

South Carroll Senior Center

May

Activity Schedule

5928 MINERAL HILL RD  
SYKESVILLE, MD 21784  
410-386-3700

SOUTHCARROLLSC@  
CARROLLCOUNTYMD.GOV

MONDAY-FRIDAY  
8:00AM-4:00PM

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Mission Statement

The Carroll county Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs and assistance to promote choice, dignity and independence for older adults, adults with disabilities, veterans and those who care.



NO  
PICKLEBALL  
and

WALKING IN THE GYM  
May 1st- May 15th

DUE TO  
EARLY VOTING  
and  
ELECTION DAY



CARROLL COUNTY  
SENIOR CENTERS  
WILL BE

**CLOSED**  
**MONDAY**  
**MAY 27TH**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



## Aging and Disabilities Services

<https://www.carrollcountymd.gov/aging-and-disabilities>

**Click on the services listed below to find out more information.**

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare

# 2024 SITE COUNCIL ELECTION

**May 20th- May 24th**

Pick up ballots at Front Desk







*Everyone is welcome!*

# **Veterans 3rd Annual Celebration of Carroll County**

**Sunday \* May 5, 2024  
Noon - 4:00 pm**

*Come enjoy, something for everyone!*

- ★ Children's Activities
- ★ Veterans Memorabilia Exhibit
- ★ Great Food
- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display
- ★ **Veterans Organizations on Site!** ★



**Enjoy the camaraderie of other Veterans and Active Military!**

**Welcome Ceremony at 1:00 with a special recognition gathering to follow for those who served during the Iraqi Conflict era circa 1991-2011.**

[www.carrollcountymd.gov/veteranscelebration](http://www.carrollcountymd.gov/veteranscelebration)

**Free Admission & Free Parking**

**Carroll County Farm Museum  
500 South Center St., Westminster MD**

Hosted by Carroll County Government and the Veterans Advisory Council

For venue-related inquiries, call 410-386-3880. For Veteran-related inquiries, call 410-386-3800.





# FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age. No businesses please.

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.

For more information contact:

Kristen Harvey  
Carroll County Bureau of Aging & Disabilities  
[kharvey@carrollcountymd.gov](mailto:kharvey@carrollcountymd.gov)  
410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

*When it is your turn, please stay in your vehicle and we will do the rest!*

The Sheriff's Office is collecting medications only.

For safety reasons,  
**NO MEDICAL WASTE**

**NO SHARPS**  
**NO NEEDLES**

## Mt Airy

### Senior & Community Center

703 Ridge Ave, Mt Airy, MD  
21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

## Taneytown

### Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD  
21787

410-386-2700

Thursday, May 16th

9AM to 11AM

## South Carroll

### Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD  
21784

410-386-3700

Monday, May 20th

9AM to 11AM

## North Carroll

### Senior & Community Center

2328 Hanover Pike, Hampstead, MD  
21074

410-386-3900

Friday, May 24th

9AM to 11AM

## Westminster

### Senior & Community Center

125 Stoner Ave, Westminster, MD  
21157

410-386-3850

Friday, May 31st

9AM to 11AM



Carroll County  
Health Department



Public Health  
Prevent. Promote. Protect.

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# DO YOU HAVE INSURANCE QUESTIONS? **THE MIA CAN HELP!**



## THE MARYLAND INSURANCE ADMINISTRATION (MIA) IS THE STATE AGENCY THAT CAN HELP YOU:

- Better understand your policies
- Address your insurance questions and concerns
- Help you compare rates for home and auto insurance



The MIA staff will be available, in-person, to answer your insurance related questions.

### ***MIA is heading to Carroll County in June!***

Tuesday, June 4, 2024, 10 AM - 1 PM

Mt. Airy Senior Center: 703 Ridge Ave., Mt Airy, MD 21771

Tuesday, June 11, 2024, 10 AM - 1 PM

South Carroll Senior Center: 5928 Mineral Hill Rd., Eldersburg, MD 21784

Thursday, June 13, 2024, 10 AM - 1 PM

Taneytown Senior Center: 220 Roberts Mill Rd., Taneytown, MD 21787

Tuesday, June 18, 2024, 10 AM - 1 PM

Westminster Senior Center: 125 Stoner Ave., Westminster, MD 21157

Thursday, June 20, 2024, 10 AM - 1 PM

North Carroll Senior Center: 2328 Hanover Pike, Hampstead, MD 21074

800-492-6116 Toll-free

insurance.maryland.gov





**HARRIET TUBMAN  
UNDERGROUND RAILROAD MUSEUM  
AND  
ALL-U-CAN-EAT CRAB FEAST**



**June 20, 2024**

**Cost: \$115.00**  
Bus departs SCSC at 8:00am



**Sign up starts April 1st**

**Sign up at the front desk Monday-Friday 9:00am-3:00pm**

We begin our adventure on Maryland's Eastern Shore at The *Harriet Tubman Underground Railroad Visitor Center*. The visitor center will immerse you in Tubman's world through informative, powerful and thought-provoking multimedia exhibits. Learn about how Harriet Tubman grew up in slavery, lived, worked and worshipped in places near the visitor center and risked her life to help others escape to freedom.

