Senior Activity Center programs are available to those **50 years of age and older**, unless otherwise noted. Please see the receptionist for participation criteria.

Garvey Senior Activity Center February 2025

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
) 3	9-Walking Club-L	4 8:45-Arthritis Exercise-GFS	5 9-Walking Club-L	8:45-Arthritis Exercise-GFS	7 8:45-Arthritis Exercise-GFS			
	9:30-Men's Strength FC-GFS	9:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	9-Bridge Club-AR1	9-Quilters-AR2			
	10-Bingo-DR	10:45-Friends of Garvey Meeting-DR	9:30-Chair Yoga <mark>FC</mark> -GFS	9:45-Arthritis Exercise-GFS	9-Scrapbooking-AS			
1	11-Exercise Video-GFS	11-Line Dance-GFS	10-MD's Military History	10-Pitch Card Game-AR2	9-Walking Club-L			
	12:30-Mah Jongg-AR1	12:30-Yoga <mark>FC</mark> -GFS	Presentation-DR	12:30-Zumba <mark>FC</mark> -GFS	9:30-Walk & Tone FC-GFS			
14	12:30-R&B Line Dance-GFS	1:30-Embroidery Card Making \$-AR2		2-Diamond Dots-AS	11-Enhance Fitness FC-GFS			
	2-Geri-Fit-GFS	2-American 500 Cards-AR1	12:45-Nutrition Education	3-Silver Companions-AR2	12:30-Yoga <mark>FC</mark> -GFS			
1	3:30-Rock Steady Boxing	4-Tai Chi-GFS	Heart Healthy Month-AR2	4-Tai Chi-GFS	1:30-Open Uke Jam Session-AR1			
1	For Parkinson's-GFS	5-Crochet Group-L	2-Geri-Fit-GFS	4-Open Art Studio-AS				
0	5-Dungeons & Dragons-AR1		3:30-Rock Steady Boxing	5:30-Zumba FC-GFS				
6	5-Building Better Caregivers-AR2		For Parkinson's-GFS	6:30-Arthritis Exercise-GFS				
	5-Collaborative Art \$-AS		5-Enhance Fitness FC-GFS					
4	5:30-Cardio-Lite FC-GFS							
1	0 9-Walking Club-L	8:45-Arthritis Exercise-GFS	9-Walking Club-L	8:45-Arthritis Exercise-GFS	8:45-Arthritis Exercise-GFS			
	9:30-Men's Strength FC-GFS	9:45-Arthritis Exercise-GFS	9-Bridge Club-AR1	9-Bridge Club-AR1	9-Walking Club-L			
i.	10-Bingo-DR	11-Line Dance-GFS	9:30-Chair Yoga FC-GFS	9:45-Arthritis Exercise-GFS	9:30-Walk & Tone FC-GFS			
Ma	11-Exercise Video-GFS	11-Reader's Theater-AR1	11-Exercise Video-GFS	10-Pitch Card Game-AR2	11-Enhance Fitness FC-GFS			
Ne.	12:30-Mah Jongg-AR1	12:30-Yoga FC-GFS	11-Book Discussion Group-AR2	12:30-Zumba FC-GFS	12:30-Open Art Studio-AS			
U	12:30-R&B Line Dance-GFS	1:30-Watercolor with T.L.Ford \$-AS	2-Geri-Fit-GFS	2-Diamond Dots-AS	12:30-Yoga FC-GFS			
	2-Geri-Fit-GFS	2-American 500 Cards-AR1	3:30-Rock Steady Boxing	4-Tai Chi-GFS	12:30-Valentine's Day Performance			
THU.	3:30-Rock Steady Boxing	2-Memory Cafe-AR2	For Parkinson's-GFS	5-Silhouette Painting \$-AS	by Patricia Armstrong-DR			
III.	For Parkinson's-GFS	4-Tai Chi-GFS	4-Sweetheart Cupcakes \$-AS	5:30-Game Night-AR1				
1	5-Building Better Caregivers-AR2	5:30-Seasonal Bookmarks-AS	5-Recipe Roundup \$-AR2	5:30-Zumba FC-GFS				
	5-Dungeons & Dragons-AR1	6:30-"Self Care" Sound Bath \$-GFS	5-Enhance Fitness FC-GFS	6:30-Arthritis Exercise-GFS				
1	5-Collaborative Art \$-AS			6:30-Nutrition Education				
	5:30-Cardio-Lite FC-GFS			Heart Healthy Month-AR2				
	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	18 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS	19 9-Walking Club-L 9-Bridge Club-AR1	20 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1	21 8:45-Arthritis Exercise-GFS 9-Quilters-AR2
All Senior Activity Centers Closed	11-Line Dance-GFS	9:30-Chair Yoga FC-GFS	9:45-Arthritis Exercise-GFS	9-Scrapbooking-AS
Centers Crosed	11-Friends of Garvey Staff Meeting-AR2	9:30-NARFE-AR2 11-Exercise Video	10-Pitch Card Game-AR2 12:30-Zumba <mark>FC</mark> -GFS	9-Walking Club-L 9:30-Walk & Tone <mark>FC</mark> -GFS
Presidents'	12:30-Yoga <mark>FC</mark> -GFS 2-American 500 Cards-AR1	2-Geri-Fit-GFS 3-Pawsitive Vibes-AR2	2-Diamond Dots-AS 3-Silver Companions-AR2	11-Enhance Fitness <mark>FC</mark> -GFS 12:30-Yoga <mark>FC</mark> -GFS
Day	4-Tai Chi-GFS 5-Crochet Group-L	3:30-Rock Steady Boxing For Parkinson's-GFS	4-Tai Chi-GFS 4-Open Art Studio-AS	1:30-Open Uke Jam Session-AR1
* * *	5-Dungeons & Dragons-AR1	4-Trivia "60s & 70s"-DR 5-Enhance Fitness FC-GFS	5-Movie Night "The Proposal"-DR 5:30-Zumba FC-GFS	Session Alex
	5-Building Better Caregivers-AR2 6-Meditation Workshop \$-DR	5:30-Backyard Pets Iris Folding-AS	6:30-Arthritis Exercise-GFS	
9-Walking Club-L 9:30-Men's Strength FC-GFS	25 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS	9-Walking Club-L 9-Bridge Club-AR1	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1	28 8:45-Arthritis Exercise-GFS 9-Walking Club-L
10-Bingo-DR 11-Exercise Video	11-Line Dance-GFS 12:30-Yoga <mark>FC</mark> -GFS	9:30-Chair Yoga <mark>FC</mark> -GFS 11-Exercise Video	9:45-Arthritis Exercise-GFS 10-Pitch Card Game-AR2	9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS
12:30-Mah Jongg-AR1 12:30-R&B Line Dance - GFS	2-American 500 Cards-AR1 4-Tai Chi-GFS	2-Geri-Fit-GFS 3:30-Rock Steady Boxing	12:30-Zumba FC-GFS 2-Diamond Dots-AS	12:30-Open Art Studio-AS 12:30-Yoga <mark>FC</mark> -GFS
2-Geri-Fit-GFS 3:30-Rock Steady Boxing	5:30-Framed Carnival Mask Mandala-AS	For Parkinson's-GFS 5-Recipe Roundup \$-AR2	4-Tai Chi-GFS 5:30-Game Night-AR1	
For Parkinson's-GFS	6-Caregivers Support Group-AR2	5-Enhance Fitness FC-GFS	5:30-Zumba FC-GFS	
5-Building Better Caregivers-AR2 5-Dungeons & Dragons-AR1			6:30-Arthritis Exercise-GFS	
5-Collaborative Art \$-AS 5:30-Cardio-Lite <mark>FC</mark> -GFS				
	Lunch meals are served from 12-	12:30 p.m. Monday - Friday in the dining r	oom & require a 24 hour advance	

