

Senior calendar for November

FOR THE WEEKENDER

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

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 of are as follows:

- On Nov. 3 at 11:15 a.m., Kim Madigan will give a presentation on "Recycling."

- On Nov. 10 at 11:15 a.m., a presentation is planned on glaucoma.

- On Nov. 11 the annual Veterans Day music and dinner show will be held from 6 to 9 p.m. Dinner will start at 6 p.m. and music will start at 7 p.m. Groups performing will be His Royal Blood from Washington, Pennsylvania, followed by the Durst Brothers Band. The meal will include roast beef, mashed potatoes and gravy, green beans, cole slaw, a roll, pumpkin pie, tea and coffee. The cost for the dinner is \$10. If someone wants to come to the music program only, the cost is \$3 at the door. Reservations are required for the dinner. Please call 301-895-

5818 by Nov. 9 to make a reservation.

- On Nov. 17 at 11:15 a.m., Lisa Bohner will speak on diabetes awareness.

- On Nov. 18, the Casselman Valley Travelers Old Time Jammers will be at the center from 6 p.m. until 10 p.m. The cost for the show is \$3. Food and light refreshments will be available.

- On Nov. 19 from 9 a.m. to 2 p.m. a vendor and craft show is planned. Among the items for sale will be jewelry, candles, makeup and other items.

- Nov. 24, the center will be closed for the Thanksgiving holiday.

Contact Dorla Mazer, the Grantsville Senior Center site manager, at 301-895-5818 for more information about any programs or 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 pm. Lunch is served at noon.

The exercise room is open from 9 a.m. until 3 p.m. An exercise program occurs at 10:30 a.m. on Mondays, Wednesdays and Fridays. Tai Chi classes are offered Mondays and Fridays at 11 a.m.

Bingo is held on Mondays and Fridays from 9 a.m. 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. Try your luck and possibly win a gift.

Every Friday afternoon from 1 to 4 p.m., the Old Time Jammer's play bluegrass, gospel and a mix of older music.

The speakers for the month of November are as follows:

- On Nov. 2 at 11:15 a.m., a representative from Oakland Rehab will present a program on Alzheimer's.

- On Nov. 9 at 11:15 a.m., Brian Boal will present a program on Landon's Library.

- On Nov. 16 at 11:15 a.m., Porter Welch from the Lions Club will present a program.

- On Nov. 23, staff from the Mary Browning Center will present a Thanksgiving program.

- On Nov. 30 at 11:15 a.m. Ken Mankamyer will present a program on chiropractic care for seniors.

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

The Flowery Vale Fitness

Center located at 204 South St., Accident, is open Tuesdays and Thursdays from 9 a.m. until 3 p.m.

Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursdays at 10:15 a.m. Fitness equipment is available and a fitness aide can assist in developing a fitness circuit. Monthly social actives are held by members.

Friendsville Senior Center

The center is open Mondays and Wednesdays from 9 a.m. until 3 p.m. Lunch is served at noon. Bingo is also available.

Senior Aerobics/Keep Fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. at the center.