

North Carroll Senior Snippets July 2024

North Carroll Senior and Community Center Newsletter

JULY

Farmers Market Coupons Sign Up at NCSC JULY 9th

9 am to 11 am
See page 18 for more info.

2328 Hanover Pike
Hampstead, Maryland 21074

Email:
Northcarrollsc@
carrollcountymd.gov

Hours: Monday - Thursday

8:00 A.M. — 4:00 P.M.

Hours: Friday

8:00 A.M. — 3:00 P.M.

(Activities end at 2:30 PM)

Phone: 410.386.3900

Website:

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

Center Manager:
Lori Ash

Center Assistant:
Pam Kadel

Center Custodian:
Sean Uhler

Center Closed

July 4th & 5th - for
July 4th 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.



Special Meals



Meatloaf Special – July 31st – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Juice & Milk. R.S.V.P. by 10 am on July 24th



4th of July Special – July 3rd – Cheeseburger, Baked Beans, Pepper Slaw, Fruit, Dessert & Milk. R.S.V.P. by 10 am on June 26th



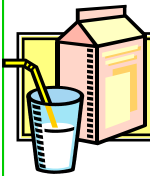
Potato Day Special – July 23rd – Baked Potato, Spinach Salad, Chili Con Carne, Applesauce, Bread, Juice & Milk. R.S.V.P. by 10 am on July 16th



Hot Dog – July 10th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on July 3rd



Italian Sub Special – July 11th – Italian Sub, Potato Salad, Red Cabbage Slaw, Fruit Cocktail & Milk. R.S.V.P. by 10 am on July 3rd



Cold Box Lunch Menus



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

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

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
<p>1. Beef Stroganoff Butter Noodles Cucumber Salad Mandarin Oranges Bread/Juice/Milk RSVP BY 6/27 @ 10 AM</p>	<p>2. Roast Pork Loin w/gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread/Juice/Milk RSVP BY 6/28 @ 10 AM</p>	<p>3. FOURTH OF JULY SPECIAL Cheeseburger Baked Beans Pepper Slaw Fruit/Milk Dessert RSVP BY 6/26 @ 10 AM</p>	<p>4. CENTER CLOSED</p>	<p>5. CENTER CLOSED</p>
<p>8. Salisbury Steak Roasted Potatoes Harvard beets Navy Bean Salad Bread/Juice/Milk RSVP BY 7/3 @ 10 AM</p>	<p>9. BBQ Chicken Sandwich Cream of Broccoli Soup Red Cabbage Slaw Apricot Halves Milk RSVP BY 7/3 @ 10 AM</p>	<p>10. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 7/3 @ 10 AM</p>	<p>11. ITALIAN SUB SPECIAL Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 7/3 @ 10 AM</p>	<p>12. Turkey Cheeseburger Baked Beans Cucumber Salad Juice/Milk RSVP BY 7/10 @ 10 AM</p>
<p>15. Beef Pot Roast Roasted Potatoes Seasoned Greens Mandarin Oranges Bread/Juice/Milk RSVP BY 7/11 @ 10 AM</p>	<p>16. Chicken Cacciatore Brown Rice Buttered Carrots Pea & Red Pepper Salad Bread/Juice/Milk RSVP BY 7/12 @ 10 AM</p>	<p>17. Cheeseburger Broccoli Slaw Tropical Fruit Juice Milk RSVP BY 7/15 @ 10 AM</p>	<p>18. Tuna Salad Sandwich Tomato Multibean Soup Copper Pennies Salad Hot Cinnamon Apples Yogurt RSVP BY 7/16 @ 10 AM</p>	<p>19. Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrots Moroccan Beet Salad Bread/Juice/Milk RSVP BY 7/17 @ 10 AM</p>
<p>22. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice Milk RSVP BY 7/18 @ 10 AM</p>	<p>23. POTATO DAY Chili con Carne Spinach Salad Applesauce Bread/Juice/Milk RSVP BY 7/16 @ 10 AM</p>	<p>24. Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Yogurt RSVP BY 7/22 @ 10 AM</p>	<p>25. Roast Pork Loin w/Gravy Mashed Potatoes Seasoned Kale Cucumber Salad Fruit/Roll/Milk RSVP BY 7/23 @ 10 AM</p>	<p>26. Chicken Fajitas Mexican Rice Diced Peaches Juice/Milk RSVP BY 7/24 @ 10 AM</p>
<p>29. Sliced Corn Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Fruit/Bread/Milk RSVP BY 7/25 @ 10 AM</p>	<p>30. Pasta Bake Greek Cucumber Salad Bread Juice Milk RSVP BY 7/26 @ 10 AM</p>	<p>31. MEATLOAF SPECIAL Mashed Potatoes Sliced Carrots Applesauce Bread/Juice/Milk RSVP BY 7/24 @ 10 AM</p>		

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.

