



SOUTH CARROLL SENIOR CENTER

AUGUST

ACTIVITY SCHEDULE

**5928 MINERAL HILL RD
SYKESVILLE, MD 21784
410-386-3700
SOUTHCARROLLSC@
CARROLLCOUNTYMD.GOV**

MONDAY-THURSDAY

8:00AM-4:00PM

FRIDAY

8:00AM-3:00PM



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."

TECHNOLOGY CLASSES

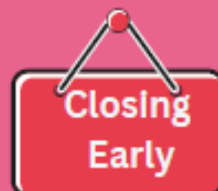
TUESDAYS

10:00AM

**SIGN UP FOR THE NEXT SESSION
AT THE FRONT DESK.
LIMITED SPACE**



**CARROLL COUNTY
SENIOR CENTERS
WILL CLOSE AT 3:00PM
ON FRIDAYS**



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



Formerly Seniors On The Go Expo

Wednesday, September 10, 2025 - 9:00 a.m. to 2:00 p.m.

Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD

FREE Admission

FREE Health Screenings

Vendor Prize BINGO

Speakers & Seminars

**Community Program &
Fitness Demonstration**

FREE Shuttle Service

Grab & Go Lunches

Prescription Medication Disposal

Designated Veterans Area

**FREE Complementary
Therapies**



For more information call 410-386-3800
agingexpo@carrollcountymd.gov

Official Expo
Media Sponsors

Carroll County
Times



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SUMMER SERIES

August 12th

August 19th

August 26th

All Classes at 10:00am

**SIGN UP AT THE FRONT DESK
OR CALL (410) 386-3700 TO
RESERVE YOUR SPOT**

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



South Carroll Senior Center Bus Trip

COASTAL MAINE IN THE FALL

**SEATS
AVAILABLE**

October 20th- October 23rd

Sign up at the front desk

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

Last Day to Sign up August 1, 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

Holidays at Nemours Estate and Lunch at Buckley's Tavern

SEATS
AVAILABLE

THURSDAY NOVEMBER 20, 2025

COST: \$125.00

9:00am - 7:00pm

LAST DAY TO SIGN UP AUGUST 12th

Enjoy a tour of the former Du Pont estate decked out for the holidays with Christmas trees, hand-painted ornaments and antique decorations. Before the tour relax and enjoy a delicious lunch at Buckley's Tavern. Your meal choices are Curried chicken Salad Sandwich, French Dip Sandwich, or Quiche Lorraine.

To reserve a spot on the bus you must pay full price, complete an emergency contact form and complete meal choice form.

Includes: Transportation, lunch, Holidays at Nemours Estate, all taxes and tips.

No refunds after 30 days prior to trip unless we sell you seat.

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American Music Theatre Presents:

"Deck the Halls"

Thursday

December 11, 2025

COST: \$125.00

10:15AM - 7:15PM

**SIGN UP
STARTS
July 16th**

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

LAST DAY TO SIGN UP IS August 27th

It's the time of year to be dazzled and delighted with musical merriment! Enjoy a live performance of holiday favorites and sentimental tributes!

Before the show enjoy a delicious smorgasbord lunch at Bird-in-Hand Family Restaurant.

No refunds after 30 days prior to trip unless we sell your seat!

Trip Includes: Transportation, smorgasbord lunch, reserved seats for the show, all taxes and tips.

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BOARD GAMES

EVERY FRIDAY

12:30pm—2:30pm



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



Community Service Project PRINCESS DRESS PROJECT WORKSHOP

**Volunteers
and
Donations
Needed**



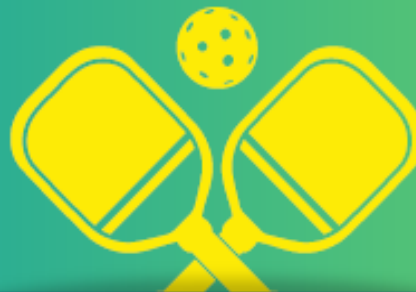
**SECOND MONDAY of EVERY MONTH
(could change due to holidays)
12:00pm-3:00pm**

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**

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

Help us Design & Build Age-Friendly Carroll County

We want deep roots that allow Carroll County to be a place that everyone will choose to live, work and play as they age.

Help us build the priorities for our future by taking the survey* by September 15th

https://carrollcountymd.qualtrics.com/jfe/form/SV_aVP8njulgrT1peC



***Survey is available in
English and Spanish**





South Carroll Senior Center AUGUST LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Note The
"Summer
Special"
AUGUST
21st.



Site Council
Fundraiser
August 13th

Reservation Required
by posted sign up date.

To reserve a lunch fill out the 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 \$6.31 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.31. 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 \$6.31.

1
Chicken Cordon Blue
Sandwich
(Ham, Cheese, Lettuce & Tomato)
WG Sandwich Roll
Broccoli Salad
(w/Cranberry Orange
Dressing)
Baked Beans
Fruited Yogurt
Sign up due by
10:00am 7/29

4
Beef Pot Roast Au Jus
(Horseradish Cream Sauce)
WG Sandwich Bun
Honey Roasted Beets
Fresh Cole Slaw

Sign up due by
10:00am 7/30

5 **NEW**
Creamy Chicken
Casserole
Yellow Rice Pilaf
Seasoned Green Beans
Diced Peaches
WG White Wheat Bread

Sign up due by
10:00am 7/31

6
Meatloaf w/Gravy
Herb Roasted Potatoes
Creamy Cucumber Salad
Mandarin Oranges
WG White Wheat Bread

Sign up due by
10:00am 8/1

7 **NEW**
Roasted Pork Loin w/Dijon
Cream Sauce
Okra & Tomatoes
Garlic Mashed Potatoes
Fruit Cocktail
WG White Wheat Bread

Sign up due by
10:00am 8/4

8 **SPECIAL**
Hot Dog
Hot Dog Roll
Vegetarian Beans
Fruit

Sign up due by
10:00am 7/31

11 **NEW**
Chicken Breast Fricassee
WG Brown Rice Pilaf
Mixed Vegetables
Sliced Apple Snack Pack
WG White Wheat Bread

Sign up due by
10:00am 8/6

12
Salisbury Steak w/
Mushroom Gravy
Roasted Potatoes
Seasoned Greens
WG White Wheat Bread
Amish Navy Bean Salad

Sign up due by
10:00am 8/7

13 **FUNDRAISER**
Jersey Mike's Sub
Italian Cold Cut
(Lettuce, Tomato, Onion w/Oil
& vinegar & Hots on the side)
Cookie & Chips

This lunch will cost \$15 or you can
have a boxed lunch by donation. Sign
up and pay with Brad from July 21st
to August 1st. Proceeds go towards
the Site Council.

14
Cream of Broccoli Soup
BBQ Chicken Sandwich
WG Hamburger Roll
Fresh Red Cabbage Slaw
Fruited Yogurt

Sign up due by
10:00am 8/11

15 **SUB**
Turkey & Cheese Sub
(Lettuce, Tomato & Onion)
Kaiser Roll
Potato Salad
Cole Slaw
Fruit Cocktail

Sign up due by
10:00am 8/7

18
Chicken Breast w/Creamy
Artichoke Sauce
Lemon Rice Pilaf
Seasoned Green Beans
WG White Wheat Bread
Cinnamon Apple Slices

Sign up due by
10:00am 8/13

19
Lentil & Spinach Soup
Tuna Salad Sandwich
(Lettuce & Tomato)
WG White Wheat Bread
Corn & Edamame
Applesauce

Sign up due by
10:00am 8/14

20
Pot Roast of Beef
Chasseur
Roasted Potatoes
WG White Wheat Bread
Seasoned Greens
Mandarin Oranges

Sign up due by
10:00am 8/15

21 **SUMMER LUAU**
Pulled Pork BBQ
Sandwich
WG Sandwich Roll
Cold Broccoli Salad
Sweet Potatoes
Pineapple Tidbits
Coconut Cream Pie

Sign up due by
10:00am 8/13

22
Pepperjack Cheeseburger
(Lettuce & Tomato)
WG Sandwich Roll
Fresh Broccoli Slaw
Tropical Fruit
Fruited Yogurt

Sign up due by
10:00am 8/19

25
Tuna Noodle Casserole
WG White Wheat Bread
Chickpea & Tomato Salad
Hot Cinnamon Apples

Sign up due by
10:00am 8/20

26
Chicken Breast w/Ranch
Cream Sauce
Yellow Rice Pilaf
WG White Wheat Bread
Peas & Carrots
Pineapple Tidbits

Sign up due by
10:00am 8/21

27 **SUB**
Meatball Sub
WG White Wheat Roll
Seasoned Green Beans
Mandarin Oranges

Sign up due by
10:00am 8/22

28 **NEW**
Turkey Florentine
WG Lemon Rice Pilaf
WG White Wheat Bread
Zucchini & Tomato Salad
Cinnamon Applesauce
Fruited Yogurt

Sign up due by
10:00am 8/25

29 **NEW**
Split Pea Soup
Chicken Caesar Salad
WG Cornbread Loaf
WG White Wheat Bread
Hot Spiced Apples

Sign up due by
10:00am 8/26

SITE COUNCIL FUNDRAISER



**AUGUST
13TH**

\$15

**INCLUDES: ITALIAN
COLD CUT,
CHIPS & COOKIE**



\$15

**SIGN UP AND PAY WITH
BRAD BETWEEN JULY 21ST -
AUGUST 1ST**

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.

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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		Advance Summer Hours Pickleball Ends at <u>2:30</u> on Fridays
2:30- 3:45					

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	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
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	New Session started July 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	New Session started July 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session started July 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 August 11th	None
Circuit Training	1:00pm— 2:00pm	New Session started July 7th	Cost: \$30.00 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
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	\$ per item and \$2.00 activity fee
Arthritis Exercise	9:15 am - 10:15 am	CLASS IS FULL	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	New Session Started July 1st	Cost: \$30.00 10-12 weeks
Technology Class	10:00 am — 11:30 am	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	August 4th	None
Scrapbooking and Card Making	12:30 pm-3:45pm	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
Wii Games	8:00am — 3:45 pm	Ongoing	None
Circuit Training	8:15am– 9:15am	New Session started July 2nd	Cost: \$30.00 10-12 weeks
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Chair Yoga	9:30 am - 10:15 am	New Session started July 2nd	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Crafts	10:00am– 12:00pm	Ongoing	cost of craft project
Zumba Gold (seated or standing)	10:30 am - 11:15 am	New Session started July 2nd	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	New Session started July 2nd	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Next Session starts September 3rd	Cost: \$30.00 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
Wii Games	8:00am — 3:45 pm	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	Cost per item and \$2.00 activity fee
Arthritis Exercise	9:15 am – 10:15 am	New Session started July 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	New Session started July 10th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation;
Art Class	1:00 pm - 3:00 pm	Next Session starts September 4th	Cost: \$35.00 10-12 weeks
Learn the Theory of Pickleball Basics	1:00 pm– 2:30pm	Sign up at front desk	No Cost

Daily Activities

FRIDAY

Program	Time	Session	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 2:30 pm	Ongoing	None
Exercise Equipment	8:00 am - 2:30 pm	Ongoing	None
Computer Lab	8:00 am - 2:30 pm	Ongoing	None
Puzzles	8:00 am - 2:30 pm	Ongoing	None
Ping Pong	8:00 am– 2:30pm	Ongoing	None
Wii Games	8:00am — 2:30 pm	Ongoing	None
Penny Bingo	9:30 am - 12:00 pm	Ongoing	Penny
Pickleball	9:30 am - 2:30pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Mahjongg	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	New Session started July 11th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	New Session started July 11th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 2:30 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 2:30 pm	Ongoing	None