

# NEWS FLASH

## WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave  
Westminster, MD 21157

410-386-3850

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

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

# January

## 2026

### Center Hours:

**Monday–Friday**

8:00 am to 4:00 pm

### **Center Closed:**

Thursday, January 1

Monday, January 19



# INFORMATION STATION

## CENTER STAFF

**CENTER MANAGER:**  
KATIE WOODEN

**CENTER ASSISTANT:**  
ESTHER BALDWIN

**CENTER CUSTODIAN:**  
JOHN HOOVER



## Updating Your Membership Form

Every Senior Center Member MUST update their membership form YEARLY (around your birthday). This helps us keep our records up to date. If you are unsure if you have updated yet this year please check with Katie!

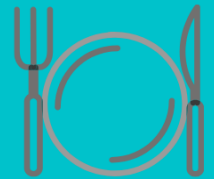
NEW  
LUNCH  
PRICE



## MEAL PROGRAM



Lunch is served at 11:30 am Monday - Friday



Reservations are required: Reservation Deadlines (RSVPs) are noted for each day. Otherwise, meals cannot be guaranteed. Call 410-386-3854 or see Center Assistant to learn how to sign up. Advanced notice of changes will be given when possible

Cost of lunch for seniors 60 and older is a donation up to \$6.64 for lunch. Those 59 and younger must pay the full price of \$6.64 for lunch.

Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. If they are not, they must pay full price if under 60.

## Interested in Volunteering?

Stop by the front desk to pick up a Volunteer Application.



**DON'T FORGET TO  
SIGN ON THE TOUCH  
SCREEN EACH TIME  
YOU COME TO THE  
CENTER!**

# HOT Lunches Westminster Senior Center JANUARY 2026

**Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.**



Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.

Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.

**Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.**

Meal Price: 60 Years Old & Up = **HOT LUNCH Donation Up To \$6.64, includes accompanying younger spouses;**

Under 60 Years Old = **Full Price \$6.64, Paid Directly To Assistant Director NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>			<p>1</p> 	<p>2</p> <p><b>RSVP 12/29/25</b></p> <p>PORK LOIN W/ DIJON CREAM SAUCE OKRA &amp; TOMATOES GARLIC MASHED POTATOES WHEAT BREAD FRUIT COCKTAIL</p>
<p>5</p> <p><b>RSVP 12/29/25</b></p> <p>ITALIAN SAUSAGE &amp; CHEESE SUB ROLL PEPPER AND ONIONS RED CABBAGE SLAW YOGURT</p>	<p>6</p> <p><b>RSVP 12/29/25</b></p> <p>CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK</p>	<p>7</p> <p><b>RSVP 12/29/25</b></p> <p>SALISBURY STEAK GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD</p>	<p>8</p> <p><b>RSVP 12/29/25</b></p> <p>HAM GREEN BEANS AND POTATOES CHEESE BREAD FRUIT</p>	<p>9</p> <p><b>BAKED POTAO RSVP 12/29/25</b></p> <p>BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI &amp; CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE</p>
<p>12</p> <p><b>RSVP 1/05/25</b></p> <p>SLICED HAM W/ RAISIN SAUCE AU GRATIN POTATOES HONEY MAPLE CARROTS WHEAT BREAD PINEAPPLE TIDBITS</p>	<p>13</p> <p><b>RSVP 1/05/25</b></p> <p>MARRY ME CHICKEN BREAST LEMON RICE PILAF SEASONED GR. BEANS WHEAT BREAD CINNA. APPLE SLICES</p>	<p>14</p> <p><b>RSVP 1/05/25</b></p> <p>LENTIL &amp; SPINACH SOUP TUNA SALAD SANDWICH CORN &amp; EDAMAME APPLESAUCE</p>	<p>15</p> <p><b>CABIN FEVER LUNCH RSVP 1/05/25</b></p> <p>STUFFED CHICKEN BREAST W/ BROCCOLI AND CHEESE / GRAVY MASHED POTATOES GREEN BEAN CASSER. BREAD APPLE PIE</p>	<p>16</p> <p><b>RSVP 1/05/25</b></p> <p>CHILI CHEESE SANDWICH CELERY &amp; CARROTS FRUIT JUICE &amp; MILK</p>
<p>19</p> 	<p>20</p> <p><b>SUB DAY RSVP 1/12/25</b></p> <p>ROAST BEEF ON ROLL / MAYO L.T. ONION POTATO SALAD COLE SLAW FRUIT COCKTAIL</p>	<p>21</p> <p><b>RSVP 1/12/25</b></p> <p>CHICKEN BREAST W/ RANCH CREAM SAUCE PEAS &amp; CARROTS YELLOW RICE PILAF WHEAT BREAD PINEAPPLE</p>	<p>22</p> <p><b>RSVP 1/12/25</b></p> <p>MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES</p>	<p>23</p> <p><b>RSVP 1/12/25</b></p> <p>ENGLISH MUFFIN CHEESE / PEPPERONI PIZZA SALAD MIX / DRESSING FRUIT</p>
<p>26</p> <p><b>RSVP 1/20/25</b></p> <p>BEEF HOT DOG ON ROLL VEGETARIAN BEANS SAUERKRAUT FRUIT CUP</p>	<p>27</p> <p><b>RSVP 1/20/25</b></p> <p>SPLIT PEA SOUP CHICKEN CAESAR SALAD CORNBREAD LOAF HOT SPICED APPLES</p>	<p>28</p> <p><b>RSVP 1/20/25</b></p> <p>MEATLOAF &amp; GRAVY GREEN BEANS BROWN RICE WHEAT BREAD DICED PEACHES</p>	<p>29</p> <p><b>RSVP 1/20/25</b></p> <p>GREEK CHICKEN BOWL PEARLED BARLEY DICED CHICKEN W/ GREEK SALAD FETA CHEESE APRICOT HALVES</p>	<p>30</p> <p><b>RSVP 1/20/25</b></p> <p>SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN &amp; PEA SALAD WHEAT BREAD TROPICAL FRUIT</p>

# Daily Activities

Activity	Time	Cost	Location
<b>Billiards</b>	8:15 am - 3:45 pm	None	Billiards Room
<b>Computer Lab</b>	8:15 am - 3:45 pm	None	Computer Lab
<b>Exercise Equipment Room</b>	8:00 am - 3:45 pm	None	Exercise Room
<b>Bingo</b> Penny Bingo	9:00 - 11:00 am	Penny per card	Game Room
<b>Lending Library</b> Come borrow a book or two	8:15 am - 3:45 pm	None	Game Room
<b>Morning Table Talk</b> Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None (Donations for coffee are accepted)	Dining Room
<b>Lunch</b>	11:30 am	See menu for reservation deadlines & directions.	Dining Room
<b>Walk the WSC Walking Path</b>	8:00 am - 3:45 pm	Free	Backyard

\*All Activities are subject to change without notice.

# Arts & Crafts Activities

Activity	Day	Time	Cost	Session Info/Location
<b>Painting &amp; Drawing</b> All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks <b>Next Session begins:</b> January 5, 2026
<b>Stained Glass</b> – Space is limited-more info to come once space is available	Tuesdays, Wednesdays & Thursdays	T: 8:15 - 12:00 pm W: 8:15 - 12:00 pm Th: 12:00 - 3:45pm	\$15 one-time fee plus \$2 each class for materials	Craft Room
<b>Clay Crafters</b> – Space is limited-more info to come once space is available	Tuesdays	12:00 - 3:30 pm	\$15 one-time fee plus \$2 each class for materials	Ceramic Room
<b>Quilting Circle &amp; Smiling with Stitches</b> – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material
<b>NEW! Greeting Card Crafts</b> Come make greeting cards, for all skill levels.	3rd Wednesday of each	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room <b>Next Class:</b> Wednesday, January 21

# Exercise Classes

Activity	Day	Time	Cost	Session Info
<b>Dance Fitness</b> <i>(Low Intensity)</i> Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	<b>\$35/month</b> ; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Mondays	1:00 - 2:00 pm	Grant Funded - Donation Accepted	12 weeks <b>Next Session Begins:</b> February 9, 2026
<b>Arthritis Exercise Class</b> <i>(Low Intensity)</i>	Thursdays	1:00 - 2:00 pm	Grant Funded - Donations Accepted	12 weeks <b>Next Session Begins:</b> February 5, 2026
<b>Zumba Gold</b> <i>(Moderate Intensity &amp; Coordination)</i> With modifications for chair use!	Mondays	10:15 am-11:15 am		<b>ON HOLD</b>
<b>Strength &amp; Mobility</b> <i>Low to Moderate Intensity</i>	Tuesdays	1:00 pm - 2:00 pm		<b>Cancelled</b>
<b>Yoga</b> With modifications for chair use	Wednesdays	10:00 - 11:00 am	<b>\$40</b>	8 weeks <b>Next Session Begins:</b> January 7, 2026
<b>Line Dance Class</b> <i>(Moderate Intensity &amp; Coordination)</i>	Thursdays	10:00 - 11:30 am	<b>\$35</b> Includes Tuesdays practice class	10-12 Weeks <b>Session Began:</b> December 4, 2025
<b>Line Dance Practice</b>	Tuesdays	10:30 - 11:30 am	Included with Thursday's Class Fee	
<b>Stretch &amp; Strength Exercise</b> Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
<b>Walking Indoor Exercise</b> Walk & stretch to Leslie Sansone exercise videos	Monday, Wednesday, & Fridays	M: 2:00 - 3:00 pm W: 1:30 - 2:30 pm F: 1:30 - 2:30 pm	Free	Drop-in
<b>Pickleball</b> Must have own equipment	Mondays, Wednesdays & Fridays	8:30 am - 11:30 am	\$10 one-time fee; Pay at WSC	Meets at Robert Moton Center Gym

**We accept Cash, Check or Credit: Visa, MasterCard, or Discover**

\*Start dates for sessions are subject to change. Please contact the Center with any questions.



# Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
<b>Pinochle</b>	Fridays	11:30 am - 2:45 pm	Game Room
<b>Progressive 500 Card</b>	Wednesdays	11:30 - 3:30 pm	Game Room
<b>Hand &amp; Foot Card Game</b>	Tuesdays	11:15 am - 3:30 pm	Game Room
<b>Mahjong</b>	Thursdays	12:30 - 3:30 pm	Game Room
<b>Thinking Power</b> Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
<b>Wii Games: Bowling</b>	Wednesdays	10:00 - 11:00 am	Dining Room TV
<b>Prize Bingo:</b> Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room <b>*No Prize Bingo January 16 &amp; 23</b>

\*All Activities are subject to change without notice.

# Upcoming Special Events

Program	Date	Time	Session Info
Center Closed	Thursday, January 1	All Day	
Legal Aid	Wednesday, January 7	1:00 pm - 4:00 pm	Free; First 10 are seen by the lawyer: Numbers given out starting @ 11:30 am
Postage Stamp Collector Club	Thursday, January 8	11:00 am - 12:00 pm	Free! Come meet in the Craft Room!
Cabin Fever Lunch	Thursday, January 15	11:30 am	Reservations required for lunch
Center Closed	Monday, January 19	All Day	
Snack Food Bingo	Friday, January 23	12:30 pm	Free, come enjoy bingo and win snack prizes

\*Special Events are subject to change without notice.

# 2025 Free Income Tax Assistance

Provided through the AARP TaxAid Program

**February 2 - April 1**

**Days of Week:  
Monday & Wednesdays**

**\*We will begin taking  
appointments starting  
January 14, 2026\***



**TAX  
TIME**

## **A note of thanks from your Trip Coordinators**

Thanks to everyone that participated on our 2025 Trips. Without you the trips would not have been a success. We are currently working on trip ideas for 2026. If you have any suggestions on possible trips please let us know. Thanks again for all of your support for our trips!

Fran & Sam





# NEW CLASS!

## Let's Make Some Cards!

### Greeting Card Crafts



3<sup>rd</sup> Wednesday of each month  
1:00 - 2:30 pm  
in the Craft room

*Bring adhesives  
of your choice!*

Cost: \$15.00 for 3 Cards  
Supplies for cards will be provided.

Come make greeting cards with our newest  
instructor Arleen.

**If you are interested in taking the class please let Katie  
know by 10 am on the 2<sup>nd</sup> Friday of the month**  
Payment will be collected on the day of the class.



# SNACK FOOD BINGO

Friday, January 23  
12:30 pm in the Dining Room

Come play for your chance to win  
different snack foods!



## Using Your Smartphone

Did you receive a new smartphone for the holidays, or want to feel more confident using the one you already have? Participants will learn how to navigate their phone, understand common settings, safely store important information, and communicate more easily with family and friends through texting and messaging apps.

January 5 - Smartphones at a Glance

January 12 - Cloud Storage

January 26 - Messaging Apps

Register for all three classes at the front desk or  
call 410-386-3850

UNIVERSITY OF  
MARYLAND  
EXTENSION

SENIOR PLANET  
FROM AARP



# U.S.STAMP CLUB



Discover the enjoyment of collecting U.S. stamps, learn about historic issues, have discussions of postal designs, artwork, errors.

Have Questions? Curious? Stop in for a chat!

Meetings are the 2nd Thursday of the month.

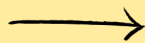
In the Craft Room from 11:00 am - 12:00 pm

## **Inclement Weather Policy for Carroll County Senior Centers**

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

The **Carroll County Government Offices are closed** then the **Carroll County Senior Centers are closed.**

The **Carroll County Government opens late or closes early** then the **Carroll County Senior Centers open late or close early.**



- Modified meals may be served
- Call your Senior Center to see if programs/classes have been cancelled
- **Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.**

CTS: 410-386-5550

\*Please note- decisions regarding the operating schedules of the Carroll County Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

For info on closures and delays listen to local radio or TV stations, visit the Carroll County Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.