

**HRDC Westernport Senior Center**  
33 Main Street  
Westernport, MD 21562  
301-359-9930  
Center Manager: Ashlee Lane  
Center Aide: Cathie Lee  
PT Center Aide: Dot Butler  
Driver: Jerry Kennedy  
**February 2019 Calendar of Events**

**Ongoing Activities:**

**Daily:**

8:30 am - Treadmill Elliptical Bike

12:00pm Lunch Served

**Mondays:**

10:30 am- Brain Games & Coloring Club

1:00 pm- Wii Fun & Games

5:00 pm - Computer Classes (must pre-register)

6:00 pm - Evening Walking Club Creek Side Park

**Tuesdays:**

11:00 am – Chair Exercises w/

11:00am- Free Blood Pressure Screening/Judy Stewart

1:00 pm - Tole Painting w/ Cindy Inman

**Wednesdays:**

10:30 am- Brain Games & Coloring Club

10:30 am / 1:00pm– Pokeno

**Thursdays:**

10:30 am- Swim Aerobics

1:00 pm- Wii Fun & Games

**Fridays:**

9:00 am Chair Exercise/

10:30 am / 1:00 pm - Penny Bingo w/ JoAnn Johnson

**Special Activities:**

February 1, 2019: National Wear Red Day

February 4, 2019: 1:00 pm Self-Defense Class with Pastor Klink

February 5, 2019: 10:30 am Judy Stewart, RN- Free Blood Pressure Screenings, TRIP: 4:00pm Chat-N-Chew

February 7, 2019: SPEAKER: 11:00am Barth Frankenberg Insurance Q&A

February 11, 2019: 1:00pm Self-Defense Class with Pastor Klink

February 12, 2019: TRIP: 4:00pm Cracker-barrel (3:00pm meet @WSC)

February 13, 2019: SPEAKER: 11:00am John Deniker-Piney Valley

February 14, 2019- Valentine's Day

February 18, 2019: 1:00pm Self-Defense Class with Pastor Klink

February 19, 2019: SPEAKER: 11:00am Mayor & Town Commissioners Q&A, TRIP: 4:00pm Castiglia's (3:15)

February 20, 2019- Easy Recipe Food Demo

February 25, 2019: 1:00pm Self-Defense with Pastor John Klink

February 26, 2019: ACTIVITY: 4:00pm Pot Luck (Be My Valentine Theme)

February 27, 2019:

BRAIN GAME: President's Day Word Search

COLORING: Life is Sweet

Cumberland Senior Center  
125 Virginia Ave  
Cumberland, MD 21502  
301-783-1722  
Center Manager-Rhonda Hardman  
Full Time Aide-Tara Hausmen  
Pt. Time Aide-Barbara Gladam

## February 2019-Calendar of Events

### Ongoing Activities:

#### Mondays:

8:00 am-4:00 pm Fitness Center Open  
8:00 am-4:00 pm Pool Table  
9:00 am FREE Blood Pressure Checks  
9:30 am Penny Bingo

#### Tuesdays:

8:00 am-4:00 pm Fitness Center Open  
8:00 am-4:00 pm Pool Table  
9:30 am Tole Painting (Dining Hall)

#### Wednesdays:

8:00 am-4:00 pm Fitness Center Open  
8:00 am-4:00 pm Pool Table  
9:00 am Quilting Club (Activities Room)  
9:00 am Wii Fun & Games

#### Thursdays:

8:00 am-4:00 pm Fitness Center Open  
8:00 am-4:00 pm Pool Table  
9:30 am Penny Bingo  
7:00 pm Bridge Club

#### Fridays:

8:00 am-4:00 pm Fitness Center Open  
8:00 am-4:00 pm Pool Table  
9:00 am Wii Fun & Games  
10:00-11:00 Line Dancing (Activities Room)

### Special Activities:

Feb. 1, 2019- 9:30-11:00 Bingo 4 Prizes

Feb. 4, 2019-10:00am-Cane Fu

Feb. 6, 2019-9:30-11:00am Penny Bingo, GUEST SPEAKER: Lisa Moran-Women's Heart Health

Feb. 7, 2019- 10:30am Garden Club Activity, 3:30pm Dinner Trip to Cracker Barrel

Feb. 8, 2019- 9:30-10:45am Valentine's Day Craft

Feb. 11, 2019-10:00am Cane Fu

Feb, 13, 2019-9:30-10:30am-Lets plaaaaaaay Jeopardy, GUEST SPEAKER-Evie Hardman-Restaurant Etiquette

Feb. 14, 2019- VALENTINES DAY LUNCH

Feb. 15, 2019-9:30-10:45am Bingo 4 Prizes-you bring the prizes

Feb. 18, 2019-10:00am Cane Fu

Feb. 19, 2019- GUEST SPEAKER-Bucky Hardman-Emergency Protocol

Feb 20, 2019-9:30-11:00am Wheel of Fortune Game

Feb 21 2019: 2:30-4:30pm Special Bingo 4 Prizes-small fee applies

Feb. 22, 2019: 9:30-10:45am-Think Spring Craft Project

Feb. 25, 2019- 10:00am Cane Fu

Feb 26, 2019-11:00am-Cooking with Rhonda-St Patrick's Day Pasta

Feb. 27, 2019: 9:30-11:00am-Penny Bingo, GUEST SPEAKER-Sherriff Robertson

Feb 28, 2019-3:30 pm-Dinner Trip-Chat n Chew

### **HRDC Georges Creek Senior Center**

7 West Hanekamp Street

Lonaconing, MD 21539

301-463-6215

Center Manager-Jeanne Jones

Center Aide-Frances Wilson  
Aide-Janet Nicol  
Aide/Driver-Tammy Kady  
Driver-Donald Beeman

