

SOUTH CARROLL SENIOR CENTER

SEPTEMBER ACTIVITY SCHEDULE

CARROLL COUNTY SENIOR CENTERS
WILL BE

CLOSED ON

MONDAY SEPTEMBER 1ST

AND

WEDNESDAY SEPTEMBER 10TH

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH
"POWERING POSSIBILITIES FLIP THE SCRIPT"

JOIN US THROUGHTOUT THE MONTH OF SEPTEMBER FOR
OUR SPECIAL ACTIVITIES. DISCOVER FRIENDSHIPS, IMPROVE YOUR HEALTH,
AND CREATIVITY WHILE AT OUR SENIOR CENTER!

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."

5928 Mineral Hill Road Eldersburg, Maryland 21784

410-386-3700

Monday-Friday

8:00am-4:00pm

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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Toy Drive



Would you like to help provide a merry Christmas for a child under-going cancer treatments at Sinai Hospital? If so, please purchase a new toy and place it in the box provided in the Center lobby. The Freedom District Lions Club will take the toys to Sinai Hospital in late November to be given to children being treated for cancer at the outpatient pediatric clinic at Children's Hospital at Sinai.

Since the children have compromised immune systems, only new toys can be accepted - preferably in the original box or packaging. The toys cannot be shared with another child. Thus, after a child plays with a toy, the child takes it home. The the local service club replenishes toys four times a year and has been doing this for 8 years.

Thank you for your donation!



Technology Class

All Classes at 10:00am

September 9

September 16

September 23

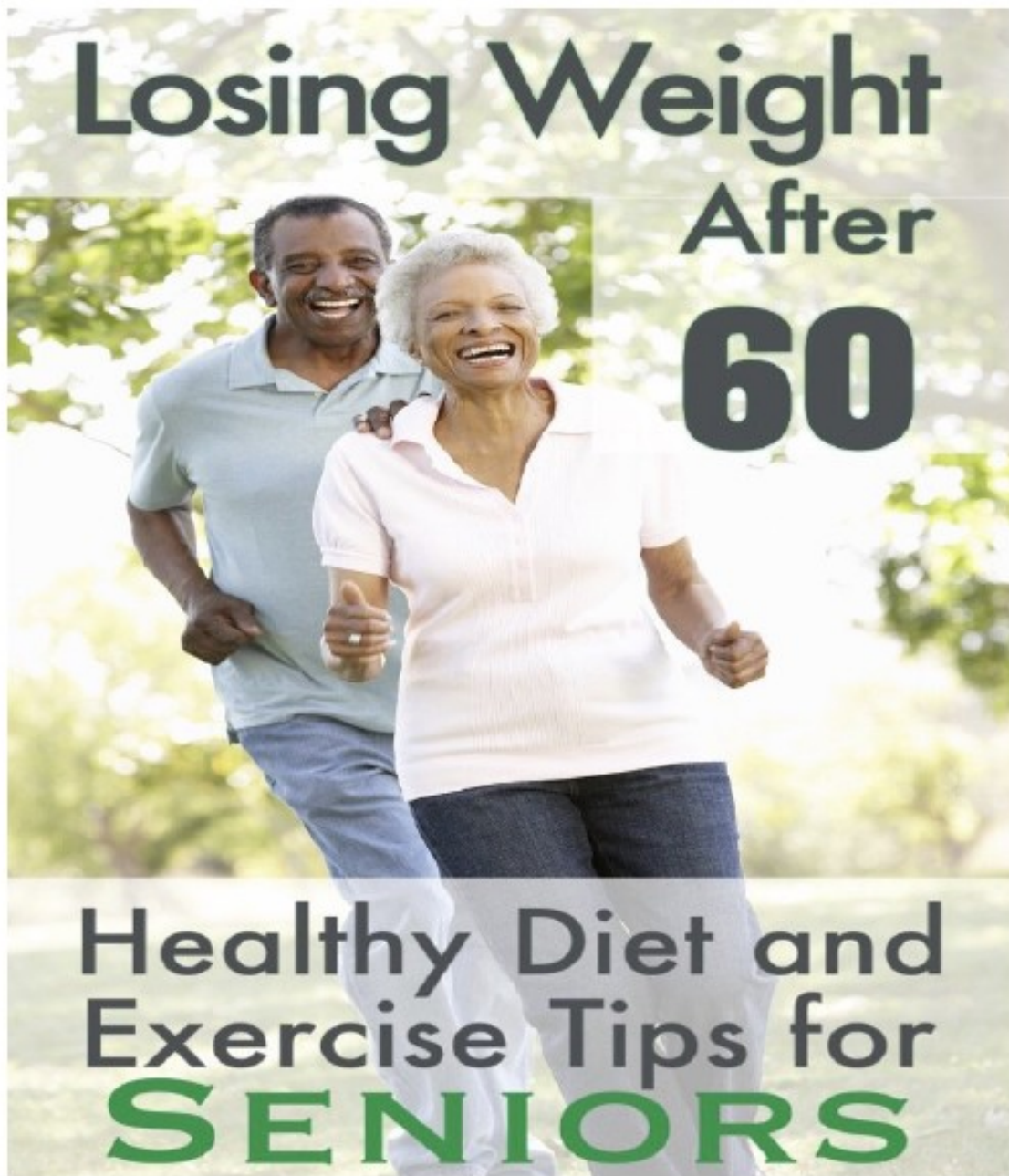
**SIGN UP AT THE FRONT DESK
OR CALL (410) 386-3700 TO
RESERVE YOUR SPOT**

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



Come join Lisa & Mary Jane Bembenek, MS, CNS, LDN
For some tips and tricks on how to eat healthy and lose
weight after 60.

September 15, 2025 @ 12:45 in the Dining Room





**Tuesday
September 23th
9:30am-11:00am**

Join us for a walk around the Senior Center to help promote awareness for the benefits physical activity has on your health.

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 OCTOBER 23rd

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

**Seats
Available**

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

LAST DAY TO SIGN UP OCTOBER 28th

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—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**



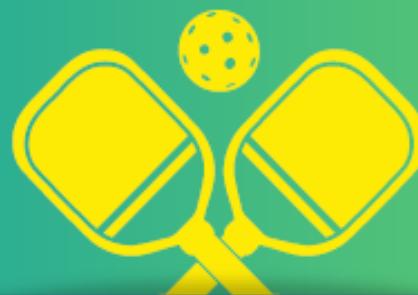
SECOND MONDAY of EVERY MONTH
(could change due to holidays)
12:00pm-3:00pm

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**



DRIVE-THRU

FLU SHOT CLINICS

**CARROLL COUNTY
SENIOR CENTERS**

**OCTOBER 6TH - 10TH, 2025
9:00AM - 11:00AM**

Mount Airy

703 Ridge Ave.

Mt. Airy, MD 21771

Monday October 6th

North Carroll

2328 Hanover Pike

Hampstead, MD 21074

Tuesday October 7th

South Carroll

5928 Mineral Hill Road

Eldersburg, MD 21787

Wednesday October 8th

Taneytown

220 Roberts Mill Road

Taneytown, MD 21787

Thursday October 9th

Westminster

125 Stoner Ave.

Westminster, MD 21157

Friday October 10th

Bring your Medicare ID and/or prescription insurance card(s) for billing.

*Please wear a short-sleeve shirt for the Pharmacist
to administer the vaccine in your upper arm.*

Questions? Contact Finksburg Pharmacy at 410-526-1055



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services
Healthy Aging Leadership Team 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

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**



First Day
of Fall
September 22

SOUTH CARROLL SENIOR CENTER September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY ***** CENTER CLOSED	2 New Item Chicken Divan WG Brown Rice Diced Peaches WG White Wheat Bread Sign up due by 10:00am 8/27	3 Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG White Wheat Bread Sign up due by 10:00am 8/28	4 New Item Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 8/29	5 New Item Mediterranean White Bean Soup Turkey-Ham Macaroni Salad Plate Baby Spinach Bed Grape Tomatoes Pineapple Tidbits WG White Wheat Bread Sign up due by 10:00am 9/2
8 Chicken Cordon Blue Sandwich <i>(Cheese, Lettuce & Tomato)</i> WG Sandwich Roll Broccoli Salad Baked Beans Fruited Yogurt Sign up due by 10:00am 9/3	9 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 9/4	10 Aging Your Way Expo Formally (Senior Expo) Senior Centers Closed	11 SUB Roast Turkey & Cheese on Kaiser Roll <i>(Lettuce, Tomato & Onion)</i> Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 9/5	12 Roasted Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail WG White Wheat Bread Sign up due by 10:00am 9/8
15 Honey BBQ Beef Rib Patty WG Sandwich Roll Fresh Cole Slaw Fiesta Black Beans Fruited Yogurt Sign up due by 10:00am 9/9	16 Fall Feast <i>Hosted By</i> SCSC Site Council Buy Tickets At The Front Desk \$10.00 Per Ticket 8/18—9/8 1LB Steamed Shrimp Chicken Parmesan Pulled Pork BBQ Cole Slaw, Fruit Salad, Shrimp Soup & Dessert	17 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish White Bean Salad WG White Wheat Bread Sign up due by 10:00am 9/12	18 SPECIAL Hot Dog Hot Dog Bun Sauerkraut Vegetarian Beans Fruit Sign up due by 10:00am 9/9	19 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt Sign up due by 10:00am 7/31
22 Fall Into Fall Chicken Cordon Blue w/ Gravy Mashed Potatoes Peas & Onions Dinner Roll Apple Pie Sign up due by 10:00am 7/31	23 Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices WG White Wheat Bread Sign up due by 10:00am 7/31	24 New Item Lentil & Spinach Soup Tuna Salad Sandwich <i>(Lettuce & Tomato)</i> WG White Wheat Bread Corn & Edamame Applesauce Sign up due by 10:00am 7/31	25 Pot Roast of Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 7/31	26 New Item Creamy Chicken Piccata WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG White Wheat Bread Sign up due by 10:00am 7/31
29 Pepperjack Cheeseburger <i>(Lettuce & Tomato)</i> WG Sandwich Roll Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 7/31	30 New Item Tuna Noodle Casserole WG White Wheat Bread Chickpea & Tomato Salad Hot Cinnamon Apples Sign up due by 10:00am 7/31	A Boxed Lunch May Be Ordered From Our Normal Vendor On September 16th SEE STAFF TO ORDER BOXED LUNCH	Reservation Required by posted sign up date. <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 \$6.31 (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.</i>	

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					

Pickleball Committee Update

Hello Everyone,

We continue to reserve one court on Wednesday mornings from 9:30 am to 10:30 am for beginners up to level 2.5 (0-2.5). When checking in each day at the front desk, remember to select the group you are playing (Beginner/Intermediate or Advanced). It's important to check in so the Center knows the amount of people that use the facility (gym).

The Pickleball Theory Class on Thursday afternoon between 1:00 PM and 2:30 PM for beginners is still active. The class is targeting 6 people to sign up by Tuesday of the same week for it to be held. The class will be deferred week to week until at least 6 people sign up. If exceptions occur, you will be contacted. The last two classes late July and early August had a total of 12 people sign up. The class goes over most areas you need to know to become familiar with the game. There is a visual court and net set up so people can see and understand the different explanations of what goes on during a game. If you would like to bring a paddle, feel free because after the class the students are invited into the gym to actually play on a court with the Beginner/Intermediate group. There is no charge for the class.

The pickleball committee has discussed paying our yearly fees in October instead of January. The change will coincide with the time that members update their yearly paperwork. We also discussed a \$5.00 fee for visitors up to \$20.00. During the month of September if you have any questions or concerns regarding the change with our yearly fees, please speak to one of the pickleball committee members.

Weido DiMaio

Chair of the Pickleball Committee



CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

SIGN UP AT FRONT DESK

September 3rd— Felting with Jo— Cost- \$5.00
(see flyer at front desk for more information)

September 9th— TBD

September 17th— Paper Crafting—Cost -\$1.00

September 24th— Napkin Rings— No Cost

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 October 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 standing)	10:30 am - 11:15 am	New Session starts October 6th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	New Session starts October 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 September 8th	None
Circuit Training	1:00pm— 2:00pm	New Session starts October 6th	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	New Session Starts October 7th	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 October 7th	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	September 2nd	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 - 3:45 pm	Ongoing	None
Wii Games	8:00 am - 3:45 pm	Ongoing	None
Circuit Training	8:15 am - 9:15 am	New Session starts October 1st	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 October 1st	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Crafts	10:00 am - 12:00 pm	Ongoing	cost of craft project
Zumba Gold (seated or standing)	10:30 am - 11:15 am	New Session starts October 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	New Session starts October 1st	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm - 3:00 pm	New Session starts September 3rd	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
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 October 2nd	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 Starts October 2nd	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 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 - 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 October 3rd	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	New Session starts October 3rd	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