

South Carroll Senior Center



June
ACTIVITY SCHEDULE

**5928 MINERAL HILL RD
SYKESVILLE, MD 21784
410-386-3700
SOUTHCARROLLSC@
CARROLLCOUNTYMD.GOV**

**MONDAY-THURSDAY
8:00AM-4:00PM
FRIDAY
8:00AM-3:00PM**

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."

**CARROLL COUNTY
SENIOR CENTERS
WILL BE**

**CLOSING AT
11:30 am on
Wednesday June 11th
and
CLOSED on
Thursday June 19th**

**CARROLL COUNTY
SENIOR CENTERS
WILL BE**

**Closing
Early**

**CARROLL COUNTY
SENIOR CENTERS
WILL CLOSE AT 3:00PM
ON FRIDAYS**



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

SUMMER CYBERSECURITY SERIES

**SOUTH CARROLL SENIOR
AND COMMUNITY CENTER**

**LEARN ABOUT THE BEST PRACTICES
FOR KEEPING YOURSELF SAFE FROM
SCAMMER AND FRAUD THIS SUMMER**

**JUNE 10 JULY 1
JUNE 17 JULY 8
JUNE 24**

ALL CLASSES AT 10AM

**SIGN UP AT THE FRONT DESK
OR CALL (410) 386-3700 TO
RESERVE YOUR SPOT**

**QUESTIONS ABOUT CLASS?
EMAIL:
JACK@CARROLLTECHCOUNCIL.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

South Carroll Senior Center

G.R.O.W.

PRESENTS

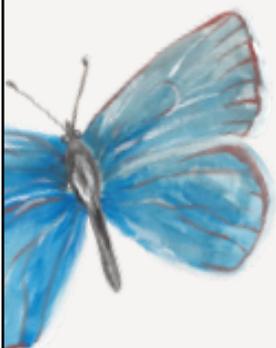
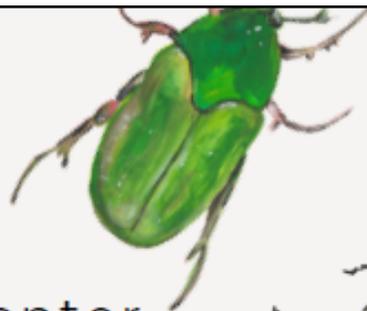
“THINGS THAT BUG ME”

A presentation on beneficial
insects, pollinators and
plants for bees



MONDAY

July 14th 1 - 3 pm



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 .

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

South Carroll Senior Center

Holidays at Nemours Estate and Lunch at Buckley's Tavern

SEATS
AVAILABLE

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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American Music Theatre Presents:

"Deck the Halls"

Thursday

December 11, 2025

COST: \$125.00

10:15AM - 7:15PM

**SIGN UP
STARTS
July 16th**

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

LAST DAY TO SIGN UP IS August 27th

It's the time of year to be dazzled and delighted with musical merriment! Enjoy a live performance of holiday favorites and sentimental tributes!

Before the show enjoy a delicious smorgasbord lunch at Bird-in-Hand Family Restaurant.

No refunds after 30 days prior to trip unless we sell your seat!

Trip Includes: Transportation, smorgasbord lunch, reserved seats for the show, all taxes and tips.

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CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:30 PM

COST \$2.00 PER CRAFT

JUNE 4TH TBD

JUNE 11TH FUN WITH FOOD:FATHER'S DAY CUPCAKES

JUNE 18TH STRING ARTS

JUNE 25TH PATRIOT HEART FLAG

Donations Needed

Cardboard Boxes 12X12 or large
 Toilet Paper and/or paper toll roll carboard inserts
 Tissue Paper
 Glue/Glue Sticks
 Ribbons/Lace Trims
 Buttons
 Dried Flowers
 Yarn
 Twine/Rope
 Popsicle Sticks
 Wire
 Beads/Pearls
 Old/or Used Candles

