

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.

Garvey Senior Activity Center








May 2019



301-475-4200, ext. 71050
Some classes have a fee and 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 a 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. 71050 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 \$35.00 for 10 sessions. Room Key: MP: Multipurpose Room CR: Club Room IC: Internet Café MB: Margaret Brent Rec Center PB: Potomac Bldg Room 14</p>	<p>1 8-Pickleball (LH) 8:45-Drums Alive (MP) 9-Law Day (IC) 9:40-Gentle Chair Yoga* (MP) 10:45-Enhance Fitness* (MP) 12:30-Phil McKenney Luncheon and Performance (MP) 1-Council Meeting (CR) 1:30-Line Dancing (MP)</p>	<p>2 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9:30-Men's Strength* (MP) 9:30-Bridge Club (CR) 10:45-Zumba Gold* (MP) 12:15-Garvey Walkers (LH) 1:15-Parkinson's Exercise (MP) 2:15-Ping Pong (MP)</p>	<p>3 8:45-Arthritis Exercise (MP) 9-Quilting Bee (CR) 9:30-Walk & Tone* (MP) 10-Softball (LH) 10-Stepping Stones Craft (IC) 10:45-Enhance Fitness* (MP) 1:05-Yoga* (MP) 1:30-LifeBio 101 (CR)</p>
<p>6 8-Pickleball (LH) 9:30-Men's Strength* (MP) 10-Bingo (CR) 10-Uncle Sam Craft (IC) 10:45-Enhance Fitness* (MP) 1:30-LifeBio 101 (CR) 6-CABS Meeting (MP)</p>	<p>7 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9-NARFE Newsletter (CR) 10-Senior Vibes (MP) 12:15-Garvey Walkers (LH) 1:05-Yoga* (MP) 1:30-Pickleball (LH) 2:15-Ping Pong (MP)</p>	<p>8 8-Pickleball (LH) 8:45-Drums Alive (MP) 9:40-Gentle Chair Yoga* (MP) 10-Uncle Sam Craft (IC) 10:30-Book Discussion Group (CR) 10:45-Enhance Fitness* (MP) 11-Reader's Theater (PB) 1:30-Line Dancing (MP)</p>	<p>9 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9:30-Men's Strength* (MP) 9:30-Bridge Club (CR) 10:45-Zumba Gold* (MP) 12:15-Garvey Walkers (LH) 1:15-Parkinson's Exercise (MP) 2:15-Ping Pong (MP)</p>	<p>10 8:45-Arthritis Exercise (MP) 9:30-Walk & Tone* (MP) 10-Softball (LH) 10:45-Enhance Fitness* (MP) 1:05-Yoga* (MP) 1:30-LifeBio 101 (CR)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13 8-Pickleball (LH) 9:30-Men’s Strength* (MP) 10-Cribbage (CR) 10:45-EnhanceFitness* (MP) 12:15-Walk w/Ease (LH) 1:30-LifeBio 101 (CR) 6-CABS Meeting (MP)</p> 	<p>14 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9-NARFE Board Meeting (CR) 9:45-Connect with the Garvey Staff (CR) 10-Ping Pong (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:05-Yoga* (MP) 1:30-Pickleball (LH)</p>	<p>15 8-Pickleball (LH) 8:45-Drums Alive (MP) 9:40-Gentle Chair Yoga* (MP) 10:45-Enhance Fitness* (MP) 12-Luncheon w/Folk Salad (MP) 12:30– Diabetes Discussion Group (CR) 1:00-Skin Cancer Screenings (CR) 1:30-Line Dancing (MP)</p>	<p>16 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9:30-Men’s Strength* (MP) 9:30-Bridge Club (CR) 10:45-Zumba Gold* (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:15– Parkinson’s Exercise (MP) 2:15-Ping Pong (MP)</p>	<p>17 8:45-Arthritis Exercise (MP) 9-Quilting Bee (CR) 9:30-Walk & Tone* (MP) 10-Softball (LH) 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP) 1:30-LifeBio 101 (CR)</p>
<p>20 8-Pickleball (LH) 9:30-Men’s Strength* (MP) 10-Bingo (CR) 10:45-EnhanceFitness* (MP) 12:15-Walk w/Ease (LH) 1:30-LifeBio 101 (CR) 1:30-Create Inspirational Quotes (IC) 6-CABS Meeting (MP)</p>	<p>21 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 10-Ping Pong (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:05-Yoga* (MP) 1:30-Pickleball (LH)</p>	<p>22 8-Pickleball (LH) 8:45-Drums Alive (MP) 9:30-Bridge (CR) 9:40-Gentle Chair Yoga* (MP) 10:45-Enhance Fitness* (MP) 11-Reader’s Theater (IC) 1:30-Line Dancing (MP)</p>	<p>23 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9:30-Bridge Club (CR) 9:30-Men’s Strength* (MP) 10:45-Zumba Gold* (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:15– Parkinson’s Exercise (MP) 2:15– Ping Pong (MP)</p>	<p>24 8:45-Arthritis Exercise (MP) 9:30-Walk & Tone* (MP) 10-Softball (LH) 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP) 1:30-LifeBio 101 (CR)</p> 
<p>27 The Garvey Senior Center will be CLOSED</p> 	<p>28 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 10-Ping Pong (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:05-Yoga* (MP) 1:30-Pickleball (LH)</p>	<p>29 8-Pickleball (LH) 8:45-Drums Alive (MP) 9:30-Bridge (CR) 9:40-Gentle Chair Yoga* (MP) 10:45-Enhance Fitness* (MP) 1:30-Line Dancing (MP)</p>	<p>30 8:30-Massage (IC) 8:45-Arthritis Exercise (MP) 9:30-Bridge Club (CR) 9:30-Men’s Strength* (MP) 10:45-Zumba Gold* (MP) 12:15-Garvey Walkers (LH) 12:15-Walk w/Ease (LH) 1:15– Parkinson’s Exercise (MP) 2:15– Ping Pong (MP)</p>	<p>31 8:45-Arthritis Exercise (MP) 9:30-Walk & Tone* (MP) 10-Softball (LH) 10:45-EnhanceFitness* (MP) 1:05-Yoga* (MP) 1:30-LifeBio 101 (CR)</p>