

# NEWS FLASH

## WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave  
Westminster, MD 21157

410-386-3850

[westminstersc@carrollcountymd.gov](mailto:westminstersc@carrollcountymd.gov)

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

# February

## 2026

**Center Hours:**

**Monday-Friday**

8:00 am to 4:00 pm

**Center Closed:**

Monday, February 16

# INFORMATION STATION

## CENTER STAFF

**CENTER MANAGER:**  
KATIE WOODEN

**CENTER ASSISTANT:**  
ESTHER BALDWIN

**CENTER CUSTODIAN:**



## 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!

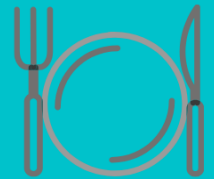
NEW  
LUNCH  
PRICE



## 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* February 2026

**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
<b>RSVP 1/27/26</b> <sup>2</sup> TURKEY BURGER W/ PEPPER JACK CHEESE ON ROLL L.T.KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT & JUICE	<b>RSVP 1/27/26</b> <sup>3</sup> INDIAN BUTTER CHICKEN BOMBAY BROWN RICE INDIAN CUCUMBER TOMATO & ONION SALAD WHEAT BREAD MANDARIN ORANGES	<b>RSVP 1/27/26</b> <sup>4</sup> BEEF POT ROAST AU JUS ROLL HONEY ROASTED BEETS COLE SLAW	<b>RSVP 1/27/26</b> <sup>5</sup> CREAMY CHICKEN CASSEROLE SEASONED GREEN BEANS YELLOW RICE PILAF WHEAT BREAD DICED PEACHES	<b>RSVP 1/27/26</b> <sup>6</sup> CHEDDAR BROCCOLI POTATO SOUP TURKEY / CHEESE SANDWICH FRUIT
<b>RSVP 2/4/26</b> <sup>9</sup> FISH SANDWICH & CHEESE SLICE ON ROLL VEGGIES FRUIT	<b>RSVP 2/4/26</b> <sup>10</sup> ITALIAN SAUSAGE & CHEESE SUB ROLL PEPPER AND ONIONS RED CABBAGE SLAW YOGURT	<b>RSVP 2/4/26</b> <sup>11</sup> CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK	<b>RSVP 2/4/26</b> <sup>12</sup> SALISBURY STEAK MUSHROOM GRAVY ROASTED POTATOES SEASONED GREENS WHEAT BREAD AMISH BEAN SALAD	<b>VALENTINE LUNCH</b> <sup>13</sup> <b>RSVP 2/4/26</b> ROAST BEEF & GRAVY AU JUS MASHED POTATOES HARVARD BEETS GREEN BEAN CASSEROLE PIE
<b>CLOSED</b> <sup>16</sup> 	<b>RSVP 2/10/26</b> <sup>17</sup> SLICED HAM W/ RAISIN SAUCE AU GRATIN POTATOES HONEY MAPLE CARROTS WHEAT BREAD PINEAPPLE TIDBITS	<b>RSVP 2/10/26</b> <sup>18</sup> MARRY ME CHICKEN BREAST LEMON RICE PILAF SEASONED GR. BEANS WHEAT BREAD CINNA. APPLE SLICES ASH WEDNESDAY	<b>CHINESE LUNCH</b> <sup>19</sup> <b>RSVP 2/10/26</b> EGG DROP SOUP FRIED NOODLES CHICKEN & BROCCOLI RICE EGG ROLL GREEN BEANS FRUIT	<b>RSVP 2/10/26</b> <sup>20</sup> POT ROAST OF BEEF STROGANOFF SAUCE ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES
<b>SUB DAY</b> <sup>23</sup> <b>RSVP 2/17/26</b> DANIISH HAM, SWISS CHEESE ON CLUB ROLL MAYO L.T. ONION POTATO SALAD COLE SLAW FRUIT COCKTAIL	<b>RSVP 2/17/26</b> <sup>24</sup> MEDITERRAIN WHITE BEAN SOUP TURKEY—HAM MACARONI SALAD ON SPINACH GRAPE TOMAOES WHEAT BREAD PINEAPPLE TIDBITS	<b>RSVP 2/17/26</b> <sup>25</sup> <b>BEEF HOT DOG ON ROLL</b> <b>VEGETARIAN BEANS</b> <b>SAUERKRAUT</b> <b>FRUIT CUP</b>	<b>RSVP 2/17/26</b> <sup>26</sup> CHICKEN BREAST W/ RANCH CREAM SAUCE PEAS & CARROTS YELLOW RICE PILAF WHEAT BREAD PINEAPPLE	<b>RSVP 2/17/26</b> <sup>27</sup> MEATBALL SUB CHEESE GARNISH WHEAT ITALIAN ROLL GREEN BEANS MANDARIN ORANGES
				<b>1 % White Milk or</b> <b>Chocolate Milk or</b> <b>Yogurt and most</b> <b>days Juice is served with</b> <b>lunch</b>

# Daily Activities

Activity	Time	Cost	Location
<b>Billiards</b>	8:15 am - 3:45 pm	None	Billiards Room
<b>Computer Lab</b>	8:15 am - 3:45 pm	None	Computer Lab
<b>Exercise Equipment Room</b>	8:00 am - 3:45 pm	None	Exercise Room
<b>Bingo</b> Penny Bingo	9:00 - 11:00 am	Penny per card	Game Room
<b>Lending Library</b> Come borrow a book or two	8:15 am - 3:45 pm	None	Game Room
<b>Morning Table Talk</b> Catch-up, Relax, Enjoy Coffee with your senior center friends.	9:00 - 11:00 am	None (Donations for coffee are accepted)	Dining Room
<b>Lunch</b>	11:30 am	See menu for reservation deadlines & directions.	Dining Room
<b>Walk the WSC Walking Path</b>	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
<b>Painting &amp; Drawing</b> All skill levels & medium forms. Instructor led class.	Mondays	12:30 - 3:00 pm	\$25	8 Weeks <b>Next Session begins:</b> March 2026
<b>Stained Glass</b> – 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
<b>Clay Crafters</b> – 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
<b>Quilting Circle &amp; Smiling with Stitches</b> – Quilting & Project Linus blanket community service group.	Thursdays	9:00 - 11:00 am	None	Craft Room; Must supply own material
<b>NEW! Greeting Card Crafts</b> Come make greeting cards, for all skill levels.	3rd Wednesday of each	1:00 - 2:30 pm	\$15 for 3 cards	Craft Room <b>Next Class:</b> Wednesday, February 18



# Exercise Classes

Activity	Day	Time	Cost	Session Info
<b>Dance Fitness</b> (Low Intensity) Fun music & dance moves for staying fit!	Monday, Wednesday, & Fridays	8:45 - 9:45 am	<b>\$35/month</b> ; includes Mon, Wed, & Fri	Session runs Monthly; 3x Weekly
<b>Arthritis Exercise Class</b> (Low Intensity)	Mondays	1:00 - 2:00 pm	Grant Funded - Donation Accepted	12 weeks <b>Next Session Begins:</b> February 23, 2026
<b>Arthritis Exercise Class</b> (Low Intensity)	Thursdays	1:00 - 2:00 pm	Grant Funded - Donations Accepted	12 weeks <b>Next Session Begins:</b> February 5, 2026
<b>Zumba Gold</b> (Moderate Intensity & Coordination) With modifications for chair use!	Mondays	10:15 am-11:15 am		<b>ON HOLD</b>
<b>Yoga</b> With modifications for chair use	Wednesdays	10:00 - 11:00 am	<b>\$40</b>	8 weeks <b>Next Session Begins:</b> March 4, 2026
<b>Line Dance Class</b> (Moderate Intensity & Coordination)	Thursdays	10:00 - 11:30 am	<b>\$35</b> Includes Tuesdays practice class	10-12 Weeks <b>Next Session Begins:</b> March 12, 2026
<b>Line Dance Practice</b>	Tuesdays	10:30 - 11:30 am	Included with Thursday's Class Fee	
<b>Stretch &amp; Strength Exercise</b> Uses exercise videos	Tuesdays & Thursdays	T: 9:00 - 10:00 am Th: 8:45 - 9:45 am	Free	Drop-in
<b>Walking Indoor Exercise</b> 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
<b>Pickleball</b> 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

**We accept Cash, Check or Credit: Visa, MasterCard, or Discover**

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



Come join the fun in Arthritis Exercise on Mondays and Thursdays at 1:00pm!

# Cards, Games & Entertainment

Activity	Day	Time	Session Info/Location
<b>Pinochle</b>	Fridays	11:30 am - 2:45 pm	Game Room
<b>Progressive 500 Card</b>	Wednesdays	11:30 - 3:30 pm	Game Room
<b>Hand &amp; Foot Card Game</b>	Tuesdays	11:15 am - 3:30 pm	Game Room
<b>Mahjong</b>	Thursdays	12:30 - 3:30 pm	Game Room
<b>Thinking Power</b> Test your memory	Tuesdays	10:00 - 11:00 am	Dining Room
<b>Wii Games: Bowling</b>	Wednesdays	10:00 - 11:00 am	Dining Room TV
<b>Prize Bingo:</b> Come play for fun prizes!	Fridays	12:30 - 2:00 pm	Dining Room <b>*No Prize Bingo February 20</b>
<b>Balloon Games:</b> Fun for all!	Fridays	10:00 - 11:00 am	Multi-Purpose Room

\*All Activities are subject to change without notice.

# Upcoming Special Events

Program	Date	Time	Session Info
Legal Aid	Wednesday, February 4	1:00 pm - 4:00 pm	Free; First 10 are seen by the lawyer: Numbers given out starting @ 11:30 am
Postage Stamp Collector Club	Thursday, February 12	11:00 am - 12:00 pm	Free! Come meet in the Craft Room!
Valentine's Lunch	Friday, February 13	11:30 am	Reservations required for lunch
Center Closed	Monday, February 16	All Day	
Pancake Breakfast	Tuesday, February 17	8:30 am	Cost: \$5.00
Chinese New Years Lunch	Thursday, February 19	11:30 am	Reservations required for lunch
Heart Healthy Bingo	Friday, February 20	12:30 pm	Free!

\*Special Events are subject to change without notice.

# 2025 Free Income Tax Assistance

Provided through the AARP TaxAid Program

## February 2 - April 1

Days of the Week:  
Monday & Wednesdays

**\*We are currently taking appointments, days are filling up fast. Call today!\***

410-386-3850



**Tax Time!**



## Heart Healthy Bingo

Friday, February 20 at 12:30 pm  
in the Dining Room

Let's have some fun! Come join us for a Heart Healthy Bingo. Win heart healthy snacks and prizes.

No sign up necessary, just come by for a fun time!



# NEW CLASS!

## Let's Make Some Cards!

### Greeting Card Crafts



3<sup>rd</sup> Wednesday of each month  
1:00 - 2:30 pm  
in the Craft room

Cost: \$15.00 for 3 Cards  
Supplies for cards will be provided.

*Bring adhesives  
of your choice!*

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 2<sup>nd</sup> Friday of the month**  
Payment will be collected on the day of the class.

## Online Safety Skills

Protect yourself online with our free technology safety workshops this February! Learn to manage your privacy settings and protect your personal information on February 3, discover how to use anti-virus tools to keep your devices safe on February 10, and master scam prevention techniques to avoid phishing and fraud on February 23. All classes are beginner-friendly.

February 2 - Intro to Managing your Privacy

February 9 - Anti-Virus Tools

February 23 - Smart Steps - Scam Prevention

**All  
classes  
10 - 11 am**

**Register for all three classes at the front desk or  
call 410-386-3850**

UNIVERSITY OF  
MARYLAND  
EXTENSION

SENIOR PLANET  
FROM AARP





# Learn how to manage your ongoing Chronic Conditions



## What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

### Topics Include:

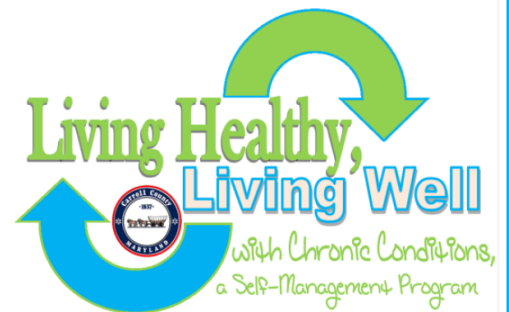
- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

### What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations

### Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.



## FREE Virtual 6-Week Series

March 5 – April 9, 2026

Thursdays 9:30 a.m. – 12 p.m.

*Technology assistance for the workshop series will be provided.*

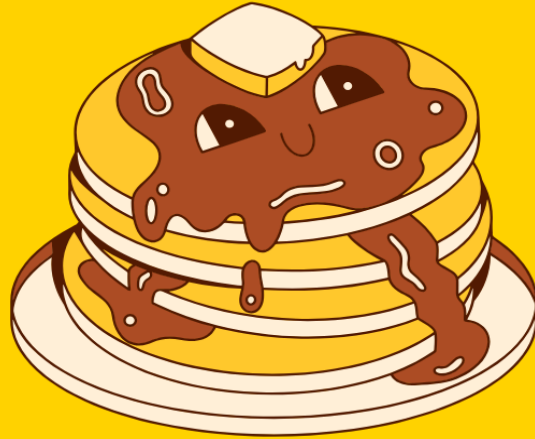
*Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.*

**REGISTER online at <https://carrollcountymd.gov/LivingHealthy> or by calling 410-386-3818 or Email [LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



# Pancake Breakfast



**February 17, 2026**

**8:30 am**

**Cost: \$5.00**

Pancakes (2)

Butter & Syrup

Turkey Sausage

Hash Brown Patty

Juice

Milk

**See Esther or Katie by Wednesday,  
February 11 to sign up and pay**

# Hollywood Casino at Charles Town Races

Charles Town, WV

Tuesday, March 24, 2026

Cost: \$35.00

Bus Leaves WSC at 9:00 am &  
Returns to WSC by 4:30 pm

Included: \$20.00 free play if 30 people go.

Last day to sign up is March 12th



If interested, please  
sign up at the Front  
Desk. Payment due at  
time of sign up!

All passengers must  
have a valid ID to  
enter Casino.

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



# U.S.STAMP CLUB



Discover the enjoyment of collecting U.S. stamps, learn about historic issues, have discussions of postal designs, artwork, errors.

Have Questions? Curious? Stop in for a chat!

Meetings are the 2nd Thursday of the month.

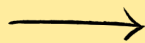
In the Craft Room from 11:00 am - 12:00 pm

## **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.