

North Carroll Senior Snippets August 2025

North Carroll Senior and Community Center Newsletter

2328 Hanover Pike
Hampstead, Maryland 21074

Email:
Northcarrollsc@
carrollcountymd.gov

Hours: Monday - Thursday
8:00 A.M. — 4:00 P.M.
Friday
8:00 A.M. — 3:00 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

Sept. 1st - for

Labor Day Holiday

Sept. 10th - for

Aging your way Expo



The Carroll County Bureau of
Aging and Disabilities would like
to invite you to join us for:

Senior Day at the 4-H Fair

**Thursday,
July 31, 2025**

(Center will be open for all daily activities)

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 in-
dependence for older adults,
adults with disabilities, veterans
and those who care for them.

Special Meals



Bureau of Aging Sponsored Hot Dog Special – Aug. 8th – Standard Size Hot Dog, Baked beans, Fruit Cup, Juice and Milk. R.S.V.P. by 10 am on July 31st



Potato Day Special – Aug. 25th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Aug. 15th



Luau Special – Aug. 21st – Pulled Pork BBQ Sandwich, Broccoli Salad, Sweet Potatoes, Pineapple Tidbits, Coconut Cream Pie & Milk. R.S.V.P. by 10 am on Aug. 13th.



Hot Dog – Aug. 13th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Aug. 5th



Turkey Sub Special – Aug. 15th – Turkey Sub, Cole Slaw, Potato Salad, Fruit Cocktail & Milk, R.S.V.P. by 10 am on Aug. 7th



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
 <p>August</p>				1. Chicken Cordon Blue Sandwich Broccoli Salad Baked Beans Fruited Yogurt Juice RSVP BY 7/29 @ 10AM
4. Beef Pot Roast Au Jus Honey Roasted Beets Cole Slaw Juice Milk RSVP BY 7/30 @ 10AM	5. Creamy Chicken Casserole Yellow Rice Pilaf Green Beans Diced Peaches Milk/Juice RSVP BY 7/31 @ 10AM	6. Meatloaf w/ Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Milk/Juice RSVP BY 8/1 @ 10AM	7. Roasted Pork Loin w/ Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit/Bread/Milk RSVP BY 8/4 @ 10AM	8. Bureau of Aging Sponsored Hot Dog Special! (Standard Size) Baked beans Fruit cup Juice and Milk RSVP BY 7/31 @ 10AM
11. Chicken Breast Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Pack RSVP BY 8/6 @ 10AM	12. Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Milk/Juice RSVP BY 8/7 @ 10AM	13. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 8/5 @ 10AM	14. Cream of Broccoli Soup BBQ Chicken Sandwich Red Cabbage Slaw Fruited Yogurt Juice RSVP BY 8/11 @ 10AM	15. Turkey Sub Special Potato Salad Cole Slaw Fruit Cocktail Juice/Milk RSVP BY 8/7 @ 10AM
18. Chicken w/Artichoke Sauce Lemon Rice Pilaf Green Beans Cinnamon Apple Slices Bread Juice/Milk RSVP BY 8/13 @ 10AM	19. Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce Milk RSVP 8/14 @ 10AM	20. Pot Roast of Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Milk RSVP 8/15 @ 10AM	21. Pulled Pork BBQ Sandwich Broccoli Salad Sweet Potatoes Pineapple Tidbits Coconut Cream Pie/Milk RSVP 8/13 @ 10AM	22. Pepper Jack Cheese Burger Broccoli Slaw Tropical Fruit Fruited Yogurt Juice RSVP 8/19 @ 10AM
25. Baked Potato Spinach Salad Chili Con Carne Applesauce Milk RSVP BY 8/15 @ 10AM	26. Chicken Breast w/ Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits Milk RSVP BY 8/21 @ 10AM	27. Meatball Sub Seasoned Green Beans Mandarin Oranges Milk RSVP BY 8/22 @ 10AM	28. Turkey Florentine Lemon Rice Pilaf Zucchini & Tomato Applesauce Fruited Yogurt Juice RSVP BY 8/25 @ 10AM	29. Split Pea Soup Chicken Ceaser Salad Cornbread Loaf Hot Spiced Apples Milk RSVP BY 8/26 @ 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	10:30 am - 3:00 pm	Ongoing	None
Fun & Fitness	9:45 am - 10:45 am	10 - 12 weeks Started July 7 FULL	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	No Classes this session	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Tai Chi I (Beginners)	12:00 pm - 1:00 pm	No Classes this session	\$30.00

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 Activities⁵

TUESDAY

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
Crochet & Knit	10:00 am - 12:00 pm	Ongoing	None
Pinochle	10:00 am	Ongoing	None
Silver Sneakers w/ Karalee	10:00 am - 11:00 am	10 - 12 weeks Started July 1 FULL	\$30.00
Chair Pilates w/ Karalee 	11:15 am - 12:15 pm	10 - 12 weeks Started July 1 FULL	\$30.00
Drama Club	10:30 am - 11:30 pm	Summer Break - Returning after Labor Day	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	Aug. 12 & Aug. 26 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	Aug. 5 & Aug. 19 (1st & 3rd Tuesday of the month)	10:00 am - 11:30 am	Free
Mah Jong	1:00 pm - 3:00 pm	Ongoing	None
Line Dancing	1:00 pm - 2:30 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	10 - 12 weeks Started July 2 FULL	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started July 2	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Beginner Chi Kung	1:00 pm	10 - 12 weeks Started July 2	\$30.00
Intermediate Chi Kung	 2:15 pm	10 - 12 weeks Started July 2	\$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 Activities⁷

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	Summer Break - Returning after Labor Day	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	10 - 12 weeks Started July 3	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started July 3	\$30.00
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Bridge	12:30 pm	Ongoing	None
Ukulele with Vince	Aug. 14 & Aug. 28 (2nd & 4th Thursday of the month)	1:00 pm - 2:30 pm	Free
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities⁸

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
Tai Chi Intermediate	8:30 am - 9:30 am	No Classes this session	Donation
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	10 - 12 weeks Started July 11 FULL	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started July 11	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	\$2.50 per person per class

Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	Aug. 19 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	Aug. 12 (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	Aug. 14 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Aug. 20 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Aug. 8 & Aug. 27 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Aug. 13 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Aug. 14 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Aug. 26 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Aug. 27 (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 1 pm

* Scrabble on Fridays at 12 pm

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 10:30 am *Pinochle—Tuesdays & Thursdays at 10 am

*Canasta—Mondays at 1 pm *Pitch— Tuesdays & Thursdays at 9 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.**

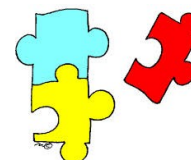
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

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_GUEST in your settings to access the Internet



Let's Have Some Fun!



By: Vincent Vigliotti and
Friends

Live

Music at North Carroll Senior Center
Join Vince Vigliotti & friends as they
perform on

Aug. 19th At 1:00 pm

Come and join us for an hour of live music and fun!
It's FREE

Music

Ukulele with Vince



**The 2nd & 4th Thursdays
of every month**

1pm

In the Gathering Room

NEW CLASS



New
Class
Alert!

Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and spring resistance. The chair is an excellent piece of equipment for both seated and standing work.

Chair Pilates

Tuesdays at 11:15 am

with Karalee

New Session Started
July 1st

Improve your
balance



NEW CLASS!!



Beginner Chi Kung

Wednesdays -1 pm

In the Activities Room

Chi Kung (sometimes spelled Qigong) is an ancient Chinese holistic health practice. Chi literally means energy/breathe & Kung = work. It is a predecessor of & the foundation for Tai Chi. Using physical movements to limber the body while coordinating the breathe with visualization exercises the practitioners strive to improve their overall well-being & longevity. Jason was introduced to Chi Kung training through the traditional martial arts & have been practicing since he was 6 years old. He caters his classes to the current capabilities of his students confidently knowing that their limitations will be surpassed so that more advanced training can be made available to them.

NEW CLASS!!

Intermediate Chi Kung

Wednesdays 2:15 pm

In the Activities Room

As our Chi Kung evolves, literally, one step closer to Tai Chi we need to begin moving (forwards, backwards, & side to side). In this class we'll be adding to our Chi Kung movements stepping and turning. Gracefully transitioning from one movement to the next as we travel throughout the room.

Participants must have attended at least one session of Beginner Chi Kung.

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.

Trips!!!

YOU MAY SIGN UP FOR ALL TRIPS NOW



UP COMING EVENTS FOR NORTH CARROLL SENIOR CENTER FOR 2025

Sept. 9 **Charlestown Casino Trip - \$45 per person - Sign up immediately**

Nov. 19 **Toby's Dinner Theatre - Elf Holiday Musical - \$115 per person**

Dec. 10 **American Music Theatre - Deck the Halls show with lunch at Shady Maple - \$115 per person**

Any Questions contact Sharon Dyas or LeVerne for additional information 410-374-5602

Information for you

Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more.

We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Navigating Medicare



Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

July 9th, 2025-In person @ Westminster Public Library (50 E Main St)

August 5th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 6th, 2025-Webinar

September 17th, 2025-In person @ Westminster Public Library (50 E Main St)

October 15th, 2025-Webinar

November 12th, 2025-In person @ Westminster Public Library (50 E Main St)

December 3rd, 2025-Webinar

****Pre-Recorded Session on YouTube: <https://www.youtube.com/watch?v=1nlioLxPweM>**

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

July 16th, 2025-In person @ Westminster Public Library (50 E Main St)

August 12th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 13th, 2025-Webinar

September 24th, 2025-In person @ Westminster Public Library (50 E Main St)

October 22nd, 2025-Webinar

November 19th, 2025-In person @ Westminster Public Library (50 E Main St)

December 10th, 2025-Webinar

****Pre-Recorded Session on YouTube: <https://www.youtube.com/watch?v=zVA4jvmmRQA>**

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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. This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government

Helping your community

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**



4-H Fair

The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:



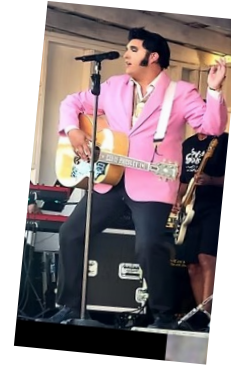
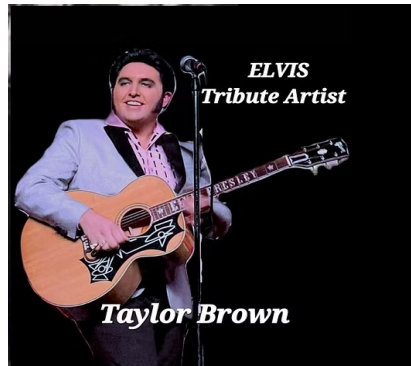
Senior Day at the 4-H Fair

July 31, 2025

Featuring
the musical talents of



Elvis Trib-



Taylor Brown is an Elvis Tribute Artist who has been bringing the King's legendary energy to life since 2012. With every performance, Taylor recreates the excitement of an authentic Elvis show, guaranteed to have you tapping your feet and singing along. He's a favorite across Maryland and along the East Coast, even earning a fantastic 2nd place finish at the prestigious Lake George Elvis Festival!

Prepare for a high-energy, fun-filled tribute that truly celebrates the magic of Elvis.

Schedule of Events

<u>Thursday, July 31st</u>	<u>Friday, August 1st</u>
7:30 - 8:30 am - Senior exhibits may be entered in Blizzard Hall. For pre-registrations information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 28, 2025 through Wednesday, July 30, 2025 at 1:00 pm. Pre-registrations are limited to 5 per person.	9:00 am - 11:00 am - Senior Exhibits open for display Noon - Senior Exhibits Released Note: All exhibits must be picked up at the fair on Friday Aug 1 between 11:30 am and 12:30 pm. Items not picked up by 12:30 pm will be taken to the Bureau of Aging & Disabilities - 125 Stoner Ave, Westminster, MD 21157 to be picked up beginning Aug 4th.
9:00 to 11:30 am - Judging of senior entries	Contact your local senior center for entry rules, exhibit categories, registration paperwork or questions.
11:30 am - Senior exhibits open for display until 10:00 pm and Friday, August 1, 9:00- 11:00 am	Mt Airy - 410-386-3961 North Carroll - 410-386-3900 South Carroll - 410-386-3700 Taneytown - 410-386-2700 Westminster - 410-386-3850
12:30 - 1:30 pm - Entertainment by Elvis Tribute Artist: Taylor Brown under the big white tent!! Refreshments will be served.	

Upcoming Event



MARYLAND WALK DAY 2025



Join the North Carroll Senior Center for

“A Walk in the Park”

Leister Park (in Hampstead)

Wednesday, Sept. 24

9 am to 11 am

Come walk for five minutes or the full two hours. Every minute counts! Help us meet our goal of Older Marylanders walking 1 million miles while enjoying the fall scenery and great company. **Please sign up at the front desk or at 410-386-3900 by 9/17/25 so that we may plan for this event accordingly!**

Please join us for a wonderful fall day in the park!

Wear a BLUE shirt!

Mark your Calendars

Aging Your Way – Health & Wellness Expo

Formerly known as “Seniors on the Go Expo”

Wednesday, Sept. 10th



Do you need ride to the Expo?

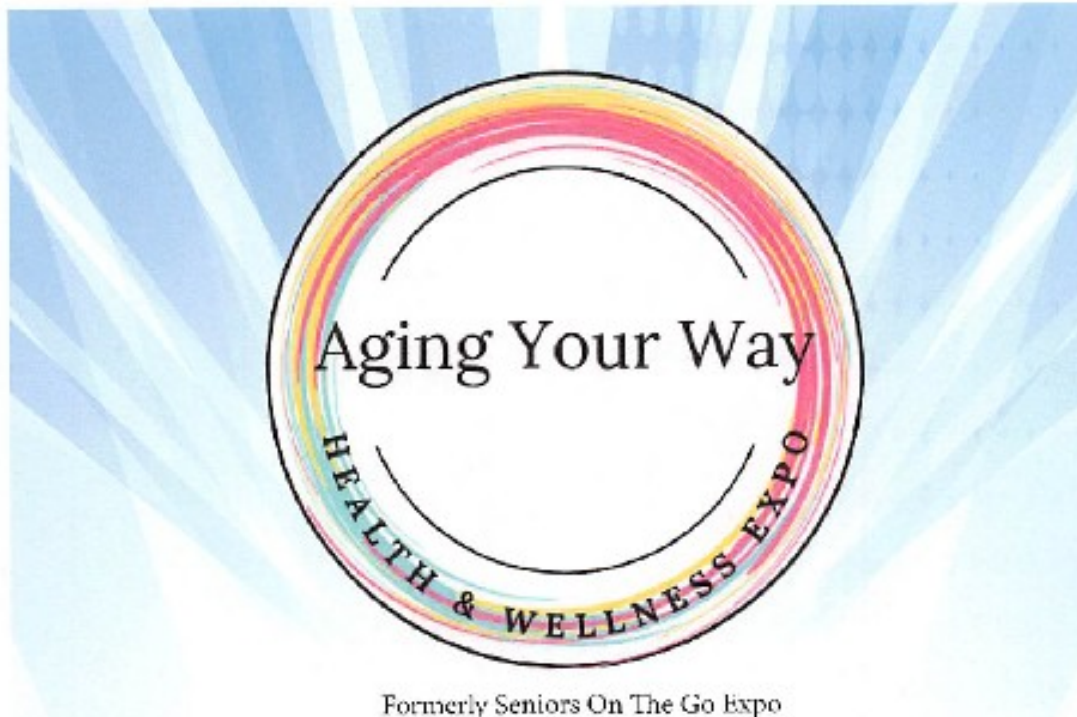
CTS will be providing rides to seniors from Senior Centers to Shipley Arena and back

How to reserve a ride from Senior Center to Expo:

- Call CTS at 410-753-6300 to reserve a ride. Spaces are reserved on a first come first serve basis.
If experiencing issues, contact Senior Center Manager.
- Rides to the Expo and back will cost **\$2.00 each way.**
- Buses will **pick up and drop off seniors on your center's parking lot.**
- Confirm pick up times with your Senior Center Manager the day before the Expo.

Senior Centers are closed on this date!

Mark your Calendars



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 Shuttle Service
FREE Health Screenings	Grab & Go Lunches
Vendor Prize BINGO	Prescription Medication Disposal
Speakers & Seminars	Designated Veterans Area
Community Program & Fitness Demonstration	FREE Complementary Therapies



For more information call 410-386-3800
agingexpo@carrollcountymd.gov

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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 1.888.302.6978 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.

Save The Dates For These Upcoming Special Events

SEPTEMBER:

Sept. 1, Center Closed for Labor Day Holiday

Sept. 10, Center Closed - "Aging Your Way EXPO" at the Carroll County Ag Center

Sept. 22, 12pm - 5pm, American Red Cross Blood Drive

Sept. 24, 9am - 11am, Walk in the Park - Leister Park - Signup at front table before Sept. 17th

OCTOBER:

Oct. 13, Center Closed for Columbus Day Holiday

NOVEMBER:

Nov. 27 & 28, Center Closed for Thanksgiving Holiday

DECEMBER:

Dec. 25, Center Closed for Christmas Holiday

NOTE: Travel Office hours:

Monday & Wednesday 9am - 2 pm in the dining room.

Tuesday 9am - 11am *Only when actively signing up participates for trips.

See Office door for hours and up coming trips.



Snack Shop OPEN!!!

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

Every Item \$1.00

Now offering SODA & WATER!

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Carroll County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES