

Garrett County Senior Citizens calendar for May

FOR THE WEEKENDER

OAKLAND — Garrett County Seniors Events Calendar for May 2015

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

There are many events and activities planned for the month of May. The exercise room is open from 9 a.m. to 3 p.m.

We have an exercise program at 10:30 a.m. every Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and Friday at 11 a.m.

There is bingo on Monday and Friday from 9 to 11:45 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 also have a variety of speakers scheduled for the

dessert and drinks plus a music show all for \$10. Dinner starting at 6 p.m. Reservations by May 5. If you would like to attend the music show only, the music will start at 7 p.m. with a \$3 admission. This is a fundraiser for Meals on Wheels Program and the Senior Center.

John McMullen, from Comfort Keepers, will have a presentation on May 14 at 11:15 a.m. On May 15 there will be an Ole Time Jam session from 6 to 10 p.m. May 21, a Master Gardener from University of Maryland Extension Office will give a presentation on container gardening, flowers, herbs and vegetables at 11:15 a.m.

On May 26, Ross and Linda Glotfelty will entertain us with music for our Memorial Day Celebration starting at 11:15 a.m. We will be celebrating the birthdays of the month with cake and ice cream. On May 29 there will be an Ole Time Jam session from 6 to 10 p.m.

Please contact Dorla Mazer, site manager, at 301-

895-5818 for more information.

County-wide fitness and social activities available to seniors though out Garrett County in May.

Senior Aerobics/Keep Fit Exercise classes Monday, Wednesday and Friday at 9 a.m. Friendsville Senior Center.

Every Friday in May at 8 a.m., Water Aerobics will be offered at the CARC for all seniors enrolled at senior centers and meal sites. All classes are free to seniors; however, a \$3 good will donation is suggested to help sustain county-wide classes and programming.

Seniors looking for focused fitness activities could join the Flowery Vale Fitness Center in Accident. The fitness center is open Tuesdays and Thursday at 9 a.m. Yoga classes are offered on Tuesday and Thursday mornings at 9:15 a.m. 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. If you love to walk, there will be a Walkers Club trip to Paw Paw Tunnel May 21. We will depart from Mary Browning Senior Center in Oakland at 9 a.m., and return around 4 p.m.

For more information on this trip and all county wide activities please call Rodney Durst at 301-334-9431 ext. 6139 or 301 895 5818.

Programs are in support of Garrett County Community Action Committee Inc. (GCCAC) 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.

month of May. A representative from US Cellular is coming for a special presentation on Wednesday, May 6 at 11 a.m. Wednesday, May 13 at 11 a.m., will be a presentation on the warning signs of a heart attack.

On Wednesday, May 20 Garrett County Sheriff Rob Corley will address the seniors on legal and safety issues. Karen Tyree and Bob Flisinger will present a special program on Wednesday, May 27 at 11 a.m. If you have any questions please call, the Mary Browning Senior Center, 301-334-9431 ext. 6134. We hope to see you in the month of May.

Events for May at Grantsville Senior Center, 125 Durst Court, Grantsville, open Tuesday, Wednesday, and Thursday from 8:30 a.m. to 4:30 p.m. Lunch is at noon with reservation. The Exercise Room opens to all seniors from 9 a.m. to 3 p.m.

We have a group of quilters who always have a quilt in the frame and would welcome new quilters. Quilters are busy from 9 a.m. to 2 p.m. with a break for lunch. Wednesdays we have Dulcimers, etc. which meets from 9:30 to 11 a.m. The first Wednesday of the month we have blood pressure screening. We have special speakers and programs on Thursdays from 11:15 a.m. to noon.

May 5 we will have a Slate Painting Class with Peggy Nixon from 9:30 a.m. to noon. Please register for this class, the cost is \$25 per person, supplies provided. May 7 we are having our Mother's Day celebration with the Gospel Strings providing entertainment along with snacks and treats at 11:15 a.m.

On May 8 we are having a Mother's Day Dinner and Music Show. Mother will be