFS 3:30-Rock Steady Boxing For Parkinson's-GFS 5-Enhance Fitness FC -GFS	6 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 3-Silver Companions-AR2 4-Tai Chi-GFS 4-Open Art Studio-AS 5:30-Zumba FC -GFS 6:30-Arthritis Exercise-GFS	7 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-Yoga FC -GFS 1:30-Open Uke Jam Session-AR1
10 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 For Parkinson's-GFS 5-Building Better Caregivers-AR2 5-Dungeons & Dragons-AR1 5-Collaborative Art \$-AS 5:30-Cardio-Lite FC -GFS	11 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 2-Memory Cafe-AR2 4-Tai Chi-GFS 5:30-Seasonal Bookmarks-AS 6:30-"Self Care" Sound Bath \$-GFS	12 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC -GFS 11-Exercise Video-GFS 11-Book Discussion Group-AR2 2-Geri-Fit-GFS 3:30-Rock Steady Boxing For Parkinson's-GFS 4-Sweetheart Cupcakes \$-AS 5-Recipe Roundup \$-AR2 5-Enhance Fitness FC -GFS	13 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-Tai Chi-GFS 5-Silhouette Painting \$-AS 5:30-Game Night-AR1 5:30-Zumba FC -GFS 6:30-Arthritis Exercise-GFS 6:30-Nutrition Education Heart Healthy Month-AR2	14 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 12:30-Valentine's Day Performance by Patricia Armstrong-DR

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	
17	<p>All Senior Activity Centers Closed</p> 	18	<p>8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 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-L 5-Dungeons & Dragons-AR1 5-Building Better Caregivers-AR2 6-Meditation Workshop \$-DR</p>	19	<p>9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 11-Exercise Video 2-Geri-Fit-GFS 3-Pawssitive Vibes-AR2 3:30-Rock Steady Boxing For Parkinson's-GFS 4-Trivia "60s & 70s"-DR 5-Enhance Fitness FC-GFS 5:30-Backyard Pets Iris Folding-AS</p>	20	<p>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 3-Silver Companions-AR2 4-Tai Chi-GFS 4-Open Art Studio-AS 5-Movie Night "The Proposal"-DR 5:30-Zumba FC-GFS 6:30-Arthritis Exercise-GFS</p>	21	<p>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-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1</p>
24	<p>9-Walking Club-L 9:30-Men's Strength FC-GFS 10-Bingo-DR 11-Exercise Video 12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS 2-Geri-Fit-GFS 3:30-Rock Steady Boxing For Parkinson's-GFS 5-Building Better Caregivers-AR2 5-Dungeons & Dragons-AR1 5-Collaborative Art \$-AS 5:30-Cardio-Lite FC-GFS</p>	25	<p>8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 4-Tai Chi-GFS 5:30-Framed Carnival Mask Mandala-AS 6-Caregivers Support Group-AR2</p>	26	<p>9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS 11-Exercise Video 2-Geri-Fit-GFS 3:30-Rock Steady Boxing For Parkinson's-GFS 5-Recipe Roundup \$-AR2 5-Enhance Fitness FC-GFS</p>	27	<p>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-Tai Chi-GFS 5:30-Game Night-AR1 5:30-Zumba FC-GFS 6:30-Arthritis Exercise-GFS</p>	28	<p>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>

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. Please call 301-475-4200, ext. 1065, to make reservation.

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:



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March 2025

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