

# North Carroll Senior Snippets October 2024

## 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

Get the  
**FLU**  **SHOT**  
not the flu!



Bureau of Aging and Disabilities



Healthy Aging Leadership Team



Get your flu shot in the early fall for best protection through the entire flu season.

*\*\*Please wear a short-sleeved shirt for the Pharmacist to administer the vaccine in your upper arm\*\**

### North Carroll Senior Center

2328 Hanover Pike  
Hampstead, MD 21074

**Tuesday October 1st, 2024**

**9:00 am – 11:00 am**

Center Closed

**Oct. 14 - for**

**Columbus Day 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.

**DRIVE-THRU CLINIC – FOLLOW SIGNS & STAFF  
INSTRUCTIONS WHEN YOU ARRIVE**

#### Flu Vaccine Billing

- ✓ Medicare Part B accepted. Please bring your new Medicare Card with you.
- ✓ If you have a Medicare Advantage Plan, please provide your Part D insurance card for possible coverage.
- ✓ BlueCross Carefirst Medical billing accepted.
- ✓ Private insurance accepted for prescription plans that cover the flu vaccine.
- ✓ Uninsured/Not-Covered patient pays **CASH OR CHECK ONLY**  
\$30.00 Regular Influenza Vaccine  
\$85.00 High-Dose Influenza Vaccine

## Special Meals



**Oktober Fest Special** – Oct. 17th – Bratwurst w/peppers, Red Skinned Potatoes, braised red cabbage, Waldorf salad, Juice, Dessert & Milk. R.S.V.P. by 10 am on Oct. 10th



**Hamburger Special** – Oct. 31st – Hamburger, Baked Beans, Cole Slaw, Diced Pears & Milk. R.S.V.P. by 10 am on Oct. 24th



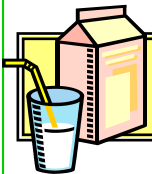
**Hot Dog** – Oct. 16th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Oct. 9th



**Breakfast for Lunch Special** – Oct. 24th – Cheese Omelet, Sausage Patty, Roasted Potatoes, Pancakes, Fruit, Juice & Milk. R.S.V.P. by 10 am on Oct. 17th



**Ham & Cheese Sub Special** – Oct. 9th – Ham & Cheese Sub, Potato Salad, Cole Slaw, Fruit Cocktail & Milk. R.S.V.P. by 10 am on Oct. 2nd



## Cold Box Lunch Menus





Our meal caterer, Business Food Solutions, offers cold box lunches daily.

The price is a donation of up to \$6.31 for hot meals and \$7.24 for boxed lunches for seniors age 60 and better. If you are younger than 60, you must pay the full price of \$6.31 for hot meals and \$7.24 for boxed lunches.

If you would prefer to order a cold box lunch, please stop by the kitchen to see your options. Cold lunches are available Monday - Friday. Please let us know 2 days ahead of time before 10 am the same as you would order a regular meal.

