

# 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>

January  
2025

### **Center Hours:**

**Monday-Friday**

8:00 am to 4:00 pm

### **Center Closed:**

Wednesday, January 1

Monday, January 20

# 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 \$6.31 for a Hot Lunch or \$7.24 for a Cold Lunch. Those 59 and younger must pay the full price of \$6.31 for a Hot Lunch or \$7.24 for a Cold 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* JANUARY 2025

**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 \$6.31, includes accompanying younger spouses;

Under 60 Years Old = **Full Price \$6.31**, Paid Directly To Assistant Director **NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>		<p>1</p> 	<p>2</p> <p><b>RSVP 12/24/24</b></p> <p>PORK LOIN SWEET ONION GRAVY PEAS &amp; MUSHROOMS GARLIC M. POTATOES WHEAT BREAD FRUIT COCKTAIL</p>	<p>3</p> <p><b>RSVP 12/24/24</b></p> <p>HONEY BEEF BBQ RIB PATTY FIESTA BLACK BEANS COLE SLAW ROLL YOGURT</p>
<p>6</p> <p><b>RSVP 12/30/24</b></p> <p>CHICKEN BREAST COQ AU VIN BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK</p>	<p>7</p> <p><b>RSVP 12/30/24</b></p> <p>SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BREAD AMISH BEAN SALAD</p>	<p>8</p> <p><b>RSVP 12/30/24</b></p> <p>WHITE BEAN CHICKEN CHILI YELLOW RICE PILAF CORN MUFFIN JUICE / MILK</p>	<p>9</p> <p><b>SPECIAL BAKED POTATO</b> <b>RSVP 12/30/24</b></p> <p>BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI &amp; CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>	<p>10</p> <p><b>RSVP 12/30/24</b></p> <p>MAPLE PEACH GLAZED HAM AUGRATIN POTATOES BRUSSELS SROUTS WHEAT BREAD PINEAPPLE TIDBITS CHOCOLATE MILK</p>
<p>13</p> <p><b>RSVP 1/8/25</b></p> <p>ROAST CHICKEN W/ CREAMY ARTICHOKE SAUCE YELLOW RICE PILAF SEASONED GREENS WHEAT BREAD CINNAMON APPLE SLICES</p>	<p>14</p> <p><b>RSVP 1/8/25</b></p> <p>MEATLOAF &amp; GRAVY MASHED POTATOES SLICED CARROTS WHEAT BREAD APPLESAUCE</p>	<p>15</p> <p><b>RSVP 1/8/25</b></p> <p>POT ROAST OF BEEF BURGUNDY GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES</p>	<p>16</p> <p><b>SPECIAL CABIN FEVER</b> <b>RSVP 1/8/25</b></p> <p>STUFFED CHICKEN BREAST &amp; GRAVY MASHED POTATOES GR. BEAN CASSEROLE WHEAT BREAD PIE</p>	<p>17</p> <p><b>RSVP 1/8/25</b></p> <p>PEPPER JACK CHEESE BEEF PATTY / ROLL LETTUCE TOMATO GARNISH BROCCOLI SLAW TROPICAL FRUIT YOGURT</p>
<p>20</p> <p>MARTIN LUTHER KING, JR DAY CENTER CLOSED</p>	<p>21</p> <p><b>SPECIAL SUB DAY</b> <b>RSVP 1/10/25</b></p> <p>ROAST BEEF / KAISER ROLL CONDITMENTS COLE SLAW POTATO SALAD FRUIT COCKTAIL</p>	<p>22</p> <p><b>RSVP 1/10/25</b></p> <p>MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES</p>	<p>23</p> <p><b>RSVP 1/10/25</b></p> <p>CHICKEN BREAST PAPRIKA LEMON RICE PILAF GREEN AND WAX BEAN MEDLEY WHEAT BREAD CINNAMON APPLESAUCE YOGURT</p>	<p>24</p> <p><b>RSVP 1/10/25</b></p> <p>SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT</p>
<p>27</p> <p><b>RSVP 1/21/25</b></p> <p>ROASTED PORK LOIN &amp; GRAVY GARLIC MASHED POT. SEASONED KALE GERMAN CUCUMBER SALAD DINNER ROLL APPLE PACK</p>	<p>28</p> <p><b>RSVP 1/21/25</b></p> <p>CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES</p>	<p>29</p> <p><b>RSVP 1/21/25</b></p> <p>SLICED CORN BEEF MASHED POTATOES BRAISED RED CABBAGE CORN &amp; PEA SALAD WHEAT BREAD TROPICAL FRUIT</p>	<p>30</p> <p><b>RSVP 1/21/25</b></p> <p>HOT DOG MEAL ROLL CONDITMENTS SAUERKRAUT BAKED BEANS FRUIT JUICE &amp; MILK</p>	<p>31</p> <p><b>RSVP 1/21/25</b></p> <p>ESTHER'S SOUP CHICKEN SALAD ROLL FRUIT JUICE AND MILK</p>

# COLD Lunches *Westminster Senior Center* JANUARY 2025

**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.

Meal Price: 60 Years Old & Up = **COLD LUNCH Donation Up To \$7.24**, includes accompanying younger spouses;

Under 60 Years Old = **Full Price \$7.24**, Paid Directly To Assistant Director

**Prefer a COLD lunch instead? Circle day of the Cold lunch. Write "COLD" on the HOT side of the menu, on the day of the substitution.**

**Write name on the menu & turn in white copy.**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		1 <b>HAPPY NEW YEAR</b>  <b>CLOSED</b>	2 <b>RSVP 12/24/24</b>  <b>BOX LUNCH NOT AVAIABLE</b>	3 <b>RSVP 12/24/24</b>  TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
6 <b>RSVP</b> <b>BOX LUNCH NOT AVAIABLE</b>	7 <b>RSVP 12/30/24</b>  TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	8 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	9 <b>RSVP 12/30/24</b>  EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	10 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>
13 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	14 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	15 <b>RSVP 1/8/25</b>  CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	16 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	17 <b>RSVP 1/8/25</b>  TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
20 <b>RSVP</b>  MARTIN LUTHER KING, JR. DAY  CENTER CLOSED	21 <b>RSVP 1/10/25</b>  TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	22 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	23 <b>RSVP 1/10/25</b>  EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	24 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>
27 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	28 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	29 <b>RSVP 1/21/25</b>  CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	30 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>	31 <b>RSVP</b>  <b>BOX LUNCH NOT AVAIABLE</b>



# Daily Activities

Activity	Time	Cost	Location
Billiards	8:00 am - 3:45 pm	None	Billiards Room
Computer Lab	8:00 am - 3:45 pm	None	Computer Lab
Exercise Equipment Room	8:00 am - 3:45 pm	None	Exercise Room
<b>Bingo</b> Penny Bingo	9:00 - 11:00 am	Penny per card 3rd Thursday: Nickle per card	Game Room
<b>Morning Table Talk</b> Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	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>Session begins:</b> January 6, 2025
<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>Needle Circle</b>	Mondays	M: 9:00 - 11:00 am	None	Craft 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

# Exercise Classes

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

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	Donation	12 weeks <b>Session Began:</b> December 2, 2024
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks <b>Session Began:</b> December 2, 2024
<b>Dance Fitness &amp; Strength Exercise Class</b> <i>(Moderate Intensity &amp; Coordination)</i> High-energy dancing & strengthening exercises	Tuesdays	1:00 - 2:00 pm	<b>\$35</b>	12 weeks <b>Next Session Begins:</b> No classes Jan - Mar 2025
<b>Zumba Gold</b> <i>(Moderate Intensity &amp; Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	<b>\$35</b>	10-12 Weeks <b>Next Session Begins:</b> February 4, 2025
<b>Circuit Training Class</b> <i>Moderate Intensity</i>	Tuesdays	9:30 - 10:30 am	Donation	12 Weeks <b>Next Session Begins:</b> January 7, 2025
<b>Yoga</b> With modifications for chair use	Wednesdays	10:00 - 11:00 am	<b>\$40</b>	8 weeks <b>Next Session Begins:</b> January 15, 2025
<b>Line Dance Class</b> <i>(Moderate Intensity &amp; Coordination)</i>	Thursdays	10:00 - 11:30 am	<b>\$35</b> Includes Monday practice class	10-12 Weeks <b>Next Session Begins:</b> February 6, 2025
<b>Line Dance Practice</b>	Mondays	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

# Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
<b>Carroll County Duplicate Bridge</b> ACBL Sanctioned, Experienced Play	Mondays	11:30 am - 3:30 pm	Game Room; Sanctioned Play Dues
<b>Pinochle</b>	Fridays	11:30 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>Afternoons at the Movies</b>	Thursdays	12:30 pm	Classroom
<b>Prize Bingo:</b> Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room
<b>Balloon Games</b>	Fridays	10:00 - 11:00 am	Multi-Purpose Room

\*All Activities are subject to change without notice.

## Upcoming Special Events

Program	Date	Time	Session Info
Capture the Flavor w/ Terry Serio	Thursday, January 2	10:00 am	Free; meet in the dining room "Herbs & Spices"
Legal Aid	Wednesday, January 8	1:00 - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, January 9	11:00 am - 12:00 pm	Meet in the Craft Room!
Cabin Fever Lunch	Thursday, January 16	11:30 am	Reservation Required for Lunch
Center Closed MLK Day	Monday, January 20	ALL DAY	

\*Special Events are subject to change without notice.



1920's Postal robberies lead to the Kansas Nebraska overlay prints on stamps.

In the 1920's organized crime targeted not only banks but also the postal service. In 1921 there were 36 bank and post office robberies alone. Postmaster General W. Hayes requested Federal help from Pres. Harding. The military was tasked to guard trains, vans and post offices which reduced robberies immediately. Again in 1926 robberies again led the military intervention. Pres. Coolidge brought in the Marines to guard shipments.

In 1929 the Postal service experimented with adding an overprint on stamps by state. Two states were selected for the experiment. Kansas and Nebraska added the overprints KANS and NEBR to low denomination stamps. The idea being that the stamps could not be stolen and sold out of state. Due to the confusion caused by other states not realizing the validity of the stamps the project was deemed not feasible and stopped after a few months.







## ***Capture the Flavor***

# FREE EVENTS

Capture the Flavor is a  
**Nutrition Program**

Room: Lunch Room

Time: 10:00 am



Image Credit: Image by Miroslava from Pixabay

**Capture the Flavor of Herbs & Spices**  
**January 2, 2025**

Peek into a household spice cabinet and you're likely to see everyday seasonings like salt, pepper, oregano or onion. Look deeper, and you may notice dozens of other barely opened spices used once in an adventurous dish cooked long ago.

University of Maryland Extension (UME) Family Consumer Sciences (FCS) Senior Agent wants you to resurrect the power of those unique spices and homegrown herbs to level up your home cooked meals, and better understand issues related to food storage and safety.

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**Living Your Dreams • Be Active, Be Strong**

**JOIN US FOR  
FUN & CONVERSATION**

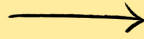


## **Inclement Weather Policy for Carroll County Senior Centers**

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.



### A Note From Your Bus Trip Coordinators

Thanks to everyone that went on the WSC bus trips in 2024.  
We do our best to keep the WSC bus trips at a reasonable cost.  
We are looking forward t the WSC 2025 bus trips.  
Sam and I appreciate your participation and support.

Thanks again and see you on the bus,  
Fran & Sam

# 2024 Free Income Tax Assistance

Provided through the AARP TaxAid Program

**February 3 - April 2**

**Days of Week:  
Monday & Wednesdays**

**\*We will begin taking  
appointments starting  
January 15, 2025\***



**TAX  
TIME**



# 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.

## This program 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
- Recognize and understand depression
- Hire in-home help
- Help memory-impaired elders

## Upcoming Virtual Workshops:

Tuesdays 9:30am-11am; Jan. 7- Feb. 11, 2025.

All workshops held virtually. Register online at <https://carrollcountymd.gov/LivingHealthy>.

Call 410-386-3800 for more information or email [vparks@carrollcountymd.gov](mailto: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.

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.