

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

November 2025

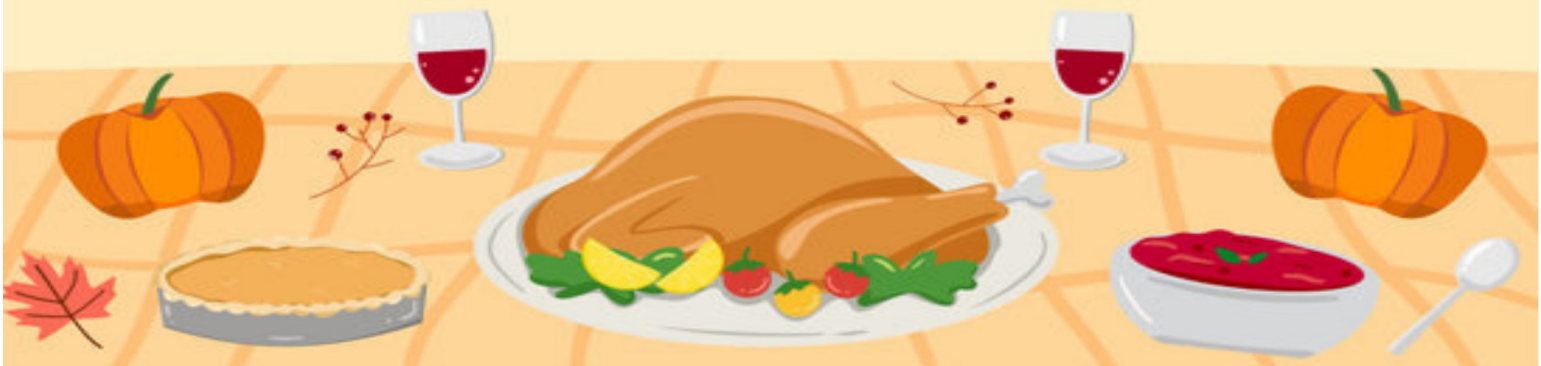
Center Hours:

Monday–Friday

8:00 am to 4:00 pm

Center Closed:

Tuesday, November 11
Thursday, November 27
Friday, November 28



INFORMATION STATION

CENTER STAFF

CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
JOHN HOOVER



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!

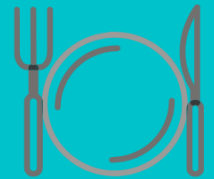
NEW
LUNCH
PRICE



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 \$6.64 for lunch. Those 59 and younger must pay the full price of \$6.64 for 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* NOVEMBER 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 \$6.64, includes accompanying younger spouses;

Under 60 Years Old = **Full Price \$6.64**, Paid Directly To Assistant Director **NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RSVP 10/27/25 INDIAN BUTTER CHICKEN BOMBAY BROWN RICE INDIAN CUCUMBER TOMATO & ONION SALAD WHEAT BREAD MANDARIN ORANGES JUICE / MILK	4 RSVP 10/27/25 BEEF POT ROAST AU JUS ROLL HONEY ROASTED BEETS COLE SLAW JUICE / MILK	5 RSVP 10/27/25 CREAMY CHICKEN CASSEROLE SEASONED GREEN BEANS YELLOW RICE PILAF WHEAT BREAD DICED PEACHES JUICE / MILK	6 RSVP 10/27/25 CHEDDAR CHEESE BURGER ON ROLL L.T.KETCHUP CORN O'BRIEN CREAMY CUCUMBER SALAD JUICE / MILK	7 RSVP 10/27/25 PORK LOIN W/ DIJON CREAM SAUCE OKRA & TOMATOES GARLIC MASHED POTATOES WHEAT BREAD FRUIT COCKTAIL JUICE CHOCOLATE MILK
10 SPECIAL BAKED POTATO RSVP 10/30/25 BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	11 CENTER CLOSED	12 RSVP 10/30/25 SALISBURY STEAK GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD	13 RSVP 10/30/25 REUBEN SAMMY CASSEROLE ZUCCHINI & TOMATOES WHEAT BREAD FRUIT COCKTAIL JUICE CHOCO. MILK	14 RSVP 10/30/25 CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL COLE SLAW YOGURT JUICE
17 RSVP 11/10/25 SLICED HAM W/ RAISIN SAUCE AU GRATIN POTATOES HONEY MAPLE CARROTS WHEAT BREAD PINEAPPLE TIDBITS JUICE & CHOCO. MILK	18 RSVP 11/10/25 MARRY ME CHICKEN BREAST LEMON RICE PILAF SEASONED GR. BEANS WHEAT BREAD CINNA. APPLE SLICES	19 SPECIAL SUB DAY RSVP 11/10/25 ROAST BEEF ON KAISER ROLL / MAYO L.T. ONION POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK	20 RSVP 11/10/25 POT ROAST OF BEEF STROGANOFF SAUCE ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES JUICE & MILK	21 RSVP 11/10/25 BEEF HOT DOG ON ROLL VEGETARIAN BEANS SAUERKRAUT FRUIT CUP JUICE & MILK
24 RSVP 11/17/25 TURKEY BURGER W/ PEPPER JACK CHEESE ON ROLL L.T.KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT & JUICE	25 SPECIAL THANKSGIVING LUNCH RSVP 11/17/25 TURKEY BREAST CUTLET / GRAVY M. POTATOES GREEN BEANS BREAD STUFFING CRANBERRY SAUCE FRUIT COCKTAIL PUMPKIN PIE	26 RSVP 11/17/25 VEGETABLE SOUP TURKEY & CHEESE SANDWICH SALTINES FRUIT JUICE MILK	27 	28 CENTER CLOSED

Daily Activities

Activity	Time	Cost	Location
Billiards	8:15 am - 3:45 pm	None	Billiards Room
Computer Lab	8:15 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	Game Room
Lending Library Come borrow a book or two	8:15 am - 3:45 pm	None	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	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: January 5, 2026
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	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room Next Class: Wednesday, November 19

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 Next Session Begins: November 3, 2025
Arthritis Exercise Class (<i>Low Intensity</i>)	Thursdays	1:00 - 2:00 pm	Grant Funded	12 weeks Session Began: October 16, 2025
Zumba Gold (<i>Moderate Intensity & Coordination</i>) With modifications for chair use!	Mondays	10:15 am-11:15 am	\$35	10-12 Weeks Session Began: October 6, 2025
Strength & Mobility <i>Low to Moderate Intensity</i>	Tuesdays	1:00 pm - 2:00 pm	\$30	8 Weeks Session Began: October 14, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$40	8 weeks Session Began: October 15, 2025
Line Dance Class (<i>Moderate Intensity & Coordination</i>)	Thursdays	10:00 - 11:30 am	\$35 Includes Tuesdays practice class	10-12 Weeks Next Session Begins: December 4, 2025
Line Dance Practice	Tuesdays	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

We accept Cash, Check or Credit: Visa, MasterCard, or Discover

*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 November 14

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, November 5	1:00 pm - 4:00 pm	Free; First 10 are seen by the lawyer: Numbers given out starting @ 11:30 am
Center Closed	Tuesday, November 11	ALL DAY	
Veterans Day Reading	Wednesday, November 12	11:45 am	A short reading at lunch for Veterans Day Observance
Let's Make Some Cards Greeting Card Craft	Wednesday, November 19	1:00 pm - 2:30 pm	See flyer for details
Thanksgiving Lunch	Tuesday, November 25	11:30 am	Reservations required for lunch
Center Closed	Thursday, November 27	ALL DAY	
Center Closed	Friday, November 28	ALL DAY	

*Special Events are subject to change without notice.



Westminster Senior Center

Holiday Bazaar

DECEMBER 4 - DECEMBER 12, 2025

9:00 AM - 2:00 PM

WEEKDAYS ONLY

**125 Stoner Ave
Westminster, MD 21157**



- | | |
|--|--|
| <ul style="list-style-type: none">• Crafts• Ornaments• Gifts | <ul style="list-style-type: none">• Knitted Items• Books• & MORE |
|--|--|

**ALL PROCEEDS GO TO THE
WESTMINSTER SITE COUNCIL**

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@carrollcountymd.gov.



NEW CLASS!

Let's Make Some Cards!

Greeting Card Crafts



3rd Wednesday of each month
1:00 - 2:30 pm
in the Craft room

*Bring adhesives
of your choice!*

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

Come make greeting cards with our newest
instructor Arleen.

**If you are interested in taking the class please let Katie
know by 10 am on the 2nd Friday of the month**
Payment will be collected on the day of the class.

Hickory Bridge Farm: Lunch & Christmas Show

Ortanna, PA

Tuesday, December 16, 2025

Bus Leaves WSC at 9:45 am &
Returns to WSC by 3:45 pm

Cost: \$80.00 per person

Includes Lunch & Christmas Show

Sign up begins September 2nd



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.

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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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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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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.



Navigating Medicare



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

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Volunteering Opportunity

Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2025 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.

We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested in volunteering, please contact
Mike Deutsch at 443-789-8346



**TAX
VOLUNTEERS
WANTED!**

Upcoming Events & Closures

Friday, December 5: Holiday Lunch

Thursday, December 4 to Friday December 12: Holiday Bazaar

Thursday, December 25: Center Closed

Tuesday, December 30: Noon Year's Eve Lunch

Thursday, January 1: Center Closed

Check back with the center to find out about additional closures



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.