



South Carroll Senior Center

November

Activity Schedule



**CARROLL COUNTY SENIOR CENTERS WILL BE
CLOSED**

Tuesday November 11th
Thursday November 27th
Friday November 28th

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

SOUTHCARROLLSC@
CARROLLCOUNTYMD.GOV

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



VETERANS BREAKFAST

November 12th at 9:30

Sign up at the front desk
by November 5th

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.



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



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

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@ccg.carr.org

Maryland Legal Aid

South Carroll Senior Center
November 19th– 1:00pm– 4:00pm

- Illegal Eviction
- Family Law Matters
- Bankruptcy Filings
- Debt Collection Disputes
- Denials or terminations of unemployment and public benefits

Maryland Legal Aid (MLA) is the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm*. As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide, in Baltimore City and in Maryland's 23 counties, from 12 office locations. Financial support for our services comes from federal, state and local governments, foundations, law firms, the United Way, and from individual donors.

MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection and criminal record expungements to remove barriers to obtaining child custody, housing, and employment).

Many of MLA's local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as victims of abuse and domestic violence, seniors, migrant farmworkers, veterans, and nursing home and assisted living residents, also receive specialized representation. MLA's services include representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance.



Maryland Legal Aid's
 Midwestern Maryland Office
 22 South Market Street
 Suite 11
 Frederick, MD 21701
 Telephone Intake: 301-694-7414
 Online Intake: www.mdlab.org
<https://www.mdlab.org>



Dance For Your Health

FREE!

Tuesday, November 4, 2025

**at South Carroll Senior Center
5928 Mineral Hill Rd Eldersburg, MD 21784**

12:30 - 3:00 pm

Come join us, and dance for your health during National Diabetes Awareness month. We will be dancing to 50's, 60's and 70's music.

All members welcome to join!



Guest Speaker Amy O. Michael, MS, RDN, LDN, CDCES who is the supervisor of The Diabetes Program, a registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist at Carroll Hospital.

Sponsored by Freedom District Lions Club and the Site Council at South Carroll Senior Center



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

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.

DID YOU KNOW??

We will be at the South Carroll Senior Center
the 1st Thursday of **EACH** month!

(No visits in July & December)



We can connect you with services regarding:

- Energy Assistance
 - RTC and HTC
 - Referrals to Community Service Providers
 - Caregiver Resources
 - Housing Options
 - Long-Term Care Services/Program
-



VETERANS ★ ★ ★ DAY ★ ★ ★ BREAKFAST



HONORING ALL WHO SERVED



WEDNESDAY, NOVEMBER 12TH AT 9:30 AM IN THE DINNING ROOM

IF YOU WOULD LIKE TO ATTEND OUR VETERANS DAY BREAKFAST ON NOVEMBER 12TH SIGN UP AT THE FRONT DESK BY 11/5/2025. IN ORDER TO ATTEND YOU MUST HAVE SERVED IN SOME CAPACITY OR HAVE HAD A DIRECT FAMILY MEMBER SERVE.

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.



2026 BUS TRIPS

**APRIL 1ST - JOSHUA - SIGHT & SOUND THEATRE WITH BUFFET LUNCH
AT ARTHUR'S TERRACE RESTAURANT**

COST: \$185.00 PER PERSON SIGN UP STARTS NOVEMBER 4TH

**MARCH 27TH - THE CHERRY BLOSSOM TOUR & LUNCHEON AT
GADSBY'S TAVERN RESTAURANT IN WASHINGTON, D.C.**

COST: \$125.00 SIGN UP STARTS DECEMBER 1ST

**JUNE 25TH - ST. MIKE'S PATRIOT BOAT CRUISE & SUICIDE BRIDGE
CRAB FEAST ST. MICHAELS, MARYLAND**

COST: 160.00 PER PERSON SIGN UP STARTS JANUARY 27TH

OCTOBER TRIP - TO BE DETERMINED

**NOVEMBER 19TH - AMERICAN MUSIC THEATER "WINTER
WONDERLAND" & YODER'S RESTAURANT IN LANCASTER,
PENNSYLVANIA**

COST: \$139.00 SIGN UP STARTS JUNE 16TH

**DECEMBER 2ND STONE GABLES ESTATE HOLIDAY TOUR WITH
CHRISTMAS DINNER AND HOLIDAY SHOW & NATIONAL CHRISTMAS
CENTER IN ELIZABETHTOWN, PENNSYLVANIA**

COST: \$175.00 SIGN UP STARTS JULY 6TH



Sight and Sound



JOSHUA

WEDNESDAY APRIL 1ST 2026 8AM - 6PM

Join the South Carroll Senior Center when we visit The Sight & Sound Theatre to see the play "Joshua" in Strasburg, Pennsylvania. The play will be followed by a delicious buffet lunch at Arthur's Terrace, at the Eden Resort & Suites in Lancaster, Pennsylvania. Bus departs at 8AM.

Cost: \$185.00 Per Person

Sign up starts November 4th 2025

Last day to sign up is December 23rd 2025

**NO REFUNDS 30 DAYS PRIOR TO THE TRIP UNLESS WE SELL YOUR TICKET
PAYMENT DUE AT TIME OF SIGN UP**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



S O U T H C A R R O L L S E N I O R C E N T E R

C H E R R Y B L O S S O M T O U R

F R I D A Y M A R C H 2 7 , 2 0 2 6
7 A M - 5 : 3 0 P M

TRAVEL TO THE NATION'S CAPITAL, WASHINGTON, D.C., AND SPEND A DELIGHTFUL MORNING VIEWING THE CHERRY BLOSSOMS WHILE TOURING WASHINGTON'S ICONIC LANDMARKS. WE WILL LEAVE THE SENIOR CENTER AT 7AM TO ARRIVE IN D.C. AROUND 8:45AM. UPON ARRIVAL WE WILL TAKE A TOUR OF WASHINGTON D.C. SURROUNDED BY A SPECTACULAR EXPLOSION OF PALE PINK AND WHITE BLOSSOMS, WE WILL VIEW AND STOP AT PROMINENT LANDMARKS SUCH AS THE JEFFERSON MEMORIAL, FRANKILIN D. ROSEVELT MEMORIAL, LINCOLN MEMORIAL, VIETNAM VETERANS MEMORIAL AND THE MARTIN LUTHER KING, JR. MEMORIAL. ADDITIONALLY, A PHOTO-STOP TO VIEW THE CHERRY TREES AT THE TIDAL BASIN WILL BE MADE. AFTER THE TOUR WE WILL ENJOY A DELICIOUS LUNCHEON AT GADSBY'S TAVERN RESTAURANT IN ALEXANDRIA, VIRGINIA. A U.S. NATIONAL HISTORIC LANDMARK, GADSBY'S TAVERN RESTAURANT HAS BEEN OFFERING FINE DINNING SINCE 1770.

\$125.00 PER PERSON

SIGN-UP STARTS DECEMBER 1, 2025

LAST DAY TO SIGN UP JANUARY 19, 2026

**NO REFUNDS 30 DAYS PRIOR TO THE TRIP UNLESS WE SELL YOUR TICKET
PAYMENT DUE AT TIME OF SIGN UP**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

VARIETY

Show!

WEDNESDAY | NOV 19TH | 12:30

IN THE DINNING ROOM

WE HAVE SINGERS, DANCERS,
JOKESTERS AND MUSICIANS,
SOMETHING FOR EVERYONE.

IF YOU'D LIKE TO BE IN THE SHOW
JUST SEE BRUCE COHEN OR CAROL
OSBORNE

PRACTICE WILL BE NOV 5TH
AND NOV 12TH AT 1PM



*It's that time of
year again.....*

**We need singers for our
holiday program. The
first meeting/practice
will be on November 5th
at 12:30.**



Technology Class

South Carroll Senior Center

**Presented by:
The Carroll Technology
And Innovation Council**

**November 4th - Answering your
questions (Smartphones)**

**November 18th - Answering your
questions (Laptops)**

ALL CLASSES AT 10:30AM

**SIGN UP AT THE FRONT DESK
OR CALL 410-386-3700**

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



Pickleball Committee Update

The Kitchen Report November

Hello Everyone,

We held our first Pickleball Tournament on October 17, 2025. Thank you to the volunteers and to the 24 participants who made this tournament a success. Congratulations to our winners! All proceeds from the tournament benefit the South Carroll Senior Center Site Council.

We continue to reserve 1 court on Wednesday mornings from 9:30 am to 10:30 am for beginners up to level 2.5 (0-2.5). Remember it's important to check in upon arrival so the Center knows the number of people that use the facility (gym).

The Pickleball Theory Class for beginners is offered on Thursday afternoons between 1:00 PM and 2:30 PM. The class is held when there are 6 people registered by Tuesday of each week. The class will be deferred from week to week until we have at least 6 people registered. The class covers most areas necessary to become familiar with the game. There's a visual court and net set up so people can see and understand the different explanations of what goes on during a game. After the class, the students are invited into the gym to actually play on a court with the Beginner/Intermediate group. Bring a paddle if you have one. There is no charge for this class. Please register at the front desk.

We received permission to change the date for annual pickleball dues collection from January of each year to October of each year. This change means that collection of pickleball dues will now coincide with the timetable of filling out yearly registration forms at the Center. The dues remain \$20.00 for 2026. With this change, we hope to reduce the daily time demand on the volunteers taking care of the front desk, while making it easier for people joining the center and playing pickleball. We understand that paying earlier may put a financial strain on some players, especially those who joined recently, but the cost for one year at the center is much cheaper than the cost at private pickleball facilities. Thank you for your understanding with this change.

We have also received permission for visitors of registered South Carroll Senior Center pickleball players to pay a daily fee of \$5.00 each visit. Unfortunately, they still will have to fill out the registration paperwork for the center. This \$5.00 fee will be noted at each visit and after 4 visits (\$20.00) the visitor will be considered a fully paid member of the pickleball group. They may now play the rest of the year at no cost.

Weido DiMaio

Chair of the Pickleball Committee



Pickleball Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30	Beginner and Intermediate	ADVANCED	Beginner and Intermediate	ADVANCED	Beginner and Intermediate
10:30- 11:30					
11:30- 12:30		ALL PLAYERS		ALL PLAYERS	
12:30- 1:30	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS
1:30- 2:30	Advanced		Advanced		Advanced
2:30- 3:45					

Pickleball Tournament Results



Pickleball Tournament 2025 Results

1st place - Virginia McGovern & Bob Voight

2nd place - Karen Schmiedt & Tad Calwell

3rd place - Lori Jackson & Dave Trumbo



Community Service Project PRINCESS DRESS PROJECT WORKSHOPS

**Volunteers
and
Donations
Needed**



**SECOND MONDAY of EVERY MONTH
(could change due to holidays)
12:00pm-3:00pm**

We make dresses and shorts for children all over the world. Looking for members to sew or cut out the fabric for projects..

We are also accepting donations

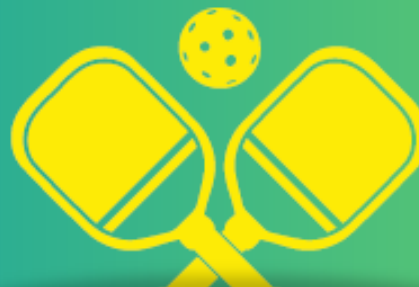
-Fabric (cottons, fleece and flannel)

-Lace and trims

-Extra wide double fold bias tape

Please mark donations "Dress Workshop" and place in Clean Craft Room.

**Multipurpose
Room**



**LEARN THE THEORY
OF
PICKLEBALL BASICS**

**limited
space**

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

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

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

Craft Group

November Upcoming Activities

WEDNESDAYS
10:00 AM - 12:00 PM
SIGN UP AT FRONT DESK

November 5th - Papercrafting

November 12th - Giving Back, Preparing for
Christmas Bazaar Projects

November 19th - Fun with Food, Thanks to the
Turkeys \$3.00

November 26th - No Workshop



 SOUTH CARROLL SENIOR CENTER November Lunch Menu 				
Monday	Tuesday	Wednesday	Thursday	Friday
3 New Item Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 10/29	4 Beef Pot Roast Au Jus (Horseradish Cream Sauce) WG Sandwich Bun Honey Roasted Beets Fresh Cole Slaw Sign up due by 10:00am 10/30	5 New Item Creamy Chicken Casserole Yellow Rice Pilaf Seasoned Green Beans Diced Peaches WG White Wheat Bread Sign up due by 10:00am 10/31	6 Cheddar Cheeseburger Lettuce & Tomato Corn O'Brien WG Hamburger Bun Creamy Cucumber Salad Sign up due by 10:00am 11/3	7 Roast Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail Sign up due by 10:00am 11/4
10 New Item Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt Sign up due by 10:00am 11/5	11 CENTER CLOSED 	12 Vegetarian Boxed Lunch Sign up due by 10:00am 11/3	13 New Item Reuban Sammy Casserole Zucchini & Tomatoes Fruit Cocktail WG White Wheat Bread Sign up due by 10:00am 11/7	14 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Cole Slaw Fruited Yogurt Sign up due by 10:00am 11/10
17 New Item Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG White Wheat Bread Sign up due by 10:00am 11/12	18 New Item "Marry—Me" Chicken Breast Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices Sign up due by 10:00am 11/13	19 Sub Roast Beef Sub (Lettuce, Tomato & Onion) Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 11/10	20 New Item Pot Roast of Beef w/ Stroganoff Sauce Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges Sign up due by 10:00am 11/17	21 Hot Dog Hot Dog Hot Dog Bun Vegetarian Beans Sauerkraut Fruit Sign up due by 10:00am 11/13
24 Pepperjack Turkey Burger (Lettuce & Tomato) WG Sandwich Roll Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 11/19	25 THANKSGIVING LUNCH Turkey Breast Cutlet w/Gravy Bread Stuffing Green Beans Cranberry Sauce WG White Wheat Bread Pumpkin Pie w/Whipped Topping Sign up due by 10:00am 11/17	26 Chicken Breast w/Ranch Cream Sauce Yellow Rich Pilaf WG White Wheat Bread Peas & Carrots Pineapple Tidbits Sign up due by 10:00am 11/21	27 CENTER CLOSED 	28 CENTER CLOSED 
Reservation Required by posted sign up date. To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.64. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.64.				
				
				

FITNESS AND EXERCISE DISCLAIMER



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.

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.

Daily Activities

FRIDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am - 3:45pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Wii Games	8:00am - 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 Yearly PAY AT FRONT DESK
Chair Yoga	9:30 am - 10:15am	Session Started Oct. 6th	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 stand- ing)	10:30 am - 11:15 am	Session Started Oct. 6th	Cost: \$30.00 10-12 Weeks
Age Well Aerobics	11:30 am - 12:30 pm	Session Started Oct. 6th	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 Nov. 3rd	None
Circuit Training	1:00pm - 2:00pm	Session Started Oct. 6th	Koons Funded Thank you Koons Toyota of Westminster Donations Accepted

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
Wii Games	8:00am - 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 Yearly PAY AT FRONT DESK
Ceramics	9:00 am - 11:45 am	Ongoing	Item cost and \$2.00 activity fee
Arthritis Exercise	9:15 am - 10:15 am	Session Started Oct. 7th	Grant Funded Donations Accepted 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. 7th	Cost: \$30.00 10-12 Weeks
Technology Class	10:30 am - 11:30 am	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am - 12:00 pm	November 4th	None
Scrapbooking and Card Making	12:30 pm - 3:45 pm	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 - 3:45 pm	Ongoing	None
Wii Games	8:00 am - 3:45 pm	Ongoing	None
Circuit Training	8:15 am - 9:15 am	Session Started Oct. 1st	Koons Funded Thank you Koons Toyota of Westminster Donations Accepted
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 Yearly PAY AT FRONT DESK
Chair Yoga	9:30 am - 10:15 am	Session Started Oct. 1st	Cost: \$30.00 10-12 Weeks
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Session Started Oct. 1st	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. 1st	Cost: \$35.00 10-12 Weeks
Art Class	1:00 pm - 3:00 pm	Session Started Sept. 4th	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	9:30 am - 3:45 pm	Ongoing	\$20.00 Yearly PAY AT FRONT DESK
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Ceramics	9:00 am - 11:30 am	Ongoing	Item cost and \$2.00 activity fee
Arthritis Exercise	9:15 am - 10:15 am	Session Started October 2nd	Grant Funded Donations Accepted 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 October 2nd	Cost: \$35.00 10-12 Weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Session Started Sept. 4th	Cost: \$35.00 10-12 Weeks
Theory of Pickleball Basics	1:00 pm - 2:30 pm	Sign up at front desk	None

Daily Activities

FRIDAY

Program	Time	Sessions	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
Wii Games	8:00 am - 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 Yearly PAY AT FRONT DESK
Penny Bingo	9:30 am - 11:30 am	Ongoing	Penny
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	By Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos/games	12:30 pm - 3:45 pm	Ongoing	None