



South Carroll Senior Center



# November



## Activity Schedule

5928 MINERAL HILL RD  
SYKESVILLE, MD 21784  
410-386-3700  
SOUTHCARROLLSC@  
CARROLLCOUNTYMD.GOV

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



### 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, individuals with disabilities, Veterans, and those who care for them."

CARROLL COUNTY  
SENIOR CENTERS  
WILL BE

**CLOSED**

MONDAY  
NOVEMBER 11



**VETERANS DAY**

**HONORING ALL WHO SERVED**

CARROLL COUNTY  
SENIOR CENTERS  
WILL BE

**CLOSED**

THURSDAY NOVEMBER 28TH  
AND  
FRIDAY NOVEMBER 29TH

Happy  
**Thanksgiving**



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



## 2025 Medicare Open Enrollment

**Review your 2025 Part D Options: October 15<sup>th</sup>-December 7<sup>th</sup>**



**Bureau of Aging & Disabilities**

Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30<sup>th</sup>

If you would like to review your 2025 Part D Plan options, please call [410-386-3800](tel:410-386-3800) to schedule an appointment.

**\*\*\*Appointments are required and limited\*\*\***

**STATE RETIREES:** we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

### Taneytown Senior Center

220 Roberts Mill Rd

Taneytown, MD 21787

Wednesday, November 13, 2024

### North Carroll Senior Center

2328 Hanover Pike

Hampstead, MD 21074

Tuesday, November 19th, 2024

### Westminster Senior Center

125 Stoner Ave

Westminster, MD 21157

Tuesday, December 3, 2024



Navigating Medicare



Preventing Medicare Fraud

**Appointments are also available in our SHIP office Oct 15<sup>th</sup>-Dec 7<sup>th</sup>, 2024.**

**Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.**

**We will begin scheduling appointments on September 30<sup>th</sup>, 2024.**

**125 Stoner Ave, Westminster, MD 21157**

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# Maryland Legal Aid

**South Carroll Senior Center**  
**November 20th– 1:00pm– 4:00pm**

- Illegal Eviction
- Family Law Matters
- Bankruptcy Filings
- Debt Collection Disputes
- Denials or terminations of unemployment and public benefits

Maryland Legal Aid (MLA) is the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm\*. As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide, in Baltimore City and in Maryland's 23 counties, from 12 office locations. Financial support for our services comes from federal, state and local governments, foundations, law firms, the United Way, and from individual donors.

MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection and criminal record expungements to remove barriers to obtaining child custody, housing, and employment.

Many of MLA's local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as victims of abuse and domestic violence, seniors, migrant farmworkers, veterans, and nursing home and assisted living residents, also receive specialized representation. MLA's services include representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance.



Maryland Legal Aid's  
Midwestern Maryland Office  
22 South Market Street  
Suite 11  
Frederick, MD 21701  
Telephone Intake: 301-694-7414  
Online Intake: [www.mdlab.org](http://www.mdlab.org)  
<https://www.mdlab.org>

# Show Me Better Health

DIABETES  
Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—[LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)

Meet **VIRTUALLY** in the comfort of  
your own  
home!



November 6-13-20-27-December 4-11, 2024

**Wednesdays 9:00 a.m. — 11:30 a.m.**

*Technology assistance for the workshop series will be provided.*

*Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.*

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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**Volunteers Needed!**



\*Materials required for training are FREE of charge to the participant.  
Trained leader to facilitate two workshops within first year.

To **register**, please contact

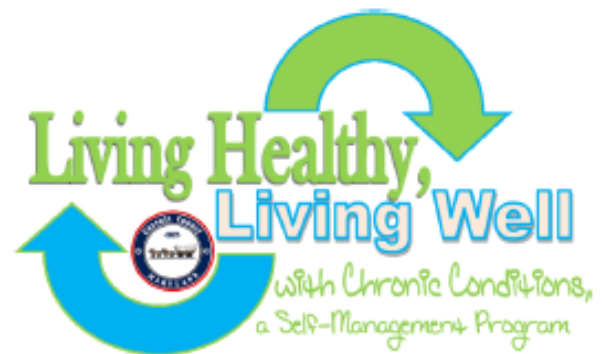
**Victoria Parks**

*Living Healthy,  
Living Well*

Coordinator

[livinghealthy@carrollcountymd.gov](mailto:livinghealthy@carrollcountymd.gov)

410-386-3818



### Become a Certified Chronic Conditions Self-Management Lay Leader

The Chronic Conditions self-management lay leaders are trained to facilitate a six-week *Living Healthy, Living Well with Chronic Conditions* workshop for adults who have chronic conditions like cancer, diabetes, and heart disease and for those who are caregivers for someone who is managing these conditions. Lay leaders are expected to lead a minimum of two (2) workshops annually. Workshops can be delivered in-person or virtually.

Lay leaders help individuals achieve the following objectives:

- ❖ Identify strategies for living with Diabetes
- ❖ Improve management of symptoms
- ❖ Gain a sense of greater self-control
- ❖ Build confidence in establishing supportive relationships
- ❖ Integrate new techniques and activities into a plan for living well

Training days are Tuesdays & Thursdays  
1 pm – 3:30 pm; plus Monday 11/4

November 2024

4<sup>th</sup> (Mon), 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>

December 2024

3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>

No class 11/28

**\*Attendance at all classes is required for certification.**

**Virtual Link will be sent upon receipt of required registration paperwork**

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## Technology Education

# AI Series Part 2

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It's back! Continue to enrich your learning about AI with the Carroll Technology and Innovation Council. Navigate the upcoming holiday season with topics sure to get your mind moving.

**November 12th at 11:00 a.m.**  
*AI all Around*

**November 19th at 11:00 a.m.**  
*AI and Disinformation*

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Register for the lectures at the front desk  
or call (410) 386-3700

UNIVERSITY OF  
MARYLAND  
EXTENSION

SENIOR PLANET  
FROM AARP



# SAFE & SMART

## Cybersecurity for Protecting You and Your Data

**Learn simple, practical steps to protect yourself online.** Explore what you need to know and do to confidently explore the digital world and keep your information and identity safe.

**Thursday, November 14**  
10am at South Carroll Senior Center

***Sign up at the front desk of the Senior Center  
or call 410-386-3700.***



Carroll **Technology**  
& **Innovation** Council



# South Carroll Senior Center's 2025 Bus Trips

**SIGN UP AT FRONT DESK- MON-FRI 9:00am-2:00pm**

March 11- NEIL DIAMOND TRIBUTE SHOW -*DUTCH APPLE THEATRE*  
Cost: \$135.00 SEATS AVAILABLE

May 21- Sight and Sound "Noah" & Shady Maple Smorgasbord  
Cost: \$179.00 SIGN UP STARTS December 18th

June 16- Dorothy-Megan Paddlewheel Riverboat Crab Feast Cruise  
& Eastern Shore Market  
Cost: \$125.00 SIGN UP STARTS February 5th

October 20-23- Costal Maine in the Fall, Ogunquit, ME  
Cost: see flyer SIGN UP STARTS January 8th

November 20th - Holidays at Nemours Estate  
& Lunch at Buckley's Tavern  
Cost: \$125.00 SIGN UP STARTS June 4th

December 11- "Deck the Halls" & Bird in Hand Family Restaurant  
Cost: \$125.00 SIGN UP STARTS JULY 16th

**Sign up dates may  
change please look at  
flyers for more  
information.**



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# SOUTH CARROLL SENIOR CENTER

DUTCH APPLE DINNER THEATRE

# NEIL DIAMOND

## Tribute show

**Tuesday March 11, 2025**

**9:30 a.m. - 5:30 p.m.**

**Cost: \$135.00**

**Sign up at the front desk Monday-Friday 9:00am-2:00pm**

**Last Day to Sign up is November 26, 2024**

Travel to Dutch Apple Dinner Theatre in Lancaster, Pennsylvania to see a matinee performance of a Neil Diamond Tribute Show starring singer, songwriter Dean Colley and his band Hot August Night. Dean and his band's setlist is a nostalgic journey through Neil Diamond's extensive repertoire. Before the show enjoy a delicious buffet lunch.

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

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

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# Six Tips To Help Prevent Falls

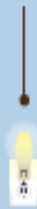
More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



Do strength and balance exercises

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Get your vision and hearing checked regularly

Stand up slowly to avoid dizziness



Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



## NO PICKLEBALL AND WALKING IN THE GYM

DUE TO THE GYM BEING USED FOR VOTING

OCTOBER 23RD-NOVEMBER 6TH





# SOUTH CARROLL SENIOR CENTER November Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Reservation Required</b> by posted sign up date.</p> <p>To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date.</p> <p>Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal).</p> <p>Per grant requirements, those under 60 must pay the full price of \$6.31. 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 \$6.31.</p>			<p><b>HAVE A SAFE &amp; HAPPY THANKSGIVING</b></p>	<p><b>1</b></p> <p>Turkey Burger w/Cheese Lettuce &amp; Tomato Cucumber &amp; Onion Salad Baked Beans WG Sandwich Roll</p> <p style="text-align: right;"><b>Sign up due by 10:00am 10/29</b></p>
<p><b>4</b></p> <p>BBQ Pork Loin Baked Beans WG Sandwich Bun Fresh Cole Slaw Pineapple Tidbits</p> <p style="text-align: right;"><b>Sign up due by 10:00am 10/30</b></p>	<p><b>5</b> <b>BOX LUNCH</b></p> <p>Cold Grilled Chicken Breast Sandwich</p> <p style="text-align: right;"><b>Sign up due by 10:00am 10/28</b></p>	<p><b>6</b></p> <p>Classic Meatloaf w/Gravy Herb Roasted Potatoes WG Wheat Bread Creamy Cucumber Salad Mandarin Oranges</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/1</b></p>	<p><b>7</b></p> <p>Roast Pork Loin w/Sweet Onion Gravy Peas &amp; Mushrooms Garlic Mashed Potatoes WG Wheat Bread Fruit Cocktail</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/4</b></p>	<p><b>8</b> <b>POTATO</b></p> <p>Baked Potato Spinach Salad w/Grape Tomatoes Ranch Dressing Chile Con Carne Cheddar Cheese &amp; Sour Cream WG Wheat Bread Apple Sauce</p> <p style="text-align: right;"><b>Sign up due by 10:00am 10/31</b></p>
<p><b>11</b> <b>CENTER CLOSED</b></p> <p style="text-align: center;"><i>Veterans Day</i></p>	<p><b>12</b></p> <p>Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets WG Wheat Bread Amish Navy Bean Salad</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/6</b></p>	<p><b>13</b></p> <p>Open Faced Turkey Sandwich w/Gravy WG Wheat Bread Mashed Potatoes Dilled Carrots Fruit Cocktail</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/7</b></p>	<p><b>14</b></p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Apricot Halves</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/8</b></p>	<p><b>15</b></p> <p>Maple-Peach Glazed Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits WG Wheat Bread</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/12</b></p>
<p><b>18</b> <b>BOX LUNCH</b></p> <p>Curried Chicken Salad Sandwich</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/7</b></p>	<p><b>19</b></p> <p>Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Peas &amp; Pearl Onions WG Wheat Bread Cinnamon Apples</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/14</b></p>	<p><b>20</b></p> <p>Pot Roast of Beef w/Burgundy Gravy Roasted Potatoes Seasoned Greens WG Wheat Bread Mandarin Oranges</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/15</b></p>	<p><b>21</b></p> <p>Chicken Cacciatore WG Brown Rice Buttered Carrots Green Pea &amp; Red Pepper Salad WG Wheat Bread</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/18</b></p>	<p><b>22</b></p> <p>Pepperjack Burger WG Sandwich Roll Lettuce &amp; Tomato Fresh Broccoli Slaw Tropical Fruit</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/19</b></p>
<p><b>25</b></p> <p>Tomato Multi-bean Soup Tuna Salad Sandwich WG Wheat Bread Copper Pennies Salad Hot Cinnamon Apples Fruited Yogurt</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/20</b></p>	<p><b>26</b> <b>THANKSGIVING LUNCH</b></p> <p>Turkey Breast Cutlet w/Gravy Bread Stuffing Green Beans Cranberry Sauce/Salad Pumpkin Pie w/Whipped Topping WG Wheat Bread</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/18</b></p>	<p><b>27</b></p> <p>Meatball Sub WG Wheat Italian Roll Seasoned Green Beans Mandarin Oranges</p> <p style="text-align: right;"><b>Sign up due by 10:00am 11/22</b></p>	<p><b>CENTER CLOSED</b></p> <p style="text-align: center;"><b>HAPPY Thanksgiving</b></p>	<p><b>CENTER CLOSED</b></p>

# **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 Cancelled Nov.1-Nov.6	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm Closed- 12:30pm-3:45pm	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>Beginners/Intermediate</b> 9:30 am - 12:30 pm <b>Advanced</b> 12:30 pm - 3:45 pm Cancelled Nov.1-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	Session Started Oct. 7th	Cost: \$30.00 10-12 weeks
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 Oct. 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Started Oct. 7th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Pillow Case Dress Workshop (community service project)	12:00 pm- 3:45 pm	Next Meeting Nov. 4th	None
Fitness with Katie (Previously Circuit Training)	1:00pm- 3:30pm (1 hour sessions)	Session Started Oct.7th	Grant Funded 10-12 weeks

# Daily Activities

## TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Nov.1- Nov.6	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>Advanced</b> 9:30 am - 12:30 pm <b>Beginners/ Intermediate</b> 12:30 pm - 3:45 pm Cancelled Nov.1-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
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 Oct. 1st	Grant Funded 10-12 weeks
Beginner/ Intermediate Mahjonn	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 Oct. 1st	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	November 5th	None
Scrapbooking and Card Making	12:30 pm-3:00pm	Ongoing	None
Mahjonn	12:00 pm - 3:45 pm	Ongoing	None

# Daily Activities

## WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Nov.1-Nov.6	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>Beginners/Intermediate</b> 9:30 am - 12:30 pm <b>Advanced</b> 12:30 pm - 3:45 pm Cancelled Nov.1-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	Session Started Oct.9th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started Oct. 9th	Cost: \$30.00 10-12 weeks
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 Started Oct. 9th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session started Sept.4th	Cost: \$35.00 10-12 weeks



# Daily Activities

## THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Nov. 1- Nov.6	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>Advanced</b> 9:30 am - 12:30 pm <b>Beginners/Intermediate</b> 12:30 pm– 3:45 pm Cancelled Nov. 1-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
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 – 10:15 am	Session Started Oct. 10th	Grant Funded 10-12 weeks
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 am - 12:00 pm	Session Started Oct. 3rd	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started Sept. 5th	Cost: \$35.00 10-12 weeks

# Daily Activities

## FRIDAY

Program	Time		Cost
Walk the Gym	8:00 am - 3:45 pm Cancelled Nov.1-Nov.6	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>Beginners/Intermediate</b> 9:30 am - 12:00 pm <b>Advanced</b> 12:30 pm - 3:45pm Cancelled Nov. 1- Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Penny Bingo	9:30 am - 11:30 am	Ongoing	Penny
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Session Started Oct. 4th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Session Started Oct. 4th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos	12:30 pm - 3:45 pm	Ongoing	None

**CCG** IS



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