

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

Carroll County
Senior Centers
will be
CLOSED

Friday April 18th



NEW CLASS SESSIONS

STARTING APRIL

PAYMENT IS DUE ON THE
FIRST DAY OF CLASS.
CHECK CLASS SCHEDULE
STARTING ON PAGE 15 FOR
START DATES AND COST.



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

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!

For safety reasons, The Sheriff's Office is collecting medications only.
NO MEDICAL WASTE
NO SHARPS
NO LIQUIDS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD
21771

410-386-3960

Thursday, May 8th, 2025

9 AM to 11 AM

South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD
21784

410-386-3700

Tuesday, May 20th, 2025

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD
21074

410-386-3900

Friday, May 23rd, 2025

9AM to 11AM

Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD
21787

410-386-2700

Thursday, May 29th, 2025

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD
21157

410-386-3850

Friday, May 30th, 2025

9AM to 11AM



Carroll County Health Department



Public Health
Prevent. Promote. Protect.

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Community Service Project

PRINCESS DRESS PROJECT WORKSHOP

**Volunteers
and
Donations
Needed**



**SECOND MONDAY of EVERY MONTH
12:00pm-3:00pm
Clean Craft Room**

We make dresses and shorts for children all over the world. Looking for members to sew or cut out the fabric for projects..

.....

- We are also accepting donations
- Fabric (cottons, fleece and flannel)
 - Lace and trims
 - Extra wide double fold bias tape

Please mark donations "Dress Workshop" and place in Clean Craft Room.

ALL DAY BINGO



Thursday April 10th

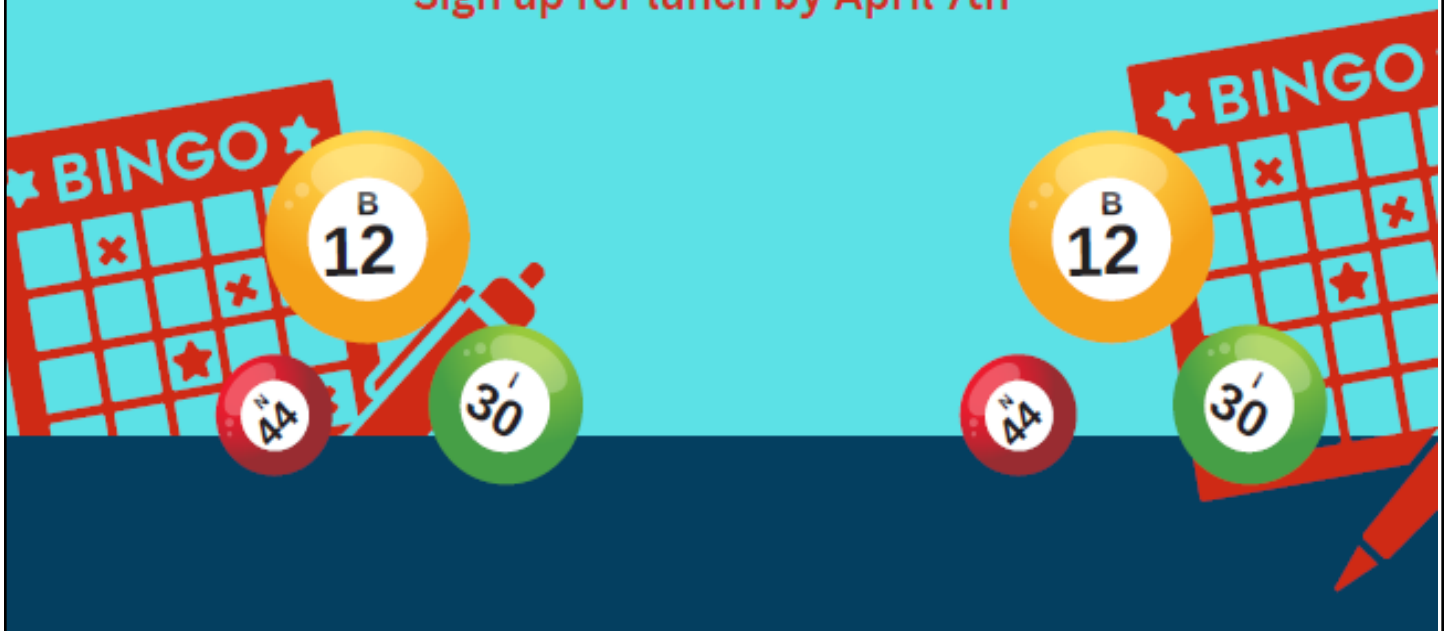


9:30am - 2:30pm

PRIZES | FOOD | FUN

Nickel per card (up to 6 cards can be played per game)
Special games will be played through out the day for
prizes purchased by Site Council.

Sign up for lunch by April 7th



A decorative poster for a Spring Garden Tour. The background is light green with a thin green border. The text is centered and framed by a green arch. The poster is decorated with various colorful flowers and greenery, including red poppies, blue and purple flowers, and yellow daisies, scattered around the edges.

SPRING GARDEN TOUR

OVER 250 NEW SPRING BULBS &
TUBERS PLANTED

MONDAY

APRIL 14TH 1-3 PM

RAIN DATE: APRIL 15TH

JOIN THE GROW CLUB FOR A
TOUR OF THE RECENTLY
UPDATED BACK PATIO
GARDEN AND FLOWER BEDS

THE GARDEN CLUB SUGGEST'S
READING THE BOOK
(NATURE'S BEST HOPE)

The poster features a light blue background. At the top, a string of colorful Easter eggs and small floral decorations hangs across the frame. Below this, two white, fluffy clouds are positioned on either side of the main title. The title 'EASTER EGG HUNT' is written in large, bold, blue capital letters. Underneath the title, the date and time are listed in bold, red capital letters. Further down, the instruction 'BRING YOUR OWN BASKET' is also in bold, red capital letters. Below that, a line of text in bold, red capital letters states 'DRESS APPROPRIATLY, EGGS WILL BE HIDDEN INSIDE AND OUTSIDE WEATHER PERMITTING'. At the bottom of the poster, several large, colorful Easter eggs with various patterns (checkered, zigzag, polka dots, stripes) are arranged in a row, with small, colorful flowers (red, blue, purple, orange, yellow) growing behind them.

EASTER EGG HUNT

TUESDAY APRIL 15TH
TIME 10:15AM

BRING YOUR OWN BASKET

**DRESS APPROPRIATLY, EGGS WILL BE HIDDEN
INSIDE AND OUTSIDE WEATHER PERMITTING**

INTERESTED IN LEARNING MAH JONGG?



Come to the Mah Jongg Workshop for Beginners

Mondays, 9:30-11:30

4/28, 5/5, 5/12, 5/19 2025

South Carroll Senior Center

It's important to attend each date as instruction is progressive.

Cost: Instructors do not charge but optional donation to SCSC appreciated.

Sign up by emailing: Toni Giordano amgiord@gmail.com

Include your name, email address and cell number.

Space is limited.

Important: Bring to first class:

2025 Official Standard Hands and Rules card.



The 2025 card can be purchased for \$14 from:

National Mah Jongg League

<https://www.nationalmahjonggleague.org>

(Note: Do not order from Amazon)

Questions? Contact Toni Giordano amgiord@gmail.com or text (443) 791-7864.

BOARD GAMES

EVERY FRIDAY
12:30p.m.-3:45p.m.



BILLIARDS

**Looking for Billiard
Players that would
like to play for fun
or join a team for
League Games**



**Join us
Monday-Friday
8:00am- 11:00am
or call 410-386-3700
for more information.**



South Carroll Senior Center



LEARN THE THEORY OF PICKLEBALL BASICS

Our Pickleball Committee has scheduled a weekly class to help you understand the rules and strategies of the game.

**THURSDAYS
1:00PM-2:30PM**

MULTIPURPOSE ROOM

**Sign up at the front desk
LIMITED SPACE**

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South Carroll Senior Center Bus Trip

COASTAL MAINE IN THE FALL

**SEATS
AVAILABLE**

October 20th- October 23rd

Sign up at the front desk

Monday-Friday 9:00am-3:00pm

Last Day to Sign up August 1, 2025

Enjoy a fun-filled 4 day get-away full of spectacular scenery in
Ogunquit, Maine "Beautiful Place by the Sea".

Enjoy tourist centers, beaches, quaint boutiques, galleries, shops and a vibrant
artistic community.

(see attached flyer for more details)

Price:

\$1,329.00 Single

\$999.00 Double/PP

\$919.00 Triple/PP

\$879.00 Quad/PP

To reserve a spot on the bus you must pay and complete an
emergency contact form.

No refunds after 60 days prior to trip unless we sell you seat.

Payment due at time of sign up .

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South Carroll Senior Center

Holidays at Nemours Estate and Lunch at Buckley's Tavern

**SIGN UP
STARTS
May 6th**

THURSDAY NOVEMBER 20, 2025

COST: \$125.00

9:00am- 7:00pm

Sign up at the front desk Monday-Friday 9:00am-2:00pm
Last Day to Sign up August 12, 2025

Enjoy a tour of the former Du Pont estate decked out for the holidays with Christmas trees, hand-painted ornaments and antique decorations. Before the tour relax and enjoy a delicious lunch at Buckley's Tavern. Your meal choices are Curried chicken Salad Sandwich, French Dip Sandwich, or Quiche Lorraine.

To reserve a spot on the bus you must pay full price, complete an emergency contact form and complete meal choice form.

Includes: Transportation, lunch, Holidays at Nemours Estate, all taxes and tips.

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

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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 7-14-21 – May 5-12-19, 2025; No class 4/28

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.



SOUTH CARROLL SENIOR CENTER
APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Easter is April 20th</p> 	<p>1</p> <p>Meatloaf w/Gravy Herb Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges WG White Wheat Bread</p> <p>Sign up due by 10:00am 3/26</p>	<p>2 NEW ITEM</p> <p>Roast Pork Loin w/Dijon Cream Sauce Pease & Mushrooms Garlic Mashed Potatoes Fruit Cocktail WG White Wheat Bread</p> <p>Sign up due by 10:00am 3/28</p>	<p>3</p> <p>Honey BBQ Rib Sandwich Fresh Cole Slaw WG Sandwich Roll Fiesta Black Beans Fruited Yogurt</p> <p>Sign up due by 10:00am 3/31</p>	<p>4 NEW ITEM</p> <p>Chicken Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 4/1</p>
<p>7</p> <p>Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish Navy Bean Salad</p> <p>Sign up due by 10:00am 4/2</p>	<p>8</p> <p>White Bean Chicken Chili Yellow Rice Pilaf WG Corn Muffin</p> <p>Sign up due by 10:00am 4/3</p>	<p>9</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt</p> <p>Sign up due by 10:00am 4/4</p>	<p>10</p> <p>Pineapple Glazed Ham Au Gratin Potatoes Brussel Sprouts Pineapple Tidbits WG White Wheat Bread</p> <p>Sign up due by 10:00am 4/7</p>	<p>11</p> <p>Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices</p> <p>Sign up due by 10:00am 4/8</p>
<p>14</p> <p>Soft Tacos WW Tortilla Sour Cream & Cheddar Fresh Romain Lettuce Tomato Salsa Ranchero Pinto Beans</p> <p>Sign up due by 10:00am 4/9</p>	<p>15 NEW ITEM</p> <p>Pot Roast of Beef Chasseur Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges</p> <p>Sign up due by 10:00am 4/10</p>	<p>16</p> <p>Chicken Cacciatore WG Brown Rice Buttered Carrots WG White Wheat Bread Green Pea & Red Pepper Salad</p> <p>Sign up due by 10:00am 4/11</p>	<p>17 EASTER SPECIAL</p> <p>Pineapple-Raisin Glazed Ham Glazed Carrots Red Skinned Potatoes Dinner Roll Ambrosia Salad Pie</p> <p>Sign up due by 10:00am 4/9</p>	<p>18</p> <p style="text-align: center;">Good Friday Center Closed</p>
<p>21 NEW ITEM</p> <p>Chicken Breast w/ Tarragon Shallot Cream Sauce Yellow Rice Pilaf Peas & Carrots Chickpea Salad WG White Wheat Bread</p> <p>Sign up due by 10:00am 4/15</p>	<p>22 SUB</p> <p>Roast Turkey Sub Sliced Cheddar, Lettuce, Tomato & Onion Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail</p> <p>Sign up due by 10:00am 4/11</p>	<p>23</p> <p>Chicken Breast Paprika WG Lemon Rice Pilaf Wax & Green Bean Medley WG White Wheat Bread Cinnamon Applesauce Fruited Yogurt</p> <p>Sign up due by 10:00am 4/17</p>	<p>24 NEW ITEM</p> <p>Split Pea Soup Harvest Chicken Salad Sandwich WG Sandwich Roll Fresh Cole Slaw Tropical Fruit</p> <p>Sign up due by 10:00am 4/21</p>	<p>25 NEW ITEM</p> <p>Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Seasoned Kale Garlic Mashed Potatoes WG White Wheat Dinner Roll Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 4/22</p>
<p>28</p> <p>Chicken Fajitas WG Tortilla Mexican Rice Diced Peaches</p> <p>Sign up due by 10:00am 4/23</p>	<p>29 NEW ITEM</p> <p>Sliced Corned Beef w/ Mustard Dill Sauce WG White Wheat Bread Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit</p> <p>Sign up due by 10:00am 4/24</p>	<p>30</p> <p>Asian Chicken & Soba Noodles WG White Wheat Bread Japanese Cucumber Salad Pineapple Tidbits</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><i>To reserve a lunch fill out the colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal). Per grant requirements, those under 80 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.</i></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	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	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	Session Starts April 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 April 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Started April 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 April 14th	None
Fitness with Katie	1:00pm– 2:00pm	Session Started April 7th	Cost: \$30.00 10-12 weeks

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	9:30 am - 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 1st	Grant Funded 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 1st	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	April 1st	None
Scrapbooking and Card Making	12:30 pm-3:45pm	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
Fitness with Katie	8:15am– 9:15am	Session Starts April 9th	Cost: \$35.00 10-12 weeks
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	Session Started April 9th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Beginner/Intermediate Mahjongg	9:30am - 12:00pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started April 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 Starts April 2nd	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session Starts April 16th	Cost: \$30.00 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	9:30 am - 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 – 10:15 am	Session Starts April 3rd	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 Starts April 3rd	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Starts April 17th	Cost: \$35.00 10-12 weeks
Learn the Theory of Pickleball Basics	1:00 pm– 2:30pm	Sign up at front desk	No Cost

Daily Activities

FRIDAY

Program	Time	Session	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	9:30 am - 3:45pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Mahjonn	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Session Starts April 4th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Session Starts April 4th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 3:45 pm	Ongoing	None