

North Carroll Senior Snippets January 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:
Pam Kadel

Center Custodian:
Sean Uhler

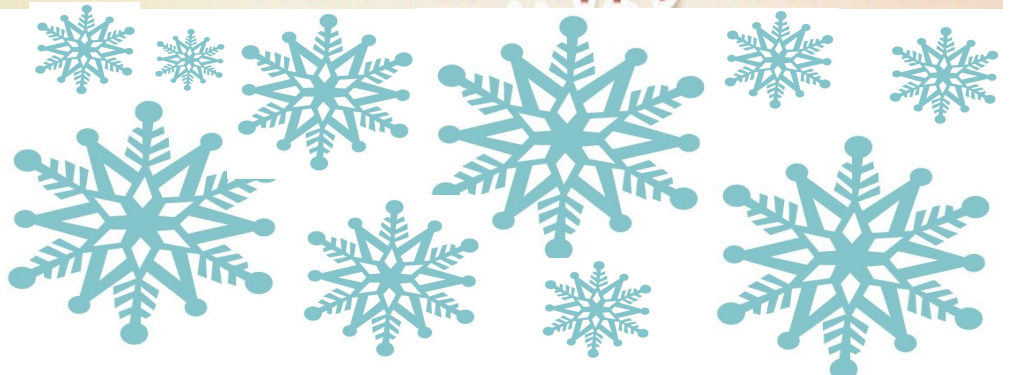
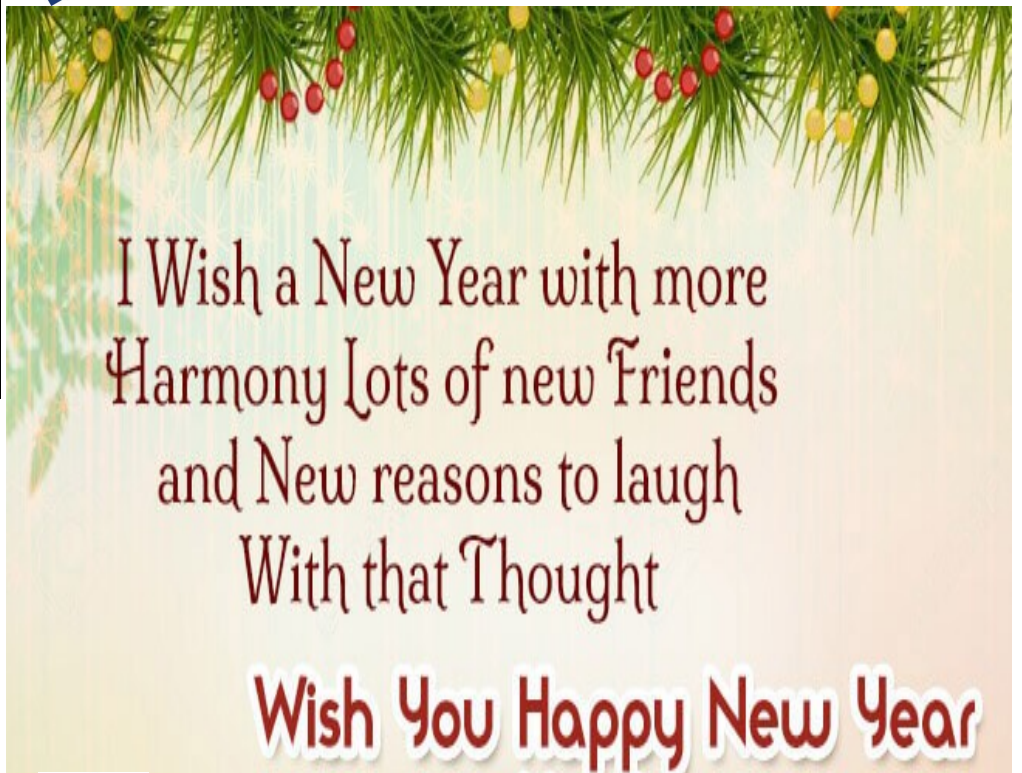
Center Closed

Jan. 1 - for New Year's
Holiday

Jan. 20 - for
Martin Luther King Jr.
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.



Special Meals



Potato Day Special – Jan. 9th – Bake Potato, Chili con Carne, Spinach Salad, Applesauce, Bread, Juice & Milk. R.S.V.P. by 10 am on Jan. 2nd



Meatloaf Special – Jan. 8th – Meatloaf, Mashed Potatoes, Sliced Carrots, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Dec. 31st



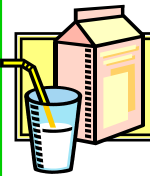
Hot Dog – Jan. 29th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Jan. 22nd



Cabin Fever Special – Jan. 16th – Stuffed Chicken, Mashed Potatoes, Green Bean Casserole, Bread, Dessert, & Milk. R.S.V.P. by 10 am on Jan. 9th



Roast Beef Sub Special – Jan. 29th – Roast Beef Sub, Potato Salad, Cole Slaw, Fruit Cocktail & Milk. R.S.V.P. by 10 am on Jan. 14th



Cold Box Lunch Menus




As of January 1, 2025 we will no longer be offering cold box lunches.

The price is a donation of up to \$6.31 for hot for seniors age 60 and better. If you are younger than 60, you must pay the full price of \$6.31 for hot meals.

Please let us know 2 days ahead of time before 10 am when ordering a regular meal.

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

Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. CENTER CLOSED	2. Roast Pork Loin w/Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread/Juice/Milk RSVP BY 12/30 @ 10 AM	3. BBQ Rib Patty Sandwich Black Beans Cole Slaw Juice/Yogurt RSVP BY 12/31 @ 10 AM
6. Chicken Breast Au Vin Brown Rice Pilaf Mixed Vegetables Apple Snack Pack Bread/Juice/Milk RSVP BY 12/31 @ 10 AM	7. Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Bread/Juice/Milk RSVP BY 1/3 @ 10 AM	8. MEATLOAF SPECIAL Mashed Potatoes Seasoned Carrots Applesauce Bread/Juice/Milk RSVP BY 12/31 @ 10 AM	9. POTATO DAY Chili Con Carne Spinach Salad Applesauce Bread/Juice/Milk RSVP BY 1/2 @ 10 AM	10. Glazed Ham Au Gratin Potatoes Roasted Brussels Sprout Pineapple Tidbits Bread/Juice/Milk RSVP BY 1/8 @ 10 AM
13. Chicken Breast w/Artichoke Sauce Lemon Rice Pilaf Green Beans Fruit/Bread/Juice/Milk RSVP BY 1/9 @ 10 AM	14. Soft Taco Ranchero Pinto Beans Tomato Salsa Juice Milk RSVP BY 1/10 @ 10 AM	15. Pot Roast w/Gravy Roasted Potatoes Seasoned Greens Mandarin Oranges Bread/Juice/Milk RSVP BY 1/13 @ 10 AM	16. CABIN FEVER SPECIAL Stuffed Chicken Breast Mashed Potatoes Green Bean Casserole Bread/Dessert/Juice/Milk RSVP BY 1/9 @ 10 AM	17. Pepperjack Cheeseburger Broccoli Slaw Tropical Fruit Juice/Yogurt RSVP BY 1/15 @ 10 AM
20. CENTER CLOSED	21. ROAST BEEF SUB DAY Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 1/14 @ 10 AM	22. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice Milk RSVP BY 1/17 @ 10 AM	23. Chicken Breast Paprika Lemon Rice Pilaf Wax & Green Beans Cinnamon Applesauce Bread/Juice/Milk RSVP BY 1/21 @ 10 AM	24. Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Milk RSVP BY 1/22 @ 10 AM
27. Roasted Pork Loin Mashed Potatoes Seasoned Kale Cucumber Salad Bread/Juice/Milk RSVP BY 1/22 @ 10 AM	28. Chicken Fajitas Mexican Rice Diced Peaches Juice Milk RSVP BY 1/24 @ 10 AM	29. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 1/22 @ 10 AM	30. Asian Chicken & Soba Noodles Japanese Cucumber Salad Pineapple Tidbits Juice Milk RSVP BY 1/28 @ 10 AM	31. Curried Chicken Salad w/Spinach Multi Bean Soup Mandarin Oranges Bread Milk RSVP BY 1/29 @ 10 AM

MEAL PROGRAM

Lunch is served Monday through Friday at 12:00 PM.

Cost of lunch for seniors 60 and older is by donation up to \$5.27.

Those 59 and younger pay the full price of \$5.27.

The meal program is designed so that no senior will be denied a meal because they cannot afford to pay a set cost. Your donations are important to keep our meal program funded.

Increasing costs, budget cuts and declining donations may result in fewer meals offered to our seniors. As always, thank you for your donations!



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

How do I cancel a meal? Why is this necessary?

If you need to cancel a meal, please contact the center or tell a staff person as soon as possible or by 10 am two days prior your reservation (7 days for special meals). We understand there are emergencies & illness that may result in you not being able to cancel your meal. For repeated no shows & late cancellations, your name may be temporarily removed from our reservation list.

Why do I need to pay for a meal if I don't cancel at least 2 days ahead of time?

Unsold meals due to late cancellations or no shows must be paid for out of the nutrition budget. Each year, we grow closer to running out of funds due to the cost of unsold meals, lower donations & budget cuts. Let's all do our part to help to cut waste from our nutrition budget. You can help us keep our meal program going so we can provide meals all year.

Please fill out meal surveys & let us know how you liked your meal.

Daily meal survey forms are available in the Dining Room. We will also be doing quarterly surveys that you are encouraged to fill out. We hope to be able to bring you the best meals & services we can with the resources that are available. Thanks for taking your time to do this.

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
Hearts Card Game	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Starting Jan. 6	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	No Classes this session	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Tai Chi I (Beginners)	12:00 pm - 1:00 pm	No Classes this session	\$30.00

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



Daily Activities⁶

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
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Starting Jan. 7	\$30.00
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	Jan. 14 & Jan. 28 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	Jan. 7 & Jan. 21 (1st & 3rd Tuesday of the month)	10:00 am - 11:30 am	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
Coffee & Cars	9:00 am - 11:00 am	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	10 - 12 weeks Starting Jan. 8	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Starting Dec. 11	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Chi Kung 	1:00 pm	10 - 12 weeks Starting Jan. 8	Donation
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 Activities⁸

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
Circuit Training & Meditation 	9:00 am - 10:00 am	10 - 12 weeks Starting Jan. 9	Donation
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 Starting Jan. 9	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Starting Jan. 23	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Ukulele with Vince	Jan. 9 & Jan. 23 (2nd & 4th Thursday of the month)	1:00 pm - 2:30 pm	Free
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities⁹

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
Tai Chi Intermediate	8:30 am - 9:30 am	No Classes this session	Donation
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Starting Jan. 3	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Starting Jan. 17	\$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	Jan. 21 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	Jan. 14 (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	Jan. 9 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Jan. 15 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Jan. 10 & Jan. 22 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Jan. 8 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Jan. 9 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Jan. 28 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Jan. 22 (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 **one (1)** book per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **five (5) \$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.

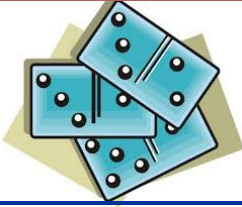
Done

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 1 pm
- * Scrabble on Fridays at 12 pm

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 10:30 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.



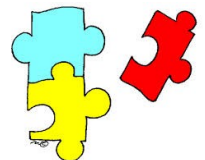
LENDING LIBRARY Open Daily

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_GUEST in your settings to access the Internet



Let's Have Some Fun!



By: Vincent Vigliotti

Live

Music has returned to North Carroll Senior Center
Join Vince Vigliotti, & friends as they perform on

Jan. 21st At 1:00 pm

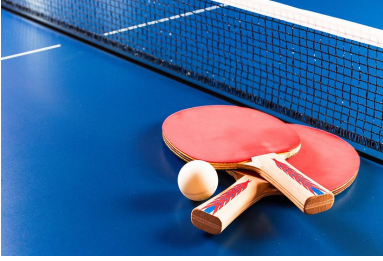
Come and join us for an hour of live music and fun!
It's FREE

Toys for Tots



North Carroll Senior Center collected over 400 toys for Toys for Tots! Thank you to all that donated toys and a big Thank You to the volunteers that help with the collection drive! Thank you for bring such cheer to many families this holiday season!

NEW ACTIVITY



Ping Pong

Mondays & Fridays

12 pm - 3 pm

In the Gathering Room

Open play

NEW ACTIVITY

Ukulele with Vince



**The 2nd & 4th Thursdays
of every month**

1 pm

In the Gathering Room

Wood Carvers Unite

Join Our NC Senior Wood Carvers!

Looking for a hobby? Something to do?
Or maybe a way to express yourself?

Join our wood carving group on Mondays or
Wednesdays at 9:00am.



No experience is needed, just a desire to try something new or different. But maybe you already know something about wood carving and want to get back into it. Let us help. We have wood, tools, patterns, and ideas to share with you. And, we'll help you get started.

If you're on the fence or don't feel like you know enough about it, stop by the carving room sometime. We'd love to show you what you could be doing. Bring a friend!!



Mark your Calendars

COINS, COINS, COINS



Have you ever wondered how much your coins or coin collection is worth?

Appraisals being offered, free of charge up to 40 minutes.

No foreign coins or currency (paper money).

Signup sheet at the front desk.

You must sign up!

Due to expected popularity there will be 2 sessions on Mondays & Wednesdays 12:30 pm - 1:30 pm and 1:30 pm - 2:30 pm.

Not buying coins at this time.

You must make an appointment!



In the Gathering Room

Inclement Weather Policy

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.

Up coming Event



Snacks, Drinks and
Games



**Thursday,
January 16th**

CABIN FEVER

SNOWBALL BATTLE

Activities starting at 11:30 AM

Serving Lunch at 12 PM

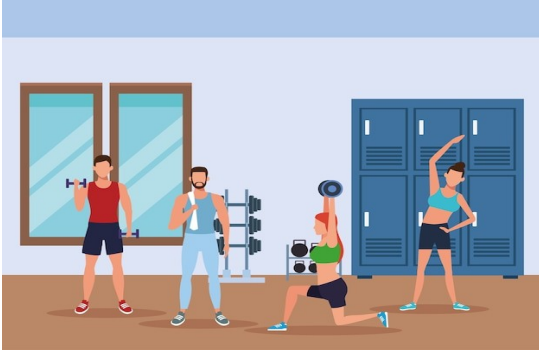
You **MUST sign up** for lunch by January 8th by 10:00AM

Fun activities and Games!

Come & join the fun!



NEW CLASS



Circuit Training & Meditation Class

1/2 hour circuit training
followed by 1/2 hour
meditation

Different stations that you will move
through followed by guided meditation,
all with our new instructor Katie
Bernstein

new
INSTRUCTOR

Thursdays – 9 am
In the Gathering Room

New Session Starting Jan. 9th
Donation Class

Story From a member...

The Poor Star

It was December 1957, a young couple was looking forward to their first Christmas on their own.

They had been married for over three years, but had never actually had Christmas in their own place. The first two years of their marriage they had been separated by his military assignments, first in Korea and then in Japan. The year he returned to the States had been spent with their families.

This year would be different; their baby was four and half months old, his first Christmas was coming. Money was scarce, they weren't sure how they would be able to afford a tree and all the decorations they would need to make a real first Christmas for their baby son.

About two weeks before Christmas they received a Christmas card from his father and stepmother and in it was a check for \$15. It wasn't a hard decision to know what use this unexpected windfall would be used for.

The tree itself was not a problem, the husband and a friend went out on the weekend and found a couple of trees on the military base where they worked.

The small town outside the military post had a 5 and 10 cent store where they were able to find the lights, ornaments and tinsel with which to decorate the tree. But the fifteen dollars did not stretch to include a tree topper,

The night before Christmas, after the baby was asleep for the night, the tree was set up, the lights placed just so, each ornament placed on the branches, tinsel was carefully hung and the tree was beautiful. But something was missing; the very top of the tree was bare.

The husband had an idea. He would make a star for the top of the tree. He found a wire coat hanger which he was able to bend until he had shaped a perfect star. Next he took some aluminum foil and covered the star, and lo and behold a perfect shiny star was placed on the top of the tree.

The couple is no longer young and money is not a problem these days. The original ornaments and lights have been replaced. But for 67 years, the "Poor Star" has adorned every tree they've ever had and always will.

This is our true story

Sally and Rob Daniel

NEW CLASS!!

Chi Kung

**New
Class
Alert!**

new
INSTRUCTOR

**Come
meet
JASON!**



Improve
your
balance

Wednesdays -1 pm

In the Gathering Room

New Session Starting Jan. 3rd

Donation class

Chi Kung (sometimes spelled Qigong) is an ancient Chinese holistic health practice. Chi literally means energy/breathe & Kung = work. It is a predecessor of & the foundation for Tai Chi. Using physical movements to limber the body while coordinating the breathe with visualization exercises the practitioners strive to improve their overall well-being & longevity. Jason was introduced to Chi Kung training through the traditional martial arts & have been practicing since he was 6 years old. He caters his classes to the current capabilities of his students confidently knowing that their limitations will be surpassed so that more advanced training can be made available to them.

Music Class

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



Rock & Blues

**60's-70's
Best Hits**

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.

Save The Dates For These Upcoming Special Events

JANUARY:

Jan. 1, Center Closed for New Year's Day Holiday

Jan. 16, 12pm - Cabin Fever Snowball Battle and Lunch. Must sign up for lunch by 10am on Jan.8. No sign up required to be in the Snowball Battle.

Jan. 20, Center Closed for Martin Luther King Holiday

FEBRUARY:

Feb. 17, Center Closed for President's Day Holiday

Jan. 20, Center Closed for Martin Luther King Holiday

APRIL:

Apr. 18, Center Closed for Good Friday Holiday

MAY:

May 26, Center Closed for Memorial Day Holiday

NOTE: Travel Office hours:

Closed for the season! See you soon....



Snack Shop NOW OPEN!!!



Snack Shop



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

Every Item \$1.00

Now offering SODA & WATER!

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 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@ccg.carr.org



Carroll County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES