



*South Carroll Senior Center*  
**February**  
*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**



**MONDAY  
FEBRUARY 17TH**



**AARP TAX PREPARATION  
THURSDAYS**

**FEBRUARY 6TH- APRIL 3RD  
LIMITED APPOINTMENTS  
SIGN UP AT FRONT DESK**



**MORE INFORMATION  
ON PAGE 5**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



## Ag ing and Disabi lities Servi c es

[h t t p s : / / w w w . c a r r o l l c o u n t y m d . g o v / a g i n g - a n d - d i s a b i l i t i e s](https://www.carrollcountymd.gov/aging-and-disabilities)

**Click on the services listed below to find out more information.**

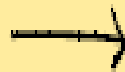
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' 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

## **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.



## INCLEMENT WEATHER POLICY FOR CLASSES WITH INSTRUCTORS



### **If schools are on a 2 hours delay:**

- Age Well**– class will be held
- Art Class (Wednesday & Thursday)**– no class
- Arthritis Exercise (Tuesday)**- no class
- Arthritis Exercise (Thursday)**- no class
- Computer Class**– no class
- Line Dancing**– class will be held
- Fitness with Katie Monday** – class will be held
- Fitness with Katie Wednesday**– no class
- Seated Yoga (Monday & Wednesday)** – no class
- Seated LaBlast**– no class
- Strengthen Your Muscles**— class will be held
- Senior Fun and Fitness**– class will be held
- Yoga** – class will be held
- Zumba (Monday & Wednesday)** – class will be held

### **If schools are closed ALL CLASSES WILL BE CANCELLED**

### **If Carroll County Government is CLOSED the Senior Center is CLOSED**

**\*\*\* Closing information can be found on:**

- local news channels
- Carroll County Public School* home page for school closings
- Carroll County Government* home page for Government closings



# Valentine Crafts

"Diamond Dotz"

## Bookmark Workshop



Items in picture are for example. The supplies used during the workshop may be different.

**WEDNESDAY FEB 12TH**  
**10:00 AM**

**\$3.00**

**SIGN UP AT FRONT DESK**  
**BY FEBRUARY 7th**  
**LIMITED SPACE**

## Earrings Workshop

**THURSDAY FEB 13TH**  
**10:30 AM**

**\$3.00**

**SIGN UP AT FRONT DESK**  
**BY FEBRUARY 7th**  
**LIMITED SPACE**



Items in picture are for example.  
The supplies used during the workshop may be different.

**ALL PROCEEDS FROM THE WORKSHOPS HELP SUPPORT THE  
SITE COUNCIL SENIOR CENTER FOR FUTURE ACTIVITIES.**



**2025 Free Income Tax Assistance**  
**at**  
**Carroll County Senior and Community Centers**  
 (Provided through the AARP TaxAide Program)



- Appointments must be made in advance by calling the center where you wish to have your taxes done. Appointments will be taken on a first come, first serve basis, with special attention to those age 60 and over.
- Tax returns with partnerships or rentals will not be prepared through this program.
- **Please bring the following items with you to have your returns completed:**

(Note – Married couples should both be present for signatures.)

1. Picture ID and Social Security Card
2. Last year's tax return
3. All W-2 forms
4. All 1099 forms (including any SSA 1099's)
5. Any estimated tax payments
6. Social security cards for all dependents
7. Dependent care provider information (name, employer, ID, social security number)
8. Purchase dates and purchase cost for all stock sales occurring in the tax year

**Tax returns cannot be completed unless all paperwork requested has been brought to the appointment.**

**South Carroll Senior and Community Center**

5928 Mineral Hill Road – Sykesville, Md. 21784

Phone Number: 410-386-3700

**Days of Week: Thursdays**

**February 6th – April 3rd**

**Time: 9:00am to 1:30pm**

**\*SIGN UP AT FRONT DESK\***

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.

# **PICKLEBALL**

**\$20.00**

**YEARLY FEES DUE**

**ALL PLAYERS ARE REQUIRED TO  
PAY THE YEARLY \$20.00 FEE  
STARTING JANUARY 2ND.**

**PLEASE PAY AT THE FRONT  
DESK WHEN SIGNING IN.**

**YOU MUST ALSO UPDATE YOUR  
YEARLY PAPERWORK IF YOU  
DID NOT UPDATE IN OCTOBER.**

# 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.**



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.

# South Carroll Senior Center's 2025 Bus Trips

**SIGN UP AT FRONT DESK- MON-FRI 9:00am-2:00pm**

March 11- NEIL DIAMOND TRIBUTE SHOW -*DUTCH APPLE THEATRE*  
Cost: \$135.00 WAIT LIST ONLY

May 21- Sight and Sound "Noah" & Shady Maple Smorgasbord  
Cost: \$179.00 SEATS AVAILALBE

June 16- Dorothy-Megan Paddlewheel Riverboat Crab Feast Cruise  
& Eastern Shore Market  
Cost: \$125.00 SIGN UP STARTS February 5th

October 20-23- Costal Maine in the Fall, Ogunquit, ME  
Cost: see flyer SEATS AVAILALBE

November 20th - Holidays at Nemours Estate  
& Lunch at Buckley's Tavern  
Cost: \$125.00 SIGN UP STARTS June 4th

December 11- "Deck the Halls" & Bird in Hand Family Restaurant  
Cost: \$125.00 SIGN UP STARTS JULY 16th

**Sign up dates may  
change please look at  
flyers for more  
information.**



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@ccg.carr.org](mailto:ada@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.

# SOUTH CARROLL SENIOR CENTER

## SIGHT AND SOUND

SEATS  
AVAILABLE

# “Noah”

**Wednesday May 21, 2025**

**9:15 a.m. - 7:45 p.m.**

**Cost: \$179.00**

**Sign up at the front desk Monday-Friday 9:00am-2:00pm**

**Last Day to Sign up is February 13, 2024**

Travel to Sight and Sound Theatre in Strasburg, Pennsylvania to see a performance of “Noah”. The production will take you on board one of the world’s best known voyages as live animals fill the stage and aisles. Before the show enjoy a delicious lunch at Shady Maple Smorgasbord.

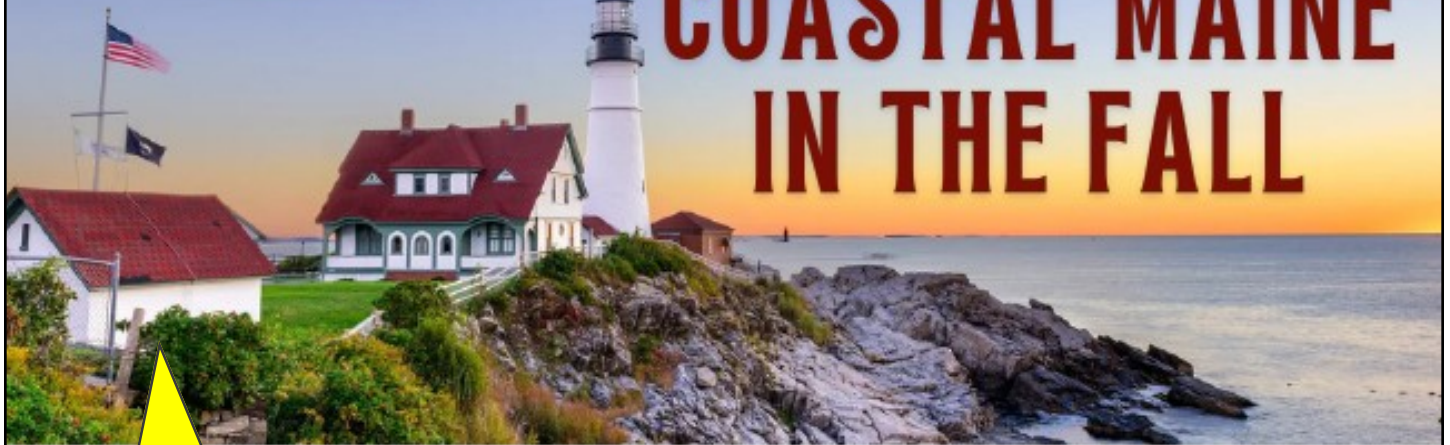
Includes: Motor Coach, Admission, Lunch, Taxes & Driver Tip

**No refunds after 30 days prior to trip unless we sell your seat. Payment due at time of sign up**

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@ccg.carr.org](mailto:ada@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.

## 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 February 16, 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 .**

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@ccg.carr.org](mailto:ada@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.

South Carroll Senior Center  
 Dorothy-Megan Paddlewheel Riverboat  
**Crab Feast Cruise**

**Thursday June 26, 2025**

**SIGN UP  
 STARTS  
 Feb. 4th**

**Cost: \$125.00**

**9:00am- 6:00pm**

**Sign up at the front desk Monday-Friday 9:00 am-2:00pm**

**Last Day to Sign Up March 18th**

Welcome aboard a working replica of an authentic paddlewheel riverboat for a cruise on the Choptank River. Enjoy a delicious crab feast consisting of steamed crabs, crab soup, fried chicken, clam strips, corn-on-the-cob, coleslaw, and dessert. Relax and enjoy the beauty of Maryland's Eastern Shore. After enjoying the cruise and crabs stop at an Eastern Shore Market for fresh baked breads, meats, soups and salads.

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

Includes: Transportation, Dorothy-Megan Paddlewheel Riverboat Crab Feast Cruise, visit at Eastern Shore Market, all taxes and tips.

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@ccg.carr.org](mailto:ada@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.

**SOUTH CARROLL  
SENIOR CENTER**

# FEBRUARY LUNCH MENU

★ PRESIDENTS DAY ★  
★ FEBRUARY 17th ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <b>New Item</b></p> <p>Chicken Cordon Blue Sandwich <i>(Chicken Breast, Cheese, Ham, Lettuce &amp; Tomato)</i></p> <p>WG Wheat Roll</p> <p>Broccoli Salad</p> <p>Baked Beans</p> <p>Fruited Yogurt</p> <p><b>Sign up due by 10:00am 1/29</b></p>	<p>4</p> <p>BBQ Pork Loin</p> <p>Roasted Brussels Sprouts</p> <p>WG Sandwich Bun</p> <p>Fresh Cole Slaw</p> <p>Pineapple Tidbits</p> <p><b>Sign up due by 10:00am 1/30</b></p>	<p>5 <b>RAY'S WEENIE DAY</b> <i>In remembrance of Ray</i></p>  <p><b>Hot Dog</b></p> <p><b>With All The Fixings</b> Cole Slaw Baked Beans Diced Pears Potato Chips</p> <p><b>Sign up due by 10:00am 1/28</b></p>	<p>6</p> <p>Meatloaf w/Gravy</p> <p>Herb Roasted Potatoes</p> <p>Creamy Cucumber Salad</p> <p>Mandarin Oranges</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/3</b></p>	<p>7</p> <p>Roasted Pork Loin w/Sweet Onion Gravy</p> <p>Peas &amp; Mushrooms</p> <p>Garlic Mashed Potatoes</p> <p>Fruit Cocktail</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/4</b></p>
<p>10</p> <p>Honey BBQ Beef Rib</p> <p>Fresh Cole Slaw</p> <p>Fiesta Black Beans</p> <p>Fruited Yogurt</p> <p>WG Sandwich Roll</p> <p><b>Sign up due by 10:00am 2/5</b></p>	<p>11</p> <p>Chicken Coq Au Vin</p> <p>WG Brown Rice Pilaf</p> <p>Mixed Vegetables</p> <p>Sliced Apple Snack Pack</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/6</b></p>	<p>12</p> <p>Salisbury Steak w/Gravy</p> <p>Roasted Potatoes</p> <p>Harvard Beets</p> <p>Amish Navy Bean Salad</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/7</b></p>	<p>13 <b>New Item</b></p> <p>White Bean Chicken Chili</p> <p>Yellow Rice Pilaf</p> <p>WG Corn Muffin</p> <p><b>Sign up due by 10:00am 2/10</b></p>	<p>14 <b>SPECIAL</b> ♥</p> <p>Roast Eye Round of Beef</p> <p>Red Skinned Potatoes</p> <p>Gravy ♥</p> <p>Copper Pennies</p> <p>Green Bean Casserole</p> <p>Cherry Pie ♥</p> <p><b>Sign up due by 10:00am 2/6</b> ♥</p>
<p>17</p> <p>★ <b>Presidents' Day</b> ★</p> <p>★ <b>CENTER CLOSED</b> ★</p>	<p>18</p> <p>Chicken Breast w/Creamy Artichoke Sauce</p> <p>Lemon Rice Pilaf</p> <p>Seasoned Green Beans</p> <p>Cinnamon Apple Slices</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/12</b></p>	<p>19</p> <p>Soft Taco</p> <p>WW Tortilla</p> <p>Sour Cream, Cheddar Cheese, Lettuce &amp; Salsa</p> <p>Ranchero Pinto Beans</p> <p><b>Sign up due by 10:00am 2/13</b></p>	<p>20</p> <p>Pot Roast w/Burgundy Gravy</p> <p>Roasted Potatoes</p> <p>Seasoned Greens</p> <p>Mandarin Oranges</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/14</b></p>	<p>21</p> <p>Chicken Caccitore</p> <p>WG Brown Rice</p> <p>Buttered Carrots</p> <p>Green Pea &amp; Red Pepper Salad</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/18</b></p>
<p>24 <b>SUB</b></p> <p>Danish Ham Sub</p> <p>Swiss Cheese</p> <p>Lettuce, Tomato &amp; Onion</p> <p>Club Roll</p> <p>Potato Salad</p> <p>Cole Slaw</p> <p>Fruit Cocktail</p> <p><b>Sign up due by 10:00am 2/13</b></p>	<p>25 <b>New Item</b></p> <p>Cuban Black Bean Soup <i>w/Sour Cream</i></p> <p>Tuna Salad Sandwich <i>w/Lettuce &amp; Tomato</i></p> <p>Copper Pennies</p> <p>Hot Cinnamon Apples</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/20</b></p>	<p>26</p> <p>Creamy Ranch Chicken</p> <p>Yellow Rice Pilaf</p> <p>Peas &amp; Carrots</p> <p>Chickpea Salad</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/21</b></p>	<p>27 <b>SUB</b></p> <p>Meatball Sub</p> <p>WG Wheat Italian Roll</p> <p>Seasoned Green Beans</p> <p>Mandarin Oranges</p> <p><b>Sign up due by 10:00am 2/24</b></p>	<p>28</p> <p>Chicken Paprika</p> <p>WG Lemon Rice Pilaf</p> <p>Wax Bean &amp; Green Bean Medley</p> <p>Cinnamon Applesauce</p> <p>WG Wheat Bread</p> <p><b>Sign up due by 10:00am 2/25</b></p>
<p><b>Reservation Required by posted sign up date.</b></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 60 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>			<p>In Memory of Ray Coluzzi Ray volunteered at the Senior Center making the monthly lunch menu and birthday calendars for over 10 years.</p> 	<p>♥ <b>NOTE THE</b> ♥</p> <p><b>SPECIAL VALENTINES DAY LUNCH</b></p> <p>♥ <b>FEB. 14TH</b> ♥</p>

# **FITNESS AND EXERCISE DISCLAIMER**



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.**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



# 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 <b>Closed- 12:45pm—2:15pm</b>	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	<b>Beginners/Intermediate</b> 9:30 am - 12:30 pm <b>Advanced</b> 12:30 pm - 3:45 pm	Ongoing	<b>\$20.00 yearly starting January 2nd PAY AT FRONT DESK</b>
Seated Yoga	9:30 am - 10:15am	Session Started January 13th	<b>Cost: \$30.00 10-12 weeks</b>
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 January 13th	<b>Cost: \$30.00 10-12 weeks</b>
Age Well Aerobics	11:30 am - 12:30 pm	Session Started January 13th	<b>Cost: \$30.00 10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Pillow Case Dress Workshop <b>(community service project)</b>	12:00 pm– 3:45 pm	Next Meeting February 10th	None
Fitness with Katie	1:00pm– 2:00pm (1 hour sessions)	Session Started January 13th	Grant Funded <b>6-8 weeks</b>

# 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	<b>Advanced</b> 9:30 am - 12:30 pm <b>Beginners/ Intermediate</b> 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly starting January 2nd 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 Started January 14th	Grant Funded 10-12 weeks
Beginner/ Intermediate Mahjonn	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 Started January 14th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	February 4th	None
Scrapbooking and Card Making	12:30 pm-3:00pm	Ongoing	None
Mahjonn	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 <b>Closed- 8:15am—9:15am</b>	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
<b>NEW</b> Fitness with Katie	8:15am– 9:15am (1 hour sessions)	Session Started January 8th	Grant Funded <b>6-8 weeks</b>
Pickleball	<b>Beginners/Intermediate</b> 9:30 am - 12:30 pm <b>Advanced</b> 12:30 pm - 3:45 pm	Ongoing	<b>\$20.00 yearly</b> starting January 2nd <b>PAY AT FRONT</b> <b>DESK</b>
Seated Yoga	9:30 am - 10:15 am	Session Started January 15th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Beginner/Intermediate Mahjonn	9:30am - 12:00pm	Ongoing	None
<b>Zumba Gold</b> (seated or standing)	10:30 am - 11:15 am	Session Started January 15th	<b>Cost: \$30.00</b> <b>10-12 weeks</b>
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 Started January 8th	<b>Cost: \$35.00</b> <b>10-12 weeks</b>
Art Class	1:00 pm– 3:00 pm	Session Started January 15th	<b>Cost: \$35.00</b> <b>10-12 weeks</b>

# 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	<b>Advanced</b> 9:30 am - 12:30 pm <b>Beginners/Intermediate</b> 12:30 pm– 3:45 pm	Ongoing	<b>\$20.00 yearly starting January 2nd PAY AT FRONT DESK</b>
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 Started January 9th	<b>Grant Funded 10-12 weeks</b>
<b>Canasta</b> 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 Started January 9th	<b>Cost: \$35.00 10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started January 9th	<b>Cost: \$35.00 10-12 weeks</b>

# Daily Activities

**FRIDAY**

Program	Time		Cost
Walk the Gym	8:00 am - 3:45 pm	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	<b>Beginners/Intermediate</b> 9:30 am - 12:00 pm <b>Advanced</b> 12:30 pm - 3:45pm	Ongoing	\$20.00 yearly starting January 2nd PAY AT FRONT DESK
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Session Started January 10th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Session Started January 10th	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