

SOUTH CARROLL SENIOR CENTER

October 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
MONDAY
OCTOBER 14TH**



**NO
PICKLEBALL
and**

WALKING IN THE GYM

Oct. 23rd- Nov. 6th

**DUE TO
EARLY VOTING
and
ELECTION DAY**



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>

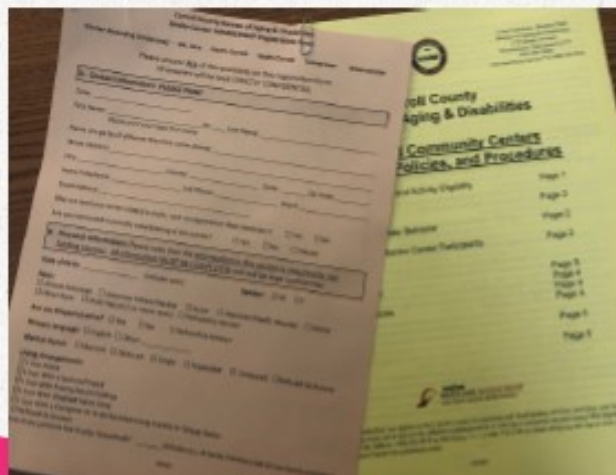
Click on the services listed below to find out more information.

- 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

Annual Membership Forms Update

Its time to update your membership forms please stop at the front desk to pick up a packet. All forms in the packet must be completed.

Turn in your completed forms by October 31st to have your name entered into a drawing.



**NO
PICKLEBALL
AND
WALKING IN THE GYM**

**DUE TO THE GYM BEING
USED FOR VOTING**

OCTOBER 23RD-NOVEMBER 6TH



Get the FLU SHOT not the flu!



Bureau of Aging and Disabilities



Healthy Aging Leadership Team



Get your flu shot in the early fall for best protection through the entire flu season.

****Please wear a short-sleeved shirt for the Pharmacist to administer the vaccine in your upper arm****

Mt. Airy Senior Center

703 Ridge Ave
Mt. Airy, MD 21771

Monday September 30th, 2024

9:00 am – 11:00 am

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074

Tuesday October 1st, 2024

9:00 am – 11:00 am

South Carroll Senior Center

5928 Mineral Hill Rd.
Eldersburg, MD 21784

Wednesday October 2nd, 2024

9:00 am – 11:00 am

Taneytown Senior Center

220 Roberts Mill Road
Taneytown, MD 21787

Thursday October 3rd, 2024

9:00 am – 11:00 am

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157

Friday October 4th, 2024

9:00 am – 11:00 am

DRIVE-THRU CLINIC – FOLLOW SIGNS & STAFF INSTRUCTIONS WHEN YOU ARRIVE

Flu Vaccine Billing

- ✓ Medicare Part B accepted. Please bring your new Medicare Card with you.
- ✓ If you have a Medicare Advantage Plan, please provide your Part D insurance card for possible coverage.
- ✓ BlueCross Carefirst Medical billing accepted.
- ✓ Private insurance accepted for prescription plans that cover the flu vaccine.
- ✓ Uninsured/Not-Covered patient pays **CASH OR CHECK ONLY**
 - \$30.00 Regular Influenza Vaccine
 - \$85.00 High-Dose Influenza Vaccine

CDC and WHO recommend the 2024-2025 High-Dose and Regular Influenza Vaccines to contain the following strains (trivalent):

- an A/Victoria/4897/2022 (H1N1)pdm09-like virus;
- an A/Thailand/8/2022 (H3N2)-like virus; and
- a B/Austria/1359417/2021 (B/Victoria lineage)-like virus.



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

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



Navigating Medicare

Westminster Senior Center

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



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

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Email: ada@ccc.carr.org

Maryland Legal Aid

South Carroll Senior Center
November 20th– 1:00pm– 4:00pm

- Illegal Eviction
- Family Law Matters
- Bankruptcy Filings
- Debt Collection Disputes
- Denials or terminations of unemployment and public benefits

Maryland Legal Aid (MLA) is the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm*. As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide, in Baltimore City and in Maryland's 23 counties, from 12 office locations. Financial support for our services comes from federal, state and local governments, foundations, law firms, the United Way, and from individual donors.

MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection and criminal record expungements to remove barriers to obtaining child custody, housing, and employment.

Many of MLA's local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as victims of abuse and domestic violence, seniors, migrant farmworkers, veterans, and nursing home and assisted living residents, also receive specialized representation. MLA's services include representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance.



Maryland Legal Aid's
 Midwestern Maryland Office
 22 South Market Street
 Suite 11
 Frederick, MD 21701
 Telephone Intake: 301-694-7414
 Online Intake: www.mdlab.org
<https://www.mdlab.org>

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

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.

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



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

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2024 Caregiver Support Conference

Caring for the Caregiver

Saturday, November 2, 2024

9:00 am – 2:00 pm

Westminster Senior & Community Center

125 Stoner Ave, Westminster, MD 21157

Join us as we discuss...

- Difficult Decisions Caregivers Face
- Mental Health and Aging
- Knowing the Best Care for Your Loved One
- Maintaining Safety in the Home



FREE Registration | Light Breakfast & Lunch Provided

Register by October 25, 2024

For more information or to register contact Denise Valentine at dvalentine@carrollcountymd.gov or call the Bureau of Aging & Disabilities at 410-386-3800



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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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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

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FREE EVENTS

Fresh Conversations is a Nutrition Program

This will be a series with one session monthly.

Room: Dining Room
Time: 12:30pm

October 8, 2024

Are Healthy Bones Important?

FRESH
CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.
Terry Serio 410-491-7477

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

UNIVERSITY OF
MARYLAND
EXTENSION



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Technology Education

AI Series Part 2

It's back! Continue to enrich your learning about AI with the Carroll Technology and Innovation Council. Navigate the upcoming holiday season with topics sure to get your mind moving.

AI for Everyday - Oct 29
Chatting with AI - Nov 5

AI all Around - Nov 12
AI and Disinformation - Nov 19

All Classes - 11 am

Register for the lectures at the front desk
or call (410) 386-3700

UNIVERSITY OF
MARYLAND
EXTENSION

SENIOR PLANET
FROM AARP





**Looking for chorus singers
for our Christmas program.**

**If interested in joining
rehearsals will start on
October 30th at 12:30 pm
in the Dining Room.**



SOUTH CARROLL SENIOR CENTER



October Lunch Menu



Happy Halloween

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
 Classic Meatloaf w/Gravy
 Herb Roasted Potatoes
 Creamy Cucumber Salad
 Mandarin Oranges
 WG Wheat Bread
 Sign up due by 10:00am 9/26

2 SPECIAL
 Stuffed Green Peppers (Peppers Stuffed w/Beef, Rice & Tomato w/Marinara Sauce)
 Diced Beets
 Crumb Cake
 WG Wheat Bread
 Sign up due by 10:00am 9/24

3
 Honey BBQ Beef Rib Patty
 Fresh Cole Slaw
 WG Sandwich Roll
 Fiesta Black Beans
 Fruited Yogurt
 Sign up due by 10:00am 9/30

4
 Chicken Breast Cog Au Vin
 WG Brown Rice Pilaf
 Mixed Vegetables
 Sliced Apple Snack Pack
 WG Wheat Bread
 Sign up due by 10:00am 10/1

7
 Salisbury Steak w/Gravy
 Roasted Potatoes
 Harvard Beets
 Amish Navy Bean Salad
 WG Wheat Bread
 Sign up due by 10:00am 10/2

8 SPECIAL
 Roast Stuffed Chicken (Skin-on Chicken Breast Stuffed w/ Bread Dressing w/White Wine Sauce)
 White & Wild Rice Blend
 Roasted Root Vegetable Medley
 Pound Cake
 Sign up due by 10:00am 9/30

9 SUB
 Ham & Cheese Club Roll
 Lettuce/Tomato/Onion Italian Dressing
 Potato Salad
 Cole Slaw
 Fruit Cocktail
 Sign up due by 10:00am 10/1

10
 Maple-Peach Glazed Ham
 Au Gratin Potatoes
 Braised Cabbage
 Pineapple tidbits
 WG Wheat Bread
 Sign up due by 10:00am 10/7

11
 Roast Chicken w/Creamy Artichoke Sauce
 Yellow Rice Pilaf
 Seasoned Green Beans
 Cinnamon Apples Slices
 WG Wheat Bread
 Sign up due by 10:00am 10/8

14

Center Closed

15 Sell Around The World On Your Hot Dog For Columbus Day
Hot Dog
 With All The Fixings

 Cole Slaw Baked Beans
 Diced Pears Potato Chips
 Sign up due by 10:00am 10/4

16
 Chicken Cacciatore
 WG Brown Rice
 Buttered Carrots
 Green Pea & Red Pepper Salad
 WG Wheat Bread
 Sign up due by 10:00am 10/10

17 SPECIAL
 Bratwurst w/Peppers & Onions
 Club Roll
 Braised Red Cabbage
 Redskin Potatoes
 Waldorf Style Salad
 Chocolate Cake
 Sign up due by 10:00am 10/8

18
 Tomato Multi-bean Soup
 Tuna Salad Sandwich
 WG Wheat Bread
 Copper Pennies Salad
 Hot Cinnamon Apples
 Fruited Yogurt
 Sign up due by 10:00am 10/15

21
 Creamy Ranch Chicken Breast
 Yellow Rice Pilaf
 Peas & Carrots
 Moroccan Beet Salad
 WG Wheat Bread
 Sign up due by 10:00am 10/16

22
 Meatball Sub
 WG Wheat Italian Roll
 Seasoned Green Beans
 Mandarin Oranges
 Sign up due by 10:00am 10/17

23
 Chicken Breast Paprika
 WG Lemon Rice Pilaf
 Wax Bean & Green Bean Medley
 Cinnamon Applesauce
 Fruited Yogurt
 WG Wheat Bread
 Sign up due by 10:00am 10/18

24 BOX LUNCH
 Ham & Cheese Sub
 Sign up due by 10:00am 10/16

25 BOX LUNCH
 Turkey Cranberry Salad
 Sign up due by 10:00am 10/17

28 BOX LUNCH
 Bologna, Salami & Cheese on Roll
 Sign up due by 10:00am 10/18

29 BOX LUNCH
 Tuna Fish Salad
 Sign up due by 10:00am 10/21

30 BOX LUNCH
 Cold Fried Chicken Patty On Roll
 Sign up due by 10:00am 10/22

31 BOX LUNCH
 Egg Salad
 Sign up due by 10:00am 10/23

Reservation Required by posted sign up date
 To reserve a lunch, fill out the golden 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.

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 Cancelled Oct. 23-Nov.6	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm Closed- 12:30pm-3:45pm	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 Cancelled Oct. 23-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	New Session Starts Oct. 7th	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 Oct. 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session Starts Oct. 7th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Fitness with Katie (Previously Circuit Training)	1:00pm- 3:30pm (1 hour sessions)	New Session Starts Oct.7th	Grant Funded 10-12 weeks

Daily Activities

TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Oct. 23-Nov.6	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 Cancelled Oct. 23-Nov.6	Ongoing	\$20.00 yearly 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 Oct. 1st	Grant Funded 10-12 weeks
Beginner/ Intermediate Mahjongg	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 Oct. 1st	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	October 1st	None
Scrapbooking and Card Making	12:30 pm-3:00pm	Ongoing	None
Mahjongg	12:00 pm - 3:45 pm	Ongoing	None

Daily Activities

WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Oct. 23-Nov.6	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 - 12:30 pm Advanced 12:30 pm - 3:45 pm Cancelled Oct. 23-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	New Session Starts Oct.9th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Zumba Gold (seated or standing)	10:30 am - 11:15 am	New Session Starts Oct. 9th	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 Oct. 9th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session started Sept.4th	Cost: \$35.00 10-12 weeks

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am Cancelled Oct. 23-Nov.6	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 Cancelled Oct. 23-Nov.6	Ongoing	\$20.00 yearly 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 Oct. 10th	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 Oct. 3rd	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started Sept. 5th	Cost: \$35.00 10-12 weeks

Daily Activities

FRIDAY

Program	Time		Cost
Walk the Gym	8:00 am - 3:45 pm Cancelled Oct. 23-Nov.6	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 - 3:45 pm	Ongoing	None
Pickleball	Beginners/Intermediate 9:30 am - 12:00 pm Advanced 12:30 pm - 3:45 pm Cancelled Oct. 23-Nov.6	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Penny Bingo	9:30 am - 11:30 am	Ongoing	Penny
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am - 10:15 am	New Session Starts Oct. 4th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am - 11:30 am	New Session Starts Oct. 4th	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