

South Carroll Senior Center

MAY

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."

**Drive Thru
Shredding
and**

**Medication Disposal
see page 5
for more information**



**CARROLL COUNTY
SENIOR CENTERS
WILL BE
CLOSED
MONDAY MAY 26TH**



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

Come enjoy, something for everyone!

Sunday * May 4, 2025
Noon - 4:00pm

Veterans *4th Annual* **Celebration** **of Carroll County**

- ★ Children's Activities
- ★ Veterans Memorabilia Display
- ★ Great Food
- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display
- ★ Veterans Organizations on Site! ★



Featuring: Midnite Run & Westminster Municipal Band!

Welcome Ceremony at 1:00 PM with a special recognition to honor
 Veterans who served during the Cold War era circa 1975-1991

Carroll County Farm Museum
 500 South Center Street, Westminster, MD

Free Admission & Free Parking

Rain or Shine / No Outside Food

Hosted by Carroll County Government and the Veterans Advisory Council



www.carrollcountymd.gov/veteranscelebration



Join us for an exciting

GARDENING WORKSHOP

SMALL SPACE GARDENING

on decks, condo, patio, porch and balcony

Monday May 12th

1:00pm-3:00pm



Herb Nutrition Talk & Planter

**Learn the benefits of using fresh herbs
and
plant seeds to grow & use at home**

Wednesday May 14th

10:15 AM

**Space is limited, sign up at the
front desk by May 13th**



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

kh Harvey@carrollcountymd.gov

410-386-3800



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.

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



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Cooking for One or Two

Want some ideas on shopping for one or two?

Learn ways to prep and use menu planning.

Learn food safety guidelines.

May 20, 2025 @ 12:30

Space limited please sign up at the front desk



Come join Lisa &

Mary Jane Bembenek, certified Nutrition Specialist,

Licensed Dietician Nutritionist

Maryland Legal Aid

South Carroll Senior Center

May 21 – 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>



INSURANCE QUESTIONS?? 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



CALLING ALL CRAFTERS

The craft group is looking for people who like to have fun while creating something special.

If this is you, join us on

Wednesdays

10:00am- Noon

Stay tuned for upcoming workshops.

If you are would like to teach others a craft/skill that you enjoy please speak to Ronnee or leave your contact information at the front desk.

We are looking for donations of the following items:

GLUE

YARN

SILK/DRIED FLOWERS

RIBBONS/LACES

CUPCAKE LINERS

MASON JAR LIDS AND BANDS

CLEAN ½ PINT AND PINT SIZE MILK CARTONS

MARKES

FELT- ALL COLORS

FABRICS- ALL TYPES

TISSUE PAPER- ALL COLORS

GLASS BEADS/PEBBLES/MARBLES/STONES

POM POMS- ALL SIZES

OLD AN/OR UGLY CANDLES



Pickleball Committee Update

The Kitchen Report (Pickleball Committee)

Hello Everyone,

This is a report to bring you up to date on what's happening in Pickleball. The Pickleball Committee is working on ways to ensure everyone has adequate play time throughout the week. This is especially important as the number of new players has increased throughout the year. The Committee proposed the scheduling changes outlined below and is testing this revised schedule until May 1, 2025. It is our hope that this will address the concerns raised by players.

	Mon	Tue	Wed	Thu	Fri
9:30 - 10:30	Beginner & Intermediate	Advanced	Beginner & Intermediate	Advanced	Beginner & Intermediate
10:30 - 11:30					
11:30 - 12:30		All Players		All Players	
12:30 - 1:30	All Players	Beginner & Intermediate	All Players	Beginner & Intermediate	All Players
1:30 - 2:30	Advanced		Advanced		Advanced
2:30 - 3:45					

On another note, a Pickleball Theory Class is now available for beginners. The class meets each 1:00PM-2:30PM and is designed for beginners. A minimum of 6 people must sign up for the class to be held. There is a visual court and net for illustration purposes. There is no play or practice time during the class. Attendees are invited into the gym immediately after the class for play time with the beginner/intermediate group. We've had 18 seniors take the class so far and feedback has been positive. After taking the class our hope is that the attendees will like what they experienced and sign up at the front desk paying the yearly \$20.00 fee.

Weido DiMaio

Chair of the Pickleball Committee

BOARD GAMES

EVERY FRIDAY
12:30p.m.-3:45p.m.



