

North Carroll Senior Snippets November 2024

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](http://www.carrollcountymd.gov/seniorcenters)

Center Manager:
Lori Ash

Center Assistant:
Pam Kadel

Center Custodian:
Sean Uhler



2025 Medicare Open Enrollment

Review your 2025 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30th
If you would like to review your 2025 Part D Plan options,
please call [410-386-3800](tel:410-386-3800) to schedule an appointment.

Appointments are required and limited

STATE RETIREES: we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

North Carroll Senior Center

2328 Hanover Pike

Hampstead, MD 21074

Tuesday, November 19th, 2024

Appointments are also available in our SHIP office Oct 15th-Dec 7th, 2024.

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

We will begin scheduling appointments on September 30th, 2024.

125 Stoner Ave, Westminster, MD 21157

Center Closed

Nov. 1 - for
Veterans Day Holiday

Nov. 28 & 29 - for
Thanksgiving 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



Potato Day Special – Nov. 8th – Bake Potatoe, Chili con Carne, Spinach Salad, Applesauce, Bread, Juice & Milk. R.S.V.P. by 10 am on Nov. 1st



Veterans' Day Special – Nov. 12th – Fried Chicken, Roast Beef w/Gravy, Mashed Potatoes, Green Beans, Roll, Drink & Dessert. R.S.V.P. by 10 am on Nov. 5th



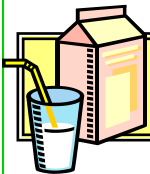
Hot Dog – Nov. 13th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Nov. 6th



Thanksgiving Special – Nov. 26th – Turkey Cutlet w/Gravy, Stuffing, Mashed Potatoes, Green Beans, Cranberry Sauce Salad, Fruit, Bread, Milk & Dessert. R.S.V.P. by 10 am on Nov. 19th



Roast Beef Sub Special – Nov. 18th – Roast Beef Sub, Potato Salad, Cole Slaw, Fruit Cocktail & Milk. R.S.V.P. by 10 am on Nov. 8th



Cold Box Lunch Menus



Our meal caterer, Business Food Solutions, offers cold box lunches daily.

The price is a donation of up to \$6.31 for hot meals and \$7.24 for boxed lunches for seniors age 60 and better. If you are younger than 60, you must pay the full price of \$6.31 for hot meals and \$7.24 for boxed lunches.

If you would prefer to order a cold box lunch, please stop by the kitchen to see your options. Cold lunches are available Monday - Friday. Please let us know 2 days ahead of time before 10 am the same as you would order a regular meal.

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

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Turkey Cheeseburger Cucumber Salad Baked Beans Juice/Milk RSVP BY 10/20 @ 10 AM
4. BBQ Pork Loin Sandwich Baked Beans Cole Slaw Pineapple Tidbits Juice/Milk RSVP BY 10/31 @ 10 AM	5. Chicken Casserole Wild Rice Blend Green Beans Diced Peaches Bread/Juice/Milk RSVP BY 11/1 @ 10 AM	6. Meatloaf w/Gravy Roasted Potatoes Creamy Cucumber Salad Fruit/Bread/Juice/Milk RSVP BY 11/4 @ 10 AM	7. Roast Pork Loin w/Gravy Peas & Mushrooms Mashed Potatoes Fruit/Bread/Milk RSVP BY 11/5 @ 10 AM	8. POTATO DAY Chili con Carne Spinach Salad Applesauce Bread/Juice Milk RSVP BY 11/1 @ 10 AM
11. CENTER CLOSED	12. VETERANS DAY SPEC. Fried Chicken Roast Beef & Gravy Mashed Potatoes Green Beans Rolls/Drink RSVP BY 11/5 @ 10 AM	13. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 11/6 @ 10 AM	14. BBQ Chicken Sandwich Red Cabbage Slaw Cream of Broccoli Soup Apricot Halves Milk RSVP BY 11/12 @ 10 AM	15. Maple Glazed Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Bread/Juice/Milk RSVP BY 11/13 @ 10 AM
18. ROAST BEEF SUB Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 11/8 @ 10 AM	19. Meatloaf w/Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Bread/Juice/Milk RSVP BY 11/15 @ 10 AM	20. Beef Pot Roast Potatoes Seasoned Greens Mandarin Oranges Bread/Juice/Milk RSVP BY 11/18 @ 10 AM	21. Chicken Cacciatore Brown Rice Buttered Carrots Pea & Red Pepper Salad Bread/Juice/Milk RSVP BY 11/19 @ 10 AM	22. Pepperjack Cheeseburger Broccoli Slaw Tropical Fruit Milk Juice RSVP BY 11/20 @ 10 AM
25. Tuna Salad Sandwich Tomato & Bean Soup Copper Pennies Salad Hot Cinnamon Apples Yogurt RSVP BY 11/21 @ 10 AM	26. THANKSGIVING SPECIAL Turkey Cutlet w/Gravy Stuffing Mashed Potatoes Green Beans Cranberry Sauce Salad Fruit/Bread/Milk/Dessert RSVP BY 11/19 @ 10 AM	27. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice Milk RSVP BY 11/25 @ 10 AM	28. CENTER CLOSED	29. CENTER CLOSED
				

MEAL PROGRAM

Lunch is served Monday through Friday at 12:00 PM.

Cost of lunch for seniors 60 and older is by donation up to \$5.27.

Those 59 and younger pay the full price of \$5.27.

The meal program is designed so that no senior will be denied a meal because they cannot afford to pay a set cost. Your donations are important to keep our meal program funded.

Increasing costs, budget cuts and declining donations may result in fewer meals offered to our seniors. As always, thank you for your donations!



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

How do I cancel a meal? Why is this necessary?

If you need to cancel a meal, please contact the center or tell a staff person as soon as possible or by 10 am two days prior your reservation (7 days for special meals). We understand there are emergencies & illness that may result in you not being able to cancel your meal. For repeated no shows & late cancellations, your name may be temporarily removed from our reservation list.

Why do I need to pay for a meal if I don't cancel at least 2 days ahead of time?

Unsold meals due to late cancellations or no shows must be paid for out of the nutrition budget. Each year, we grow closer to running out of funds due to the cost of unsold meals, lower donations & budget cuts. Let's all do our part to help to cut waste from our nutrition budget. You can help us keep our meal program going so we can provide meals all year.

Please fill out meal surveys & let us know how you liked your meal.

Daily meal survey forms are available in the Dining Room. We will also be doing quarterly surveys that you are encouraged to fill out. We hope to be able to bring you the best meals & services we can with the resources that are available. Thanks for taking your time to do this.

Daily Activities

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
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Started Sept. 30 Class is FULL	\$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; 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 Pam know. We are always looking to try new things.



Daily Activities⁶

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
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 1	\$30.00
Zumba	11:15 am - 12:15	10 - 12 weeks Started Sept. 24	Donation
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	No 2nd Tues. & Nov 26 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	Nov 5 & Nov 19 (1st & 3rd Tuesday of the 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
Coffee & Cars	9:00 am - 11:00 am	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 2 Class is FULL	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started Sept. 19	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Chi Kung 	1:00 pm	10 - 12 weeks Started Oct. 2	Donation
Hand and Foot 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.

Daily Activities⁸

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
Circuit Training & Meditation 	9:00 am - 10:00 am	10 - 12 weeks Started Oct. 10	Donation
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 - Cardio Step	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 3	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started Oct. 10	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; 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	Nov. 14 & No 4th Thurs. (2nd & 4th Thursday of 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

Daily Activities⁹

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 Started Oct. 4	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started Oct. 4	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - 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	Nov. 19 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	None this month (2nd Tuesday of the month)	12:30 pm	Free
Travel Buddies	None this month (2nd Monday of the month)	11:00 am	Free
Project Linus	Nov. 14 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Nov. 20 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Nov. 8 & No 4th Wednesday (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Nov. 13 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Nov. 14 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Nov. 26 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Nov. 27 (4th Wednesday of the month)	10:00 am	Free

More information can be found on the Center's Activity Bulletin Board
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 **one (1)** book per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **five (5) \$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.

Let's Have Some Fun!



By: Vincent Vigliotti

Live

Music has returned to North Carroll Senior Center
Join Vince Vigliotti, & friends as they perform on

Nov. 19th At 1:00 pm

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

Toys for Tots



**Toy
Drive**

Nov. 12 - Nov. 15

Bring a **NEW & UNWRAPPED** toy to
the center to help a family in need

Travel



American Music Theatre “Joy to the World” & Smorgasbord Lunch at Bird-In-Hand Restaurant Wed., November 20, 2024

Travel to American Music Theatre in Lancaster, PA and spend an afternoon with the cast of “Joy to the World” a holiday spectacular. The stage transform into a small-town winter carnival brimming with family and friends—featuring scenes filled with entertaining elves, dramatic dancing, sensational singing and grand moments galore. The incredible AMT singers, dancers, and orchestra will perform favorite songs all live on stage. This is an awe-inspiring production filled with brilliant music and dance, phenomenal voices, and light-hearted holiday humor, which make this season’s all-new extravaganza a holiday celebration not to be missed.

Your Trip will include:

Transportation, smorgasbord lunch, reserved seats for the show, and all taxes and tips including the driver.

Cost: \$115.00 per person

Bus Departs NCSC at 10:45 A.M. Returns at 6:45 P.M.

Payment in full is required at time of sign-up

Cancellations: Refunds are made only if you can find a replacement or your seat is resold.

WAIT LIST ONLY!

Due to the popularity of our trips, one person may sign up a maximum of 2 people for each trip. All trip participants MUST be registered at a Carroll County Senior & Community Center and fill out an Emergency Contact form. Thank you !

Trip Payment & Refunds:

Seats are reserved as payment is made. Refunds will be made only if someone purchases your seat. If there is a stand-by list, we will make every effort to find a replacement for your cancellation. You may purchase trip insurance for overnight trips. When signing up for your trip, please ask for the brochure. Please see the travel table for the rest of our trip policy.

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.

TLC (Tender Loving Care Circle) Group - 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, play pool, 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.

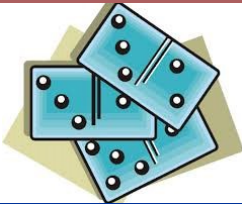
Done

Don't forget to touch **Done** when you have completed your sign-in. 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
- *Canasta—Mondays at 1 pm
- *Pitch— 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

Please make sure that you have clothing and footwear suitable for physical activity. **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.**

We request all users to wipe off machines 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.**

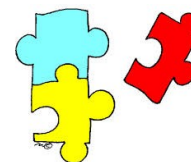
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

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.

WIFI—Use CCG_GUEST in your settings to access the Internet



NEW ACTIVITY



Ping Pong

Mondays & Fridays

12 pm - 3 pm

In the Gathering Room

Open play

NEW ACTIVITY

Ukulele with Vince



**The 2nd & 4th Thursdays
of every month**

1 pm

In the Gathering Room

Medicare

Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Navigating Medicare



Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

June 5th, 2024-Webinar

July 10th, 2024 - In person @ Exploration Commons (50 E Main St)

August 7th, 2024-Webinar

August 13th, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 18th, 2024-Webinar

October 16th, 2024-Webinar

November 13th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 11th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

June 12th, 2024-Webinar

July 17th, 2024 - In person @ Westminster Public Library (50 E Main St)

August 14th, 2024-Webinar

August 20th, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 25th, 2024-Webinar

October 23rd, 2024-Webinar

November 20th, 2024 - In person @ Westminster Public Library (50 E Main St)

December 18th, 2024-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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.

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Thank You



**North Carroll Senior Center
Hometown Takeout Program was a big success!**

**A Huge "THANK YOU" to Greenmount Station & their
staff for making this program a wonderful event.
Great food and great service!
Stop by and see them again real soon.**

Photos from Halloween Board



Holiday Shopping



ANNUAL HOLIDAY BAZAAR

**Begins on
Monday, November 18th at 9 am.**

The sale will continue through December.

**Come shop for Christmas items & gifts
at reasonable prices.**

**All proceeds benefit your senior center & helps pay
for our Christmas Party.**

THE PUBLIC IS INVITED TO ATTEND.

**We are now accepted gently used gift items, holiday
decorations & crafts. Please bring donations to the
front desk. Thank you.**

Thank You !!!

FOR YOU,
*and all who gave
so many yesterdays*

FOR OUR TODAY--

A heartfelt

THANK-YOU

on

VETERANS

DAY

Veterans Day Celebration



Tuesday
November 12th
at 10:30 am

Veteran's Day Program

Special Meal – by Friendly Farm Restaurant

**Fried Chicken, Roast Beef with gravy, Mashed Potatoes with gravy,
 Green beans, Cole Slaw, Sugar Biscuits, Roll, Cake & Beverage**

Meal Donation – up to \$18.00

RESERVATION POLICY

Reservations start **October 15th** thru **November 1st** for

North Carroll Senior Center Members **ONLY**

(If we take name and they are not NCSC members, they will be moved to the waiting list)

Reservations start **November 2nd** for All other Senior centers members

**In-person Reservations only—No phone reservations taken. Signup sheet
 located at front desk table - Signup by Nov. 5th at 10 am**

**Due to the popularity of our event, one person may sign up a maximum
 of 2 people for this event.**

**If you are signing up a person under the age of 60, you must pay the full price
 of the meal (\$18.00 per person) at the time of sign up.**

Maximum 200 guest for this event



**Please donate a new unwrapped toy during our
 Veterans Day Celebration and be entered into our
 drawings of wonderful prizes during the Veterans
 Day Celebration!**

Mitten Tree is back!

We are collecting items for



Hat & Sock Tree



Please make a donation to our community

Holiday Program:

Hats & Socks

**Donation Tree/box located in
the main hallway**

**Items are needed
by**

December 1st



MARK YOUR CALENDARS!!

CHRISTMAS HOLIDAY PARTY

THURSDAY,
DECEMBER 12TH
AT 10:30 AM



*Visit with Santa 10:30 am
*Sing-A-Long at 11 pm
*Meal served at 12 pm
*Prizes & Giveaways
& More



Please reserve your meal by **December 4th** at 10 am.

Donation for meal is up to \$ 18.00.

Reservations start November 4th for
North Carroll Senior Center Members ONLY

Reservations start November 20th for
All other Senior centers members and non-members
In-person Reservations only—No phone reservations taken.
See Front desk volunteer to sign up

Wood Carvers Unite

Join Our NC Senior Wood Carvers!

Looking for a hobby? Something to do?
Or maybe a way to express yourself?

Join our wood carving group on Mondays or
Wednesdays at 9:00am.



No experience is needed, just a desire to try something new or different. But maybe you already know something about wood carving and want to get back into it. Let us help. We have wood, tools, patterns, and ideas to share with you. And, we'll help you get started.

If you're on the fence or don't feel like you know enough about it, stop by the carving room sometime. We'd love to show you what you could be doing. Bring a friend!!



Thank you Community Partners



Thank you to all our wonderful community sponsors for their donations to make our Veterans Day Celebration even brighter! The following business provided all the items for our beautiful gift baskets and prizes!

Greenmount Station
Restaurant

Jersey Mike's Subs

Bijou Salon

Dutch Corner Restaurant

Ultimate Image Day Spa
Hair Salon

Golden Nails & Tan

China Manor Restaurant

Cinco De Mayo Restaurant

JJ Hoffman's Creamery

Sport Clips

Advanced Auto Parts

Weis

Fratelli's Italian & Seafood

Hampstead Barber Shop

J & P Restaurant

Cold Stone Creamery

Dunkin Donuts

Hampstead Liquors

Greenmount Bowl

Outlaw BBQ

Spargo's Restaurant

Weis (Robert's Field)

Genova's to Go

Bertucci's Bakery

Main Street Market

Millers Food Market

Verizon

Mark your Calendars

COINS, COINS, COINS



Have you ever wondered how much your coins or coin collection is worth?

Appraisals being offered, free of charge up to 40 minutes.

No foreign coins or currency (paper money).

Signup sheet at the front desk.

You must sign up!

Due to expected popularity there will be 2 sessions on Mondays & Wednesdays 10 am - 11 am and 11 am - 12pm.

Not buying coins at this time.

You must make an appointment!



In the Gathering Room

Inclement Weather Policy

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.

Open Enrollment



2025 Medicare Open Enrollment

Review your 2025 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30th
If you would like to review your 2025 Part D Plan options,
please call **410-386-3800** to schedule an appointment.

*****Appointments are required and limited*****

STATE RETIREES: we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>
You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

South Carroll Senior Center

5928 Mineral Hill Rd
Sykesville, MD 21784
Thursday, October 17th, 2024

Mt Airy Senior Center

703 Ridge Ave
Mt Airy, MD 21771
Tuesday, October 22nd, 2024

Taneytown Senior Center

220 Roberts Mill Rd
Taneytown, MD 21787
Wednesday, November 13th, 2024

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074
Tuesday, November 19th, 2024



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157
Tuesday, December 3rd, 2024



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

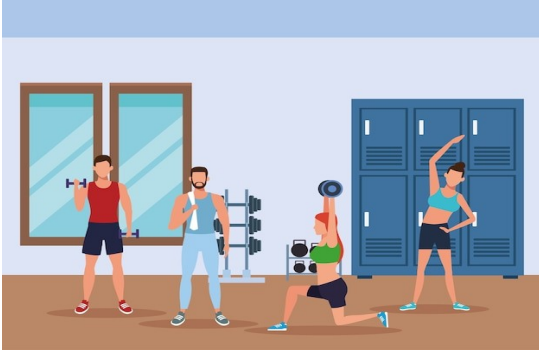
Appointments are also available in our SHIP office Oct 15th-Dec 7th, 2024.

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

We will begin scheduling appointments on September 30th, 2024.

125 Stoner Ave, Westminster, MD 21157

NEW CLASS



Circuit Training & Meditation Class

1/2 hour circuit training
followed by 1/2 hour
meditation

Different stations that you will move through followed by guided meditation, all with our new instructor Katie Bernstein

new
INSTRUCTOR

Thursdays – 9 am
In the Gathering Room

Started Oct. 10th

**New
Class
Alert!**

Important News!

HAPPY★NEW★YEAR

NUTRITION FORMS

It's that time of year again!

**It is now the new fiscal year for the Meal Program
(10/1/2024 – 9/30/2025)**

If you plan on eating at the center for lunch and/or Special Events (Veterans Day, Holiday Party, etc.), please fill out a new form. Forms are located in the Dining Room.

Thank you!

NEW CLASS!!

Chi Kung

**New
Class
Alert!**

new
INSTRUCTOR

**Come
meet
JASON!**



Improve
your
balance

Wednesdays - 1 pm

In the Gathering Room

Started Oct. 2nd

Donation class

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 Music Class

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

Rock & Blues

**60's-70's
Best Hits**

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

Bluegrass Thanksgiving



Bluegrass Thanksgiving

Nov. 26th at 1:00 PM

Come and join us for a Bluegrass Thanksgiving! Kim Myers and the bluegrass group will perform.

Thanksgiving lunch starts at 12 pm.

Bluegrass Performance starts at 1pm.

Menu: Turkey cutlet w/gravy, stuffing, mashed potatoes, green beans, cranberry sauce salad, fruit, bread, milk & dessert. Sign up for lunch with Pam or Lori before 10 am on 11/19!

Mark your Calendars

SKITS SONGS LINE DANCING

Thursday December 5

NCSA

NORTH CARROLL SENIOR ACTORS

COMEDY THEATRE

AND THE

Sing-Along Singers

PRESENT

**A Holly Jolly
Christmas**

WITH SPECIAL APPEARANCE BY

THE NORTH CARROLL LINE DANCERS

SHOWTIME: 12:30 P.M.

COME JOIN THE FUN!

Information

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

October 28-November 4-18-25-December 2-9, 2024

No Class 11/11

Mondays 9:00 a.m. - 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program.

Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD. Donations for materials are accepted but not required to participate, for those 60 years & over.

REGISTER online at <https://carrollcountymd.gov/LivingHealthy>

or by calling 410-386-3818 or Email 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 as soon as possible but no later than



Information

Volunteers Needed!



*Materials required for training are FREE of charge to the participant.
Trained leader to facilitate two workshops within first year.

To **register**, please contact

Victoria Parks

**Living Healthy,
Living Well**

Coordinator

livinghealthy@carrollcountymd.gov

410-386-3818



Become a Certified Chronic Conditions Self-Management Lay Leader

The Chronic Conditions self-management lay leaders are trained to facilitate a six-week *Living Healthy, Living Well with Chronic Conditions* workshop for adults who have chronic conditions like cancer, diabetes, and heart disease and for those who are caregivers for someone who is managing these conditions. Lay leaders are expected to lead a minimum of two (2) workshops annually. Workshops can be delivered in-person or virtually.

Lay leaders help individuals achieve the following objectives:

- ❖ Identify strategies for living with Diabetes
- ❖ Improve management of symptoms
- ❖ Gain a sense of greater self-control
- ❖ Build confidence in establishing supportive relationships
- ❖ Integrate new techniques and activities into a plan for living well

**Training days are Tuesdays & Thursdays
1 pm – 3:30 pm; plus Monday 11/4**

November 2024

4th (Mon), 5th, 7th, 12th, 14th, 19th, 21st, 26th

December 2024

3rd, 5th, 10th, 12th, 17th

No class 11/28

***Attendance at all classes is required for certification.**

Virtual Link will be sent upon receipt of required registration paperwork

Information

Show Me Better Health

DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

Meet **VIRTUALLY** in the comfort of your own home!



November 6-13-20-27-December 4-11, 2024

Wednesdays 9:00 a.m.— 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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Information

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six-week series of 90-minute workshops that teach you how to take care of yourself while caring for someone else. By taking care of your own physical and emotional needs, you become a better caregiver.

Previous participants have found the program tools they have learned improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also increased confidence in their ability to meet caregiving demands and improved their ability to seek out and utilize community resources.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate more effectively in challenging situations and with the person needing care, family members, doctors, and paid helpers
- Change negative self-talk

By attending you will receive a book to help you:

- Take care of yourself
- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Help memory-impaired elders
- Learn from your emotions

Upcoming Workshops:

Tuesdays 9:30am-11am; Oct. 15—Nov. 19, 2024

All workshops held at Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster. Call 410-386-3800 for more information or email vparks@carrollcountymd.gov.

Caregiving can be a challenge, but it's easier when you're prepared.

Powerful Tools for Caregivers gives you the confidence and support to better care for your loved one—and yourself.



I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Sponsored and Offered for FREE by



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

If you or someone you know is a caregiver, we encourage you to register today! Our goal is to improve the lives of caregivers (and ultimately their care recipients) through outreach, conversation, and resources.

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Save The Dates For These Upcoming Special Events

NOVEMBER:

Nov. 11, Center Closed for Veterans Day Holiday

Nov. 12, Veterans Day Celebration - Toys for Tots toy Drive

Nov. 19, Medicare Open Enrollment - You must make an appointment - See page 28 for information.

Nov. 19, 1pm, Live music with Vince and Friends

Nov. 26, 1pm, Bluegrass Thanksgiving - Meal & Music - Signup for meal by 10 am on 11/19. Meal at 12 pm and Music at 1pm

Nov. 28 & 29, Center Closed for Thanksgiving Holiday

DECEMBER:

Dec. 12, Holiday Party - Signup with front desk volunteer - Signup is required - Space is limited!

Dec. 12, Personal Care Item Collection

Dec. 25, Center Closed for Christmas Holiday

NOTE: Travel Office hours:

Mon & Wed **9 am – 10 am** in the library

Mon & Wed **10 am – 2:30 pm** in the dining room

Thurs. **8 am – 9:30 am** in the travel office



Snack Shop NOW OPEN!!!



Snack Shop



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



Carroll County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES