

North Carroll Senior Snippets April 2024

North Carroll Senior and Community Center Newsletter

2328 Hanover Pike
Hampstead, Maryland 21074

Email:
Northcarrollsc@
carrollcountymd.gov

Hours: Monday - Friday
8:00 A.M. — 4:00 P.M.
Phone: 410.386.3900

Website:
[www.carrollcountymd.gov/
seniorcenters](http://www.carrollcountymd.gov/seniorcenters)

Center Manager:
Lori Ash

Center Assistant:
Pam Kadel

Center Custodian:
Sean Uhler



Center Closed
May 27th - for
Memorial Day
Holiday

Spring, spring is coming soon,
Grass is green and flowers bloom,
Birds returning from the south,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, spring is finally here!

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 for them.



Special Meals



Meatloaf Special – Apr. 24th – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Juice & Milk. R.S.V.P. by 10 am on Apr. 17th



Breakfast Special – Apr. 1st – Egg & Cheese Omelet, Pork Sausage Patty, Roasted Potatoes, Pancakes, Fruit & Milk. R.S.V.P. by 10 am on Mar. 25th



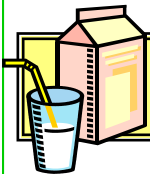
Potato Day Special – Apr. 11th – Baked Potato, Spinach Salad, Chili Con Carne, Applesauce, Bread, Juice & Milk. R.S.V.P. by 10 am on Apr. 9th



Hot Dog – Apr. 17th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Apr. 10th



Sub Day Special – Apr. 29th – Turkey Sub, Potato Salad, Cole Slaw, Fruit Cocktail & Milk. R.S.V.P. by 10 am on Apr. 22nd



Cold Box Lunch Menus



Our meal caterer, Business Food Solutions, offers cold box lunches daily.

The price is a donation of up to \$6.09 for hot meals and \$6.99 for boxed lunches for seniors age 60 and better. If you are younger than 60, you must pay the full price of \$6.09 for hot meals and \$6.99 for boxed lunches.

If you would prefer to order a cold box lunch, please stop by the kitchen to see your options. Cold lunches are available Monday - Friday. Please let us know 2 days ahead of time before 10 am the same as you would order a regular meal.

Please see Pam in the dining room to sign up for lunches.

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. BREAKFAST FOR LUNCH SPECIAL Egg & Cheese Omelet Pork Sausage Patty Roasted Potatoes Pancakes Fruit/Milk RSVP BY 3/25 @ 10 AM	2. Roast Pork Loin w/Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread/Juice/Milk RSVP BY 3/29 @ 10 AM	3. Honey BBQ Rib Patty Sandwich Fiesta Black Beans Cole Slaw Yogurt/Milk RSVP BY 4/1 @ 10 AM	4. Chicken Breast Au Vin Brown Rice Pilaf Mixed Vegetables Apple Snack Pack Juice/Milk RSVP BY 4/2 @ 10 AM	5. Open Faced Turkey Sandwich Mashed Potatoes Dilled Carrots Fruit/Juice/Milk RSVP BY 4/3 @ 10 AM
8. Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Bread/Juice/Milk RSVP BY 4/4 @ 10 AM	9. BBQ Chicken Sandwich Red Cabbage Slaw Cream of Broccoli Soup Apricot Halves Milk RSVP BY 4/5 @ 10 AM	10. Glazed Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Bread/Juice/Milk RSVP BY 4/8 @ 10 AM	11. BAKED POTATO DAY Chili con Carne Spinach Salad Applesauce Bread/Juice/Milk RSVP BY 4/9 @ 10 AM	12. Turkey Cheese Burger Baked Beans Cucumber & Onion Salad Juice Milk RSVP BY 4/10 @ 10 AM
15. Beef Pot Roast Roasted Potatoes Seasoned Greens Mandarin Oranges Bread/Juice/Milk RSVP BY 4/11 @ 10 AM	16. Chicken Cacciatore Brown Rice Buttered Carrots Pea & Pepper Salad Bread/Juice/Milk RSVP BY 4/12 @ 10 AM	17. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 4/10 @ 10 AM	18. Tuna Salad Sandwich Tomato Multibean Soup Copper Pennies Salad Hot Cinnamon Apples/Yogurt RSVP BY 4/16 @ 10 AM	19. Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrots Beet Salad Bread/Juice/Milk RSVP BY 4/17 @ 10 AM
22. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice/Milk RSVP BY 4/18 @ 10 AM	23. Chicken Breast Paprika Lemon Rice Pilaf Wax & Green Beans Cinnamon Applesauce Bread/Juice/Milk RSVP BY 4/19 @ 10 AM	24. MEATLOAF SPECIAL Mashed Potatoes Sliced Carrots Applesauce Bread/Juice/Milk RSVP BY 4/17 @ 10 AM	25. Roasted Pork Loin w/Gravy German Cucumber Salad Seasoned Kale Mashed Potatoes Fruit/Roll/Yogurt RSVP BY 4/23 @ 10 AM	26. Chicken Fajitas Mexican Rice Diced Peaches Juice Milk RSVP BY 4/24 @ 10 AM
29. TURKEY SUB DAY Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 4/22 @ 10 AM	30. Pasta Bake Greek Cucumber Salad Bread Juice Milk RSVP BY 4/26 @ 10 AM			

MEAL PROGRAM

Lunch is served Monday through Friday at 12:00 PM.

Cost of lunch for seniors 60 and older is by donation up to \$5.27.

Those 59 and younger pay the full price of \$5.27.

The meal program is designed so that no senior will be denied a meal because they cannot afford to pay a set cost. Your donations are important to keep our meal program funded.

Increasing costs, budget cuts and declining donations may result in fewer meals offered to our seniors. As always, thank you for your donations!



Meal Reservation Deadlines

The regular daily meals (does not include Special meals) will need to be reserved no later than TWO business days by 10 am in advance of the meal.

Special meals deadlines will be one week prior to the meal date, and are noted on the menu.

To Eat Lunch On:	Reservation Deadline:
Monday	10 am the Thursday before
Tuesday	10 am the Friday before
Wednesday	10 am the Monday before
Thursday	10 am the Tuesday before
Friday	10 am the Friday before
Special Meal	10 am one week before

How do I cancel a meal? Why is this necessary?

If you need to cancel a meal, please contact the center or tell a staff person as soon as possible or by 10 am two days prior your reservation (7 days for special meals). We understand there are emergencies & illness that may result in you not being able to cancel your meal. For repeated no shows & late cancellations, your name may be temporarily removed from our reservation list.

Why do I need to pay for a meal if I don't cancel at least 2 days ahead of time?

Unsold meals due to late cancellations or no shows must be paid for out of the nutrition budget. Each year, we grow closer to running out of funds due to the cost of unsold meals, lower donations & budget cuts. Let's all do our part to help to cut waste from our nutrition budget. You can help us keep our meal program going so we can provide meals all year.

Please fill out meal surveys & let us know how you liked your meal.

Daily meal survey forms are available in the Dining Room. We will also be doing quarterly surveys that you are encouraged to fill out. We hope to be able to bring you the best meals & services we can with the resources that are available. Thanks for taking your time to do this.

Daily Activities

MONDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play After league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Woodcarving	9:00 am - 12:00 pm	Ongoing	None
Quilting Bee	9:00 am - 12:00 pm	Ongoing	None
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Starting Apr. 1	\$25.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	No Classes this session	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Tai Chi I (Beginners)	12:00 pm - 1:00 pm	No Classes this session	\$30.00

Any Suggestions? New classes being added! If you would like to suggest a new class please let Lori or Pam know. We are always looking to try new things,



Daily Activities⁶

TUESDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play After league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Starting Apr. 9	\$25.00
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 pm	Ongoing	None

Daily Activities

WEDNESDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play - Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play After league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Starting Apr. 3	\$10.00 Limit 35 people - no exceptions
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Starting Apr. 3	\$25.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Hand and Foot Card Game	1:00 pm	Ongoing	None

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.

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.

Daily Activities⁸

THURSDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play After league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Pitch Card Game	9:00 am - 1:00 pm	Ongoing	None
Bible Discussion	10:00 am	Ongoing	None
Sing-A-Long Singers	10:00 am - 11:00 am	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	10 - 12 weeks Starting Mar. 28	\$25.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Starting Mar. 21	\$25.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities ⁹

FRIDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Billiards	Open Play -Mon., Tues., Thurs. - 8:00 am – 3:30 pm League Play Only - Wed. 8:00 am - Open play After league is over on Wed. Beginners Only - Fri. 8:00 am - 3:30 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Tai Chi Intermediate	8:30 am - 9:30 am	No Classes this session	Donation
Color Me Happy Adult Coloring Group	10:00 am - 11:00 am	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Starting Apr. 19	\$25.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Starting Apr. 12	\$25.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	\$2.50 per person per class

Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	Apr. 16 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	Apr. 9 (2nd Tuesday of the month)	12:30 pm	Free
 Travel Buddies	Apr. 8 (2nd Monday of the month)	11:00 am	Free
 Kim's Music Group Acoustic Jam Class	Apr. 9 & Apr. 23 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Project Linus	Apr. 11 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Apr. 17 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Apr. 12 & Apr. 24 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Apr. 10 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Apr. 11 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Apr. 23 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Apr. 24 (4th Wednesday of the month)	10:00 am	Free

More information can be found on the [Center's Activity Bulletin Board](#)

CARROLL TRANSIT SERVICE

Call 410-363-0622



Carroll Transit provides transportation to the senior center Monday through Friday **by appointment only.**

- Seniors can ride at a reduced rate—\$2.00 one way—to the Senior Centers between the hours of 9 AM—3 PM
- Seniors riding the Carroll Transit buses to/from the Senior Centers should contact Carroll Transit Service to arrange their ride. Please call 410-363-0622.
- Reservations and cancellations are accepted 7:00 AM to 5:00 PM, Monday through Friday. **If you do not cancel your ride, you will be charged a \$2.00 no-show fee!**
- If the senior needs to cancel their ride during the week to the Senior Center, it is the SENIOR'S responsibility to call Carroll Transit and make the cancellation.
- If you have difficulty reaching Carroll Transit, please contact the Senior Center so we may assist you.

Carroll Transit Service TICKET SALES

For seniors age 60+ who reside in Carroll County & ride to North Carroll Senior Center we have a limited supply of Carroll Transit Service tickets that we can sell for a donation. **Donation** books are limited to **one (1)** book per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **five (5) \$5.00 books** per month.

There is a limited amount of these Carroll Transit tickets each month. They are available to seniors on the first 5 business days of each month. Please see Lori for Carroll Transit Service tickets.

CTS tickets cannot be sold to businesses or agencies.

NEW CLASSES!!!

TIME FOR
SOMETHING
NEW!

NEW
CLASSES

Class 1

"Let's Dance" Cardio Fitness

New instructor Jenni will lead you in this simple, low impact, fun and energizing cardio dance workout for everybody! Burn the floor with great dance moves and burn some calories in the process!

Wednesdays 11:15 am
Starting Apr. 3rd



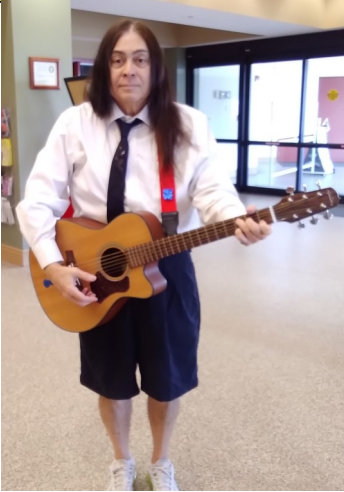
Class 2

Strength & Mobility

New Instructor Jenni will lead this class for anyone that wants to gain strength, improve balance and to move more freely. This class will incorporate weights, resistance bands, balls and more.

Fridays 11:15 am
Starting Apr. 12th

Let's Have Some Fun!



LIVE MUSIC

By: Vincent Vigliotti and Friends

Live

Music has returned to North Carroll Senior Center
Join Vince Vigliotti, & friends as they perform on

Apr. 16th At 1:00 pm

Come and join us for an hour of live music and fun!

Travel Buddies



TRAVEL BUDDIES

Where people can come together and talk about their travels, where they've been, what they liked, what they didn't like, and talk about future travel trips. Where individuals could meet and get to know each other, become friends and possibly travel together instead of going alone. Come and join the conversation!

Apr. 8th At 11:00 am

(Every 2nd Monday of the month)

Mark your Calendars



Shredding Event & Drug Disposal

Friday, May 24
9 AM - 11 AM

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

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

Sheriff's Office will be here to collect medications for disposal.

NO NEEDLES - NO SHARPS - NO MEDICAL WASTE

Got Drugs?

Turn in your unused
or expired medication
for safe disposal
here



Mark your Calendars

Come enjoy, something for everyone!

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

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

- ★ Children's Activities
- ★ Veterans Memorabilia Display
- ★ Great Food

- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display

★ **Veterans Organizations on Site!** ★



Featuring: US Navy Band Country Current & Midnite Run!

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



Carroll County Farm Museum
500 South Center Street, Westminster, MD

Free Admission & Free Parking

Hosted by Carroll County Government and the Veterans Advisory Council

www.carrollcountymd.gov/veteranscelebration



Save The Dates For These Upcoming Special Events

APRIL:

Apr. 1, Pajama day - Wear your favorite PJ's to the center and play some Bingo.

Apr. 16, 1pm, Live music with Vince! No signup required

MAY:

May 24, 9 am – 11 am, Shred Day & Medication disposal. Drive thru - Stay in your car and we will do the rest.

May 27, Center Closed for Memorial Day Holiday

JUNE:

June 3 - 7, Silent Auction starts June 3rd and final bids June 7th at 4 PM

June 19, Center Closed for Juneteenth Holiday

Travel

Upcoming Trips

April 22nd & 23rd - Wind Creek Bethlehem Casino (Overnight)-

See trip office for openings!

September 4th - Dutch Apple Dinner Theatre "Jersey Boys" -

Signup June 24th

November 20th - American Music Theatre "Joy to the World" with lunch at Bird-In-Hand Family Restaurant -

Signup Sept 9th

**See trip table for more information
when available.**



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@ccg.carr.org



Carroll County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES