



# Loffler Senior Activity Center

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**301-475-4200**  
LOFFLER EXTENSIONS:

Candice 1656      Melissa 1654  
Shellie 1655      Norine 1653  
Ursula 1658      Andrea 1650  
Drema 1657      Tammy 1663

## DECEMBER 2021

**Hours of Operation: Mon– Fri 8 a.m.– 4:30 p.m. (Last entry 4 p.m.)**

Fitness classes marked **FC** require use of a Fitness Card, which may be purchased from the receptionist desk (\$35 for 10 classes). A one day drop in pass may be purchased for








**Loffler Senior I & A**  
8 am to 3 pm  
Monday through Friday  
Call 301-475-4200, ext. 1654 to set up an appointment.

**Room Key**  
The number or letter in parentheses indicates program location:  
(1)-Activity Room 1  
(2)- Activity Room 2  
(W)- Weisman Room  
(L)-Loffler Room  
(SL) Senior Lounge

Red = virtual class  
Using Zoom



**Loffler Reservation Request Line**  
**301-475-4200 ext. 1660**  
(For programs marked with a \*)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Group exercise equipment (hand weights, bands, mats, etc.) and fitness equipment (treadmills, bikes, etc.) are available for use. Users are asked to clean the equipment using the wipes and gloves provided before and after using.</p>  	 <p><b>MASK UPDATE</b> All community members, Whether or not vaccinated are strongly encouraged to wear face coverings in indoor group settings."</p>	<p><b>1</b> 8:30- Pinochle (L) 9- Enhance Fitness ZOOM 9 - Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 10- Honeybee Quilters (1) 10- Contract Bridge Club (SL) 12:30- BINGO (L) 12:30- Enhance Fitness (W) FC</p>  	<p><b>2</b> 9:30- Yoga (W) FC 10- Needlecrafters (1) 10:45- Awakening Yoga ZOOM 12:30- AFEP (W)</p> 	<p><b>3</b> 8:30- Pinochle (L) 9- Walking Club 9- Open Studio Art (2) 9:30- Yoga (W) FC 10- Chair Assisted Yoga ZOOM 11- Line Dancing (W) 12:30- Enhance Fitness (W) FC 2- Book Club (SL)</p>
<p><b>6</b> 8:30- Pinochle (L) 9- Walking Club 9- Enhance Fitness ZOOM 9:30- Yoga (W) FC 10- Current Events (SL) 10- Needlecrafters (1) 11- Enhance Fitness (W) FC 12:30- Zumba Gold (W) FC 12:30- Sew It Alls (1) 1- Embroidery on Paper (2)</p>	<p><b>7</b> 9- Canasta &amp; Pitch (1) 9- Polish Poker 10- Art with Jamie-Clock Project (2)* 10- Chair Assisted Yoga ZOOM 12:30- AFEP (W) 1- Woodcarving (2) 1- Charity Crafters (L) 3- Chair Pilates ZOOM</p>	<p><b>8</b> 8:30- Pinochle (L) 9- Enhance Fitness ZOOM 9- Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 10- Contract Bridge Club (SL) 12:30- BINGO (L) 12:30- Enhance Fitness (W) FC</p>	<p><b>9</b> 9:30- Yoga (W) FC 10- Holiday Movie: <i>Christmas in Connecticut</i> (SL) 10- Needlecrafters (1) 10:45- Awakening Yoga ZOOM 12:30- AFEP (W)</p>	<p><b>10</b> 8:30- Pinochle (L) 9- Walking Club 9- Open Studio Art (2) 9:30- Yoga (W) FC 10- Chair Assisted Yoga ZOOM 11- 12:30-<i>HOLIDAY LUNCHEON</i> (L)* 11- Line Dancing (W) 12:30- Enhance Fitness (W) FC</p> 

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for the criteria for participation or call 301-475-4200 ext. 1658

**MONDAY**

**13** 8:30- Pinochle (L)  
 9- Enhance Fitness ZOOM  
 9- Walking Club  
 9:30- Yoga (W) FC  
 10- Needlecrafters (1)  
 10- Current Events (SL)  
 10- Nutrition w/Donna:  
*All About Nuts and Your Health*  
 11- Enhance Fitness (W) FC  
 12:30- Zumba Gold (W) FC  
 12:30- Sew It Alls (1)  
 1- Embroidery on Paper (2)



**TUESDAY**

**14** 9- Canasta & Pitch (1)  
 9- Polish Poker  
 10- Chair Assisted Yoga ZOOM  
 10- Art with Jamie-Clock Project (2)\*  
 10- Bridge (SL)  
 12:30- AFEP (W)  
 1- Woodcarving (2)  
 1-Charity Crafters (L)  
 3- Chair Pilates ZOOM

**WEDNESDAY**

**15** 8:30- Pinochle (L)  
 9- Enhance Fitness ZOOM  
 9 - Walking Club  
 9- Rummikub (L)  
 9:30- Yoga (W) FC  
 10- Honeybee Quilters (1)  
 10- Contract Bridge Club (SL)  
 10- Health Watch: *Healthy Holiday Hacks (2)\**  
 12:30- BINGO (L)  
 12:30- Enhance Fitness (W) FC

**THURSDAY**

**16**  
 9:30- Yoga (W) FC  
 10- Needlecrafters (1)  
 10:45- Awakening Yoga ZOOM  
 12:30- AFEP (W)



**FRIDAY**

**17** 8:30- Pinochle (L)  
 9- Walking Club  
 9- Open Studio Art (2)  
 9:30- Yoga (W) FC  
 10- Chair Assisted Yoga ZOOM  
 11- Line Dancing (W)  
 12:30- Enhance Fitness (W) FC

**20** 8:30- Pinochle (L)  
 9- Walking Club  
 9- Enhance Fitness ZOOM  
 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- Sew It Alls (1)  
 1- Embroidery on Paper (2)



**21** 9- Canasta & Pitch (1)  
 9- Polish Poker  
 10- Chair Assisted Yoga ZOOM  
 10- *No Art with Jamie today*  
 12:30- AFEP (W)  
 1- Woodcarving (2)  
 1- Charity Crafters (L)  
 3- Chair Pilates ZOOM

**22** 8:30- Pinochle (L)  
 9- Enhance Fitness ZOOM  
 9- Walking Club  
 9- Rummikub (L)  
 9:30- Yoga (W) FC  
 10- Contract Bridge Club (SL)  
 12:30- *No BINGO Today* (L)  
 12:30- Enhance Fitness (W) FC

**23**  
 9:30- Yoga (W) FC  
 10- Needlecrafters (1)  
 12:30- AFEP (W)



**24** **CLOSED**



**27** 8:30- Pinochle (L)  
 9- Walking Club  
 9:30- Yoga (W) FC  
 10- Needlecrafters (1)  
 10- Current Events (SL)  
 11- *No Enhance Fitness Today*  
 12:30- *No Zumba Gold Today*  
 12:30- Sew It Alls (1)  
 1- Embroidery on Paper (2)

**28**  
 9- Canasta & Pitch (1)  
 9- Polish Poker  
 10- *No Art with Jamie today*  
 10- Bridge (SL)  
 12:30- AFEP (W)  
 1- Woodcarving (2)  
 1- Charity Crafters (L)

**29**  
 8:30- Pinochle (L)  
 9- Walking Club  
 9- Rummikub (L)  
 9:30- Yoga (W) FC  
 10- Honeybee Quilters (1)  
 10- Contract Bridge Club (SL)  
 12:30- *No BINGO Today* (L)  
 12:30- *No Enhance Fitness Today*

**30**  
 9:30- Yoga (W) FC  
 10- Needlecrafters (1)  
 12:30- AFEP (W)



**31** **CLOSED**



**\*Must sign up in advance for this class.**