

Garrett senior calendar for June

FOR THE WEEKENDER

OAKLAND — The Grantsville Senior Center is open Tuesday, Wednesday and Thursday from 8:30 a.m. to 4:30 p.m. Lunch is at noon with a reservation. The exercise room is open from 9 a.m. to 3 p.m. A quilters group meets from 9 a.m. to 2 p.m. with a break for lunch. New quilters are welcome, center officials said. On Tuesdays dulcimer music is played at 1 p.m. The first Wednesday of the month blood pressure screenings are

available.

Speakers scheduled for the month of June include:

- June 4 at 11 a.m., a representative from Special Olympics of Maryland will discuss that organization and its activities.

- On June 9 at 11 a.m. a program on herbs will be presented by the University of Maryland Extension Service.

- June 16 at 11:15 a.m., a Father's Day program will include music by Donna Broadwater.

In addition, on June 10 there will be an old time music jam at the center from 6 - 10 p.m.

The center will be closed on June 22 so seniors can attend the fitness fair. The county-wide fair will be held at Broadford Park in Oakland from 10 a.m. to 2 p.m. Contact the Mary Browning Senior Center or Grantsville Senior Center by June 15 to reserve a spot for this event. Those interested may also contact Dorla Mazer, site manager, at 301-895-5818 for more information.

The Mary Browning Senior Center in Oakland is open Monday, Wednesday and Friday from 8:30 a.m. - 4:30 p.m. Lunch is served at noon Mon-

day, Wednesday and Friday.

The exercise room is open from 9 a.m. to 3 p.m. An exercise program runs at 10:30 a.m. each Monday, Wednesday and Friday. Tai Chi classes are offered Monday and Friday at 11 a.m. There is bingo on Monday and Friday from 9 - 11:45 a.m. for a nickel a card, winner takes all. Wednesday bingo is played from 9-10 a.m., there is no charge but participants can win a gift. Every Friday afternoon from 1-4 p.m. the Old Time Jammer's play bluegrass, gospel and a mix of older music.

Speakers scheduled for the

month of June at the Browning center include:

- June 8 at 11 a.m., Kathie Smith & Lynn Grimm from the garden club.

- June 15, recycling will be the topic with a representative from the Garrett County Landfill at 11 a.m.

- June 22 the center will be closed for the Fitness Fair.

- June 29, 11 a.m., Debora Friend from the Garrett County Fair will present a program.

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

Senior center officials also said that focused fitness activ-

ities are available at Flowery Vale Fitness Center in Accident. The fitness center opens Tuesdays and Thursday at 9 a.m. Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursday at 10:15 a.m. A Walk with Ease class is offered on Tuesdays at 10:30 a.m. and on Thursday at 11:15 a.m. Monthly social activities are held by members.

At the 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 games after.