Daily Activities

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
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab 	8:00 am – 4:00 pm	Ongoing	None
Ping Pong	8:00 am - 12:00 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 Starting July 1	\$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.



Daily Activities⁶

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
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Writers Group 	10:00 am - 12:00 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 Starting July 2	\$25.00
 Zumba	11:15 am - 12:15	10 - 12 weeks Starting July 2	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
Kim's Music Group Acoustic Jam Class	July 9 & July 23 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 pm	Ongoing	None

Daily Activities

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
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Coffee & Cars 	9:00 am - 11:00 am	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Starting July 3	Donation Limit 35 people - no exceptions
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started June 26	\$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.

Daily Activities⁸

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
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 Starting June 27	\$25.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Starting June 13	\$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
Ukulele with Vince	July 11 & July 25 (2nd & 4th Thursday of the month)	1:00 pm - 2:30 pm	Free
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities⁹

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
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
Ping Pong 	8:00 am - 12:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Starting July 19	\$25.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Starting July 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 Special Events

Program	Date	Time	Cost
Live Music with Vince	July 16 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	July 9 (2nd Tuesday of the month)	12:30 pm	Free
 Travel Buddies	July 8 (2nd Monday of the month)	11:00 am	Free
Project Linus	July 11 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	July 17 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	July 12 & July 24 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	July 10 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	July 11 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	July 23 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	July 24 (4th Wednesday of the month)	10:00 am	Free

More information can be found on the Center's Activity Bulletin Board
in the main hallway.

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.

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.



Please Sign In EVERY Day you visit

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,

**PLEASE SCAN YOUR SENIOR CENTER CARD AT THE
FRONT DESK. FORGOT YOUR CARD?? USE YOUR PHONE
NUMBER!!**

Touch the blocks for all of the activities you are doing for the day.
Enter your volunteer hours.

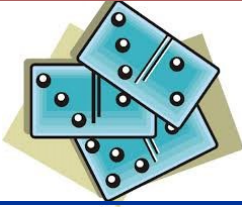
Done

Don't forget to touch **Done** when you have completed your sign-in.
The statistics we gather are important to justify our continued funding. Thanks!

NCSC Resources

come learn, use, play, enjoy

BOARD GAMES



We play board games on these days:

- * Mah-Jong on Tuesdays at 1 pm
- * Scrabble on Fridays at 12 pm

Other games are available -

Please let us know what you'd like to play!

CARD GAMES

We play card games on the following days:



- *Hearts— Mondays at 10:30 am
- *Pinochle—Tuesdays & Thursdays at 10 am
- *Canasta—Mondays at 1 pm
- *Pitch— Tuesdays & Thursdays at 9 am
- *Bridge — Fridays at 12:30 pm
- *Hand & Foot—Wednesdays at 1 pm
- *500 Cards — Thursdays at 11:30 am

EXERCISE EQUIPMENT ROOM Open Daily

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

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

Monetary donations are welcomed to pay for maintenance and for new machines. Donations of paper towels and hand sanitizer are also welcomed. This room is busiest in the mornings and less crowded after lunch.



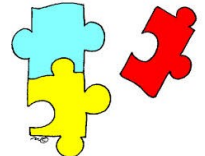
LENDING LIBRARY Open Daily

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.

WIFI—Use CCG_GUEST in your settings to access the Internet



NEW CLASS!!!

TIME FOR
SOMETHING
NEW!

NEW
CLASSES



With JENNI COMBS

Tuesdays 11:15 am

Started July 2nd

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 !

ZUMBA

This is a donation class!
Make a donation and take the
class.

IT'S BACK

What do you have to lose!!

Let's Have Some Fun!



By: Vincent Vigliotti and Friends

Live

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

July 16th 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!

July 8th 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: NOW!

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.

Travel



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

Travel to American Music 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.

Mark your Calendars—Farmers Market

SENIOR FARMERS MARKET VOUCHER TICKETS

PLEASE Read Completely

Once again, the Carroll County Bureau of Aging and Disabilities is participating in the Senior Farmers Market Program

JULY 2024

Will be distributed at following locations:

Mt Airy Senior Center:	Monday, July 08	9:00am to 11:00am
North Carroll Senior Center:	Tuesday, July 09	9:00am to 11:00am
South Carroll Senior Center:	Wednesday, July 10	9:00am to 11:00am
Taneytown Senior Center:	Thursday, July 11	9:00am to 11:00am
Westminster Senior Center:	Friday, July 12	9:00am to 11:00am

**Please contact the respective centers if you have any questions
Mt. Airy (410-386-3960); North Carroll (410-386-3900); South Carroll (410-386-3700);
Taneytown (410-386-2700); Westminster (410-386-3850).**

Eligibility Requirements: In order to receive Farmers Market Vouchers, you must reside in Carroll County and meet the following financial qualification. You must also show proof of residence. Please bring a Drivers License or Photo ID.

Qualified Seniors, age 60 and over are eligible to receive 1 Pre-Paid Debit Card (\$50.00 value)- Please note that this is a change from the \$5 vouchers used in the past.

Household Size	Federal Poverty Guidelines – 185%				
	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728

Tickets are limited, this is a first come, first served event.

By signing the application, you are legally certifying that you meet the requirements and have only received 1 Pre-Paid Debit Card.

It is very important that if you take a Farmers Market Debit Card that you use the card by November 30, 2024



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

4-H Fair Info.

The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:
Senior Day at the 4-H Fair



August 1, 2024



Featuring
 the musical talents of
Larry Gray



Larry Gray has enjoyed playing guitar for over 50 years, and hopes to get it right one of these days! He sings and plays guitar with the local band Exit Strategy, and shares his music as a volunteer at senior living and nursing facilities around Carroll County. His repertoire includes acoustic and electric music in a variety of styles and genres, including classic rock, 50s rock and roll, country, blues, pop and more.

Schedule of Events

<u>Thursday, August 1st</u>	<u>Friday, August 2nd</u>
7:30 - 8:30 am - Senior exhibits may be entered in Blizzard Hall. For pre-registrations information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 29, 2024 through Wednesday, July 31, 2024 at 1:00 pm. Pre-registrations are limited to 5 per person.	9:00 am - 11:00 am - Senior Exhibits open for display Noon - Senior Exhibits Released Note: All exhibits must be picked up at the fair on Friday Aug 2 between 11:30 am and 12:30 pm. Items not picked up by 12:30 pm will be taken to the Bureau of Aging & Disabilities - 125 Stoner Ave, Westminster, MD 21157 to be picked up beginning Aug 5th.
9:00 to 11:30 am - Judging of senior entries	Contact your local senior center for entry rules, exhibit categories, registration paperwork or questions.
11:30 am - Senior exhibits open for display until 10:00 pm and Friday, August 4, 9:00- 11:00 am	Mt Airy - 410-386-3961 North Carroll - 410-386-3900 South Carroll - 410-386-3700 Taneytown - 410-386-2700 Westminster - 410-386-3850
12:30 - 1:30 pm - Entertainment by Larry Gray under the big white tent!! Refreshments will be served.	
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, 1.888.302.8978, 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@carrollcountymd.gov	

4-H Fair Info.

Senior Day at the 4-H Fair

The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:

Senior Day at the

4-H Fair

Thursday,

August 1, 2024



Adults age 60 years & older can enter exhibits

**Bring your entries to North Carroll Senior Center
on July 29 & 30 between 9 am – 1 pm**

OR

**Bring entries on August 1st between 7:30 - 8:30 AM to the
Carroll County Ag Center's Blizzard Building**

**Entry Forms available at North Carroll Senior Center -
See Manager**

SENIOR DAY AT THE 4-H FAIR - - INFORMATION OVERVIEW

Department SCD

Coordinators - Richard Ottone 410-386-3809

Carroll County Bureau of Aging & Disabilities
Erica Starr 410-386-2701

Exhibits will **ONLY** be accepted between 7:30 and 8:30 am, Thursday August 1, 2024, in Blizzard Hall. Limited pre-registration of five (5) entries per person is available, please contact your local senior center. See below.

