

Garrett senior calendar for April

FOR THE WEEKENDER

The following events take place at Garrett County senior centers during the month of April:

Grantsville Senior Center

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

The exercise room is open from 9 a.m. until 3 p.m.

Quilters meet from 9 a.m. to 2 p.m. with a break for lunch. New quilters are welcome.

A blood pressure screening is held the first Wednesday of the month.

The following speakers and activities are planned for April:

- April 6 at 11:15 a.m., Bev Trucker will be at the senior center to discuss Medicare.

- April 12 at 11:15 a.m. there will be an Easter cele-

bration with the Starliters.

- April 13, Lisa Bohner will present a program on aromatherapy at 11:15 a.m.

- April 19 at 11:15 a.m. a new fun day program will include "Name That Tune," with Nancy Miller and Carolyn Wiley.

- April 20 from 9 a.m. to noon, Jackie Snelson will teach a class on sewing gift bags. The class is free, but participants must bring their own materials.

- April 26, from 10 a.m. to noon, an Alzheimer's workshop, open to the public, will be held by with Donna Fost.

- April 28 is the April birthday celebration, with cake and ice cream.

In addition, on April 21 a fish fry dinner and music show will benefit the Meals on Wheels program. The dinner and show is from 6 to 9 p.m. Groups performing include the Cassleman Valley Travelers and the Durst Brothers.

Cost for the dinner and show is \$10 and reservations are required. If you want to come for the music only the cost is \$3. Music starts at 7 p.m. Children under 12 may come at no charge.

For more information on events or activities at Grantsville Senior Center, call 301-895-5818.

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 Mondays, Wednesdays and Fridays. The exercise room is open from 9 a.m. until 3 p.m. An exercise program is available at 10:30 a.m. each Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and Fridays at 1 a.m. There is bingo on Monday and Friday from 9 to 11:45 a.m. for a dime a card, winner takes all. Wednesday bingo is played from 9 to 10 a.m. and

there is no charge, but some gifts are offered. Every Friday afternoon from 1 to 4 p.m., the Old Time Jammers play bluegrass, gospel and a mix of older music.

Speakers for the month of April include:

- April 5, Garrett County Commissioner Paul Edwards will present a program and answer questions about county government.

- April 12, a representative from the Ruth Enlow Library will present a program.

- April 19, Ron Friend from the American Legion will be speaking.

- April 26, Register of Wills Rita Watson will present a program on legal issues for seniors.

All speakers begin their talks at 11:15 a.m.

For more information on the Mary Browning Center, call 301-334-9431 ext.6131.

The Flowery Vale Senior Fitness Center, Accident

The center is now open five days a week with the following schedule: Mondays the gym will be open from 4 until 6 p.m. Tuesdays the gym is open from 8:30 a.m. until noon. Wednesdays the gym is open from 8:30 a.m. until noon, and again from 4 until 6 p.m. Thursdays the gym opens from 8:30 a.m. until noon and on Fridays from 4 until 6 p.m.

All activities are geared toward the general health of the aging population. There are monthly social activities, events and excursions to be enjoyed by our members. This month's activities include:

- Flowery Vale members pot luck luncheon April 6.

- Beginning Mahjong 11 a.m. to 1 p.m. on Thursdays.

- Bike and hike outings to Ohiopyle with lunch on April 20 (sign-up sheet at the front desk).

- Garrett Trails on Earth

Day, April 22 for trail work on Mosser Road, call 301-746-8050 for details

To become a member you must be 50 years or older; however individual younger members with health goals related to chronic health conditions will be considered. The cost of a membership for an individual is \$20 a month, that includes all equipment, classes, events and excursions. We also offer family discounts, such as \$30 a month for two people from an immediate family. Annual memberships are available for \$200.

For more information, call 301-746 8050 during business hours.

Friendsville Senior Center

Aerobics/keep fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. and Tai-Ji Quan on Wednesdays at 10 a.m. Lunch is available on Mondays and Wednesdays along with bingo.