

NEWS FLASH

WESTMINSTER SENIOR AND COMMUNITY CENTER



125 Stoner Ave
Westminster, MD 21157

410-386-3850

westminstersc@carrollcountymd.gov

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

September

2025

Center Hours:

Monday-Friday

8:00 am to 4:00 pm

Center Closed:

Monday, September 1

Wednesday, September 10



INFORMATION STATION

CENTER STAFF

CENTER MANAGER:
KATIE WOODEN

CENTER ASSISTANT:
ESTHER BALDWIN

CENTER CUSTODIAN:
JOHN HOOVER

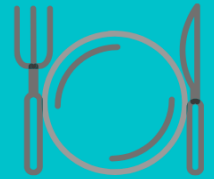


Updating Your Membership Form

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!



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 \$6.31 for lunch. Those 59 and younger must pay the full price of \$6.31 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* SEPTEMBER 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 \$6.31, includes accompanying younger spouses;**

Under 60 Years Old = **Full Price \$6.31, Paid Directly To Assistant Director NAME:**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <div>1</div>  | <div>2</div> RSVP 8/25/25 CHICKEN DIVAN BROWN RICE WHEAT BREAD DICED PEACHES JUICE | <div>3</div> RSVP 8/25/25 SLICED CORN BEEF MUSTARD DILL SAUCE MASHED POTATOES RED CABBAGE CORN & PEA SALAD WHEAT BREAD TROPICAL FRUIT | <div>4</div> RSVP 8/25/25 INDIAN BUTTER CHICKEN BOMBAY BROWN RICE INDIAN CUCUMBER TOMATO & ONION SALAD WHEAT BREAD MANDARIN ORANGES | <div>5</div> RSVP 8/25/25 MEDITERRAIN WHITE BEAN SOUP TURKEY—HAM MACARONI SALAD ON SPINACH GRAPE TOMAOGES WHEAT BREAD PINEAPPLE TIDBITS CHOCOLATE MILK |
| <div>8</div> RSVP 9/2/25 CHICKEN CORDON BLUE ON ROLL BAKED BEANS BROCCOLI SALAD W/ CRANBERRY DRESSING YOGURT / JUICE | <div>9</div> RSVP 9/2/25 BEEF POT ROAST AU JUS ROLL HONEY ROASTED BEETS COLE SLAW JUICE / MILK | <div>10</div> EXPO AT THE AG CENTER COME JOIN US IN THE ACTIVITIES CENTER CLOSED | <div>11</div> SPECIAL SUB DAY RSVP 9/2/25 ROAST TURKEY SUB CHEDDAR CHEESE KAISER ROLL / MAYO POTATO SALAD COLE SLAW FRUIT COCKTAIL MILK | <div>12</div> RSVP 9/2/25 PORK LOIN W/ DIJON CREAM SAUCE OKRA & TOMATOES GARLIC MASHED POTATOES WHEAT BREAD FRUIT COCKTAIL CHOCOLATE MILK |
| <div>15</div> RSVP 9/8/25 HONEY BEEF BBQ RIB PATTY FIESTA BLACK BEANS COLE SLAW ROLL YOGURT & JUICE | <div>16</div> RSVP 9/8/25 CHICKEN BREAST FRICASSEE BROWN RICE PILAF MIXED VEGETABLES WHEAT BREAD APPLE PACK JUICE & MILK | <div>17</div> SPECIAL RSVP 9/8/25 BAKED POTATO SPINACH SALAD TOMATOES / DRESSING CHILI & CHEESE SOUR CREAM WHEAT BREAD APPLESAUCE | <div>18</div> RSVP 9/8/25 BEEF HOT DOG ON ROLL VEGETARIAN BEANS SAUERKRAUT FRUIT CUP JUICE & MILK * | <div>19</div> RSVP 9/8/25 CR. OF BROCCOLI SOUP BBQ CHICKEN ROLL RED CABBAGE SLAW YOGURT & JUICE |
| <div>22</div> FALL SPECIAL RSVP 9/12/25 CHICKEN CORDON BLEU GRAVY MASHED POTATOES PEAS & ONIONS DINNER ROLL PIE JUICE / MILK | <div>23</div> RSVP 9/12/25 CHICKEN W/ CREAMY ARTICHOKE SAUCE LEMON RICE PILAF SEASONED BEANS WHEAT BREAD CINNAMON APPLE SLICES MILK & JUICE | <div>24</div> RSVP 9/12/25 LENTIL & SPINACH SOUP TUNA SALAD SANDWICH CORN & EDAMAME SALAD APPLESAUCE MILK | <div>25</div> RSVP 9/12/25 POT ROAST OF BEEF CHASSEUR ROASTED POTATOES SEASONED GREENS WHEAT BREAD MANDARIN ORANGES JUICE & MILK | <div>26</div> RSVP 9/12/25 CREAMY CHICKEN PICCATA BROWN RICE BUTTERED CARROTS WHEAT BREAD GREEN PEA & RED PEPPER SALAD Juice & CHOCO. MILK |
| <div>29</div> RSVP 9/22/25 HAMBURGER W/ PEPPER JACK CHEESE ON ROLL LETTUCE / TOMATO KETCHUP BROCCOLI SLAW TROPICAL FRUIT YOGURT & JUICE | <div>30</div> RSVP 9/22/25 CHEESE PIZZA SALAD MIX / DRESSING FRUIT JUICE / MILK * | <div></div> NO BOX LUNCHES FOR SEPTEMBER | | <div></div> 1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch |

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: September 8, 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 month | 1:00 - 2:30 pm | \$15 for 3 cards | Craft Room Next Class: Wednesday, September 17 |

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: October 27, 2025 |
| Arthritis Exercise Class (<i>Low Intensity</i>) | Thursdays | 1:00 - 2:00 pm | Grant Funded | 12 weeks Next Session Begins: October 2, 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 Session Began: August 19, 2025 |
| Yoga With modifications for chair use | Wednesdays | 10:00 - 11:00 am | \$40 | 8 weeks Session Began: August 6, 2025 |
| Line Dance Class (<i>Moderate Intensity & Coordination</i>) | Thursdays | 10:00 - 11:30 am | \$35 Includes Tuesdays practice class | 10-12 Weeks Next Session Begins: 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 September 12 & 26 |

*All Activities are subject to change without notice.

Upcoming Special Events

| Program | Date | Time | Session Info |
|--|-------------------------|--------------------|--|
| Legal Aid | Wednesday, September 3 | 1:00 pm - 4:00 pm | Free; first 10 are seen by the lawyer! Numbers given out starting at 11:30am |
| Nutrition with Terry Serio | Thursday, September 4 | 10:00 am | Join us for a monthly nutrition program |
| Aging Your Way Expo | Wednesday, September 10 | 9:00 am - 2:00 pm | Please see flyer |
| End of Summer Luau | Friday, September 12 | 12:00 pm - 2:00 pm | Please see flyer |
| Cow Mobile | Wednesday, September 17 | 1:00 pm - 2:00 pm | Please see flyer |
| Let's Make Some Cards Greeting Card Craft | Wednesday, September 17 | 1:00 - 2:30 pm | See flyer for details |
| Fall into Fall Lunch | Monday, September 22 | 11:30 am | Reservations required for lunch |
| Train Trip | Tuesday, September 23 | 8:30 am - 4:00 pm | SOLD OUT |
| Senior Night Out | Tuesday, September 23 | 4:00 - 6:30 pm | See flyer for details |

*Special Events are subject to change without notice.

The COW Mobile

Wednesday, September 17

1:00 - 2:00 pm

Cost: \$2.00



Please pay your \$2.00 at the front desk and receive your Ice Cream Voucher. Vouchers need to be presented at the Cow Mobile to receive your ice cream.

Vouchers will be sold
Monday, September 15 to
Wednesday, September 17.

The COW Mobile will be visiting our center! Beat the heat with a frozen custard, Italian Ice or a Gelati.

Sugar free option will be available



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.



Please Join Us For An
End Of summer Luau Party
Friday September 12, 2025
12:00-2:00pm

Come join in on the fun in the Multi Purpose Room There will be entertainment by DJ Sonny. Light refreshments will be available.
Come dressed in your favorite Hawaiian attire for a fun filled afternoon.

Shrimp Feed

Senior Night Out

Tuesday, September 23

4:00 pm - 6:30 pm

Dinner @ 5:00 pm

Dinner Menu:

Steamed Shrimp

Macaroni Salad

Chips

Fruit Cup

Cost:

\$10.00 - 1/2 lb of shrimp

or

\$15.00 - 1 lb of shrimp

Payment due at time of sign up

**Please see Katie or Esther by 10:00 am on
September 15th to sign up and pay!**



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!

Mason Jar Salads

Thursday, September 18

12:45 pm in the Dining Room

Come join Lisa as she shows us
how to make a tasty salad in a
mason jar. All supplies will be
provided!

Please sign up at the front desk by September 11!

Space is limited to 15 people so don't wait to sign up!



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**



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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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 Health Screenings
Vendor Prize BINGO
Speakers & Seminars
Community Program &
Fitness Demonstration

FREE Shuttle Service
Grab & Go Lunches
Prescription Medication Disposal
Designated Veterans Area
FREE Complementary
Therapies



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

Official Expo
Media Sponsors

Carroll County
Times



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 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!

Upcoming Events & Closures

🍁 Friday, October 3 : Walk MD Event

🍂 Friday, October 10: Flu Shots

🍁 Monday, October 13: Center Closed

🍂 Thursday, October 16: Oktoberfest Lunch

🍁 Friday, October 31: Halloween Party

*Dates could change, check back with the center to find out
about additional closures*

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.