

SOUTH CARROLL SENIOR CENTER

April

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, adults with disabilities, veterans and those who care.

NEW CLASS SESSIONS
STARTING APRIL

PAYMENT IS DUE ON THE
FIRST DAY OF CLASS.
CHECK CLASS SCHEDULE
STARTING ON PAGE 19 FOR
START DATES AND COST.



FOOD TRUCKS AND
SPECIAL MEALS



SEE THE MENU ON
PAGE 15 FOR
MORE INFORMATION.



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

MAP Information & Assistance can connect individuals with services about....

- Housing options
- Caregiver resources
- Energy assistance
- Veteran services
- Homeowners/Renters tax credit
- Food resources
- Transportation
- Long term care options
- Home & Community Based Options Services

Call 410-386-3800 and ask to speak to someone in MAP Information & Assistance.....

Contact:

Nicole Ranoull MAP Information & Assistance Supervisor

Julie McGraw MAP Information & Assistance Program Specialist

Courtney Edwards MAP Information & Assistance Program Coordinator



***We visit the South Carroll Senior Center the 1st Thursday of each month*(Not in July or December) 😊**

Snippets From Your Site Council

A monthly update provided by the Site Council Board Members.

Board Members:

President– Dottie Tribble
 Vice President— Carol Osborne
 Corresponding Secretary– Sue Murawski
 Recording Secretary– Janie Heinrich
 Treasurer– Bruce Cohen



Important Reminder:

If your group/activity plans on requesting funds from Site Council you must have at least 1 person attend the monthly Site Council meeting. This is a requirement if you would like Site Council to continue to provide funds to support your activity. We also encourage you to contribute funds to the Site Council to help replenish funds used for activities at the center. If your group needs help with finding a way to raise funds please speak to a Site Council member.

Who Pays for the South Carroll Senior Center?

Most people in the Senior Center think that their taxes are paying for the Senior Center and all the amenities here, like all the different activities. The fact is that the County pays just for the building and its upkeep, the salaries of the three employees (Melissa, Brad and John), and some assistance for the food program .This is all that the County pays for in their budget.

The Site Council at each Center is responsible for everything else in the buildings and pays for them through other means of fees for various activities (workshops, trips, supplies) and any extra funds that are collected. The funds are used for the activities and to start other activities that all of us can enjoy.

Some of us only do one thing here at the center– such as shoot pool, play pickleball, paint, work in the craft room, or just eat lunch– while others do a complete day at the center. Some volunteer at different activities or do two or more things and get to know other people and just talk. We have a very nice cafeteria with various coffee drinks, teas and hot chocolate to enhance your time while talking.

You can decide the direction of our center and activities.

The Center is run by the paid staff with many volunteers. One of the main volunteers is sitting at the front desk (Carol), greeting everyone who comes in every day or is there when you have a question. We have volunteers for the kitchen, every club, bus trips and for the Site Council which is responsible for managing the funds and distributing the monies for each activity to keep these events running.

You are the heartbeat of the Senior Center, and you have the ability to help make this center even better. If you currently volunteer, your work is greatly appreciated. If you want to volunteer for any of our activities and enhance your experience at the center please contact staff. If you would like to be part of the Site Council Board-which is responsible for managing the funds for different groups, activities, maintaining existing center equipment and planning for future purchases– then nominate yourself for one of the positions starting in April. You can get more information by talking to any of the current Board Members. Your time, talent and ideas could make the South Carroll Senior Center even better and more fun for you and your friends.

Join us at our next Site Council Meeting on **Tuesday April 2nd- 11:30am-12:00pm** in the Dining Room. 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.

2024 Site Council Board Nominations



Nominations for the
South Carroll Senior Center's
2024 Site Council Election will be
accepted April 1st- April 19th

You can nominate yourself or a friend.

We are looking for members to participate in a singalong group.

Everyone is welcome to participate

1st Meeting

April 10th 12:30pm
in the Dining Room





Learn How To Play Pitch



Tuesdays

9:30am – 12:00pm

Join us for a game in the craft room.
You do not need to sign up.



LEARN HOW TO PLAY CANASTA



Thursdays
9:30am - 12:30pm

Join us for a game in the card room.
You do not need to sign up.

LEARN HOW TO CREATE A PERENNIAL AND ANNUAL PLANTER



Join members of
Master Gardener for a
demonstration on how
to create perennial and
annual planters.

APRIL 29TH

1:00pm

If interested sign up at the front desk
by April 22nd

**PLANTERS WILL BE RAFFLED OFF AT
THE END OF THE DEMONSTRATION.
PARTICIPANTS CAN PURCHASE
RAFFLE TICKETS FOR \$1.00 EACH**

UNIVERSITY OF
MARYLAND
EXTENSION

MASTER
GARDENER

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.

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 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

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



April 30- May 7, 14, 21, 28 -June 4, 2024

Tuesdays 1:00 p.m.— 3:30 p.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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"Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

Proven Outcomes

Healthy Living with Chronic Pain has been researched and proven to work. People who have taken the program experience:

- Better health and increased confidence in managing their pain
- Improvements in vitality or energy
- Less pain and dependence on others
- Improved mental health
- Greater involvement in everyday activities

Find and register for a workshop

Virtual Workshop Series – Tablets capable of accessing Wi-Fi are available through our lending library

Mondays – 9:00 a.m. to 11:30 a.m.

April 29- May 6, 13, 20- June 3, 10, 2024

Register at <https://carrollcountymd.gov/livinghealthy>

Or by calling 410-386-3800

Or email: livinghealthy@carrollcountymd.gov

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- Short-term goal setting & planning
- Relaxation & breathing
- Medication usage & evaluating treatments
- Quality sleep & fatigue management
- Stress and depression management
- Healthy eating and nutrition
- Decision-making & problem-solving
- Fitness for exercise and fun
- Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.





Everyone is welcome!

3rd Annual
**Veterans
Celebration**
of Carroll County

Sunday * May 5, 2024
Noon - 4:00 pm

Come enjoy, something for everyone!

- ★ Children's Activities
- ★ Veterans Memorabilia Exhibit
- ★ Great Food
- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display
- ★ **Veterans Organizations on Site!** ★



Enjoy the camaraderie of other Veterans and Active Military!

Welcome Ceremony at 1:00 with a special recognition gathering to follow for those who served during the Iraqi Conflict era circa 1991-2011.

www.carrollcountymd.gov/veteranscelebration

Free Admission & Free Parking

**Carroll County Farm Museum
500 South Center St., Westminster MD**

Hosted by Carroll County Government and the Veterans Advisory Council

For venue-related inquiries, call 410-386-3880. For Veteran-related inquiries, call 410-386-3800.



FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age. No businesses please.

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.

For more information contact:

Kristen Harvey
Carroll County Bureau of Aging & Disabilities
kharvey@carrollcountymd.gov
410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

When it is your turn, please stay in your vehicle and we will do the rest!

The Sheriff's Office is collecting medications only.

For safety reasons, **NO MEDICAL WASTE**

NO SHARPS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD
21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD
21787

410-386-2700

Thursday, May 16th

9AM to 11AM

South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD
21784

410-386-3700

Monday, May 20th

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD
21074

410-386-3900

Friday, May 24th

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD
21157

410-386-3850

Friday, May 31st

9AM to 11AM



Carroll County
Health Department



Public Health
Prevent. Promote. Protect.

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South Carroll Senior Center Bus Trip
Sight and Sound Theater

DANIEL

SEATS
AVAILABLE

May 23rd, 2024
Bus departs SCSC at 8:15 a.m.
Cost: \$170.00

Sign up at the front desk Monday-Friday 9:00am-3:00pm

Last Day to Sign up is April 4th

The Sight and Sound Theatre in Strasburg, Pennsylvania presents one of the Bible's most epic sagas- "Daniel". Join us and witness one of the Bible's most hope-filled stories as it comes to life in this brand new original stage production on the Sight and Sound Theatre stage. After the show enjoy a delicious smorgasbord lunch at the Bird-in-Hand Family Restaurant.

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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**HARRIET TUBMAN
UNDERGROUND RAILROAD MUSEUM
AND
ALL-U-CAN-EAT CRAB FEAST**



June 20, 2024

Cost: \$115.00
Bus departs SCSC at 8:00am



Sign up starts April 1st

Sign up at the front desk Monday-Friday 9:00am-3:00pm

We begin our adventure on Maryland's Eastern Shore at The *Harriet Tubman Underground Railroad Visitor Center*. The visitor center will immerse you in Tubman's world through informative, powerful and thought-provoking multimedia exhibits. Learn about how Harriet Tubman grew up in slavery, lived, worked and worshipped in places near the visitor center and risked her life to help others escape to freedom .

We will conclude our day with a *2-hour all -u-can-eat crab feast at Suicide Bridge Restaurant*. Enjoy plenty of crabs, fried chicken, crab soup, clam strips, corn-on-the-cob, coleslaw, dessert, cool drinks and coffee.

On the return home will be making a stop at an *Eastern Shore Market*.

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

Includes: Motor Coach, all- you-can-eat, taxes and drivers tips.

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PET FOOD DONATION

NOW ACCEPTING ITEMS ALL YEAR

Some items to bring are:

Dog food, cat food, rabbit food, cat litter, rabbit bedding, indoor bird food, treats

Please no open or used items



COMMUNITY PROJECTS

Project Linus Carroll County Chapter

(Drop off locations for
completed blankets)

Project ♥ Linus



Lions Club

Drop box for
eye glasses and
hearing aids



Lioness/Lions Club Sneakers for Abby

New or gently used Tennis Shoes
(3.5 Y to adult sizes)

Donations are used to help raise funds for
a local child's cancer treatment.

Chemo Port Pillows

Available for everyone.
Pillows can be found in a
basket on one of the
tables by the front desk
These small pillows
Velcro to your seatbelt to
shield the port from
discomfort and irritation.



Lions Club

Empty Pill Bottles
(Please remove labels)
Used to help improve
medication storage in
developing countries
and to keep our
environment clean.



SOUTH CARROLL SENIOR CENTER
APRIL LUNCH MENU

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>Sign up due by 10:00am 3/26</p>	<p>2</p> <p>Roast Pork Loin w/Sweet Onion Gravy Peas & Mushrooms Garlic Mashed Potatoes WG Wheat Bread Fruit Cocktail</p> <p>Sign up due by 10:00am 3/27</p>	<p>3</p> <p>SPECIAL Honey BBQ Beef Rib Patty Fresh Cole Slaw WG Sandwich Roll Fiesta Black Beans Fruited Yogurt</p> <p><small>Free Carroll County Senior Center Cook Book with Lunch While Supplies Last</small></p> <p>Sign up due by 10:00am 3/28</p>	<p>4</p> <p>SPECIAL Beef Steak w/Red Wine Demi-Glaze White & Wild Rice Blend Roasted Root Vegetable Medley Pound Cake</p> <p>Sign up due by 10:00am 3/26</p>	<p>5</p> <p>Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Dilled Carrots WG Wheat Bread Fruit Cocktail</p> <p>Sign up due by 10:00am 4/2</p>
<p>8</p> <p>TAKE HOME LUNCH</p>   <p>Jersey Mike's Italian Cold Cut Eclipse Viewing Glasses</p> <p>Sign up due by 10:00am 4/1</p>	<p>9</p> <p>FOOD TRUCK TAKE HOME LUNCH Cryn Johnnies Hot Dog Food Truck</p>  <p>Sign up due by 10:00am 4/2</p>	<p>10</p> <p>Maple-Peach Glazed Ham Au Gratin Potatoes Braised Cabbage WG Wheat Bread Pineapple Tidbits</p> <p>Sign up due by 10:00am 4/5</p>	<p>11</p> <p>SPECIAL Bratwurst in Beer Sauerkraut Peppers & Onions WG Club Roll Crumb Cake</p> <p>Sign up due by 10:00am 4/3</p>	<p>12</p> <p>Turkey Burger w/Cheese Lettuce & Tomato Cucumber & Onion Salad Baked Beans WG Sandwich Roll</p> <p>Sign up due by 10:00am 4/9</p>
<p>15</p> <p>Pot Roast of Beef w/Burgundy Gravy Roasted Potatoes Seasoned Greens WG Wheat Bread Mandarin Oranges</p> <p>Sign up due by 10:00am 4/10</p>	<p>16</p> <p>Chicken Cacciatore WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG Wheat Bread</p> <p>Sign up due by 10:00am 4/11</p>	<p>17</p> <p>Pepperjack Beef Burger WG Sandwich Roll Lettuce & Tomato Fresh Broccoli Slaw Tropical Fruit</p> <p>Sign up due by 10:00am 4/12</p>	<p>18</p> <p>Tomato Multibean Soup Tuna Salad Sandwich Lettuce & Tomato WG Wheat Bread Copper Pennies Salad Hot Cinnamon Apples Fruited Yogurt</p> <p>Sign up due by 10:00am 4/15</p>	<p>19</p> <p>Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrots Moroccan Beet Salad WG Wheat Bread</p> <p>Sign up due by 10:00am 4/16</p>
<p>22</p> <p>SUB Meatball & Cheese Sub Cheese Garnish WG Wheat Italian Roll Green Beans Mandarin Oranges</p> <p>Sign up due by 10:00am 4/17</p>	<p>23</p> <p>Chicken Breast Paprika WG Lemon Rice Pilaf Wax Bean & Green Bean Medley WG Wheat Bread Cinnamon Applesauce</p> <p>Sign up due by 10:00am 4/18</p>	<p>24</p> <p>Split Pea Soup Chicken Salad Sandwich Lettuce & Tomato WG Sandwich Roll Fresh Cole Slaw Tropical Fruit</p> <p>Sign up due by 10:00am 4/19</p>	<p>25</p> <p>SPECIAL Stuffed Green Pepper (Peppers Stuffed w/Beef, Rice & Tomato w/Marinara Sauce)</p> <p>Diced Beets WG Wheat Bread Crumb Cake</p> <p>Sign up due by 10:00am 4/17</p>	<p>26</p> <p>SPECIAL Apple Almond Chicken (Skin-on Chicken Breast Stuffed w/Apples, Almonds and Raisins w/White Wine Sauce)</p> <p>White & Wild Rice Dilled Carrots Peas & Pearl Onions Butterscotch Pudding</p> <p>Sign up due by 10:00am 4/18</p>
<p>29</p> <p>SUB Roast Turkey Sliced Cheddar Lettuce, Tomato & Onion Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail</p> <p>Sign up due by 10:00am 4/19</p>	<p>30</p> <p>WG Pasta Bake WG Wheat Bread Greek Cucumber/Tomato Salad Feta Cheese Garnish</p> <p>Sign up due by 10:00am 4/25</p>	<p style="text-align: center;">Reservation Required by posted sign up date.</p> <p style="text-align: center;"><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. 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.</i></p>		



TOTAL ECLIPSE

**MONDAY APRIL 8TH
SIGN UP BY MONDAY APRIL 1ST 10AM**

**GET A FREE PAIR OF ECLIPSE GLASSES AND A
JERSEY MIKE'S ITALIAN COLD CUT TO TAKE
HOME. YOU WILL HAVE TO FILL OUT A SHORT
FORM IF YOU HAVE NOT ALREADY DONE SO.
(IT WILL ONLY TAKE A MINUTE)**

**CRYIN' JOHNNIES
HOT DOG
FOOD TRUCK**

**TUESDAY
APRIL 9TH
11-2**

**SIGN UP AT
THE FRONT
DESK BY
APRIL 2ND**

**YOU WILL NEED
TO FILL OUT AN
ADDITIONAL
NUTRITION FORM
FOR THIS MEAL**



Want a delicious healthy Snack or dessert?

Come join Lisa for lunch in the dining room
on 4/15 @ 12:30.

I will supply everything you need to make a
yummy treat.

Limited to 25 so sign up early!



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	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	Session Starts April 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	Session Starts April 8th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Starts April 8th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pillow Case Dress Workshop <small>(community service project)</small>	12:00 p.m.– 3:45 p.m.	Next Meeting April 8th	None
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Circuit Training	1:00pm– 3:30pm (30 minute sessions)	Sign up at front desk	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	Session Starts April 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	Session Starts April 2nd	Cost: \$10.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	12:30 pm– 1:30 pm	April 2nd	None
Scrapbooking	12:30pm-3:00pm	Ongoing	None
Drop in Painting	9:00 pm - 3:00 pm	Ongoing	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	Session Starts April 10th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Drop In Crafts	10:00 am - 12:00 pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Starts April 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	Session Starts April 10th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session Starts April 3rd	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	Session Starts April 4th	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	Session Starts April 4th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art (Craft Class)	1:00 pm - 3:00 pm	Session Starts April 4th	Cost: \$35.00 10-12 weeks

Daily Activities

FRIDAY

Program	Time		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 - 3:45 pm	Ongoing	None
Pickleball	Beginners/Intermediate 9:30 am - 12:00 pm Advanced 12:00 pm - 3:45 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	Session Starts April 5th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am - 11:30 am	Session Starts April 5th	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