We will conclude our day with a *2-hour all -u-can-eat crab feast at Suicide Bridge Restaurant*. Enjoy plenty of crabs, fried chicken, crab soup, clam strips, corn-on-the-cob, coleslaw, dessert, cool drinks and coffee.

On the return home will be making a stop at an *Eastern Shore Market*.

**No refunds after 30 days prior to trip unless we sell your seat.**

**Includes: Motor Coach, all- you-can-eat, taxes and drivers tips.**

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# Jim Thorpe By Land & Rail

**October 23, 2024**

**\$159.00**

**Bus departs SCSC at 7:30 a.m.**

**Sign up starts June 27th**

**Sign up at the front desk Monday-Friday 9:00am-3:00pm**

**Last Day to Sign up August 8th**

Travel to the quaint Victorian town of Jim Thorpe, Pennsylvania nestled in the breathtaking Leigh River Gorge. Enjoy a day of adventure and exploration in the charming town and experience the beauty of the Pocono Mountains. We will begin our day with a delicious buffet lunch at Macaluso's Restaurant. Following lunch we will meet our driver/guide and climb aboard the nostalgic Jim Thorpe Trolley for a narrated tour highlighting the history of the area. The trolley tour showcases the Jim Thorpe Memorial, the Lehigh Gorge State Park, up Broadway past all the shops, restaurants, museums and historic buildings downtown on to Mauch Chuck Lake before returning to the Visitors Center. Next enjoy some leisure time exploring the town's shops. We will conclude our time on a 45 minute excursion on board the Lehigh Gorge Scenic Railway. The narrated round trip follows the Lehigh River over bridges surrounded by high-rising cliffs, mountain scenery and wildlife along the forested route to Old Penn Haven. A rest stop will be made en route and a fast food stop on the return trip home.

**Includes: Motor Coach, Admission, Lunch & Driver Tip**

**No refunds after 30 days prior to trip unless we sell you seat. Payment due at time of sign up**

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# ACAI BOWLS by the LYFE ACAI FOOD TRUCK

THURSDAY  
MAY 16TH  
11:00 - 2:00

**SIGN UP AT  
THE FRONT  
DESK BY  
THURSDAY  
MAY 9TH**

You will need  
to fill out  
an additional  
nutrition form  
for this event

# May Lunch Menu

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Reservation Required  
by posted sign up date.**

To reserve a lunch fill out a menu with your name and clearly mark the lunches you want. Turn the menu in at the front desk.

Cost of lunch for center members 60+ is a donation up to \$6.09 (full cost of meal).

Per grant requirements, those under 60 must pay the full price of \$6.09.

Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.09.

1  
Multi-Bean Soup  
Curried Chicken Salad  
Baby Spinach Bed  
Grape Tomatoes  
WG Wheat Bread  
Mandarin Oranges

Sign up due by  
10:00am 4/26

2  
Meatloaf  
w/Mushroom Gravy  
Garlic Mashed  
Potatoes  
Peas & Pearl Onions  
Cinnamon Apples  
WG Wheat Bread  
Fruited Yogurt

Sign up due by  
10:00am 4/29

3 **HOT DOG**



**Hot Dog**

**With All The Fixings**

Cole Slaw Baked Beans  
Diced Peas Potato Chips

Sign up due by  
10:00am 4/25

6 **SPECIAL**  
Roast Stuffed Chicken  
(Skin-on Chicken Breast Stuffed w/  
Bread Dressing w/White Wine Sauce)  
White & Wild Rice Blend  
Roasted Root Vegetable  
Medley  
Pound Cake

Sign up due by  
10:00am 4/26

7  
Ground Beef  
Stroganoff  
WG Butter Noodles  
WG Wheat Bread  
Creamy Cucumber Salad  
Mandarin Oranges

Sign up due by  
10:00am 5/2

8  
Roast Pork Loin  
w/Sweet Onion Gravy  
Peas & Mushrooms  
Garlic Mashed  
Potatoes  
WG Wheat Bread  
Fruit Cocktail

Sign up due by  
10:00am 5/3

9  
Honey BBQ Beef Rib  
Patty  
Fresh Cole Slaw  
WG Sandwich Roll  
Fiesta Black Beans  
Fruited Yogurt

Sign up due by  
10:00am 5/6

10 **SPECIAL**  
Roast Beef Eye Round  
Red Potato Chunks  
Gravy  
Harvard Beets  
Tossed Salad  
Ranch Dressing  
Roll  
Fresh Melon  
Cherry Pie w/  
Whipped Topping

