

The North Carroll Senior and Community Center

The center is located in the North Carroll Plaza at 2328 Hanover Pike, Hampstead, Md. 21074. The center is open Monday through Friday from 8 a.m. to 4:30 p.m. A well-balanced breakfast is served daily from 8:30 to 9:30 am. The cost for breakfast is a contribution up to \$2.00 for seniors 60 years and older. The cost for breakfast for those under 60 is \$2.00. A well balanced meal is served daily at Noon. The cost for the meal is a donation up to \$3.35 for seniors 60 years and older. The cost for those under 60 years is \$3.35. Reservations must be made before 10 a.m. the day before you would like to join us for lunch. For more information about classes, activities or to reserve a meal, please call 410-386-3900.

Directions to North Carroll Senior Center: Take Rt. #30 north to the Hampstead Bypass. At all roundabouts follow signs to Rt 30 north. At 3rd roundabout, exit to Route #30 north. At traffic light, turn left at Brodbeck Road (towards the North Carroll Plaza). Make the first right into the shopping center. The senior center is located at the far end of the shopping center on your right.

November 2009 Activities at North Carroll Senior & Community Center

Free Blood Pressure Screening – Thursday, November 4 from 9:30 am – 12 pm.

Senior Idol Competition – Friday, November 6 at 1 pm. Registrations are available at the center. All contestants must be registered by October 30.

“Abuse & Neglect in Nursing Homes” Talk – Tuesday, November 10 at 11 am. Talk by the Maryland State Office of the Attorney General

Trip to Delaware Park – Tuesday, November 10

Closed for Veterans Day – Tuesday, November 11

Red Hats Club Meeting – Thursday, November 12 at 11 a.m.

Veterans Day Program – November 13, “Honoring Our Heroes”

~ 11 am - Program honoring our veterans with music by “Never Too Late”

~ 12 pm - Special Fried Chicken Lunch. Cost of the meal is a donation of up to \$3.35 for those over 60. Please make you reservations by Tuesday, November 10. Menu is Salisbury steak with mushroom gravy, black eyed peas, and carrots.

Christmas & Holiday Bazaar – November 16 from 10 am – 2 pm. New & gently used holiday decorations & gifts items will be for sale. Bazaar will continue until Christmas. Shop early for the best selection. All proceeds benefit the North Carroll Senior Center Site Council and the senior center. Please reserve your luncheon meal by November 12.

Site Council Meeting – Monday, November 23 at 10 a.m. All seniors are welcomed to attend.

Thanksgiving Meal, Tuesday, November 24 at 1 pm. Menu is turkey & fixings. Cost of the meal is a donation of up to \$3.35 for those over 60. Please make you reservations by Tuesday, November 17.

Closed for Thanksgiving Holiday – November 26 & 27

Site Council Trips for 2010

Please check later for the 2010 schedule.

Travel office hours are 9 a. m. – 12:30 p.m. on Mondays, Tuesday & Wednesdays.

Please call office at 410-386-7912 to speak to Mary or Cliff Patterson for additional information.

Seats are reserved as payment is made.

Refunds will be made only if we find someone to purchase your seat.

Physical Activity Classes and Programs

Belly Dancing on Mondays from 1 – 2 p.m. Teacher is Kandy Runlet. Cost is \$35.00 for 8 class session or \$5.00 class. Dance your way to health & express your feminine.

Therapeutic Yoga on Wednesdays from 1:30 – 3 pm. Cost is \$35.00 for 8 classes or \$5 per class. Enjoy the physical & emotional benefits of gentle stretching, breathing exercises & guided relaxation. Our instructor is ILA Vidyarthi, Founder & President, Ahimsa Yoga Research Center, Inc. Adjunct Lecturer, Yoga Philosophy, Psychology & Practice.

Exercise with Valerie Classes on Thursday from 9 – 10 a.m. Class combines peppy non-impact aerobics, strengthening & stretching for a complete workout. Cost of 3 month session is \$20.00. Pro rated classes are \$2.00 per class.

Learn the “Mambo” - November’s Dance of the Month – on Fridays at 12:30 p.m. Cost is \$2.50 a lesson per person per week. Drop in, no registration required.

Drop in Ballroom Dancing on Fridays from 1:30 p.m. until 4 p.m. The cost of the class is \$2.50 per person. Beginners welcomed. Instructor, Les Debelius provides a wide variety of dance music and dance tips, too. Join this group at any time.

Arthritis Foundation Exercise Program on Tuesdays at 10:30 a.m. & Wednesdays at 10 a.m. These classes provide gentle stretching and strengthening exercises with relaxation techniques designed for people with arthritis or other seniors who prefer a gentle exercise program. Cost of session is cost \$20.00 for 3 month session. Pro rated classes are \$2.00 per class.

Fun & Fitness Exercise on Mondays & Fridays at 10 a.m. – 11 a.m. Class sizes are limited to 30 students. Cost is \$20.00 for the 3 month session. Pro rated classes are \$2.00 per class

Line Dance on Tuesdays at 1 p.m. Instructor is Yvonne Brandon. Cost for 12 classes is \$25.00 Prorated classes are \$2.50 per class. Line Dance Practice is 1 - 2 p.m. every Thursday.

Tai Chi and Chi Gung Classes: Introduction Class for New Students from 10:50 – 11:20 a.m. begins on Monday from 10:50 – 11:20 am. New session of Monday Beginners class from 11:30 a.m. – 12:30 p.m. New session of Thursday’s Continuing Students class from 10:30 – 11:30 a.m.. Instructor is Joanne Coyle. Cost is a donation to the program.

The Carroll County Bureau of Aging suggests that those interested in a physical activity program should consult with a medical professional before engaging in activities involving physical exertion or other implications that may be inappropriate for people with certain medical conditions. The Bureau of Aging may require program participants to sign an Informed Consent Agreement.

Weekly Classes in the Creative Arts and Crafts

Crochet & Knitting Classes on Tuesdays from 10 a.m. – Noon. Cost is \$25.00 for 10 classes or \$2.50 per class.

Wood Carving Classes on Friday from 1 pm to 4 p.m. Cost is \$42.00 for 6 classes or \$7 per class. Students provide their own tools.

Drawing & Painting: Watercolor Classes on Mondays from 1 – 4 p.m. Cost is \$20.00 for 10 week session. Next session begins in January. Instructor is Stan Gilmore. Beginners welcomed. Class size is limited. Class is sponsored by Carroll Community College of Continuing Education.

Drawing & Painting Classes on Tuesdays from 1 – 4 p.m. Cost is \$20.00 for 10 week session. Next session begins in January. Instructor is Phyllis Gettier. Beginners welcomed. Class size is limited. Class size is limited. Class is sponsored by Carroll Community College Office of Continuing Education.

Art of Pottery/ Ceramics on Wednesdays from Noon - 2 p.m. Cost is \$20.00 for 12 classes. Instructor is Elida Poole. Students choose their own projects & receive individualized instruction. Class size is limited. Class is sponsored by Carroll Community College Office of Continuing Education. Next class session begins in January.

Woodshop on Tuesday & Thursday from 10 a.m. to 4 p.m., Monday, Wednesday, & Friday – 2 p.m. to 4 p.m. All seniors interested in working at the woodshop must attend a training & sign release forms. There is no cost for using the woodshop. User needs to provide own materials (wood, etc.)

Weekly Computer Classes

Computer Classes will resume in January. Please call center to register for class schedule.

~ **Basic, Internet, Intermediate Computer Classes** on Mondays & Wednesdays. Cost is \$40 for 8 classes. Class size is limited. Classes are co-sponsored by Carroll Community College Office of Continuing Education. New class sessions begin monthly.

~ **Digital Photography** on Mondays & Wednesdays. Cost is \$40 for 8 classes. Class size is limited. Classes are co-sponsored by Carroll Community College Office of Continuing Education.

Please drop in or call center at 410-386-3900 to register for classes

Holistic Healing Services

Therapeutic Massage - Cost is \$30 for a 30 minute massage (massage only) or \$20 for a 30 minute hand & arm massage & a hand dip. Practitioner is Geraldine Hall, Certified Massage Therapist. Please call Geri at 410-259-5466 to schedule an appointment.

Reflexology on Thursday mornings. Cost is \$20 for a 30 minute session. Service is provided by Certified Reflexologist is Eileen Reitemeyer. Please call center at 410-386-3900 to schedule an appointment.

Daily and Weekly Activities at the North Carroll

Exercise Equipment Room with treadmills, exercise bikes & Nustep machines is open daily from 8 a.m. – 4:15 p.m. Wear indoor athletic shoes to keep machines in top shape.

Drama Club – Tuesdays from 10:15 – 11:30 a.m.

Mahjongg Games - Tuesdays from 1 – 3 p.m. Beginners are welcome.

Free Blood Pressure Screening on the 2nd Wednesday of each month from 9:45 – 11:15 a.m.

Nickel Bingo is held every Monday & Wednesday from 11 a.m. – 2:15 p.m.

Live Country Music - Tuesday from 1 – 3:30 p.m.

Computer Lab with Internet Access -Tuesday, Thursday & Friday from 8 a.m. – 4:15 p.m.

Billiards Room is open daily from 8:00 am – 4:15 pm. Our Pool Team welcomes new players for participation in the Carroll County Senior Center League.

Pinochle and 500 Card Games -Tuesday & Thursday from 1 – 4 p.m.

Wii game system – Tuesdays & Thursdays from 10 am – 12 p.m.

Quilt Club - Monday from 9 – 11 a.m. Enjoy the camaraderie of the old fashioned “Quilting Bee” while working on a group quilt

Bridge - Thursday from 12 noon – 3:30 p.m.

Dominoes -Tuesday from 10:30 a.m. – 2 p.m.

Scrabble Game - Friday from 1 – 4 p.m.

Coffee and Donuts offered daily to seniors

Bread Giveaway offered daily to seniors when we have donations.

Shuffleboard Table available for play.

Please call center at 410-386-3900 to for more information about any programs, classes and meals. We are committed to offering activities at reasonable costs. Financial assistance is available for seniors-in-need.

Would you like to be a volunteer at our center?

Please consider volunteering at the North Carroll Senior & Community Center for a rewarding experience that will make a difference in the lives of many older adults. Kitchen helpers, receptionists, bingo callers and more are welcomed. Please call 410-386-3900 and ask Renee for more information.

Accessibility Notice: The Americans With Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. If you have questions, suggestions or complaints, please contact Jolene Sullivan, Carroll County Govt. Americans With Disabilities Act Coordinator, at 410-386-3600; 1-888-302-8978; TTY 410-848-9747 or Fax – 410-876-5255. The mailing address is 10 Distillery Drive, 1st Floor, Suite 101, Westminster, MD 21157.