

# Garrett seniors events calendar for September

FOR THE WEEKENDER

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

## Grantsville Senior Center

The center is open Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 4:30 p.m. Lunch is available at noon with a reservation.

The exercise room is open from 9 a.m. to 3 p.m. The center has a group of quilters, who always have a quilt in the frame and welcome

new quilters, center officials said. Quilting runs from 9 a.m. to 2 p.m. with a break for lunch. Dulcimers are played at 1 p.m. "Tai Chi for Better Balance" classes are offered every Tuesday and Thursday at 10:30 a.m. A blood pressure screening is available the first Wednesday of each month.

Speakers and programs for the month of September include:

- Sept. 8 the center will be closed so seniors can attend the annual Health Screening and Fitness Fair. The fair will be held at Mary Browning

Senior Center, 104 E. Center St., Oakland.

- Sept. 15, Caroline Blizard, from the Discovery Center, will make a presentation on Monarch Butterflies.

- Sept. 16, The Durst Brothers will be hosting an album release party and show of their latest songs from 6 to 8 p.m. The cost for the show is \$3 with a request that you bring a couple of nonperishables food items for the emergency food program. All proceeds from the ticket sales and refreshments at this event will benefit the Meals on Wheels program

and senior centers.

- Sept. 22, Barth Frankenberg will answer Medicare questions.

- Sept. 29 at 11:15, Lisa Bohner will provide information on vaccines.

Contact Dorla Mazer, 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 Mondays, Wednesdays and Fridays from 8:30 a.m. to 4:30 p.m. Lunch is served at noon on Mondays, Wednesdays, and Fridays.

The exercise room is open from 9 a.m. to 3 p.m. An exercise program is available at 10:30 a.m. each day the center is open. Tai Chi classes are offered Mondays and Fridays at 11 a.m. There is bingo on Mondays and Fridays from 9 to 11:45 a.m. for a nickel a card, winner takes all. Wednesday bingo is played from 9 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 older music.

Speakers and programs for September include:

- Sept. 7 at 11:15 a.m., Linda Carr from Garrett Mentors will present a program.

- Sept. 14 at 11:15 a.m., Twila Bender from Dennett Manor will present a program.

- Sept. 21 at 11:15 a.m., Sharon Riley from Oakland Nursing & Rehab will speak about fall prevention during the State Fall Prevention Week.

- Sept. 28 at 11:15 a.m., Maney Gale will present information on adult activities that are available at the Community Aquatic and Recreation Complex.

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

## Friendsville Senior Center

- Senior Aerobics/Keep Fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Lunch is offered on Mondays and Wednesdays, with bingo to follow.

Seniors looking for focused fitness activities can find them at Flowery Vale Fitness Center in Accident. The fitness center opens Tuesdays and Thursdays at 9 a.m. Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursday at 10:15 a.m. Fitness equipment is available and monthly social actives are held by members.

Other events of interest to seniors in the county include a Health Screening and Fitness Fair at the Mary Browning Senior Center on Sept. 8 from 9 a.m. to 2 p.m. Anyone 60 years of age or older is invited to attend. A variety of health professionals will be on hand to help with screenings, shots

and health education.

Dr. Charles A. Walch will be the key note speaker at 11:30 a.m. He will be presenting information on colon cancer. Lunch will be served at 12 p.m. After lunch Nick Gregg, from Gregg's Pharmacy, will be speaking on the topic "Wise up Meds." Lunch is available, but a reservation is required, call 301-334-9431 ext. 6134 to make a reservation by Sept. 7.

The week of September the 18 through 24 is Fall Prevention Week in Maryland and Garrett County. On Sept. 19 a walking fitness trip is planned to Bedford, Pennsylvania. Call 301-334-9431 ext. 6134 for more information. Tai Chi is a low impact way to improve balance and reduce fall risk. There will be several Tai Chi demonstrations throughout the county. On Sept. 20 there will be a Tai Chi demonstration at the Grantsville Senior Center at 11:30 a.m. On Sept. 21 at 11:30 a.m. there will be a Tai Chi demonstration at the Friendsville Center. On Sept. 22 a Tai Chi demonstration is planned at the Flowery Vale Fitness Center, and at 11 a.m. On Sept. 23 a Tai Chi demonstration is planned at 11:30 a.m. at Mary Browning Senior Center. After lunch at Mary Browning, Fall Prevention Week will round up with a walk around the town of Oakland starting at 1p.m., weather permitting.