## February 2019-Calendar of Events

### Ongoing Activities:

#### **Mondays:**

8:00 am-4:00 pm Fitness Center Open  
10:30 am- Card Club  
1:00 pm- **Tole Painting** w/ Cindy Inman

#### **Tuesdays:**

8:00 am-4:00 pm Fitness Center Open  
9:00 am- Chair Exercises w/Carrie Wolford  
9:30 am- Card Club  
9:30 am- **Quilting** w/Wink  
10:00 am- Bowling Club Frostburg  
10:00 am- Blood Pressures  
12:45 pm- Bingo

#### **Wednesdays:**

8:00 am-4:00 pm Fitness Center Open  
10:30 am- Card Club  
11:00 am- Wii Fun & Games

#### **Thursdays:**

8:00 am-4:00 pm Fitness Center Open  
9:00 am- Chair Exercises w/ Carrie Wolford  
9:30 am- **Quilting** w/ Wink  
10:30 am- Card Club  
12:45 pm- Bingo

#### **Fridays:**

8:00 am-4:00 pm Treadmill & Bike Exercises  
10:30 am Card Club  
11:00 am Wii Fun & Games

### Special Activities:

February 1, 2019- 1:00pm Super Bowl Party  
February 2, 2019- 9:00am Breakfast Club Chat N Chew  
February 4, 2019-11:00 am Speaker Jeanne Jones Heart Attacks, 11:30am Speaker Rev. Klink Cane Fu  
February 5, 2019-4:00pm Senior Center Dinner Chicken, 6:00pm-9:00pm HRDC Tax Program, 7:00pm Barton Ladies Auxiliary Outreach  
February 6, 2019- 11:00am Speaker Christine "Nicky" Mongold OHEP  
February 7, 2019-10:00am DSMP Class Diabetes Self-Management Program  
February 11, 2019- Speaker Rev. Klink Cane Fu  
February 12, 2019- 9:30am HRDC Susan K Westfall Head Start Story Time w/Wink Stevenson, 11:00am Speaker Chelle Broadwater "A Healthy Heart", 6:00pm HRDC Tax Program  
February 14, 2019- 10:00am DSMP Class at GCSC, 1:00pmValentine's Party-Wear Red & Pink, 4:00pm Trip Out to Dinner- Lindy's Restaurant  
February 15, 2019- 1:30pm Outreach Lana Lu & Frostburg Heights Apartments  
February 16, 2019- 10:00am-2:00pm HRDC Tax Program  
February 18, 2019- 10:30am Cooking Demo w/Frances Broccoli Salad, 11:30am Speaker Rev. Klink Cane Fu  
February 19, 2019- 6:00pm HRDC Tax Program, 7:00pm Barton Auxiliary Outreach  
February 21, 2019- 5:00pm Sr. Club & Ctr. Dinner, 5:45pm Senior Retirement Club Meeting  
February 25, 2019- 10:30am Hand & Wax Therapy w/Janet, 11:30am Speaker Rev Klink Cane Fu  
February 26, 2019- 11:00am Speaker Linda Green RN Heart Health, 6:00pm HRDC Tax Program  
February 27, 2019- 9:30am Trip Wayne's Meat Market  
February 28, 2019-10:00am Speaker Barth Frankenberry Medigap, 1:00pm Birthday Celebration-50/50 Drawing

**HRDC Frostburg Senior Center**

27 S. Water Street

Frostburg, MD 21532

Phone 301-689-5510

Center Manager: Joy Shade

Center Aide: Gloria Whitehead

PT Center Aide: Jackie Kirby

**February 2019 Calendar of Events**

**Ongoing Activities:**

**Mondays:**

10:00 am - Tole Painting

**Tuesdays:**

10:30 am – Balance and Relaxation Class

11:15 am – Chair Exercise

7:00 pm - Table Tennis

**Wednesdays:**

10:30 am - Coffee Club

10:30 am to 3:00 pm – Cover up Girls Quilting Class (novice & experienced quilters welcome!)

5:00 to 7:00 pm - Table Tennis

**Thursdays:**

10:30 am - Balance and Relaxation Class

11:15 am – Chair Exercise

1:00 pm - Frostburg Senior Card Club

7:00 pm - Table Tennis

**Fridays:**

10:00 am - Senior Swing Class

11:00 am to 3:00 pm – Cover Up Girls Quilting Class (novice & experience quilters welcome!)

**Special Activities**

February 1, 2019 – Souper Bowl – bring a can of soup for the Frostburg Food Pantry

February 5, 2019 – 11am Speaker Barth Frankenberry

February 6, 2019 – 11am Wii Bowling

February 7, 2019 - 11am Blood pressure w/Joy

February 8, 2019 - 11am Craft with Jackie

February 9, 2019 - 9am Breakfast Club at Cracker Barrel

February 11, 2019 – 11am Food Demo

February 12, 2019 - 11am Speaker Attorney Chris Logsdon will be here

February 13, 2019 - 4pm Dinner Club at Chic-Fil-A in LaVale

February 14, 2019 – Valentine Party w/lunch & door prize

February 19, 2019 - 1pm Head Start Craft

February 20, 2019 – 11am Sheriff Robertson

February 21, 2019 - In Case of Fire, Remember RACE

February 22, 2019 – 1pm. Watching the 1943 Oscar winner “Casablanca” with popcorn

February 23, 2019 - 9 am Trip to Hagerstown (weather permitting)

February 26, 2019 - 4pm Meet and Eat at Princess Restaurant

February 27, 2019 - 11am Bridge Kids Craft

February 28, 2019 - 12:30pm Birthday party