BILLIARDS

**Looking for Billiard Players that
 would like to play for fun
 or join a team for League Games**



Join us
Monday-Friday
8:00am- 11:00am



Community Service Project
PRINCESS DRESS PROJECT WORKSHOP

**Volunteers
 and
 Donations
 Needed**



**SECOND MONDAY of EVERY MONTH
 (could change due to holidays)
 12:00pm-3:00pm
 Clean Craft Room**

We make dresses and shorts for children all over the world. Looking for members to sew or cut out the fabric for projects..

We are also accepting donations

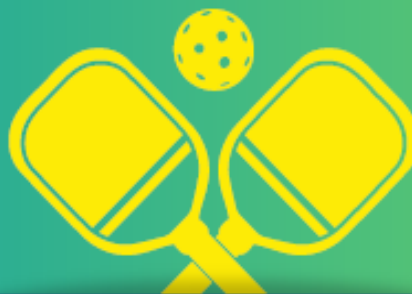
-Fabric (cottons, fleece and flannel)

-Lace and trims

-Extra wide double fold bias tape

Please mark donations "Dress Workshop" and place in Clean Craft Room.

**Multipurpose
 Room**



**LEARN THE THEORY
 OF
 PICKLEBALL BASICS**

**limited
 space**

Our Pickleball Committee has scheduled a weekly class to help you understand the rules and strategies of the game.

**THURSDAYS
 1:00PM-2:30PM**

**SIGN UP AT THE FRONT DESK BY
 TUESDAY THE WEEK OF CLASS**

South Carroll Senior Center Bus Trip

COASTAL MAINE IN THE FALL

**SEATS
AVAILABLE**

October 20th- October 23rd

Sign up at the front desk

Monday-Friday 9:00am-3:00pm

Last Day to Sign up August 1, 2025

Enjoy a fun-filled 4 day get-away full of spectacular scenery in
Ogunquit, Maine "Beautiful Place by the Sea".

Enjoy tourist centers, beaches, quaint boutiques, galleries, shops and a vibrant
artistic community.

(see attached flyer for more details)

Price:

\$1,329.00 Single

\$999.00 Double/PP

\$919.00 Triple/PP

\$879.00 Quad/PP

To reserve a spot on the bus you must pay and complete an
emergency contact form.

No refunds after 60 days prior to trip unless we sell you seat.

Payment due at time of sign up .

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South Carroll Senior Center

Holidays at Nemours Estate and Lunch at Buckley's Tavern

**SIGN UP
STARTS
May 6th**

THURSDAY NOVEMBER 20, 2025

COST: \$125.00

9:00am- 7:00pm

Sign up at the front desk Monday-Friday 9:00am-2:00pm

Last Day to Sign up August 12, 2025

Enjoy a tour of the former Du Pont estate decked out for the holidays with Christmas trees, hand-painted ornaments and antique decorations. Before the tour relax and enjoy a delicious lunch at Buckley's Tavern. Your meal choices are Curried chicken Salad Sandwich, French Dip Sandwich, or Quiche Lorraine.

To reserve a spot on the bus you must pay full price, complete an emergency contact form and complete meal choice form.

Includes: Transportation, lunch, Holidays at Nemours Estate, all taxes and tips.

No refunds after 30 days prior to trip unless we sell you seat.

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May Lunch Menu


Monday
Tuesday
Wednesday
Thursday
Friday

	Reservation Required by posted sign up date. <i>To reserve a lunch fill out the 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.</i>		1 Mediterranean White Bean Soup Curried Chicken Salad Plate Baby Spinach Bed Grape Tomatoes WG White Wheat Bread Mandarin Oranges Sign up due by 10:00am 4/28	2 Chicken Cordon Blue Sandwich Lettuce Tomato & Cheese WG Sandwich Roll Broccoli Salad Baked Beans Fruited Yogurt Sign up due by 10:00am 4/29
5 Beef Pot Roast Au Jus Brussel Sprouts WG Sandwich Roll Fresh Cole Slaw Pineapple Tidbits Sign up due by 10:00am 4/30	6 Creamy Chicken Casserole White & Wild Rice Blend Seasoned Green Beans Diced Peaches WG White Wheat Bread Sign up due by 10:00am 5/1	7 Classic Meatloaf w/Gravy Herb Roasted Potatoes WG White Wheat Bread Creamy Cucumber Salad Mandarin Oranges Sign up due by 10:00am 5/2	8 Roasted Pork Loin w/ Dijon Cream Sauce Peas & Mushrooms Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail Sign up due by 10:00am 5/5	9 Mothers Day Special Creamy Dill Chicken Breast Red Potato Chunks Dilled Carrots Fresh Melon Roll Sponge Cake w/ Strawberry Topping Sign up due by 10:00am 5/1
12 Chicken Breast Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack Sign up due by 10:00am 5/7	13 Salisbury Steak w/Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish Navy Bean Salad Sign up due by 10:00am 5/8	14 White Bean Chicken Chili Yellow Rice Pilaf WG Corn Muffin Sign up due by 10:00am 5/9	15 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt Sign up due by 10:00am 5/12	16 Pineapple Glazed Ham Au Gratin Potatoes Brussel Sprouts Pineapple Tidbits WG White Wheat Bread Sign up due by 10:00am 5/13
19 Chicken Breast w/ Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices Sign up due by 10:00am 5/14	20 Soft Shell Tacos WW Tortillas Sour Cream & Cheddar Fresh Romain Lettuce Tomato Salsa Ranchero Pinto Beans Sign up due by 10:00am 5/15	21 Pot Roast of Beef Chasseur Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges Sign up due by 10:00am 5/16	22 Memorial Day Special Cheeseburger Lettuce, Tomato & Onion Sandwich Roll Baked Beans Cole Slaw Fresh Cut Fruit Sign up due by 10:00am 5/14	23 Pepperjack Cheeseburger WG Sandwich Roll Lettuce & Tomato Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 5/20
26 CENTER CLOSED 	27 Chicken Breast w/ Tarragon Shallot Cream Sauce Yellow Rice Pilaf Peas & Carrots Chickpea Salad WG White Wheat Bread Sign up due by 10:00am 5/21	28 Fried Chicken Mashed Potatoes w/Gravy Buttered Corn Macaroni Salad Rolls & Butter Dessert Sign up due by 10:00am 5/20	29 Chicken Breast Paprika WG Lemon Rice Pilaf Wax Bean & Green Bean Medley WG White Wheat Bread Cinnamon Applesauce Fruited Yogurt Sign up due by 10:00am 5/23	30 Split Pea Soup Harvest Chicken Salad Sandwich Lettuce & Tomato WG Sandwich Roll Tropical Fruit Sign up due by 10:00am 5/30

FITNESS AND EXERCISE DISCLAIMER



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	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm	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	9:30 am - 3:45 pm see page 6 for schedule	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am CLASS FULL	Next Session starts in July	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	Next Session starts in July	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Next Session starts in July	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Pillow Case Dress Workshop (community service project)	12:00 pm— 3:45 pm	Next Meeting May 12th	None
Fitness with Katie	1:00pm— 2:00pm	Next Session starts in July	Cost: \$30.00 10-12 weeks

Daily Activities

TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	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	9:30 am - 3:45 pm see page 6 for schedule	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 CLASS FULL	Next Session starts in July	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	Next Session starts in July	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	May 6th	None
Scrapbooking and Card Making	12:30 pm-3:45pm	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	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
Fitness with Katie	8:15am– 9:15am	Next Session starts in July	Cost: \$30.00 10-12 weeks
Pickleball	9:30 am - 3:45 pm see page 6 for schedule	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	Next Session starts in July	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Crafts	10:00am– 12:00pm	Ongoing	cost of craft project
Beginner/Intermediate Mahjongg	9:30am - 12:00pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Next Session starts in July	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation;
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Line Dancing	12:00 pm– 1:00 pm	Next Session starts in July	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Session Started April 16th	Cost: \$30.00 10-12 weeks

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	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	9:30 am - 3:45 pm see page 6 for schedule	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 CLASS FULL	Next Session starts in July	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	Next Session starts in July	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started April 17th	Cost: \$35.00 10-12 weeks
Learn the Theory of Pickleball Basics	1:00 pm– 2:30pm	Sign up at front desk	No Cost

Daily Activities

FRIDAY

Program	Time	Session	Cost
Walk the Gym	8:00 am - 9:30 am	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	9:30 am - 3:45pm see page 6 for schedule	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Next Session starts in July	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Next Session starts in July	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 3:45 pm	Ongoing	None