

South Carroll Senior Center

# July

## ACTIVITY SCHEDULE

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

**MONDAY-THURSDAY**  
**8:00AM-4:00PM**  
**FRIDAY**  
**8:00AM-3:00PM**

### Mission Statement

"The Carroll County Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, Veterans, and those who care for them."

**CARROLL COUNTY  
SENIOR CENTERS  
WILL BE**

**CLOSED  
Friday  
July 4th**

**CARROLL COUNTY  
SENIOR CENTERS  
WILL CLOSE AT 3:00PM  
ON FRIDAYS**

**Closing  
Early**

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.



## Aging and Disabilities Services

<https://www.carrollcountymd.gov/aging-and-disabilities>

**Click on the services listed below to find out more information.**

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare



# SUMMER SERIES

## Cyber Security Series

JULY 1st

JULY 8th

## Artificial Intelligence Series

JULY 15th

JULY 22nd

JULY 29th

**ALL CLASSES AT 10AM**

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

**QUESTIONS ABOUT CLASS?**

**EMAIL:**

**[JACK@CARROLLTECHCOUNCIL.ORG](mailto:JACK@CARROLLTECHCOUNCIL.ORG)**



Carroll Technology  
& Innovation Council



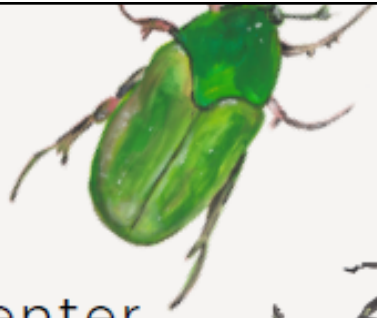


**SOUTH CARROLL SENIOR CENTER**

# **VARIETY SHOW**

**MONDAY JULY 7TH  
12:30PM**

**COME SEE THE TALENTED SOUTH  
CARROLL SENIOR CENTER MEMBERS!**

**IF YOU WOULD LIKE LUNCH AT 12:00PM SIGN UP BY JULY 1ST**





South Carroll Senior Center



**G.R.O.W.**

PRESENTS

**“THINGS THAT  
BUG ME”**



A presentation on beneficial  
insects, pollinators and  
plants for bees



MONDAY

July 14th 1 - 3 pm





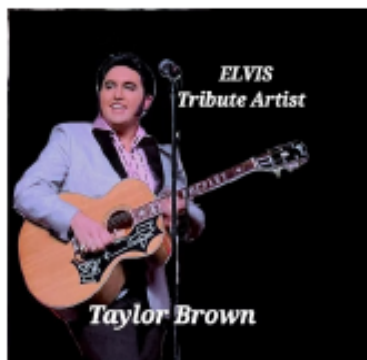
The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:  
**Senior Day at the 4-H Fair**



July 31, 2025



Featuring  
the musical talents of  
**Elvis Tribute Artist: Taylor Brown**



Taylor Brown is an Elvis Tribute Artist who has been bringing the King's legendary energy to life since 2012. With every performance, Taylor recreates the excitement of an authentic Elvis show, guaranteed to have you tapping your feet and singing along. He's a favorite across Maryland and along the East Coast, even earning a fantastic 2nd place finish at the prestigious Lake George Elvis Festival! Prepare for a high-energy, fun-filled tribute that truly celebrates the magic of Elvis.

**Schedule of Events**

<b><u>Thursday, July 31st</u></b>	<b><u>Friday, August 1st</u></b>
7:30 - 8:30 am - Senior exhibits may be entered in Blizzard Hall.  For pre-registrations information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 28, 2025 through Wednesday, July 30, 2025 at 1:00 pm. Pre-registrations are limited to 5 per person.	9:00 am - 11:00 am - Senior Exhibits open for display  Noon - Senior Exhibits Released  Note: All exhibits must be picked up at the fair on Friday Aug 1 between 11:30 am and 12:30 pm. Items not picked up by 12:30 pm will be taken to the Bureau of Aging & Disabilities - 125 Stoner Ave, Westminster, MD 21157 to be picked up beginning Aug 4th.
9:00 to 11:30 am - Judging of senior entries	Contact your local senior center for entry rules, exhibit categories, registration paperwork or questions.
11:30 am - Senior exhibits open for display until 10:00 pm and Friday, August 1, 9:00- 11:00 am	Mt Airy - 410-386-3961 North Carroll - 410-386-3900 South Carroll - 410-386-3700 Taneytown - 410-386-2700 Westminster - 410-386-3850
12:30 - 1:30 pm - Entertainment by Elvis Tribute Artist: Taylor Brown under the big white tent!! Refreshments will be served.	

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## South Carroll Senior Center Bus Trip

# COASTAL MAINE IN THE FALL

**SEATS  
AVAILABLE**

**October 20th- October 23rd**

**Sign up at the front desk**

**Monday-Friday 9:00am-3:00pm**

**Last Day to Sign up August 1, 2025**

Enjoy a fun-filled 4 day get-away full of spectacular scenery in  
Ogunquit, Maine "Beautiful Place by the Sea".

Enjoy tourist centers, beaches, quaint boutiques, galleries, shops and a vibrant  
artistic community.

(see attached flyer for more details)

Price:

\$1,329.00 Single

\$999.00 Double/PP

\$919.00 Triple/PP

\$879.00 Quad/PP

To reserve a spot on the bus you must pay and complete an  
emergency contact form.

**No refunds after 60 days prior to trip unless we sell you seat.**

**Payment due at time of sign up .**

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South Carroll Senior Center

# Holidays at Nemours Estate and Lunch at Buckley's Tavern

SEATS  
AVAILABLE

**THURSDAY NOVEMBER 20, 2025**

**COST: \$125.00**

**9:00am - 7:00pm**

Sign up at the front desk Monday-Friday 9:00am-2:00pm.

Last Day to Sign up August 12, 2025

Enjoy a tour of the former Du Pont estate decked out for the holidays with Christmas trees, hand-painted ornaments and antique decorations. Before the tour relax and enjoy a delicious lunch at Buckley's Tavern. Your meal choices are Curried chicken Salad Sandwich, French Dip Sandwich, or Quiche Lorraine.

To reserve a spot on the bus you must pay full price, complete an emergency contact form and complete meal choice form.

Includes: Transportation, lunch, Holidays at Nemours Estate, all taxes and tips.

**No refunds after 30 days prior to trip unless we sell you seat.**

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**American Music Theatre Presents:**

# "Deck the Halls"

*Thursday*

*December 11, 2025*

**COST: \$125.00**

**10:15AM - 7:15PM**

**SIGN UP  
STARTS  
July 16th**

**Sign up at the front desk Monday-Friday 9:00am-2:00pm**

**LAST DAY TO SIGN UP IS August 27th**

It's the time of year to be dazzled and delighted with musical merriment! Enjoy a live performance of holiday favorites and sentimental tributes!

Before the show enjoy a delicious smorgasbord lunch at Bird-in-Hand Family Restaurant.

**No refunds after 30 days prior to trip unless we sell your seat!**

Trip Includes: Transportation, smorgasbord lunch, reserved seats for the show, all taxes and tips.

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# CRAFT GROUP

## UPCOMING ACTIVITIES

WEDNESDAYS

10:00AM-12:00 PM

SIGN UP AT FRONT DESK

JULY 2<sup>ND</sup>

SUNCATCHERS - NO COST

JULY 9<sup>TH</sup>

WATER CANDLES - \$3.00

JULY 16<sup>TH</sup>

TOILET PAPER ROLL WREATHS - NO COST

JULY 23<sup>RD</sup>

THE ART OF CARD MAKING - NO COST

JULY 30<sup>TH</sup>

JAR LID CHANGE PURSE - NO COST

### Donations Needed

Toilet Paper and/or paper towel cardboard inserts

Tissue Paper

Glue/Glue Sticks

Dried Flowers'

Pipe Cleaners

Glass Beads/Marbles

Old/or Used Candles



# Pickleball Committee Update

## The Kitchen Report

Hello Everyone,

As most of you know we have reserved 1 court on Wednesday morning from 9:30 am to 10:30 am for beginners up to level 2.5 (0-2.5). This will continue through August 31, 2025. As a reminder, Melissa separated the Beginner/Intermediate and Advanced group sessions on the front desk check in computer. Please make sure you select the correct session when coming to play. We will stop using the attendance sheets in the gym at the end of June. Remember it's important to check in so the Center knows the amount of people that use the facility (gym).

The Pickleball Theory Class on Thursday afternoons between 1:00 PM and 2:30 PM for beginners is still active. The class is targeting 6 people to sign up by Tuesday of the same week for it to be held. If exceptions occur, you will be contacted. The class goes over most of the areas you need to know to become familiar with the game. Currently the number of people signing up is below the requirement of 6. We will defer the class week to week until more people show interest in taking the class. There is a visual court and net set up so people can see and understand the different explanations of what goes on during a game. Feel free to bring your paddle because after the class the students are invited into the gym to play actual games on a court with the Beginner/Intermediate group. There is no charge for the class.

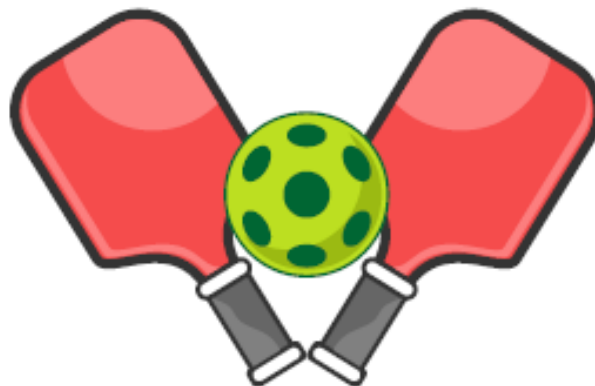
We have deferred permanently painting the lines for the pickleball courts in the gym at this time. It is not cost effective for the facility to have the work done. We will look into submitting the request for the 2027 County budget.

There is discussion regarding when to pay the \$20.00 yearly fees for pickleball. Currently it is collected starting January 1 of each year. A proposal has been made to collect these fees at the same time that the SCSC annual renewal paperwork is completed, which happens each October. This is currently under consideration and must be reviewed by the County.

The gym may be closed for maintenance sometime this year. The exact timeline has not been determined yet by the County. As soon as we are aware of the details, we will pass the dates along so you can plan accordingly.

Weido DiMaio

Chair of the Pickleball Committee



# BOARD GAMES

**EVERY FRIDAY**

**12:30pm—2:30pm**



# BILLIARDS

**Looking for Billiard Players that  
would like to play for fun  
or join a team for League Games**



**Join us  
Monday-Friday  
8:00am- 11:00am**





# Community Service Project PRINCESS DRESS PROJECT WORKSHOP

**Volunteers  
and  
Donations  
Needed**



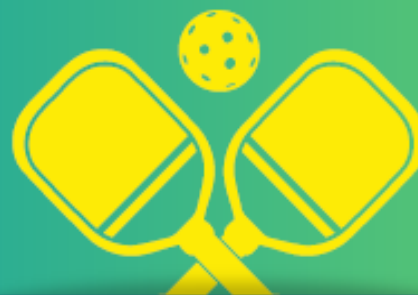
**SECOND MONDAY of EVERY MONTH**  
(could change due to holidays)  
**12:00pm-3:00pm**

We make dresses and shorts for children all over the world. Looking for members to sew or cut out the fabric for projects..

We are also accepting donations

- Fabric (cottons, fleece and flannel)
- Lace and trims
- Extra wide double fold bias tape

Please mark donations "Dress Workshop" and place in Clean Craft Room.



**Multipurpose  
Room**

**LEARN THE THEORY  
OF  
PICKLEBALL BASICS**

**limited  
space**

Our Pickleball Committee has scheduled a weekly class to help you understand the rules and strategies of the game.

**THURSDAYS  
1:00PM-2:30PM**

**SIGN UP AT THE FRONT DESK BY  
TUESDAY THE WEEK OF CLASS**

# DID YOU KNOW??

We will be at the South Carroll Senior Center  
the 1st Thursday of **EACH** month!

(No visits in July & December)



We can connect you with services regarding:

- Energy Assistance
- RTC and HTC
- Referrals to Community Service Providers
- Caregiver Resources
- Housing Options
- Long-Term Care Services/Program



# 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**



## Age-Friendly Carroll County Focus Group



As a Senior and Community Center member, are you interested in voicing your views on making Carroll County friendlier for all ages?

If so, please sign up for one of the following 90 minutes sessions by contacting Lois Romeo [lromeo@carrollcountymd.gov](mailto:lromeo@carrollcountymd.gov) or 410-386-3830 with your choice of session, contact information and any special accommodations:

Westminster Senior and Community Center

125 Stoner Ave, Westminster, MD 21157

Wednesday, July 16, 2025 At 9:30 A.M

South Carroll Senior and Community Center

5928 Mineral Hill Rd., Sykesville, MD 21784

Thursday, July 24, 2025 at 9:30 A.M.

Looking forward to hearing from older residents across the county!





**JULY 8TH**

# **PIZZA PARTY TIME!**

**Sign up with  
Brad between  
June 23<sup>rd</sup> to  
July 3<sup>rd</sup>**

**Proceeds go  
towards the  
site council**

**2 SLICES OF  
CHEESE PIZZA  
& A SALAD**

**\$5 DUE AT  
SIGN UP**

# SOUTH CARROLL SENIOR CENTER

## July Lunch Menu

**HAPPY  
INDEPENDENCE  
DAY**

**Monday****Tuesday****Wednesday****Thursday****Friday**

### Pizza Fundraiser On July 8th

1  
Meatloaf w/Gravy  
Herb Roasted Potatoes  
Creamy Cucumber Salad  
Mandarin Oranges  
WG Wheat Bread

Sign up due by  
10:00am 6/26

2  
Roasted Pork Loin w/  
Dijon Cream Sauce  
Okra & Tomatoes  
Garlic Mashed Potatoes  
Fruit Cocktail  
WG Wheat Bread

Sign up due by  
10:00am 6/27

3 **4th JULY SPECIAL**  
Cheeseburger  
Lettuce, Tomato & Onion  
Baked Beans  
Pepper Slaw  
Watermelon  
Apple Pie

Sign up due by  
10:00am 6/25

4  
  
**CENTER  
CLOSED  
INDEPENDENCE  
DAY**  


7  
Salisbury Steak w/  
Mushroom Gravy  
Roasted Potatoes  
Seasoned Greens  
Amish Navy Bean Salad  
WG Wheat Bread

Sign up due by  
10:00am 7/1

8 **Fundraiser**  
  
Pizza  
Fundraiser  
2 Slices of  
Cheese Pizza  
&  
Salad

This lunch will cost \$5 or you can  
have a boxed lunch by donation.  
Sign up and pay with bread from  
June 23rd to July 3rd. Proceeds go  
towards the Site Council.

9  
Cream of Broccoli Soup  
BBQ Chicken Sandwich  
WG Hamburger Roll  
Fresh Red Cabbage Slaw  
Fruited Yogurt

Sign up due by  
10:00am 7/3

10  
Pineapple Glazed Ham  
Au Gratin Potatoes  
Honey Maple Carrots  
Pineapple Tidbits  
WG Wheat Bread

Sign up due by  
10:00am 7/7

11  
Chicken Breast w/Creamy  
Artichoke Sauce  
Lemon Rice Pilaf  
Seasoned Green Beans  
Cinnamon Apple Slices  
WG Wheat Bread

Sign up due by  
10:00am 7/8

14 **New Menu Item**  
Lentil & Spinach Soup  
Tuna Salad Sandwich  
Lettuce & Tomato  
WG Wheat Bread  
Corn & Edamame  
Applesauce

Sign up due by  
10:00am 7/9

15  
Pot Roast of  
Beef Chasseur  
Roasted Potatoes  
Seasoned greens  
Mandarin oranges  
WG Wheat Bread

Sign up due by  
10:00am 7/10

16 **New Menu Item**  
Creamy Chicken Piccata  
WG Brown Rice  
Buttered Carrots  
Green Pea & Red Pepper  
Salad  
WG Wheat Bread

Sign up due by  
10:00am 7/11

17  
Pepperjack Cheeseburger  
WG Sandwich Roll  
Lettuce & Tomato  
Fresh Broccoli Slaw  
Tropical Fruit  
Fruited Yogurt

Sign up due by  
10:00am 7/14

18 **New Menu Item**  
Tomato Soup  
Tuna Noodle Casserole  
WG Wheat Bread  
Chickpea & Tomato Salad  
Hot Cinnamon Apples

Sign up due by  
10:00am 7/15

21  
Chicken Breast w/Ranch  
Cream Sauce  
Yellow Rice Pilaf  
Peas & Carrots  
Pineapple Tidbits  
WG Wheat Bread

Sign up due by  
10:00am 7/16

22  
Baked Potato  
Spinach Salad  
Chili Con Carne  
Applesauce  
WG Wheat Bread

Sign up due by  
10:00am 7/14

23 **New Menu Item**  
Turkey Florentine  
Lemon Rice Pilaf  
Zucchini & Tomato  
Cinnamon Applesauce  
Fruited Yogurt  
WG Wheat Bread

Sign up due by  
10:00am 7/18

24  
Split Pea Soup  
Chicken Caesar Salad  
WG Cornbread Loaf  
Hot Spiced Apples

Sign up due by  
10:00am 7/21

25 **New Menu Item**  
Roasted Pork Loin w/  
Creamy Mushroom Sauce  
German Cucumber Salad  
Garlic Mashed Potatoes  
Sliced Apple Snack Pack  
WG Wheat Dinner Roll

Sign up due by  
10:00am 7/22

28 **New Menu Item**  
Chicken Divan  
WG Brown Rice  
Diced Peaches  
WG Wheat Bread

Sign up due by  
10:00am 7/23

29  
Sliced Corned Beef w/  
Mustard Dill Sauce  
Mashed Potatoes  
Braised Red Cabbage  
Corn & Pea Salad  
Tropical Fruit  
WG Wheat Bread

Sign up due by  
10:00am 7/24

30 **New Menu Item**  
Indian Butter Chicken  
Bombay Brown Rice  
Kachumber Salad  
Mandarin Oranges  
WG Wheat Bread

Sign up due by  
10:00am 7/25

31 **New Menu Item**  
Mediterranean White  
Bean Soup  
Turkey & Ham Maccaroni  
Salad Plate  
Baby Spinach Bed w/  
Tomatoes  
Pineapple Tidbits  
WG Wheat Bread

Sign up due by  
10:00am 7/28

#### Reservation Required

To reserve a lunch fill out the colored  
lunch reservation book located in the  
hallway outside the dining room by  
the specified date. Cost of lunch for  
order members 60+ is a donation up  
to \$6.31 (full cost of meal). Per grant  
requirements, those under 60 must  
pay the full price of \$6.31. Spouses of  
adults over 60+, regardless of age,  
may give a donation if they accompany  
their spouse. If unaccompanied by  
their spouse, they must pay the full  
price of \$6.31.

# **FITNESS AND EXERCISE DISCLAIMER**



The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

## **Reminders:**

- \*Payments for classes will be collected by staff on the first day of the new session please do not participate in class before paying.**
- \*Sign in for class on the computer at the front desk and on the paper sheet provided by the instructor weekly.**
- \*Make sure you have on the correct shoes before you participate in class.**
- \*Sanitize any pieces of equipment you have used during class and return to the correct area in closet.**



**NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See Center Manager for details.**

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# Pickleball Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30	Beginner and Intermediate	ADVANCED	Beginner and Intermediate	ADVANCED	Beginner and Intermediate
10:30- 11:30					
11:30- 12:30		ALL PLAYERS		ALL PLAYERS	
12:30- 1:30	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS	Beginner and Intermediate	ALL PLAYERS
1:30- 2:30	Advanced		Advanced		<b>Advance Summer Hours Pickleball Ends at 2:30 on Fridays</b>
2:30- 3:45					

# Daily Activities

## MONDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 12:30 pm	Ongoing	None
Computer Lab	8:00 am—3:45 pm	Ongoing	None at this time
Ping Pong	8:00 am— 3:45pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Wii Games	8:00am — 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Chair Yoga	9:30 am - 10:15am	Next Session starts July 7th	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Quilting Club	10:00 am - 12:00 pm	Ongoing	None
Zumba Gold (Seated or standing)	10:30 am - 11:15 am	Next Session starts July 7th	Cost: \$30.00 10-12 weeks
Age Well Aerobics	11:30 am - 12:30 pm	Next Session starts July 7th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Bridge	12:00 pm - 3:45 pm	Ongoing	None
Pillow Case Dress Workshop (community service project)	12:00 pm— 3:45 pm	Next Meeting July 14th	None
Circuit Training	1:00pm— 2:00pm	Next Session starts July 7th	Cost: \$30.00 10-12 weeks

# Daily Activities

## TUESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 pm - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Wii Games	8:00am — 3:45 pm	Ongoing	None
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Ceramics	9:00 am - 11:45 am	Ongoing	\$ per item and \$2.00 activity fee
Arthritis Exercise	9:15 am - 10:15 am	Next Session starts July 1st	Grant Funded 10-12 weeks
Beginner/ Intermediate Mahjongg	9:30am - 11:30am	Ongoing	None
Penny Bingo	9:30 am - 11:30am	Ongoing	Penny
Learn How To	9:30 am —12:00pm	Ongoing	None
Senior Fun and Fitness	10:30 am - 11:30 am	Next Session starts July 1st	Cost: \$30.00 10-12 weeks
Technology Class	10:00 am — 11:30 am	Ongoing	None
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Site Council Meeting	11:30 am– 12:00 pm	July 1st	None
Scrapbooking and Card Making	12:30 pm-3:45pm	Ongoing	None
Mahjongg	12:00 pm - 3:45 pm	Ongoing	None



# Daily Activities

## WEDNESDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
Wii Games	8:00am — 3:45 pm	Ongoing	None
Circuit Training	8:15am– 9:15am	Next Session starts July 2nd	Cost: \$30.00 10-12 weeks
Pickleball	9:30 am - 3:45 pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Chair Yoga	9:30 am - 10:15 am	Next Session starts July 2nd	Cost: \$30.00 10-12 weeks
Nickel Bingo	9:30 am - 11:30am	Ongoing	Nickel
Crafts	10:00am– 12:00pm	Ongoing	cost of craft project
Beginner/Intermediate Mahjogg	9:30am - 12:00pm	Ongoing	None
Zumba Gold (seated or standing)	10:30 am - 11:15 am	Next Session starts July 2nd	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Pinochle	12:00 pm - 3:45 pm	Ongoing	None
Line Dancing	12:00 pm– 1:00 pm	Next Session starts July 2nd	Cost: \$35.00 10-12 weeks
Art Class	1:00 pm– 3:00 pm	Next Session starts September 3rd	Cost: \$30.00 10-12 weeks

# Daily Activities

## THURSDAY

Program	Time	Sessions	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Ping Pong	8:00 am– 3:45pm	Ongoing	None
<b>Wii Games</b>	<b>8:00am — 3:45 pm</b>	Ongoing	<b>None</b>
Pickleball	9:30 am - 3:45 pm	Ongoing	<b>\$20.00 yearly PAY AT FRONT DESK</b>
Nickel Bingo	9:30 am - 11:30 am	Ongoing	Nickel
Ceramics	9:00 am - 11:30 am	Ongoing	Cost per item and \$2.00 activity fee
Arthritis Exercise	9:15 am – 10:15 am	Next Session starts July 10th	Grant Funded 10-12 weeks
<b>Canasta</b> Beginners & Experienced	9:30 am– 12:30 pm	On going	None
Information and Assistance	1st Thursday of the Month 10:00 am– 11:00 am	Call 410-386-3800 to schedule an appointment	None
(Yoga) Wellness thru Movement	11:00 am - 12:00 pm	Next Session starts July 10th	<b>Cost: \$35.00 10-12 weeks</b>
Lunch	12:00 pm	Ongoing	By Reservation; Donation
Art Class	1:00 pm - 3:00 pm	Next Session starts September 4th	<b>Cost: \$35.00 10-12 weeks</b>
Learn the Theory of Pickleball Basics	1:00 pm– 2:30pm	<b>Sign up at front desk</b>	No Cost

# Daily Activities

## FRIDAY

Program	Time	Session	Cost
Walk the Gym	8:00 am - 9:30 am	Ongoing	None
Billiards	8:00 am - 2:30 pm	Ongoing	None
Exercise Equipment	8:00 am - 2:30 pm	Ongoing	None
Computer Lab	8:00 am - 2:30 pm	Ongoing	None
Puzzles	8:00 am - 2:30 pm	Ongoing	None
Ping Pong	8:00 am– 2:30pm	Ongoing	None
Wii Games	8:00am — 2:30 pm	Ongoing	None
Pickleball	9:30 am - 2:30pm	Ongoing	\$20.00 yearly PAY AT FRONT DESK
Mahjonn	9:30 am - 12:00 pm	Ongoing	None
Seated or Standing LaBlast	9:30 am– 10:15 am	Next Session starts July 11th	Cost: \$30.00 10-12 weeks
Strengthen Your Muscles with Jane	10:30 am– 11:30 am	Next Session starts July 11th	Cost: \$30.00 10-12 weeks
Lunch	12:00 pm	Ongoing	Reservation; Donation
Pinochle	12:00 pm - 2:30 pm	Ongoing	None
Dominos/ Board Games	12:30 pm - 2:30 pm	Ongoing	None