Sign up due by  
10:00am 5/2

13  
Open Faced Turkey  
Sandwich w/Gravy  
Mashed Potatoes  
Dilled Carrots  
WG Wheat Bread  
Fruit Cocktail

Sign up due by  
10:00am 5/8

14 **SPECIAL**  
Beef Steak w/Red Wine  
Demi-Glaze  
Garlic Mashed Potatoes  
Grilled Corn & Sweet  
Pepper Medley  
WG Wheat Dinner Roll  
Confetti Cake Cookie

Sign up due by  
10:00am 5/6

15  
Cream of Broccoli Soup  
BBQ Chicken Sandwich  
WG Hamburger Roll  
Fresh Red Cabbage Slaw  
Apricot Halves

Sign up due by  
10:00am 5/10

16 **FOOD TRUCK**  
**Lyfe Acai  
Food Truck**  
  
**Acai Bowls &  
Frosty Lemonade  
Swirl**

Sign up with Brad by  
10:00am 5/8

17  
Roast Chicken  
w/Creamy Artichoke  
Sauce  
Yellow Rice Pilaf  
Seasoned Green  
Beans  
WG Wheat Bread  
Cinnamon Apple  
Slices

Sign up due by  
10:00am 5/14

20 **SPECIAL**  
Stuffed Green Pepper  
(Pepper Stuffed w/Beef, Rice & Tomatoes  
w/Marinara Sauce)  
Diced Beets  
WG Wheat Bread  
Crumb Cake

Sign up due by  
10:00am 5/10

21  
Pot Roast of Beef  
w/Burgundy Gravy  
Roasted Potatoes  
Seasoned Greens  
WG Wheat Bread  
Mandarin Oranges

Sign up due by  
10:00am 5/16

22  
Chicken Cacciatore  
WG Brown Rice  
Buttered Carrots  
WG Wheat Bread  
Green Pea &  
Red Pepper Salad

Sign up due by  
10:00am 5/17

23 **MEMORIAL DAY  
SPECIAL**  
★ Hamburger ★  
Sliced Cheese  
Lettuce/Tomato/Onion  
★ Baked Beans ★  
Sandwich Roll  
Cole Slaw  
★ Cut Fresh Fruit ★

Sign up due by  
10:00am 5/15

24  
Tomato Multi-Bean  
Soup  
Tuna Salad  
Sandwich  
Lettuce & Tomato  
Copper Pennies  
WG Wheat Bread  
Hot Cinnamon Apples  
Fruited Yogurt

Sign up due by  
10:00am 5/21

**27 CENTER CLOSED**



28  
Meatball & Cheese Sub  
WG Italian Roll  
Seasoned Green Beans  
Mandarin Oranges

Sign up due by  
10:00am 5/22

29 **SPECIAL**  
Older Americans Day  
See Flyer Once  
Announced

Sign up due by  
10:00am 5/20

30 **SPECIAL**  
Pulled Pork BBQ  
Cut Sweet Potatoes  
Creamy Cole Slaw  
WG Wheat Sandwich Roll  
Cherry Crisp

Sign up due by  
10:00am 5/21

31  
Roast Pork Loin  
w/Gravy  
German Cucumber  
Salad  
Seasoned Kale  
Garlic Mashed Potatoes  
WG Wheat Dinner Roll  
Sliced Apple Snack Pack  
Fruited Yogurt

Sign up due by  
10:00am 5/28



# **FITNESS AND EXERCISE DISCLAIMER**



**Important  
Notice**

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

## **Reminders:**

\*Payments for classes will be collected by staff on the first day of the new session please do not participate in class before paying.

\*Sign in for class on the computer at the front desk and on the paper sheet provided by the instructor weekly.

\*Make sure you have on the correct shoes before you participate in class.

\*Sanitize any pieces of equipment you have used during class and return to the correct area in closet.



**NOTE:** In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See Center Manager for details.

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# Daily Activities

## MONDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am <b>Cancelled</b> <b>May 1st– May 15th</b>	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm <b>Closed– 12:30pm—3:45pm</b>	Ongoing	None
Computer Lab	8:00 am—3:45 pm	Ongoing	None at this time
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Pickleball	<b>Cancelled</b> <b>May 1st– May 15th</b> <b>Beginners/Intermediate</b> 9:30 am - 12:30 pm <b>Advanced</b> 12:30 pm - 3:45 pm	Ongoing	<b>\$20.00 yearly</b> <b>PAY AT</b> <b>FRONT DESK</b>
Seated Yoga	9:30 am - 10:15am	Session Started April 8th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Quilting Club	10:00 am - 12:00 pm	Ongoing	None
Zumba Gold (Seated or standing)	10:30 am - 11:15 am	Session Started April 8th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Age Well Aerobics	11:30 am - 12:30 pm	Session Started April 8th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pillow Case Dress Workshop <small>(community service project)</small>	12:00 pm– 3:45 pm	Next Meeting May 13th	None
Bridge	12:00 pm - 3:45 pm	Ongoing	None
<b>Circuit Training</b>	<b>1:00pm– 3:30pm</b> <b>(30 minute sessions)</b>	<b>ongoing</b>	<b>None</b>



# Daily Activities

## TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am <b>Cancelled May 1st- May 15th</b>	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 pm - 3:45 pm	Ongoing	None
Ping Pong	8:00 am- 3:45pm	Ongoing	None
Pickleball	<b>Cancelled May 1st- May 15th</b> Advanced 9:30 am - 12:30 pm Beginners/ Intermediate 12:30 pm - 3:45 pm	Ongoing	<b>\$20.00 yearly PAY AT FRONT DESK</b>
Ceramics	9:00 am - 11:45 am	Ongoing	\$ per item and \$2.00 activity fee
Arthritis Exercise	9:15 am - 10:15 am	Session Started April 2nd	<b>Cost: \$10.00 10-12 weeks</b>
Beginner/ Intermediate Mahjongg	9:30am - 11:30am	Ongoing	None
Penny Bingo	9:30 am - 11:30am	Ongoing	Penny
Learn How To Play Pitch	9:30 am—12:00pm	Ongoing	None
Senior Fun and Fitness	10:30 am - 11:30 am	Session Started April 2nd	<b>Cost: \$25.00 10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 pm- 12:30 pm	<b>May 7th</b>	None
Scrapbooking	12:30 pm-3:00pm	Ongoing	None
Drop in Painting	9:00 pm - 3:00 pm	Ongoing	None
Mahjongg	12:00 pm - 3:45 pm	Ongoing	None

# Daily Activities

## WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am <b>Cancelled</b> <b>May 1st– May 15th</b>	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Pickleball	<b>Cancelled</b> <b>May 1st– May 15th</b> Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	<b>\$20.00 yearly</b> <b>PAY AT FRONT</b> <b>DESK</b>
Seated Yoga	9:30 am - 10:15 am	Session Started April 10th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Drop In Crafts	10:00 am - 12:00 pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started April 10th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Line Dancing	12:00 pm– 1:00 pm	Session Starts May 1st	<b>Cost: \$35.00</b> <b>10-12 weeks</b>
Art Class	1:00 pm– 3:00 pm	Session Started April 3rd	<b>Cost: \$35.00</b> <b>10-12 weeks</b>



# Daily Activities

## THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am <b>Cancelled</b> <b>May 1st- May 15th</b>	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am- 3:45pm	Ongoing	None
Pickleball	<b>Cancelled</b> <b>May 1st- May 15th</b> <b>Advanced</b> 9:30 am - 12:30 pm <b>Beginners/Intermediate</b> 12:30 pm- 3:45 pm	Ongoing	<b>\$20.00 yearly</b> <b>PAY AT</b> <b>FRONT DESK</b>
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Ceramics	9:00 am - 11:30 am	Ongoing	Cost per item and \$2.00 activity fee
Arthritis Exercise	9:15 am – 10:00 am	Session Started April 4th	<b>Cost: \$10.00</b> <b>10-12 weeks</b>
Canasta Beginners & Experienced	9:30 am- 12:30 pm	On going	None
Information and Assistance	1st Thursday of the Month 10:00 am- 11:00 am	Call 410-386-3800 to schedule an appointment	None
(Yoga) Wellness thru Movement	11:00 pm - 12:00 pm	Session Started April 4th	<b>Cost: \$35.00</b> <b>10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art (Craft Class)	1:00 pm - 3:00 pm	Session Started April 4th	<b>Cost: \$35.00</b> <b>10-12 weeks</b>

# Daily Activities

## FRIDAY

Program	Time		Cost
Walk the Gym	<b>Cancelled</b> <b>May 1st– May 15th</b> 8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Pickleball	<b>Cancelled</b> <b>May 1st– May 15th</b> <b>Beginners/Intermediate</b> 9:30 am - 12:00 pm <b>Advanced</b> 12:00 pm - 3:45pm	Ongoing	<b>\$20.00 yearly</b> <b>PAY AT</b> <b>FRONT DESK</b>
Penny Bingo	9:30 am - 11:30 am	Ongoing	Penny
Mahjonn	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Session Started April 5th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Session Started April 5th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45pm	Ongoing	None
Dominos	12:30 pm - 3:45 pm	Ongoing	None