

South Carroll Senior Center

5928 Mineral Hill Road

Eldersburg, MD 21784

410-386-3700

Monday-Friday 8am-4pm

January 2026

Activity Schedule

Senior Centers will be closed:

Thursday, January 1st

Monday, January 19th



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 you 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 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 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

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Variety Show



January 22nd



12:30

In Dining Room



Practices:



January 8th & 15th 12:30

Come see our Dancers, Singers
& Jokesters



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. All classes start at 10:30am

January 6 - Cloud Storage

January 13 - Messaging Apps

January 20 - Intro to Digital Wallets

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

UNIVERSITY OF
MARYLAND
EXTENSION

SENIOR PLANET
FROM AARP



BOARD GAMES

EVERY FRIDAY

12:30pm—3:45pm



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**



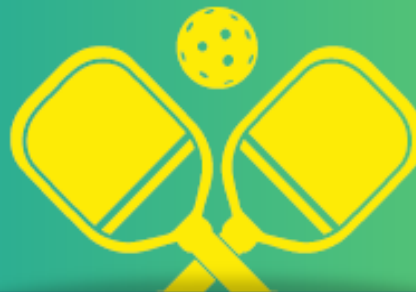
**SECOND MONDAY of EVERY MONTH
(could change due to holidays)
12:00pm-3:00pm**

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

CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

SIGN UP AT FRONT DESK

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January 7th – 3D Snowman - Needlefelting,
Cost \$10

January 14th – Jarlid change purse. No charge

January 21st – Fun with Food—Superbowl Bust
Nachos, Sliders, Potato Skins, Pizza Dip-Cost \$4

January 28th – Busted Canvas Art – Bring
6 X 8 or smaller photo. Cost \$3

**SOUTH CARROLL
SENIOR CENTER**

January Lunch Menu

**HAPPY NEW
YEAR
2026**

Monday

Tuesday

Wednesday

Thursday

Friday

<div></div> <div>Reservation Required by posted sign up date.</div> <div>To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date.</div> <div>Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal).</div> <div>Per grant requirements, those under 60 must pay the full price of \$6.64</div> <div>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.</div>		<div></div>	<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>Roast Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail</div> <div>Sign up due by 10:00am 12/29</div>
<div>5</div> <div>Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt</div> <div>Sign up due by 10:00am 12/30</div>	<div>6</div> <div>Chicken Breast Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack</div> <div>Sign up due by 10:00am 12/31</div>	<div>7</div> <div>Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish Navy Bean Salad</div> <div>Sign up due by 10:00am 1/2</div>	<div>8</div> <div>Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail WG Wheat Bread</div> <div>Sign up due by 10:00am 1/5</div>	<div>9</div> <div>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Cole Slaw Fruited Yogurt</div> <div>Sign up due by 10:00am 1/6</div>
<div>12</div> <div>Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG White Wheat Bread</div> <div>Sign up due by 10:00am 1/7</div>	<div>13</div> <div>Marry-Me Chicken Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices</div> <div>Sign up due by 10:00am 1/8</div>	<div>14</div> <div>Lentil & Spinach Soup Tuna Salad Sandwich <i>Lettuce & Tomato</i> WG White Wheat Bread Corn & Edamame Applesauce</div> <div>Sign up due by 10:00am 1/9</div>	<div>15</div> <div>SPECIAL Broccoli & Cheese Stuffed Chicken Mashed Potatoes w/Gravy Green Bean Casserole WG White Wheat Bread Apple Pie w/Whipped Topping</div> <div>Sign up due by 10:00am 1/7</div>	<div>16</div> <div>Creamy Chicken Piccata WG Brown Rice Buttered Carrots WG White Wheat Bread Green Pea & Red Pepper Salad</div> <div>Sign up due by 10:00am 1/13</div>
<div>19</div> <div>CENTER CLOSED</div>	<div>20</div> <div>SPECIAL Roast Beef Sandwich <i>Lettuce, Tomato & onion</i> Sandwich Roll Potato Salad Cole Slaw Fruit Cocktail</div> <div>Sign up due by 10:00am 1/9</div>	<div>21</div> <div>Chicken Breast w/Ranch Cream Sauce Yellow Rice Pilaf WG White Wheat Bread Peas & Carrots Pineapple Tidbits</div> <div>Sign up due by 10:00am 1/15</div>	<div>22</div> <div>Meatball Sub WG White Italian Roll Seasoned Green Beans Mandarin Oranges</div> <div>Sign up due by 10:00am 1/16</div>	<div>23</div> <div>Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt</div> <div>Sign up due by 10:00am 1/20</div>
<div>26</div> <div>Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes WG White Wheat Dinner Roll Sliced Apple Snack Pack</div> <div>Sign up due by 10:00am 1/21</div>	<div>27</div> <div>Chicken Caesar Salad WG Cornbread Loaf Hot Spiced Apples</div> <div>Sign up due by 10:00am 1/22</div>	<div>28</div> <div>Classic Meatloaf w/Gravy Seasoned Green Beans WG Brown Rice WG White Wheat Bread Diced Peaches</div> <div>Sign up due by 10:00am 1/23</div>	<div>29</div> <div>Greek Chicken Grain Bowl <i>(Pearled Barley, Chicken, Greek Salad & Feta Cheese)</i> Apricot Halves</div> <div>Sign up due by 10:00am 1/26</div>	<div>30</div> <div>Sliced Corned Beef w/ Mustard Dill Sauce WG White Wheat Bread Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit</div> <div>Sign up due by 10:00am 1/27</div>

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		Advanced
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 starts 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 starts Jan. 5th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session starts 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 starts 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– 3:45pm	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	New Session Starts 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 Starts Jan. 6th	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	11:15 am– 12:00 pm	January 6th	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 starts 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 starts 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 starts 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 starts Jan. 7th	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	New Session starts 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– 3:45pm	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 Starts 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 Starts 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 starts Jan. 8th	Cost: \$50.00 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 - 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 starts Jan. 9th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	New Session starts Jan. 9th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 3:45 pm	Ongoing	None