Judging will take place 9:00 - 11:00 am. Senior exhibits will be open for viewing after 11:30 am. Items will remain on display at the 4-H Fair until 11:00 am, Friday, August 2, 2024. Items not picked up between 11:30 - 12:30 pm, will be taken to the Bureau of Aging & Disabilities - 125 Stoner Avenue, Westminster - to be picked up beginning Monday, August 5, 2024. (Pre-registered items will be returned to the senior center where registered.) The Bureau of Aging & Disabilities will not assume responsibility for broken or lost items.

Coordinated through the Carroll County Bureau of Aging & Disabilities.

This department offers the opportunity for Carroll County citizens age 60 and over to exhibit in the classes listed below.

Exhibitors in the SCD are not required to be a member of a Senior Center.

A maximum of 2 entries per class per exhibitor

One Entry Form must accompany your entries & Each entry must have an Entry Tag attached.

Entry Forms and Entry Tags can be obtained online at www.carrollcountyfair.com or at your local senior center.

All work must have been completed since the 2023 4-H Fair.

EXHIBIT CLASSES –

Class 1 Fresh Cut Flowers	Class 22 Quilting – by Hand, Small Quilt
Class 2 Flower Arrangements	Class 23 Quilting – by Hand, Large Quilt
Class 3 Potted Plants	Class 24 Quilting – by Machine, Small Quilt
Class 4 Home Canning	Class 25 Quilting – by Machine, Large Quilt
Class 5 Fresh Produce (1 container with 3-5 items)	Class 26 Knitting – Clothing & Accessories
Class 6 Pottery – Hand built	Class 27 Knitting – Home Accessories
Class 7 Stained Glass	Class 28 Crocheting – Clothing & Accessories
Class 8 Art – Acrylic Painting	Class 29 Crocheting – Home Accessories
Class 9 Art – Oil Painting	Class 30 Sewing– Clothing & Accessories
Class 10 Art – Watercolor Painting	Class 31 Sewing– Home Accessories
Class 11 Art – Mixed Media	Class 32 Counted Thread/Counted Cross Stitch
Class 12 Art – Drawing	Class 33 Embroidery (hand worked) / Crewel / Stamped Cross Stitch
Class 13 Art - Digital Creation	Class 34 Needlepoint
Class 14 Adult Coloring	Class 35 Crafts - Handmade (i.e., Basketry/Plastic Canvas/Tie-Dye)
Class 15 Photography – Black & White	Class 36 Crafts - Jewelry
Class 16 Photography - People, Color	Class 37 Crafts - Ceramics
Class 17 Photography – Landscape, Color	Class 38 Crafts - Rugs / Hooked Items
Class 18 Photography - Animals, Color	Class 39 Crafts - Recycled / Repurposed / Upcycled
Class 19 Photography – Computer Enhanced/Modified	Class 40 Crafts - Decorative Painting (on pre-existing object)
Class 20 Woodworking	Therapeutic - Select Class from list & place a "T" next to it on the Entry Tag; i.e., Class 39T
Class 21 Woodcarving	

For pre-registration information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 29, 2024 through Wednesday, July 31, 2024 at 1:00 pm.

Westminster Senior Center: 410-386-3850
South Carroll Senior Center: 410-386-3700
North Carroll Senior Center: 410-386-3900

Mt. Airy Senior Center: 410-386-3960
Taneytown Senior Center: 410-386-2700

NEW ACTIVITY

COMMUNITY SCAMS TALK

THURSDAY JULY 18TH, 2024

10AM-11AM

North Carroll Senior Center
2328 Hanover Pike
Hampstead, MD 21074

Join Chief Investigators with the Carroll County State's Attorney's Office in a Scams Talk in an effort to educate, empower and protect Carroll County Residents from financial exploitation.

Registration is Recommended but Not Required

Register by calling the North Carroll Senior & Community Center at 410-386-3900.

Light Refreshments Served following Scams Talk.

