

Garrett County senior calendar for July

FOR THE WEEKENDER

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

Grantsville Senior Center

The center is open Tuesday, Wednesday and Thursday from 8:30 a.m. to 4:30 p.m. Lunch is available at noon with a reservation. The exercise room is open 9 a.m. to 3 p.m. Quilters meet from 9 a.m. to 2 p.m. with a break for lunch. New quilters are welcome. Dulcimers are played at 1 p.m. On July 6, a blood pressure screening is available.

- July 5 at 11 a.m. is the Fourth of July program.
- July 21 Barth Franken-

berry will be at the center to help seniors with their Insurance needs.

- July 22 an Old Time Jam is planned at the center from 6 p.m. to 10 p.m.
- July 23, there will be a special music show by the Old Time Jammers from 6 p.m. to 10 p.m.

- July 28 at 10 a.m., Keith Nester will be testing hearing aids. Also on the 28th at 12:30 p.m. the July birthday party is planned.

• Starting on July 19 there will be a Diabetes Self-Management Workshop. This six-week workshop will be held every Tuesday night from 6 to 8:30 p.m. If you have diabetes, pre-diabetes or care for someone with diabetes, this class could be helpful. There

is no charge for this informative and successful Stanford University, evidence-based program. Call Rodney Durst at 301-334-9431, ext. 6139 to register. Or contact Dorla Mazer, Grantsville Senior Center site manager, at 301-895-5818 for more about this program or other activities at the center.

Mary Browning Senior Center, Oakland

The center 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. The exercise room is open from 9 a.m. to 3 p.m. An exercise program is offered at 10:30 a.m. each Monday, Wednesday and Friday. 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 a.m. to 10 a.m., there is no charge but prizes are offered. Every Friday afternoon from 1 to 4 p.m. the Old Time Jammer's play bluegrass, gospel and a mix of older music.

- July 6 at 11 a.m., a representative from the Mt. Nebo Department of Natural Resources will present a program.

• July 13 at 11 a.m., Cindy Mankamyer from the health department will present a program on Lyme disease and Spider bites.

- July 20, the Master Gardeners will present a program on gardening at 11 a.m. Contact Eileen McCrobie, Mary Browning Senior Center site manager, at 301-334-9431 ext. 6134 for more information.

Friendsville Senior Center

Aerobics/Keep Fit Exercise classes are offered on Monday, Wednesday and Friday at 9 a.m. Lunch is available on Monday and Wednesday with bingo following.

The following events of interest to seniors are also taking place:

- July 8 is the fourth annual Garrett County Opry. The show will be held at the Garrett College auditorium theater from 6 to 10 p.m. At 6 p.m., Loretta Hummel and Country Grass will perform. At 7 p.m., Second Wind (bluegrass, old time music) will take the stage. At 8 p.m., Steve Smith, a Wheeling Jamboree star, will bring his brand of country music to the stage. At 9 p.m. the Durst Brothers Band will close down the show with oldies and original music. Travis Medcalf will be the master of

ceremonies for the show and Rusty Halo will bring comedy to the stage. The event is a Meals on Wheels fundraising show. Tickets are \$10 for adults with children under 12 free. Refreshments will be available throughout the night.

• Fitness activities can be found at Flowery Vale Fitness Center in Accident, Maryland. The fitness center opens Tuesdays and Thursday at 9 a.m. Yoga classes are offered on Tuesday at 9:15 a.m. and on Thursday at 10:15 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.

- On July 11, a walking fitness trip is schedule for Rocky Gap Park. Cost for the trip is \$10 for riding in the van, or individuals may drive themselves and meet at 10:30 a.m. for the walk.