## North Carroll Senior Snippets May 2024

## North Carroll Senior and Community Center Newsletter

2328 Hanover Pike Hampstead, Maryland 21074

Email: Northcarrollsc@ carrollcountymd.gov

Hours: Monday - Friday 8:00 A.M. — 4:00 P.M. Phone: 410.386.3900

Website: www.carrollcountymd.gov/ seniorcenters

> Center Manager: Lori Ash

Center Assistant: Pam Kadel Center Custodian: Sean Uhler

<u>Center Closed</u> <u>May 27th - for</u> Memorial Day Holiday

#### **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 for them.





## Shredding Event & Drug Disposal Friday, May 24

# SILENT

## JUNE 3rd - 7th

Older Americans Month May 29th



## Special Meals



<u>Meatloaf Special –</u> May 22nd – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Juice & Milk. R.S.V.P. by 10 am on May 15th



Mother's Day Special – May 9th – Roast Beef with Gravy, Red potato chucks, Harvard Beets, Tossed Salad, Fruit, Dessert & Milk. R.S.V.P. by 10 am on May 2nd



Potato Day Special – May 14th – Baked Potato, Spinach Salad, Chili Con Carne, Applesauce, Bread, Juice & Milk. R.S.V.P. by 10 am on May 7th



Hot Dog – May 13th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on May 6th



<u>Memorial Day Special –</u> May 23rd – Cheeseburger, Baked Beans, Cole Slaw, & Milk. R.S.V.P. by 10 am on May 16th

## Cold Box Lunch Menus



Our meal caterer, Business Food Solutions, offers cold box lunches daily.

The price is a donation of up to <u>\$6.09 for hot meals and \$6.99 for boxed lunches</u> for seniors age 60 and better. If you are younger than 60, you must pay the full price of <u>\$6.09 for hot meals and \$6.99 for boxed lunches.</u>

If you would prefer to order a cold box lunch, please stop by the kitchen to see your options. Cold lunches are available Monday - Friday. Please let us know 2 days ahead of time before 10 am the same as you would order a regular meal.

Please see Pam in the dining room to sign up for lunches.

## Menu

		· · · · · · · · · · · · · · · · · · ·		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEL	LO avy!	1. Curried Chicken Salad Sandwich Fresh Spinach Salad Multi Bean Soup Fruit/Milk RSVP BY 4/29@ 10 AM	2. Meatloaf w/Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Bread/Juice/ Yogurt RSVP BY 4/30 @ 10 AM	3. BBQ Pork Loin Sandwich Baked Beans Cole Slaw Pineapple Tidbits Juice/Milk RSVP BY 5/1 @ 10 AM
6. Chicken Poppyseed Casserole Wild Rice Blend Green Beans Fruit/Bread/Juice/ Milk RSVP BY 5/2 @ 10 AM	7. Beef Stroganoff Butter Noodles Cucumber Salad Mandarin Oranges Bread/Juice/Milk RSVP BY 5/3 @ 10 AM	8. Roast Pork Loin w/Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread Juice Milk RSVP BY 5/6 @ 10 AM	9. MOTHERS DAY SPECIAL Roast Beef w/Gravy Red Potato Chunks Harvard Beets Tossed Salad Fruit/Milk/Desse rt RSVP BY 5/2 @ 10 AM	10. Chicken Au Vin Brown Rice Pilaf Mixed Vegetables Apple Snack Pack Bread/Juice/Milk RSVP BY 5/8 @ 10 AM
13. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 5/6 @ 10 AM	14. POTATO DAY Chili Con Carne Spinach Salad Applesauce Bread/Juice/Milk RSVP BY 5/7 @ 10 AM	15. BBQ Chicken Sandwich Cream of Broccoli Soup Red Cabbage Slaw Apricot Halves Milk RSVP BY 5/13 @ 10 AM	16. Maple Glazed Ham Slice Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Bread/Juice/Milk RSVP BY 5/14 @ 10 AM	17. Roast Chicken w/Artichoke Sauce Yellow Rice Pilaf Green Beans Cinnamon Apple Slices Bread/Juice/Milk RSVP BY 5/15 @
20. Turkey Cheeseburger Baked Beans Cucumber Salad Juice Milk RSVP BY 5/16 @ 10 AM	Bread Juice Milk	Applesauce Bread Juice	23.MEMORIAL DAY SPECIAL Cheeseburger Baked Beans Cole Slaw Milk RSVP BY 5/16 @ 10 AM	10 AM 24. Tuna Salad Sandwich Tomato & Bean Soup Copper Pennies Salad Hot Cinnamon Apples Yogurt RSVP BY 5/22 @ 10 AM
27. CENTER CLOSED	28. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice Milk RSVP BY 5/24 @ 10 AM	29. Roast Chicken Breast Lemon Rice Pilaf Wax & Green Bean Medley Applesauce Bread/Juice/Milk RSVP BY 5/24 @ 10 AM	30. Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Milk RSVP BY 5/28 @ 10 AM	31. Roast Pork Loin w/Gravy Mashed Potatoes Seasoned Kale Apple Snack Pack Yogurt RSVP BY 5/29 @ 10 AM

#### MEAL PROGRAM

Lunch is served Monday through Friday at 12:00 PM.

Cost of lunch for seniors 60 and older is by donation up to \$5.27.

Those 59 and younger pay the full price of \$5.27.

The meal program is designed so that no senior will be denied a meal because they cannot afford to pay a set cost. Your donations are important to keep our meal program funded.

Increasing costs, budget cuts and declining donations may result in fewer meals offered to our seniors. As always, thank you for your donations!







**Meal Reservation Deadlines** 

The regular daily meals (does not include Special meals) will need to be reserved no later than TWO business days by 10 am in advance of the meal.

Special meals deadlines will be one week prior to the meal date, and are noted on the menu.

To Eat Lunch On:	Reservation Deadline:
Monday	10 am the Thursday before
Tuesday	10 am the Friday before
Wednesday	10 am the Monday before
Thursday	10 am the Tuesday before
Friday	10 am the Friday before
Special Meal	10 am one week before

#### How do I cancel a meal? Why is this necessary?

If you need to cancel a meal, please contact the center or tell a staff person as soon as possible or by 10 am two days prior your reservation (7 days for special meals). We understand there are emergencies & illness that may result in you not being able to cancel your meal.\_For repeated no shows & late cancellations, your name may be temporarily removed from our reservation list.

Why do I need to pay for a meal if I don't cancel at least 2 days ahead of time?

Unsold meals due to late cancellations or no shows must be paid for out of the nutrition budget. Each year, we grow closer to running out of funds due to the cost of unsold meals, lower donations & budget cuts. Let's all do our part to help to cut waste from our nutrition budget. You can help us keep our meal program going so we can provide meals all year.

Please fill out meal surveys & let us know how you liked your meal.

Daily meal survey forms are available in the Dining Room. We will also be doing quarterly surveys that you are encouraged to fill out. We hope to be able to bring you the best meals & services we can with the resources that are available. Thanks for taking your time to do this.



#### MONDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play <u>After</u> league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Woodcarving	9:00 am - 12:00 pm	Ongoing	None
Quilting Bee	9:00 am - 12:00 pm	Ongoing	None
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Started Apr. 1 FULL	\$25.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	No Classes this session	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Tai Chi I (Beginners)	12:00 pm - 1:00 pm	No Classes this session	\$30.00

Any Suggestions? New classes being added! If you would like to suggest a new class please let Lori or Pam know. We are always looking to try new things.



#### TUESDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play <u>After</u> league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Started Apr. 9	\$25.00
Zumba	11:15 am - 12:15	Starting May 7th SHORT SESSIONS 8 Weeks	Donation
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 pm	Ongoing	None



#### WEDNESDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play <u>After</u> league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Started Apr. 3 FULL	\$10.00 Limit 35 people - no exceptions
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started Apr. 3	\$25.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Hand and Foot Card Game	1:00 pm	Ongoing	None

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.

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.



## THURSDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play <u>After</u> league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Pitch Card Game	9:00 am - 1:00 pm	Ongoing	None
Bible Discussion	10:00 am	Ongoing	None
Sing-A-Long Singers	10:00 am - 11:00 am	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	10 - 12 weeks Started Mar. 28	\$25.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started Mar. 21 FULL	\$25.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None



#### FRIDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play <u>After</u> league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Tai Chi Intermediate	8:30 am - 9:30 am	No Classes this session	Donation
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Started Apr. 19	\$25.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started Apr. 12	\$25.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	\$2.50 per person per class

## Upcoming

10

Special Events

Program	Date	Time	Cost
Live Music with Vince	<b>May 21</b> (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	May 14 (2nd Tuesday of the month)	12:30 pm	Free
Travel Buddies	<b>May 13</b> (2nd Monday of the month)	11:00 am	Free
Kim's Music Group Acoustic Jam Class	May 14 & May 28 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Project Linus	<b>May 9</b> (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	<b>May 15</b> <u>(</u> 3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	May 10 & May 22 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	May 8 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	<b>May 9</b> (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	May 28 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	May 22 (4th Wednesday of the month)	10:00 am	Free

#### CARROLL TRANSIT SERVICE Call 410-363-0622



Carroll Transit provides transportation to the senior center Monday through Friday by appointment only.

- Seniors can ride at a reduced rate—\$2.00 one way—to the Senior Centers between the hours of 9 AM—3 PM
- Seniors riding the Carroll Transit buses to/from the Senior Centers should contact Carroll Transit Service to arrange their ride. Please call 410-363-0622.
- Reservations and cancellations are accepted 7:00 AM to 5:00 PM, Monday through Friday. If you do not cancel your ride, you will be charged a \$2.00 no-show fee!
- If the senior needs to cancel their ride during the week to the Senior Center, it is the SENIOR'S responsibility to call Carroll Transit and make the cancellation.
- If you have difficulty reaching Carroll Transit, please contact the Senior Center so we may assist you.

## Carroll Transit Service TICKET SALES

For seniors age 60+ who reside in Carroll County & ride to North Carroll Senior Center we have a limited supply of Carroll Transit Service tickets that we can sell for a donation. Donation books are limited to one (1) book per person while our supply lasts.

> We have an additional supply of tickets that seniors may purchase, up to five (5) \$5.00 books per month.

There is a limited amount of these Carroll Transit tickets each month. They are available to seniors on the first 5 business days of each month. Please see Lori for Carroll Transit Service tickets.

CTS tickets cannot be sold to businesses or agencies.

11

## Look What's Happening!



#### North Carroll Senior Center Site Council Meeting

Everyone is welcome to our next Site Council meetings are on the 4th Tuesday of the month at 10:00 am

This meeting is open to all seniors. Please stop by & see what we are planning and how you can help. Your input and ideas are welcome!



#### Monthly Birthday Celebration on the 2nd Tuesday of every month !!

Everyone is invited to a birthday party. We will be honoring everyone who has a birthday during the month. We will celebrate with a birthday song at 12 pm.

> After lunch, we will serve ice cream and cake. Please join us.



**Project Linus Matinee** meets the 2nd Thursday of the month from 10 am—3 pm.

We welcome anyone who would like to make blankets for Project Linus.



#### Pillowcase Project

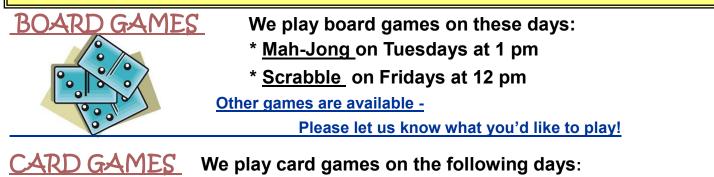
This group meets the **2nd Friday and 4th Wednesday** of the month from 9 am to 2:30 pm. You can also help with cutting and making kits. kits are available for you to make at home.

**TLC (Tender Loving Care Circle) Group** - meets the **3rd Wednesday** of the month from 9 am—2 pm. We make comfort items (blankets, prayer shawls, etc.) for children in hospitals, shelters, and in need.

	<b>Please Sign In EVERY Day you visit</b> Whenever you come to NCSC to: Eat a meal, take a class, use exercise equipment, play pool, take a trip, or participate in any other activity,
A REALIZED A	PLEASE SCAN YOUR SENIOR CENTER CARD AT THE
FRONT	DESK. FORGOT YOUR CARD?? USE YOUR PHONE
	NUMBER!!
Touch t	he blocks for all of the activities you are doing for the day.
	Enter your volunteer hours.
Don't forget to The statistics	touch <b>Done</b> when you have completed your sign-in. we gather are important to justify our continued funding. Thanks!

## NCSC Resources

## come learn, use, play, enjoy



## \*<u>Hearts</u>

\*<u>Hearts</u>— Mondays at 10 am \*<u>Pinochle</u>—Tuesdays & Thursdays at 12:30 pm \*<u>Canasta</u>—Mondays at 1 pm \*<u>Pitch</u>— Tuesdays & Thursdays at 10 am \*Bridge — Fridays at 12:30 pm \*Hand & Foot—Wednesdays at 1 pm

\*<u>500 Cards</u> — Thursdays at 11:30 am

## EXERCISE EQUIPMENT ROOM Open Daily

<u>Please</u> make sure that you have clothing and footwear suitable for physical activity. <u>Bring in</u> <u>shoes with clean soles or wipe off your shoes before getting on equipment. Dirt</u> <u>from shoes causes excessive wear and tear especially to the treadmill belts.</u>

We request all <u>users to wipe off machines</u> after each use to prevent the spread of disease.

