

South Carroll Senior Center
March
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."

**MONTHLY
SITE COUNCIL
MEETING
TUESDAY
MARCH 4TH
AT 11:30AM
IN DINING ROOM**



**NEW CLASS SESSIONS
STARTING APRIL
PAYMENT IS DUE ON THE
FIRST DAY OF CLASS.
CHECK CLASS SCHEDULE
FOR ESTIMATED START
DATES AND COST.**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

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

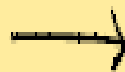
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners'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

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





JOIN US FOR A MASTER PLAN OPEN HOUSE!

Whether you're passionate about preservation, local businesses, or just want to be a part of planning for your community, this open house is for YOU.

Thursday, February 6 - Carroll Community College
 Wednesday, February 12 - Mt. Airy Branch Library
 Wednesday, February 19 - Taneytown Branch Library
 Thursday, February 27 - North Carroll Branch Library
 Thursday, March 6 - Eldersburg Branch Library

DROP IN ANYTIME 1 -7PM AND MAKE YOUR VOICE HEARD!

- Explore interactive displays on topics like housing, transportation and infrastructure, economic development, and maintaining our rural character.
- Share your ideas and priorities for the County's future.
- Chat with planners and neighbors who care about Carroll County as much as you do.
- Help shape the roadmap that will guide our decisions for years to come.

WE'RE SHAPING THE FUTURE OF CARROLL COUNTY, AND WE WANT YOU TO BE PART OF THE CONVERSATION!



Homes



Businesses and Jobs



Rural Character



Roads and Water

GET INVOLVED!

Call us 410-386-5145

Sign up for email updates and be automatically entered in a drawing to win a gift card at www.carroll2035.org



Internet Basics

Discover how to navigate the internet with confidence in our Internet Basics class through Northstar Digital Literacy!



March 5th and 12th
@10:30am



All attendees are asked to bring their own laptop to both classes. A device will be provided for learners if needed.

Register for the workshops at the front desk
or call (410) 386-3700

UNIVERSITY OF
MARYLAND
EXTENSION



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

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 April 1st

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 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 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 .

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 as soon as possible but no later than 72 hours before the scheduled event.

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.

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 as soon as possible but no later than 72 hours before the scheduled event.

SOUTH CARROLL
SENIOR CENTER**MARCH LUNCH MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p>3</p> <p>Split Pea Soup Chicken Salad Sandwich WG Sandwich Roll Fresh Cole Slaw Tropical Fruit</p> <p>Sign up due by 10:00am 2/26</p>	<p>4</p> <p>Roasted Pork Loin w/Gravy German Cucumber Salad Seasoned Kale Garlic Mashed Potatoes Sliced Apple Snack Pack WG Wheat Dinner Roll</p> <p>Sign up due by 10:00am 2/27</p>	<p>5 PIZZA PARTY</p> <p>This meal costs \$5 due when you sign up with Brad, Site Council Fundraiser</p> <p>2 Slices Cheese Pizza & A Tossed Salad</p> <p>Or a boxed lunch on the normal donation system Sign up due by 10:00am 2/28</p>	<p>6</p> <p>Sliced Corned Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG Wheat Bread</p> <p>Sign up due by 10:00am 3/3</p>	<p>7 Lent Friendly</p> <p>Breaded Fish Sandwich WG Sandwich Bun Lettuce, Tomato & Tartar Sauce Mixed Vegetables Fruit Cocktail</p> <p>Sign up due by 10:00am 2/27</p>
<p>10</p> <p>Multi-Bean Soup Curried Chicken Salad Baby Spinach Bed Grape Tomatoes Mandarin Oranges WG Wheat Bread</p> <p>Sign up due by 10:00am 3/5</p>	<p>11 SPECIAL</p> <p>Baked Potato Spinach Salad w/Grape Tomatoes Chili Con Carne Cheddar Cheese & Sour Cream Applesauce WG Wheat Bread</p> <p>Sign up due by 10:00am 3/3</p>	<p>12</p> <p>BBQ Pork Loin Roasted Brussel Sprouts WG Sandwich Bun Fresh Cole Slaw Pineapple Tidbits</p> <p>Sign up due by 10:00am 3/7</p>	<p>13</p> <p>Chicken Poppyseed Casserole White & Wild Rice Blend Seasoned Green Beans Diced Peaches WG Wheat Bread</p> <p>Sign up due by 10:00am 3/10</p>	<p>14 Lent Friendly</p> <p>Cheese Manicotti <small>(Cheese Manicotti Stuffed w/Ricotta Cheese & Meat w/ Marinara Sauce)</small> Dilled Carrots Cinnamon Apples WG Wheat Dinner Roll</p> <p>Sign up due by 10:00am 3/6</p>
<p>17 St. Patrick's Day</p> <p> Corned Beef  Red Skinned Potatoes Steamed Cabbage Copper Pennies Corn Muffin  Pie </p> <p>Sign up due by 10:00am 3/7</p>	<p>18</p> <p>Honey BBQ Beef Rib Fresh Cole Slaw WG Sandwich Roll Fiesta Black Beans Fruited Yogurt</p> <p>Sign up due by 10:00am 3/13</p>	<p>19</p> <p>Chicken Breast Coq Au Vin WG Brown Rice Pilaf Mixed Vegetables Sliced Apple Snack Pack WG Wheat Bread</p> <p>Sign up due by 10:00am 3/14</p>	<p>20</p> <p>Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Amish Navy Bean Salad WG Wheat Bread</p> <p>Sign up due by 10:00am 3/17</p>	<p>21 Lent Friendly</p> <p>Shrimp Salad Sandwich Lettuce & Tomato Vegetable Soup Hot Spiced Apples WG Sandwich Roll Fudge Brownie</p> <p>Sign up due by 10:00am 3/13</p>
<p>24</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 3/19</p>	<p>25</p> <p>Maple-Peach Glazed Ham Au Gratin Potatoes Roasted Brussel Sprouts Pineapple Tidbits WG Wheat Bread</p> <p>Sign up due by 10:00am 3/20</p>	<p>26</p> <p>Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices WG Wheat Bread</p> <p>Sign up due by 10:00am 3/21</p>	<p>27 SUB</p> <p>Italian Cold Cut Lettuce, Tomato & Onion Italian Dressing & Mayo Potato Salad Fresh Cole Slaw Fruit Cocktail</p> <p>Sign up due by 10:00am 3/19</p>	<p>28 Lent Friendly</p> <p>Cheese Pizza Romaine Salad Caesar Salad Dressing Croutons Apricot Halves</p> <p>Sign up due by 10:00am 3/20</p>
<p>31</p> <p>Chicken Caccitore WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG Wheat Bread</p> <p>Sign up due by 10:00am 3/26</p>	<p>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 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>			

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.

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

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 Closed- 12:45pm—2:15pm	Ongoing	None
Computer Lab	8:00 am—3:45 pm	Ongoing	None at this time
Ping Pong	8:00 am— 3:45pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Pickleball	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly starting January 2nd PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	Session Started January 13th	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 January 13th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Started January 13th	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 March 10th	None
Fitness with Katie	1:00pm— 2:00pm (1 hour sessions)	Session Started January 13th	Grant Funded 6-8 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	Advanced 9:30 am - 12:30 pm Beginners/ Intermediate 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 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 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	March 4th	None
Scrapbooking and Card Making	12:30 pm-3:00pm	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 Closed- 8:15am—9:15am	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
NEW Fitness with Katie	8:15am– 9:15am (1 hour sessions)	Session Started January 8th	Grant Funded 6-8 weeks
Pickleball	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly starting January 2nd PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	Session Started January 15th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Beginner/Intermediate Mahjonn	9:30am - 12:00pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started January 15th	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 Started January 8th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session Started January 15th	Cost: \$35.00 10-12 weeks

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Pickleball	Advanced 9:30 am - 12:30 pm Beginners/Intermediate 12:30 pm– 3:45 pm	Ongoing	\$20.00 yearly starting January 2nd 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 Started January 9th	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 Started January 9th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started January 9th	Cost: \$35.00 10-12 weeks

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	Beginners/Intermediate 9:30 am - 12:00 pm Advanced 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