

# NEWS FLASH

## WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave  
Westminster, MD 21157

410-386-3850

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

<https://www.carrollcountymd.gov/seniorcenters>

# July

## 2024

A large graphic with the word "July" in a blue, cursive font and "2024" in a red, blocky font. The background is light blue with scattered red and blue stars and a portion of a red, white, and blue striped American flag on the left side.

### Center Summer Hours:

**Monday-Thursday**

8:00 am to 4:00 pm

**Friday**

8:00 am to 3:00 pm

### **Center Closed:**

Thursday, July 4

Friday, July 5

# INFORMATION STATION

## CENTER STAFF



**CENTER MANAGER:**  
KATIE WOODEN

**CENTER ASSISTANT:**  
ESTHER BALDWIN

**CENTER CUSTODIAN:**  
PHIL DAUGHERTY



## Updating Your Membership Form

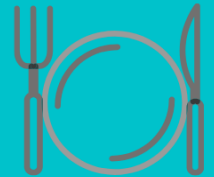
Every Senior Center Member **MUST** update their membership form **YEARLY** (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!



## MEAL PROGRAM



Lunch is served at 11:30 am Monday - Friday



Reservations are required: Reservation Deadlines (RSVPs) are noted for each day. Otherwise, meals cannot be guaranteed. Call 410-386-3854 or see Center Assistant to learn how to sign up. Advanced notice of changes will be given when possible

Cost of lunch for seniors 60 and older is a donation up to \$6.09 for a Hot Lunch or 6.99 for a Cold Lunch. Those 59 and younger must pay the full price of \$6.09 for a Hot Lunch or 6.99 for a Cold Lunch. Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. if they are not, they must pay full price if under 60.

## Interested in Volunteering?

Stop by the front desk to pick up a Volunteer Application.



**DON'T FORGET TO SIGN ON THE TOUCH SCREEN EACH TIME YOU COME TO THE CENTER!**

# HOT Lunches

Westminster Senior Center

July 2024

**Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.**

Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.

Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.

**Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.**

Meal Price: 60 Years Old & Up = **HOT LUNCH Donation Up To \$6.09, includes accompanying younger spouses;**

Under 60 Years Old = **Full Price \$6.09, Paid Directly To Assistant Director NAME:**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>RSVP 6/25/24</b> 1</p> <p>GROUND BEEF STROGANOFF BUTTERED NOODLES CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES</p>	<p><b>RSVP 6/25/24</b> 2</p> <p>PORK LOIN / SWEET ONION GRAVY PEAS &amp; MUSHROOMS GARLIC MASHED POT. WHEAT BREAD FRUIT COCKTAIL</p>	<p><b>"SPECIAL"</b> 3 <b>RSVP 6/25/24</b></p> <p>CHEESEBURGER ROLL &amp; CONDITMENTS BAKED BEANS PEPPER SLAW WATERMELON PIE</p>	<p><b>CENTER CLOSED</b> 4</p> 	<p><b>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</b> 5</p> <p><b>CENTER CLOSED</b></p>
<p><b>RSVP 7/1/24</b> 8</p> <p>SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BRAED AMISH BEAN SALAD</p>	<p><b>RSVP 7/1/24</b> 9</p> <p>CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW APRICOTS</p>	<p><b>RSVP 7/1/24</b> 10</p> <p>MAPLE / PEACH GLAZED HAM AU-GRATIN POTATOES BRAISED CABBAGE WHEAT BREAD PINEAPPLE TIDBITS</p>	<p><b>SPECIAL</b> 11 <b>SUB DAY</b> <b>RSVP 7/1/24</b></p> <p>ITALIAN COLD CUT SUB PROVOLENE CHEESE CLUB ROLL CONDITMENTS COLE SLAW POTATO SALAD FRUIT COCKTAIL</p>	<p><b>RSVP 7/1/24</b> 12</p> <p>TURKEY BURGER CHEESE &amp; ROLL LETTUCE / TOMATO BAKED BEANS CUCUMBER ONION SALAD</p>
<p><b>RSVP 7/9/24</b> 15</p> <p>ROAST BEEF &amp; BURGUNDY GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES</p>	<p><b>RSVP 7/9/24</b> 16</p> <p>CHICKEN CACCITORE BROWN RICE BUTTERED CARROTS WHEAT BREAD GREEN PEA &amp; RED PEPPER SALAD</p>	<p><b>RSVP 7/9/24</b> 17</p> <p>PEPPER JACK CHEESE BEEF PATTY ROUND ROLL LETTUCE TOMATO GARNISH BROCCOLI SLAW TROPICAL FRUIT</p>	<p><b>RSVP 7/9/24</b> 18</p> <p>TOMATO BEAN SOUP TUNA SALAD SANDWICH COPPER PENNIES CINNAMON APPLES YOGURT</p>	<p><b>RSVP 7/9/24</b> 19</p> <p>CREAMY RANCH CHICKEN YELLOW RICE PILAF PEAS &amp; CARROTS WHEAT BREAD MOROCCAN BEET SALAD</p>
<p><b>RSVP 7/15/24</b> 22</p> <p>MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES</p>	<p><b>SPECIAL</b> 23 <b>BAKED POTATO</b> <b>RSVP 7/15/24</b></p> <p>BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI &amp; CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>	<p><b>RSVP 7/15/24</b> 24</p> <p>SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT</p>	<p><b>RSVP 7/15/24</b> 25</p> <p>PORK LOIN &amp; GRAVY GARLIC M. POTATOES SEASONED KALE GERMAN CUCUMBER SALAD DINNER ROLL APPLE SNACK PACK YOGURT</p>	<p><b>RSVP 7/15/24</b> 26</p> <p>CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES</p>
<p><b>RSVP 7/22/24</b> 29</p> <p>SLICED CORN BEEF MASHED POTATOES BRAISED RED CABBAGE CORN &amp; PEA SALAD WHEAT BREAD TROPICAL FRUIT</p>	<p><b>RSVP 7/22/24</b> 30</p> <p>WG PASTA BAKE WHEAT BREAD GREEK CUCUMBER TOMATO SALAD</p>	<p><b>RSVP 7/22/24</b> 31</p> <p>HOT DOG MEAL CONDITMENTS BAKED BEANS COLE SLAW DICED PEARS</p>	<p><b>RSVP 7/22/24</b> 8/1</p> <p>MEATLOAF MUSHROOM GRAVY GARLIC M. POTATOES PEAS &amp; PEARL ON- IONS WHEAT BREAD CINNAMON APPLES YOGURT</p>	<p><b>RSVP 7/22/24</b> 8/2</p> <p>BBQ PORK LOIN SANDWICH ROLL BAKED BEANS COLE SLAW PINEAPPLE TIDBITS</p>

# COLD Lunches

Westminster Senior Center

July 2024

**Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.**

Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.

Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.

Meal Price: 60 Years Old & Up = **COLD LUNCH Donation Up To \$6.99**, includes accompanying younger spouses;

Under 60 Years Old = **Full Price \$6.99**, Paid Directly To Assistant Director

**Prefer a COLD lunch instead? Circle day of the Cold lunch. Write "COLD" on the HOT side of the menu, on the day of the substitution.**

