

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminister, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

MARCH

2025

Center Hours:

Monday-Friday

8:00 am to 4:00 pm



INFORMATION STATION

CENTER STAFF



CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
RILEY MCGRAW

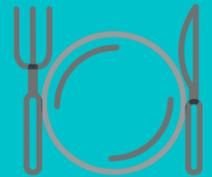


Updating Your Membership Form

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* MARCH 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 2/25/25 3	BREAKFAST LUNCH 4 RSVP 2/25/25	RSVP 2/25/25 5	RSVP 2/25/25 6	RSVP 2/25/25 7
SPLIT PEA SOUP CHICKEN SALAD SANDWICH LETTUCE / TOMATO COLE SLAW TROPICAL FRUIT	EGG BEATERS CASSEROLE TURKEY SAUSAGE PANCAKES & SYRUP HASHBROWNS JUICE AND MILK	CHICKEN FAJITAS TORTILLA SOUR CREAM MEXICAN RICE PEACHES	SLICED CORN BEEF MASHED POTATOES BRAISED RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT	ASIAN CHICKEN & SOBA NOODLES (COLD) JAPANESE CUCUMBER SALAD WHEAT BREAD PINEAPPLE JUICE & MILK (NEW MENU ITEM)
RSVP 3/04/25 10	SPECIAL BAKED POTATO 11 RSVP 3/04/25	RSVP 3/04/25 12	RSVP 3/04/25 13	RSVP 3/04/25 14
HOT DOG & ROLL THREE BEAN SALAD FRUIT JUICE AND MILK	BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE	BBQ PORK LOIN ON ROLL ROASTED BRUSSEL SPROUTS COLE SLAW PINEAPPLE TIDBITS JUICE & MILK	CHICKEN POPPYSEED CASSEROLE WHITE & WILD RICE GREEN BEANS WHEAT BREAD DICED PEACHES JUICE & MILK	CLASSIC MEATLOAF GRAVY ROASTED POTATOESCU- CUCUMBER SALAD WHEAT BREAD MANDARIN ORANGES JUICE & MILK
SPECIAL 17 RSVP 3/10/25	RSVP 3/10/25 18	RSVP 3/10/25 19	RSVP 3/10/25 20	RSVP 3/10/25 21
CORNED BEEF RED SKINNED POTATOES STEAMED CABBAGE COPPER PENNIES CORN MUFFIN PIE MILK AND JUICE	HONEY BEEF BBQ RIB PATTY & ROLL FIESTA BLACK BEANS COLE SLAW JUICE & YOGURT	CHICKEN BREAST COQ AU VIN BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE SNACK PACK JUICE & MILK	SALISBURY STEAK GRAVY ROASTED POTATOES HARVARD BEETS WHEAT BREAD AMISH BEAN SALAD JUICE & MILK	WHITE BEAN CHICKEN CHILI YELLOW RICE PILAF CORN MUFFIN JUICE / CHOC. MILK
RSVP 3/18/25 24	BIRTHDAY LUNCH 25 RSVP 3/18/25	RSVP 3/18/25 26	SPECIAL 27 SUB DAY RSVP 3/18/25	RSVP 3/18/25 28
CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW YOGURT & JUICE	MAPLE GLAZED HAM AUGRATIN POTATOES BRUSSEL SPROUTS WHEAT BREAD PINEAPPLE JUICE CHOCOLATE MILK	CHICKEN W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASONED BEANS WHEAT BREAD CINNAMON APPLE SLICES	ITALIAN COLD CUTS PROVOLONE CHEESE CLUB ROLL CONDITMENTS COLE SLAW POTATO SALAD FRUIT COCKTAIL	POT ROAST OF BEEF BURGUNDY GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES JUICE & MILK
RSVP 3/18/25 31				1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch
FISH SANDWICH ROLL MIXED VEGETABLES FRUIT COCKTAIL JUICE & MILK				

COLD Lunches *Westminster Senior Center* MARCH 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
3 RSVP BOX LUNCH NOT AVAILABLE	4 RSVP BOX LUNCH NOT AVAILABLE	5 RSVP BOX LUNCH NOT AVAILABLE	6 RSVP 2/25/25 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	7 RSVP BOX LUNCH NOT AVAILABLE
10 RSVP BOX LUNCH NOT AVAILABLE	11 RSVP BOX LUNCH NOT AVAILABLE	12 RSVP 3/04/25 CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE	13 RSVP BOX LUNCH NOT AVAILABLE	14 RSVP 3/04/25 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE
17 RSVP 3/10/25 BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	18 RSVP BOX LUNCH NOT AVAILABLE	19 RSVP BOX LUNCH NOT AVAILABLE	20 RSVP 3/10/25 EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	21 RSVP BOX LUNCH NOT AVAILABLE
24 RSVP BOX LUNCH NOT AVAILABLE	25 RSVP BOX LUNCH NOT AVAILABLE	26 RSVP BOX LUNCH NOT AVAILABLE	27 RSVP BOX LUNCH NOT AVAILABLE	28 RSVP 3/18/25 TURKEY CRANBERRY SALAD ON WHEAT BREAD CARROT SNACK PACK MOZZ.CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE
31 RSVP BOX LUNCH NOT AVAILABLE	RSVP BOX LUNCH NOT AVAILABLE	RSVP BOX LUNCH NOT AVAILABLE	RSVP BOX LUNCH NOT AVAILABLE	RSVP BOX LUNCH NOT AVAIABLE

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: March 31, 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
Needle Circle	Mondays	M: 9:00 - 11:00 am	None	Craft 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

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	Donation	12 weeks Next Session Begins: March 24, 2025
Arthritis Exercise Class <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Donation	12 weeks Next Session Begins: Mach 27, 2025
Zumba Gold <i>(Moderate Intensity & Coordination)</i> With modifications for chair use!	Tuesdays	10:30 - 11:30 am	\$35	10-12 Weeks Session Began: February 25, 2025
Circuit Training Class <i>Moderate Intensity</i>	Tuesdays	9:30 am - 10:30 am	Donation	12 Weeks Session Began: February 4, 2025
NEW! Strength & Mobility <i>Low to Moderate Intensity</i>	Tuesdays	1:00 pm - 2:00 pm	Donation	8 Weeks Next Session Begins April 1, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$50	10 weeks Next Session Begins: in April
Line Dance Class <i>(Moderate Intensity & Coordination)</i>	Thursdays	10:00 - 11:30 am	\$35 Includes Monday practice class	10-12 Weeks Session Began: February 27, 2025
Line Dance Practice	Mondays	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

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, March 5	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, March 13	11:00 am - 12:00 pm	Free in the Craft Room
St. Patty's Day Lunch	Monday, March 17	11:30 am	Reservations required for lunch
Opening Day Giveaway	Thursday, March 27	All day	Please see flyer
Legal Aid	Wednesday, April 2	1:00 pm - 4:00 pm	Free; no appointment needed, just stop in!
Postage Stamp Collector Club	Thursday, April 10	11:00 am - 12:00 pm	Free in the Craft Room
Easter Lunch	Thursday, April 17	11:30 am	Reservations required for lunch
Center Closed - Good Friday	Friday, April 18	All Day	

*Special Events are subject to change without notice.



Help us celebrate Opening Day 2025!

On Thursday, March 27 wear your favorite jersey or t-shirt to show support for the Baltimore Orioles!

And if you are not an Orioles fan, feel free to represent your favorite MLB team!

A special treat will be given out to those who wear any MLB team jersey or t-shirt!



Westminster Senior Center's

Volunteer Recognition Luncheon

Friday, April 25, 2025

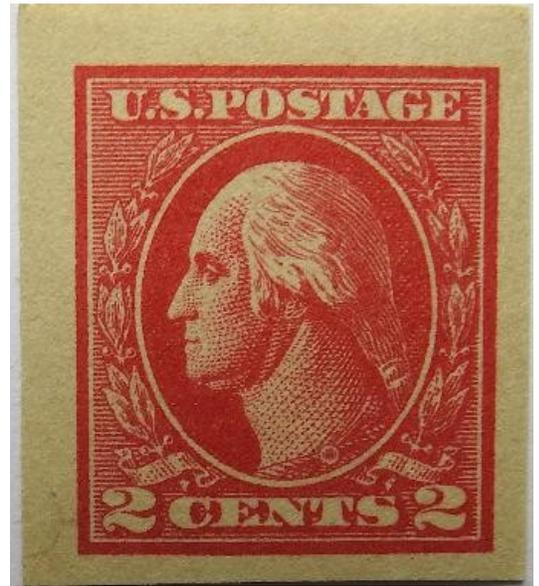
11:30 am
in the Multi-Purpose Room

By invitation only!



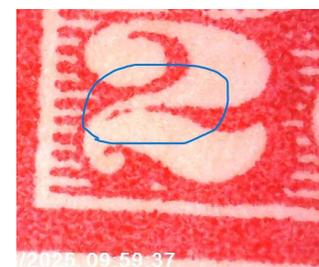
SO MANY CHOICES.

Recently while looking through a pile of old U.S. postal stamps, I ran across one that falls into the "difficult to identify" category. There are 35 two-cent stamps that look nearly identical. Thankfully 26 of them have various perforations while this stamp had no perforations, leaving only 9 possibilities. The stamp needed to be examined closely looking for design characteristics that would help eliminate all but one. Using a stamp microscope, I checked for indications of type, then specific marking such as the ribbon design (type I, II or III, toga button markings, hairline and earlobe patterns, lip, nose and teeth patterns (nose only has 4 dots on 6th line, upper lip only 4 rows of 2 dots.) . The stamp was finally identified as Scott 534 type VA.



Why is it so important? The 534va stamp is only worth about \$16.50 while the 2-cent 533v is worth \$150.00. The 2-cent 459 is worth \$250.00.

For someone who loves solving puzzles, stamp collecting can be quite enjoyable. The chase is on!



**Postage Stamp
Collector Club**

Next club meeting:
March 13
11 am - 12 pm
in the Craft Room
All welcome to attend!

Toby's Dinner Theatre: "The Music Man"

Columbia, MD

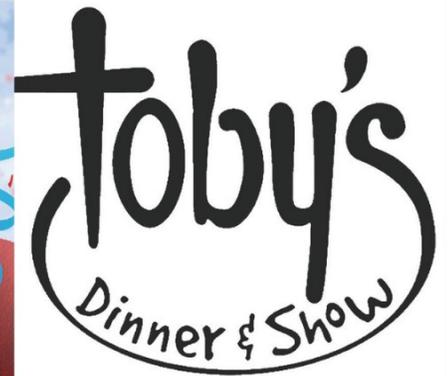
Wednesday, May 7, 2025

Bus Leaves WSC at 9:30 am &
Returns to WSC by 4:15 pm

Cost: \$110.00 per person

Includes Buffet Lunch & Show

Sign up by March 26th



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.



JOIN US FOR A MASTER PLAN OPEN HOUSE!

Whether you're passionate about preservation, local businesses, or just want to be a part of planning for your community, this open house is for YOU.

Thursday, February 6 - Carroll Community College
Wednesday, February 12 - Mt. Airy Branch Library
Wednesday, February 19 - Taneytown Branch Library
Thursday, February 27 - North Carroll Branch Library
Thursday, March 6 - Eldersburg Branch Library

DROP IN ANYTIME 1 -7PM AND MAKE YOUR VOICE HEARD!

- Explore interactive displays on topics like housing, transportation and infrastructure, economic development, and maintaining our rural character.
- Share your ideas and priorities for the County's future.
- Chat with planners and neighbors who care about Carroll County as much as you do.
- Help shape the roadmap that will guide our decisions for years to come.

WE'RE SHAPING THE FUTURE OF CARROLL COUNTY, AND WE WANT YOU TO BE PART OF THE CONVERSATION!



Homes



Businesses and Jobs



Rural Character



Roads and Water

GET INVOLVED!

Call us 410-386-5145

Sign up for email updates and be automatically entered in a drawing to win a gift card at www.carroll2035.org



NEW EXERCISE CLASS

Strength & Mobility

Tuesdays starting April 1

1:00 pm - 2:00 pm

in the Multi-Purpose Room

Cost: Donation

Strength & Mobility is a strength base functional fitness class that focuses on gaining mobility and balance.



A message from WSC Site Council:

The Site Council would like to thank everyone for their support during 2024 and especially during the Holiday Bazaar, including the shoppers! We made around \$900.00.

This money goes back to the center to help provide entertainment, special meals or special event!

-Linda, Elaine and Ruth

FOOTSTEPS FOR FUTURE GENERATIONS

Grandparents & Older Relatives Raising Grandchildren Conference

**Westminster Senior & Community Center
125 Stoner Ave. Westminster MD 21157**

Saturday, March 29, 2025

9:00am – 2:00pm

***FREE Registration* | Light Breakfast & Lunch Provided**

Join us as we...

- **Examine Social Media “Trends to Red Flags”**
- **Legal discussion regarding child’s rights, adoption, guardianship, & custody**
- **Coping with emotions of anger, guilt & grief**

How to Register:

Contact Denise Valentine

410-386-3833 or

davalentine@carrollcountymd.gov



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

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.

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.