

Garrett County senior calendar for August

FOR THE WEEKENDER

GRANTSVILLE — The following are events planned at Garrett County Senior Centers for August.

Grantsville Senior Center

The center is open Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 4:30 p.m. Lunch is available at noon with a reservation. The exercise room is open 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 meet from 9 a.m. to 2 p.m. with a break for lunch. Dulcimers are played at 1 p.m. On Aug. 11 the center will be closed for the senior picnic at the Deep Creek State Park.

Speakers and programs for

the month of August include:

- Aug. 9 at 10:30 a.m. a new "Tai Chi for Better Balance" class will begin at the center. This class will meet twice a week and there is no fee.

- Aug. 16, a six-week walking program will begin. For those that have difficulty walking, a "Walk with Ease" program is offered. Walkers will be joining the governor's million mile challenge.

- Aug. 18, Shirley Fadeley will entertain with karaoke. Barth Frankenberg will discuss senior insurance programs.

- Aug. 19, from 6 to 9 p.m., the center will host a "Hot August Night" music show. Ricky Howsare will be performing along with Rock'n Rodney and the DBB. Pizza, corn dogs and refreshments

will be available. Tickets for the performance are \$10 per person. All proceeds benefit Meals on Wheels and senior centers.

- Aug. 25 at 11:15 a.m., Ed Livengood will speak on "The Depth of Fisheries."

Contact Dorla Mazer, Grantsville Senior Center site manager, at 301-895-5818 for more information about any programs or activities at the center.

Mary Browning Senior Center, Oakland

The center is open Mondays, Wednesdays, and Fridays from 8:30 a.m. to 4:30 p.m. Lunch is served at noon. The exercise room is open from 9 a.m. to 3 p.m. An exercise program is available at 10:30 a.m. each day the center is open. Tai Chi classes are

offered Mondays and Fridays at 11 a.m. There is bingo on Monday and Friday from 9 to 11:45 a.m. for a nickel a card, winner takes all. Wednesday bingo is played from 9 to 10 a.m. There is no charge but prizes are offered. Friday afternoon from 1 to 4 p.m. the Old Time Jammer's play bluegrass, gospel and a mix of older music.

Speakers and programs for August include:

- Aug. 10, a representative from the Garrett County landfill will present a program at 11:15 a.m.

- Aug. 16, a six-week walking program will begin. For those that have difficulty walking, a "Walk with Ease" program is offered. Walkers will be joining the governor's million mile challenge.

Aug. 17, a representative from Stonerise Healthcare will offer health care information at 11:15 a.m.

- Aug. 24, Carl Miltenberger will present a program on Elder Law at 11:15 a.m.

- Aug. 31, Barth Frankenberg will discuss long-term care insurance.

Contact Eileen McCrobie, Mary Browning Senior Center site manager, at 301-334-9431 ext. 6134 for more information.

Friendsville Senior Center

Senior Aerobics/Keep Fit Exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Lunch is available on Mondays and Wednesdays with bingo following.

The following events of

interest to seniors are also taking place:

- On Aug. 11, the annual Pig Roast Picnic is planned. This year the event will be held at Deep Creek Lake State Park in the big pavilion down by the lake. The event starts at 10 a.m. with games and other activities. Lunch will be at noon, followed by the music of Hammers and Strings, Broken Glass and Rusty Hinges. Register by Aug. 9 by calling 301-334-9431 ext. 6139.

Flowery Vale Fitness Center in Accident is open Tuesdays and Thursdays at 9 a.m. Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursdays at 10:15 a.m. Fitness equipment available. Monthly social actives are held by members.