



SOUTH CARROLL SENIOR CENTER

DECEMBER

ACTIVITY SCHEDULE

**5928 MINERAL HILL RD
SYKESVILLE, MD 21784
410-386-3700**

**SOUTHCARROLLSC@
CARROLLCOUNTYMD.GOV**

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

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**

**THURSDAY DECEMBER 19TH
CLOSED 11:00AM-2:00PM**

**TUESDAY DECEMBER 24TH
CLOSING AT 12:00PM**

CLOSED

WEDNESDAY DECEMBER 25TH

THURSDAY DECEMBER 26TH

WEDNESDAY JANUARY 1ST

**IF YOU HAVE NOT UPDATED YOUR
MEMBERSHIP FORMS SINCE OCTOBER 2024
PLEASE STOP BY THE FRONT DESK TO
COMPLETE THE FORMS.**

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.



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



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

**or call 410-386-3700
for more information.**







**Every Thursday
December 5th- December 12th**

Join us for lunch and a holiday movie.
Enjoy the lunch we serve or bring your own lunch.
If you plan on eating the meal provided by the center
sign up for lunch in the binder. You do not need to
sign up if you only want to watch the movie.



Holiday Flower Arrangement

December 9th

1:00 pm

\$15.00



**Come and join the MASTER GARDENER'S in making
a Holiday Flower Arrangement with live greens!**

Please bring your own containers.

We will supply the live greens, oasis and decorative items.

**Sign up by Dec. 5th at the front desk
to reserve your spot!**

Payment is due at the time of sign up.

Limited Space.

UNIVERSITY OF
MARYLAND
EXTENSION | MASTER
GARDENER

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The South Carroll Senior Center

Quilt Club invites you to a

Silent Auction

Monday, December 2 through Thursday December 5

In the Senior Center Lobby

9 AM – 3:30 PM

All proceeds benefit your Site Council



**SOUTH CARROLL SENIOR CENTER
SITE COUNCIL**

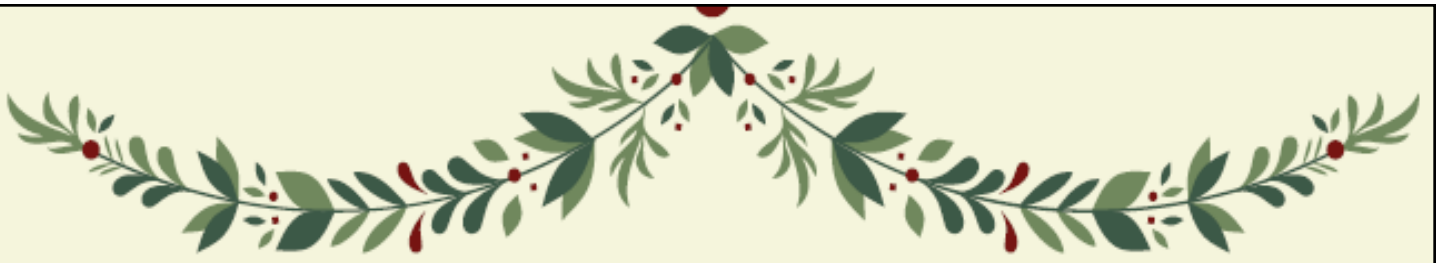
Holiday Shop

December 10th- to December 13th

9:00AM-3:00PM

**THIS IS A SENIOR CENTER FUNDRAISER.
ALL PROCEEDS GO TO THE SOUTH CARROLL SENIOR SITE
COUNCIL TO CONTINUE TO FUND SENIOR CENTER ACTIVITIES.**





Holiday



SWEATER CONTEST



**DECEMBER 20TH
12:30 IN DINING ROOM**



South Carroll Senior Center's 2025 Bus Trips

SIGN UP AT FRONT DESK- MON-FRI 9:00am-2:00pm

March 11- NEIL DIAMOND TRIBUTE SHOW -*DUTCH APPLE THEATRE*
Cost: \$135.00 WAIT LIST ONLY

May 21- Sight and Sound "Noah" & Shady Maple Smorgasbord
Cost: \$179.00 SIGN UP STARTS December 18th

June 16- Dorothy-Megan Paddlewheel Riverboat Crab Feast Cruise
& Eastern Shore Market
Cost: \$125.00 SIGN UP STARTS February 5th

October 20-23- Costal Maine in the Fall, Ogunquit, ME
Cost: see flyer SIGN UP STARTS January 8th

November 20th - Holidays at Nemours Estate
& Lunch at Buckley's Tavern
Cost: \$125.00 SIGN UP STARTS June 4th

December 11- "Deck the Halls" & Bird in Hand Family Restaurant
Cost: \$125.00 SIGN UP STARTS JULY 16th

**Sign up dates may
change please look at
flyers for more
information.**



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SOUTH CARROLL SENIOR CENTER

SIGHT AND SOUND

Sign up
Starts
December 18th

“Noah”

Wednesday May 21, 2025

9:15 a.m. - 7:45 p.m.

Cost: \$179.00

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

Last Day to Sign up is February 13, 2024

Travel to Sight and Sound Theatre in Strasburg, Pennsylvania to see a performance of “Noah”. The production will take you on board one of the world’s best known voyages as live animals fill the stage and aisles. Before the show enjoy a delicious lunch at Shady Maple Smorgasbord.

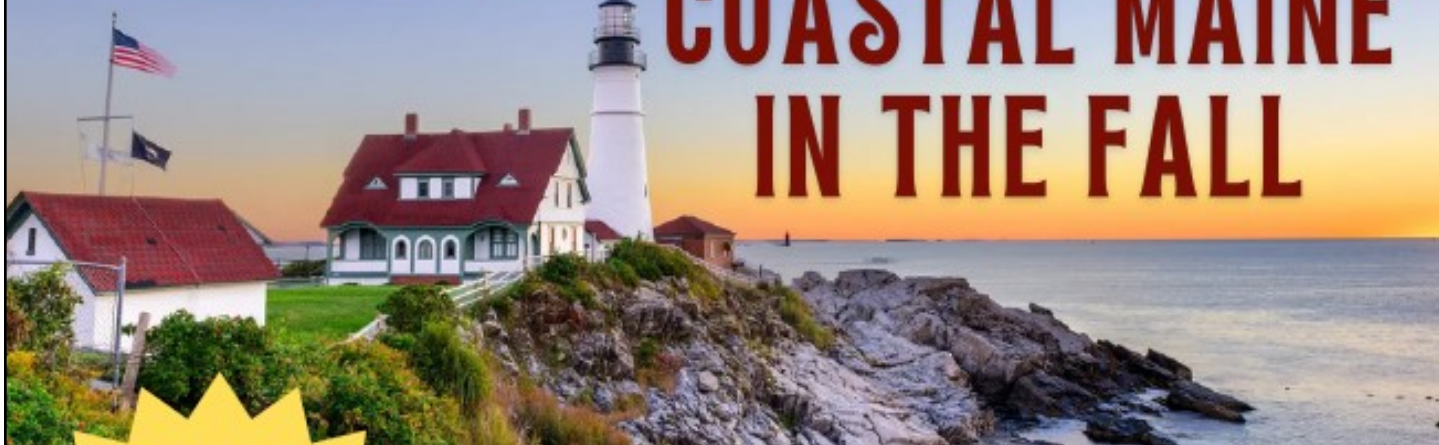
Includes: Motor Coach, Admission, Lunch, Taxes & Driver Tip

No refunds after 30 days prior to trip unless we sell your seat. Payment due at time of sign up

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South Carroll Senior Center Bus Trip

COASTAL MAINE IN THE FALL



sign up
starts
January 8th

October 20th- October 23rd

Sign up at the front desk

Monday-Friday 9:00am-3:00pm

Last Day to Sign up February 16, 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 .

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SOUTH CARROLL SENIOR CENTER

December Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>Roast Pork Loin w/Gravy</p> <p>German Cucumber Salad</p> <p>Seasoned Kale</p> <p>Garlic Mashed Potatoes</p> <p>WG Wheat Dinner Roll</p> <p>Sliced Apple Snack Pack</p> <p>Sign up due by 10:am 11/25</p>	<p>3</p> <p>Chicken Fajitas</p> <p>WG Tortilla</p> <p>Mexican Rice</p> <p>Diced Peaches</p> <p>Sign up due by 10:am 11/26</p>	<p>4</p> <p>Sliced Corn Beef</p> <p>Mashed Potatoes</p> <p>Braised Red Cabbage</p> <p>Corn & Pea Salad</p> <p>WG Wheat Bread</p> <p>Tropical Fruit</p> <p>Sign up due by 10:am 11/27</p>	<p>5</p> <p>WG Pasta Bake</p> <p>Greek Cucumber/Tomato Salad w/Feta Cheese</p> <p>WG Wheat Bread</p> <p>Sign up due by 10:am 12/2</p>	<p>6</p> <p>Multi Bean Soup</p> <p>Curried Chicken Salad</p> <p>Baby Spinach Bed</p> <p>Grape Tomatoes</p> <p>WG Wheat Bread</p> <p>Mandarin Oranges</p> <p>Sign up due by 10:am 12/3</p>
<p>9</p> <p>Turkey Burger w/Cheese</p> <p>Lettuce & Tomato</p> <p>Cucumber & Onion Salad</p> <p>Baked Beans</p> <p>WG Sandwich Roll</p> <p>Sign up due by 10:am 12/4</p>	<p>10</p> <p>POTATO BAR</p> <p>Baked Potato</p> <p>Spinach Salad w/Grape Tomatoes</p> <p>Ranch Dressing</p> <p>Chile Con Carne</p> <p>Sour Cream</p> <p>WG Wheat Bread</p> <p>Apple Sauce</p> <p>Sign up due by 10:am 12/2</p>	<p>11</p> <p></p> <p>Box Lunch</p> <p>Sign up due by 10:am 12/3</p>	<p>12</p> <p>Classic Meatloaf w/Gravy</p> <p>Herb Roasted Potatoes</p> <p>WG Wheat Bread</p> <p>Creamy Cucumber Salad</p> <p>Mandarin Oranges</p> <p>Sign up due by 10:am 12/9</p>	<p>13</p> <p>HOLIDAY SPECIAL</p> <p>Roast Beef</p> <p>Red Skinned Potatoes</p> <p>Gravy</p> <p>Green Bean Casserole</p> <p>Fruit Ambrosia</p> <p>Dinner Roll</p> <p>Cherry Pie w/Whipped Topping</p> <p>Sign up due by 10:am 12/5</p>
<p>16</p> <p>Honey BBQ Beef Rib Patty</p> <p>Fresh Cole Slaw</p> <p>WG Sandwich Roll</p> <p>Fiesta Black Beans</p> <p>Fruited Yogurt</p> <p>Sign up due by 10:am 12/11</p>	<p>17</p> <p>Chicken Breast Cog Au Vin</p> <p>WG Brown Rice Pilaf</p> <p>Mixed Vegetables</p> <p>WG Wheat Bread</p> <p>Sliced Apple Snack Pack</p> <p>Sign up due by 10:am 12/12</p>	<p>18</p> <p>Salisbury Steak w/Gravy</p> <p>Roasted Potatoes</p> <p>Harvard Beets</p> <p>Amish Navy Bean Salad</p> <p>WG Wheat Bread</p> <p>Sign up due by 10:am 12/13</p>	<p>19</p> <p>Pick up lunch at 11:00 today</p> <p></p> <p>Box Lunch</p> <p>Sign up due by 10:am 12/11</p>	<p>20</p> <p>HOLIDAY SPECIAL</p> <p>Roast Beef</p> <p>Red Skinned Potatoes</p> <p>Gravy</p> <p>Green Bean Casserole</p> <p>Fruit Ambrosia</p> <p>Dinner Roll</p> <p>Cherry Pie w/Whipped Topping</p> <p>Sign up due by 10:am 12/12</p>
<p>23</p> <p>Maple-Peach Glazed Ham</p> <p>Au Gratin Potatoes</p> <p>Braised Cabbage</p> <p>Pineapple tidbit</p> <p>WG Wheat Bread</p> <p>Sign up due by 10:am 12/18</p>	<p>24</p> <p>Pick up lunch at 11:00 today</p> <p></p> <p>Box Lunch</p> <p>Sign up due by 10:am 12/16</p>	<p>25</p> <p>CENTER CLOSED</p> <p> MERRY CHRISTMAS</p>	<p>26</p> <p>CENTER CLOSED</p>	<p>27</p> <p>Chicken Cacciatore</p> <p>WG Brown Rice</p> <p>Buttered Carrots</p> <p>Green Pea & Red Pepper Salad</p> <p>WG Wheat Bread</p> <p>Sign up due by 10:am 12/20</p>
<p>30</p> <p>Pepperjack Cheeseburger</p> <p>WG Sandwich Roll</p> <p>Lettuce & Tomato</p> <p>Fresh Broccoli Slaw</p> <p>Tropical Fruit</p> <p>Sign up due by 10:am 12/23</p>	<p>31</p> <p></p> <p>Box Lunch</p> <p>Sign up due by 10:am 12/19</p>	<p>Merry Christmas To All</p> <p>Reservation Required by posted sign up date.</p> <p>To reserve a lunch fill the golden colored lunch reservation book located in the hallway outside the dining room by the specified date.</p> <p>Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal).</p> <p>Per grant requirements, those under 60 must pay the full price of \$6.31</p> <p>Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse.</p> <p>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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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 Closed- 12:30pm—3:45pm	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	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15am	Session Started Oct. 7th	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	Session Started Oct. 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Started Oct. 7th	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 (community service project)	12:00 pm— 3:45 pm	Next Meeting December 9th	None
Fitness with Katie (Previously Circuit Training)	1:00pm— 3:30pm (1 hour sessions)	Session Started Oct.7th	Grant Funded 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	Advanced 9:30 am - 12:30 pm Beginners/ Intermediate 12:30 pm - 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	Session Started Oct. 1st	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	Session Started Oct. 1st	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	December 3rd	None
Scrapbooking and Card Making	12:30 pm-3:00pm	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
Pickleball	Beginners/Intermediate 9:30 am - 12:30 pm Advanced 12:30 pm - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Seated Yoga	9:30 am - 10:15 am	Session Started Oct.9th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Beginner/Intermediate Mahjongg	9:30am - 12:00pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started Oct. 9th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Line Dancing	12:00 pm– 1:00 pm	Session Started Oct. 9th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	No Class in December	Cost: \$35.00 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	Advanced 9:30 am - 12:30 pm Beginners/Intermediate 12:30 pm– 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	Session Started Oct. 10th	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	Session Started Oct. 3rd	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	No Class in December	Cost: \$35.00 10-12 weeks

Daily Activities

FRIDAY

Program	Time		Cost
Walk the Gym	8:00 am - 3:45 pm	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	Beginners/Intermediate 9:30 am - 12:00 pm Advanced 12:30 pm - 3:45pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Mahjonn	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Session Started Oct. 4th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Session Started Oct. 4th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos	12:30 pm - 3:45 pm	Ongoing	None