

Garrett County senior calendar for December

FOR THE WEEKENDER

GRANTSVILLE — The following is a list of events planned at Garrett County senior centers for December.

Grantsville Senior Center

The center is open Tuesday, Wednesday and Thursday from 8:30 a.m. until 4:30 p.m. Lunch is served at noon.

The exercise room is open from 9 a.m. to 3 p.m. A Tai Chi for Better Balance class is offered each Tuesday and Thursday at 10:30 a.m. On the first Wednesday of each month a blood pressure screening is available.

A quilters group runs from 9 a.m. to 2 p.m. with a break

for lunch, new quilters are welcome.

Speakers and activities for the month are as follows:

- On Dec. 1 at 11:15 a.m. the hanging of the greens will take place, along with other Christmas decorating.

- On Dec. 2, the annual Christmas show is planned from 6 to 8 p.m. The show starts with music by the Weeks Family String Band. The Durst Brothers will perform around 7:45 p.m. The cost for this program is \$5 and all of the refreshments are free. The show raises money for Meals on Wheels.

- Dec. 8, at 11:15 a.m., Fire Marshal Jamie Rodeheaver

will present a program on holiday home fire safety.

- On Dec. 9, the Casselman Valley Travelers will have their Christmas party from 6 until 10 p.m. and the public is invited.

- Dec. 15 at 11:15 a.m., Lisa Bohner will present a program on holiday weight gain.

- On Dec. 21 at 11:15 a.m., we will be having our Senior Center Christmas celebration and carol sing along with Nancy Miller.

- On Dec. 22, the Salem Children's Trust will present a program.

- On Dec. 29, the center will have a New Year's celebration at 11:15 a.m.

Contact Dorla Mazer, Grantsville Senior Center site manager, at 301-895-5818 for more information about pro-

grams and activities at the center.

Mary Browning Senior Center, Oakland

The center is open Monday, Wednesday and Friday from 8:30 a.m. until 4:30 p.m. Lunch is served at noon. The exercise room is open to seniors from 9 a.m. until 3 p.m. An exercise program is available at 10:30 a.m. on Mondays, Wednesdays and Fridays. Tai Chi classes are offered Mondays and Fridays at 11:00 a.m.

Bingo is played on Mondays and Fridays from 9 to 11:45 a.m. for a nickel a card, winner takes all. On Wednesdays, free bingo is played from 9 until 10 a.m.

Every Friday afternoon from 1 to 4 p.m., the Old Time Jammer's play bluegrass,

gospel and a mix of older music.

Speakers for the month of December are:

- On Dec. 7 at 11:15 a.m., John Underwood will present a program on Army life.

- On Dec. 14 at 11:15 a.m., The Court House Gang will present their annual Christmas show and sing along.

- On Dec. 21, Darlene Angle from the wound care unit will present a program on wound care at 11:15 a.m.

- On Dec. 28, a program on the signs of a heart attack will be presented at 11:15 a.m.

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

Friendsville Senior Center
The center is open Mon-

days and Wednesdays from 9 a.m. until 3 p.m. Lunch is served at noon.

Senior aerobics/keep fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Lunch is offered on Mondays and Wednesdays, followed by bingo.

Also of interest to seniors is Flowery Vale Health and Fitness Center in Accident. The center is now open Tuesdays, Thursdays and Friday from 8:30 a.m. until noon.

Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursdays at 10:15 a.m. There is a variety of fitness equipment available and a fitness aid to help participants develop a fitness circuit. Monthly social actives are held by members.