

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

June

2025

Center Summer Hours:

Monday–Thursday

8:00 am to 4:00 pm

Friday

8:00 am to 3:00 pm

Center Closing at 11:30 am:

Wednesday, June 11

Center Closed:

Thursday, June 19

INFORMATION STATION

CENTER STAFF



CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:



Updating Your Membership Form

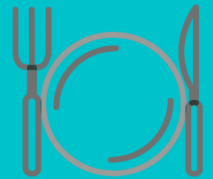
Every Senior Center Member MUST update their membership form YEARLY (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!



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* JUNE 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 & 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

RSVP 5/27/25 ² PORK LOIN W/ CREAMY MUSHROOM SAUCE SEANED KALE GARLIC MASHED POTATOES CUCUMBER SALAD WHEAT DINNER ROLL APPLE PACK	RSVP 5/27/25 ³ CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES	RSVP 5/27/25 ⁴ SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT	RSVP 5/27/25 ⁵ ASIAN CHICKEN & SOBA NOODLES (WARM) JAPANESE CUCUMBER SALAD WHEAT BREAD PINEAPPLE JUICE & MILK	RSVP 5/27/25 ⁶ FISH FILLET ROLL SUCCOTASH FRUIT JUICE / MILK
RSVP 6/3/25 ⁹ CHICKEN CORDON BLUE ON ROLL BAKED BEANS BROCCOLI SALAD W/ CRANBERRY ORANGE DRESSING JUICE & YOGURT	RSVP 6/3/25 ¹⁰ BEEF POT ROAST AU JUS HORSERADISH SAUCE SANDWICH ROLL BRUSSELS SPROUTS COLE SLAW PINEAPPLE TIDBITS	LUNCH 10:45 ¹¹ RSVP 6/3/25 TURKEY & CHEESE SANDWICH CARROTS & FRUIT CUP CHEESE STICK & COOKIE JUICE AND MILK CENTER CLOSSES 11:30 AM.	RSVP 6/3/25 ¹² MEAT LOAF / GRAVY HERB ROASTED POTATOES CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES	FATHERS DAY SPECIAL ¹³ RSVP 6/3/25 BBQ CHICKEN / ROLL O'BRIEN POTATOES CORN BROCCOLI SALAD WATERMELON DESSERT
SUB DAY SPECIAL ¹⁶ RSVP 6/9/25 SLICED HAM / CHEESE CLUB ROLL CONDITMENTS TOMATO & ONION COLE SLAW POTATO SALAD FRUIT COCKTAIL	RSVP 6/9/25 ¹⁷ CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK	RSVP 6/9/25 ¹⁸ SALISBURY STEAK GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD	¹⁹ CENTER CLOSED 	RSVP 6/9/25 ²⁰ CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW YOGURT & JUICE
RSVP 6/16/25 ²³ PINEAPPLE GLAZED HAM AUGRATIN POTATOES BRUSSELS SROUTS WHEAT BREAD PINEAPPLE TIDBITS	RSVP 6/16/25 ²⁴ CHICKEN W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASONED BEANS WHEAT BREAD CINNAMON APPLE SLICES	SPECIAL ²⁵ BAKED POTATO RSVP 6/16/25 BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	RSVP 6/16/25 ²⁶ POT ROAST OF BEEF CHASSEUR ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES	RSVP 6/16/25 ²⁷ CHEESE PIZZA SALAD MIX / DRESSING FRUIT JUICE / MILK
RSVP 6/16/25 ³⁰ HAMBURGER W/ PEPPER JACK CHEESE ON ROLL LETTUCE / TOMATO KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT				1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch

COLD Lunches *Westminster Senior Center* JUNE 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
<div>2</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>3</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>4</div> <div>RSVP 5/27/25</div> <div>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</div>	<div>5</div> <div>RSVP 5/27/25</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>6</div> <div>RSVP 5/27/25</div> <div>BOX LUNCH NOT AVAILABLE</div>
<div>9</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>10</div> <div>RSVP 6/3/25</div> <div>TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE</div>	<div>11</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>12</div> <div>RSVP 6/3/25</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>13</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>
<div>16</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>17</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>18</div> <div>RSVP 6/9/25</div> <div>CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE</div>	<div>19</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>20</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>
<div>23</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>24</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>25</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>	<div>26</div> <div>RSVP 6/16/25</div> <div>EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE</div>	<div>27</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>
<div>30</div> <div>RSVP</div> <div>BOX LUNCH NOT AVAILABLE</div>				

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
NEW! Greeting Card Crafts Come make greeting cards, for all skill levels.	3rd Wednesday of each month	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room Next Class: June 18

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	Grant Funded	12 weeks Session Began: March 24, 2025
Arthritis Exercise Class (<i>Low Intensity</i>)	Thursdays	1:00 - 2:00 pm	Grant Funded	12 weeks Session Began: April 3, 2025
NEW DAY! Zumba Gold (<i>Moderate Intensity & Coordination</i>) 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 <i>Low to Moderate Intensity</i>	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 Session Began: May 28, 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: 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

*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
Prize Bingo: Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room *No Prize Bingo on June 13

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
May & June Birthday Treat @ Lunch	Tuesday, June 3	11:30 am	Reservations required for lunch
Legal Aid	Wednesday, June 4	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Nutrition with Terry Serio	Thursday, June 5	10:00 am	Join us for a monthly nutrition program
Center Closes @ 11:30 am	Wednesday, June 11	11:30 am - 4:30 pm	
Postage Stamp Collector Club	Thursday, June 12	11:00 am - 12:00 pm	Free in the Craft Room
Father's Day Lunch	Friday, June 13	11:30 am	Reservations required of lunch
MD Insurance Administration & SHIP Table In Center Lobby	Wednesday, June 18	10:00 am - 1:00 pm	Come check out their tables in the lobby
Alzheimer & Brain Health Education	Wednesday, June 18	12:00 pm	See flyer for details
Senior Night Out	Tuesday, June 24	4:00 - 7:00 pm	See flyer for details

*Special Events are subject to change without notice.

NEW CLASS!

Greeting Card Crafts



Wednesday, June 18
1:00 - 2:30 pm
in the Craft room

Cost: \$15.00 for 3 Cards
Supplies for cards will be provided.

Come make greeting cards with our newest instructor Arleen. This class will be held on the 3rd Wednesday of each month.

If you are interested in taking the class please let Katie know by 10 am on Friday June 13.
Payment will be collected on the day of the class.



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!

Nutrition Bingo

Tuesday, June 17
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.



Two of a kind?

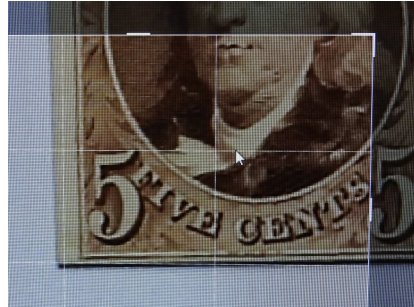
The difference between the 1847 U.S. 5 cent Franklin stamp and its 1876 reproduction.

The first official U.S. postage stamp issued was the 5 cent Franklin, issued on July 1st, 1847. Over 3,600,000 were issued.

For the 1876 Centennial Exposition in Philadelphia a special reproduction of the 5 cent Franklin and 10 cent Washington stamp was to be issued but the original plates were lost. A new plate had to be created. The stamps were not considered re-issued, but new stamps (Scott numbers 3 and 4). The stamps were only sold out of the office of the 3rd assistant to the Postmaster General; the two stamps being placed in an envelope. On January 1st, 1875, only 4799 of these envelopes were issued, making them very rare for stamp collectors.

To distinguish between the two is difficult. On the 5 cent Franklin the only detectable change is in the location of the ascot around Franklins neck. The position at the corner is slightly higher on the reproduction (Scott 4) in relation to the top of the numeral 5, while the location on the original (Scott 1) is lower, in line with the center of the top of the numeral 5.

Rawdon, Wright, Hatch and Edson were the official printers. Edson later invented a green ink that was not washable, the ink later used on the back of U.S. currency, known as "greenbacks".



Senior Night Out

Tuesday, June 24

4:00 pm - 7:00 pm
Dinner @ 5:00 pm

Dinner Menu:

Beef Roast

Potatoes, Carrots, & Onions

Fruit Cup

Bread

Milk & Juice

Entertainment @ 6:00 pm:
Old Line Statesmen
Barbershop Chorus

Cost- 60 & Older: Donation
Under 60: \$6.31

Sign up by 10:00 am on June 18 at
the front desk





Carroll Technology
& Innovation Council

INTRO TO ARTIFICIAL INTELLIGENCE

SUMMER CLASS SERIES

WESTMINSTER SENIOR
AND COMMUNITY
CENTER

PRESENTED BY:
THE CARROLL TECHNOLOGY
AND INNOVATION COUNCIL

JUNE 23
JUNE 30
JULY 7

ALL CLASSES AT 10AM

SIGN UP AT THE FRONT DESK
OR CALL 410-386-3850

QUESTIONS ABOUT CLASS?
EMAIL:
JACK@CARROLLTECHCOUNCIL.ORG

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.



24/7 Alzheimer's Association HELPLINE 1-800-272-3900



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](mailto:kharvey@carrollcounty.md.gov)

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.

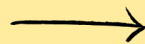
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Inclement Weather Policy for Carroll County Senior Centers

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.