

# North Carroll Senior Snippets October 2025

## North Carroll Senior and Community Center Newsletter

2328 Hanover Pike  
Hampstead, Maryland 21074

Email:  
Northcarrollsc@  
carrollcountymd.gov

Hours: Monday - Friday  
**8:00 A.M. — 4:00 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

**Oct. 13th** - for  
Columbus Day Holiday

### 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, adults with disabilities, veterans and those who care for them.



**Thursday, Oct. 16th**  
**10:30 am - 12 pm**  
**Want to be a star!**

**Come and sing karaoke**  
**Rich will be here with his Karaoke**  
**machine to host this event**  
**Pick a song & sing solo or grab a**  
**group of friends!**



**No signup required just**  
**show up and be ready to**  
**sing or just listen**

## Special Meals



**Bureau of Aging Sponsored Hot Dog Special** – Oct. 21st – Standard Size Hot Dog, Sauerkraut, Baked beans, Fruit Cup, Juice and Milk. R.S.V.P. by 10 am on Oct. 16th



**Potato Day Special** – Oct. 31st – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Oct. 23rd



**Octoberfest Special** – Oct. 16th – Bratwurst w/Peppers & Onions , Braised Red Cabbage, Red Skinned Potatoes, Waldorf Style Salad, Cake & Milk. R.S.V.P. by 10 am on Oct. 8th.



**Hot Dog** – Oct. 15th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Oct. 7th



**Ham Sub Special** – Oct. 7th – Ham Sub, Cole Slaw, Potato Salad, Fruit Cocktail & Milk, R.S.V.P. by 10 am on Sept. 29th



## 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
		1. Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad Juice Milk RSVP BY 9/26 @ 10am	2. Roast Pork Loin w/ Dijon Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail Chocolate Milk RSVP BY 9/29 @ 10am	3. Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw Fruited Yogurt Juice RSVP BY 9/30 @ 10am
6. Chicken Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Pack Milk and Juice RSVP BY 10/1 @ 10am	7. <b>Ham &amp; Cheddar Sub</b> <b>Potato Salad</b> <b>Cole Slaw</b> <b>Fruit Cocktail</b> <b>Milk</b> <b>RSVP BY 9/29 @ 10am</b>	8. Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail Juice Milk RSVP BY 10/3 @ 10am	9. Cream of Broccoli Soup BBQ Chicken Sandwich Cole Slaw Fruited Yogurt Juice RSVP BY 10/6 @ 10am	10. Sliced Ham w/ Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Juice and Milk RSVP BY 10/7 @ 10am
<b>13.</b>  <b>CLOSED</b>	14. Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce Milk RSVP BY 10/9 @ 10am	<b>15. HOT DOG SPECIAL</b> <b>Baked Beans</b> <b>Cole Slaw</b> <b>Diced Pears</b> <b>Milk</b> <b>RSVP BY 10/7 @ 10am</b>	<b>16. Bratwurst w/ Peppers</b> <b>Braised Red Cabbage</b> <b>Red Skin Potatoes</b> <b>Waldorf Style Salad</b> <b>Dessert</b> <b>Milk &amp; Apple Cider</b> <b>RSVP BY 10/8 @ 10am</b>	17. Pepperjack Turkey Burger Broccoli Slaw Tropical Fruit Fruited Yogurt Juice RSVP BY 10/14 @ 10am
20. Tuna Noodle Casserole Chickpea & Tomato Salad Hot Cinnamon Apples Milk & Juice RSVP BY 10/15 @ 10am	21. Hot Dog Sauerkraut Baked Beans Fruit Cup Milk & Juice RSVP BY 10/16 @ 10am	22. Meatball & Cheese Sub Seasoned Green Beans Mandarin Oranges Milk & Juice RSVP BY 10/17 @ 10am	23. Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt Juice RSVP BY 10/20 @ 10am	24. Roasted Pork Loin w/ Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes Sliced Apple Pack Chocolate Milk RSVP BY 10/21 @ 10am
27. Split Pea Soup Chicken Ceaser Salad Cornbread Loaf Hot Spiced Apples Milk RSVP BY 10/22 @ 10am	28. Meatloaf w/ Gravy Seasoned Green Beans Brown Rice Diced Peaches Milk & Juice RSVP BY 10/23 @ 10am	<b>29. Meatloaf Special</b> <b>Mashed Potatoes</b> <b>Sliced Carrots</b> <b>Applesauce</b> <b>Milk &amp; Juice</b> <b>RSVP BY 10/22 @ 10am</b>	30. Sliced Corned beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit Milk RSVP BY 10/27 @ 10am	<b>31. Baked Potato</b> <b>Spinach Salad</b> <b>Chili con Carne</b> <b>Applesauce</b> <b>Milk &amp; Juice</b> <b>RSVP BY 10/23 @ 10am</b>

# 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	<b>10 - 12 weeks Starting Oct. 6</b>	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>

## 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 Activities<sup>5</sup>

**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	<b>10 - 12 weeks Starting Oct. 7</b>	\$30.00
Chair Pilates w/ Karalee 	11:15 am - 12:15 pm	<b>10 - 12 weeks Starting Oct. 7</b>	\$30.00
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	<b>Oct. 14 &amp; Oct. 28</b> (2nd & 4th Tuesday of the month)	<b>1:00 pm - 2:30 pm</b>	<b>Free</b>
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	<b>Oct. 7 &amp; Oct. 21</b> (1st & 3rd Tuesday of the month)	<b>10:30 am - 12:00 pm</b>	<b>Free</b>
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	<b>10 - 12 weeks Starting Oct. 1</b>	Grant Funded
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
<b>Beginner Chi Kung</b>	1:00 pm	<b>10 - 12 weeks Starting Oct. 1</b>	\$30.00
<b>Intermediate Chi Kung</b>	 2:15 pm	<b>10 - 12 weeks Starting Oct. 1</b>	\$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 Activities<sup>7</sup>

**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	Ongoing	None
Stitchers & Needlecrafts	10:00 am - 12:00 pm	Ongoing	None
Silver Sneakers - Cardio Step	10:00 am - 11:00 am	<b>10 - 12 weeks Starting Oct. 2</b>	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	<b>10 - 12 weeks Starting Sept. 25</b>	\$30.00
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Bridge	12:30 pm	Ongoing	None
Ukulele with Vince	<b>Oct. 9 &amp; Oct. 23</b> (2nd & 4th Thursday of the month)	<b>1:00 pm - 2:30 pm</b>	<b>Free</b>
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

# Daily Activities<sup>8</sup>

**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
Ping Pong	12:00 pm - 3:00 pm	Ongoing	None
Fun & Fitness Exercise	10:00 am - 11:00 am	<b>10 - 12 weeks Starting Oct. 3</b>	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	<b>10 - 12 weeks Starting Oct. 10</b>	\$30.00
Lunch	12:00 pm	Ongoing	<b>By Reservation; See page 2 for fees</b>
Scrabble	12:00 pm - 3:00 pm	Ongoing	<b>None</b>
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	<b>\$2.50 per person per class</b>
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	<b>\$2.50 per person per class</b>



# Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	<b>Oct. 21</b> (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	<b>Oct. 14</b> (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	<b>Oct. 9</b> (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	<b>Oct. 15</b> (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	<b>Oct. 10 &amp; Oct. 22</b> (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	<b>Oct. 8</b> (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	<b>Oct. 9</b> (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	<b>Oct. 28</b> (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	<b>Oct. 22</b> (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.**

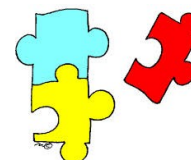
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

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\_16\_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**

**Oct. 21st At 1:00 pm**

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

**Music Show**



**Oct. 14th**

**1 pm**

**In the Dining Room**

Come and join this wonderful instrumental group who will be playing and singing classic then **Bluegrass favorites**. It's FREE and there is No Signup Required!

## 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 TRIPS FOR NORTH CARROLL SENIOR CENTER FOR 2025



**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**

## Toys for Tots



# Toy Drive

## Nov. 6 - Nov. 14

Bring a NEW & UNWRAPPED toy to  
the center to help a family in need

# 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 9<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**August 5<sup>th</sup>, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)**

**August 6<sup>th</sup>, 2025-Webinar**

**September 17<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**October 15<sup>th</sup>, 2025-Webinar**

**November 12<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**December 3<sup>rd</sup>, 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 16<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**August 12<sup>th</sup>, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)**

**August 13<sup>th</sup>, 2025-Webinar**

**September 24<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**October 22<sup>nd</sup>, 2025-Webinar**

**November 19<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**December 10<sup>th</sup>, 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](mailto: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](https://carrollcountymd.qualtrics.com/jfe/form/SV_aVP8njulgrT1peC)



**\*Survey is available in  
English and Spanish**





## Flu Shots

**DRIVE-THRU**



# FLU SHOT CLINICS

**CARROLL COUNTY  
SENIOR CENTERS**

**OCTOBER 6<sup>TH</sup> - 10<sup>TH</sup>, 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 7<sup>th</sup>**

### South Carroll

5928 Mineral Hill Road  
Eldersburg, MD 21787  
**Wednesday October 8<sup>th</sup>**

### Taneytown

220 Roberts Mill Road  
Taneytown, MD 21787  
**Thursday October 9<sup>th</sup>**

### Westminster

125 Stoner Ave.  
Westminster, MD 21157  
**Friday October 10<sup>th</sup>**

***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

Mark your Calendars

1

**THURSDAY, OCTOBER 30**

The North Carroll  
Senior Centertainers

**VARIETY SHOW**

HOSTED BY:

**FRED SULLIVAN**

SOME OF THE ACTS INCLUDE:

**The North Carroll Line Dancers**

**Lesley & Gore**

**Rock n Roll Storytime**

**"The Adventures of Ricky & Nelson"**

**The Ukes**

**Maryland Monroe**

COME JOIN THE FUN!:

**SHOWTIME 12:30pm**

# Medicare Open Enrollment



## 2026 Medicare Open Enrollment

Review your 2026 Part D Options: October 15<sup>th</sup>-December 7<sup>th</sup>



**Bureau of Aging & Disabilities**

Carroll County Department of Citizen Services

You can be added to our call list for an appointment starting Sept 15<sup>th</sup>. We will be returning calls to schedule by Oct 1<sup>st</sup> 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](https://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 21<sup>st</sup>, 2025***

### South Carroll Senior Center

5928 Mineral Hill Rd  
Sykesville, MD 21784  
***Friday, November 7<sup>th</sup>, 2025***

### North Carroll Senior Center

2328 Hanover Pike  
Hampstead, MD 21074  
***Friday, November 21<sup>st</sup>, 2025***

### Mt Airy Senior Center

703 Ridge Ave  
Mt Airy, MD 21771  
***Tuesday, November 25<sup>th</sup>, 2025***



**SHIP**

State Health Insurance  
Assistance Program

Navigating Medicare

### Westminster Senior Center

125 Stoner Ave  
Westminster, MD 21157  
***Tuesday, December 2<sup>nd</sup>, 2025***



**SMP**

Senior Medicare Patrol

Preventing Medicare Fraud

**Appointments are also available in our SHIP office Oct 15<sup>th</sup>-Dec 5<sup>th</sup>, 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.**

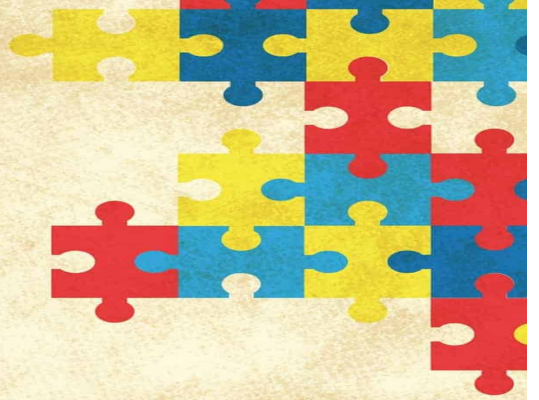
**125 Stoner Ave, Westminster, MD 21157**

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 as soon as possible but no later than 72 hours before the scheduled event. Email: [ada@ccg.carr.org](mailto:ada@ccg.carr.org)



## Puzzle Challenge

# JIGSAW PUZZLE CONTEST



# Oct. 10th



## 11 am - 3 pm



# In the Gathering Room

To compete in the Jigsaw Puzzle Contest you have to:

- **Sign up** your team of 2 people at the front desk by **Oct. 3rd**
- If you don't have 2 people, we will place any single players with other single players to make teams of 2.
- There is no fee to play
- All teams will receive the same puzzle to complete
- Your team will need to complete as much as possible of the puzzle in the time allotted.
- Space is limited.
- All rules will be explained before the competition begins

**You must sign up by Oct. 3rd!**

**Signup is now open!**



## Volunteers Wanted

### 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



## Veterans Day Celebration



**Tuesday**  
**November 6th**  
**at 10:30 am**

# Veteran's Day Program

### Special Meal – by Friendly Farm Restaurant

**Fried Chicken, Roast Beef with gravy, Mashed Potatoes with gravy,  
 Green beans, Cole Slaw, Sugar Biscuits, Roll, Cake & Beverage**

**Meal Donation – up to \$20.00**

### RESERVATION POLICY

Reservations start **October 15<sup>th</sup>** thru **October 24<sup>th</sup>** for

North Carroll Senior Center Members **ONLY**

(If we take name and they are not NCSC members, they will be moved to the waiting list)

Reservations start **October 27<sup>th</sup>** for All other Senior centers members

**In-person Reservations only—No phone reservations taken. Signup sheet  
 located at front desk table - Signup by Oct. 31st at 10 am**

**Due to the popularity of our event, one person may sign up a maximum  
 of 2 people for this event.**

**If you are signing up a person under the age of 60, you must pay the full price  
 of the meal (\$20.00 per person) at the time of sign up.**

**Maximum 200 guest for this event**



**Please donate a new unwrapped toy during our  
 Veterans Day Celebration and be entered into our  
 drawings of wonderful prizes during the Veterans  
 Day Celebration!**

Mitten Tree is back!

We are collecting items for

# Hat & Sock Tree



Please make a donation to our community  
Holiday Program:

## Hats & Socks

Starting Oct.15th

**Donation Tree/box located in  
the main hallway**

**Items are needed by  
December 1st**





Holiday Shopping



# ANNUAL HOLIDAY BAZAAR

**Begins on  
Monday, November 3rd at 9 am.**

**The sale will continue through November.**

**Come shop for Christmas items & gifts  
at reasonable prices.**

**All proceeds benefit your senior center & helps pay  
for our Christmas Party.**

**THE PUBLIC IS INVITED TO ATTEND.**

**We are now accepted gently used gift items, holiday  
decorations & crafts. Please bring donations to the  
front desk. Thank you.**

## Mark your Calendars

# Show Me Better Health

## DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## FREE In-Person 6-Week Series

**Register:** <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—[LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)

October 15-22-28-November 5-19-26, 2025

No session November 12th

**Wednesdays 9:00 a.m.— 11:30 a.m.**

**Location:** The Residences of Hampstead School  
1211 North Main Street, Hampstead, MD 21074

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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# Good Information!

To register, get more information, or find out when the next workshop starts, please contact the Living Healthy, Living Well Program Coordinator at 410-386-3818.

## What is Living Healthy, Living Well with Diabetes?

A six-week self-management workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

*"I wasn't taking care of myself—but I am now. I finally see how important that is."*

Led by trained leaders, some of whom have diabetes and other chronic conditions themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

**How is this program different?**

**You set your own goals.** The changes you see are things that matter most to you.

**You learn hands-on with others.** The group brings fun and wisdom as you apply new skills in your own life.

**Living Healthy, Living Well helps you build confidence** in your ability to manage your condition.

**You'll get information and advice for:**

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



*"I never knew how much my emotions affected my physical health. Now I know my stress signals and I pay attention."*

*"The workshop helped me understand that I'm not alone."*

Living Healthy, Living Well participant

Tens of thousands of people nationwide have learned the self-management

approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life.



## Save The Dates For These Upcoming Special Events

### **OCTOBER:**

Oct. 7, 9am - 11am, Drive by Flu Shots - No signup required

Oct. 10, 11am - 3pm, Jigsaw Puzzle Challenge - Sign up at the front table by Oct. 3rd

Oct. 13, Center Closed for Columbus Day Holiday

Oct. 14, 1pm, Bluegrass/Folk Music Concert - No signup required

Oct. 15, 1pm - 4pm, Legal Aid

Oct. 16, 10:30am, Karaoke with Rich - Join the fun, Sing or just listen

Oct. 23, 11am, Make Carmel Apples with Lisa. Must signup by 10am on Oct. 16 at the front desk. Space is limited!

Oct. 30, 12:30pm, Drama Variety Show - No signup required

### **NOVEMBER:**

Nov. 4, 10:30am, Blues/Rock Music Concert - No signup required

Nov. 6, Veterans Day Party - Signup required at front desk before 10 am on Oct. 30th

Nov. 6, Toys for Tots Drive starts. Bring a new unwrapped toy to donate to a family in need.

Nov. 11, Center Closed for Veterans Day Holiday

Nov. 21, Medicare Open Enrollment - Appointment required.  
Call 410-386-3800 to schedule your appointment.

Nov. 27 & 28, Center Closed for Thanksgiving Holiday

### **DECEMBER:**

Dec. 4, Christmas Holiday Drama Show

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.

