

North Carroll Senior Snippets September 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

Sept. 1st - for

Labor Day Holiday

Sept. 10th - for

Aging your way Expo

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.



When the trees their summer splendor
Change to raiment red and gold,
When the summer moon turns mellow,
And the nights are getting cold;
When the squirrels hide their acorns,
And the woodchucks disappear;
Then we know that it is autumn,
Loveliest season of the year.

Charlotte L. Riser

Special Meals



Bureau of Aging Sponsored Hot Dog Special – Sept. 18th – Standard Size Hot Dog, Baked beans, Fruit Cup, Juice and Milk. R.S.V.P. by 10 am on Sept. 15th



Potato Day Special – Sept. 17th – Bake Potatoes, Chili con Carne, Spinach Salad, Applesauce, Bread & Milk. R.S.V.P. by 10 am on Sept. 9th



Fall Special – Sept. 22nd – Chicken Cordon Bleu, Mashed Potatoes, Peas & Onions, Pie & Milk. R.S.V.P. by 10 am on Sept. 12th.



Hot Dog – Sept. 29th – Hot Dog, Baked Beans, Cole slaw, Fruit & Milk. R.S.V.P. by 10 am on Sept. 19th



Roasted Turkey Sub Special – Sept. 11th – Turkey Sub, Cole Slaw, Potato Salad, Fruit Cocktail & Milk, R.S.V.P. by 10 am on Sept. 3rd



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. Roasted Pork Loin w/Mushroom Sauce German Cucumber Salad Mashed Potatoes Sliced Apple Pack Chocolate Milk RSVP BY 8/27 @ 10AM	2. Chicken Divan Brown Rice Diced Peaches Milk Juice RSVP BY 8/28 @ 10AM	3. Sliced Corned Beef w/ Dill Sauce Mashed Potatoes Red Cabbage Corn & Pea Salad Tropical Fruit/Milk RSVP BY 8/29 @ 10AM	4. Indian Butter Chicken Bombay Brown Rice Indian Cucumber Salad Mandarin Oranges Milk Juice RSVP BY 9/1 @ 10AM	5. Mediterranean White Bean Soup Turkey-Ham Mac Salad Spinach Pineapple Tidbits Chocolate Milk RSVP BY 9/2 @ 10AM
8. Beef Pot Roast Au Jus Honey Roasted Beets Cole Slaw Juice Milk RSVP BY 9/3 @ 10AM	9. Creamy Chicken Casserole Yellow Rice Pilaf Green Beans Diced Peaches Milk/Juice RSVP BY 9/4 @ 10AM	10. Meatloaf w/ Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Milk/Juice RSVP BY 9/5 @ 10AM	11. Roast Turkey Sub Potato Salad Cole Slaw Fruit Cocktail Milk RSVP BY 9/3 @ 10AM	12. Roast Pork Loin w/ Dijon Sauce Okra & Tomatoes Mashed Potatoes Fruit Cocktail Chocolate Milk RSVP BY 9/9 @ 10AM
15. Honey BBQ Beef Patty Cole Slaw Fiesta Black Beans Fruited Yogurt Pineapple Juice RSVP BY 9/10 @ 10AM	16. Chicken Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Pack Milk and Juice RSVP BY 9/11 @ 10AM	17. Baked Potato Spinach Salad Chili Con Carne Applesauce Milk RSVP BY 9/9 @10AM	18. Hot Dog Lunch Baked Bean Fruit Salad Sauerkraut Milk Juice RSVP BY 9/15 @ 10AM	19. Cream of Broccoli Soup BBQ Chicken Sandwich Red Cabbage Slaw Fruited Yogurt Juice RSVP BY 9/9 @10AM
22. Chicken Cordon Bleu Mashed Potatoes Peas & Onions Apple Pie Milk Juice RSVP BY 9/12 @ 10AM	23. Chicken Breast w/ Artichoke Sauce Lemon Rice Pilaf Season Greens Cinnamon Apple Slices Milk Juice RSVP BY 9/18 @ 10AM	24. Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce Milk RSVP BY 9/19 @ 10AM	25. Pot Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Milk Juice RSVP BY 9/22 @ 10AM	26. Creamy Chicken Piccata Brown Rice Buttered Carrots Green Pea & Red Pepper Salad Milk Juice RSVP BY 9/23 @ 10AM
29. HOT DOG DAY Baked Beans Cole Slaw Diced Pears Milk RSVP BY 9/19 @ 10AM	30. Tuna Noodle Casserole Chickpea & Tomato Salad Hot Cinnamon Apples Milk Tomato Juice RSVP BY 9/25 @ 10AM			

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	10 - 12 weeks Started July 7 FULL	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Tai Chi II	11:00 am—12:00 pm	No Classes this session	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees

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 Activities⁵

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	10 - 12 weeks Started July 1 FULL	\$30.00
Chair Pilates w/ Karalee 	11:15 am - 12:15 pm	10 - 12 weeks Started July 1 FULL	\$30.00
Drama Club	10:30 am - 11:30 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Kim's Music Group Acoustic Jam Class (Bluegrass/Folk)	Aug. 12 & Aug. 26 (2nd & 4th Tuesday of the month)	1:00 pm - 2:30 pm	Free
Kim's Music Group Acoustic Jam Class (Blues/Classic Rock)	Aug. 5 & Aug. 19 (1st & 3rd Tuesday of the month)	10:30 am - 12:00 pm	Free
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	10 - 12 weeks Started July 2 FULL	Grant Funded
Let's Dance Cardio Fitness	11:15 am - 12:15 pm	10 - 12 weeks Started July 2	\$30.00
Bingo	10:30 am - 2:00 pm	Ongoing	Nickel
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Beginner Chi Kung	1:00 pm	10 - 12 weeks Started July 2	\$30.00
Intermediate Chi Kung	 2:15 pm	10 - 12 weeks Started July 2	\$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 Activities⁷

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	10 - 12 weeks Started July 3	\$30.00
Seated Yoga with Kate Cobb	11:30 am - 12:30 pm	10 - 12 weeks Started July 3 FULL	\$30.00
Pinochle	10:00 am	Ongoing	None
500 Card Game	11:30 am - 2:00 pm	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Bridge	12:30 pm	Ongoing	None
Ukulele with Vince	Aug. 14 & Aug. 28 (2nd & 4th Thursday of the month)	1:00 pm - 2:30 pm	Free
Line Dancing - Practice	1:00 pm - 3:00 pm	Ongoing	None
Beading Bee	1:00 pm - 3:00 pm	Ongoing	None

Daily Activities⁸

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	10 - 12 weeks Started July 11 FULL	\$30.00
Strength & Mobility	11:15 am - 12:15 pm	10 - 12 weeks Started July 11	\$30.00
Lunch	12:00 pm	Ongoing	By Reservation; See page 2 for fees
Scrabble	12:00 pm - 3:00 pm	Ongoing	None
Bridge	12:30 pm	Ongoing	None
Ballroom Dance - Instructional	12:30 pm - 1:30 pm	Ongoing	\$2.50 per person per class
Ballroom Dance - Social	1:30 pm - 3:00 pm	Ongoing	\$2.50 per person per class

Upcoming Special Events

Program	Date	Time	Cost
Live Music with Vince	Sept. 16 (3rd Tuesday of the month)	1:00 pm	Free
Birthday Celebration	Sept. 9 (2nd Tuesday of the month)	12:30 pm	Free
Project Linus	Sept. 11 (2nd Thursday of the month)	10:00 am - 12:00 pm	Free
TLC Group	Sept. 17 (3rd Wednesday of the month)	10:00 am - 12:00 pm	Free
Pillowcase Project	Sept. 12 & Sept. 24 (2nd Friday & 4th Wednesday of the month)	9:00 am - 2:00 pm	Free
Wednesday Book Club	Sept. 17 (2nd Wednesday of the month)	11:00 am	Free
Thursday Book Club	Sept. 11 (2nd Thursday of the month)	1:00 pm	Free
Site Council Meeting	Sept. 23 (4th Tuesday of the month)	10:00 am	Free
Information and Assistance	Sept. 24 (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 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.**

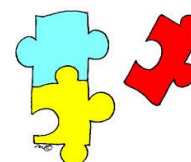
Limit books borrowed to 2 per week. We accept current books in good condition as donations for our library.

