

# May senior centers calendar

FOR THE WEEKENDER

The following is a list of events scheduled for May at the Garrett County Senior centers.

**Grantsville Senior Center** — The 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 opens to seniors from 9 a.m. to 3 p.m. We have a group of quilters, who always have a quilt in the frame and welcome new quilters. Quilting is at 9 a.m. to 2 p.m. with a break for lunch. Wednesdays we have Dulcimer music from 9:30 a.m. to 11 a.m. The special speakers and programs at the Grantsville Center include:

- On May 6, the center is having a Mother's Day dinner and music show. This fundraiser for the Senior Center and Meals on Wheels Program will include a roast beef dinner, dessert and drinks, plus a music show for \$10. Dinner starts at 6 p.m., reservations are required. It is \$3 for the music show only at 7 p.m.
- On May 10 at 11 a.m., The Medicine Shoppe will offer a program on sun protection with Lisa Bohner.
- On May 12 at 11 a.m., Keith Nester will give a program on Loop Hearing Aids.
- On May 17 at 11 a.m. Barth Frankenberry at will discuss Medicare and how it works.
- On May 19 at 11 a.m., the

Discovery Center will present "Scales and Tails."

• On May 3 at 11 a.m., there will be a Memorial Day Program with birthday of the month, cake and ice cream. Jam'n will be at the center on May 13, 14 and 27 from 6-10 p.m. Contact Dorla Mazer, site manager, at 301-895-5818 for more information.

**Mary Browning Senior Center** — The center is open Monday, Wednesday, and Friday from 8:30 to 4:30. Lunch is served at noon on Monday, Wednesday and Friday.

The exercise room is open from 9 a.m. to 3 p.m. There is an exercise program at 10:30 a.m. every Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and

Friday at 11 a.m. There is bingo each Monday and Friday from 9 a.m. to 11:45 a.m. for a dime a card, winner take all. Wednesday bingo is played from 9 a.m. to 10 a.m. there is no charge, but winners may receive a gift card. Every Friday afternoon from 1 p.m. to 4 p.m. the Old Time Jammer's play bluegrass, gospel and a mix of older music.

Several speakers are scheduled.

- On May 11 at 11 a.m., a speaker from Special Olympics of Garrett County will talk to the seniors.
- On May 18 recycling will be the topic with a representative from the Garrett County landfill at 11 a.m.
- On May 25 at 11 a.m., Donna Bittinger will be presenting a program on Magnetic Jewelry.
- On May 30, the Center will be closed in observance of Memorial Day. Contact Eileen McCrobie,

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

The following are county-wide fitness and social activities available to seniors though out Garrett County in May.

Seniors looking for focused fitness activities can attend Flowery Vale Fitness Center in Accident. The fitness center is open 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. Balance Ball and Light Weight Class are offered on Tuesdays at 10:30 a.m. and on Thursday at 11:15 a.m. 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.

Senior Aerobics/Keep Fit Exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. at the Friendsville Senior Center. Stay and enjoy lunch on

Monday and Wednesday and maybe play a fun game or two of Bingo.

On May 16 the center will be taking a walking trip to Laurel Caverns. Cost for the trip is \$19 to ride the van. If you drive yourself, the cost is only \$9 to walk in the Caverns. To sign up or for more information call Rodney Durst at 301-334-9431 ext.6139.

The center will be taking two Bollman Bus trips this summer. The first trip will be July 29 to Jennerstown Mountain Play House. We will be going to see a comedy "Too Many Cooks." The cost for the play and transportation is \$61. The second trip will be on Aug. 4 to Site and Sound in Lancaster, Pennsylvania to see the play "Samson." The cost for the show, bus and meal at Millers Family restaurant is \$130 adult and \$90 for children 12 and under.

For more information, contact Rodney Durst at 301-334-9431, ext. 6139 to register.