

Senior calendar for February

FOR THE WEEKENDER

The following is a list of events planned at Garrett County senior centers for the month of February.

Friendsville Senior Center

Senior aerobics/keep fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Tai Ji Quan is offered on Wednesdays at 10 a.m. Lunch is available on Mondays and Wednesdays at noon, with bingo following.

Grantsville Senior Center

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

The exercise room is open from 9 a.m. until 3 p.m. A group of quilters meets from 9 a.m. through 2 p.m. with a break for lunch. New quilters are welcome.

Speakers for the month include:

- Feb. 9 — Lois Swartzen-truber will be presenting a program on mental health.

- Feb. 16 — Donna Frost will be here speak on the topic "Dementia Conversation."

- Feb. 23 — Lisa Bohner will present a program on proper hand washing.

All speakers are scheduled to give their presentations at 11:15 a.m. For more information on Grantsville Senior Center events, call Dorla at 301-895-5818.

Mary Browning Senior Center

The center is open Mondays, Wednesdays and Fridays from 8:30 a.m. until 4:30 p.m., with lunch served at noon.

The exercise room is open from 9 a.m. until 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 Fridays at 11 a.m. Bingo is played on Mondays and Fridays from 9 until 11:45 a.m. for a dime a card, winner takes all. Wednesday bingo is available and is played from 9 until 10 a.m. with no charge, but gifts may be awarded. Each Friday afternoon from 1 to 4 p.m. the Old Time Jammer's play bluegrass, gospel and a

mix of older music.

Speakers scheduled in February include:

- Feb. 8 — Barb Switzer from First United Bank will present a program on senior fraud.

- Feb. 15 — A representative from Oakland Nursing and Rehab will speak.

- Feb. 22 — Members of the Garrett County Lighthouse will present a program.

All speakers are scheduled for 11:15 a.m. For more information on Mary Browning Senior Center, contact Eileen at 301-334-9431, ext. 6134.

The Garrett County Community Action department of Aging and Nutrition Services has announced the reopening of the Flowery Vale Senior Health & Fitness Center. Starting this month, the center will be open five days a week with the following schedule:

- On Mondays the gym will be open from 4 until 6 p.m.

- On Tuesdays the gym will be open from 8:30 a.m. until noon.

- On Wednesdays the gym will be open from 8:30 a.m. until noon and again from 4 until 6 p.m.

- On Thursdays the gym will

be open from 8:30 a.m. until noon.

- On Fridays, the gym will be open from 4 until 6 p.m.

The fitness center will offer several group activities including yoga, Tai Ji Quan, balance balls, light weights, gym equipment, diabetes self-management and chronic disease self-management. All activities are geared toward the health of our aging population. There are also monthly social activities, events and excursions for members.

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/month, which includes all equipment, classes, events and excursions. Family discounts are offered on membership, including \$30/month for two people from an immediate family. Annual memberships are available for \$200.

The new center manager is Barbra Friend. For more information stop by or call at 301-746 8050 during business hours.