

# NEWS FLASH

## WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave  
Westminster, MD 21157

410-386-3850

[westminstersc@carrollcountymd.gov](mailto:westminstersc@carrollcountymd.gov)

<https://www.carrollcountymd.gov/seniorcenters>

# March

2026

**Center Hours:**

**Monday-Friday**

8:00 am to 4:00 pm

♥ sarah HEARTS

# INFORMATION STATION

## CENTER STAFF



**CENTER MANAGER:**  
KATIE WOODEN

**CENTER ASSISTANT:**  
ESTHER BALDWIN

**CENTER CUSTODIAN:**

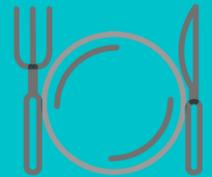


## Updating Your Membership Form

Every Senior Center Member MUST update their membership form YEARLY (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!

## MEAL PROGRAM

Lunch is served at 11:30 am Monday - Friday



Reservations are required: Reservation Deadlines (RSVPs) are noted for each day. Otherwise, meals cannot be guaranteed. Call 410-386-3854 or see Center Assistant to learn how to sign up. Advanced notice of changes will be given when possible

Cost of lunch for seniors 60 and older is a donation up to \$6.64 for lunch. Those 59 and younger must pay the full price of \$6.64 for lunch. Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. If they are not, they must pay full price if under 60.

## Interested in Volunteering?

Stop by the front desk to pick up a Volunteer Application.



**DON'T FORGET TO SIGN ON THE TOUCH SCREEN EACH TIME YOU COME TO THE CENTER!**

# HOT Lunches *Westminster Senior Center* MARCH 2026

**Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.**  
 Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.  
 Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.  
**Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.**  
 Meal Price: 60 Years Old & Up = **HOT LUNCH Donation Up To \$6.64, includes accompanying younger spouses;**  
 Under 60 Years Old = **Full Price \$6.64, Paid Directly To Assistant Director** **NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>RSVP 02/24/26</b>  VEGETABLE SOUP CHEESE & TURKEY SANDWICH FRUIT JUICE & MILK	3 <b>RSVP 02/24/26</b>  PORK LOIN & MUSHROOM GRAVY G. MASHED POTATOES GERMAN CUCUMBER SALAD DINNER ROLL SLICED APPLE PACK	4 <b>RSVP 02/24/26</b>  SPLIT PEA SOUP CHICKEN CAESAR SALAD CORNBREAD LOAF HOT SPICED APPLES	5 <b>RSVP 02/24/26</b>  MEATLOAF & GRAVY SEASONED GR.BEANS BROWN RICE WHEAT BREAD DICED PEACHES	6 <b>RSVP 02/24/26</b>  GREEK CHICKEN BOWL PEARLED BARLEY DICED CHICKEN W/ GREEK SALAD FETA CHEESE APRICOT HALVES
9 <b>RSVP 03/03/26</b>  SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT	10 <b>RSVP 03/03/26</b>  TURKEY BURGER W/ PEPPER JACK CHEESE ON ROLL L.T.KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT & JUICE	11 <b>BAKED POTATO</b> <b>RSVP 03/03/26</b>  BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	12 <b>RSVP 03/03/26</b>  BEEF POT ROAST AU JUS ROLL HONEY ROASTED BEETS COLE SLAW	13 <b>RSVP 03/03/26</b>  CREAMY CHICKEN CASSEROLE SEASONED GREEN BEANS YELLOW RICE PILAF WHEAT BREAD DICED PEACHES
16 <b>RSVP 03/10/26/05</b>  SLICED HAM MAC AND CHEESE VEGGIES FRUIT JUICE / MILK	17 <b>SPECIAL</b> <b>RSVP 03/10/26</b>  CORNED BEEF RED SKINNED POTATOES STEAMED CABBAGE COPPER PENNIES CORN BREAD DESSERT 	18 <b>RSVP 03/10/26</b>  ITALIAN SAUSAGE & CHEESE SUB ROLL PEPPER AND ONIONS RED CABBAGE SLAW YOGURT	19 <b>RSVP 03/10/26</b>  CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK	20 <b>RSVP 03/10/26</b>  SALISBURY STEAK MUSHROOM GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD
23 <b>RSVP 03/18/26</b>  CHICKEN SANDWICH ON ROLL OKRA & STEWED TOMATOES FRUIT	24 <b>RSVP 03/18/26</b>  CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL COLE SLAW YOGURT	25 <b>RSVP 03/18/26</b>  SLICED HAM W/ RAISIN SAUCE AU GRATIN POTATOES HONEY MAPLE CARROTS WHEAT BREAD PINEAPPLE TIDBITS	26 <b>SUB DAY</b> <b>RSVP 03/18/26</b>  ITALIAN COLD CUT PROVOLONE CHEESE ON CLUB ROLL MAYO L.T. ONION POTATO SALAD COLE SLAW FRUIT COCKTAIL	27 <b>RSVP 03/18/26</b>  LENTIL & SPINACH SOUP TUNA SALAD SANDWICH CORN & EDAMAME APPLESAUCE
30 <b>RSVP 03/18/26</b>  POT ROAST OF BEEF STROGANOFF SAUCE ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES	31 <b>RSVP 03/18/26</b>  <b>BEEF HOT DOG ON ROLL</b> <b>VEGETARIAN BEANS</b> <b>SAUERKRAUT</b> <b>FRUIT CUP</b>			1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch

# Daily Activities

Activity	Time	Cost	Location
<b>Billiards</b>	8:15 am - 3:45 pm	None	Billiards Room
<b>Computer Lab</b>	8:15 am - 3:45 pm	None	Computer Lab
<b>Exercise Equipment Room</b>	8:00 am - 3:45 pm	None	Exercise Room
<b>Bingo</b> Penny Bingo	9:00 - 11:00 am	Penny per card	Game Room
<b>Lending Library</b> Come borrow a book or two	8:15 am - 3:45 pm	None	Game Room
<b>Morning Table Talk</b> Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None (Donations for coffee are accepted)	Dining Room
<b>Lunch</b>	11:30 am	See menu for reservation deadlines & directions.	Dining Room
<b>Walk the WSC Walking Path</b>	8:00 am - 3:45 pm	Free	Backyard

\*All Activities are subject to change without notice.

# Arts & Crafts Activities

Activity	Day	Time	Cost	Session Info/Location
<b>Painting &amp; Drawing</b> All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks <b>Next Session begins:</b> March 2026
<b>Stained Glass</b> – Space is limited-more info to come once space is available	Tuesdays, Wednesdays & Thursdays	T: 8:15 - 12:00 pm W: 8:15 - 12:00 pm Th: 12:00 - 3:45pm	\$15 one-time fee plus \$2 each class for materials	Craft Room
<b>Clay Crafters</b> – Space is limited-more info to come once space is available	Tuesdays	12:00 - 3:30 pm	\$15 one-time fee plus \$2 each class for materials	Ceramic Room
<b>Quilting Circle &amp; Smiling with Stitches</b> – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material
<b>NEW! Greeting Card Crafts</b> Come make greeting cards, for all skill levels.	3rd Wednesday of each	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room <b>Next Class:</b> Wednesday, March 18

# Exercise Classes

Activity	Day	Time	Cost	Session Info
<b>Dance Fitness</b> <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	<b>\$35/month;</b> includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Grant Funded - Donation Accepted	12 weeks <b>Session Began:</b> February 23, 2026
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Thursdays	<b>1:30 - 2:30 pm</b> <b>NEW TIME</b>	Grant Funded - Donations Accepted	12 weeks <b>Session Began:</b> February 5, 2026
<b>Zumba Gold</b> <i>(Moderate Intensity &amp; Coordination)</i> With modifications for chair use!	Mondays	10:15 am-11:15 am		<b>ON HOLD</b>
<b>Yoga</b> With modifications for chair use	Wednesdays	10:00 - 11:00 am	<b>\$40</b>	8 weeks <b>Next Session Begins:</b> March 11, 2026
<b>Line Dance Class</b> <i>(Moderate Intensity &amp; Coordination)</i>	Thursdays	10:00 - 11:30 am	<b>\$35</b> Includes Tuesdays practice class	10-12 Weeks <b>Next Session Begins:</b> March 12, 2026
<b>Line Dance Practice</b>	Tuesdays	10:30 - 11:30 am	Included with Thursday's Class Fee	
<b>Stretch &amp; Strength Exercise</b> Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
<b>Walking Indoor Exercise</b> Walk & stretch to Leslie Sansone exercise videos	Monday, Wednesday, & Fridays	M: 2:00 - 3:00 pm W: 1:30 - 2:30 pm F: 1:30 - 2:30 pm	Free	Drop-in
<b>Pickleball</b> Must have own equipment	Mondays, Wednesdays & Fridays	8:30 am - 11:30 am	\$10 one-time fee; Pay at WSC	Meets at Robert Moton Center Gym

**We accept Cash, Check or Credit: Visa, MasterCard, or Discover**

\*Start dates for sessions are subject to change. Please contact the Center with any questions.



Come join the fun in Arthritis Exercise on Mondays @ 1:00 pm and Thursdays at 1:30pm!

# Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
<b>Pinochle</b>	Fridays	11:15 am - 2:45 pm	Game Room
<b>Progressive 500 Card</b>	Wednesdays	11:30 - 3:30 pm	Game Room
<b>Hand &amp; Foot Card Game</b>	Tuesdays	11:15 am - 3:30 pm	Game Room
<b>Mahjong</b>	Thursdays	12:30 - 3:30 pm	Game Room
<b>Thinking Power</b> Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
<b>Wii Games: Bowling</b>	Wednesdays	10:00 - 11:00 am	Dining Room TV
<b>Prize Bingo:</b> Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room <b>*No Prize Bingo March 13 &amp; 20</b>

\*All Activities are subject to change without notice.

# Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, March 4	1:00 pm - 4:00 pm	Free; First 10 are seen by the lawyer: Numbers given out starting @ 11:30 am
Postage Stamp Collector Club	Thursday, March 12	11:00 am - 12:00 pm	Free! Come meet in the Craft Room!
Nutrition Bingo	Friday, March 13	12:30 pm	Free, come join in the dining room
St. Patty's Day Lunch	Tuesday, March 17	11:30 am	Reservations required for lunch
Greeting Card Class	Wednesday, March 18	1:00 pm - 2:30 pm	Please see flyer for details
Charles Town Casino Bus Trip	Tuesday, March 24	9:00 am bus leaves WSC	
Opening Day Celebration	Thursday, March 26	All Day	Wear your Orioles or favorite MLB team for a ballpark treat!

\*Special Events are subject to change without notice.

# Nutrition Bingo



Friday, March 13  
at 12:30 pm  
in the Dining Room

Let's have some fun! Come join us for Nutrition Bingo. Win fresh fruits and vegetables from our local farmers.

## Spring into Tech!

Join us for three classes exploring how technology can enhance your favorite activities! Gardening Tech at a Glance introduces apps and tools to help you plan and grow your garden. Outdoor Adventure Apps covers the best apps for hiking, nature identification, and exploring the outdoors.

Finally, Fitness Apps will show you how to track your activity, set goals, and stay motivated right from your phone.

March 9- Gardening Tech at a Glance

March 16 - Outdoor Adventure Apps

March 23 - Fitness Apps

Register for all three classes at the front desk or  
call [410-386-3850](tel:410-386-3850)

UNIVERSITY OF  
MARYLAND  
EXTENSION

SENIOR PLANET  
FROM AARP



NEW CLASS!  
Let's Make Some Cards!  
Greeting Card Crafts



3<sup>rd</sup> Wednesday of each month  
1:00 - 2:30 pm  
in the Craft room

Cost: \$15.00 for 3 Cards  
Supplies for cards will be provided.

*Bring adhesives  
of your choice!*

Come make greeting cards with our newest  
instructor Arleen.

**If you are interested in taking the class please let Katie  
know by 10 am on the 2<sup>nd</sup> Friday of the month  
Payment will be collected on the day of the class.**



**Help us celebrate Opening Day 2026!**

On Thursday, March 26 wear your favorite jersey or  
t-shirt to show support for the Baltimore Orioles!

And if you are not an Orioles fan, feel free  
to represent your favorite MLB team!

A special treat will be given out to those who  
wear any MLB team jersey or t-shirt!



# Learn how to manage your ongoing Chronic Conditions



## What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

### Topics Include:

- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

### What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations

### Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



## FREE Virtual 6-Week Series

March 5 – April 9, 2026

Thursdays 9:30 a.m. – 12 p.m.

*Technology assistance for the workshop series will be provided.*

*Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.*

**REGISTER online at <https://carrollcountymd.gov/LivingHealthy> or by calling 410-386-3818 or Email [LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)**

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.



WESTMINSTER SENIOR CENTER'S

# VOLUNTEER RECOGNITION LUNCHEON



Friday, April 24, 2026

11:30 am  
in the Multi-Purpose Room

By invitation only!

## Upcoming Spring Events



3/13 - Nutrition Bingo



3/17- St. Patty's Day Lunch



3/26- Opening Day Celebration



4/2- Easter Lunch



4/3- Center Closed



4/24- Volunteer Lunch



# All Aboard the Gettysburg Railway!

Gettysburg, PA

Friday, June 5, 2026

**Includes train ride and lunch at  
The Barn Resort**

1.5 hour train ride and Buffet Style Lunch

**Cost: \$85.00 per person**



**Bus Leaves WSC at 9:15 am &  
Returns to WSC by 3:45 pm**

**Sign up by May 14**

If interested, please sign up at the Front Desk. Payment due at time of sign up! Payment will be held until day of the trip.

All trip times, cost & package offers are subject to change depending on participation and weather.

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# U.S.STAMP CLUB



Discover the enjoyment of collecting U.S. stamps, learn about historic issues, have discussions of postal designs, artwork, errors.

Have Questions? Curious? Stop in for a chat!

Meetings are the 2nd Thursday of the month.

In the Craft Room from 11:00 am - 12:00 pm

## **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.