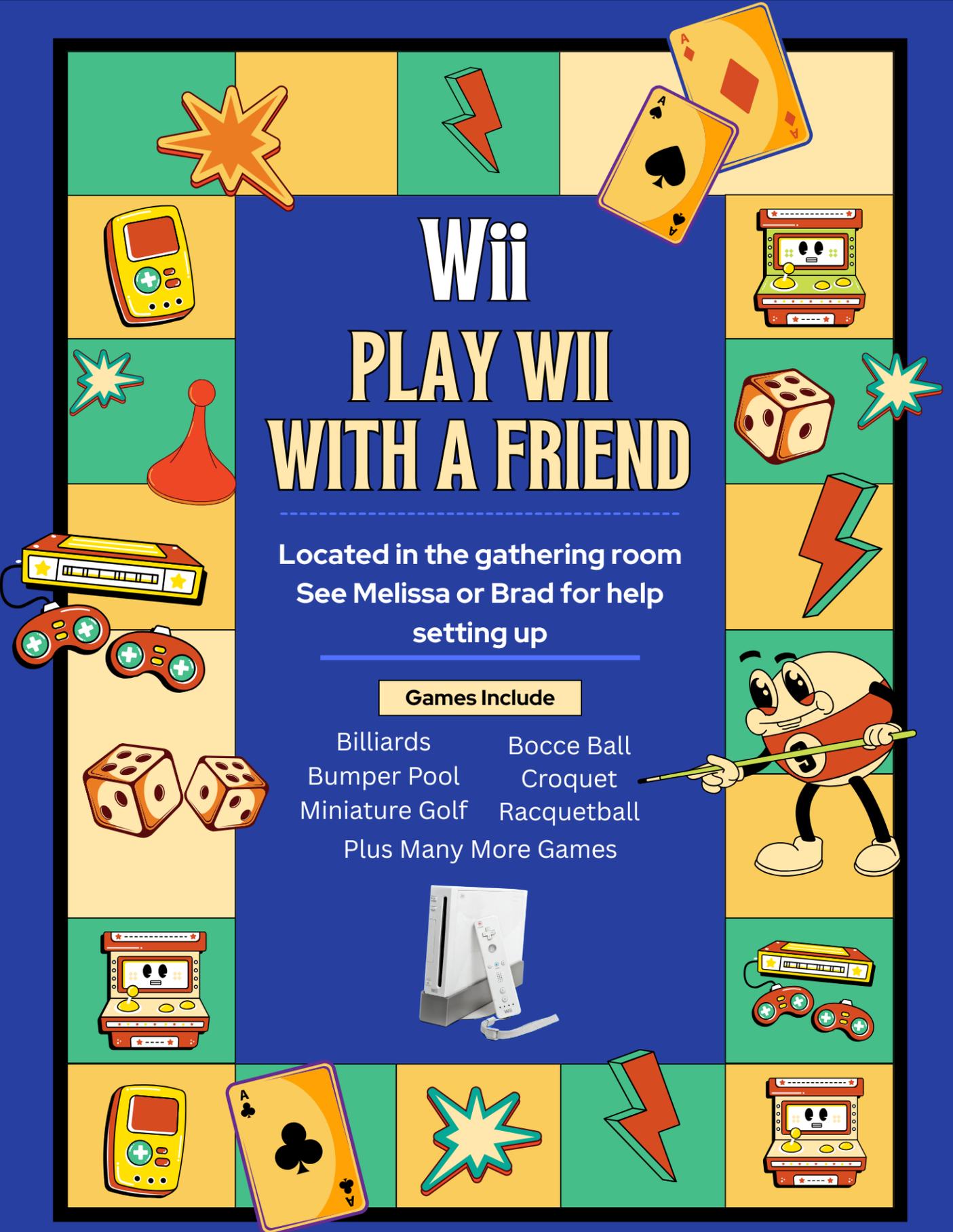
Wii

PLAY WII WITH A FRIEND

Located in the gathering room
See Melissa or Brad for help
setting up

Games Include

- Billiards
- Bocce Ball
- Bumper Pool
- Croquet
- Miniature Golf
- Racquetball
- Plus Many More Games



Pickleball Committee Update

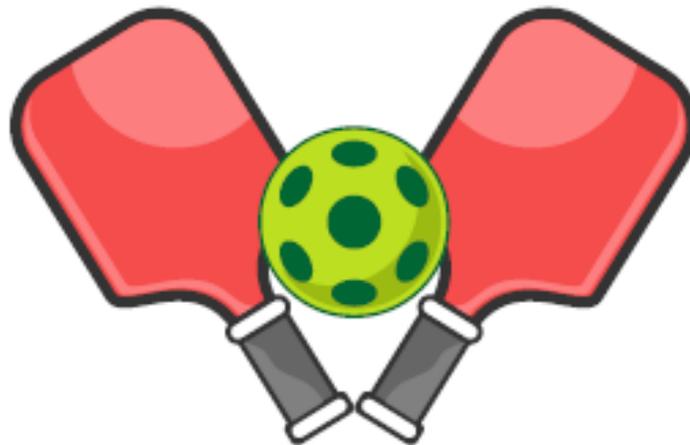
The Kitchen Report

Hello Everyone,

Since the last report the Pickleball Committee has voted to adopt the new playing schedule from last month's report. There is a copy posted on the gym door if you missed seeing the new schedule in the last newsletter. Melissa has worked with us to separate the Beginner/Intermediate and Advanced groups on the computer, as you check in, at the front desk. Please make sure you select the correct session when coming to play. We will continue to use the sheets in the gym until people become comfortable with check in at the computer. Remember it's important to check in so the center knows the amount of people that use the facility (gym).

The Pickleball Theory Class on Thursday afternoon between 1:00 PM and 2:30 PM for beginners is still active. The class is targeting 6 people to sign up by Tuesday of the same week for it to be held. If exceptions occur you will be contacted. The class goes over most areas you need to know to become familiar with the game. We do not actually hit the ball during this class so equipment is not required. There is a visual court and net set up so people can see and understand the different explanations of what goes on during a game. If you would like to bring a paddle, feel free because after the class the students are invited into the gym to play on a court with the Beginner/Intermediate group. There is no charge for the class.

Weido DiMaio
Chair of the Pickleball Committee



BOARD GAMES

EVERY FRIDAY
12:30pm—2:30pm



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**

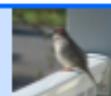
Our Pickleball Committee has scheduled a weekly class to help you understand the rules and strategies of the game.

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

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

South Carroll
Senior Center

June Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Seasoned Kale Garlic Mashed Potatoes Sliced Apple Snack Pack WG Dinner Roll</p> <p>Sign up due by 10:00am 5/28</p>	<p>3</p> <p>Chicken Fajitas WG Tortilla Mexican Rice Diced Peaches</p> <p>Sign up due by 10:00am 5/29</p>	<p>4</p> <p>Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG White Wheat Bread</p> <p>Sign up due by 10:00am 5/30</p>	<p>5</p> <p>Asian Chicken & Soba Noodles (Cold) Japanese Cucumber Salad Pineapple Tidbits WG White Wheat Bread</p> <p>Sign up due by 10:00am 6/2</p>	<p>6</p> <p>Mediterranean White Bean Soup Curried Chicken Salad Baby Spinach Grape Tomatoes Mandarin Oranges WG White Wheat Bread</p> <p>Sign up due by 10:00am 6/3</p>
<p>9</p> <p>Chicken Cordon Blue Sandwich Lettuce, Tomato & Cheese WG Sandwich Roll Broccoli Salad Baked Beans Fruited Yogurt</p> <p>Sign up due by 10:00am 6/4</p>	<p>10</p> <p>Beef Pot Roast Au Jus Horseradish Cream Sauce WG Sandwich Bun Brussel Sprouts Fresh Cole Slaw Pineapple Tidbits</p> <p>Sign up due by 10:00am 6/5</p>	<p>11</p> <p>Boxed Lunch</p> <p>Center Closes At 11:30 Pickup Lunch By 11:00</p> <p>Sign up due by 10:00am 6/3</p>	<p>12</p> <p>Roasted Pork Loin w/Dijon Cream Sauce Peas & Mushrooms Garlic Mashed Potatoes Fruit Cocktail WG White Wheat Bread</p> <p>Sign up due by 10:00am 6/9</p>	<p>13</p> <p>Father's Day SPECIAL BBQ Chicken O'Brien Potatoes Corn Cobette Broccoli Salad Sandwich Bun Watermelon Sponge Cake w/ Strawberry Topping</p> <p>Sign up due by 10:00am 6/5</p>
<p>16</p> <p>SUB</p> <p>Sliced Ham Sub American Cheese Club Roll Lettuce, Tomato & Onion Potato Salad Red Cabbage Slaw Fruit Cocktail</p> <p>Sign up due by 10:00am 6/6</p>	<p>17</p> <p>Chicken Breast Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 6/12</p>	<p>18</p> <p>Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish Navy Bean Salad</p> <p>Sign up due by 10:00am 6/13</p>	<p>19</p> <p>CENTER CLOSED</p> <p>Sign up due by 10:00am 6/16</p>	<p>20</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt</p> <p>Sign up due by 10:00am 6/16</p>
<p>23</p> <p>SPECIAL</p> <p>Breaded Fish Sandwich Lettuce, Tomato & Tartar Sauce Mixed Vegetables Fruit Cocktail WG Sandwich Bun</p> <p>Sign up due by 10:00am 6/12</p>	<p>24</p> <p>Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices</p> <p>Sign up due by 10:00am 6/18</p>	<p>25</p> <p>Baked Potato</p> <p>Baked Potato Spinach Salad Grape Tomato Chili Con Carne Cheddar Cheese & Sour Cream Applesauce Wheat Bread</p> <p>Sign up due by 10:00am 6/16</p>	<p>26</p> <p>Pot Roast of Beef Chasseur Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges</p> <p>Sign up due by 10:00am 6/23</p>	<p>27</p> <p>Chicken Caocciatore WG Brown Rice Buttered Carrots WG White Wheat Bread Green Pea & Red Pepper Salad</p> <p>Sign up due by 10:00am 6/24</p>
<p>30</p> <p>Pepperjack Cheeseburger WG Sandwich Roll Lettuce, Tomato & Onion Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt</p> <p>Sign up due by 10:00am 6/25</p>	<p>NOTE FATHER'S DAY LUNCH JUNE 13th.</p>		<p>Reservation Required by posted sign up date.</p> <p>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.</p>	

FITNESS AND EXERCISE DISCLAIMER



**Important
Notice**

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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Pickleball Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30	Beginner and Intermediate	ADVANCED	Beginner and Intermediate	ADVANCED	Beginner and Intermediate
10:30- 11:30					
11:30- 12:30		ALL PLAYERS		ALL PLAYERS	
12:30- 1:30	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS
1:30- 2:30	Advanced		Advanced		Advance Summer Hours Pickleball Ends at <u>2:30</u> on Fridays
2:30- 3:45					

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	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 <small>(community service project)</small>	12:00 pm– 3:45 pm	Next Meeting June 9th	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	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	June 3rd	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	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	Next Session starts September 3rd	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	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	Next Session starts September 4th	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 - 2:30 pm	Ongoing	None
Exercise Equipment	8:00 am - 2:30 pm	Ongoing	None
Computer Lab	8:00 am - 2:30 pm	Ongoing	None
Puzzles	8:00 am - 2:30 pm	Ongoing	None
Ping Pong	8:00 am– 2:30pm	Ongoing	None
Pickleball	9:30 am - 2:30pm	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 - 2:30 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 2:30 pm	Ongoing	None