

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

April
2025

Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Friday, April 18

INFORMATION STATION

CENTER STAFF



CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
RILEY MCGRAW

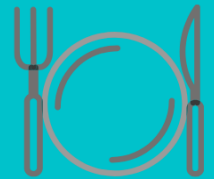


Updating Your Membership Form

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 \$6.31 for a Hot Lunch or \$7.24 for a Cold Lunch. Those 59 and younger must pay the full price of \$6.31 for a Hot Lunch or \$7.24 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* APRIL 2025

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 \$6.31, includes accompanying younger spouses;**
 Under 60 Years Old = **Full Price \$6.31, Paid Directly To Assistant Director** **NAME:**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>	<p>RSVP 3/25/25 ¹ MEAT LOAF / GRAVY HERB ROASTED POTATOES CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES</p>	<p>RSVP 3/25/25 ² PORK LOIN W/ DIJON CREAM SAUCE PEAS & MUSHROOMS GARLIC M. POTATOES WHEAT BREAD FRUIT COCKTAIL CHOCLATE MILK</p>	<p>RSVP 3/25/25 ³ HONEY BEEF BBQ RIB PATTY FIESTA BLACK BEANS COLE SLAW ROLL YOGURT</p>	<p>RSVP 3/25/25 ⁴ CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK</p>
<p>RSVP 4/1/25 ⁷ SALISBURY STEAK GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD</p>	<p>RSVP 4/1/25 ⁸ WHITE BEAN CHICKEN CHILI YELLOW RICE PILAF CORN MUFFIN JUICE / MILK</p>	<p>RSVP 4/1/25 ⁹ CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW YOGURT & JUICE</p>	<p>SPECIAL BAKED POTATO ¹⁰ RSVP 4/1/25 BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>	<p>RSVP 4/1/25 ¹¹ ROAST CHICKEN W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASON GREEN BEANS WHEAT BREAD CINNA. APPLE SLICES</p>
<p>RSVP 4/8/25 * ¹⁴ HOT DOG on ROLL CONDITMENTS SAUERKRAUT BAKED BEANS FRUIT JUICE & MILK</p>	<p>RSVP 4/8/25 ¹⁵ POT ROAST OF BEEF CHASSEUR ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES</p>	<p>RSVP 4/8/25 ¹⁶ CHICKEN CACCITORE BROWN RICE BUTTERED CARROTS WHEAT BREAD GR. PEA & PEPPER SALAD CHOCOLATE MILK</p>	<p>SPECIAL EASTER LUNCH ¹⁷ RSVP 4/8/25 GLAZED PINEAPPLE HAM W/ RAISINS GLAZED CARROTS RED SKIN POTAOES DINNER ROLL AMBROSIA SALAD DESSERT</p>	
<p>RSVP 4/15/25 ²¹ CHICKEN BREAST W/ TARRAGON SHALLOT CREAM SAUCE RICE PILAF PEAS & CARROTS WHEAT BREAD CHICK PEA SALAD</p>	<p>RSVP 4/15/25 ²² MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES</p>	<p>RSVP 4/15/25 ²³ CHICKEN BREAST PAPRIKA LEMON RICE PILAF WAX BEAN MEDLEY WHEAT BREAD CINNAMON APPLESAUCE YOGURT</p>	<p>RSVP 4/15/25 ²⁴ SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT</p>	<p><u>BOX LUNCH ONLY</u> TURKEY CRANBERRY SALD SANDWICH "SEE OTHER SIDE"</p>
<p>RSVP 4/22/25 ²⁸ CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES</p>	<p>RSVP 4/22/25 ²⁹ SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT</p>	<p>RSVP 4/22/25 ³⁰ ASIAN CHICKEN & SOBA NOODLES (WARM) JAPANESE CUCUMBER SALAD WHEAT BREAD PINEAPPLE JUICE & MILK</p>		

COLD Lunches *Westminster Senior Center* APRIL 2025

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 \$7.24**, includes accompanying younger spouses;
Under 60 Years Old = **Full Price \$7.24**, 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
	1 RSVP TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	2 RSVP BOX LUNCH NOT AVAILABLE	3 RSVP 12/24/24 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	4 RSVP 12/24/24 BOX LUNCH NOT AVAILABLE
7 RSVP BOX LUNCH NOT AVAILABLE	8 RSVP 12/30/24 BOX LUNCH NOT AVAILABLE	9 RSVP BOX LUNCH NOT AVAILABLE	10 RSVP 12/30/24 BOX LUNCH NOT AVAILABLE	11 RSVP BOX LUNCH NOT AVAILABLE
14 RSVP BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	15 RSVP TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	16 RSVP 1/8/25 BOX LUNCH NOT AVAILABLE	17 RSVP BOX LUNCH NOT AVAILABLE	18 RSVP 1/8/25 CENTER CLOSED
21 RSVP BOX LUNCH NOT AVAILABLE	22 RSVP 1/10/25 BOX LUNCH NOT AVAILABLE	23 RSVP BOX LUNCH NOT AVAILABLE	24 RSVP 1/10/25 BOX LUNCH NOT AVAILABLE	25 RSVP TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
28 RSVP BOX LUNCH NOT AVAILABLE	29 RSVP TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	30 RSVP 1/21/25 BOX LUNCH NOT AVAILABLE		

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
Bingo Penny Bingo	9:00 - 11:00 am	Penny per card 3rd Thursday: Nickle per card	Game Room
Morning Table Talk Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	Dining Room
Lunch	11:30 am	See menu for reservation deadlines & directions.	Dining Room
Walk the WSC Walking Path	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
Painting & Drawing All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks Next Session begins: March 31, 2025
Stained Glass – 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
Clay Crafters – 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
Quilting Circle & Smiling with Stitches – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material

