

# North Carroll Senior Snippets

## February 2026

## North Carroll Senior and Community Center Newsletter

2328 Hanover Pike  
Hampstead, Maryland 21074

Email:  
Northcarrollsc@  
carrollcountymd.gov

Hours: Monday - Friday  
**8:00 A.M. — 4:00 P.M.**  
Phone: 410.386.3900

Website:  
[www.carrollcountymd.gov/  
seniorcenters](http://www.carrollcountymd.gov/seniorcenters)

Center Manager:  
Lori Ash

Center Assistant:  
Sean Uhler

Center Custodian:  
Craig Erbe

### Center Closed

**Feb. 16th**  
for Presidents Day  
Holiday

#### 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, adults with disabilities, veterans and those who care for them.



## Special Meals



**Potato Day Special –** Feb. 19th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Feb. 10th



**Valentine's Day Special –** Feb. 13th – Roast Eye Round of beef, Mashed potatoes, Harvard beets, Green Bean Casserole Milk & Dessert. R.S.V.P. by 10 am on Feb. 2nd.



**Hot Dog –** Feb. 25th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Feb. 17th



**Ham & Cheese Sub –** Feb. 23rd – Ham & Cheese Sub, Potato salad, Cole Slaw, Fruit Cocktail & Milk, R.S.V.P. by 10 am on Feb. 12th



## Meal Reservation Deadlines



### Meal Reservation Deadlines

The regular daily meals (does not include Special meals) will need to be reserved no later than TWO business days by 10 am in advance of the meal.

Special meals deadlines will be one week prior to the meal date, and are noted on the menu.

To Eat Lunch On:	Reservation Deadline:
Monday	10 am the Thursday before
Tuesday	10 am the Friday before
Wednesday	10 am the Monday before
Thursday	10 am the Tuesday before
Friday	10 am the Friday before
Special Meal	10 am one week before

Please see kitchen manager in the dining room to sign up for lunches.

# Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Pepperjack Turkey Burger Broccoli Slaw Tropical Fruit Fruited Yogurt Juice RSVP BY 1/28 @ 10am	3. Indian Butter Chicken Bombay Brown Rice Indian Cucumber Salad Mandarin Oranges Milk/Juice RSVP BY 1/29 @ 10am	4. Beef Pot Roast Au Jus Honey Roasted Beets Cole Slaw Milk Juice RSVP BY 1/30 @ 10am	5. Creamy Chicken Casserole Rice Pilaf Green Beans Diced Peaches Milk/Juice RSVP BY 2/2 @ 10am	6. Cheddar Cheeseburger Corn O'Brien Cucumber Salad Milk/Juice RSVP BY 2/3 @ 10am
9. Roast Pork Loin w/ Dijon Cream Sauce Okra & Tomatoes Mashed Potatoes Fruit Cocktail Milk/Juice RSVP BY 2/4 @ 10am	10. Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw Fruited Yogurt Juice RSVP BY 2/5 @ 10am	11. Chicken Breast Fricassee Rice Pilaf Mixed Vegetables Sliced Apple Pack Bread/Milk/Juice RSVP BY 2/6 @ 10am	12. Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad RSVP BY 2/9 @ 10am	13. Roast Eye Round of Beef Mashed Potatoes Harvard Beets Green Bean Casserole Milk/Dessert RSVP BY 2/5 @ 10am
16.  CLOSED	17. Sliced Ham w/ Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Milk/Juice RSVP BY 2/11 @ 10am	18. "Marry-Me" Chicken Rice Pilaf Green Beans Cinnamon Apple Slices Bread/Milk/Juice RSVP BY 2/12 @ 10am	19. Baked Potato Spinach Salad Chili con Carne Applesauce Milk/Juice Bread RSVP BY 2/10 @ 10am	20. Pot Roast of Beef Stroganoff Roasted Potatoes Seasoned Greens Mandarin Oranges Milk/Juice/Bread RSVP BY 2/17 @ 10am
23. Ham & Cheese Sub Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 2/12 @ 10am	24. Meatloaf w/ Gravy Green Beans Brown Rice Diced Peaches Milk/Juice/Bread RSVP by 2/18 @ 10am	25. Hot Dog Special Baked Beans Cole Slaw Diced Pears Milk RSVP BY 2/17 @ 10am	26. Chicken Breast w/ Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits Milk/Juice Bread RSVP BY 2/23 @ 10am	27. Meatball & Cheese Sub Seasoned Green Beans Mandarin Oranges Milk/Juice RSVP BY 2/24 @ 10am
				

# Daily Activities

## MONDAY

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Woodcarving	9:00 am - 12:00 pm	Ongoing	None
Quilting Bee	9:00 am - 12:00 pm	Ongoing	None
Photograph for Beginners	10:00 am - 11:00 am	Ongoing	None
Hearts Card Game	9:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Started Jan. 5 <b>FULL</b>	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees

**Any Suggestions?** New classes being added! If you would like to suggest a new class please let Lori or Sean know. We are always looking to try new things.



