

Garrett senior events calendar

OR THE WEEKENDER

OAKLAND — Events for September 2015 at The Grantsville Senior Center, 125 First Court, Grantsville, begin Tuesday, Wednesday and Thursday from 8:30 a.m. to 4:30 p.m.. Lunch is at noon with reservation. The Exercise Room opens for 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. This is at 9 a.m. to 2 p.m. with a break for lunch.

Wednesdays we have Dulcimers, etc. 9:30 a.m. to 11 a.m. September 1, we will have a slate painting class by Peggy Nixon; it will be a landscape with coneflowers. Registration is necessary and cost is

\$25 which includes materials.

The first Wednesday of the month we have Blood Pressure Screening. We have special speakers and programs on Thursdays at 11:15 a.m. to noon. Sept 3, the Fisheries Department with Ed Liven-good will be here for a presentation. Sept. 9 the dulcimers will perform at our Labor Day Program. Refreshments will be served.

Sept. 10 will be our Wellness Fair and Health Screenings, flu shots will be available.

Remember Sept. 12 is Grantsville Town Yard Sales and we will be having ours at the Senior Center. Donations are accepted excluding clothes.

Sales benefit the Senior Center. 7:30 a.m. to 2 p.m. Sept. 14 starts an Advanced Portrait Painting Class by GCC, register at the college if interested. Time is 9 a.m. to noon and goes through Oct. 12. Sept. 15, 16, 17 we will be starting a six week program "Walk with Ease." It will run for six weeks every Tuesday, Wednesday and Thursday starting 10:15 to 11:15 a.m.

Sept. 17 we will have "An Update on Recycling" by Kim Madigan at 11:15. Sept. 24 is our birthday of the month celebration with cake and ice cream. Energy Assistance will be here at the Center every Friday through the Sept. 9, 1 to 4 p.m.. Contact Dorla Mazer, site manager, for more information at 301-895-5818.

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 August. 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 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 speakers scheduled on Wednesdays at 11 a.m. for the month of September. Rodney Durst will be our guest speaker on Sept. 2. He will be speaking about

Senior Health Tips. On Sept. 9 Demaree Boat Company from Friendsville will present a program. On Sept. 16 Del. Wendell Beitzel will be speaking on issues of importance to seniors in Maryland.

On Sept. 23 Robert Boal from the Transportation Museum will be presenting a program. On Sept. 30 Everything Lavender Farm from Accident will present a program on the blessings of Lavender. If you have any questions, about the listed events please call the Mary Browning Senior Center at 301-334-9431 ext. 6134.

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

Seniors looking for focused fitness activities can find just that at Flowery Vale Fitness Center in Accident. The fitness center is open Tuesdays and Thursday at 9. 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 activities are held by members.

The Flowery Vale Fitness Center will have an open house on Sept. 24 from 9 a.m. until 6 p.m. There will be a Yoga demonstration from 9 to 10 a.m. Light refreshments, music and various activities will be going on throughout the day. 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 a.m. at the Friendsville Senior Center. Stay and enjoy lunch on Monday and Wednesday.

If you love to walk, there will be a Walkers Club tripto Coopers Rock State Park on Sept. 21 for all seniors. 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 call Rodney Durst at 301-334-9431 ext. 6139 or 301-895-5818.

Programs are in support of Garrett County Community Action Committee, Inc.'s (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 health care and support/advice on life skills.