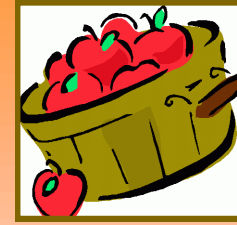




Garvey Senior Activity Center

September 2016



301-475-4200, ext. *1050
 Some classes require advance registration. See the receptionist or call to confirm class availability and fees.

Lunch is served in the Multipurpose Room, Monday - Friday at noon. The cost of lunch is by donation for those ages 60 and above and \$6 for those under the age of 60. To make or cancel a meal reservation, call 301-475-4200, ext. *1050 by noon the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>An asterisk (*) denotes a class that requires a fitness card. Fitness Cards may be purchased at the receptionist desk for \$30.00 for 10 sessions.</p> <p>Room Key: MP: Multipurpose Room CR: Club Room IC: Internet Café LH: Leonard Hall Rec Center</p>		<p>Programs brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.</p>	<p>1 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Massage (IC) 9:30-Men's Strength* (MP) 9:30-Bridge Club (CR) 10:45-Zumba Gold*(MP) 1:15-Parkinson's Exercise (MP) 2:15-Ping Pong (MP)</p>	<p>2 8:30-Video Aerobics (MP) 9:00-Quilting Bee (CR) 9:30-Walk & Tone* (MP) 9:30-Softball 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP)</p>
<p>5</p> <p>Labor Day</p> <p>Garvey Senior Activity Center Closed</p>	<p>6 8:45-Arthritis Exercise (MP) 9:30-Massage (IC) 9:30-NARFE Newsletter Assembly (CR) 10-Senior Vibes (MP) 1:05-Yoga* (MP) 2:15-Ping Pong (MP)</p>	<p>7 8-Pickleball (LH) 10:45-EnhanceFitness* (MP) 1-Council Meeting (CR) 1:30-Line Dancing (MP)</p>	<p>8 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Men's Strength* (MP) 9:30-Bridge Club (CR) 9:30 Massage (IC) 10:45-Zumba Gold*(MP) 1:15-Parkinson's Exercise (MP) 2:15-Ping Pong (MP)</p>	<p>9 8:30-Video Aerobics (MP) 9:30-Walk & Tone* (MP) 9:30-Softball 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12 8-Pickleball (LH) 8:15-Tai Chi (MP) 9:30-Men's Strength* (MP) 10-Pitch Card Game (CR) 10:45-EnhanceFitness* (MP) 1:30-Painting Lighthouses w/ Acrylics (MP) 6-CABS Meeting (MP)</p>	<p>13 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9-NARFE (CR) 9:30-COPD:Signs & Symptoms (MP) 9:30-Massage (IC) 10-Ping Pong (MP) 1-Crossword Puzzle Fun (CR) 1:05-Yoga (MP)</p>	<p>14 8-Pickleball (LH) 10:30-Book Discussion (CR) 10:45-EnhanceFitness (MP) 1:30-Line Dancing (MP)</p>	<p>15 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Massage (IC) 9:30-Men's Strength* (MP) 9:30-Bridge Club (CR) 10:45-Zumba Gold*(MP) 1:15-Parkinson's Ex. (MP) 2:15-Ping Pong (MP)</p>	<p>16 8:30-Video Aerobics (MP) 9:00-Quilting Bee(CR) 9:30-Walk & Tone* (MP) 9:30-Softball 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP)</p>
<p>19 8-Pickleball (LH) 8:15-Tai Chi (MP) 9:30-Men's Strength* (MP) 10-Pantry Bingo (CR) 10:45-EnhanceFitness* (MP) 12-Luncheon & Solo Pianist, Meleah ShROUT (MP) 2:30-Painting Birds w/ Watercolor (MP) 6-CABS Meeting (MP)</p>	<p>20 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Massage (IC) 10-Ping Pong (MP) 11-Alleviating Symptoms of Vertigo (CR) 1:05-Yoga* (MP)</p>	<p>21 8-Pickleball (LH) 10:45-EnhanceFitness (MP) 1:30-Line Dancing (MP)</p>	<p>22 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Bridge Club (CR) 9:30-Men's Strength* (MP) 9:30-Massage (IC) 10:45-Zumba Gold*(MP) 1:15-Parkinson's Ex. (MP) 2:15-Ping Pong (MP)</p>	<p>23 8:30-Video Aerobics (MP) 9:30-Walk & Tone (MP) 9:30-Softball 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP)</p>
<p>26 8-Pickleball (LH) 8:15-Tai Chi (MP) 9:30-Men's Strength* (MP) 10-Pitch Card Game (CR) 10:45 EnhanceFitness* (MP) 1-Commission on Aging (CR) 6-CABS Meeting (MP)</p>	<p>27 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Massage (IC) 10-AARP Smart Driver Course CR) 10-Ping Pong (MP) 1:05-Yoga* (MP)</p>	<p>28 8-Pickleball (LH) 10-Reflexology (IC) 10:45-EnhanceFitness (MP) 1:30-Line Dancing (MP)</p>	<p>29 No Zumba Gold Today 8:30-Garvey Walkers 8:45-Arthritis Exercise (MP) 9:30-Bridge Club (CR) 9:30-Men's Strength* (MP) 9:30-Massage (IC) 1:15-Parkinson's Ex. (MP) 2:15-Ping Pong (MP)</p>	<p>30 No Walk & Tone Today 8:30-Video Aerobics (MP) 9:30-Softball 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP)</p>