

Garrett County

FOR THE WEEKENDER

Garrett County Seniors Events Calendar to January 2016

Events for January 2016 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 am to 3 pm. We have a group of quilters, who always have a quilt in the frame and would welcome new quilters. This is at 9 am to 2 pm with a break for lunch. Wednesdays we have Dulcimers, etc. 9:30 am to 11 am. The first Wednesday of the month we have blood pressure screening.

We are closed on New Year's Day. We wish everyone a HAPPY NEW YEAR! Jan. 7 we will be showing a Johnny Carson movie and having popcorn. Jan. 14 Lois Swartzentruber will be here to talk about Depression in Older Adults". Jan. 21 we will have a "Show and Tell" program. On Jan. 28 we will be doing hot wax hand therapy session. We will also be selling soup throughout the month of January at the cost of \$6 per quart. For more information on the soup sales or to pre order yours you can call 301-895-5818.

Mary Browning Senior Center at 104 E. Center St. Oakland, MD 21550, is open Monday, Wednesday, and Friday from 8:30 to 4:30. Lunch is served at 12 Monday, Wednesday, and Friday.

There are many events and activities planned for the month of January. The exercise room is open from 9-3. We have an exercise program at 10:30 every Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and Friday at 11. There is bingo on Monday and Friday from 9-11:45 for a dime a card, winner take all. Wednesday bingo played from 9-10 there is no charge but you could win a gift. Every Friday afternoon from 1-4 the Old Time Jammer's play bluegrass, gospel and a wonderful mix of older music.

We have a variety of speak-

ers scheduled on Wednesdays at 11 a.m. for the month of January. Kerri Carpenter from the Flying Scott will present a program on Jan. 6. On Jan. 13 Brandon Proudfoot will be presenting a glass blowing program starting at 10:30. On Jan. 20 Donna Brennenman from Hospice of Garrett County will present a program. On Jan. 27 the local Chamber of Commerce will present a program.

There will be a Living Well Chronic Disease Self-Management Class at the Mary Browning Center starting Jan. 18 at 1 pm to 3 pm. This is a 6-week class that will give participants the skills and knowledge to better manage their or a loved one's chronic conditions.

There is no cost for the class but you must preregister by calling Rodney Durst at 301-334-9431 ext 6139 by Jan. 11th.

The Mary Browning Center in Oakland will be having a delicious Cream of Broccoli soup sale on Jan. 8 for \$6 per quart. 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 though out Garrett County in November.

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. A new Balance Ball and Light Weight Class will be offered on Tuesdays at 10:30 starting Jan. 5 for \$5 per class.

Get a good core and balance workout while toning up your arms, legs and stomach muscles. 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. 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 Friends-

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ville Senior Center. Stay and enjoy lunch on Monday and Wednesday and maybe play a fun game or two of Bingo.

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 healthcare and support/advice on life skills.