



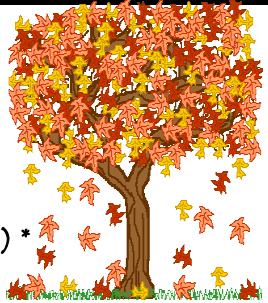




# September 2016

## LOFFLER SENIOR ACTIVITY CENTER 301-737-5670

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Available every day from 8 until 4:45: <i>Wii, Fitness Equipment, Library, Computer Lab, Coloring Conquests</i></p>	<p><b>Loffler Senior I &amp; A</b> 8 am to 4 pm Monday, Wednesday and Friday Call 301-737-5670, ext. 1654 to set up an appointment.</p>	<p><b>OFF-SITE ACTIVITIES:</b> 12-Red Hats -Lighthouse 11:30 a.m. 8 &amp; 22 12:30- Bowling- Esperanza Lanes 27- Lunch Bunch- Olive Garden</p>	<p><b>1</b> 8:50-Yoga (W)* 10-Pitch (SL) 10-Needle Crafters (1) 10-Strength Training (W) * 12:30 - Bowling Meeting (L) 1-Charity Crafters (1) 1-Hand &amp; Foot (2)</p>	<p><b>2</b> 8-Pinochle (2) 9-Walking Club 9:50-Yoga (W) * 11-Line Dancing (W) 1-AFEP (W) 2-Enhance Fitness (W) *</p> 
<p><b>5 CLOSED FOR LABOR DAY</b></p> 	<p><b>6</b> 8:30-Canasta &amp; Pitch (1) 10-Strength Training (W) * 10-Contract Bridge (SL) 10- Art with Jamie (2) 1-Woodcarving (2) 12:30-BINGO (L) 3-Ballroom Practice (W)</p>	<p><b>7</b> 8-Pinochle (2) 9-Walking Club 9-Polish Poker &amp; Pitch (L) 9:50-Yoga (W)* 10-Honeybees (1) 1-Independent Art (L) 1-Enhance Fitness (W)* 2- LIFE Meeting (2) 3-Ballroom Practice (W)</p>	<p><b>8</b> 8:50-Yoga (W)* 10-Pitch (SL) 10-Needle Crafters (1) 10-Strength Training (W) * 1-Charity Crafters (1) 1-Hand &amp; Foot (2)</p>	<p><b>9</b> 8-Pinochle (2) 9-Walking Club 9:50-Yoga (W) * 10-Monthly Craft:-<i>Canvas &amp; Tape (DK)</i> 10-Scripture Study (SL) 10- Open Studio Art (1) 11-Line Dancing (W) 1-AFEP (W) 2-Enhance Fitness (W) *</p>
<p><b>12</b> 8-Pinochle (2) 9-Walking Club 9- Walk with Ease (SL) 9:50-Yoga (W) * 10-Current Events (SL) 10-Needle Crafters (1) 12-ZUMBA (W) * 1-AFEP (W) 1-Form-a-Line Cards (1) 1-Appiqué Tutoring (2) 2-Enhance Fitness (W) 3-Ballroom Practice (W)</p>	<p><b>13</b> 8:30-Canasta &amp; Pitch (1) 10-Strength Training (W) * 10-Contract Bridge (SL) 10- Art with Jamie (2) 11:30-Open Mic (L) 12-Lunch Connection 1-Woodcarving (2) 3-Ballroom Practice (W)</p> 	<p><b>14</b> 8-Pinochle (2) 9-Walking Club 9-Polish Poker &amp; Pitch (L) 9- Walk with Ease (SL) 9:50-Yoga (W) 10-Video: <i>The Dark Ages</i> (SL) 12:30-BINGO (1) 1-Canasta (SL) 1-Enhance Fitness (W)* 1-Independent Art (L) 3-Ballroom Practice (W)</p>	<p><b>15</b> 8:50 -Yoga (W)* 10-Pitch (SL) 10-Needle Crafters (1) 10-Strength Training (W) * 1-Charity Crafters (1) 1-Hand &amp; Foot (2)</p> 	<p><b>16</b> 8-Pinochle (2) 9-Walking Club 9- Walk with Ease (SL) 9:50- Yoga 10-Project Linus (1) 11-Line Dancing (W) 1-AFEP (W) 2-Enhance Fitness (W) *</p> 

\* Fitness Card required. Purchase at the front office for \$30/10 sessions.

# September 2016

# Loffler Senior Activity Center



## Monday      Tuesday      Wednesday      Thursday      Friday

**19** 8-Pinochle (2)  
 9-Walking Club  
 9- Walk with Ease (SL)  
 9:50-Yoga (W) \*  
 10-Current Events (SL)  
 10-Needle Crafters (1)  
 12-ZUMBA (W) \*  
 1-AFEP (W)  
 1-Form-a-Line Cards (1)  
 1-Appliqué Tutoring (2)



**20** 8:30-Canasta & Pitch (1)  
 10-Contract Bridge (SL)  
 10-Strength Training (W) \*  
 10- Art with Jamie (2)  
 12:30-BINGO (L)  
 1-Woodcarving (2)  
 3-Ballroom Practice (W)

**21** 8-Pinochle (2)  
 9-Walking Club  
 9- Walk with Ease (SL)  
 9-Polish Poker & Pitch (L)  
 9-2- AARP Safe-Driving (SL)  
 9:50-Yoga (W) \*  
 10-Honeybees (1)  
 1-Independent Art (L)  
 3-Ballroom Practice (W)

**22** **Fall Prevention Awareness Day**  
 8:50-Yoga (W) \*  
 10- Keep Safe Presentation (L)  
 10-Pitch (SL)  
 10-Needle Crafters (1)  
 10-Strength Training (W) \*  
 1-Charity Crafters (1)  
 1-Hand & Foot (2)  
**First Day of Fall**



**23** 8-Pinochle (2)  
 9-Walking Club  
 9- Walk with Ease (SL)  
 9:50-Yoga (W) \*  
 10- Open Studio Art (1)  
 10-Scripture Study (SL)  
 11-Line Dancing (W)  
 1-AFEP (W)  
 2-Enhance Fitness (W) \*

**26** 8-Pinochle (2)  
 9-Walking Club  
 9:50-Yoga (W) \*  
 9- Walk with Ease (SL)  
 10-Current Events (SL)  
 10-Needle Crafters (1)  
 12-ZUMBA (W) \*  
 1-AFEP (W)  
 1-Form-a-Line Cards (1)  
 1-Appliqué Tutoring (2)  
 2-Enhance Fitness (W) \*  
 3 p.m.- Ballroom Practice (W)

**27** 8:30-Canasta & Pitch (1)  
 10-Strength Training (W) \*  
 10-Contract Bridge (SL)  
 10- Art with Jamie (2)  
 12:30-BINGO (L)  
 1-Woodcarving (2)  
 3-Ballroom Practice (W)



**28** 8-Pinochle (2)  
 9-Walking Club  
 9- Walk with Ease (SL)  
 9-Polish Poker & Pitch (L)  
 9:50-Yoga (W) \*  
 1-Canasta (SL)  
 1-Enhance Fitness (W) \*  
 1-Independent Art (L)  
 3-Ballroom Practice (W)



**29** 8:50-Yoga (W) \*  
 10-Pitch (SL)  
 10-Needle Crafters (1)  
 10-Strength Training (W) \*  
 10- Perennial Garden Class (SL)  
 12- Lunch Connection  
 1-Charity Crafters (1)  
 1 p.m.- Hand & Foot (2)

**30** 8-Pinochle (2)  
 9-Walking Club  
 9- Walk with Ease (SL)  
 9:50-Yoga (W) \*  
 11-Line Dancing (W)  
 12-4- Car Fit (Parking Lot)  
 1-AFEP (W)  
 2-Enhance Fitness (W) \*



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**ST. MARY'S COUNTY**  
 DEPARTMENT OF AGING & HUMAN SERVICES  
 Working Together ~ Caring About You

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