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:



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.

Carvey Senior Activity Center March 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
	9-Walking Club-L 9:30-Men's Strength FC-GFS	4 8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS	5 9-Bridge Club-AR1 9-Walking Club-L	6 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1	7 8:45-Arthritis Exercise-GFS 9-Quilters-AR2
1 12 2 33 fc 5- 5-	0-Bingo-DR 1-Exercise Video-GFS 2:30-Mah Jongg-AR1 2:30-R&B Line Dance-GFS 2:30-Rock Stead Boxing 30-Rock Stead Boxing 30-Parkinson's-GFS 3-Dungeons & Dragons-AR1 3-Collaborative Art \$-AS 3:30-Cardio-Lite FC-GFS	10:45-Friends of Garvey Meeting-AR2 11-Line Dance-GFS 12:30-Yoga FC-GFS 12:30-Mardi Gras Karaoke Luncheon-DR 1:30-Embroidery Card Making \$-AR2 2-American 500 Cards-AR1 4-Tai Chi-GFS 5-Crochet Group-L	9:30-Chair Yoga FC-GFS 11-Exercise Video-GFS 12:45-Nutrition Education-AR2 "National Nutrition Month" 2-Geri-Fit-GFS 3:30-Rock Steady Boxing for Parkinson's-GFS 5-Recipe Roundup \$-AR2 5:30-EnhanceFitness FC-GFS	9:45-Arthritis Exercise-GFS 10-Stained Glass Pendants \$-AS 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	9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Yoga FC-GFS 1:30-Open Uke Jam Session-AR1
10 9 10 1 11 12 20 33 60 50	9-Walking Club-L 9:30-Men's Strength FC-GFS 0-Bingo-DR 1-Exercise Video-GFS 2:30-Mah Jongg-AR1 2:30-R&B Line Dance - GFS 9:30-Rock Stead Boxing for Parkinson's-GFS 6-Dungeons & Dragons-AR1 6-Collaborative Art \$-AS 6:30-Cardio-Lite FC-GFS	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 w/T.L. Ford \$-AS 2-American 500 Cards-AR1 4-Tai Chi-GFS	9-Bridge Club-AR1 9-Walking Club-L 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 5:30-EnhanceFitness FC-GFS 5:30-Claddagh Ring Craft-AS	8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS 10-Wild Bird's Unlimited-AR2 "Who's In My Nesting Yard?" 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-Tai Chi-GFS 5-Silhouette Painting-AS 5:30-Board Game Night-AR1 5:30-Zumba FC-GFS 6:30-Nutrition Education-AR2 "National Nutrition Month" 6:30-Arthritis Exercise-GFS	8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS

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Monday		Tuesday	Wedneso	Wednesday		Thursday		Friday																																																	
17	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 Stead Boxing for Parkinson's-GFS 5-Dungeons & Dragons-AR1 5-Collaborative Art \$-AS 5:30-Cardio-Lite FC-GFS	8:45-Arthritis Exercise-GFS 9:45-Arthritis Exercise-GFS 11-Friends of Garvey Staff Meeting-AR2 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 4-Tai Chi-GFS 5-Crochet Group-AR2 5:30-Sound Bath \$-GFS 6-Caregivers Support Group-AR	9-Bridge Club-A 9-Walking Club- 9:30-Chair Yoga 9:30-NARFE-AF 11-Exercise Vide 2-Geri-Fit-GFS 3:30-Rock Steady for Parkinson's-C 5-Recipe Roundu 5:30-EnhanceFite	9-Bridge Club-AR1 9-Walking Club-L 9:30-Chair Yoga FC-GFS 9:30-NARFE-AR2 11-Exercise Video-GFS		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		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 for Parkinson's-GFS 5-Recipe Roundup \$-AR2		i-Arthritis Exercise ridge Club-AR1 i-Arthritis Exercise Book Stitching-AS 0-Zumba FC-GFS iamond Dots-AS 0-Neuro Chair Daraty Masson & Jud liver Companionspen Art Studio-AS in Chi-GFS ovie Night-DR aD Honor ong Thieves"	ne-GFS S S nce \$-GFS li Lyons -AR2 S	8:45-Arthritis Ex 9-Quilters-AR2 9-Scrapbooking- 9-Walking Club- 9:30-Walk & Tor 11-EnhanceFitne 12:30-Yoga FC-0	AS L ne FC-GFS ss FC-GFS
24	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 Stead Boxing for Parkinson's-GFS 5-Dungeons & Dragons-AR1 5-Collaborative Art \$-AS 5:30-Cardio-Lite FC-GFS	8:45-Arthritis Exercise-GFS 9:45-Kathy Exercise Video-GFS 11-Line Dance-GFS 12:30-Yoga FC-GFS 2-American 500 Cards-AR1 3:30-Reader's Theatre-DR 4-Tai Chi-GFS	9-Bridge Club-A 9-Walking Club- 9:30-Chair Yoga 11-Exercise Vide 2-Geri-Fit-GFS 3:30-Rock Steady for Parkinson's-C 5-Travel 101 Lea 5:30-Tulip Bouqu NO 5 p.m. Enha	L FC-GFS co-GFS y Boxing GFS urn to Travel-DR uet Craft-AS	6:30-Arthritis Exercise-GFS 8:45-Arthritis Exercise-GFS 9-Bridge Club-AR1 9:45-Kathy Exercise Video-GFS 12:30-Zumba FC-GFS 2-Diamond Dots-AS 4-Tai Chi-GFS 5:30-Board Game Night-AR1 5:30-Zumba FC-GFS 6-Tea Party Hat Craft \$-AS 6:30-Arthritis Exercise-GFS		8:45-Arthritis Exercise-GFS 9-Walking Club-L 9:30-Walk & Tone FC-GFS 11-EnhanceFitness FC-GFS 12:30-Open Art Studio-AS 12:30-Yoga FC-GFS																																																		
31	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 Stead Boxing	Hours of Operation Monday-Thursday 8 a.m 8 p.m. Friday	ROOM KEY: GFS - Group Fitness Studio DR - Dining Room AS - Art Studio AR1 - Activity Room 1 AR2 - Activity Room 2 PBC - Pickleball Courts	Register for Zoo Classes Please vi stmaryscountymd For more informa	s isit l.gov/aging	WEDNESDAY THURSDAY		a.m. Chair Assisted Yo	The second secon																																																

WR - Wellness Room

3:30-Rock Stead Boxing

5-Dungeons & Dragons-AR1 5-Collaborative Art \$-AS

5:30-Cardio-Lite FC-GFS

for Parkinson's-GFS

(last entry 4 p.m.)

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

and how to register

FRIDAY

9:30-10:30 a.m. Chair Assisted Yoga