

7/7/17

Senior Calendar for July

FOR THE WEEKENDER

The following is a list of events planned at Garrett County Senior Centers in July

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 with a reservation.

The exercise room is open from 9 a.m. to 3 p.m. A group of quilters meet from 9 a.m. to 2 p.m. with a break for lunch. On the first Wednesday of the month blood pressure screenings are available.

The following programs are scheduled for July:

- July 13 at 11:15 a.m. the center will present a fun day program.

- On July 20 at 11:15 a.m. Stewart Holt will present a program on the Special Olympics.

- July 27 from 10 to 11:15 a.m. a "Native Pollinators" workshop open to the public is planned with Jerry Knutson from the University of Maryland.

- July 29 from 6 to 10 p.m.

The Casselman Valley Travelers will play.

For more information on any 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. until 4:30 p.m. Lunch is served at noon.

The exercise room is open from 9 a.m. to 3 p.m. An exercise program is offered at 10:30 a.m. every day the center is open. Tai Chi classes are offered Mondays and Fridays at 11 a.m. There is bingo on Monday and Friday 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. with no charge. Friday afternoons from 1 to 4 p.m. the Old Time Jammers play bluegrass, gospel and a mix of older music.

Speakers scheduled for the month of July include:

- July 11 at 11:15 a.m., Sadie Liller will stop by to give a "Prescription Drugs"

class.

- July 19 at 11:15 a.m., a representative of the Garrett County Health Department will offer a presentation titled "Just like You Linda."

- July 26 Mike Powell will discuss the Cranesville Swamp.

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

Flowery Vale Senior Fitness Center, Accident

The center is open five days a week. 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. Wednesdays the gym is open from 8:30 a.m. until noon and again from 4 p.m. until 6 p.m. Thursdays the gym opens from 8:30 a.m. until noon and on Fridays from 4 until 6 p.m.

The fitness center offers several group activities such as yoga, Tai Ji Quan, balance ball, light weights, gym equipment, diabetes self-management, chronic disease self-management and other pro-

grams. All activities are geared toward the general health of the aging population. There are also monthly social activities, events and excursions to be enjoyed by 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. If you would like more information, stop by or call 301-746-8050 during business hours.

Friendsville Senior Center

Senior aerobics/keep fit exercise classes are offered on Mondays, Wednesdays and Fridays at 9 a.m. Lunch is available on Mondays and Wednesdays, along with bingo.