<u>Monetary donations are welcomed to pay for maintenance and for new ma-</u> <u>chines.</u> Donations of paper towels and hand sanitizer are also welcomed. This room is busiest in the mornings and less crowded after lunch.

## LENDING LIBRARY Open Daily

Materials are checked out on the honor system. **Please return all borrowed books within one month, so that other seniors may enjoy these materials.** Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library. Check the Magazine table in the library for free books in the "Free books" bin

### JIGSAWS PUZZLES Anytime

Put puzzles together in the Card/Game Room, by yourself or with a group. Many puzzles are in progress, all help is appreciated and all are welcome to assist.



#### COMPUTER LAB Open Daily

Several desktop computers, all with Internet access await you . Please bring your own paper if you would like to use the printer.













14



With JENNI COMBS

# Tuesdays 11:15 am Starting May 7th

Zumba is **an interval workout**. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance !



This will be a SHORT SESSION (8 Weeks)



This will be a Donation Class!

## Let's Have Some Fun!



# LIVE MUSIC

#### By: Vincent Vigliotti and Friends

<u>Live</u>

Music has returned to North Carroll Senior Center Join Vince Vigliotti, & friends as they perform on

## May 21st At 1:00 pm

## Come and join us for an hour of live music and fun!

## **Travel Buddies**



# **TRAVEL BUDDIES**

Where people can come together and talk about their travels, where they've been, what they liked, what they didn't like, and talk about future travel trips. Where individuals could meet and get to know each other, become friends and possibly

travel together instead of going alone. Come and join the conversation!

May 13th At 11:00 am (Every 2nd Monday of the month)

#### Travel



## Dutch Apple Dinner Theatre "Jersey Boys" & Buffet Style Lunch Wednesday, Sept. 4, 2024

Travel to Dutch Apple Theatre in Lancaster, PA and spend an afternoon with the cast of "Jersey Boys". A musical about Rock & Roll Hall of Famers—The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the story of how a group of blue-collar boys from the wrong side of the tracks became one of the biggest American pop music sensations of all times. Join us a Dutch Apple Dinner Theatre for this high-spirited, high energy that is guaranteed to make you want to dance in the aisles. This production contains adult themes and strong language and is recommend for adult audiences. Before the show enjoy a delicious buffet lunch.

#### Your Trip will include:

Transportation, buffet lunch, reserved seats for the show, and all taxes and tips including the driver.

Cost: \$123.00 per person

Bus Departs NCSC at 10:00 A.M. Returns at 5:00 P.M.

Payment in full is required at time of sign-up

Cancellations: Refunds are made only if you can find a replacement or your seat is resold.

#### Sign-up date: MONDAY. JUNE 24th.

#### Sign-up cutoff date will be July 25th—NO Exception!

Due to the popularity of our trips, one person may sign up a maximum of 2 people for each trip. All trip participants MUST be registered at a Carroll County Senior & Community Center and fill out an Emergency Contact form. Thank you !

#### Trip Payment & Refunds:

Seats are reserved as payment is made. Refunds will be made only if someone purchases your seat. If there is a stand-by list, we will make every effort to find a replacement for your cancellation. You may purchase trip insurance for overnight trips. When signing up for your trip, please ask for the brochure. Please see the travel table for the rest of our trip policy.

16

#### Travel



American Music Theatre "Joy to the World" & Smorgasbord Lunch at Bird-In-Hand Restaurant Wed., November 20, 2024

Travel to Dutch Apple Theatre in Lancaster, PA and spend an afternoon with the cast of "Joy to the World" a holiday spectacular. The stage transform into a small-town winter carnival brimming with family and friends—featuring scenes filled with entertaining elves, dramatic dancing, sensational singing and grand moments galore. The incredible AMT singers, dancers, and orchestra will perform favorite songs all live on stage. This is an awe-inspiring production filled with brilliant music and dance, phenomenal voices, and light-hearted holiday humor, which make this season's all-new extravaganza a holiday celebration not to be missed.

#### Your Trip will include:

Transportation, smorgasbord lunch, reserved seats for the show, and all taxes and tips including the driver.

Cost: \$115.00 per person

Bus Departs NCSC at 10:45 A.M. Returns at 6:45 P.M.

Payment in full is required at time of sign-up

Cancellations: Refunds are made only if you can find a replacement or your seat is resold.

#### Sign-up date: MONDAY. SEPT. 9th.

#### Sign-up cutoff date will be Oct. 7th—NO Exception!

Due to the popularity of our trips, one person may sign up a maximum of 2 people for each trip. All trip participants MUST be registered at a Carroll County Senior & Community Center and fill out an Emergency Contact form. Thank you !

#### Trip Payment & Refunds:

Seats are reserved as payment is made. Refunds will be made only if someone purchases your seat. If there is a stand-by list, we will make every effort to find a replacement for your cancellation. You may purchase trip insurance for overnight trips. When signing up for your trip, please ask for the brochure. Please see the travel table for the rest of our trip policy.

17



How It Works..... There will be several items to bid on.

Each item has a number on it and a clipboard with a bid sheet with a matching number.

Each item will have a minimum bid amount on the sheet and that's where the bidding will start for that item.

If you are interested in bidding on a item, just write your name on the bid sheet, contact information with your bid amount.

We continue doing this from June 3rd through 7th.

If you are out bid, you can bid again with a higher bid.

Highest bid for each item will WIN!

We will contact each winner on Tuesday June 10th. You would then come to the center to pick up and <u>pay</u> for your item.

## **GOOD LUCK!**

#### <u>Some of the items up for bid are:</u>

Bingo Basket with free play at NCSC, Jewelry, Seats on a Center bus trip, and many more items.

#### All proceeds to benefit the North Carroll Senior Center



#### Special Event

Older Americans Month



# Wednesday, May 29

## SPECIAL MENU: Fried Chicken, Mashed Potatoes, Green Beans, Roll, Fruit & Milk

<u>Suggested Meal Donation</u>. Seniors age 60 & older – Pay up to \$6.09. Eaters under age 60, pay full meal cost of \$6.09.



ACL.gov/OAM

<u>Ice Cream Sundaes</u> served at 12:30 pm. Don't forget to reserve your sundae if you are not eating the meal!

**Reserve your meal by, Wednesday, May 22nd Signup at the front desk table starting May 8th** 

### Mark your Calendars



# Shredding Event & Drug Disposal

**Friday, May 24 9 AM - 11 AM**  When it is your turn, please stay in your vehicle and we will do the rest!

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

Sheriff's Office will be here to collect medications for disposal.

NO NEEDLES - NO SHARPS - NO MEDICAL WASTE





## Mark your Calendars

### Volunteer Recognition



### Thank You Volunteers



Mary Andrews Deborah Armacost Fran Ball Alan Bear **Doris Bear** Michelle Bollinger Linda Bosley Janet Brown Dale Buckingham Pat Cuffley Sara Daniel Norman Duckowitz Sharon Dyas Linda Fischer Joseph Graff Mary Graff Joan Granruth **Donald Grant** 

Nancy Grant **Carole Griffitts Richard Harnish** Margaret Hazlegrove Joyce Heiner Shirley Isaac Ray Kadlubowski Jeanne Kloss Gary Lee Robbin Long **Doris** Malone Sara Jayne Martin Yvette McGee **Dale Mettee** Kim Myers Linda Patterson Ron Patterson Judy Pearman **Dianne Redding** Sharon Rehrer June Renner Linda Ridgley Nancy Schaffer Linda Schubert

Howard Schultze Ann Should Judi Stem Paula Stem **Charlie** Topper John VanSlycke Vince Vigliotti Sandra Walsh Ben Ward Ron Warfield Sharon Warfield Carol Wolfsheimer Jeannette Woodworth Laverne Yates Dawn Zgorski

Thank you for <u>ALL</u> you do to make this center great!



23

## Save The Dates For These Upcoming Special Events

#### MAY:

May 24, 9 am – 11 am, <u>Shred Day & Medication disposal. Drive thru - Stay</u> in your car and we will do the rest.

May 21, 1pm, Live music with Vince and Friends

May 27, Center Closed for Memorial Day Holiday

May 29, Older Americans Day special lunch—Sign up at front table by 10 am on May 22nd

#### JUNE:

June 3 - 7, Silent Auction starts June 3rd and final bids June 7th at 4 PM

June 14, 10am, Sing-A-Long Singers to perform!

June 18, 1pm, Live music with Vince and Friends

June 19, Center Closed for Juneteenth Holiday

June 20, 10am - 1pm, <u>State Health Insurance Information</u> Reps will be here to answer all your questions

June 24, 9 am, <u>Sign up for "Jersey Boys" bus trip.</u>





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 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@ccg.carr.org

#### Ballroom Dance

Ballroom Dance Group -Come and join us for a fabulous time!

Ballroom Dance Instruction Fridays 12:30 pm - 1:30 pm

<u>Ballroom Dance Social</u> Fridays 1:30 pm - 3:30 pm

