

Garrett County Senior Calendar for June

FOR THE WEEKENDER

GRANTSVILLE — The following are events planned for senior centers throughout Garrett County for June.

Grantsville Senior Center

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

The exercise room is open from 9 a.m. to 3 p.m. A group of quilters works from 9 a.m. until 2 p.m., with a break for lunch, and welcomes new quilters.

The first Wednesday of the month blood pressure screenings are available.

Speakers and special events include:

- On June 8 at 11:15 a.m., Bevia Trucker will be at the center to talk about Medicare.
- On June 16 at 11:15 a.m. the center will present a

Father's Day program with music by Terry Blacker.

- On June 22 at 11:15 a.m. a presentation from Mark Watkins from Hot Shots is planned.

- June 29 from 10 a.m. to 11:15 a.m. we will be having an "Edible Weeds" workshop open to the public with Jerry Knutson from the University of Maryland.

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

On June 14 there will be a county wide trip to the Flight 93 memorial in Shanksville, Pa. If you want to attend the event there will be a bus leaving Oakland at 9 a.m. and from Grantsville Senior Center at 10 a.m. The cost is \$10 per person; remember to bring money for lunch. All senior centers will be closed June 21st for the Fitness Fair happening at Broadford Park from 10 a.m. until 2 p.m. Admission is free.

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. until 3 p.m. An exercise program is offered at 10:30 a.m. on Mondays, Wednesdays and Fridays. 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 dime a card, winner takes all. On Wednesday bingo is played from 9 to 10 a.m. and there is no charge but 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 scheduled for the month of June include:

- June 7 at 11:15 a.m. Lisa Malone will present a "Jazzer-

cise Lo&Lite" class.

- On June 28 at 11:15 a.m., Lisa Ratcliff will give a presentation on the Wisp.

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

The Flowery Vale Senior Fitness Center in Accident is now open five days a week with the following schedule. On Mondays the gym will be open from 4 until 6 p.m. 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 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 many more. All activities are geared toward the health of our aging population. There are also monthly social activ-

ities, events and excursions for our 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 includes all equipment, classes, events and excursions. We also offer family discounts, such as \$30/month for two people from an immediate family. Annual memberships are available

for \$200.

If you would like more information, stop by 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. Tai-Ji Quan is offered on Wednesdays at 10 a.m. Lunch is available on Mondays and Wednesdays with bingo following.