

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

December
2024

Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Thursday, December 19
from 11:00 am - 2:00 pm
&
Wednesday, December 25

Additional Closures:

Tuesday, December
24th at 12:00 pm

&

Thursday, December
26th - All Day

INFORMATION STATION

CENTER STAFF



CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
PHIL DAUGHERTY



Updating Your Membership Form

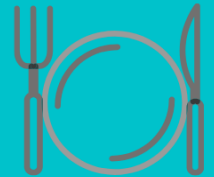
Every Senior Center Member **MUST** update their membership form **YEARLY** (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!



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* DECEMBER 2024

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>RSVP 11/26/24 2</p> <p>PORK LOIN & GRAVY GARLIC M. POTATOES SEASONED KALE CUCUMBER SALAD DINNER ROLL APPLE SNACK PACK</p>	<p>RSVP 11/26/24 3</p> <p>CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES</p>	<p>RSVP 11/26/24 4</p> <p>SLICED CORN BEEF MASHED POTATOES BRAISED RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT</p>	<p>RSVP 11/26/24 5</p> <p>STUFFED CHEESE SHELLS IN SPAGHETTI SAUCE BROCCOLI FRUIT JUICE</p>	<p>SPECIAL 6 CHRISTMAS LUNCH RSVP 11/26/24</p> <p>PINEAPPLE GLAZED HAM ROAST TURKEY & GRAVY DRESSIN MASHED POTATOES HARVARD BEETS GARDEN SALAD ROLLS & BUTTER DESSERT</p>
<p>RSVP 12/2/24 9</p> <p>TURKEY BURGER CHEESE & ROLL LETTUCE / TOMATO BAKED BEANS CUCUMBER ONION SALAD</p>	<p>SPECIAL 10 BAKED POTATO RSVP 12/2/24</p> <p>BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>	<p>RSVP 12/2/24 11</p> <p>CHICKEN POPPYSEED CASSEROLE WHITE & WILD RICE GREEN BEANS WHEAT BREAD DICED PEACHES</p>	<p>RSVP 12/2/24 12</p> <p>MEATLOAF W/ GRAVY ROASTED POTATOES CREAMY CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES</p>	<p>RSVP 12/2/24 13</p> <p>TURKEY & CHEESE BOX LUNCH ESTHER'S HOT SOUP SALTINES</p>
<p>RSVP 12/10/24 16</p> <p>HONEY BBQ BEEF RIB PATTY ON ROLL FIESTA BLACK BEANS COLE SLAW YOGURT</p>	<p>RSVP 12/10/24 17</p> <p>CHICKEN BREAST COQ AU VIN BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK</p>	<p>RSVP 12/10/24 18</p> <p>SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BRAED AMISH BEAN SALAD</p>	<p>GRAB AND GO 19 PICK UP TIME 10:30-10:45 CENTER CLOSED 11:00-2:00 PM RSVP 12/10/24</p> <p>CHICKEN SALAD BOX LUNCH ONLY</p>	<p>SPECIAL 20 HOLIDAY LUNCH RSVP 12/10/24</p> <p>ROAST BEEF & GRAVY RED SKINNED POTATOES GREEN BEAN CASS. FRUIT AMBROSIA DINNER ROLL & PIE</p>
<p>RSVP 12/16/24 23</p> <p>MAPLE PEACH GLAZED HAM AUGRATIN POTATOES BRAISED CABBAGE WHEAT BREAD PINEAPPLE TIDBITS CHOCOLATE MILK</p>	<p>RSVP 12/16/24 24</p> <p>CHEESE PIZZA LETTUCE SALAD DRESSING FRUIT CUP JUICE AND MILK</p> <p>CLOSING AT 12:00 PM</p>	<p>CHRISTMAS 25</p> 	<p>CLOSED 26</p> 	<p>RSVP 12/16/24 27</p> <p>HOT DOG MEAL CONDITMENTS BAKED BEANS COLE SLAW DICED PEARS</p>
<p>RSVP 12/19/24 30</p> <p>PEPPER JACK CHEESE BEEF PATTY ROUND ROLL LETTUCE ,TOMATO BROCCOLI SLAW TROPICAL FRUIT</p>	<p>SPECIAL 31 RSVP 12/19/24</p> <p>PORK LOIN & GRAVY MASHED POTATOES SAUERKRAUT GREEN BEANS DINNER ROLL DICED FRUIT</p>			<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>

COLD Lunches *Westminster Senior Center* DECEMBER 2024

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
2 RSVP 11/26/24 CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	3 RSVP 11/26/24 NO BOX LUNCH AVAILABLE	4 RSVP 11/26/24 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	5 RSVP 11/26/24 HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	6 RSVP 11/26/24 NO BOX LUNCH AVAILABLE
9 RSVP 12/2/24 NO BOX LUNCH AVAILABLE	10 RSVP 12/2/24 TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	11 RSVP 12/2/24 NO BOX LUNCH AVAILABLE	12 RSVP 12/2/24 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	13 RSVP 12/2/24 TURKEY & CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
16 RSVP 12/10/24 NO BOX LUNCH AVAILABLE	17 RSVP 12/10/24 COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	18 RSVP 12/10/24 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	19 RSVP 12/10/24 NO BOX LUNCH AVAILABLE	20 RSVP 12/10/24 NO BOX LUNCH AVAILABLE
23 RSVP 12/16/24 BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	24 RSVP 12/16/24 NO BOX LUNCH AVAILABLE	25 RSVP 12/16/24 CLOSED	26 RSVP 12/16/24 CLOSED	27 RSVP 12/16/24 TURKEY & CHEESE ON BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
30 RSVP 12/19/24 NO BOX LUNCH AVAILABLE	31 RSVP 12/19/24 COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE			

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 Next Session begins: January 6, 2024
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

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

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 Next Session Begins: December 2, 2024
Arthritis Exercise Class <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks Next Session Begins: January 2, 2025
Dance Fitness & Strength Exercise Class <i>(Moderate Intensity & Coordination)</i> High-energy dancing & strengthening exercises	Tuesdays	1:00 - 2:00 pm	\$35	12 weeks Next Session Begins: January 7, 2025
Zumba Gold <i>(Moderate Intensity & Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$35	10-12 Weeks Session Began: November 19, 2024
Circuit Training Class <i>Moderate Intensity</i>	Tuesdays	9:30 - 10:30 am	Donation	12 Weeks Next Session Begins: January 7, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$50	10 weeks Next Session Begins: 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 Session Began: November 14, 2024
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

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 Holiday Closures

❄️ Thursday, December 19 closing from
11:00 am - 2:00 pm

❄️ Wednesday, December 25

❄️ Wednesday, January 1

❄️ Monday, January 20

Additional Closures:
Tuesday, December 24th at 12:00 pm
&
Thursday, December 26th - All Day

Dates could change, check back with the center to find out about additional closures

Upcoming Special Events

Program	Date	Time	Session Info
Open Enrollment	Tuesday, December 3	8:30 - 4:00 pm	Sign up required, please call 410-386-3800
Legal Aid	Wednesday, December 4	1:00 - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, December 12	11:00 am - 12:00 pm	Meet in the Craft Room!
Holiday Party with Entertainment	Friday, December 6	11:30 am –Lunch 12:00 pm –DJ Sonny	Reservations required for lunch
Holiday Charcuterie Board	Thursday, December 12	12:30 pm	Sign up required, limited to 25 people
Center Closing	Thursday, December 19	Closing from 11:00 am - 2:00 pm	
Center Closed Christmas Day	Wednesday, December 25	ALL DAY	
Noon Years Eve Lunch	Tuesday, December 31	11:30 am	Reservation Required for Lunch

*Special Events are subject to change without notice.



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**

CCG IS



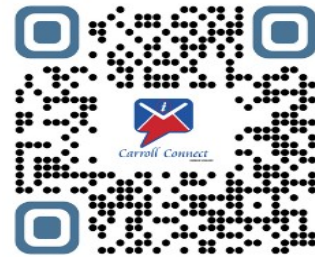
HIRING

OUR VALUES

Committed | Inspired | Connected

EXPLORE OPPORTUNITIES AND APPLY ONLINE!

**SIGN UP TO
RECEIVE EMAIL
NOTIFICATIONS**



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CAREER
CENTER**

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