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**

Sept. 16th At 1:00 pm

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

Music

**Ukulele with
Vince**



**The 2nd & 4th Thursdays
of every month**

1pm

In the Gathering Room

NEW CLASS



New
Class
Alert!

Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and spring resistance. The chair is an excellent piece of equipment for both seated and standing work.

Chair Pilates

Tuesdays at 11:15 am

with Karalee

New Session Started
July 1st

Improve your
balance



NEW CLASS!!



Beginner Chi Kung

Wednesdays -1 pm

In the Activities Room

Chi Kung (sometimes spelled Qigong) is an ancient Chinese holistic health practice. Chi literally means energy/breathe & Kung = work. It is a predecessor of & the foundation for Tai Chi. Using physical movements to limber the body while coordinating the breathe with visualization exercises the practitioners strive to improve their overall well-being & longevity. Jason was introduced to Chi Kung training through the traditional martial arts & have been practicing since he was 6 years old. He caters his classes to the current capabilities of his students confidently knowing that their limitations will be surpassed so that more advanced training can be made available to them.

NEW CLASS!!

Intermediate Chi Kung

Wednesdays 2:15 pm

In the Activities Room

As our Chi Kung evolves, literally, one step closer to Tai Chi we need to begin moving (forwards, backwards, & side to side). In this class we'll be adding to our Chi Kung movements stepping and turning. Gracefully transitioning from one movement to the next as we travel throughout the room.

Participants must have attended at least one session of Beginner Chi Kung.

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 EVENTS FOR NORTH CARROLL SENIOR CENTER FOR 2025

Sept. 9 **Charlestown Casino Trip - \$45 per person - Sign up immediately**

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

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 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

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. 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



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



4-H Fair

Senior Day at the 4-H Fair Winners!!!



Congratulations to Pat Berry, Joan Granruth, Fran Ball, Carol Fox, Barabara Ruth & Gwen Cargill for their submissions in this years fair. We look forward to seeing you again next year.

CONGRATULATIONS

**To all our
WINNERS**

Volunteers WANTED!

**VOLUNTEERS
NEEDED!**

Looking for Front Desk volunteers!

We are excited to welcome some amazing volunteers to help out at our front desk. If you got a little time and a big smile, we'd love to have you at our front desk. Pick your day and time, as much time as you want to give. If interested please see the manager.



BECOME A
**FRONT DESK
VOLUNTEER**

Upcoming Event



MARYLAND WALK DAY 2025



Join the North Carroll Senior Center for

“A Walk in the Park”

Leister Park (in Hampstead)

Wednesday, Sept. 24

9 am to 11 am

Come walk for five minutes or the full two hours. Every minute counts! Help us meet our goal of Older Marylanders walking 1 million miles while enjoying the fall scenery and great company. **Please sign up at the front desk or at 410-386-3900 by 9/17/25 so that we may plan for this event accordingly!**

Please join us for a wonderful fall day in the park!

Wear a BLUE shirt!

Mark your Calendars

Aging Your Way – Health & Wellness Expo

Formerly known as “Seniors on the Go Expo”

Wednesday, Sept. 10th



Do you need ride to the Expo?

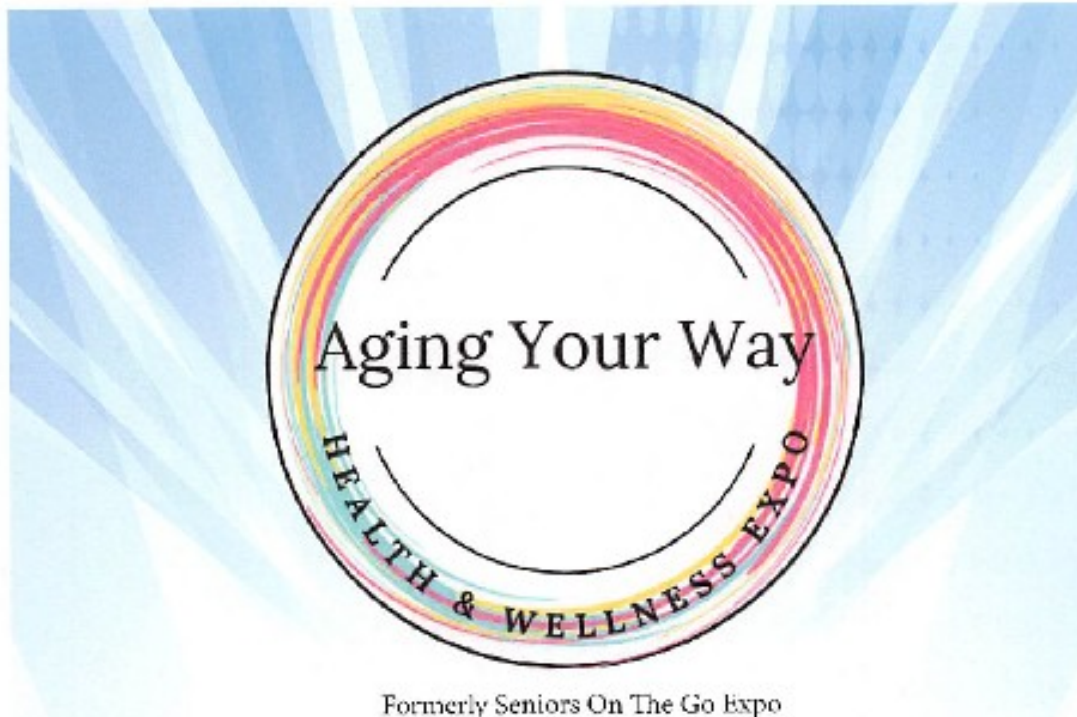
CTS will be providing rides to seniors from Senior Centers to Shipley Arena and back

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!

Mark your Calendars



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 Shuttle Service
FREE Health Screenings	Grab & Go Lunches
Vendor Prize BINGO	Prescription Medication Disposal
Speakers & Seminars	Designated Veterans Area
Community Program & Fitness Demonstration	FREE Complementary Therapies



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

Official Expo
Media Sponsors

Carroll County
Times



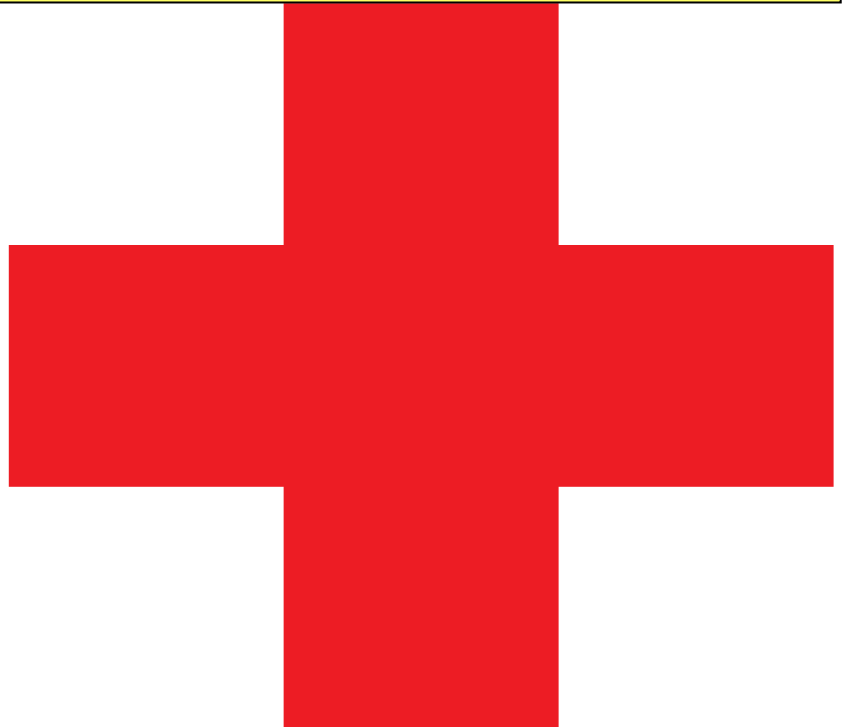
The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.6978 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.

Help Save Lives!

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
**North Carroll Senior and
Community Center**

The Gathering Room

2328 Hanover Pike
Hampstead, MD 21074

Monday, September 22, 2025
12:30 p.m. to 5:30 p.m.

Please sign up using the Red Cross Blood Donor app or call
1-800-RED CROSS (1-800-733-2767) to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting
RedCrossBlood.org/RapidPass to complete your pre-donation reading and
health history questions on the day of your appointment.



Scan to be directed to
RapidPass®

**Come to give blood Sept. 22-Oct. 19 for a \$10
Amazon.com Gift Card by email! See rcblood.org/fall**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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National Falls Prevention Awareness Month

How to Get Up Safely After a Fall

If you have injuries, health problems, or other reasons that may make it easy for you to fall at home, it is a good idea to learn how to get up safely after a fall. Learning how to get up correctly can help you avoid making an injury worse.

Also, knowing what to do if you cannot get up can help you stay safe until help arrives.



How can you care for yourself after a fall?

If you think you can get up:

First lie still for a few minutes and think about how you feel. If your body feels okay and you think you can get up safely, follow the rest of the steps below:



Look for a chair or other piece of furniture that is close to you.

Roll onto your side and rest. Roll by turning your head in the direction you want to roll, move your shoulder and arm, then hip and leg in the same direction.

Lie still for a moment to let your blood pressure adjust.

Slowly push your upper body up, lift your head, and take a moment to rest.

Slowly get up on your hands and knees, and crawl to the chair or other stable piece of furniture.

Put your hands on the chair.

Move one foot forward, and place it flat on the floor. Your other leg should be bent with the knee on the floor.

Rise slowly, turn your body, and sit in the chair. Stay seated for a bit and think about how you feel. Call for help. Even if you feel okay, let someone know what happened to you. You might not know that you have a serious injury.

If you cannot get up:

If you think you are injured after a fall or you cannot get up, try not to panic.

Call out for help.

If you have a phone within reach or you have an emergency call device, use it to call for help.

If you do not have a phone within reach, try to slide yourself toward it. If you cannot get to the phone, try to slide toward a door or window or a place where you think you can be heard.

Yell or use an object to make noise so someone might hear you.

If you can reach something that you can use for a pillow, place it under your head. Try to stay warm by covering yourself with a rug, blanket, or clothing while you wait for help.

If you can, try to move around a little bit to keep from getting stiff. If you urinate, try to roll away from the damp area.



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Checklist for Preventing Falls at Home

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Hip fractures are especially serious, and most of them are caused by falling.

Falls are often caused by hazards that are easy to overlook. But these hazards can also be easy to fix. This checklist helps you find hazards in each room of your home, and it gives tips on how to fix the problem.

Rooms and Areas to Check for Preventing Falls at Home
Floors
<input type="checkbox"/> Move furniture so that your path through a room is clear.
<input type="checkbox"/> Remove throw rugs on floors. Or use double-sided tape or a nonslip backing so the rugs won't slip.
<input type="checkbox"/> Pick up papers, books, shoes, boxes or other things that are on the floor. Always keep objects off the floor.
<input type="checkbox"/> Coil or tape wires (such as extension cords or lamp or phone cords) next to the wall so you can't trip over them. If you need another power outlet, have an electrician install one.
Stairs and Steps
<input type="checkbox"/> Pick up papers, shoes, books, or other things on stairs. Always keep objects off stairs.
<input type="checkbox"/> Fix loose, broken, or uneven steps.
<input type="checkbox"/> Make sure you have plenty of light in stairways. Have an electrician put in an overhead light at the top and bottom of the stairs. You can get light switches that glow.
<input type="checkbox"/> If you have burned-out lightbulbs in the stairway, have a friend or family member change them.
<input type="checkbox"/> Make sure that the carpet is firmly attached to every step. Or you can remove the carpet and attach nonslip rubber treads to the stairs.
<input type="checkbox"/> Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and span the full length of the stairs.
Kitchen
<input type="checkbox"/> Move items in your cabinets so that the things you use a lot are on the lower shelves (about waist level).
<input type="checkbox"/> If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

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FALL PREVENTION TIPS

Take extra care if you live alone

- If you live alone, think about wearing an alert device that will bring help in case you fall and can't get up. Or carry a cordless or cell phone with you from room to room. Then you can quickly call for help if you need it.
- Set up a plan to make contact once a day with a family member or friend. Have one person who knows where you are.

Learn how to get up from a fall. Try this when you have someone with you. If you can get up alone, practice this often enough to feel comfortable. If you can't get up by yourself, see a physical therapist for help.

Learn ways to keep your balance

Learn to do a few exercises for strength and balance. Practicing these each day can help you stay active and independent.

- Wear low-heeled shoes that fit well and give your feet good support. Use footwear with nonskid soles. Repair or replace worn heels and soles.
- If you use a walker or cane, make sure it is fitted to you. If you use a cane, replace the rubber tip when it becomes worn.

If you have pets, keep them in one place at night. Train your pets not to jump or get under-foot. Think about buying a collar with a bell for your pet so you will know when your pet is nearby.

Learn about your medicines

- Know the side effects of the medicines that you take. Ask your doctor if the medicines you take can affect your balance. For instance, sleeping pills and some medicines for anxiety can affect your balance.

If you take two or more medicines, talk to your doctor about how they work together. Sometimes combinations of medicines can cause dizziness or sleepiness. Either of these can lead to a fall.

Make your home safer

- Remove or fix things you could trip over, such as raised doorway thresholds, throw rugs, or loose carpet.
- Keep paths clear of electrical cords and clutter.
- Use nonskid floor wax, and wipe up spills right away.
- Keep your house well lit. Use night-light(or keep an overhead light on at night) in hallways & bathrooms
- Put sturdy handrails on stairways. Make sure you have a light at the top and bottom of the stairs.
- Store things on lower shelves so you don't have to climb or reach high.
- Keep a phone and a flashlight by your bed. Check the flashlight batteries often to make sure they still work.

Save The Dates For These Upcoming Special Events

SEPTEMBER:

Sept. 1, Center Closed for Labor Day Holiday

Sept. 10, Center Closed - "Aging Your Way EXPO" at the Carroll County Ag Center

Sept. 22, 12pm - 5pm, American Red Cross Blood Drive

Sept. 24, 9am - 11am, Walk in the Park - Leister Park - Signup at front table before Sept. 17th

OCTOBER:

Oct. 13, Center Closed for Columbus Day Holiday

NOVEMBER:

Nov. 27 & 28, Center Closed for Thanksgiving Holiday

DECEMBER:

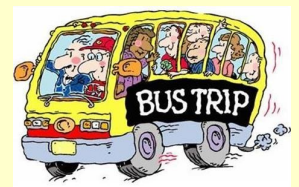
Dec. 25, Center Closed for Christmas Holiday

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.



Snack Shop OPEN!!!

Days & Hours: Monday - Friday 9:30 am to 2:30 pm

Every Item \$1.00

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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@cgc.carr.org

