

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

OCTOBER

2025

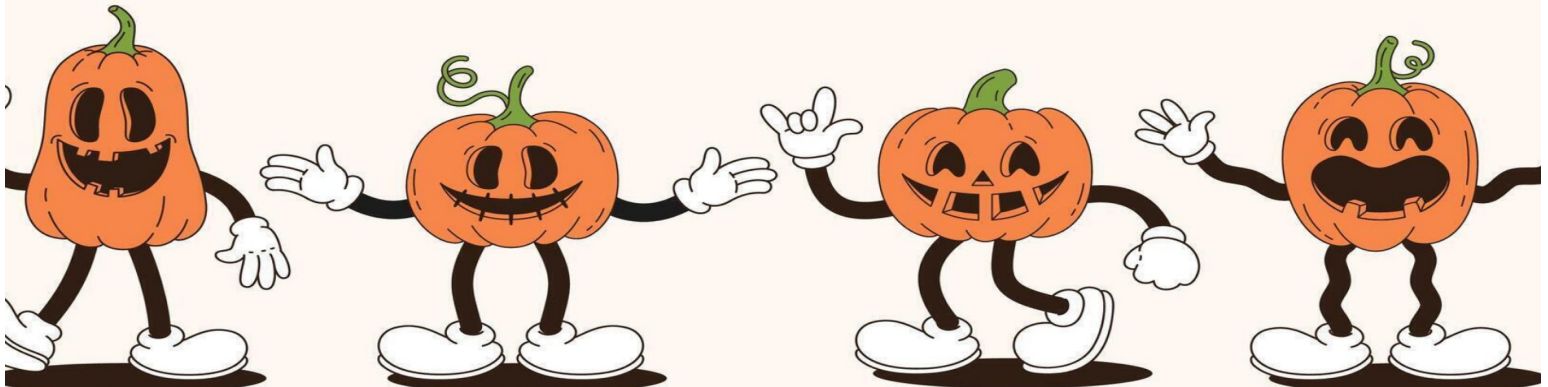
Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Monday, October 13



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!

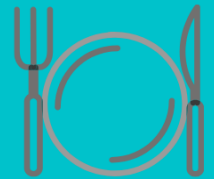
NEW
LUNCH
PRICE



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* OCTOBER 2025

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
1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch		1 RSVP 9/25/25 CHEDDAR CHEESE BURGER ON ROLL L.T.KETCHUP CORN O'BRIEN CREAMY CUCUMBER SALAD JUICE MILK	2 RSVP 9/25/25 PORK LOIN W/ DIJON CREAM SAUCE OKRA & TOMATOES GARLIC MASHED POTATOES WHEAT BREAD FRUIT COCKTAIL JUICE CHOCOLATE MILK	3 RSVP 9/25/25 ITALIAN SAUSAGE & CHEESE SUB ROLL PEPPER AND ONIONS RED CABBAGE SLAW YOGURT JUICE
6 RSVP 9/29/25 CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK JUICE MILK	7 SPECIAL SUB DAY RSVP 9/29/25 SLICED HAM SUB CHEDDAR CHEESE CLUB ROLL / MAYO L.T. ONION POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK	8 RSVP 9/29/25 NEW REUBEN SAMMY CASSEROLE ZUCCHINI & TOMATOES WHEAT BREAD FRUIT COCKTAIL JUICE CHOCO. MILK (NEW)	9 RSVP 9/29/25 CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL COLE SLAW YOGURT JUICE	10 RSVP 9/29/25 SLICED HAM W/ RAISIN SAUCE AU GRATIN POTATOES HONEY MAPLE CARROTS WHEAT BREAD PINEAPPLE TIDBITS JUICE & CHOCO. MILK
13 	14 RSVP 10/7/25 LENTIL & SPINACH SOUP TUNA SALAD SANDWICH CORN & EDAMAME SALAD APPLESAUCE MILK	15 RSVP 10/7/25 POT ROAST OF BEEF STROGANOFF SAUCE ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES JUICE & MILK	16 SPECIAL OKTOBERFEST RSVP 10/7/25 BRATWURST W/ ONIONS & PEPPERS CLUB ROLL BRAISED RED CABBAGE RED SKIN POTATOES WALDORF SALAD DESSERT / CIDER	17 RSVP 10/7/25 TURKEY BURGER W/ PEPPER JACK CHEESE ON ROLL L.T.KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT & JUICE
20 RSVP 10/14/25 BEEF HOT DOG ON ROLL VEGETARIAN BEANS SAUERKRAUT FRUIT CUP JUICE & MILK	21 RSVP 10/14/25 CHICKEN W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASONED BEANS WHEAT BREAD CINNAMON APPLE SLICES MILK & JUICE	22 RSVP 10/14/25 MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES JUICE MILK	23 RSVP 10/14/25 CHICKEN ALFREDO ZUCCHINI & TOMATOES CINNAMON APPLESauce JUICE YOGURT	24 RSVP 10/14/25 HAM GREEN BEANS AND POTATOES FRUIT BREAD JUICE MILK
27 RSVP 10/21/25 SPLIT PEA SOUP CHICKEN CAESAR SALAD CORNBREAD LOAF HOT SPICED APPLES MILK	28 RSVP 10/21/25 MEATLOAF & GRAVY GREEN BEANS BROWN RICE WHEAT BREAD DICED PEACHES JUICE MILK	29 RSVP 10/21/25 GREEK CHICKEN BOWL PEARLED BARLEY DICED CHICKEN W/ GREEK SALAD FETA CHEESE APRICOT HALVES JUICE MILK (NEW)	30 RSVP 10/21/25 SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT MILK	31 RSVP 10/21/25 VEGETABLE SOUP SALTINES PROTEIN FRUIT JUICE MILK

Daily Activities

Activity	Time	Cost	Location
Billiards	8:00 am - 3:45 pm	None	Billiards Room
Computer Lab	8:00 am - 3:45 pm	None	Computer Lab
Exercise Equipment Room	8:00 am - 3:45 pm	None	Exercise Room
Bingo Penny Bingo	9:00 - 11:00 am	Penny per card	Game Room
Morning Table Talk Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None	Dining Room
Lunch	11:30 am	See menu for reservation deadlines & directions.	Dining Room
Walk the WSC Walking Path	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
Painting & Drawing All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks Next Session begins: November 10, 2025
Stained Glass – 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
Clay Crafters – 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
Quilting Circle & Smiling with Stitches – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material
NEW! Greeting Card Crafts Come make greeting cards, for all skill levels.	3rd Wednesday of each	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room Next Class: Wednesday, October 15

Exercise Classes

Activity	Day	Time	Cost	Session Info
Dance Fitness (<i>Low Intensity</i>) Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	\$35/month ; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
Arthritis Exercise Class (<i>Low Intensity</i>)	Mondays	1:00 - 2:00 pm	Grant Funded	12 weeks Next Session Begins: November 3, 2025
Arthritis Exercise Class (<i>Low Intensity</i>)	Thursdays	1:00 - 2:00 pm	Grant Funded	12 weeks Next Session Begins: October 9, 2025
NEW DAY! Zumba Gold (<i>Moderate Intensity & Coordination</i>) With modifications for chair use!	Mondays	10:15 am-11:15 am	\$35	10-12 Weeks Next Session Begins: October 6, 2025
NEW! Strength & Mobility <i>Low to Moderate Intensity</i>	Tuesdays	1:00 pm - 2:00 pm	\$30	8 Weeks Next Session Begins: October 14, 2025
Yoga With modifications for chair use	Wednesdays	10:00 - 11:00 am	\$40	8 weeks Next Session Begins: October 15, 2025
Line Dance Class (<i>Moderate Intensity & Coordination</i>)	Thursdays	10:00 - 11:30 am	\$35 Includes Tuesdays practice class	10-12 Weeks Session Began: September 4, 2025
NEW DAY! Line Dance Practice	Tuesdays	10:30 - 11:30 am	Included with Thursday's Class Fee	
Stretch & Strength Exercise Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
Walking Indoor Exercise 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
Pickleball 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

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

Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
Carroll County Duplicate Bridge ACBL Sanctioned, Experienced Play	Mondays	11:30 am - 3:30 pm	Game Room; Sanctioned Play Dues
Pinochle	Fridays	11:30 am - 2:45 pm	Game Room
Progressive 500 Card	Wednesdays	11:30 - 3:30 pm	Game Room
Hand & Foot Card Game	Tuesdays	11:15 am - 3:30 pm	Game Room
Mahjong	Thursdays	12:30 - 3:30 pm	Game Room
Thinking Power Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
Wii Games: Bowling	Wednesdays	10:00 - 11:00 am	Dining Room TV
Prize Bingo: Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room *No Prize Bingo on October 24 & 31

*All Activities are subject to change without notice.

Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, October 1	1:00 pm - 4:00 pm	Free; First 10 are seen by the lawyer: Numbers given out starting @ 11:30 am
Walk MD	Friday, October 3	9:00 am - 11:00 am	Free, see flyer
Drive Thru Flu Shots	Friday, October 10	9:00 am - 11:00 am	Please see Flyer
Center Closed	Monday, October 13	ALL DAY	
Let's Make Some Cards Greeting Card Craft	Wednesday, October 15	1:00 pm - 2:30 pm	See flyer for details
Oktoberfest Lunch	Thursday, October 16	11:30 am	Reservations required for lunch
September & October Birthday Treat @ Lunch	Tuesday, October 21	11:30 am	Reservations required for lunch
Halloween Party	Friday, October 31	12:00 pm - 2:00 pm	Please see flyer

*Special Events are subject to change without notice.



Walk Maryland Day 2025
Friday, October 3
9:00 – 11:00 am



**Join Westminster Senior Center for
a walk around our Walking Path.**

**Come walk for five minutes or the full 2 hours. Every lap
counts! Help us meet our goal of Older Marylanders
Walking 1 Million Miles!**

**Check in with Katie on the day of and let her know
how many laps, miles or minutes you walked!**

Caramel Apples

Thursday, October 30

12:45 pm in the Dining Room

**Come join Lisa to make a fun
Halloween treat. All supplies
will be provided!**

Please sign up at the front desk by October 23.

Space is limited to 20 people so don't wait to sign up!



A Halloween-themed poster with a white ghost face in the center, two black bats in the top corners, and orange wavy shapes at the top and bottom. The text "HALLOWEEN PARTY" is in large, orange, blocky letters. Below it, the date and time are listed in black text, followed by the location. At the bottom, the activities and a welcome message are written in black text.

HALLOWEEN PARTY

Friday, October 31
12:00 pm - 2:00 pm
in the Multi-Purpose Room

Costume Contest & DJ Sonny
Come and enjoy a spooky time!

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 ALL your insurance cards with you!

Accepted Billing Options:

Medicare Part B, Medicare Advantage Part D,

BlueCross Medical, Commercial Prescription Coverage

Uninsured/Not Covered Cash Price: *Regular* = \$40 ; *High-Dose* = \$95

Please wear a short-sleeve shirt for the Pharmacist to administer the vaccine

Questions? Contact Finksburg Pharmacy (410) 526-1055



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services
Healthy Aging Leadership Team Event

NEW CLASS!

Let's Make Some Cards!

Greeting Card Crafts



3rd 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 2nd Friday of the month**
Payment will be collected on the day of the class.

Hickory Bridge Farm: Lunch & Christmas Show

Ortanna, PA

Tuesday, December 16, 2025

Bus Leaves WSC at 9:45 am &
Returns to WSC by 3:45 pm

Cost: \$80.00 per person

Includes Lunch & Christmas Show

Sign up begins September 2nd



If interested, please sign up at the Front Desk. Payment due at time of sign up! payment will be held until day of the trip.

All trip times, cost & package offers are subject to change depending on participation and weather.

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 Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, 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.

HEALTH AND WELLNESS



FALL CLASS SERIES

Carroll Technology
& Innovation Council

WESTMINSTER SENIOR AND
COMMUNITY CENTER

PRESENTED BY:
**THE CARROLL TECHNOLOGY
AND INNOVATION COUNCIL**

OCTOBER 6
OCTOBER 20
OCTOBER 27

ALL CLASSES
AT 10:00 AM

SIGN UP AT THE FRONT DEST
OR CALL 410-386-3850

QUESTIONS ABOUT CLASS?
EMAIL:
JACK@CARROLLTECHCOUNCIL.ORG



2026 Medicare Open Enrollment

Review your 2026 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities
Carroll County Department of Citizen Services

You can be added to our call list for an appointment starting Sept 15th. We will be returning calls to schedule by Oct 1st please call [410-386-3800](tel:410-386-3800) to be added to the list.

*****Appointments are required and limited*****

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

STATE RETIREES: Please be sure to contact VIA Benefits to review your coverage for 2026 if you would like to keep your additional benefits.

my.viabenefits.com/Maryland or 1-855-556-4419 (M-F 8am-7pm)

Taneytown Senior Center

220 Roberts Mill Rd
Taneytown, MD 21787
Tuesday, October 21st, 2025

South Carroll Senior Center

5928 Mineral Hill Rd
Sykesville, MD 21784
Friday, November 7th, 2025

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074
Friday, November 21st, 2025

Mt Airy Senior Center

703 Ridge Ave
Mt Airy, MD 21771
Tuesday, November 25th, 2025



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157
Tuesday, December 2nd, 2025



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

Appointments are also available in our SHIP office Oct 15th-Dec 5th, 2025.

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

You will be placed on a call list and scheduled in the order the call was received.

125 Stoner Ave, Westminster, MD 21157

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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

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Volunteering Opportunity

Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2025 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.

We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested in volunteering, please contact
Mike Deutsch at 443-789-8346



**TAX
VOLUNTEERS
WANTED!**



Upcoming Events & Closures

Tuesday, November 11: Center Closed

Tuesday, November 25: Thanksgiving Lunch

Thursday, November 27: Center Closed

Friday, November 28: Center Closed



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.