

Garrett County senior calendar for January

FOR THE WEEKENDER

The following events are planned at Garrett County senior centers in January.

Grantsville Senior Center

The center is open Tuesday, Wednesday and Thursday from 8:30 a.m. to 4:30 p.m. Lunch is served at noon.

The exercise room is open to seniors from 9 a.m. to 3 p.m. Tai ji Quan for Better Balance is offered every Tuesday and Thursday at 10:30 a.m. A blood pressure screening is available the first Wednesday of each month.

A group of quilters meet from 9 a.m. to 2 p.m. with a

break for lunch. New quilters are welcome.

Other events and speakers for the month include:

- Jan. 12 at 11 a.m., the movie "Prancer" will be shown with free popcorn.

- Jan. 19 at 11:15 a.m., Dorla Mazer will present a program on winter ice safety

- Jan. 26 at 11:15 a.m., Lisa Bohner will present a program on stress management.

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 Monday,

Wednesday and Friday from 8:30 a.m. until 4:30 p.m. Lunch is served at noon. The exercise room is open to seniors from 9 a.m. to 3 p.m. An exercise program is offered at 10:30 a.m. on Mondays, Wednesdays and Fridays. Tai ji-Quan classes are offered Mondays and Fridays at 11 a.m.

Bingo is played on Mondays and Fridays from 9 to 11:45 a.m. for a nickel a card, winner takes all. On Wednesdays, free bingo is played from 9 to 10 a.m. Gift prizes may be offered.

Each 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 January include:

- Jan. 11 at 11:15 a.m., Dr. Kenneth Mankamyer will present a program.

- Jan. 18 at 11:15 a.m., a program on the history of Deep Creek Lake State Park will be presented by park employees.

- Jan. 25 the Medical Group Wound Center will present a program at 11:15 a.m. on burns and wound care.

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

Flowery Vale Health and Fitness Center, Accident

The center is open Tuesdays, Wednesday and Thurs-

days from 8:30 a.m. until noon. Yoga classes are offered on Tuesdays at 9:15 a.m. and on Thursdays at 10:15 a.m. Tai ji Quan is offered on Tuesdays and Thursdays. Call the center for class times.

On Jan. 18 balance ball classes will begin at 10:30 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. For more infor-

mation, please contact Barb Friend, center manager, at 301-746-8050.

Friendsville Senior Center

The center is open Mondays and Wednesdays from 9 a.m. to 3 p.m. Lunch is served at noon.

Senior Aerobics/Keep Fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Tai-Ji-Quan classes are offered on Wednesdays at 10:15 a.m.