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

# Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Meatloaf w/Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Bread/Juice/Milk RSVP BY 9/27 @ 10 AM	2. Roast Pork Loin w/Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Bread/Juice/Milk RSVP BY 9/30 @ 10 AM	3. BBQ Rib Patty Sandwich Fiesta Black Beans Cole Slaw Juice Yogurt RSVP BY 10/1 @ 10 AM	4. Chicken Breast Au Vin Brown Rice Pilaf Mixed Vegetables Apple Snack Pack Bread/Juice/Milk RSVP BY 10/2 @ 10 AM
7. Salisbury Steak w/Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Bread/Juice/Milk RSVP BY 10/3 @ 10 AM	8. Turkey Cutlet w/Gravy Mashed Potatoes Dilled Carrots Fruit Cocktail Bread/Juice/Milk RSVP BY 10/4 @ 10 AM	<b>9. HAM &amp; CHEDDAR SUB DAY</b> <b>Potato Salad</b> <b>Cole Slaw</b> <b>Fruit/Milk</b> <b>RSVP BY 10/2 @ 10 AM</b>	10. Maple Glazed Ham Au Gratin Potatoes Braised Cabbage Fruit/Bread/Juice/Milk RSVP BY 10/8 @ 10 AM	11. Roast Chicken w/Artichoke Sauce Yellow Rice Pilaf Green Beans Fruit/Bread/Juice/Milk RSVP BY 10/9 @ 10 AM
<b>CENTER CLOSED</b>	15. Pot Roast w/Gravy Roasted Potatoes Seasoned Greens Mandarin Oranges Bread/Juice/Milk RSVP BY 10/11 @ 10 AM	<b>16. HOT DOG DAY</b> <b>Baked Beans</b> <b>Cole Slaw</b> <b>Diced Pears</b> <b>Milk</b> <b>RSVP BY 10/9 @ 10 AM</b>	<b>17. OKTOBER-FEST SPECIAL</b> <b>Bratwurst w/Peppers</b> <b>Red Skinned Potatoes</b> <b>Braised Red Cabbage</b> <b>Waldorf Style Salad/Juice/Milk/Dessert</b> <b>RSVP BY 10/10 @ 10 AM</b>	18. Tuna Salad Sandwich Multibean Soup Copper Pennies Salad Hot Cinnamon Apples Yogurt RSVP BY 10/16 @ 10 AM
21. Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrots Moroccan Beet Salad Bread/Juice/Milk RSVP BY 10/17 @ 10 AM	22. Meatball Sub Seasoned Green Beans Mandarin Oranges Juice Milk RSVP BY 10/18 @ 10 AM	23. Chicken Breast Paprika Lemon Rice Pilaf Wax & Green Beans Cinnamon Applesauce Bread/Juice/Yogurt RSVP BY 10/21 @ 10 AM	<b>24. BREAKFAST FOR LUNCH</b> <b>Cheese Omelet</b> <b>Sausage Patty</b> <b>Roast Potatoes</b> <b>Pancakes</b> <b>Fruit/Juice/Milk</b> <b>RSVP BY 10/17 @ 10 AM</b>	25. Pork Loin w/Gravy Seasoned Kale Cucumber Salad Apple Slice Snack Pack Bread/Juice/Milk RSVP BY 10/23 @ 10 AM
28. Chicken Fajitas Tortilla Mexican Rice Diced Peaches Juice/Milk RSVP BY 10/23 @ 10 AM	29. Sliced Corn Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Fruit/Bread/Juice/Milk RSVP BY 10/25 @ 10 AM	30. Pasta Bake Greek Cucumber Salad Bread Juice Milk RSVP BY 10/28 @ 10 AM	<b>31. HAMBURGER SPECIAL</b> <b>Baked Beans</b> <b>Cole Slaw</b> <b>Diced Pears</b> <b>Milk</b> <b>RSVP BY 10/24 @ 10 AM</b>	

## 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	<b>10 - 12 weeks Started Sept. 30</b>	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	<b>No Classes this session</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Tai Chi I (Beginners)	12:00 pm - 1:00 pm	<b>No Classes this session</b>	\$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 Activities<sup>6</sup>

**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	<b>10 - 12 weeks Starting Oct. 1</b>	\$30.00
Zumba	11:15 am - 12:15	<b>10 - 12 weeks Started Sept. 24</b>	Donation
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Pinochle	10:00 am	Ongoing	None
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	<b>Oct 8 &amp; Oct 22</b> (2nd & 4th Tuesday of the month)	<b>1:00 pm - 2:30 pm</b>	<b>Free</b>
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	<b>Oct 1 &amp; Oct 15</b> (1st & 3rd Tuesday of the month)	<b>10:00 am - 11:30 am</b>	<b>Free</b>
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 Oct. 2	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started Sept. 19	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Chi Kung 	1:00 pm	10 - 12 weeks Starting Oct. 2	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 Activities<sup>8</sup>

**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
<b>Circuit Training &amp; Meditation</b> 	9:00 am - 10:00 am	<b>10 - 12 weeks Starting Oct. 10</b>	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	<b>10 - 12 weeks Starting Oct. 3</b>	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	<b>10 - 12 weeks Starting Oct. 3</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Ukulele with Vince	<b>Oct. 10 &amp; Oct. 24</b> (2nd & 4th Thursday of the month)	<b>1:00 pm - 2:30 pm</b>	<b>Free</b>
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None



# Daily Activities<sup>9</sup>

**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 Oct. 4	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Starting Oct. 4	\$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	Oct. 15 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	Oct. 8 (2nd Tuesday of the month)	12:30 pm	Free
Travel Buddies	None this month (2nd Monday of the month)	11:00 am	Free
Project Linus	Oct. 10 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Oct. 16 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Oct. 11 & Oct. 23 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Oct. 9 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Oct. 10 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Oct. 22 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Oct. 23 (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 seniors. 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,  
play pool, 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.

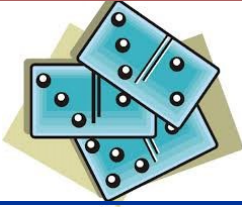
**Done**

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.



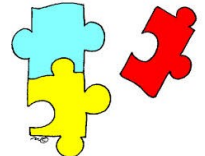
### LENDING LIBRARY Open Daily

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

**Oct. 15th At 1:00 pm**

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

Travel

## Charlestown Casino Trip



**Trip Date:** 10-24-24

**Sign-up Date:** 9-9-24

Pay when you sign up !

Cost: \$40.00 per person  
\$20.00 on casino card

Be at center by 8:30 am

Bus leaves at 9:00 am

Return to center about 5:00 pm

**Casino package is subject to change without notice.**



## Travel



## American Music Theatre “Joy to the World” & Smorgasbord Lunch at Bird-In-Hand Restaurant Wed., November 20, 2024

Travel to American Music Theatre in Lancaster, PA and spend an afternoon with the cast of “Joy to the World” a holiday spectacular. The stage transform into a small-town winter carnival brimming with family and friends—featuring scenes filled with entertaining elves, dramatic dancing, sensational singing and grand moments galore. The incredible AMT singers, dancers, and orchestra will perform favorite songs all live on stage. This is an awe-inspiring production filled with brilliant music and dance, phenomenal voices, and light-hearted holiday humor, which make this season’s all-new extravaganza a holiday celebration not to be missed.

### Your Trip will include:

**Transportation, smorgasbord lunch, reserved seats for the show, and all taxes and tips including the driver.**

**Cost: \$115.00 per person**

**Bus Departs NCSC at 10:45 A.M. Returns at 6:45 P.M.**

**Payment in full is required at time of sign-up**

**Cancellations: Refunds are made only if you can find a replacement or your seat is resold.**

## WAIT LIST ONLY!

**Sign-up cutoff date will be Oct. 7th—NO Exception!**

Due to the popularity of our trips, one person may sign up a maximum of 2 people for each trip.  
All trip participants MUST be registered at a Carroll County Senior & Community Center and fill out an Emergency Contact form. Thank you !

### Trip Payment & Refunds:

Seats are reserved as payment is made. Refunds will be made only if someone purchases your seat. If there is a stand-by list, we will make every effort to find a replacement for your cancellation. You may purchase trip insurance for overnight trips. When signing up for your trip, please ask for the brochure. Please see the travel table for the rest of our trip policy.

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**

No experience necessary

Don't have a ukulele - No problem -  
Borrow one of ours

## NEW ACTIVITY

# Coffee & Cars Club



**Wednesdays**  
**9 am - 11 am**  
**In the Gathering Room**

Join us for a weekly car enthusiasts chat. Enjoy a cup of coffee and conversation all about cars, regardless of it's make, model, import, classic or jalopy.

# Medicare

## 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!!*

June 5<sup>th</sup>, 2024-Webinar

July 10<sup>th</sup>, 2024 - In person @ Exploration Commons (50 E Main St)

August 7<sup>th</sup>, 2024-Webinar

August 13<sup>th</sup>, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 18<sup>th</sup>, 2024-Webinar

October 16<sup>th</sup>, 2024-Webinar

November 13<sup>th</sup>, 2024 - In person @ Westminster Public Library (50 E Main St)

December 11<sup>th</sup>, 2024-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>

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!!*

June 12<sup>th</sup>, 2024-Webinar

July 17<sup>th</sup>, 2024 - In person @ Westminster Public Library (50 E Main St)

August 14<sup>th</sup>, 2024-Webinar

August 20<sup>th</sup>, 2024 - In person @ North Carroll Public Library (2255 Hanover Pike)

September 25<sup>th</sup>, 2024-Webinar

October 23<sup>rd</sup>, 2024-Webinar

November 20<sup>th</sup>, 2024 - In person @ Westminster Public Library (50 E Main St)

December 18<sup>th</sup>, 2024-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>

**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**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government



Mark your Calendars

**THURSDAY OCT. 17**

***The Sing-Along Singers***

----- PRESENT: -----

**A Fall  
Sing -Along  
Follies**

----- FEATURING THE SONGS OF -----

**Elvis Presley**

**Paul Anka**

**Bobby Darin**

**Fats Domino**

**The Everly Brothers**

**Dion & The Belmonts**

**And Much More!!!**

**SHOW TIME: 12:30pm**



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 10 am - 11 am and 11 am - 12pm.

Not buying coins at this time.

**You must make an appointment!**



**In the Gathering Room**

# Open Enrollment



## 2025 Medicare Open Enrollment

**Review your 2025 Part D Options: October 15<sup>th</sup>-December 7<sup>th</sup>**



**Bureau of Aging & Disabilities**  
Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30<sup>th</sup>  
If you would like to review your 2025 Part D Plan options,  
please call **410-386-3800** to schedule an appointment.

**\*\*\*Appointments are required and limited\*\*\***

**STATE RETIREES:** we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>  
You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

### South Carroll Senior Center

5928 Mineral Hill Rd  
Sykesville, MD 21784  
**Thursday, October 17<sup>th</sup>, 2024**

### Mt Airy Senior Center

703 Ridge Ave  
Mt Airy, MD 21771  
**Tuesday, October 22<sup>nd</sup>, 2024**

### Taneytown Senior Center

220 Roberts Mill Rd  
Taneytown, MD 21787  
**Wednesday, November 13<sup>th</sup>, 2024**

### North Carroll Senior Center

2328 Hanover Pike  
Hampstead, MD 21074  
**Tuesday, November 19<sup>th</sup>, 2024**



**SHIP**  
State Health Insurance  
Assistance Program

Navigating Medicare

### Westminster Senior Center

125 Stoner Ave  
Westminster, MD 21157  
**Tuesday, December 3<sup>rd</sup>, 2024**



**SMP**  
Senior Medicare Patrol

Preventing Medicare Fraud

**Appointments are also available in our SHIP office Oct 15<sup>th</sup>-Dec 7<sup>th</sup>, 2024.**

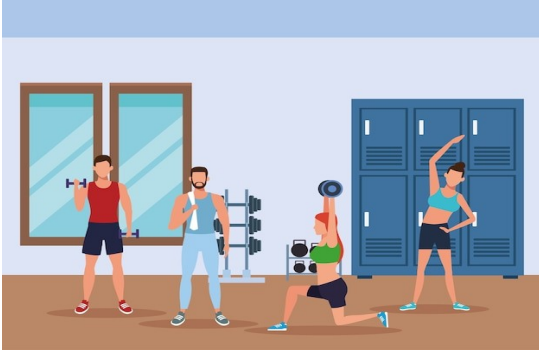
**Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.**

**We will begin scheduling appointments on September 30<sup>th</sup>, 2024.**

**125 Stoner Ave, Westminster, MD 21157**

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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**

**Starting Oct. 10th**

**New  
Class  
Alert!**

# FLU SHOTS are Coming!

Get the  
**FLU**  **SHOT**  
not the flu!



Bureau of Aging and Disabilities



Healthy Aging Leadership Team



**Get your flu shot in the early fall for best protection through the entire flu season.**

*\*\*Please wear a short-sleeved shirt for the Pharmacist to administer the vaccine in your upper arm\*\**

### **Mt. Airy Senior Center**

703 Ridge Ave

Mt. Airy, MD 21771

**Monday September 30th, 2024**

9:00 am – 11:00 am

### **North Carroll Senior Center**

2328 Hanover Pike

Hampstead, MD 21074

**Tuesday October 1st, 2024**

9:00 am – 11:00 am

### **South Carroll Senior Center**

5928 Mineral Hill Rd.

Eldersburg, MD 21784

**Wednesday October 2nd, 2024**

9:00 am – 11:00 am

### **Taneytown Senior Center**

220 Roberts Mill Road

Taneytown, MD 21787

**Thursday October 3rd, 2024**

9:00 am – 11:00 am

### **Westminster Senior Center**

125 Stoner Ave

Westminster, MD 21157

**Friday October 4th, 2024**

9:00 am – 11:00 am

## **DRIVE-THRU CLINIC – FOLLOW SIGNS & STAFF INSTRUCTIONS WHEN YOU ARRIVE**

### **Flu Vaccine Billing**

- ✓ Medicare Part B accepted. **Please bring your new Medicare Card with you.**
- ✓ If you have a Medicare Advantage Plan, please provide your Part D insurance card for possible coverage.
- ✓ BlueCross Carefirst Medical billing accepted.
- ✓ Private insurance accepted for prescription plans that cover the flu vaccine.
- ✓ Uninsured/Not-Covered patient pays **CASH OR CHECK ONLY**
  - \$30.00 Regular Influenza Vaccine
  - \$85.00 High-Dose Influenza Vaccine

CDC and WHO recommend the 2024-2025 High-Dose and Regular Influenza Vaccines to contain the following strains (trivalent):

- an A/Victoria/4897/2022 (H1N1)pdm09-like virus;
- an A/Thailand/8/2022 (H3N2)-like virus; and
- a B/Austria/1359417/2021 (B/Victoria lineage)-like virus.



**NEW CLASS!!**

# Chi Kung

**New  
Class  
Alert!**

*new*  
**INSTRUCTOR**

**Come  
meet  
JASON!**



Improve  
your  
balance

## **Wednesdays -1 pm**

### **In the Gathering Room**

### **Starting Oct. 2nd**

### **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.

# Information

## Learn how to manage your ongoing Chronic Conditions



### What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

### Topics Include:

- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

### What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations

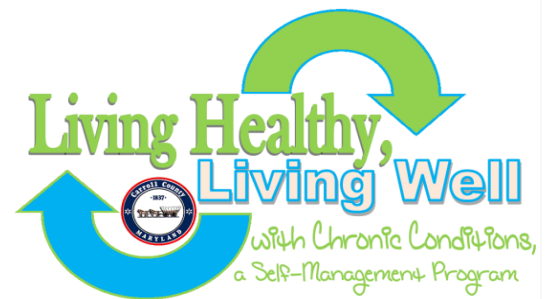


Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD. Donations for materials are accepted but not required to participate, for those 60 years & over.

**REGISTER online at <https://carrollcountymd.gov/LivingHealthy>  
or by calling 410-386-3818 or Email [LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)**

### Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



## FREE Virtual 6-Week Series

October 28-November 4-18-25-December 2-9, 2024

No Class 11/11

**Mondays 9:00 a.m. - 11:30 a.m.**

*Technology assistance for the workshop series will be provided.*

***Tablets capable of accessing Wi-Fi are available through our lending library program.***

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# Information

**Volunteers Needed!**



\*Materials required for training are FREE of charge to the participant.  
Trained leader to facilitate two workshops within first year.

To **register**, please contact

**Victoria Parks**

**Living Healthy,  
Living Well**

Coordinator

[livinghealthy@carrollcountymd.gov](mailto:livinghealthy@carrollcountymd.gov)

410-386-3818



## Become a Certified Chronic Conditions Self-Management Lay Leader

The Chronic Conditions self-management lay leaders are trained to facilitate a six-week *Living Healthy, Living Well with Chronic Conditions* workshop for adults who have chronic conditions like cancer, diabetes, and heart disease and for those who are caregivers for someone who is managing these conditions. Lay leaders are expected to lead a minimum of two (2) workshops annually. Workshops can be delivered in-person or virtually.

Lay leaders help individuals achieve the following objectives:

- ❖ Identify strategies for living with Diabetes
- ❖ Improve management of symptoms
- ❖ Gain a sense of greater self-control
- ❖ Build confidence in establishing supportive relationships
- ❖ Integrate new techniques and activities into a plan for living well

**Training days are Tuesdays & Thursdays  
1 pm – 3:30 pm; plus Monday 11/4**

**November 2024**

**4<sup>th</sup> (Mon), 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>**

**December 2024**

**3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>**

No class 11/28

**\*Attendance at all classes is required for certification.**

**Virtual Link will be sent upon receipt of required registration paperwork**

## Information

# Show Me Better Health

## DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## FREE Virtual 6-Week Series

**Register:** <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—[LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)

Meet **VIRTUALLY** in the comfort of your own home!



November 6-13-20-27-December 4-11, 2024

**Wednesdays 9:00 a.m.— 11:30 a.m.**

*Technology assistance for the workshop series will be provided.*

*Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.*

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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## Information

# Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six-week series of 90-minute workshops that teach you how to take care of yourself while caring for someone else. By taking care of your own physical and emotional needs, you become a better caregiver.

Previous participants have found the program tools they have learned improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also increased confidence in their ability to meet caregiving demands and improved their ability to seek out and utilize community resources.

### The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate more effectively in challenging situations and with the person needing care, family members, doctors, and paid helpers
- Change negative self-talk

### By attending you will receive a book to help you:

- Take care of yourself
- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Help memory-impaired elders
- Learn from your emotions

### Upcoming Workshops:

**Tuesdays 9:30am-11am; Oct. 15—Nov. 19, 2024**

**All workshops held at Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster. Call 410-386-3800 for more information or email [vparks@carrollcountymd.gov](mailto:vparks@carrollcountymd.gov).**

**Caregiving can be a challenge, but it's easier when you're prepared.**

Powerful Tools for Caregivers gives you the confidence and support to better care for your loved one—and yourself.



*I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.*

*Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.*

**Sponsored and Offered for FREE by**



**Bureau of Aging & Disabilities**

Carroll County Department of Citizen Services

**If you or someone you know is a caregiver, we encourage you to register today! Our goal is to improve the lives of caregivers (and ultimately their care recipients) through outreach, conversation, and resources.**

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## Save The Dates For These Upcoming Special Events

### OCTOBER:

Oct. 14, Center Closed for Columbus Day Holiday

Oct. 15, 1pm, Live music with Vince and Friends

Oct. 16, 1– 4pm, Legal Aid

Oct. 24, Casino Trip

### NOVEMBER:

Nov. 11, Center Closed for Veterans Day Holiday

Nov. 12, Veterans Day Celebration - Toys for Tots toy Drive

Nov. 19, Medicare Open Enrollment - You must make an appointment - See page 22 for information.

Nov. 19, 1pm, Live music with Vince and Friends

Nov. 28 & 29, Center Closed for Thanksgiving Holiday

### NOTE: Travel Office hours:

Mon & Wed **9 am – 10 am** in the library

Mon & Wed **10 am – 2:30 pm** in the dining room

Thurs. **8 am – 9:30 am** in the travel office



## 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!**

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Carroll County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES