#### North Carroll Senior Snippets June 2025

# 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

Center Manager:
Lori Ash
Center Assistant:
Sean Uhler
Center Custodian:
Craig Erbe

#### **Center Closed**

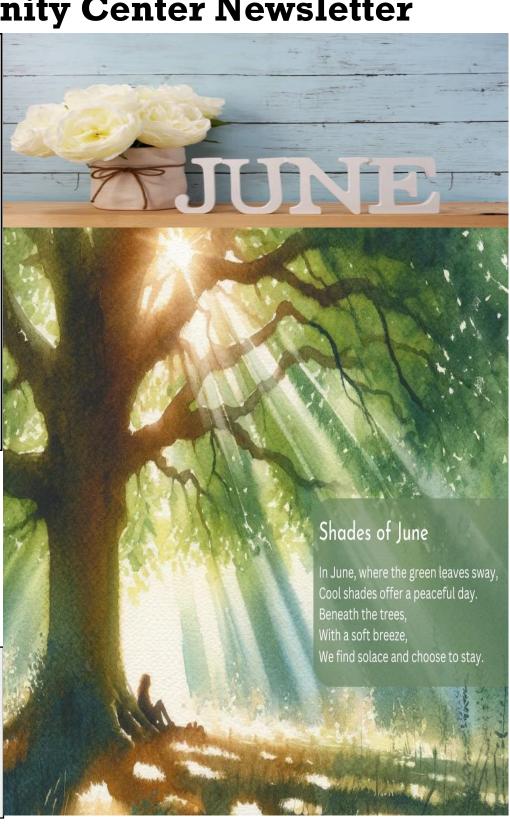
**THURSDAY** 

June 19

In Observance of Juneteenth Holiday

#### **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



<u>Father's Day Special</u> – June 13th – BBQ Chicken, O'Brien Potatoes, Corn Broccoli Salad, Watermelon, Dessert & Milk. R.S.V.P. by 10 am on June 6th



Potato Day Special – June 25th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on June 18th



Meatloaf Special – June 9th – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Bread & Milk. R.S.V.P. by 10 am on June 2nd.



<u>Hot Dog –</u> June 11th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on June 4th



<u>Ham Sub Special –</u> June 16th – Ham Sub, Cole Slaw, Potato Salad, Fruit Cocktail & Milk, R.S.V.P. by 10 am on June 9th



#### Meal Reservation Deadlines



#### **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     |

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

#### Menu

| Menu                                                                                                                                                    |                                                                                                                                                   |                                                                                                                                   |                                                                                                                                          |                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY                                                                                                                                                  | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                         | THURSDAY                                                                                                                                 | FRIDAY                                                                                                                                      |
| 2.Roast Pork Loin w/mushroom Sauce Garlic Mashed Potatoes Cucumber Salad Seasoned Kale Apple Pack/Bread/Milk RSVP BY 5/28 @ 10 AM                       | 3.Chicken Fajitas Mexican Rice Diced Peaches Juice Milk RSVP BY 5/29 @ 10 AM                                                                      | 4.Corned Beef w/Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit/ Milk RSVP BY 5/30 @ 10 AM | 5. Asian Chicken<br>& Soba Noodles<br>Japanese<br>Cucumber Salad<br>Pineapple<br>Tidbits<br>Milk<br>RSVP BY 6/2 @<br>10 AM               | 6.Curried<br>Chicken Salad<br>Spinach Salad<br>Mediterranean<br>White Bean<br>Soup<br>Mandarin<br>Oranges<br>Milk<br>RSVP BY 6/3 @<br>10 AM |
| 9. MEATLOAF<br>SPECIAL<br>Mashed Potatoes<br>Sliced Carrots<br>Applesauce<br>Bread/Juice<br>Milk<br>RSVP BY 6/2 @<br>10 AM                              | 10. Beef Pot Roast<br>Au Jus Sandwich<br>Brussels Sprouts<br>Cole<br>Slaw/Pineapple<br>Tidbits<br>Juice/Milk<br>RSVP BY 6/5 @ 10<br>AM            | 11. HOT DOG<br>DAY<br>Baked Beans<br>Cole Slaw<br>Diced Pears<br>Milk<br>RSVP BY 6/4 @ 10<br>AM                                   | 12. Spaghetti with Sauce Tossed Salad Fruit Bread Milk RSVP BY 6/9 @ 10 AM                                                               | 13. FATHER'S DAY SPECIAL BBQ Chicken O'Brien Potatoes Corn Broccoli Salad/Dessert Watermelon Milk RSVP BY 6/6 @ 10 AM                       |
| 16. HAM SUB<br>DAY<br>Cole Slaw<br>Potato Salad<br>Fruit Cocktail<br>Milk<br>RSVP BY 6/9 @<br>10 AM                                                     | 17. Chicken Breast<br>Fricassee<br>Brown Rice<br>Mixed Veg. /Apple<br>Pack<br>Bread/Milk<br>RSVP BY 6/12 @ 10<br>AM                               | 18.Salisbury Steak<br>w/Gravy<br>Roasted Potatoes<br>Seasoned Greens<br>Navy Bean Salad<br>Bread/Milk<br>RSVP BY 6/13 @<br>10 AM  | 19. Center Closed                                                                                                                        | 20. BBQ<br>Chicken<br>Sandwich<br>Cream of<br>Broccoli Soup<br>Red Cabbage<br>Slaw<br>Juice/Yogurt<br>RSVP BY 6/16<br>@ 10 AM               |
| 23. Pineapple<br>Glazed Ham<br>Au Gratin<br>Potatoes<br>Roasted Brussels<br>Sprouts<br>Pineapple Tidbits<br>Bread/Juice/Milk<br>RSVP BY 6/17 @<br>10 AM | 24. Chicken<br>w/Artichoke<br>Sauce<br>Lemon Rice Pilaf<br>Green Beans<br>Cinnamon Apple<br>Slices<br>Bread/Juice/Milk<br>RSVP BY 6/18 @<br>10 AM | 25. POTATO DAY<br>Chili con Carne<br>Spinach Salad<br>Applesauce<br>Bread/Juice/Milk<br>RSVP BY 6/18 @<br>10 AM                   | 26. Pot Roast of<br>Beef Chasseur<br>Roasted Potatoes<br>Seasoned Greens<br>Mandarin<br>Oranges<br>Bread/Milk<br>RSVP BY 6/23 @<br>10 AM | 27. Chicken<br>Cacciatore<br>Brown Rice<br>Buttered Carrots<br>Pea & Red<br>Pepper Salad<br>Bread/Juice/Milk<br>RSVP BY 6/24 @<br>10 AM     |
| 30. Pepperjack Beef Patty Broccoli Salad Tropical Fruit Yogurt Juice                                                                                    | Ha                                                                                                                                                |                                                                                                                                   |                                                                                                                                          | ne                                                                                                                                          |

RSVP BY 6/25 @ 10 AM



#### **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                                   |  |
| Lending Library          | 8:00 am – 4:00 pm   | Ongoing                          | None                                   |  |
| Computer Lab             | 8:00 am – 4:00 pm   | Ongoing                          | None                                   |  |
| Ping Pong                | 12:00 pm - 3:00 pm  | Ongoing                          | None                                   |  |
| Woodcarving              | 9:00 am - 12:00 pm  | Ongoing                          | None                                   |  |
| Quilting Bee             | 9:00 am - 12:00 pm  | Ongoing                          | None                                   |  |
| Photograph for Beginners | 10:00 am - 11:00 am | Ongoing                          | None                                   |  |
| Hearts Card Game         | 10:30 am - 3:00 pm  | Ongoing                          | None                                   |  |
| Fun & Fitness            | 9:45 am - 10:45 am  | 10 - 12 weeks<br>Starting July 7 | \$30.00                                |  |
| 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;<br>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 Sean know. We are always looking to try new things.





#### **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                                   |
| Lending Library                                                 | 8:00 am – 4:00 pm                                      | Ongoing                                        | None                                   |
| Computer Lab                                                    | 8:00 am – 4:00 pm                                      | Ongoing                                        | None                                   |
| Crochet & Knit                                                  | 10:00 am - 12:00 pm                                    | Ongoing                                        | None                                   |
| Pinochle                                                        | 10:00 am                                               | Ongoing                                        | None                                   |
| Silver Sneakers<br>w/ Karalee                                   | 10:00 am - 11:00 am                                    | 10 - 12 weeks<br>Starting July 1               | \$30.00                                |
| Chair Pilates w/ Karalee                                        | 11:15 am - 12:15 pm                                    | 10 - 12 weeks<br>Starting July 1               | Donations                              |
| Drama Club                                                      | 10:30 am - 11:30 pm                                    | Summer Break -<br>Returning after Labor<br>Day | None                                   |
| Lunch                                                           | 12:00 pm                                               | Ongoing                                        | By Reservation;<br>See page 2 for fees |
| Kim's Music Group<br>Acoustic Jam Class<br>(Bluegrass/Folk)     | May 13 & May 27<br>(2nd & 4th Tuesday of the<br>month) | 1:00 pm - 2:30 pm                              | Free                                   |
| Kim's Music Group<br>Acoustic Jam Class<br>(Blues/Classic Rock) | May 6 & May 20<br>(1st & 3rd Tuesday of the<br>month)  | 10:00 am - 11:30 am                            | Free                                   |
| 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                                   |
| Lending Library                      | 8:00 am – 4:00 pm   | Ongoing                          | None                                   |
| Computer Lab                         | 8:00 am – 4:00 pm   | Ongoing                          | None                                   |
| Woodcarving<br>(Small Group)         | 9:00 am - 12:00 pm  | Ongoing                          | None                                   |
| Arthritis Exercise with Chris Konior | 10:00 am - 11:00 am | 10 - 12 weeks<br>Starting July 2 | Grant Funded                           |
| Let's Dance<br>Cardio Fitness        | 11:15 am - 12:15 pm | 10 - 12 weeks<br>Starting July 2 | \$30.00                                |
| Bingo                                | 10:30 am - 2:00 pm  | Ongoing                          | Nickel                                 |
| Lunch                                | 12:00 pm            | Ongoing                          | By Reservation;<br>See page 2 for fees |
| Beginner Chi Kung                    | 1:00 pm             | 10 - 12 weeks<br>Starting July 2 | Donation                               |
| Intermediate Chi Kung                | 2:15 pm             | 10 - 12 weeks<br>Starting July 2 | Donation                               |
| Hand and Foot<br>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.



#### **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                                   |
| 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 -<br>Cardio Step | 10:00 am - 11:00 am                                    | 10 - 12 weeks<br>Starting July 3         | \$30.00                                |
| Seated Yoga<br>with Kate Cobb    | 11:30 am - 12:30 pm                                    | 10 - 12 weeks<br>Starting July 3 \$30.00 |                                        |
| Lunch                            | 12:00 pm                                               | Ongoing                                  | By Reservation;<br>See page 2 for fees |
| Pinochle                         | 10:00 am                                               | Ongoing                                  | None                                   |
| 500 Card Game                    | 11:30 am - 2:00 pm                                     | Ongoing                                  | None                                   |
| Ukulele with Vince               | May 8 & May 22<br>(2nd & 4th Thursday of<br>the month) | 1:00 pm - 2:30 pm                        | Free                                   |
| Line Dancing - Practice          | 1:00 pm - 3:00 pm                                      | Ongoing                                  | None                                   |
| Beading Bee                      | 1:00 pm - 3:00 pm                                      | Ongoing                                  | None                                   |



#### **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                                   |
| 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                               |
| Ping Pong                         | 12:00 pm - 3:00 pm  | Ongoing                           | None                                   |
| Fun & Fitness Exercise            | 10:00 am - 11:00 am | 10 - 12 weeks<br>Starting July 11 | \$30.00                                |
| Strength &<br>Mobility            | 11:15 am - 12:15 pm | 10 - 12 weeks<br>Starting July 11 | \$30.00                                |
| Lunch                             | 12:00 pm            | Ongoing                           | By Reservation;<br>See page 2 for fees |
| Scrabble                          | 12:00 pm - 3:00 pm  | Ongoing                           | None                                   |
| Bridge                            | 12:30 pm            | Ongoing                           | None                                   |
| Ballroom Dance -<br>Instructional | 12:30 pm - 1:30 pm  | Ongoing                           | \$2.50 per person per class            |
| Ballroom Dance -<br>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                             | <b>June 17</b><br>(3rd Tuesday of the month)                      | 1:00 pm             | Free |
| Birthday Celebration                              | <b>June 10</b> (2nd Tuesday of the month)                         | 12:30 pm            | Free |
| Project Linus                                     | June 12<br>(2nd Thursday of the month)                            | 10:00 am - 12:00 pm | Free |
| TLC Group                                         | June 18 (3rd Wednesday of the month)                              | 10:00 am - 12:00 pm | Free |
| Pillowcase Project                                | June 13 & June 25<br>(2nd Friday & 4th Wednesday of<br>the month) | 9:00 am - 2:00 pm   | Free |
| Wednesday Book Club (Time change—This month only) | June 11 AT 10AM<br>(2nd Wednesday of the month)                   | 11:00 am            | Free |
| Thursday Book Club                                | June 12<br>(2nd Thursday of the month)                            | 1:00 pm             | Free |
| Site Council Meeting                              | June 24<br>(4th Tuesday of the month)                             | 10:00 am            | Free |
| Information and Assistance                        | June 25<br>(4th Wednesday of the month)                           | 10:00 am            | Free |

More information can be found on the <u>Center's Activity Bulletin Board</u> in the main hallway.

## 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 two (2) books per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to eight (8) \$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.

#### Look What's Happening!



### North Carroll Senior Center Site Council Meeting

Everyone is welcome to our next Site Council meetings are on the 4th Tuesday of the month at 10:00 am

This meeting is open to all senior center members. Please stop by & see what we are planning and how you can help.

Your input and ideas are welcome!



#### Monthly Birthday Celebration on the 2nd Tuesday of every month!!

Everyone is invited to a birthday party. We will be honoring everyone who has a birthday during the month. We will celebrate with a birthday song at 12 pm.

After lunch, we will serve ice cream and cake. Please join us.



**Project Linus Matinee** meets the 2nd Thursday of the month from 10 am—3 pm.

We welcome anyone who would like to make blankets for Project Linus.



#### **Pillowcase Project**

This group meets the **2nd Friday and 4th Wednesday** of the month from 9 am to 2:30 pm. You can also help with cutting and making kits. kits are available for you to make at home.

<u>TLC (Tender Loving Care Circle) Group</u> - meets the **3rd Wednesday** of the month from 9 am—2 pm. We make comfort items (blankets, prayer shawls, etc.) for children in hospitals, shelters, and in need.



#### Please Sign In EVERY Day you visit

Whenever you come to NCSC to: Eat a meal, take a class, use exercise equipment, take a trip, or participate in any other activity,

PLEASE SCAN YOUR SENIOR CENTER CARD AT THE FRONT DESK. FORGOT YOUR CARD?? USE YOUR PHONE NUMBER!!

Touch the blocks for all of the activities you are doing for the day. Enter your volunteer hours.

Don't forget to touch

The statistics we gather are important to justify our continued funding. Thanks!

#### NCSC Resources come learn, use, play, enjoy

BOARD GAMES



We play board games on these days:

- \* Mah-Jong on Tuesdays at 1 pm
- \* Scrabble on Fridays at 12 pm

Other games are available -

Please let us know what you'd like to play!

#### CARD GAMES We play card games on the following days:



- \*Hearts— Mondays at 10:30 am \*Pinochle—Tuesdays & Thursdays at 10 am
- \*<u>Canasta</u>—Mondays at 1 pm \*<u>Pitch</u>— Tuesdays & Thursdays at 9 am
- \*Bridge Thursdays at 12:30 pm \*Hand & Foot—Wednesdays at 1 pm
- \*500 Cards Thursdays at 11:30 am

#### EXERCISE EQUIPMENT ROOM Open Daily

<u>Please</u> make sure that you have clothing and footwear suitable for physical activity. <u>Bring in shoes with clean soles or wipe off your shoes before getting on equipment. Dirt from shoes causes excessive wear and tear especially to the treadmill belts.</u>

We request all <u>users to wipe off machines</u> after each use to prevent the spread of disease.

Monetary donations are welcomed to pay for maintenance and for new machines. Donations of paper towels and hand sanitizer are also welcomed. This room is busiest in the mornings and less crowded after lunch.



#### LENDING LIBRARY Open Daily

Materials are checked out on the honor system. Please return all borrowed books within one month, so that other seniors may enjoy these materials. Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

Check the Magazine table in the library for free books in the "Free books" bin



#### JIGSAWS PUZZLES Anytime

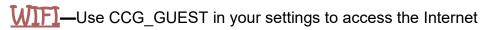
Put puzzles together in the Card/Game Room, by yourself or with a group. Many puzzles are in progress, all help is appreciated and all are welcome to assist.





#### COMPUTER LAB Open Daily

Several desktop computers, all with Internet access await you . Please bring your own paper if you would like to use the printer.





#### Let's Have Some Fun!



# LIVE MUSIC

By: Vincent Vigliotti and Friends

**Live** 

Music at North Carroll Senior Center Join Vince Vigliotti & friends as they perform on

### **June 17th At 1:00 pm**

Come and join us for an hour of live music and fun! It's FREE

Music

# Ukulele with Vince



The 2nd & 4th Thursdays
of every month
Ipm
In the Gathering Room

#### NEW CLASS





Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and spring resistance. The chair is an excellent piece of equipment for both seated and standing work.

# Chair Pilates Tuesdays at 11:15 am with Karalee

# New Session Starting July 1st

Improve your balance



#### NEW CLASS!!



# Beginner Chi Kung

## Wednesdays -1 pm

#### In the Activities Room

Chi Kung (sometimes spelled Qigong) is an ancient Chinese holistic health practice. Chi literally means energy/breathe & Kung = work. It is a predecessor of & the foundation for Tai Chi. Using physical movements to limber the body while coordinating the breathe with visualization exercises the practitioners strive to improve their overall well-being & longevity. Jason was introduced to Chi Kung training through the traditional martial arts & have been practicing since he was 6 years old. He caters his classes to the current capabilities of his students confidently knowing that their limitations will be surpassed so that more advanced training can be made available to them.

#### NEW CLASS!!

# Intermediate Chi Kung

# Wednesdays 2:15 pm

#### In the Activities Room

As our Chi Kung evolves, literally, one step closer to Tai Chi we need to begin moving (forwards, backwards, & side to side). In this class we'll be adding to our Chi Kung movements stepping and turning. Gracefully transitioning from one movement to the next as we travel throughout the room.

Participants must have attended at least one session of Beginner Chi Kung.

#### Music Class



#### Blues/Rock Jam Class 1st & 3rd Tuesday of the month 10:30 AM

This instrumental group will have fun playing and singing classic rock and blues favorites from the 60s & 70s. Learn basic blues chord progressions, easy improvisation techniques and how to apply them to familiar songs. All

levels of musicians are welcome (if you are an advanced player, please be willing to share your knowledge!) Singers also welcome. For more info call Kim Myers, 443-821-5776

#### Music Class



#### Bluegrass/Folk Jam Class 2nd & 4th Tuesday of the month 1:00 PM

A casual jam group for acoustic musicians of all levels... (guitar, fiddle, banjo, mandolin, accordion, string bass, cajon, etc.) and singers. Beginners are welcome! If you're an advanced player, please be willing to share your knowledge with others. This is a learning environment, and a positive experience for everyone!

We also welcome some audience members who would like to sit in on our class.

#### Trips!!!

# YOU MAY SIGN UP FOR ALL TRIPS NOW

# UP COMING EVENTS FOR NORTH CARROLL SENIOR CENTER FOR 2025



July 10 Fisherman's Crab Feast and Amish Market
November 19 Toby's Dinner Theatre – Elf Holiday Musical
December 10 American Music Theatre – Deck the Halls
With lunch at Shady Maple AYCE

Any Questions contact Sharon Dyas or LaVerne for additional information 410-374-5602

#### Chinese Auction



## July 21st - 25th

How does a Chinese auction work?

Here's how it works: Guests purchase bundles of tickets and use them to "bid" on the prizes they want to win. Each prize has its own pot or container, and guests can place as many tickets as they'd like into each one—boosting their chances of winning a specific item.

Winners will be drawn on Monday, July 28th after BINGO!

#### In the Main Hallway



Music





# June 10th 1 pm In the Dining Room

Come and join this wonderful instrumental group who will be playing and singing classic then Bluegrass favorites. It's FREE and there is No Signup Required!

#### Mark your Calendars



# INSURANCE QUESTIONSP STOP BY AND GET UNBIASED ANSWERS

SHIP & MIA representatives will be on-site at your local Senior & Community Center to provide answers from 10:00am-1:00pm on the dates listed to the right.

We will be holding a free insurance information day at each of our 5 Senior and Community Centers in June. Carroll County SHIP/SMP will be available to provide information on Medicare. The Maryland Insurance Administration (MIA) will be available to provide information about Auto, Home, Life, Health, & Flood Insurance. No appointment necessary. You're welcome to stop by at your convenience during the allotted timeframe.







South Carroll Senior & Community Center 5928 Mineral Hill Rd Sykesville, MD 21784 June 2nd, 2025

Mt Airy Senior & Community Center 703 Ridge Ave Mt Airy, MD 21771 June 4th, 2025

North Carroll Senior & Community Center 2328 Hanover Pike Hampstead, MD 21074 June 5th, 2025

Taneytown Senior & Community Center 220 Roberts Mill Rd Taneytown, MD 21787 June 10th, 2025

Westminster Senior & Community Center 125 Stoner Ave Westminster, MD 21157 June 18th, 2025

#### CARROLL COUNTY BUREAU OF AGING & DISABILITIES

For Questions Contact: Kristen Harvey SHIP/SMP Coordinator 410-386-3832

kharvey@carrollcounty md.gov

#### Summer Fun!!!

#### SKITS, SONGS, LINE DANCING!

# THURSDAY, JUNE 12

#### **NCSA**

NORTH CARROLL SENIOR ACTORS

COMEDY THEATRE

Sing-Along Singers

PRESENT



WITH SPECIAL APPEARANCE BY:

THE LINE DANCERS

SHOWTIME: 12:30 P.M.

**COME JOIN THE FUN!** 

#### Summer Fun Part 2!!



## THURSDAY, JUNE 12 Lunch served at 12pm

Menu: Spaghetti, Salad, Bread, Milk & Dessert

Come for a wonderful Spaghetti Dinner and stay for the SHOW! Show starts at 12:30 pm.

You must sign up for lunch by 10 am on June 6th

No signup needed for the show!

#### Save The Dates For These Upcoming Special Events

#### JUNE:

June 2, 10am - 11am, FREE Blood Pressure Checks - No signup required

June 5, 10am - 1pm, MD Insurance Reps will be here to talk everything Insurance

June 10, 1 pm, <u>Bluegrass Concert – No signup required.</u>

June 11, 11:30pm, <u>Center Closing at 11:30 am for County Event - Lunch</u> <u>served at 11 am</u>

June 12, 12:00pm, Spaghetti Dinner - Signup by 10 am on June 9th

June 12, 12:30pm, Drama Show- No signup required.

June 19, Center Closed for Juneteenth Holiday

#### JULY:

July 4, Center Closed for July 4th Holiday

#### **SEPTEMBER:**

Sept. 1, Center Closed for Labor Day Holiday

Sept. 10, Center Closed - Aging your way at the Carroll County Ag Center

#### **NOTE: Travel Office hours:**

Monday & Wednesday 9am - 2 pm in the dining room.

Tuesday 9am - 11am \*Only when actively signing up participates for trips.

See Office door for hours and up coming trips.



#### Snack Shop OPEN!!!

# Days & Hours: Monday - Friday 9:30 am to 2:30 pm Every Item \$1.00 Now offering SODA & WATER!

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

