

Garrett County senior events calendar for December

FOR THE WEEKENDER

GRANTSVILLE — Events for December 2015 at **Grantsville Senior Center**, 125 Durst Court, Grantsville, open Tuesday, Wednesday, and Thursday from 8:30 am to 4:30 pm. Lunch is at noon with reservation.

The Exercise Room opens to seniors from 9:00 am to 3 pm. We have a group of quilters, who always have a quilt in the frame and would wel-

come new quilters. This is at 9 am to 2 pm with a break for lunch. Wednesdays we have Dulcimers, etc. 9:30 to 11:00 am. The first Wednesday of the month we have blood pressure screening.

Dec. 1 we will be decorating the Senior Center for Christmas with the hanging of the greens. December 3rd Jamie Rodeheaver, Fire Marshall, will speak on "Holiday Fire Safety". Dec. 10 the program will be "Bird Identification

and Feeding Winter Birds" by Dorla Mazer. Dec. 17 we will be having a sing-along with Nancy Miller playing carols. On Dec. 22 we will be packing fruit bags for the Meals on Wheels Program at 9 am. Dec. 23 will be our Christmas Celebration with Dionne Broadwater entertaining us with music. Refreshments will be served. Dec. 24 we will be telling stories of our childhood Christmas memories. Dec. 31 there will be a New

Year's Eve party.

A Grantsville evening event on Dec. 4 will be a Christmas Show from 6 to 9 pm. Music will be provided by the Durst Brother's Band, Second Wind, and Robbin Arnold. Mary Hart will give a narration of "The Innkeeper's Wife." Admission for this event will be \$3 for adults. Proceeds will go to Meals on Wheels home delivered meals program. Contact Dorla Mazer, site manager, for more information at 301-895-5818.

The Grantsville Senior Center will also be selling soup in the month of December to benefit Home delivered meals (Meals on Wheels) for \$6 a quart.

Call the center at 301-895-5818 for additional information or if you have questions.

Mary Browning Senior Center at 104 E. Center St., Oakland, is open Monday, Wednesday and Friday from 8:30 a.m. to 4:30 p.m. Lunch is served at noon Monday, Wednesday and Friday.

There are many events and activities planned for the month of December. The exercise room is open from 9 a.m. to 3 p.m. We have an exercise program at 10:30 every Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and Fri-

day at 11 a.m. There is bingo on Monday and Friday from 9 to 11:45 a.m. for a dime a card, winner take all. Wednesday bingo played from 9 to 10 a.m., there is no charge but you could win a gift. Every Friday afternoon from 1 to 4 p.m. the Old Time Jammer's play bluegrass, gospel and a wonderful mix of older music.

We have a variety of special programs scheduled on Wednesdays at 11 a.m. for the month of December. The Court House Gang will present a musical program on Dec. 2. On Dec. 9 Newman Funeral Home will present a talk on Pre-Arranged funerals. Mt. Laurel Medical will present a program on Dec. 16. On Dec. 23 the seniors will be having their Christmas party. On Dec. 30 there will be a presentation on the WVU Cancer Institute by Garrett Regional Medical Center.

The Mary Browning Center in Oakland will have a soup sale on Dec. 11 only. Broccoli soup for \$6 a quart will be available to help offset a busy schedule. Regular weekly soup sales will resume in January. All money raised from the soup sales will benefit home delivered meals (Meals on Wheels). For more information on the soup sales or to pre order yours you can call

301-334-9431 ext.6131

County-wide fitness and social activities available to seniors throughout Garrett County in December.

Seniors looking for focused fitness activities can find just that at **Flowery Vale Fitness Center in Accident Maryland**. The fitness center is open Tuesdays and Thursday at 9 a.m. Yoga classes are offered on Tuesday and Thursday mornings at 9:15. There is an array of fitness equipment available and a fitness aid to help develop a fitness circuit. Monthly social actives are held by members. Come on out and see what the Flowery Vale Fitness center has to offer in senior fitness.

Senior Aerobics/Keep Fit Exercise classes are offered on Monday, Wednesday and Friday at 9 am at the **Friendsville Senior Center**. Stay and enjoy lunch on Monday and Wednesday.

Programs are in support of Garrett County Community Action Committee Inc.'s strategy to create an environment where Garrett County residents that are physical, emotionally or mentally unable to earn an adequate income (including seniors) have shelter, food, access to healthcare and support/advice on life skills.