NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

https://www.carrollcountymd.gov/seniorcenters



INFORMATION STATION

CENTER STAFF



CENTER MANAGER:KATIE WOODEN

CENTER ASSISTANT: ESTHER BALDWIN

CENTER CUSTODIAN:



Updating Your Membership Form

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 MAY 2025

Reservations REQUIRED: Reservation Deadlines (RSVP 5/4.25 4/29.25 4/29.25s) 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;

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch			SOUP (ESTHER) TUNA SALAD SANDWICH PICKLED BEETS FRUIT JUICE / MILK	2 RSVP 4/29/25 CHICKEN CORDON BLUE ON ROLL BAKED BEANS BROCCOLI SALAD W/ CRANBERRY DRESSING YOGURT / JUICE
5 RSVP 4/29/25 BEEF POT ROAST AU JUS BRUSSEL SPROUTS ROLL COLE SLAW PINEAPPLE TIDBITS JUICE / MILK	CREAMY CHICKEN CASSEROLE WHITE & WILD RICE SEASONED GREENS WHEAT BREAD DICED PEACHES	7 RSVP 4/29/25 MEAT LOAF / GRAVY HERB ROASTED POTATOES CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES	8 RSVP 4/29/25 HOT DOG ON ROLL BAKED BEANS SAUERKRAUT FRUIT JUICE & MILK	MOTHER'S DAY 9 SPECIAL RSVP 4/29/25 CREAMY DILL CHICKEN RED POTATOES DILLED CARROTS FRESH MELON DINNER ROLL DESSERT
12 RSVP 5/5/25 CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK	SPECIAL 13 BAKED POTATO RSVP 5/4/25 BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	14 RSVP 5/4/25 WHITE BEAN CHICKEN CHILI YELLOW RICE PILAF CORN MUFFIN APPLESAUCE JUICE / MILK	15 RSVP 5/5/25 CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW YOGURT & JUICE	16 RSVP 5/5//25 BOX LUNCH ONLY
19 RSPV 5/13/25 CHICKEN BREAST W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASON GREEN BEANS WHEAT BREAD CINNA. APPLE SLICES	20 RSVP 5/13/25 TACO & TORTILLA WRAP SOUR CREAM, SALSA CHEDDAR CHEESE ROMAIN LETTUCE RANCHERO PINTO BEANS	POT ROAST OF BEEF CHASSEUR ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES	MEMORIAL DAY 22 LUNCH SPECIAL RSVP 5/13/25 CHEESEBURGER ROLL & CONDITMENTS BAKED BEANS COLE SLAW FRESH FRUIT DESSERT	23 RSVP 5/13/25 PIZZA/ CHEESE OR PEPPERONI SALAD MIX / DRESSING FRUIT JUICE / MILK
26	27 RSVP 5/20/25 CHICKEN BREAST W/ TARRAGON SHALLOT CREAM RICE PILAF PEAS & CARROTS WHEAT BREAD CHICKPEA SALAD	SPECIAL 28 OLDER AMERICAN DAY RSVP 5/20/25 MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES JUICE & MILK DESSERT	29 RSVP 5/20/25 CHICKEN BREAST PAPRIKA LEMON RICE PILAF GREEN AND WAX BEAN MEDLEY WHEAT BREAD CINNAMON APPLESAUCE YOGURT	SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT

COLD Lunches Westminster Senior Center MAY 2025

Reservations REQUIRED: Reservation Deadlines (RSVP 5/4.25 4/29.25s) 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
			RSVP 4/29/25 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	RSVP BOX LUNCH NOT AVAIABLE
RSVP BOX LUNCH NOT AVAIABLE	BOX LUNCH NOT AVAIABLE	7 RSVP BOX LUNCH NOT AVAIABLE	8 RSVP BOX LUNCH NOT AVAIABLE	9 RSVP BOX LUNCH NOT AVAIABLE
RSVP BOX LUNCH NOT AVAIABLE	TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	14 RSVP BOX LUNCH NOT AVAILABLE	15 RSVP BOX LUNCH NOT AVAIABLE	TURKEY CRANBERRY SAL- AD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
19 RSVP BOX LUNCH NOT AVAIABLE	20 RSVP BOX LUNCH NOT AVAIABLE	21 RSVP BOX LUNCH NOT AVAIABLE	RSVP BOX LUNCH NOT AVAIABLE	23 RSVP 5/13/25 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE
26 RSVP BOX LUNCH NOT AVAIABLE	27 RSVP 5/20/25 TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	28 RSVP BOX LUNCH NOT AVAIABLE	29 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 Next Session begins: July 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
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 (Low Intensity) 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 (Low Intensity)	Mondays	1:00 - 2:00 pm	Grant Funded	12 weeks Session Began: March 24, 2025
Arthritis Exercise Class (Low Intensity)	Thursdays	1:00 - 2:00 pm	Grant Funded	12 weeks Session Began: April 3, 2025
NEW DAY! Zumba Gold (Moderate Intensity & Coordination) With modifications for chair use!	Mondays starting July 7th	10:15 am-11:15 am	\$35	10-12 Weeks Next Session Begins: On Monday July 7th
NEW! Strength & Mobility Low to Moderate Intensity	Tuesdays	1:00 pm - 2:00 pm	Donation	8 Weeks Next Session Begins: June 3, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$40	8 weeks Next Session Begins: May 28, 2025
Line Dance Class (Moderate Intensity & Coordination)	Thursdays	10:00 - 11:30 am	\$35 Includes Monday practice class	10-12 Weeks Next Session Begins: May 22, 2025
NEW DAY! Line Dance Practice	Tuesdays starting July 8th	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
Prize Bingo: Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room

*All Activities are subject to change without notice.

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Program	Date	Time	Session Info
Legal Aid	Wednesday, May 7	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, May 8	11:00 am - 12:00 pm	Free in the Craft Room
Healthy Chat with Terry Serio	Thursday, May 8	10:00 am	Free in dining room "Everyday Food & Herbs for Digestive Health
Mother's Day Lunch	Friday, May 9	11:30 am	Reservation required for lunch
Blood Pressure Screening	Monday, May 12	10:00 am - 11:00 am	Free; in dining room
Black Eyed Susan Tea	Friday, May 16	1:00 pm	SOLD OUT
Memorial Day Lunch	Thursday, May 22	11:30 am	Reservation required for lunch
Center Closed: Memorial Day	Monday, May 26	ALL DAY	
Older Americans Day Entertainment	Wednesday, May 28	11:30 am - 1:00 pm	Free; DJ Sonny
Shredding and Rx Drop Off	Friday, May 30	9:00 am - 11:00 am	Please see flyer

^{*}Special Events are subject to change without notice.

FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age.

No businesses please.

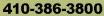
The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.



For more information contact:
Kristen Harvey
Carroll County Bureau of Aging &
Disabilities

kharvey@carrollcountymd.gov





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

Senior Medicare Patrol

Preventing Medicare Fraud

When it is your turn, please stay in your vehicle and we will do the rest! For safety reasons, The Sheriff's Office is collecting medications only. NO MEDICAL WASTE

NO SHARPS
NO LIQUIDS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD 21771

410-386-3960

Thursday, May 8th, 2025 9 AM to 11 AM South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD 21784

410-386-3700

Tuesday, May 20th, 2025

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD 21074

410-386-3900

Friday, May 23rd, 2025

9AM to 11AM



Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD 21787

410-386-2700

Thursday, May 29th, 2025

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD 21157

410-386-3850

Friday, May 30th, 2025

9AM to 11AM



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.



Wednesday, May 21 at 12:30 pm in the Dining Room

Let's have some fun! Come join Lisa for Nutrition Bingo. Win fresh fruits and vegetables from our local farmers.



BINGO

Make Your Own Charcuterie Board

Thursday, June 12 12:30 pm in the dining room

Come assemble a health Charcuterie Board with Lisa. We will provide you everything you need to create your very own board!

Sign up starts May 27th

Space is limited to 25 people so don't wait to sign up!

All Aboard the Strasburg Railroad!

Lancaster, PA

Tuesday, September 23, 2025

Includes train ride and lunch at Hershey Farms Restaurant

Family Style Lunch Menu: Fried Chicken, Roast Beef, Baked Ham, Mashed Potatoes, Bred Filling, Green Beans, Buttered Corn, Sweet & Sour Relishes, Homemade Rolls, Shoo-fly Pie, Apple Pie, and hand-dipped Vanilla Ice Cream.



Cost: \$85.00 per person

Bus Leaves WSC at 8:30 am & Returns to WSC by 4:00 pm

Sign up begins July 1st

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.

Carroll County

Alzheimer's & Brain Health Education

JOIN US FOR AN UPCOMING EDUCATION PROGRAM.
ATTENDANCE IS FREE.

10 Warning Signs of Alzheimer's
Wednesday, April 23 at 2:00 pm
Residences at Hampstead School
1211 N Main St., Hampstead
https://bit.ly/ALZ42325

Healthy Living for Your Brain & Body
Wednesday, June 4 at 10:00 am
Taneytown Senior Center
220 Roberts Mill Rd., Taneytown
https://bit.ly/ALZ6425

Understanding Alzheimer's & Dementia
Tuesday, May 6 at 9:00 am
Carroll Hospital, Shauck Room A
291 Stoner Ave., Westminster
https://bit.ly/ALZ5625

Healthy Living for Your Brain & Body
Wednesday, June 18 at 12:00 pm
Westminster Senior Center
125 Stoner Ave., Westminster
https://bit.ly/ALZ61825

To register, visit the link displayed below the program or call our 24/7 Helpline at 1-800-272-3900.











INSURANCE QUESTIONSP STOP BY AND GET UNBIASED ANSWERS

SHIP & MIA representatives will be on-site at your local Senior & Community Center to provide answers from 10:00am-1:00pm on the dates listed to the right.

We will be holding a free insurance information day at each of our 5 Senior and Community Centers in June. Carroll County SHIP/SMP will be available to provide information on Medicare. The Maryland Insurance Administration (MIA) will be available to provide information about Auto, Home, Life, Health, & Flood Insurance. No appointment necessary. You're welcome to stop by at your convenience during the allotted timeframe.







South Carroll Senior & Community Center 5928 Mineral Hill Rd Sykesville, MD 21784 June 2nd, 2025

Mt Airy Senior & Community Center 703 Ridge Ave Mt Airy, MD 21771 June 4th, 2025

North Carroll Senior & Community Center 2328 Hanover Pike Hampstead, MD 21074 June 5th, 2025

Taneytown Senior & Community Center 220 Roberts Mill Rd Taneytown, MD 21787 June 10th, 2025

Westminster Senior & Community Center 125 Stoner Ave Westminster, MD 21157 June 18th, 2025

CARROLL COUNTY BUREAU OF AGING & DISABILITIES

For Questions Contact: Kristen Harvey SHIP/SMP Coordinator 410-386-3832

kharvey@carrollcounty md.gov

Upcoming Westminster Senior Center 2025Bus 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.

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.

Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

The <u>Carroll County Government Offices are closed</u> then the <u>Carroll County Senior Centers are closed.</u>

The <u>Carroll County</u>
<u>Government opens late or</u>
<u>closes early</u> then the <u>Carroll</u>
<u>County Senior Centers</u>
<u>open late or close early.</u>



- 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.