

North Carroll Senior Snippets November 2025

North Carroll Senior and Community Center Newsletter

2328 Hanover Pike
Hampstead, Maryland 21074

Email:
Northcarrollsc@
carrollcountymd.gov

Hours: Monday - Friday
8:00 A.M. — 4:00 P.M.
Phone: 410.386.3900

Website:
[www.carrollcountymd.gov/
seniorcenters](http://www.carrollcountymd.gov/seniorcenters)

Center Manager:
Lori Ash

Center Assistant:
Sean Uhler

Center Custodian:
Craig Erbe

Center Closed

Nov. 11th - for
Veterans Day Holiday
Nov. 27th & 28th - for
Thanksgiving Holiday

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, adults with disabilities, veterans and those who care for them.



CrossCards



Special Meals



Bureau of Aging Sponsored Hot Dog Special – Nov. 21st – Standard Size Hot Dog, Sauerkraut, Baked beans, Fruit Cup, Juice and Milk. R.S.V.P. by 10 am on Nov. 18th



Potato Day Special – Nov. 10th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Oct 31st



Thanksgiving Special – Nov. 25th – Turkey Breast Cutlet, Bread Stuffing, Green Beans, Cranberry Sauce, Pumpkin Pie & Milk. R.S.V.P. by 10 am on Nov. 17th.



Hot Dog – Nov. 3rd – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Oct. 24th



Roast Beef Sandwich Special – Nov. 19th – Roast Beef Sandwich, Cole Slaw, Potato Salad, Fruit Cocktail & Milk, R.S.V.P. by 10 am on Nov. 11th



Meal Reservation Deadlines



Meal Reservation Deadlines

The regular daily meals (does not include Special meals) will need to be reserved no later than TWO business days by 10 am in advance of the meal.

Special meals deadlines will be one week prior to the meal date, and are noted on the menu.

To Eat Lunch On:	Reservation Deadline:
Monday	10 am the Thursday before
Tuesday	10 am the Friday before
Wednesday	10 am the Monday before
Thursday	10 am the Tuesday before
Friday	10 am the Friday before
Special Meal	10 am one week before

Please see kitchen manager in the dining room to sign up for lunches.

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 				
3. HOT DOG SPECIAL Baked Beans Cole Slaw Diced Pears Milk RSVP BY 10/24 @ 10am	4. Beef Pot Roast Au Jus Honey Roasted Beets Cole Slaw Juice Milk RSVP BY 10/30 @ 10am	5. Creamy Chicken Casserole Yellow Rice Pilaf Seasoned Green Beans Diced Peaches Bread & Milk RSVP BY 10/31 @ 10am	6. Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad Juice Milk RSVP BY 11/3 @ 10am	7. Roast Pork Loin w/ Dijon Sauce Okra & Tomatoes Mashed Potatoes Fruit Cocktail Chocolate Milk RSVP BY 11/4 BY 10am
10. Baked Potato Spinach Salad Chili con Carne Applesauce Milk & Juice RSVP BY 10/31 @ 10am	11. CLOSED	12. Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Bread/Milk/Juice RSVP BY 11/7 @ 10am	13. Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail Milk & Juice RSVP BY 11/10 @ 10am	14. Cream of Broccoli Soup BBQ Chicken Sandwich Cole Slaw Yogurt Juice RSVP BY 11/11 @ 10am
17. Sliced Ham w/ Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Bread Milk & Juice RSVP BY 11/12 @ 10am	18. "Marry-Me" Chicken Breast Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices Bread/Milk/Juice RSVP BY 11/13 @ 10am	19. Roast Beef Sandwich Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 11/11 @ 10am	20. Pot Roast of Beef Stroganoff Sauce Roasted Potatoes Seasoned Greens Mandarin Oranges Milk & Juice RSVP BY 11/17 @ 10am	21. Hot Dog Lunch Vegetarian Beans Sauerkraut Fruit Juice & Milk RSVP BY 11/18 @ 10am
24. Pepperjack Turkey Burger Broccoli Slaw Tropical Fruit Fruited Yogurt Juice RSVP BY 11/19 @ 10am	25. Thanksgiving Special Turkey Breast Cutlet Bread Stuffing Green Beans Cranberry Sauce Pumpkin Pie Milk RSVP BY 11/17 @ 10am	26. Chicken Breast w/ Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits Milk & Juice RSVP BY 11/21 @ 10am	27. CLOSED	28. CLOSED

Daily Activities

MONDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Woodcarving	9:00 am - 12:00 pm	Ongoing	None
Quilting Bee	9:00 am - 12:00 pm	Ongoing	None
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Started Oct. 6 FULL	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees

Any Suggestions?

New classes being added! If you would like to suggest a new class please let Lori or Sean know. We are always looking to try new things.



Daily Activities⁵

TUESDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Pinochle	10:00 am	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 7 FULL	\$30.00
Chair Pilates w/ Karalee 	11:15 am - 12:15 pm	10 - 12 weeks Started Oct. 7 FULL	\$30.00
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	1:00 pm - 2:30 pm	NO 2nd Tuesday & Nov. 25 (2nd & 4th Tuesday of the month)	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	10:30 am - 12:00 pm	Nov. 4 & Nov. 18 (1st & 3rd Tuesday of the month)	Free
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 pm	Ongoing	None

Daily Activities

WEDNESDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Woodcarving (Small Group)	9:00 am - 12:00 pm	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 1 FULL	Grant Funded
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Beginner Chi Kung	1:00 pm	10 - 12 weeks Started Oct. 1	\$30.00
Intermediate Chi Kung	 2:15 pm	10 - 12 weeks Started Oct. 1	\$30.00
Hand and Foot Card Game	1:00 pm	Ongoing	None

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.

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.

Daily Activities⁷

THURSDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Pitch Card Game	9:00 am - 1:00 pm	Ongoing	None
Bible Discussion	10:00 am	Ongoing	None
Sing-A-Long Singers	10:00 am - 11:00 am	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 2	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started Sept. 25 FULL	\$30.00
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Bridge	12:30 pm	Ongoing	None
Ukulele with Vince	1:00 pm - 2:30 pm	Nov. 13 & No 4th Thursday (2nd & 4th Thursday of the month)	Free
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities⁸

FRIDAY

Start dates subject to
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Started Oct. 3 FULL	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started Oct. 10	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	\$2.50 per person per class

Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	Nov. 18 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	No Birthday this month (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	Nov. 13 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Nov. 19 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Nov. 14 & Nov. 26 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Nov. 12 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Nov. 13 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Nov. 25 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Nov. 26 (4th Wednesday of the month)	10:00 am	Free

More information can be found on the Center's Activity Bulletin Board
in the main hallway.

CARROLL TRANSIT SERVICE

Call 410-363-0622



Carroll Transit provides transportation to the senior center Monday through Friday **by appointment only.**

- Seniors can ride at a reduced rate—\$2.00 one way—to the Senior Centers between the hours of 9 AM—3 PM
- Seniors riding the Carroll Transit buses to/from the Senior Centers should contact Carroll Transit Service to arrange their ride. Please call 410-363-0622.
- Reservations and cancellations are accepted 7:00 AM to 5:00 PM, Monday through Friday. **If you do not cancel your ride, you will be charged a \$2.00 no-show fee!**
- If the senior needs to cancel their ride during the week to the Senior Center, it is the SENIOR'S responsibility to call Carroll Transit and make the cancellation.
- If you have difficulty reaching Carroll Transit, please contact the Senior Center so we may assist you.

Carroll Transit Service TICKET SALES

For seniors age 60+ who reside in Carroll County & ride to North Carroll Senior Center we have a limited supply of Carroll Transit Service tickets that we can sell for a donation. **Donation** books are limited to **two (2)** books per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **eight (8) \$5.00 books** per month.

There is a limited amount of these Carroll Transit tickets each month. They are available to seniors on the first 5 business days of each month. Please see Lori for Carroll Transit Service tickets. CTS tickets cannot be sold to businesses or agencies.

Look What's Happening!



North Carroll Senior Center **Site Council Meeting**

Everyone is welcome to our next Site Council meetings are on the 4th Tuesday of the month at 10:00 am

This meeting is open to all senior center members. Please stop by & see what we are planning and how you can help. Your input and ideas are welcome!



Monthly Birthday Celebration on the **2nd Tuesday of every month !!**

Everyone is invited to a birthday party. We will be honoring everyone who has a birthday during the month. We will celebrate with a birthday song at 12 pm.

After lunch, we will serve ice cream and cake.
Please join us.



Project Linus Matinee meets the 2nd Thursday of the month from 10 am—3 pm.

We welcome anyone who would like to make blankets for Project Linus.



Pillowcase Project

This group meets the **2nd Friday and 4th Wednesday** of the month from 9 am to 2:30 pm. You can also help with cutting and making kits. kits are available for you to make at home.

TLC (Tender Loving Care Circle) Group - meets the **3rd Wednesday** of the month from 9 am—2 pm. We make comfort items (blankets, prayer shawls, etc.) for children in hospitals, shelters, and in need.



Please Sign In EVERY Day you visit

Whenever you come to NCSC to:

Eat a meal, take a class, use exercise equipment,
take a trip, or participate in any other activity,

**PLEASE SCAN YOUR SENIOR CENTER CARD AT THE
FRONT DESK. FORGOT YOUR CARD?? USE YOUR PHONE
NUMBER!!**

Touch the blocks for all of the activities you are doing for the day.
Enter your volunteer hours.

Done

Don't forget to touch **Done** when you have completed your sign-in. The statistics we gather are important to justify our continued funding. Thanks!

NCSC Resources

come learn, use, play, enjoy

BOARD GAMES



We play board games on these days:

* Mah-Jong on Tuesdays at 12 pm

* Scrabble on Fridays at 11:30 am

Other games are available -

Please let us know what you'd like to play!

CARD GAMES



We play card games on the following days:

*Hearts— Mondays at 9:30 am *Pinochle—Tuesdays & Thursdays at 10 am

*Canasta—Mondays at 1 pm *Pitch— Tuesdays & Thursdays at 9 am

*Bridge — Thursdays at 12:30 pm *Hand & Foot—Wednesdays at 1 pm

*500 Cards — Thursdays at 11:30 am

EXERCISE EQUIPMENT ROOM Open Daily

Please make sure that you have clothing and footwear suitable for physical activity. **Bring in shoes with clean soles or wipe off your shoes before getting on equipment. Dirt from shoes causes excessive wear and tear especially to the treadmill belts.**

We request all users to wipe off machines after each use to prevent the spread of disease.

Monetary donations are welcomed to pay for maintenance and for new machines. Donations of paper towels and hand sanitizer are also welcomed. This room is busiest in the mornings and less crowded after lunch.



LENDING LIBRARY Open Daily

Materials are checked out on the honor system. **Please return all borrowed books within one month, so that other seniors may enjoy these materials.**

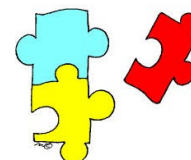
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

Check the Magazine table in the library for free books in the "Free books" bin



JIGSAWS PUZZLES Anytime

Put puzzles together in the Card/Game Room, by yourself or with a group. Many puzzles are in progress, all help is appreciated and all are welcome to assist.



COMPUTER LAB Open Daily

Several desktop computers, all with Internet access await you . Please bring your own paper if you would like to use the printer.

WIFI—Use CCG_16_GUEST in your settings to access the Internet



Let's Have Some Fun!



By: Vincent Vigliotti and Friends

Live

Music at North Carroll Senior Center

Join Vince Vigliotti & friends as they perform on

Nov. 18th At 1:00 pm

Come and join us for an hour of live music and fun!
It's FREE

Music Show



Nov. 4th

10:30 am

In the Dining Room

Come and join this wonderful instrumental group who will be playing and singing classic then **Rock & Blues favorites**.
It's FREE and there is No Signup Required!

Music Class



Blues/Rock Jam Class 1st & 3rd Tuesday of the month 10:30 AM

This instrumental group will have fun playing and singing classic rock and blues favorites from the 60s & 70s. Learn basic blues chord progressions, easy improvisation techniques and how to apply them to familiar songs. All

levels of musicians are welcome (if you are an advanced player, please be willing to share your knowledge!) Singers also welcome. For more info call Kim Myers, 443-821-5776

Music Class



Bluegrass/Folk Jam Class 2nd & 4th Tuesday of the month 1:00 PM

A casual jam group for acoustic musicians of all levels... (guitar, fiddle, banjo, mandolin, accordion, string bass, cajon, etc.) and singers. Beginners are welcome! If you're an advanced player, please be willing to share your knowledge with others. This is a learning environment, and a positive experience for everyone!

We also welcome some audience members who would like to sit in on our class.

Trips!!!

YOU MAY SIGN UP FOR ALL TRIPS NOW

UP COMING TRIPS FOR NORTH CARROLL SENIOR CENTER FOR 2025



Nov. 19 Toby's Dinner Theatre - Elf Holiday Musical -
\$115 per person

Dec. 10 American Music Theatre - Deck the Halls show
with lunch at Shady Maple - \$115 per person

**Any Questions contact Sharon Dyas or LeVerne for
additional information 410-374-5602**

Toys for Tots



Toy Drive

Nov. 6 - Nov. 21

Bring a NEW & UNWRAPPED toy to
the center to help a family in need

Information for you

Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more.

We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



SHIP
State Health Insurance
Assistance Program

Navigating Medicare



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

July 9th, 2025-In person @ Westminster Public Library (50 E Main St)

August 5th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 6th, 2025-Webinar

September 17th, 2025-In person @ Westminster Public Library (50 E Main St)

October 15th, 2025-Webinar

November 12th, 2025-In person @ Westminster Public Library (50 E Main St)

December 3rd, 2025-Webinar

****Pre-Recorded Session on YouTube: <https://www.youtube.com/watch?v=1nlioLxPweM>**

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap),
Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

July 16th, 2025-In person @ Westminster Public Library (50 E Main St)

August 12th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 13th, 2025-Webinar

September 24th, 2025-In person @ Westminster Public Library (50 E Main St)

October 22nd, 2025-Webinar

November 19th, 2025-In person @ Westminster Public Library (50 E Main St)

December 10th, 2025-Webinar

****Pre-Recorded Session on YouTube: <https://www.youtube.com/watch?v=zVA4jvmmRQA>**

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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. This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government

Information for you

2025 Caregiver Support Conference

Navigating with Knowledge, Caring with Purpose

Saturday, November 15, 2025

9:00am – 2:00pm

Westminster Senior & Community Center
125 Stoner Ave, Westminster, MD 21157

Join us as we discuss...

- Strength, Balance and Brain Health
- Legal & Financial Responsibilities as a Caregiver
- Understanding and communicating with those with Dementia



FREE Registration | Light Breakfast & Lunch Provided

Register by November 7, 2025

Click [here](#) to register.

For questions or more information, contact Denise Valentine at davalentine@carrollcountymd.gov or call the Division of Aging & Disabilities at 410-386-3800.



Division of Aging & Disabilities
Carroll County Department of Citizen Services

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Mark your Calendars

THURSDAY DECEMBER 4

SeniorElla

A CHRISTMAS FAIRY TALE

Story Written By:
NCSC Member
RICK HARNISH

Songs Written By:
Legendary Writers Of
ROCK N ROLL

Presented By: _____

NCSA

NORTH CARROLL SENIOR ACTORS

COMEDY THEATRE

AND THE

Sing-Along Singers

WITH SPECIAL APPEARANCE BY: _____

THE NORTH CARROLL LINE DANCERS

SHOWTIME 12:30 P.M.

Medicare Open Enrollment



2026 Medicare Open Enrollment

Review your 2026 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

You can be added to our call list for an appointment starting Sept 15th. We will be returning calls to schedule by Oct 1st please call [410-386-3800](tel:410-386-3800) to be added to the list.

*****Appointments are required and limited*****

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

STATE RETIREES: Please be sure to contact VIA Benefits to review your coverage for 2026 if you would like to keep your additional benefits.

my.viabenefits.com/Maryland or 1-855-556-4419 (M-F 8am-7pm)

Taneytown Senior Center

220 Roberts Mill Rd
Taneytown, MD 21787
Tuesday, October 21st, 2025

South Carroll Senior Center

5928 Mineral Hill Rd
Sykesville, MD 21784
Friday, November 7th, 2025

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074
Friday, November 21st, 2025

Mt Airy Senior Center

703 Ridge Ave
Mt Airy, MD 21771
Tuesday, November 25th, 2025



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157
Tuesday, December 2nd, 2025



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Appointments are also available in our SHIP office Oct 15th-Dec 5th, 2025.

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

You will be placed on a call list and scheduled in the order the call was received.

125 Stoner Ave, Westminster, MD 21157

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MARK YOUR CALENDARS!!

CHRISTMAS HOLIDAY PARTY



THURSDAY,
DECEMBER 11TH
AT 10:30 AM

*Visit with Santa
*Entertainment
*Meal served at 12 pm
*Prizes & Giveaways
& More



Special Meal – by Friendly Farm Restaurant

Fried Chicken, Ham, Mashed Potatoes with gravy, Green beans, Cole Slaw, Sugar Biscuits, Roll, Cake & Beverage

Please reserve your meal by **December 3rd** at 10 am.

Donation for meal is up to \$ 20.00.

Reservations start November 13th for
North Carroll Senior Center Members ONLY

(If we take name and they are not NCSC members, they will be moved to the waiting list)

Reservations start November 26th for
All other Senior centers members and non-members

**Due to the popularity of our event, one person may sign up
a maximum of 2 people for this event.**

In-person Reservations only—No phone reservations taken.

See Front desk volunteer to sign up

Veterans Day Celebration



Tuesday
November 6th
at 10:30 am

Veteran's Day Program

Special Meal – by Friendly Farm Restaurant

**Fried Chicken, Roast Beef with gravy, Mashed Potatoes with gravy,
 Green beans, Cole Slaw, Sugar Biscuits, Roll, Cake & Beverage**

Meal Donation – up to \$20.00

RESERVATION POLICY

Reservations start **October 15th** thru **October 24th** for

North Carroll Senior Center Members **ONLY**

(If we take name and they are not NCSC members, they will be moved to the waiting list)

Reservations start **October 27th** for All other Senior centers members

In-person Reservations only—No phone reservations taken. Signup sheet
 located at front desk table - Signup by Oct. 31st at 10 am

Due to the popularity of our event, one person may sign up a maximum
 of 2 people for this event.

If you are signing up a person under the age of 60, you must pay the full price
 of the meal (\$20.00 per person) at the time of sign up.

Maximum 200 guest for this event



Please donate a new unwrapped toy during our
 Veterans Day Celebration and be entered into our
 drawings of wonderful prizes during the Veterans
 Day Celebration!

Let's have some fun

We are collecting items for the



Hat & Sock Tree



Please make a donation to our community

Holiday Program:

Hats & Socks

Started Oct.15th

Donation Tree/box located in the main hallway

Items are needed by December 1st



**Thursday,
Nov. 20th
1 pm - 3 pm**

Want to be a star!

Come and sing karaoke

**Rich will be here with his Karaoke machine to host
this event**

Pick a song & sing solo or grab a group of friends!

**No signup required just show up and be
ready to sing or just listen**



Holiday Shopping



ANNUAL HOLIDAY BAZAAR

**Begins on
Monday, November 3rd at 9 am.**

The sale will continue through November.

**Come shop for Christmas items & gifts
at reasonable prices.**

**All proceeds benefit your senior center & helps pay
for our Christmas Party.**

THE PUBLIC IS INVITED TO ATTEND.

**We are now accepted gently used gift items, holiday
decorations & crafts. Please bring donations to the
front desk. Thank you.**

Mark your Calendars

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 In-Person 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

October 15-22-28-November 5-19-26, 2025

No session November 12th

Wednesdays 9:00 a.m.— 11:30 a.m.

Location: The Residences of Hampstead School
1211 North Main Street, Hampstead, MD 21074

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.



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 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.

Good Information!

To register, get more information, or find out when the next workshop starts, please contact the Living Healthy, Living Well Program Coordinator at 410-386-3818.

What is Living Healthy, Living Well with Diabetes?

A six-week self-management workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

"I wasn't taking care of myself—but I am now. I finally see how important that is."

Led by trained leaders, some of whom have diabetes and other chronic conditions themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

How is this program different?

You set your own goals. The changes you see are things that matter most to you.

You learn hands-on with others. The group brings fun and wisdom as you apply new skills in your own life.

Living Healthy, Living Well helps you build confidence in your ability to manage your condition.

You'll get information and advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



"I never knew how much my emotions affected my physical health. Now I know my stress signals and I pay attention."

"The workshop helped me understand that I'm not alone."

Living Healthy, Living Well participant

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Save The Dates For These Upcoming Special Events

NOVEMBER:

Nov. 4, 10:30am, Blues/Rock Music Concert - No signup required

Nov. 6, 10:30am, Veterans Day Party - Signup required at front desk before 10 am on Oct. 30th

Nov. 6, Toys for Tots Drive starts. Bring a new unwrapped toy to donate to a family in need.

Nov. 11, Center Closed for Veterans Day Holiday

Nov. 20, 1pm - 3pm, Karaoke with Rich. No signup required - just show up

Nov. 21, Medicare Open Enrollment - Appointment required.
Call 410-386-3800 to schedule your appointment.

Nov. 27 & 28, Center Closed for Thanksgiving Holiday

DECEMBER:

Dec. 4, Christmas Holiday Drama Show

Dec. 8, Pajama Day - No slippers or revealing nighties!

Dec. 16, 12:30pm, Christmas charcuterie board with Lisa - Signup required
- Space is limited

Dec. 25, Center Closed for Christmas Holiday

NOTE: Travel Office hours:

Monday & Wednesday 9am - 2 pm in the dining room.

Tuesday - Closed until March

See Office door for hours and up coming trips.



Snack Shop OPEN!!!

Days & Hours: Monday - Friday 9:30 am to 2:30 pm

Every Item \$1.00

Now offering CANDY, CHIPS, SNACKS, SODA & WATER!

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