

SOUTH CARROLL SENIOR CENTER

October Activity Schedule

**5928 MINERAL HILL RD
SYKESVILLE, MD 21784
SOUTHCARROLLSC@
CARROLLCOUNTYMD.GOV
410-386-3700**

**MONDAY-FRIDAY
8:00AM-4:00PM**



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."

**CARROLL COUNTY
SENIOR CENTERS
WILL BE**

**CLOSED
MONDAY
OCTOBER 13TH**



Flu Shots

**Wednesday
October 8th
9:00am- 11:00am**



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



ATTENTION SENIOR CENTER MEMBERS!

Submit your updated membership form by October 31 and you will be entered into a drawing to win a \$50 *gift card* to:

WALMART

Don't miss your chance - update your form **TODAY!**



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!



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



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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Maryland Legal Aid

South Carroll Senior Center

November 19th 1:00pm– 4:00pm

- Illegal Eviction
- Family Law Matters
- Bankruptcy Filings
- Debt Collection Disputes
- Denials or terminations of unemployment and public benefits

Maryland Legal Aid (MLA) is the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm*. As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide, in Baltimore City and in Maryland's 23 counties, from 12 office locations. Financial support for our services comes from federal, state and local governments, foundations, law firms, the United Way, and from individual donors.

MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection and criminal record expungements to remove barriers to obtaining child custody, housing, and employment).

Many of MLA's local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as victims of abuse and domestic violence, seniors, migrant farmworkers, veterans, and nursing home and assisted living residents, also receive specialized representation. MLA's services include representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance.



Maryland Legal Aid's
Midwestern Maryland Office
22 South Market Street
Suite 11
Frederick, MD 21701
Telephone Intake: 301-694-7414
Online Intake: www.mdlab.org
<https://www.mdlab.org>



Dance For Your Health

FREE!

Tuesday, November 4, 2025

**at South Carroll Senior Center
5928 Mineral Hill Rd Eldersburg, MD 21784**

12:30 - 3:00 pm

Come join us, and dance for your health during National Diabetes Awareness month. We will be dancing to 50's, 60's and 70's music.

All members welcome to join!



Guest Speaker Amy O. Michael, MS, RDN, LDN, CDCES who is the supervisor of The Diabetes Program, a registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist at Carroll Hospital.

Sponsored by Freedom District Lions Club and the Site Council at South Carroll Senior Center



Technology Class

Heath & Wellness — Healthcare Portals

Fall Class Series

All Classes at 10:00am

October 7— Mychart

October 14 — Medicare

October 21— Fitness Apps

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

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



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**



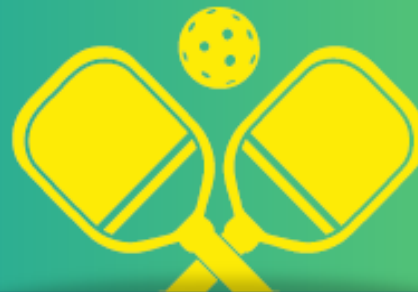
**SECOND MONDAY of EVERY MONTH
(could change due to holidays)
12:00pm-3:00pm**

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**

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

**SOUTH CARROLL
SENIOR CENTER**



October Lunch Menu



*Happy
Halloween*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>Reservation Required</u> by posted sign up date.</p> <p>Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.64</p> <p>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.</p>		<p>1</p> <p>Cheddar Cheeseburger <i>Lettuce & Tomato</i> Corn O'Brien WG Hamburger Bun Creamy Cucumber Salad</p> <p>Sign up due by 10:00am 9/26</p>	<p>2</p> <p>Roast Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail</p> <p>Sign up due by 10:00am 9/29</p>	<p>3 NEW ITEM</p> <p>Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt</p> <p>Sign up due by 10:00am 9/30</p>
<p>6</p> <p>Chicken Breast Fricassee WG Brown Rice Pilaf Mixed Vegetables WG White Wheat Bread Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 10/1</p>	<p>7 SUB</p> <p>Ham & Cheddar Sub <i>Lettuce, Tomato & Onion</i> Club Roll Cole Slaw Potato Salad Fruit Cocktail</p> <p>Sign up due by 10:00am 9/29</p>	<p>8 NEW ITEM</p> <p>Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail WG White Wheat Bread</p> <p>Sign up due by 10:00am 10/3</p>	<p>9</p> <p>Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Cole Slaw Fruited Yogurt</p> <p>Sign up due by 10:00am 10/6</p>	<p>10 NEW ITEM</p> <p>Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG White Wheat Bread</p> <p>Sign up due by 10:00am 10/7</p>
<p>13</p> <p>Columbus Day</p> <p>Center Closed</p>	<p>14</p> <p>Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce WG White Wheat Bread</p> <p>Sign up due by 10:00am 10/8</p>	<p>15 NEW ITEM</p> <p>Pot Roast of Beef w/ Stroganoff Sauce Roasted Potatoes Seasoned Greens Mandarin Oranges WG White Wheat Bread</p> <p>Sign up due by 10:00am 10/9</p>	<p>16 OCTOBERFEST</p> <p>Bratwurst w/Peppers & Onions Club Roll Braised Red Cabbage Red Skinned Potatoes Waldorf Salad Chocolate Cake</p> <p>Sign up due by 10:00am 10/7</p>	<p>17</p> <p>Pepperjack Turkey Burger <i>Lettuce & Tomato</i> WG Sandwich Roll Fresh Broccoli Salad Tropical Fruit Fruited Yogurt</p> <p>Sign up due by 10:00am 10/14</p>
<p>20 SPECIAL</p> <p>Hot Dog Hot Dog Bun Sauerkraut Vegetarian Beans Fruit</p>  <p>Sign up due by 10:00am 10/10</p>	<p>21</p> <p>Chicken w/Ranch Cream Sauce Yellow Rice Pilaf WG White Wheat Bread Peas & Carrots Pineapple Tidbits</p> <p>Sign up due by 10:00am 10/16</p>	<p>22</p> <p>Meatball Sub Cheese WG White Wheat Italian Roll Seasoned Green Beans Mandarin Oranges</p> <p>Sign up due by 10:00am 10/17</p>	<p>23 NEW ITEM</p> <p>Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt</p> <p>Sign up due by 10:00am 10/20</p>	<p>24</p> <p>Roasted Pork Loin w/ Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes WG White Wheat Dinner Roll Sliced Apple Snack Pack</p> <p>Sign up due by 10:00am 10/21</p>
<p>27 NEW ITEM</p> <p>Split Pea Soup Chicken Caesar Salad WG Cornbread Loaf Hot Spiced Apples</p> <p>Sign up due by 10:00am 10/22</p>	<p>28</p> <p>Classic Meatloaf w/Gravy Seasoned Green Beans WG Brown Rice WG White Wheat Bread Diced Peaches</p> <p>Sign up due by 10:00am 10/23</p>	<p>29 NEW ITEM</p> <p>Greek Chicken Grain Bowl <i>Pearled Barley, Chicken, Greek Salad & Feta Cheese</i> Apricot Halves</p> <p>Sign up due by 10:00am 10/24</p>	<p>30</p> <p>Sliced Corned Beef w/Dill Mustard Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit WG White Wheat Bread</p> <p>Sign up due by 10:00am 10/27</p>	<p>31 NEW ITEM</p> <p>Mediterranean White Bean Soup Turkey & Ham Maccaroni Salad Plate Baby Spinach Bed Grape Tomatoes WG White Wheat Bread Pineapple Tidbits</p> <p>Sign up due by 10:00am 10/28</p>

It's Fall Ya'll

Want to make a Caramel Apple?

Come join Lisa on

10/28/25 @ 11:00.

Space is limited so don't delay

Sign up today.



**We will supply everything you need to enjoy
a Fall treat.**

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.

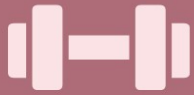
Reminders:

- *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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**BUILD MUSCLES
GET STRONGER,
AND STAY HEALTHY**



Circuit Training Class
Monday 1-2pm
Wednesday 8:15-9:15am
This session will be free



GYM CLOSED

FOR TOURNAMENT

Friday October 17th

9:30am-4:00pm

**See flyer for registration
instructions**



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 1 court on Wednesday morning from 9:30 am to 10:30 am for beginners to level 2.5 (0-2.5). Remember 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 class goes over most areas you need to know to become familiar with the game. There's 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.

We have gotten permission to move the pickleball dues collection to October 1st 2025 from January 1st 2026. This has been done to coincide with the timetable of filling out yearly registration forms at the center. The dues will still be \$20.00 for 2026. Please be understanding with this move. We are trying to reduce the daily time demand on the volunteers taking care of the front desk, while making it easier for people joining the center and playing pickleball. We understand the consolidation may put a financial strain on some players paying early, especially those who just joined recently but the cost for one year at the center is much better than the cost at private pickleball facilities. Thank you for your understanding with this change.

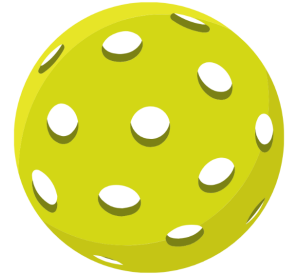
We have also gotten permission for visitors of registered South Carroll Senior Center pickleball players to pay a daily fee of \$5.00 each visit. Unfortunately, they still will have to fill out the registration paperwork for the center. This \$5.00 fee will be noted at each visit and after 4 visits (\$20.00) the visitor will be considered a fully paid pickleball member for that current year.

Weido DiMaio

Chair of the Pickleball Committee



SOUTH CARROLL SENIOR CENTER PICKLEBALL TOURNAMENT



FRIDAY, OCTOBER 17th, 9:00 a.m.

Benefits: South Carroll Senior Center Site Council

FORMAT

- ☐ Mixed Blind Doubles (mixed teams drawn for each game)
- ☐ Double Elimination
- ☐ Limited to first 24 men & 24 women (additional players will be waitlisted and contacted if there are cancellations)

REGISTRATION

\$20 per player; payment due by Friday Oct 10th

Send name and phone number to bob.enev@gmail.com

Please give payment to Bob Enev or Lou Bengermينو

Hello friends of South Carroll Senior Center pickleball,

The South Carroll Pickleball Committee will be hosting our first pickleball tournament on Friday October 17th.

The format will be:

mixed - ladies and gentlemen

Blind - you will have a different partner in each of your matches although there is a slim possibility that you could draw the same partner in multiple games.

Double elimination – each player is guaranteed two games

The cost to participate is \$20.00 which must be paid by October 10th to guarantee your spot in the tournament. Players not paid on that date will forfeit their spot in the tournament to someone on the waitlist.

On the morning of this event, each player will receive a card with their name on it. Cards will be placed in buckets and there will be a blind draw to select partners.

Please arrive promptly at 9:00 a.m. for information and bracket drawing as play will begin promptly at 9:30 a.m. Games will be 12 minutes each with a 2-minute warmup. There will be 8 teams that get a bye in the first round. The luck of the draw decides who gets the bye.

All players will play in the winner's box until they experience a loss. Once a player has a loss, the player moves to the loser's box. Each new game will involve a new partner draw.

The games for the loser box will start when all the winner box games are completed.

The championship will be between the two undefeated players in the winner's box and the two remaining players with only one loss in the loser's box. It is possible to lose one game and still be the winner of the tournament.

For a visual of the bracket please visit

<https://www.printyourbrackets.com/24teamdoubleelimination.html>

Any questions feel free to ask me or Weido.

Thanks,

Bob Eney

CRAFT GROUP

UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

SIGN UP AT FRONT DESK

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October 1st—Needle Felting \$5.00

October 8th—Fall Wreaths

October 15th—Halloween Papercrafting \$1.00

October 22nd—Fun with Food Halloween Style \$3.00

October 29th—Scratch Art \$1.00

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 October 6th	None
Circuit Training	1:00pm— 2:00pm	New Session starts October 6th	Donation Thank you KoonsToyota of Westminster

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	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	October 7th	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	Donation Thank you Koons Toyota of Westminster
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;
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