

North Carroll Senior Snippets May 2025

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:
Sean Uhler
Center Custodian:



Shredding Event & Drug Disposal

Friday, May 23
9 AM - 11 AM

The Shred Mill will shred the following items:
paper documents, bound books, spiral and plastic
binders, X-rays & CD's. No need to remove staples
or paper clips.

Center Closed

MONDAY

May 26

In Observance of
Memorial Day

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 in-
dependence for older adults,
adults with disabilities, veterans
and those who care for them.

Got Drugs?

Turn in your unused
or expired medication
for safe disposal
here



*When it is your
turn, please
stay in your
vehicle and we
will do the
rest!*

Sheriff's Office will be here to collect medications
for disposal.

**NO NEEDLES - NO SHARPS - NO MEDICAL
WASTE**

Special Meals



Memorial Day Special – May 22nd – Cheeseburger, Baked Beans, Cole Slaw, Fresh Cut Fruit & Milk. R.S.V.P. by 10 am on May 15th



Potato Day Special – May 13th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on May 6th



Meatloaf Special – May 20th – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Bread & Milk. R.S.V.P. by 10 am on May 13th.



Hot Dog – May 28th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on May 21st



Mother's Day Special – May 9th – Creamy Dill Chicken Breast, Red Potato Chucks, Dilled Carrots, Fresh Melons, Roll, Dessert & Milk, R.S.V.P. by 10 am on May 12nd



Meal Reservation Deadlines



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

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

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Curried Chicken Salad Spinach Salad Mediterranean White Bean Soup Mandarin Oranges Milk RSVP BY 4/28 @ 10 AM	2. Chicken Cordon Blue Sandwich Broccoli Salad Baked Beans Yogurt Juice RSVP BY 4/29 @ 10 AM
5. Beef Pot Roast Au Jus Sandwich Brussels Sprouts Cole Slaw/Pineapple Tidbits Juice/Milk RSVP BY 4/30 @ 10 AM	6. Chicken Casserole Wild Rice Blend Green Beans Diced Peaches Bread/Juice/Milk RSVP BY 5/1 @ 10 AM	7. Meatloaf w/Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Bread/Juice/Milk RSVP BY 5/2 @ 10 AM	8. Roasted Pork Loin Dijon Cream Sauce Garlic Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread/Milk RSVP BY 5/5 @ 10 AM	9. MOTHER'S DAY SPECIAL Creamy Dill Chicken Breast Red Potato Chunks Dilled Carrots Roll Fresh Melon Dessert & Milk RSVP BY 5/2 @ 10 AM
12. Chicken Breast Fricassee Brown Rice Mixed Veg. Apple Pack Bread/Milk RSVP BY 5/7 @ 10 AM	13. POTATO DAY Chili con Carne Spinach Salad Applesauce Bread Juice Milk RSVP BY 5/6 @ 10 AM	14. Chicken Chili Yellow Rice Pilaf Corn Muffin Juice Milk RSVP BY 5/9 @ 10 AM	15. BBQ Chicken Sandwich Cream of Broccoli Soup Red Cabbage Slaw Juice/Yogurt RSVP BY 5/12 @ 10 AM	16. Pineapple Glazed Ham Au Gratin Potatoes Roasted Brussels Sprouts Pineapple Tidbits Bread/Juice/Milk RSVP BY 5/13 @ 10 AM
19. Chicken w/Artichoke Sauce Lemon Rice Pilaf Green Beans Cinnamon Apple Slices Bread/Juice/Milk RSVP BY 5/14 @ 10 AM	20. MEATLOAF SPECIAL Mashed Potatoes Sliced Carrots Applesauce Bread/Juice/Milk RSVP BY 5/13 @ 10 AM	21. Pot Roast of Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Bread/Milk RSVP BY 5/16 @ 10 AM	22. MEMORIAL DAY SPECIAL Cheeseburger Baked Beans Cole Slaw Fresh Cut Fruit/Milk RSVP BY 5/15 @ 10 AM	23. Pepperjack Beef Patty Broccoli Salad Tropical Fruit Yogurt Juice RSVP BY 5/20 @ 10 AM
26. Center Closed	27. Chicken Breast in Tarragon Shallot Cream Sauce Yellow Rice Peas & Carrots Chickpea Salad Bread/Milk RSVP BY 5/21 @ 10 AM	28. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 5/21 @ 10 AM	29. Chicken Breast Paprika Lemon Rice Pilaf Wax Bean & Green Bean Medley Cinn. Apples Yogurt/Juice RSVP BY 5/23 @ 10 AM	30. Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit/Milk RSVP BY 5/27 @ 10 AM

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
Photograph for Beginners	10:00 am - 11:00 am	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 Apr. 7	\$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 Sean know. We are always looking to try new things.



Daily Activities⁵

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
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Pinochle	10:00 am	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Started Apr. 8	\$30.00
Chair Pilates w/ Karalee 	11:15 am - 12:15 pm	10 - 12 weeks Started Apr. 8	Donations
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	May 13 & May 27 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	May 6 & May 20 (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
Woodcarving (Small Group)	9:00 am - 12:00 pm	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Started Apr. 2	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started Apr. 9	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Beginner Chi Kung	1:00 pm	10 - 12 weeks Started Apr. 9	Donation
Intermediate Chi Kung	 2:15 pm	10 - 12 weeks Started Apr. 9	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 Activities⁷

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
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 Apr. 10	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started Apr. 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	May 8 & May 22 (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 Activities⁸

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 Apr. 4	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started Apr. 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	May 20 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	May 13 (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	May 8 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	May 21 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	May 9 & May 28 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	May 14 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	May 8 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	May 27 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	May 28 (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 **two (2)** books per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **eight (8) \$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.

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,
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.

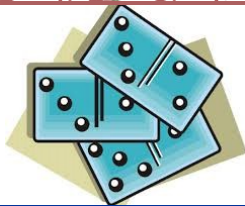
Done

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.**

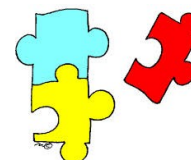
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

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



Let's Have Some Fun!



By: Vincent Vigliotti and Friends

Live

**Music at North Carroll Senior Center
Join Vince Vigliotti & friends as they
perform on**

May 20th At 1:00 pm

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

Music

**Ukulele with
Vince**



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

1pm

In the Gathering Room

NEW CLASS



New
Class
Alert!

Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and spring resistance. The chair is an excellent piece of equipment for both seated and standing work.

Chair Pilates

Tuesdays at 11:15 am

with Karalee

New Session Started
Apr. 8th
Donation Class

Improve your
balance



NEW CLASS!!



Beginner Chi Kung

Wednesdays -1 pm

In the Activities Room

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 CLASS!!

Intermediate Chi Kung

Wednesdays 2:15 pm

In the Activities Room

As our Chi Kung evolves, literally, one step closer to Tai Chi we need to begin moving (forwards, backwards, & side to side). In this class we'll be adding to our Chi Kung movements stepping and turning. Gracefully transitioning from one movement to the next as we travel throughout the room.

Participants must have attended at least one session of Beginner Chi Kung.

Music Class



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

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

Music Class



Bluegrass/Folk Jam Class 2nd & 4th Tuesday of the month 1:00 PM

A casual jam group for acoustic musicians of all levels... (guitar, fiddle, banjo, mandolin, accordion, string bass, cajon, etc.) and singers. Beginners are welcome! If you're an advanced player, please be willing to share your knowledge with others. This is a learning environment, and a positive experience for everyone!

We also welcome some audience members who would like to sit in on our class.

Trips!!!

YOU MAY SIGN UP FOR ALL TRIPS NOW

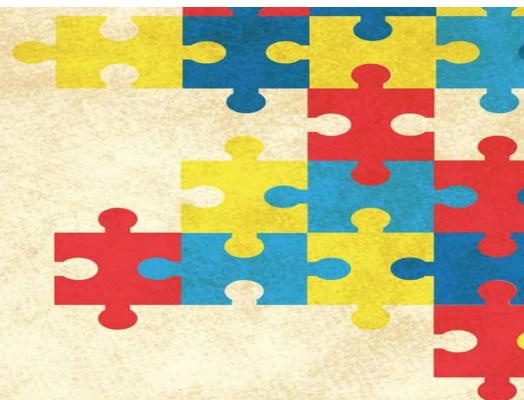
UP COMING EVENTS FOR NORTH CARROLL SENIOR CENTER FOR 2025

May 20 Casino at Charlestown/with \$20 free play
July 10 Fisherman's Crab Feast and Amish Market
November 19 Toby's Dinner Theatre – Elf Holiday Musical
December 10 American Music Theatre – Deck the Halls
With lunch at Shady Maple AYCE

**Any Questions contact Sharon Dyas or LaVerne for
additional information 410-374-5602**

Puzzle Challenge

JIGSAW PUZZLE CONTEST



Congratulations!
1st Place WINNERS
Ann & Nancy

May 30th

11 am - 3 pm

In the Gathering Room



To compete in the Jigsaw Puzzle Contest you have to:

- **Sign up** your team of 2 people at the front desk by **May 16th**
- If you don't have 2 people, we will place any single players with other single players to make teams of 2.
- There is no fee to play
- All teams will receive the same puzzle to complete
- Your team will need to complete as much as possible of the puzzle in the time allotted.
- All rules will be explained before the competition begins

You must sign up by May 16th!

Signup is now open!



Music



May 13th

10:30 am

In the Dining Room

Music



June 10th

1 pm

In the Dining Room



Come and join these wonderful instrumental groups who will be playing and singing classic **Rock and Blues** (on **May 13th at 10:30 am** and then **Bluegrass** favorites (on **June 10th at 1 pm**). It's **FREE** and there is **No Signup Required!**

Save The Dates For These Upcoming Special Events

MAY:

May 13, 10:30am, Blues Concert – No signup required.

May 23, 9am 11am, Drive-up Shred Day & Drug Disposal

May 26, Center Closed for Memorial Day Holiday

May 30, 11am 3pm, Jigsaw Puzzle Challenge - Teams of two - Signup at the front desk by May 16th. Space is limited!

JUNE:

June 2, 10am - 11am, FREE Blood Pressure Checks

June 5, 10am - 1pm, MD Insurance Reps will be here

June 10, 1 pm, Bluegrass Concert – No signup required.

June 11, 11:30pm, Center Closing at 11:30 am for County Event - Lunch served at 11 am

June 12, 12:30pm, Drama Show

June 19, Center Closed for Juneteenth Holiday

JULY:

July 4, Center Closed for July 4th Holiday

NOTE: Travel Office hours:

Monday & Wednesday 9am - 2 pm in the dining room.

Tuesday 9am - 11am *Only when actively signing up participates for trips.

See Office door for hours and up coming trips.



Snack Shop OPEN!!!

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