

South Carroll Senior Center

July

ACTIVITY SCHEULE

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

MONDAY-THURSDAY
8:00AM-4:00PM
FRIDAY
8:00AM-3:00PM



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
July 4th
and
July 5th



CARROLL COUNTY
SENIOR CENTERS
WILL CLOSE AT 3:00PM
ON FRIDAYS



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 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

Snippets From Your Site Council

Board Members

President– Bruce Cohen
Vice President— Carol Osborne
Corresponding Secretary– Janie Heinrich
Recording Secretary– Adele Ma
Treasurer– Lou Bengermano

Join us at our next Site Council Meeting

Tuesday July 2nd

11:30am-12:00pm

in the Dining Room to welcome the new Site Council Board.

Also, learn how our center raises funds for all the activities that are offered daily.

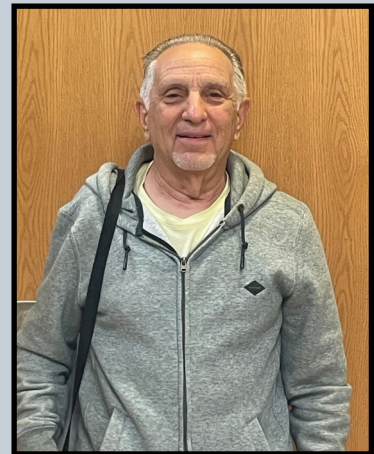
This is also an opportunity for active members to express ideas, suggestions and concerns.



Bruce



Carol



Lou



Janie



Adele

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.	
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LEARN ABOUT ARTIFICIAL INTELLIGENCE

What it is, and how to detect it, use it and stay safe

July 2, 2024 at 1:00pm
AI Image Generators

July 9, 2024 at 1:00pm
Is that AI?

Limited Space

You do not need to attend every session but you are welcome to!

SIGN UP FOR CLASS AT FRONT DESK



MUSIC GROUP

LOOKING FOR MEMBERS TO JOIN US
AS WE REHEARSE FOR OUR
WINTER PERFORMANCE.

July 10th
12:30pm



Pilates



Strengthen Your Mind & Body!

Improve
Flexibility
and
Posture

Tuesdays
1:30pm-2:15pm

Free

STARTING JULY 16th

Maryland Legal Aid

South Carroll Senior Center

July 24th- 1:00pm-4:00pm

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
<https://www.mdlab.org>

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



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Dutch Apple Dinner Theatre Present:

"White Christmas"

DECEMBER 12, 2024

COST: \$125.00

BUS DEPARTS SCSC @ 9:30 A.M.

SIGN UP STARTS JULY 8th

**Sign up at the front desk Monday-Friday 9:00am-3:00pm
Last Day to Sign up August 29th**

Travel to Dutch Apple Dinner Theatre in Lancaster, Pennsylvania. Enjoy a heart-warming musical based on the beloved movie "White Christmas".

Irving Berlin's "White Christmas" promises a merry and bright theatrical experience for the whole family. Before the show enjoy a delicious buffet lunch.

Trip Includes: Motor Coach, Show Ticket, Lunch, Taxes, Gratuity and Drivers Tip.

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

Payment DUE at time of sign up.

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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 series with one session monthly.

Room: Dining Room
Time: 12:30pm

July 9, 2024
Go with Your Gut Bacteria

August 13, 2024
Should You Worry About Vitamin D Deficiency?

September 10, 2024
Dairy Case Dilemma: Is It Really Milk?

October 8, 2024
Are Healthy Bones Important?

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

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**



SOUTH CARROLL SENIOR CENTER July Lunch Menu

**HAPPY
INDEPENDENCE
DAY**

Monday**Tuesday****Wednesday****Thursday****Friday**

<p>1</p> <p>Ground Beef Stroganoff WG Butter Noodles WG Wheat Bread Creamy Cucumber Salad Mandarin Oranges</p> <p style="color: red;">Sign up due by 10:00am 6/26</p>	<p>2</p> <p>Roast Pork Loin w/Sweet Onion Gravy Peas & Mushrooms Garlic Mashed Potatoes WG Wheat Bread Fruit Cocktail</p> <p style="color: red;">Sign up due by 10:00am 6/27</p>	<p>3 4th JULY SPECIAL</p> <p>Hamburger Sliced Cheese Sandwich Roll Lettuce, Tomato & Sliced Onion Baked Beans Pepper Slaw Watermelon Apple Pie Sign up due by 10:00am 6/25</p>	<p>4</p> <p style="text-align: center;">★ ★ ★ CENTER CLOSED INDEPENDENCE DAY ★ ★ ★</p>	<p>5</p> <p style="text-align: center;">CENTER CLOSED</p>
<p>8</p> <p>Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Amish Navy Bean Salad WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/1</p>	<p>9</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Apricot Halves</p> <p style="color: red;">Sign up due by 10:00am 7/2</p>	<p>10</p> <p>Maple-Peach Glazed Ham Au Gratin Potatoes Braise Cabbage Pineapple Tidbits WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/3</p>	<p>11 SUB</p> <p>Italian Cold Cut Provolone Cheese Lettuce/Tomato/Onion Italian Dressing Club Roll Potato Salad Cole Slaw Fruit Cocktail</p> <p style="color: red;">Sign up due by 10:00am 7/1</p>	<p>12</p> <p>Turkey Burger w/Cheese Lettuce & Tomato Cucumber & Onion Salad Baked Beans WG Sandwich Roll</p> <p style="color: red;">Sign up due by 10:00am 7/5</p>
<p>15</p> <p>Pot Roast Of Beef w/Burgundy Gravy Roasted Potatoes Seasoned Greens WG Wheat Bread Mandarin Oranges</p> <p style="color: red;">Sign up due by 10:00am 7/10</p>	<p>16</p> <p>Chicken Cacciatore WG Brown Rice Buttered Carrots WG Wheat Bread Green Pea & Red Pepper Salad</p> <p style="color: red;">Sign up due by 10:00am 7/11</p>	<p>17 SPECIAL</p> <p>Stuffed Green Peppers (Peppers Stuffed w/Beef, Rice & Tomato w/Marrara Sauce) Diced Beets Crumb Cake WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/5</p>	<p>18 SPECIAL</p> <p>Quinoa Black Bean Burger (Lettuce, Tomato & Onion) WG Hamburger Roll Pickled Beets Baked Beans Diced Pears Apple Cinnamon Loaf Soy Milk</p> <p style="color: red;">Sign up due by 10:00am 7/10</p>	<p>19</p> <p>Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrot Moroccan Beet Salad WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/16</p>
<p>22 SUB</p> <p>Meatball Sub WG Wheat Italian Roll Seasoned Green Beans Mandarin Oranges</p> <p style="color: red;">Sign up due by 10:00am 7/17</p>	<p>23 SPECIAL</p> <p>Baked Pork Chop w/ Marsala Sauce Mashed Potatoes Peas & Pearl Onions Chilled Mandarin Oranges Cherry Crisp WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/15</p>	<p>24</p> <p>Split Pea Soup Chicken Salad Sandwich Lettuce/Tomato WG Sandwich Roll Fresh Cole Slaw Tropical Fruit Fruited Yogurt</p> <p style="color: red;">Sign up due by 10:00am 7/19</p>	<p>25</p> <p>Roasted Pork Loin w/Gravy German Cucumber Salad Seasoned Kale Garlic Mashed Potatoes WG Wheat Dinner Roll Sliced Apples Snack Pack</p> <p style="color: red;">Sign up due by 10:00am 7/22</p>	<p>26</p> <p>Chicken Fajitas Sour Cream WG Tortilla Mexican Rice Diced Peaches</p> <p style="color: red;">Sign up due by 10:00am 7/23</p>
<p>29</p> <p>Sliced Corn Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/24</p>	<p>30</p> <p>WG Pasta Bake Greek Cucumber/Tomato Salad WG Wheat Bread</p> <p style="color: red;">Sign up due by 10:00am 7/25</p>	<p>31</p> <p>Multi Bean Soup Curried Chicken Salad Baby Spinach Grape Tomatoes WG Wheat Bread Mandarin Oranges</p> <p style="color: red;">Sign up due by 10:00am 7/26</p>	<p style="text-align: center;">Reservation Required by posted sign up date.</p> <p><i>To reserve a lunch fill out a menu with your name and clearly mark the lunches you want. Turn the menu in at the front desk.</i></p> <p>Cost of lunch for center members 60+ is a donation up to \$6.09 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.09. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.09.</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	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	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	New Session Starts July 8th	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	New Session Starts July 8th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session Starts July 8th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Circuit Training	1:00pm– 3:30pm (30 minute sessions)	ongoing	None

Daily Activities

TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	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	Advanced 9:30 am - 12:30 pm Beginners/ Intermediate 12:30 pm - 3:45 pm	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	New Session Starts July 2nd	Cost: \$10.00 10-12 weeks
Beginner/ Intermediate Mahjongg	9:30am - 11:30am	Ongoing	None
Penny Bingo	9:30 am - 11:30am	Ongoing	Penny
Learn How To Play Pitch	9:30 am—12:00pm	Ongoing	None
Senior Fun and Fitness	10:30 am - 11:30 am	New Session Starts July 2nd	Cost: \$25.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 pm– 12:00 pm	July 2nd	None
Scrapbooking and Card Making	12:30 pm-3:00pm	Ongoing	None
Technology Class	1:00pm-2:00pm	Sign up at front desk	None
Drop in Painting	9:00 pm - 3:00 pm	ON HOLD	None
Mahjongg	12:00 pm - 3:45 pm	Ongoing	None

Daily Activities

WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	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	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	New Session Starts July 10th	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	New Session Starts July 10th	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	New Session Starts July 24th	Cost: \$35.00 10-12 weeks
Art Class	No Class July and August 1:00 pm– 3:00 pm	Session starts Sept.4th	Cost: \$35.00 10-12 weeks

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Pickleball	Advanced 9:30 am - 12:30 pm Beginners/Intermediate 12:30 pm– 3:45 pm	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 – 10:00 am	New Session Starts July 11th	Cost: \$10.00 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 pm - 12:00 pm	New Session Starts July 11th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	No Class July and August 1:00 pm - 3:00 pm	Session Starts Sept. 5th	Cost: \$35.00 10-12 weeks

Daily Activities

FRIDAY

Program	Time		Cost
Walk the Gym	8:00 am - 2:30 am	Ongoing	None
Billiards	8:00 am - 2:30 pm	Ongoing	None
Exercise Equipment	8:00 am - 2:30 pm	Ongoing	None
Computer Lab	8:00 am - 2:30 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am - 3:45 pm	Ongoing	None
Pickleball	Beginners/Intermediate 9:30 am - 12:00 pm Advanced 12:00 pm - 2:30 pm	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	New Session Starts July 12th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am - 11:30 am	New Session Starts July 12th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 2:30 pm	Ongoing	None
Dominos	12:30 pm - 2:30 pm	Ongoing	None