

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

<https://www.carrollcountymd.gov/seniorcenters>

February

2025

Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Monday, February 17

♥ @BOLDHEARTS

INFORMATION STATION

CENTER STAFF

CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
RILEY MCGRAW



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* FEBRUARY 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 and 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>RSVP 1/27/25 3</p> <p>CHICKEN CORDON BLUE ON ROLL BAKED BEANS BROCCOLI SALAD W/ CRANBERRY ORANGE DRESSING JUICE & YOGURT</p>	<p>RSVP 1/27/25 4</p> <p>BBQ PORK LOIN ON ROLL ROASTED BRUSSEL SPROUTS COLE SLAW PINEAPPLE TIDBITS JUICE & MILK</p>	<p>RSVP 1/27/25 5</p> <p>CHICKEN POPPYSEED CASSEROLE WHITE & WILD RICE GREEN BEANS WHEAT BREAD DICED PEACHES JUICE & MILK</p>	<p>RSVP 1/27/25 6</p> <p>CLASSIC MEATLOAF GRAVY ROASTED POTATOESCU- CUMBER SALAD WHEAT BREAD MANDARIN ORANGES JUICE & MILK</p>	<p>CHINESE NEW YEAR LUNCH RSVP 1/27/25 7</p> <p>CHICKEN CHOW MEIN CHICKEN FRIED RICE EGG DROP SOUP SALTINES EGG ROLLS MANDARIN ORANGES JUICE AND MILK</p>
<p>RSVP 2/04/25 10</p> <p>HONEY BEEF BBQ RIB PATTY FIESTA BLACK BEANS COLE SLAW ROLL JUICE & YOGURT</p>	<p>RSVP 2/04/25 11</p> <p>CHICKEN BREAST COQ AU VIN BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK JUICE & MILK</p>	<p>RSVP 2/04/25 12</p> <p>SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BREAD AMISH BEAN SALAD JUICE & MILK</p>	<p>RSVP 2/04/25 13</p> <p>WHITE BEAN CHICKEN CHILI YELLOW RICE PILAF CORN MUFFIN JUICE / CHOC. MILK</p>	<p>SPECIAL VALENTINE'S LUNCH RSVP 2/04/25 14</p> <p>ROAST BEEF & GRAVY DINNER ROLL RED SKIN POTATOES GREEN BEAN CASSEROLE COPPER PENNIES PIE & MILK</p>
<p>17</p> <p>PRESIDENT'S DAY</p> <p>CENTER CLOSED</p>	<p>RSVP 2/10/25 18</p> <p>ROAST CHICKEN W/ CREAMY ARTICHOKE SAUCE YELLOW RICE PILAF SEASONED GREENS WHEAT BREAD CINNAMON APPLE SLICES</p>	<p>SPECIAL BAKED POTATO RSVP 2/10/25 19</p> <p>BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>	<p>RSVP 2/10/25 20</p> <p>POT ROAST OF BEEF BURGUNDY GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES JUICE & MILK</p>	<p>SPECIAL BY ESTHER RSVP 2/10/25 21</p> <p>NAVY BEAN SOUP TURKEY & CHEESE SANDWICH FRUIT JUICE & MILK</p>
<p>SPECIAL SUB DAY RSVP 2/18/25 24</p> <p>DANISH HAM SWISS CHEESE CLUB ROLL CONDITMENTS COLE SLAW POTATO SALAD FRUIT COCKTAIL</p>	<p>RSVP 2/18/25 25</p> <p>CUBAN BLACK BEAN SOUP TUNA SALAD WHEAT BREAD COPPER PENNIES HOT CINNA. APPLES MILK</p>	<p>RSVP 2/18/25 26</p> <p>CREAMY RANCH CHICKEN RICE PILAF PEAS & CARROT WHEAT BREAD CHICK PEA SALAD JUICE & MILK</p>	<p>RSVP 2/18/25 27</p> <p>MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES JUICE & MILK</p>	<p>RSVP 2/18/25 28</p> <p>STUFFED CHEESE SHELLS w/ SPAGHETTI SAUCE VEGETABLES FRUIT JUICE & MILK</p>
				<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>

COLD Lunches *Westminster Senior Center* FEBRUARY 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
3 RSVP BOX LUNCH NOT AVAIABLE	4 RSVP 1/27/25 TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	5 RSVP BOX LUNCH NOT AVAIABLE	6 RSVP 1/27/25 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	7 RSVP BOX LUNCH NOT AVAIABLE
10 RSVP BOX LUNCH NOT AVAIABLE	11 RSVP BOX LUNCH NOT AVAIABLE	12 RSVP 2/04/25 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	13 RSVP BOX LUNCH NOT AVAIABLE	14 RSVP 2/04/25 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE
17 RSVP CENTER CLOSED	18 RSVP BOX LUNCH NOT AVAIABLE	19 RSVP BOX LUNCH NOT AVAIABLE	20 RSVP 2/10/25 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	21 RSVP BOX LUNCH NOT AVAIABLE
24 RSVP BOX LUNCH NOT AVAIABLE	25 RSVP BOX LUNCH NOT AVAIABLE	26 RSVP BOX LUNCH NOT AVAIABLE	27 RSVP 2/18/25 HAM & CHEESE ON ROLL MOZZARELLA CHEESE STICK CARROT PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	28 RSVP BOX LUNCH NOT AVAIABLE
RSVP BOX LUNCH NOT AVAIABLE	RSVP BOX LUNCH NOT AVAIABLE	RSVP BOX LUNCH NOT AVAIABLE	RSVP BOX LUNCH NOT AVAIABLE	RSVP BOX LUNCH NOT AVAIABLE

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
Bingo Penny Bingo	9:00 - 11:00 am	Penny per card 3rd Thursday: Nickle per card	Game Room
Morning Table Talk Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	Dining Room
Lunch	11:30 am	See menu for reservation deadlines & directions.	Dining Room
Walk the WSC Walking Path	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
Painting & Drawing All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks Session began: January 13, 2025
Stained Glass – 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
Clay Crafters – 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
Needle Circle	Mondays	M: 9:00 - 11:00 am	None	Craft Room
Quilting Circle & Smiling with Stitches – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material

Exercise Classes

Activity	Day	Time	Cost	Session Info
Dance Fitness <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	\$35/month; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
Arthritis Exercise Class <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Donation	12 weeks Session Began: December 9, 2024
Arthritis Exercise Class <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks Session Began: January 2, 2025
Zumba Gold <i>(Moderate Intensity & Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$35	10-12 Weeks Next Session Begins: February 25, 2025
Circuit Training Class <i>Moderate Intensity</i>	Tuesdays	10:00 - 10:30 am & 11:30 - 12:00 pm	Donation	12 Weeks Next Session Begins: February 4, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$50	10 weeks Session Began: January 15, 2025
Line Dance Class <i>(Moderate Intensity & Coordination)</i>	Thursdays	10:00 - 11:30 am	\$35 Includes Monday practice class	10-12 Weeks Next Session Begins: February 27, 2025
Line Dance Practice	Mondays	10:30 - 11:30 am	Included with Thursday's Class Fee	
Stretch & Strength Exercise Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
Walking Indoor Exercise 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
Pickleball 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

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

Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
Carroll County Duplicate Bridge ACBL Sanctioned, Experienced Play	Mondays	11:30 am - 3:30 pm	Game Room; Sanctioned Play Dues
Pinochle	Fridays	11:30 am - 2:45 pm	Game Room
Progressive 500 Card	Wednesdays	11:30 - 3:30 pm	Game Room
Hand & Foot Card Game	Tuesdays	11:15 am - 3:30 pm	Game Room
Mahjong	Thursdays	12:30 - 3:30 pm	Game Room
Thinking Power Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
Wii Games: Bowling	Wednesdays	10:00 - 11:00 am	Dining Room TV
Afternoons at the Movies	Thursdays	12:30 pm	Classroom
Prize Bingo: Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, February 5	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Chinese New Year Lunch	Friday, February 7	11:30 am	Reservations required for Lunch
Blood Pressure Screening	Monday, February 10	10:00 - 11:00 am	Free! In the Dining Room
Heart Healthy Bingo	Tuesday, February 11	12:30 pm	Free! In the Dining Room
Postage Stamp Collector Club	Thursday, February 13	11:00 am - 12:00 pm	Free in the Craft Room
Valentine's Day Lunch	Friday, February 14	11:30 am	Reservations required for Lunch
Center Closed : Presidents Day	Monday, February 17	ALL DAY	
Snack Food Bingo	Friday, February 21	12:30 pm	Free! In the Dining Room

*Special Events are subject to change without notice.



Heart Healthy Bingo

Tuesday, February 11 at 12:30 pm
in the Dining Room

Let's have some fun! Come join
Lisa for a Heart Healthy Bingo.
Win heart healthy snacks and
prizes.

No sign up necessary, just come by for a
fun time!

SNACK FOOD BINGO

Friday, February 21
12:30 pm in the Dining Room

Come play for your chance to win
different snack foods!



LOOKS CAN BE DECEIVING.

Stamp collecting has its enjoyment, from the research on the subjects, the printing methods, colors, and the thrill of finding something new.

Although enjoyable there moments when your brain goes into a state of confusion when you encounter stamps that look identical but actually have subtle differences that affect the value. These differences can be nothing more the added dots on the nose or lip areas, recut lines on the toga rope or buttons, shading differences on numbers. A good magnifier and a lot of patience is required!

Pictured are two sets of stamps, each set looking identical but each different:

Set 248-252:

248 Type I, pink, value 32.50.

249 Type I, carmine, value 175.00

250 Type I, carmine, value 29.00

251 Type II, carmine, value 400.00

252 Type III, carmine, value 135.



Set 526-528:

526 Type IV, carmine, value 26.00

527 Type V, carmine, value 18.00

528 Type VA, carmine, value 10.00

528A Type VI, carmine, value 47.50

528B Type VII, carmine, value 20.00



Hollywood Casino at Charles Town Races

Charles Town, WV

Thursday, March 20, 2025

Cost: \$35.00

Bus Leaves WSC at 9:00 am &
Returns to WSC by 4:30 pm

Included: \$20.00 free play if 30 people go.

Last day to sign up is March 10th



If interested, please sign up at the Front Desk. Payment due at time of sign up!

All passengers must have a valid ID to enter Casino.

All trip times, cost & package offers are subject to change depending on participation and weather.

Toby's Dinner Theatre: "The Music Man"

Columbia, MD

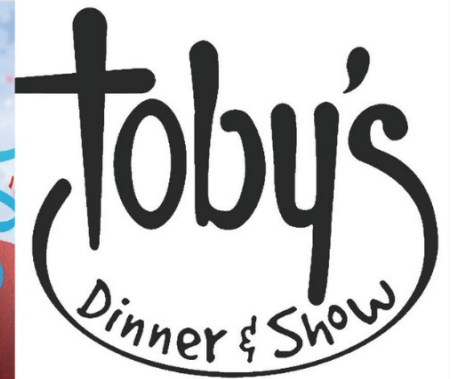
Wednesday, May 7, 2025

Bus Leaves WSC at 9:30 am &
Returns to WSC by 4:15 pm

Cost: \$110.00 per person

Includes Buffet Lunch & Show

Sign up by March 26th



If interested, please sign up at the Front Desk. Payment due at time of sign up! payment will be held until day of the trip.

All trip times, cost & package offers are subject to change depending on participation and weather.

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 Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, 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.

Upcoming Westminster Senior Center 2025 Bus Trips

Hickory Bridge Trip: Lunch & Christmas Show

Ortanna, PA

Tuesday, December 16, 2025

Cost: \$80.00 per person includes Show Ticket

Sign up begins September 1st

See trip flyer at center for more information!



NOTE:

Payment due on day of sign-up

Payment will be held until date of trip.

Sign up in person by the Deadline Date.

Costs are non-refundable, except in the case of illness or family emergency

All others-refunds will be made if you find someone to purchase your seat.

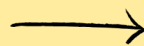
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Inclement Weather Policy for Carroll County Senior Centers

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.