

South Carroll Senior Center

**5928 Mineral Hill Road
Eldersburg, MD 21784**

410-386-3700

Monday-Friday 8am-4pm

February 2026 Activity Schedule

Senior Centers will be closed:

Monday, February 16th

President's Day



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.

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 close early then the Carroll County Senior Centers open late or close early.
- There may be special circumstances where it is necessary to adjust the opening or closing times of the center, or not open the centers for safety reasons. Please listen to local radio or TV stations, for up to date information.
- <https://www.carrollcountymd.gov>



If Carroll County Public Schools are CLOSED:

- Senior Centers will open at 8:00 am
- Modified meals will be served.
- No Senior programs/classes will be held.
- Carroll Transit System (CTS) ride are **CANCELLED**, UNLESS you wish to venture out, but: **YOU MUST CALL CARROLL TRANSIT SYSTEM (CTS)** before your scheduled pick up AND leave a message that you would like to have the bus pick you up– 410-363-0622.
- For information on cancellations listen to: WTTR (AM 1470 FM 102.3), WBAL (11) or WJZ (13).

If Carroll County Public Schools are 2 (two) HOURS LATE:

- Senior Centers will open at 8:00 am
- Modified meals will be served.
- Call your 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 – 410-363-0622.
- For information on cancellations listen to: WTTR (AM 1470 FM 102.3), WBAL (11) or WJZ (13).

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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 BUS TRIPS

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

COST: \$185.00 8 SEATS LEFT-LAST DAY TO SIGN UP IS FEBRUARY 13TH

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

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

COST: \$160.00 PER PERSON SIGN UP STARTS JANUARY 27TH

**OCTOBER 12TH - OCTOBER 16TH - CAPE COD & MARTHA'S VINEYARD,
PLUS PROVINCETOWN & HYANNIS, MASSACHUSETTS**

**COST: \$999 FOR DOUBLE ROOM, PRICES VARY WITH ROOM
OCCUPANCY, SEE FLYER FOR PRICES SIGN UP STARTS APRIL 13TH**

**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



S o u t h C a r r o l l S e n i o r C e n t e r

St. Michael's Patriot Boat Cruise & Crab Feast

THURSDAY JUNE 25TH, 2026
8:30 AM - 9:30 PM

Escape across the Chesapeake Bay to the quaint historic village of ST. Michaels, Maryland on the Eastern Shore. Upon arrival, you will have leisure time to explore the charming shops, local boutiques, antique shops and Main Street merchants all within walking distance. Following lunch on your own, you will climb aboard "The Patriot", a working replica of a 1930's Steam Ferry for a narrated sightseeing cruise on the Miles River. You will also learn about the local ecosystem and hopefully see a variety of native wildlife. After the cruise you will take a short ride to Hurlock, Maryland where you will feast on crabs at the Suicide Bridge Restaurant. The crab feast will include steamed crabs, crab soup, fried chicken, clam strips, corn-on-the-cob, coleslaw, dessert, iced tea, soda, coffee, and draft beer.

\$160.00 PER PERSON

SIGN - UP STARTS JANUARY 27TH

LAST DAY TO SIGN UP IS MARCH 17TH

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

Variety Show

February 19th

12:30

In Dining Room

Practice: February 12th

12:30

Prep: February 18th

12:30

**Come see our Dancers, Singers
Instrumentalists & Jokesters**

Using Your Smartphone

Join us for a three-part digital safety and skills series designed to help you feel more confident online! Learn how to use AI chatbots like ChatGPT for everyday tasks in a safe and helpful way, build stronger password habits to better protect your accounts, and understand the basics of virus protection to keep your computer secure while browsing, downloading, and checking email.

February 3 - Using AI Chatbots

February 10 - Passwords

February 17 - Virus Protection

Register for all three classes at the front desk or
call 410-386-3700

UNIVERSITY OF
MARYLAND
EXTENSION

SENIOR PLANET
FROM AARP



G.R.O.W.



(Gardens Really Offer Wonders)

**Meeting Mon.
Feb. 2, 10am**

**Once outside weather resumes,
we will meet outside
Mondays at 9am**

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**



Pickleball Schedule

	Mon	Tue	Wed	Thu	Fri		
9:30 - 10:30	Beginner & Intermediate	Advanced	Beginner & Intermediate	Advanced	Beginner & Intermediate		
10:30 - 11:30							
11:30 - 12:30		All Players		All Players			
12:30 - 1:30	All Players	Beginner & Intermediate	All Players	Beginner & Intermediate	All Players		
1:30 - 2:30	Advanced						
2:30 - 3:45	Advanced		Advanced				

**Looking for New
Committee Members:
Term begins March 1**

**Pickleball Tournament
March 20, 2026**



**LEARN THE THEORY
OF
PICKLEBALL BASICS**



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**

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:

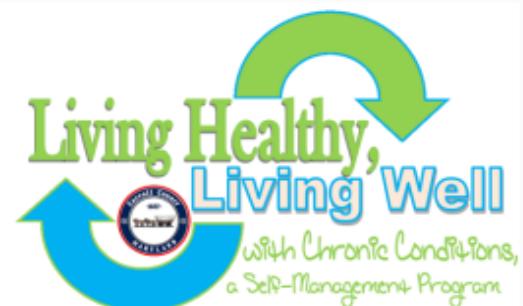
- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication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

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.

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



FREE Virtual 6-Week Series

March 5 – April 9, 2026

Thursdays 9:30 a.m. – 12 p.m.

Technology assistance for the workshop series will be provided.

Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.

REGISTER online at <https://carrollcountymd.gov/LivingHealthy>
or by calling 410-386-3818 or Email LivingHealthy@carrollcountymd.gov

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CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

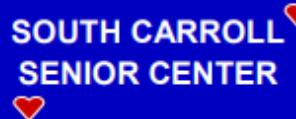
SIGN UP AT FRONT DESK

February 4th – Papercrafting. Cost \$2.

February 11th – Fun with Food: All About the Hearts: fruit skewers, candy mice, cupcake decorating. Cost \$3.

February 18th – Chinese Lanterns. Happy New Year. “Gong Hei Fat Choy”. No cost.

February 25 – Diamond Art Bookmarks. Cost \$1 each.



FEBRUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pepperjack Turkey Burger WG Sandwich Roll <i>Lettuce/Tomato</i> Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 1/28	3 Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 1/29	4 Beef Pot Roast Au Jus <i>Horseradish Cream Sauce</i> WG Sandwich Bun Honey Roasted Beets Fresh Cole Slaw Sign up due by 10:00am 1/30	5 Creamy Chicken Casserole Yellow Rice Pilaf Seasoned Green Beans Diced Peaches WG White Wheat Bread Sign up due by 10:00am 2/2	6 Cheddar Cheeseburger <i>Lettuce & Tomato</i> Corn O'Brien WG Hamburger Bun Creamy Cucumber Salad Sign up due by 10:00am 2/3
9 Roast Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail Sign up due by 10:00am 2/4	10 Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt Sign up due by 10:00am 2/5	11 Chicken Breast Fricassee WG Brown Rice Mixed Vegetable WG White Wheat Bread Sliced Apple Snack Pack Sign up due by 10:00am 2/6	12 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish White Bean Salad Sign up due by 10:00am 2/9	13 ♥ SPECIAL ♥ Roast Eye Round of Beef Gravy/Au Jus Roll ♥ Mashed Potatoes Harvard Beets Green Bean Casserole Cherry Pie w/Whipped Topping ♥ Sign up due by ♥ 10:00am 2/5
16 President's Day CENTER CLOSED ★ ★ ★ ★	17 Chinese New Year \$12 paid at front desk when you sign up Choose 1 General Tso's Chicken Kung Pao Chicken Four Seasons Beef Lo Mein <i>Each meal comes with pork fried rice & egg roll</i> Sign up at front desk by 10:00am 2/6	18 "Marry Me" Chicken Breast Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices Sign up due by 10:00am 2/12	19 Lentil & Spinach Soup Tuna Salad Sandwich <i>Lettuce & Tomato</i> WG White Wheat Bread Corn & Edamame Applesauce Sign up due by 10:00am 2/13	20 Pot Roast of Beef w/ Stroganoff Sauce Roasted Potatoes WG White Wheat Bread Seasoned Green Beans Mandarin Oranges Sign up due by 10:00am 2/17
23 SUB Danish Ham Sub Swish Cheese Lettuce, Tomato & Onion Club Roll Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 2/13	24 Mediterranean White Bean Soup Turkey-Ham Maccaroni Plate Baby Spinach Bed Grape Tomatoes WG White Wheat Bread Pineapple Tidbits Sign up due by 10:00am 2/19	25 Tuna Noodle Casserole WG White Wheat Bread Chickpea & Tomato Salad Hot Cinnamon Apples Sign up due by 10:00am 2/20	26 Chicken Breast w/Ranch Cream Sauce Yellow Rice Pilaf WG White Wheat Bread Peas & Carrots Pineapple Tidbits Sign up due by 10:00am 2/23	27 Meatball Sub WG White Wheat Italian Roll Seasoned Green Beans Mandarin Oranges Sign up due by 10:00am 2/24
Reservation Required by posted sign up date.		♥	♥	February 17th is a fundraiser for the Site Council. Box lunch can be ordered on 2/17 instead of the Chinese. Order box lunch in lunch book.
<p><i>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 \$6.64 (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.</i></p>		♥	♥	

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.

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 Jan. 5th	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 Jan.5th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New session started Jan. 5th	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	Second Monday of Each Month	None
Circuit Training	1:00pm- 2:00pm	New session started Jan. 5th	Cost: Donation 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 - 3:45 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	New session started Jan. 13th	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 Jan. 6th	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	11:15 am— 12:00 pm	February 3rd	None
Open Paint Time	12:30-3:45pm	Ongoing	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 Jan. 7th	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 Jan. 7th	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 Jan. 7th	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 Jan. 7th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	New session started Jan. 7th	Cost: \$50.00 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 - 3:45 pm	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
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 Jan 8th	Grant Funded 10-12 weeks
Canasta Beginners & Experienced	9:30 am - 12:30 pm	Ongoing	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 Jan. 8th	Cost: \$35.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	New session started Jan. 8th	Cost: \$50.00 10-12 weeks
Learn the Theory of Pickleball Basics	1:00 pm - 2:30 pm	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 - 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	8:00am — 3:45 pm	Ongoing	None
Penny Bingo	9:30 am - 12:00 pm	Ongoing	Penny
Pickleball	9:30 am - 3:45 pm	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 Jan. 9th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am - 11:30 am	New session started Jan. 9th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominoes/ Board Games	12:30 pm - 3:45 pm	Ongoing	None