# Daily Activities<sup>5</sup>

**TUESDAY**

Start dates subject to  
change without notice

Program	Time	Sessions	Cost
<b>Exercise Equipment</b>	8:00 am – 4:00 pm	Ongoing	None
<b>Puzzles</b>	8:00 am – 4:00 pm	Ongoing	None
<b>Lending Library</b>	8:00 am – 4:00 pm	Ongoing	None
<b>Computer Lab</b>	8:00 am – 4:00 pm	Ongoing	None
<b>Pinochle</b>	10:00 am	Ongoing	None
<b>Crochet &amp; Knit</b>	10:00 am - 12:00 pm	Ongoing	None
<b>Silver Sneakers w/ Karalee</b>	10:00 am - 11:00 am	<b>10 - 12 weeks Started Jan. 6</b>	\$30.00
<b>Chair Pilates w/ Karalee</b>	11:15 am - 12:15 pm	<b>10 - 12 weeks Started Jan. 6 FULL</b>	\$30.00
<b>Drama Club</b>	10:30 am - 11:30 pm	Ongoing	None
<b>Lunch</b>	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
<b>Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)</b>	<b>1:00 pm - 2:30 pm</b>	<b>Feb. 10 &amp; Feb. 24 (2nd &amp; 4th Tuesday of the month)</b>	<b>Free</b>
<b>Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)</b>	<b>10:30 am - 12:00 pm</b>	<b>Feb. 3 &amp; Feb. 17 (1st &amp; 3rd Tuesday of the month)</b>	<b>Free</b>
<b>Mah Jong</b>	12:00 pm - 3:00 pm	Ongoing	None
<b>Line Dancing</b>	12:30 pm - 2:00 pm	Ongoing	None

# Daily Activities

**WEDNESDAY**

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Woodcarving (Small Group)	9:00 am - 12:00 pm	Ongoing	None
Arthritis Exercise with Chris Konior	10:00 am - 11:00 am	<b>10 - 12 weeks Started Jan. 7 FULL</b>	<b>Grant Funded - Donations accepted</b>
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Beginner Chi Kung	1:00 pm	<b>10 - 12 weeks Started Jan. 7</b>	\$30.00
Intermediate Chi Kung	2:15 pm	<b>10 - 12 weeks Started Jan. 7</b>	\$30.00
Hand and Foot Card Game	1:00 pm	Ongoing	None

**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.**

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.

# Daily Activities<sup>7</sup>

**THURSDAY**

Start dates subject to  
change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Pitch Card Game	9:00 am - 1:00 pm	Ongoing	None
Bible Discussion	10:00 am	Ongoing	None
Sing-A-Long Singers	10:00 am - 11:00 am	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	<b>10 - 12 weeks Started Jan. 22</b>	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	<b>10 - 12 weeks Started Jan. 15 FULL</b>	\$30.00
Pinochle	9:30 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Bridge	12:30 pm	Ongoing	None
Ukulele with Vince	<b>1:00 pm - 2:30 pm</b>	<b>Feb. 12 &amp; Feb. 19 (2nd &amp; 4th Thursday of the month)</b>	<b>Free</b>
Line Dancing - Practice	12:30 pm - 2:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

# Daily Activities<sup>8</sup>

**FRIDAY**

Start dates subject to change without notice

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 4:00 pm	Ongoing	None
Puzzles	8:00 am – 4:00 pm	Ongoing	None
Lending Library	8:00 am – 4:00 pm	Ongoing	None
Computer Lab	8:00 am – 4:00 pm	Ongoing	None
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	<b>10 - 12 weeks Started Jan. 9 FULL</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Scrabble	11:30 am - 3:00 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	<b>\$2.50 per person per class</b>
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	<b>\$2.50 per person per class</b>

# Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	<b>Feb. 17</b> (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	<b>Feb. 10</b> (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	<b>Feb. 12</b> (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	<b>Feb. 18</b> (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	<b>Feb. 13 &amp; Feb. 25</b> (2nd Friday & 4th Wednesday of the month)	8:30 am - 2:00 pm	Free
Wednesday Book Club	<b>Feb. 11</b> (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	<b>Feb. 12</b> (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	<b>Feb. 24</b> (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	<b>Feb. 25</b> (4th Wednesday of the month)	10:00 am	Free

More information can be found on the Center's Activity Bulletin Board in the main hallway.

## CARROLL TRANSIT SERVICE

### Call 410-363-0622



Carroll Transit provides transportation to the senior center Monday through Friday **by appointment only**.

- Seniors can ride at a reduced rate—\$2.00 one way—to the Senior Centers between the hours of 9 AM—3 PM
- Seniors riding the Carroll Transit buses to/from the Senior Centers should contact Carroll Transit Service to arrange their ride. Please call 410-363-0622.
- Reservations and cancellations are accepted 7:00 AM to 5:00 PM, Monday through Friday. **If you do not cancel your ride, you will be charged a \$2.00 no-show fee!**
- If the senior needs to cancel their ride during the week to the Senior Center, it is the SENIOR'S responsibility to call Carroll Transit and make the cancellation.
- If you have difficulty reaching Carroll Transit, please contact the Senior Center so we may assist you.

## Carroll Transit Service TICKET SALES

For seniors age 60+ who reside in Carroll County & ride to North Carroll Senior Center we have a limited supply of Carroll Transit Service tickets that we can sell for a donation. **Donation** books are limited to **two (2)** books per person while our supply lasts.

We have an additional supply of tickets that seniors may purchase, up to **eight (8) \$5.00 books** per month.

There is a limited amount of these Carroll Transit tickets each month. They are available to seniors on the first 5 business days of each month. Please see Lori for Carroll Transit Service tickets. CTS tickets cannot be sold to businesses or agencies.

## Look What's Happening!



### **North Carroll Senior Center** **Site Council Meeting**

Everyone is welcome to our next Site Council meetings are on the 4th Tuesday of the month at 10:00 am  
This meeting is open to all senior center members. Please stop by & see what we are planning and how you can help. Your input and ideas are welcome!



### **Monthly Birthday Celebration on the** **2nd Tuesday of every month !!**

Everyone is invited to a birthday party. We will be honoring everyone who has a birthday during the month. We will celebrate with a birthday song at 12 pm.  
After lunch, we will serve ice cream and cake.  
Please join us.



**Project Linus Matinee** meets the 2nd Thursday of the month from 10 am—3 pm.

We welcome anyone who would like to make blankets for Project Linus.



### **Pillowcase Project**

This group meets the **2nd Friday and 4th Wednesday** of the month from 9 am to 2:30 pm.  
You can also help with cutting and making kits. kits are available for you to make at home.

**TLC (Tender Loving Care Circle) Group** - meets the **3rd Wednesday** of the month from 9 am—2 pm. We make comfort items (blankets, prayer shawls, etc.) for children in hospitals, shelters, and in need.



### **Please Sign In EVERY Day you visit**

Whenever you come to NCSC to:

Eat a meal, take a class, use exercise equipment,  
take a trip, or participate in any other activity,

**PLEASE SCAN YOUR SENIOR CENTER CARD AT THE**  
**FRONT DESK. FORGOT YOUR CARD?? USE YOUR PHONE**  
**NUMBER!!**

Touch the blocks for all of the activities you are doing for the day.  
Enter your volunteer hours.

**Done**

Don't forget to touch **Done** when you have completed your sign-in.  
The statistics we gather are important to justify our continued funding. Thanks!

# NCSC Resources

## come learn, use, play, enjoy

### BOARD GAMES



We play board games on these days:

- \* Mah-Jong on Tuesdays at 12 pm
- \* Scrabble on Fridays at 11:30 am

Other games are available -

Please let us know what you'd like to play!

### CARD GAMES

We play card games on the following days:



- \*Hearts— Mondays at 9:30 am \*Pinochle—Thursdays at 9:30 am
- \*Bridge — Thursdays at 12:30 pm \*Hand & Foot—Wednesdays at 1 pm
- \*500 Cards — Thursdays at 11:30 am

### EXERCISE EQUIPMENT ROOM Open Daily

Please make sure that you have clothing and footwear suitable for physical activity. Bring in shoes with clean soles or wipe off your shoes before getting on equipment. Dirt from shoes causes excessive wear and tear especially to the treadmill belts.

We request all users to wipe off machines after each use to prevent the spread of disease.

Monetary donations are welcomed to pay for maintenance and for new machines. Donations of paper towels and hand sanitizer are also welcomed. This room is busiest in the mornings and less crowded after lunch.



### LENDING LIBRARY Open Daily

Materials are checked out on the honor system. **Please return all borrowed books within one month, so that other seniors may enjoy these materials.** Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

Check the Magazine table in the library for free books in the "Free books" bin



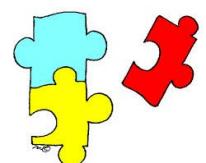
### JIGSAWS PUZZLES Anytime

Put puzzles together in the Card/Game Room, by yourself or with a group. Many puzzles are in progress, all help is appreciated and all are welcome to assist.



### COMPUTER LAB Open Daily

Several desktop computers, all with Internet access await you . Please bring your own paper if you would like to use the printer.



WIFI—Use CCG\_16\_GUEST in your settings to access the Internet



## Let's Have Some Fun!



# LIVE MUSIC

By: Vincent Vigliotti and Friends

Live  
Music at North Carroll Senior Center

Join Vince Vigliotti & friends as they perform on

# Feb. 17th At 1:00 pm

## Thank You



Thank you to the Carroll County Sheriff's Dept. (Sheriff James DeWees & Major Justin Baker), the Hampstead Police Dept. (Chief of Police David Snyder) and the Manchester Police Dept. (Chief of Police John Hess - not pictured) for all their support of our center!

Thank you for all you do!

## Music Class

### Blues/Rock Jam Class

1st & 3rd  
 Tuesday of the month  
 10:30 AM

This instrumental group will have fun playing and singing classic rock and blues favorites from the 60s & 70s. Learn basic blues chord progressions, easy improvisation techniques and how to apply them to familiar songs. All

levels of musicians are welcome (if you are an advanced player, please be willing to share your knowledge!) Singers also welcome. For more info call Kim Myers, 443-821-5776

## Music Class

### Bluegrass/Folk Jam Class

2nd & 4th  
 Tuesday of the month  
 1:00 PM



A casual jam group for acoustic musicians of all levels... (guitar, fiddle, banjo, mandolin, accordion, string bass, cajon, etc.) and singers. Beginners are welcome! If you're an advanced player, please be willing to share your knowledge with others. This is a learning environment, and a positive experience for everyone! We also welcome some audience members who would like to sit in on our class.

## Inclement Weather Policy

# 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.

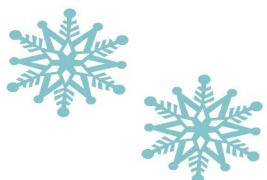
The Carroll County Government opens late or closes early then the Carroll County Senior Centers open late or close early.

- 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.

## Center Fun

# February is Heart Health



Come join Lori on  
**Thurs., Feb 26th**  
 at 11:00 for Heart Healthy Bingo.

**No signup required - Just show up!**

Let's have some fun and win heart healthy prizes & a surprise gift for the last game.

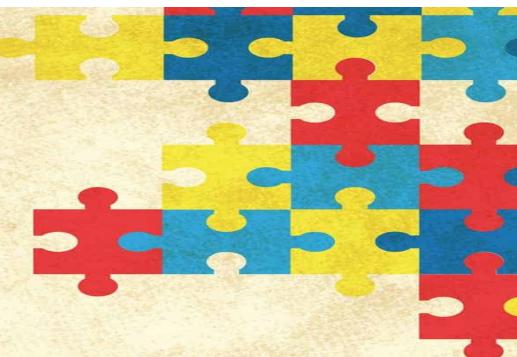
**STAY FOR LUNCH**

Signup is required for lunch



MARK YOUR CALENDARS!!

# JIGSAW PUZZLE CONTEST



# Mar. 20th

11 am - 3 pm

**In the Gathering Room**



To compete in the Jigsaw Puzzle Contest you have to:

- **Sign up** your team of 2 people at the front desk by **Mar. 13th**
- If you don't have 2 people, we will place any single players with other single players to make teams of 2.
- There is no fee to play
- All teams will receive the same puzzle to complete
- Your team will need to complete as much as possible of the puzzle in the time allotted.
- All rules will be explained before the competition begins

**You must sign up by Mar. 13th!**

**Signup is now open!**



## Save The Dates For These Upcoming Special Events

### **FEBRUARY:**

**Feb. 16, Center Closed for President's Day Holiday**

**Feb. 26 - 11AM, Heart Healthy Bingo - No signup required**

### **MARCH:**

**Mar. 20 - 11AM - 3PM, Jigsaw Puzzle Contest - Signup required by Mar. 13**

### **APRIL:**

**Apr. 3, Center Closed for Good Friday Holiday**

### **MAY:**

**May 25, Center Closed for Memorial Day Holiday**

## **TRIPS SNEAK PEAK:**

Charlestown Casino - Thursday, April 16th

Sight & Sound - "Joshua" - Wednesday, May 13th

Toby's - "Wizard of Oz" - Wednesday, May 27th

Charlestown Casino - Tuesday, July 7th

Charlestown Casino - Tuesday, October 13th

American Music Theater - "Winter Wonderland" - Friday, November 20th

Toby's - "White Christmas" - Wednesday, December 9th



**NOTE: Travel Office hours: Closed until March**

**Snack Shop OPEN!!!**

**Days & Hours: Monday - Friday 9:30 am to 2:30 pm**

**Every Item \$1.00**

**Now offering CANDY, CHIPS, SNACKS, SODA & WATER!**

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 as soon as possible but no later than 72 hours before the scheduled event. Email: [ada@ccg.carr.org](mailto:ada@ccg.carr.org)

