

Garrett County seniors events for November

FOR THE WEEKENDER

GRANTSVILLE — Events for November 2015 at Grantsville Senior Center, 125 Durst Court, Grantsville, open Tuesday, Wednesday, and Thursday from 8:30 a.m. to 4 p.m. Lunch is at noon with reservation.

The Exercise Room opens to seniors from 9 a.m. to 3 p.m.. We have a group of quilters, who always have a quilt in the frame and would welcome new quilters. This is at 9 a.m. to 2 p.m. with a break

for lunch. Wednesdays we have Dulcimers, etc. 9:30 to 11 a.m. The first Wednesday of the month we have blood pressure screening.

Nov. 5, Cindy Mankamyer will be here from the Health Department to give a presentation at 11:15 am. Nov. 6 and 20 we will host the Ole Time Jam'n from 6-10 p.m. Nov. 11 we will have a short presentation to honor Veteran's Day. Nov. 12, Frank Puhalla will be here from Mid-Atlantic Health Care to talk on Medicare-Senior Care at 11:15.

Lynda Weeks will on site to help with Medicare Part D enrollment on Nov. 9 and 13. Nov. 11 and 18 Dulcimers, Etc. will be practicing from 9-11 am. Nov. 19 we will have a "Being Thankful Roundtable". Nov. 25 will be a Thanksgiving Celebration with music by "Jim'n I", Goldie Pratt and Jim McDonald at 11:15am. Refreshments, cake and ice cream will be served celebrating November birthdays. On Nov. 26 we will be closed to spend time with our families and loved ones for Thanksgiving.

Evening events: Nov. 13 there will be a Veterans Music Show and dinner from 6-9 pm. Music will be Retro Music from the 50's, 60's and 70's by the Durst Brothers Band with special guest Buck Carey. Reservations are needed by Nov. 10 with a cost of \$10 for the dinner and show. \$3 will cover the cost for "show only" starting at 7 pm. Menu for the evening is ham, scalloped potatoes, green beans, coleslaw, roll, pumpkin pie and drinks. Proceeds will go to Meals on Wheels and senior center activities. Contact Dorla Mazer, site manager, to make your reservation or for more information at 301-895-5818.

The Grantsville Senior Center will also be selling soup in the month of Nov. to benefit MOW, call the center at 301-895-5818 for information.

Mary Browning Senior Center at 104 E. Center St. Oakland, is open Monday, Wednesday, and Friday from 8:30 to 4:30. Lunch is served at noon Monday, Wednesday and Friday.

There are many events and activities planned for the month of November. The exercise room is open from 9 a.m. to 3 p.m. We have an exercise program at 10:30 every Monday, Wednesday and Friday. Tai Chi classes are offered Mondays and Friday at 11. There is bingo on Monday and Friday from 9-11:45 for a dime a card, winner take all. Wednesday bingo played from 9-10 there is no charge but you could win a gift. Every Friday afternoon from 1-4 the Old Time Jammer's play bluegrass, gospel and a wonderful mix of older music.

We have a variety of speakers scheduled on Wednesdays at 11 for the month of November. The Dove Center will present a program on Wednesday Nov. 4. On Wednesday Nov. 11 seniors will take a trip to the Gar-

rett County Train Station. On Wednesday Nov. 18 Burdock-Fredlock Funeral Home will present a program on Pre-Arranged Funeral Plans. On Wednesday Nov. 25 Heart for Animals will present a program and we will be having our Thanksgiving party.

The Mary Browning Center in Oakland will be having Soup Sales throughout the month of November at the cost of \$6 per quart. On Nov. 6 Vegetable / Beef will be sold. On Nov. 13 Ham and Bean is on the menu. On Nov. 20 try some of our delicious Chili and on Nov. 27 Potato soup will be sold. For more information or to pre order call 301-334-9431 ext.6131.

The Mary Browning Senior Center will also be having a Thanksgiving pie sale on Wednesday Nov. 25. They will be selling Pumpkin Pie, Apple Pie, Coconut Cream Pie, Lemon Pie, and Butterscotch Pie and also Pumpkin Rolls. The cost for the pies and pumpkin rolls is \$10.00 and must be pre-ordered by Monday, Nov. 23 by calling 301-334-9431 ext. 6131 or 6134.

County-wide fitness and social activities available to seniors though out Garrett County in November.

Seniors looking for focused

fitness activities can find just that at Flowery Vale Fitness Center in Accident.

The fitness center is open Tuesdays and Thursday at 9. Yoga classes are offered on Tuesday and Thursday mornings at 9:15. Line Dancing will be offered on Tuesdays at 10:30 for the month of Nov. at the center. Get a good cardio work out while learning how to line dance. There is an array of fitness equipment available and a fitness aid to help develop a fitness circuit. Monthly social actives are held by members. Come on out and see what the Flowery Vale Fitness center has to offer in senior fitness.

Senior Aerobics/Keep Fit Exercise classes are offered on Monday, Wednesday and Friday at 9 am at the Friendsville Senior Center. Stay and enjoy lunch on Monday and Wednesday.

Programs are in support of Garrett County Community Action Committee, Inc.'s (GCCAC) strategy to create an environment where Garrett County residents that are physical, emotionally or mentally unable to earn an adequate income (including seniors) have shelter, food, access to healthcare and support/advice on life skills.