Exercise Classes

Activity	Day	Time	Cost	Session Info
Dance Fitness <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	\$35/month; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
Arthritis Exercise Class <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Donation	12 weeks Session Began: March 24, 2025
Arthritis Exercise Class <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks Session Began: Mach 27, 2025
Zumba Gold <i>(Moderate Intensity & Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$35	10-12 Weeks Session Began: February 25, 2025
Circuit Training Class <i>Moderate Intensity</i>	Tuesdays	9:30 am - 10:30 am	Donation	12 Weeks Next Session Begins: April 29, 2025
NEW! Strength & Mobility <i>Low to Moderate Intensity</i>	Tuesdays	1:00 pm - 2:00 pm	Donation	8 Weeks Next Session Begins April 1, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$40	8 weeks Next Session Begins: April 2, 2025
Line Dance Class <i>(Moderate Intensity & Coordination)</i>	Thursdays	10:00 - 11:30 am	\$35 Includes Monday practice class	10-12 Weeks Session Began: February 27, 2025
Line Dance Practice	Mondays	10:30 - 11:30 am	Included with Thursday's Class Fee	
Stretch & Strength Exercise Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
Walking Indoor Exercise 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
Pickleball 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

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

Cards, Games & Entertainment

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

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, April 2	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, April 10	11:00 am - 12:00 pm	Free in the Craft Room
DIY Sock Bunny	Thursday, April 10	12:30 pm	Please see flyer
Easter Lunch	Thursday, April 17	11:30 am	Reservations required for lunch
Center Closed - Good Friday	Friday, April 18	All Day	
Volunteer Recognition Lunch	Friday, April 25	11:30 am	By invitation only
Legal Aid	Wednesday, May 7	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Mothers Day Lunch	Friday, May 9	11:30 am	Reservations required for lunch

*Special Events are subject to change without notice.



Black Eyed Susan Tea

Friday, May 16
1:00 pm

Join us for a Preakness themed tea
with delicious sweet & savory delights!

\$15.00 per person

Payment due at time of sign up

Tickets go on sale April 11th!

Interested in purchasing a ticket or
filling a whole table? Please see Katie

Space is limited to 72 people so don't wait to sign up!



"OOPS" - WHEN A "2" BECAME A "5".

Prior to 1912 all one cent postal stamps depicted Benjamin Franklin. In order to conform to new regulations issued by the Universal Postal Union, the "ONE CENT" Franklin design was changed to George Washington, and labeled " 1 CENT 1". Stamp values of to 7 were of Washington, and 8 cents and above remained as Franklin.

In 1916 the Washington 2-cent-2 stamp (Scott 463, perforation 10) was issued. WW1 was ongoing, and the Bureau of Engraving (BOE) and Printing was understaffed and trying to keep up with war time demands. A tired, overworked inspector noted several impressions on printing plate 7942 were worn or defective and replaced them with what he thought were new 2-cent-2 impressions. (a plate has 400 impressions in 4 blocks of 100). He accidentally replaced them with 5-cent-5 impressions. Since the impressions are reversed for printing, he mistook the backward 5 for a 2. After the new impressions were installed, the plate was not inspected further and the stamps printed and issued. When the mistake was eventually noticed most plate 7942's were recalled but many had already been issued. Those printed 7942 sheets were sent to be perforated 10 but some BOE machines had already been reset to a new perforation gauge of 11. These 5 cent error stamps were issued as Scott 467 perforation 10, and Scott 505 perforation 11.

Five cent stamps were printed blue, not red so those stamps within the sheet became sought after stamps



These two error stamps are in high demand from collectors.

NEW EXERCISE CLASS

Strength & Mobility

Tuesdays starting April 1

1:00 pm - 2:00 pm

in the Multi-Purpose Room

Cost: Donation

Strength & Mobility is a strength base functional fitness class that focuses on gaining mobility and balance.



DIY Sock Bunny



Thursday, April 10

12:30 pm

in the Classroom

Come make an adorable Sock Bunny with Lisa. All supplies will be provided!

Sign up at the front desk by April 7!

Space is limited to 12 people!



All Aboard the Strasburg Railroad!

Lancaster, PA

Tuesday, September 23, 2025

Includes train ride and lunch at Hershey Farms Restaurant

Family Style Lunch Menu: Fried Chicken, Roast Beef, Baked Ham, Mashed Potatoes, Bred Filling, Green Beans, Buttered Corn, Sweet & Sour Relishes, Homemade Rolls, Shoo-fly Pie, Apple Pie, and hand-dipped Vanilla Ice Cream.



Cost: \$85.00 per person

Bus Leaves WSC at 8:30 am &
Returns to WSC by 4:00 pm

Sign up begins July 1st

If interested, please sign up at the Front Desk. Payment due at time of sign up! Payment will be held until day of the trip.

All trip times, cost & package offers are subject to change depending on participation and weather.

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 as soon as possible but no later than 72 hours before the scheduled event.

Upcoming Westminster Senior Center 2025 Bus Trips

Hickory Bridge Trip: Lunch & Christmas Show

Ortanna, PA

Tuesday, December 16, 2025

Cost: \$80.00 per person includes Show Ticket

Sign up begins September 1st

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.

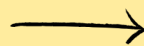
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Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are OPEN at 8:00 am in inclement weather UNLESS:

The Carroll County Government Offices are closed then the Carroll County Senior Centers are closed.

The Carroll County Government opens late or closes early then the Carroll County Senior Centers open late or close early.



- Modified meals may be served
- Call your Senior Center to see if programs/classes have been cancelled
- **Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.**

CTS: 410-386-5550

*Please note- decisions regarding the operating schedules of the Carroll County Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

For info on closures and delays listen to local radio or TV stations, visit the Carroll County Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.