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NEW ACTIVITY**North Carroll Senior Center****Tuesdays****10 am - 12 pm****In the Gathering Room****Starting July 16th**

Bring your writing, works-in-progress, or works-in-thought. This writing group allows beginners, unpublished, and published writers to network, learn, vent and feel inspired to move to the next level. All genres are welcome: novel, short story, essay, poetry, memoirs, spiritual, sci-fi, fiction, and nonfiction. This group is led by Barbara Duffey, an experienced writing workshop leader and author of five books.

NEW ACTIVITY



Ping Pong

**Mondays &
Fridays**

8 am - 12 pm

In the Gathering Room

Open play

NEW ACTIVITY

Ukulele with Vince



**The 2nd & 4th
Thursdays
of every month
1 pm**

In the Gathering Room

No experience necessary

Don't have a ukulele - No problem -
Borrow one of ours

NEW ACTIVITY

Coffee & Cars Club



Wednesdays

9 am - 11 am

In the Gathering Room

Starting
July 3rd

Join us for a weekly car enthusiasts chat. Enjoy a cup of coffee and conversation all about cars, regardless of it's make, model, import, classic or jalopy.

Medicare

Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Navigating Medicare



Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

June 5th, 2024-Webinar

July 10th, 2024 - In person @ Exploration Commons (50 E Main St)

August 7th, 2024-Webinar

August 13th, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 18th, 2024-Webinar

October 16th, 2024-Webinar

November 13th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 11th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

June 12th, 2024-Webinar

July 17th, 2024 - In person @ Westminster Public Library (50 E Main St)

August 14th, 2024-Webinar

August 20th, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 25th, 2024-Webinar

October 23rd, 2024-Webinar

November 20th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 18th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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Mark your Calendars



July 30th

11 am - 2 pm

In the Gathering Room

To compete in the Jigsaw Puzzle Challenge you have to:

- **Sign up** your Team of 2 people at the front desk by **July 23rd**
- If you don't have 2 people we will place any single players with other single players to make teams of 2 people.
- There is no fee to play
- All teams will receive the same puzzle to complete
- Your team will need to complete as much as possibly of the puzzle in the time allotted.
- All rules will be explained before the competition begins

You must sign up by July 23rd! **Signup is now open!**

Mark your Calendars

Nutrition Bingo

July 25 at 12:30 PM

In the Gathering Room



Let's have some fun! Come join Lisa for Nutrition Bingo. Win fresh fruits and vegetables from our local farmers. You must sign up for lunch to play.



Mark your Calendars

COINS, COINS, COINS



Have you ever wondered
how much your coins or coin collection is
worth?

Appraisals being offered, free of charge up
to 40 minutes.

No foreign coins or currency (paper money).

Signup sheet at the front desk.

You must sign up!

Due to expected popularity there will be
2 sessions on Mondays & Wednesdays
10 am - 11 am and 11 am - 12pm.

Not buying coins at this time.



**Starting
August 5th
In the Gathering Room**

Mark your Calendars



Formerly Seniors On The Go Expo

Thursday, September 12, 2024 - 9:00 a.m. to 2:00 p.m.

Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD

FREE Admission
FREE Health Screenings
Vendor Prize BINGO
Speakers & Seminars
Community Program & Fitness Demonstration

FREE Shuttle Service
Boxed Lunches
Prescription Medication Disposal
Designated Veterans Area
FREE Complementary Therapies



Official Expo Media Sponsors



For more information call 410-386-3800
agingexpo@carrollcountymd.gov

Follow us on Facebook!
www.facebook.com/agingyourwayexpo

Save The Dates For These Upcoming Special Events

JULY:

July 4 & 5, Center Closed for July 4th Holiday

July 9, 9am—11am, Farmer's Market Voucher Program - First come first serve. See page 18 for details

July 16, 1pm, Live music with Vince and Friends

July 29 & 30, 9am - 1pm, Collect 4H Fair entries

AUGUST:

Aug. 1, Senior day at the Fair - Located at the 4H fair in the Blizzard Hall, Carroll County Ag Center

NOTE: Travel Office hours:

Mon & Wed **9 am – 10 am** in the library

Mon & Wed **10 am – 2:30 pm** in the dining room

Thurs. **8 am – 9:30 am** in the travel office



Snack Shop NOW OPEN!!!



Snack Shop



Days & Hours:
Monday - Friday
9:30 am to
2:30 pm
Every Item
\$1.00



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