**Write name on the menu & turn in white copy.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>RSVP 6/25/24</b> <sup>1</sup></p> <p>CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 6/25/24</b> <sup>2</sup></p> <p>COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 6/25/24</b> <sup>3</sup></p> <p>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>	<p><b>RSVP 6/25/24</b> <sup>4</sup></p> <p>CENTER CLOSED</p>	<p><b>RSVP 6/25/24</b> <sup>5</sup></p> <p>CENTER CLOSED</p>
<p><b>RSVP 7/1/24</b> <sup>8</sup></p> <p>BOLOGNA, SALAMI &amp; CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/1/24</b> <sup>9</sup></p> <p>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/1/24</b> <sup>10</sup></p> <p>COLD FRIED CHICKEN PATTY ON ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE</p>	<p><b>RSVP 7/1/24</b> <sup>11</sup></p> <p>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/1/24</b> <sup>12</sup></p> <p>TURKEY &amp; CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>
<p><b>RSVP 7/9/24</b> <sup>15</sup></p> <p>CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/9/24</b> <sup>16</sup></p> <p>COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/9/24</b> <sup>17</sup></p> <p>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>	<p><b>RSVP 7/9/24</b> <sup>18</sup></p> <p>HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/9/24</b> <sup>19</sup></p> <p>TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE</p>
<p><b>RSVP 7/15/24</b> <sup>22</sup></p> <p>BOLOGNA, SALAMI &amp; CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/15/24</b> <sup>23</sup></p> <p>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/15/24</b> <sup>24</sup></p> <p>COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE</p>	<p><b>RSVP 7/15/24</b> <sup>25</sup></p> <p>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/15/24</b> <sup>26</sup></p> <p>TURKEY &amp; CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>
<p><b>RSVP 7/22/24</b> <sup>29</sup></p> <p>CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE</p>	<p><b>RSVP 7/22/24</b> <sup>30</sup></p> <p>COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/22/24</b> <sup>31</sup></p> <p>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</p>	<p><b>RSVP 7/22/24</b> <sup>8/1</sup></p> <p>HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</p>	<p><b>RSVP 7/22/24</b> <sup>8/2</sup></p> <p>TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE</p>

# Daily Activities

Activity	Time	Cost	Location
Billiards	8:00 am - 3:45 pm	None	Billiards Room
Computer Lab	8:00 am - 3:45 pm	None	Computer Lab
Exercise Equipment Room	8:00 am - 3:45 pm	None	Exercise Room
<b>Bingo</b> Penny Bingo	9:00 - 11:00 am	Penny per card 3rd Thursday: Nickle per card	Game Room
<b>Morning Table Talk</b> Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	Dining Room
<b>Lunch</b>	11:30 am	See menu for reservation deadlines & directions.	Dining Room
<b>Walk the WSC Walking Path</b>	8:00 am - 3:45 pm	Free	Backyard

\*All Activities are subject to change without notice.

# Arts & Crafts Activities

Activity	Day	Time	Cost	Session Info/Location
<b>Painting &amp; Drawing</b> All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks <b>Session began:</b> June 10, 2024
<b>Stained Glass</b> – Space is limited-more info to come once space is available	Tuesdays, Wednesdays & Thursdays	T: 8:15 - 12:00 pm W: 8:15 - 12:00 pm Th: 12:00 - 3:45pm	\$15 one-time fee plus \$2 each class for materials	Craft Room
<b>Clay Crafters</b> – Space is limited-more info to come once space is available	Tuesdays	12:00 - 3:30 pm	\$15 one-time fee plus \$2 each class for materials	Ceramic Room
<b>Needle Circle</b>	Mondays	M: 9:00 - 11:00 am	None	Craft Room
<b>Quilting Circle &amp; Smiling with Stitches</b> – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material

# Exercise Classes

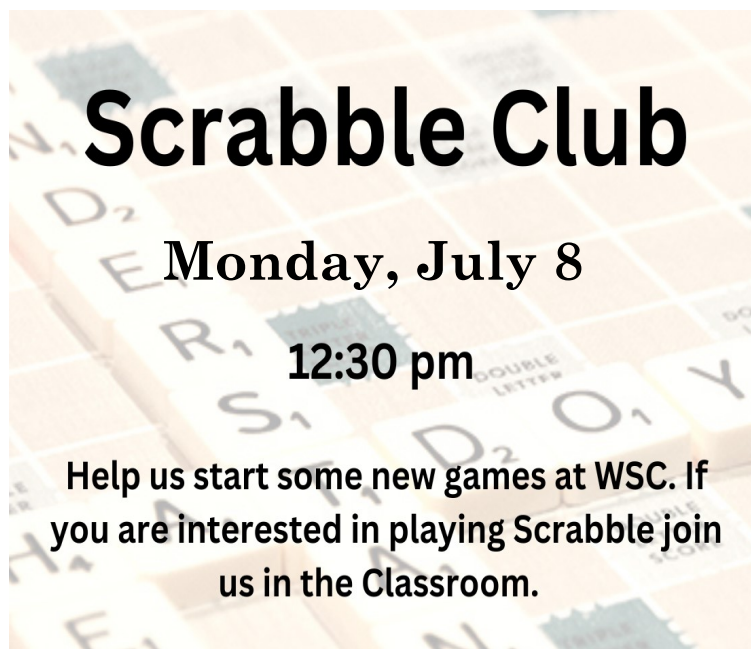
\*Start dates for sessions are subject to change. Please contact the Center with any questions.

Activity	Day	Time	Cost	Session Info
<b>Dance Fitness</b> <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	\$30/month; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Donation	12 weeks <b>Next Session Begins:</b> July 29, 2024
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks <b>Next Session Begins:</b> August 1, 2024
<b>Dance Fitness &amp; Strength Exercise Class</b> <i>(Moderate Intensity &amp; Coordination)</i> High-energy dancing & strengthening exercises	Tuesdays	1:00 - 2:00 pm	\$30	12 weeks <b>Next Session Begins:</b> August 27, 2024
<b>Zumba Gold</b> <i>(Moderate Intensity &amp; Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$30	10-12 Weeks <b>Next Session Begins:</b> August 20, 2024
<b>Circuit Training Class</b> <i>Moderate Intensity</i>	Tuesdays	10:00 - 10:30 am & 11:30 - 12:00 pm	Donation	12 Weeks <b>Next Session Begins:</b> July 9, 2024
<b>NEW Mindful Meditation</b> Guided meditation to help reduce stress, increase efficiency in action & promote better sleep	Tuesdays	11:30 - 12:00 pm	Donation	12 Weeks <b>Next Session Begins:</b> July 9, 2024
<b>Yoga</b> With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$30	6 weeks <b>Session Began:</b> June 5, 2024
<b>Line &amp; Country Dance Class</b> <i>(Moderate Intensity &amp; Coordination)</i>	Thursdays	10:00 - 11:30 am	\$30 Includes Monday practice class	10-12 Weeks <b>Next Session Begins:</b> August 1, 2024
<b>Line &amp; Country Dance Practice</b>	Mondays	10:30 - 11:30 am	Included with Thursday's Class Fee	
<b>Stretch &amp; Strength Exercise</b> Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
<b>Walking Indoor Exercise</b> Walk & stretch to Leslie Sansone exercise videos	Monday, Wednesday, & Fridays	M: 2:00 - 3:00 pm W: 1:30 - 2:30 pm F: 1:30 - 2:30 pm	Free	Drop-in
<b>Pickleball</b> Must have own equipment	Mondays, Wednesdays & Fridays	8:30 am - 11:30 am	\$10 one-time fee; Pay at WSC	Meets at Robert Moton Center Gym

# Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
<b>Carroll County Duplicate Bridge</b> ACBL Sanctioned, Experienced Play	Mondays	11:30 am - 3:30 pm	Game Room; Sanctioned Play Dues
<b>Pinochle</b>	Fridays	11:30 am - 2:45 pm	Game Room
<b>Progressive 500 Card</b>	Wednesdays	12:30 - 3:30 pm	Game Room
<b>Hand &amp; Foot Card Game</b>	2nd & 4th Tuesdays	11:15 am - 3:30 pm	Game Room
<b>Mahjong</b>	Thursdays	12:30 - 3:30 pm	Game Room
<b>Thinking Power</b> Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
<b>Wii Games: Bowling</b>	Wednesdays	10:00 - 11:00 am	Dining Room TV
<b>Afternoons at the Movies</b>	Thursdays	12:30 pm	Classroom
<b>Prize Bingo:</b> Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room
<b>Balloon Games</b>	Fridays	10:00 - 11:00 am	Multi-Purpose Room

\*All Activities are subject to change without notice.



**Scrabble Club**

**Monday, July 8**

**12:30 pm**

Help us start some new games at WSC. If you are interested in playing Scrabble join us in the Classroom.

# Upcoming Special Events

Program	Date	Time	Session Info
Stamp It: Rubber Stamping	Tuesday, July 2	1:00 pm - 2:30 pm	\$10.00/class. By reservation only, 410-386-3850
4th of July Lunch	Wednesday, July 3	11:30 am	Reservations Required
Legal Aid	Wednesday, July 3	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
CENTER CLOSED	Thursday, July 4 & Friday, July 5	ALL DAY	
Site Council Meeting	Monday, July 8	12:30 pm	In the Dining Room; All welcome to attend!
Scrabble Club	Monday, July 8	12:30 pm	Meet in the Classroom!
Fresh Conversations w/ Terry Serio	Thursday, July 11	10:00 am	Free; meet in dining room. "Healthy Foods, Healthy Brain"
Farmers Market Vouchers	Friday, July 12	9:00 - 11:00 am	Please see flyer for more info
Nutrition Bingo	Tuesday, July 16	12:30 am	Free! Meet in the dining room!
Senior Night Out	Tuesday, July 23	4:00 - 7:00 pm	See flyer for details

\*Special Events are subject to change without notice.

## Blood Pressure Screening

**Monday, August 12**

**10:00 - 11:00 am**

**In the Dining Room**







## FRESH CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

# FREE EVENTS

## Fresh Conversations is a Nutrition Program

This will be a [6]-part series with one session monthly beginning in May and running through October.

**Room:** Dining Room

**Time:** 10:00 am

- **Go with Your Gut Bacteria:** July 11, 2024
- **Should You Worry About Vitamin D Deficiency?** August 8, 2024
- **Dairy Case Dilemma: Is It Really Milk?** September 5, 2024
- **Are Healthy Bones Important?** October 3, 2024

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.

Terry Serio 410-491-7477

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**Living Your Dreams • Be Active, Be Strong**

**JOIN US FOR  
FUN & CONVERSATION**

UNIVERSITY OF  
MARYLAND  
EXTENSION



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

# 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



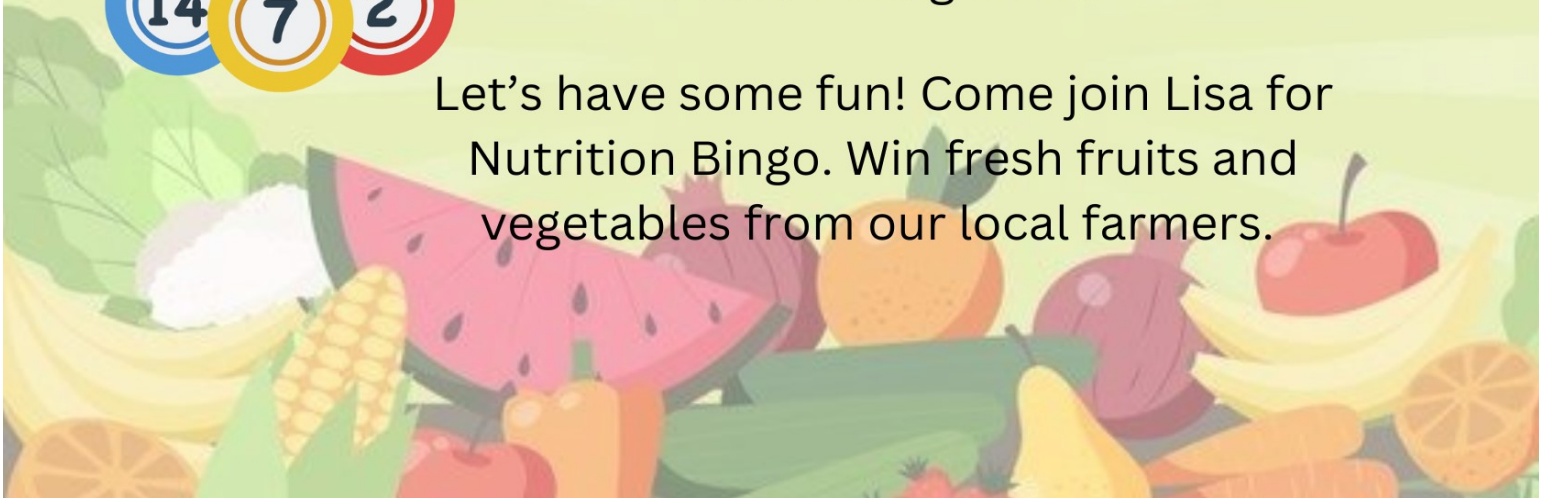
The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 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@cag.org



# Nutrition Bingo

Tuesday, July 16 at 12:30 pm  
in the Dining Room

Let's have some fun! Come join Lisa for Nutrition Bingo. Win fresh fruits and vegetables from our local farmers.



# Edible Arrangements

Thursday, August 22 at 12:30 pm  
in the Dining Room

Let's have some fun! Come join Lisa to make an edible arrangement. We will provide the supplies.

Sign up will begin August 1.

# Senior Night Out

Tuesday, July 23

4:00 pm - 7:00 pm

Dinner @ 5:00 pm

## Dinner Menu:

Lasagna

Caesar Salad

Fruit

Roll

Milk & Juice

**Entertainment TBD**

**Cost- 60 & Older: Donation**

**Under 60: \$6.09**

**Sign up by 10:00 am on July 16 at  
the front desk**





# **Senior Day at the 4-H Fair**

**Thursday, August 1st**

**Pick up your entry form  
starting July 17!**

**We will be collecting entries  
starting July 22 - July 26**

# Interested in Postage Stamps? Come join our group!



U.S. Postal use of Grilled stamps 1867 - 1875.

Prior to 1867 U.S. postage stamps were hand canceled by postal clerks using ink stamps or pen marks. Some individuals found the ink could be easily soaked off and the stamps reused. In order to prevent reuse the postal service put out requests for suggestions. Several examples submitted were exploding stamps, poison stamps or a grill pattern. The grills were to be applied to the stamp, breaking the paper fibers and allow the ink to soak in deeper and impossible to remove.

The grill suggestion was selected.

Grills were waffle like pyramid shaped points ranging in a variety of rows and columns.

.A - grill: Covered the entire stamp. Extremely rare, very few exists.

B - grill: 22 by 18 points.

C - grill: 16 to 17 by 18-21 points

D - grill: 15 by 17-18 points

E - grill: 14 by 15-17 points

F - grill: 11 to 12 by 15-17 points

Z - grill: 13 to 15 by 18 points

Only two 1 cent Franklin Z grills are known to exist. One is in the Benjamin Miller collection in the New York Public Library, the other by a private collector. That stamp is to be auctioned off on June 14th, 2024. Expected purchase price is 5 million dollars.



By 1875 Better inks were applied making the use of grills too expensive to apply and grills were no longer used.

The example shown is an 1867 3 cent Washington (Scott 94a) with a 12 by 17 F Grill.

# Upcoming Westminster Senior Center 2024 Bus Trips

Hickory Bridge Farm: Lunch & “A Country V... Show”  
Ortanna, PA

Tuesday

Cost: \$45.00 per person (includes Lunch & Show)

Sign up begins June 3rd

See trip flyer at center for more information!



**SOLD OUT**

## PA Christmas & Gift Show

Harrisburg, PA

Wednesday, December 4, 2024

Cost: \$45.00 per person includes Show Ticket

Sign up begins September 3rd

See trip flyer at center for more information!



### NOTE:

Payment due on day of sign-up

Payment will be held until date of trip.

Sign up in person by the Deadline Date.

**Costs are non-refundable, except in the case of illness or family emergency**

**All others-refunds will be made if you find someone to purchase your seat.**

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 Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, 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.



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



**Carroll County Times**

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

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