

SOUTH CARROLL SENIOR CENTER

JANUARY

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**

**WEDNESDAY JANUARY 1ST
AND
MONDAY JANUARY 20TH**



**NEW CLASS
SESSIONS START
IN JANUARY.
PAYMENT IS DUE
ON THE FIRST DAY
OF CLASS.**

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.

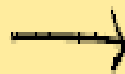
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners'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

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.**



NEW TIMES FITNESS WITH KATIE



GET FIT



FEEL GOOD



BE STRONG

FREE

Mondays
1:00pm- 2:00pm
or
Wednesdays
8:15am-9:15am

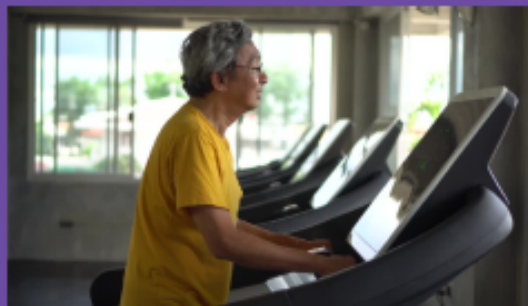
(60 min sessions with instructor)

Starts
January 6th

Meet with our Instructor Katie in the exercise equipment room as a small group for 60 minute sessions weekly.

Learn how to use the equipment properly while completing stations.

Work on eating healthy and gaining physical strength while improving your mental health.



LIMITED SPACE
SIGN UP AT THE
FRONT DESK

Basic Computer Skills

In this 5 week course, build **foundational computer skills** and earn an **accredited certification**! Learn to identify hardware, master **mouse navigation**, understand **keyboard basics**, and customize your device for accessibility. Complete the course with a **Learning Assessment** to showcase your skills and earn a recognized credential from NorthStar Digital Literacy.



January 7 - February 4
Tuesdays at 10:30 am



Register for the 5-week course at the front desk
or call (410) 386-3700

Attendance is required at each session to receive the credential. Learners may still attend individual sessions but will not be eligible for the credential.

UNIVERSITY OF
MARYLAND
EXTENSION

SENIOR PLANET
FROM **AARP**



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.**



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 SIGN UP STARTS January 8th

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.**



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SOUTH CARROLL SENIOR CENTER

SIGHT AND SOUND



“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

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South Carroll Senior Center Bus Trip

COASTAL MAINE IN THE FALL



sign up
starts
January 8th

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 .

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SOUTH CARROLL
SENIOR CENTER

January Lunch Menu

HAPPY NEW
YEAR
2025

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: center;"><u>Reservation Required</u> by posted sign up date.</p> <p>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.</p>		<p>1</p> <p style="font-size: 2em; color: red; font-weight: bold;">CENTER CLOSED</p>	<p>2</p> <p>Roast Pork Loin w/Sweet Onion Gravy</p> <p>Peas & Mushrooms</p> <p>Garlic Mashed Potatoes</p> <p>Fruit Cocktail</p> <p>WG White Wheat Bread</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 12/27</p>	<p>3</p> <p>Honey BBQ Beef Rib Patty</p> <p>Fresh Cole Slaw</p> <p>WG Sandwich Roll</p> <p>Fiesta Black Beans</p> <p>Fruited Yogurt w/Crisp Garnish</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 12/30</p>
<p>6</p> <p>Chicken Breast Coq Au Vin</p> <p>WG Brown Rice Pilaf</p> <p>Mix Vegetables</p> <p>WG Wheat Bread</p> <p>Slice Apple Snack Pack</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 12/31</p>	<p>7</p> <p>Salisbury Steak w/Gravy</p> <p>Roasted Potatoes</p> <p>Harvard Beets</p> <p>WG Wheat Bread</p> <p>Amish Navy Bean Salad</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/2</p>	<p>8</p> <p style="color: red; font-weight: bold;">New Menu Item</p> <p>White Bean Chicken Chile</p> <p>Yellow Rice Pilaf</p> <p>WG Corn Muffin</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/3</p>	<p>9</p> <p style="color: red; font-weight: bold;">SPECIAL</p> <p>Breaded Fish Sandwich Lettuce, Tomato & Tartar Sauce</p> <p>WG Sandwich Bun</p> <p>Mixed Vegetables</p> <p>Fruit Cocktail</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 12/31</p>	<p>10</p> <p>Maple-Peach Glazed Ham</p> <p>Au Gratin Potatoes</p> <p>Roasted Brussels Sprouts</p> <p>Pineapple Tidbits</p> <p>WG Wheat Bread</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/7</p>
<p>13</p> <p>Chicken Breast in Creamy Artichoke sauce</p> <p>Lemon Rice Pilaf</p> <p>Seasoned Green Beans</p> <p>WG Wheat Bread</p> <p>Cinnamon Apples Slices</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/8</p>	<p>14</p> <p>Classic Soft Taco WW Tortilla</p> <p>Sour Cream & Cheddar Cheese</p> <p>Fresh Romine Lettuce</p> <p>Tomato Salsa</p> <p>Ranchero Pinto Beans</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/9</p>	<p>15</p> <p>Pot Roast of Beef w/Burgundy Gravy</p> <p>Roasted Potatoes</p> <p>Seasoned Greens</p> <p>Mandarin Oranges</p> <p>WG Wheat Bread</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/10</p>	<p>16</p> <p style="color: red; font-weight: bold;">SPECIAL</p> <p>Stuffed Chicken Mashed Potatoes Gravy</p> <p>Green Bean Casserole</p> <p>WG Wheat Bread</p> <p>Apple Pie w/Whipped Topping</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/8</p>	<p>17</p> <p>Pepperjack Cheeseburger</p> <p>WG Sandwich Roll</p> <p>Lettuce & Tomato</p> <p>Fresh Broccoli Slaw</p> <p>Tropical Fruit</p> <p>Fruited Yogurt</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/14</p>
<p>20</p> <p style="font-size: 2em; color: red; font-weight: bold;">CENTER CLOSED</p>	<p>21</p> <p style="color: red; font-weight: bold;">SUB</p> <p>Roast Beef Sandwich</p> <p>Kaiser Roll</p> <p>Potato Salad</p> <p>Lettuce, Tomato & Onions</p> <p>Cole Slaw</p> <p>Fruit Cocktail</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/10</p>	<p>22</p> <p style="color: red; font-weight: bold;">SUB</p> <p>Meatball Sub</p> <p>WG Wheat Italian Roll</p> <p>Seasoned Green Beans</p> <p>Mandarin Oranges</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/16</p>	<p>23</p> <p>Chicken Breast w/Paprika Sauce</p> <p>WG Lemon Rice Pilaf</p> <p>Wax Bean & Green Bean Medley</p> <p>WG Wheat Bread</p> <p>Cinnamon Apple Sauce</p> <p>Fruited Yogurt</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/17</p>	<p>24</p> <p>Split Pea Soup</p> <p>Chicken Salad Sandwich</p> <p>Lettuce & Tomato</p> <p>WG Sandwich Roll</p> <p>Fresh Cole Slaw</p> <p>Tropical Fruit</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/21</p>
<p>27</p> <p>Roasted Pork Loin w/Gravy</p> <p>German Cucumber Salad</p> <p>Seasoned Kale</p> <p>Garlic Mashed Potatoes</p> <p>WG Wheat Dinner Roll</p> <p>Sliced Apple Snack Pack</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/22</p>	<p>28</p> <p>Chicken Fajitas</p> <p>Sour Cream</p> <p>WG Tortilla</p> <p>Mexican Rice</p> <p>Diced Peaches</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/23</p>	<p>29</p> <p>Sliced Corn Beef</p> <p>Mashed Potatoes</p> <p>Braised Red Cabbage</p> <p>Com & Pea Salad</p> <p>Tropical Fruit</p> <p>WG Wheat Bread</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/24</p>	<p>30</p> <p style="color: red; font-weight: bold;">New Menu Item</p> <p>Asian Chicken & Soba Noodles</p> <p>Japanese Cucumber Salad</p> <p>WG Wheat Bread</p> <p>Pineapple Tidbits</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/27</p>	<p>31</p> <p>Multi Bean Soup</p> <p>Curried Chicken Salad Plate</p> <p>Baby Spinach</p> <p>Grape Tomatoes</p> <p>WG Wheat Bread</p> <p>Mandarin Oranges</p> <p style="color: red; font-weight: bold;">Sign up due by 10:00am 1/28</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.

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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	New Session Starts Jan. 6th	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	New Session Starts Jan. 6th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session Started Jan. 6th	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 January 13th	None
Fitness with Katie	1:00pm— 2:00pm (1 hour sessions)	New Session Starts Jan. 6th	Grant Funded Sign up at front desk

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	New Session Starts Jan. 7th	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	New Session Starts Jan. 7th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	January 7th	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 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)	New Session Starts Jan. 8th	Grant Funded Sign up at front desk
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	New Session Starts January 8th	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	New Session Starts January 8th	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	New Session Starts January 8th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	New Session Starts January 8th	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	New Session Starts Jan. 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	New Session Starts Jan. 9th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	New Session Starts Jan. 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	New Session Starts Jan. 10th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	New Session Starts Jan. 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