

## **THE SOUTH CARROLL SENIOR and COMMUNITY CENTER**

The center is located in at 5745 Bartholow Road, in Eldersburg. (After Nov. 16, the center will be located at 5928 Mineral Hill Road.) The center is open Monday through Friday from 8:00 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 is a contribution up to \$3.35 per participant. The Bureau of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able to, up to the full cost of the meal. Reservations are required to eat at the center. Reservations must be made before 10:00 a.m. the day before you would like to join us. For special events, meal reservations must be made at least 1 week prior to the event. A donation is expected to cover the full cost of a meal that is reserved and is not cancelled in advance. For meal reservations, or information about classes or activities, please call the center at 410-549-1357. (After Nov. 16, the phone number will be 410-386-3700.)

Directions to the South Carroll Senior Center: From Route # 32, turn onto Bartholow Road. Pass Liberty High School. Go straight at the 4-way stop, and the center is on the right after passing Hodges Road.

### **Special October Activities at the South Carroll Senior Center:**

**Tuesday, November 3 and 17 at 10:30 a.m. Sue's Nutrition Corner**

**Tuesday, November 3 at 12:45 p.m. - Social Security Chorus**

**Thursday, November 5 at 10:00** Senior Information and Assistance

**Thursday, November 5 at 12:30 p.m.** - Dean Brewer, Investigator with the Office of the Attorney General presents "Abuse/Neglect of Vulnerable Adults"

**Monday, November 9 from 8:30 a.m. to 5:30 p.m.** Trip to Harrington's Casino and Slots. Cost is \$25.00 with \$15.00 free play and free buffet.

**Tuesday, November 10 from 10:30 a.m.-12:00 p.m.** Blood Pressure Checks with Melissa Murdock, Carroll Hospital Center

**Thursday, November 10 at 12:30 p.m.** Terry Serio continues her series, "Eat Smart, Live Strong"

**Tuesday, November 10 12:30 pm** Site Council Meeting

**Wednesday, November 11- closed for Veteran's Day**

**Thursday, November 12 & Friday, November 13 from 10:00 a.m.-6:00 p.m.** - Site Council Holiday Bazaar. Items for sale include crafts, holiday decorations, ceramics & bake goods.

**Thursday, November 12 at 12:30-** Lt. John Shippe, Carroll County Sheriff's Dept., speaks on "Caregivers-What You Should Know"

**Monday, November 16- Center-Closed for move to new senior center**

**Tuesday, November 17 at 8:00 a.m.** - New center located at 5928 Mineral Hill Road open to seniors. Ribbon cutting ceremony is scheduled for Dec. 2 at 10:00 a.m.

**Thursday, November 19 at 12:30 p.m. - Bruce Lohr, MD Crime Prevention Specialist, speaks on "Holiday Safety"**

**Thursday, November 19 at 12:15 p.m. - November birthdays celebrated**

**Thursday, November 19 at 1:15 p.m. CCPL Bookmobile**

**Tuesday, November 24 at 12:00 p.m. Traditional Thanksgiving Dinner. Reservations required by calling the center at 410-549-1357 before 11/17/09. Entertainment at 1:00 p.m. by Maria Rose & Danny Keswick- country singers.**

**Thursday, November 26 & November 27- Closed for Thanksgiving Holiday**

### **Weekly Classes at the South Carroll Senior Center**

**Drama Club** meets on Mondays at 10:00 a.m., and performs plays for the center 2-3 times per year. New performers always welcome.

**Computer Classes on** Mondays & Wednesdays. These classes are sponsored through the Carroll Community College Extended Learning Program. There are four separate courses offered: Introduction to Computers, Intermediate Computers, and Introduction to Word Processing, Computer Creations, and Practical applications using Microsoft Word & Windows. Cost is \$40.00 for eight 2-hour classes. Call 410-549-1357 to register.

**South Carroll Quilters** on Mondays from 10 a.m. – 12 noon. No fee charged.

**Tap Dancing** on Mondays from 2:00-3:00 p.m. Cost is \$20.00 for the 12 week session.

**Casting (Greenware)** on Tuesdays from 9:00 –11:00 a.m. Cost is \$20.00 for the 12-week session.

**Better Health & Wellness for Senior Adults (Strengthening & Toning)**

on Tuesdays from 10:30-11:30 a.m. with Chris Konior, and on Thursdays from 11:00 a.m.-12:00 noon. Classes are sponsored through the Carroll Community College Extended Learning Program. Cost is \$20 each for 12 weeks.

**Crafts** on Wednesdays from 10:00 a.m.-12:00 noon. No cost.

**Senior Grooves and Seated Yoga Moves-** on Wednesdays from 10:00 a.m.-11:00a.m. cost is \$20 for 12 week session.

**Line Dancing** on Wednesdays from 1:00-2:00 p.m. Cost is \$20.00 for the 12 week session.

**The Art of Pottery** on Tuesdays from 12:30 -2:30 p.m. & and on Thursdays from 9:30 -11:30 p.m. These classes are sponsored through the Carroll Community College Extended Learning Program. Cost for each class is \$20.00 for the 12-week session.

**Tai Chi** on Thursdays from 2:00-3:30 p.m. Cost is \$20.00 for 12 weeks.

**Arthritis Foundation Exercise Program** on Tuesdays from 9:15-10:15 a.m. The cost of this exercise class taught by Chris Konior is a donation. These classes provide gentle stretching and strengthening exercises with relaxation techniques designed for people with arthritis or other seniors who prefer a less aerobic program.

**Weekly Activities at the South Carroll Senior Center**

**Penny Bingo** is held every Tuesday & Thursday and Friday from 9:30-11:30 a.m. Nickel bingo will be held every Wednesday at 9:30 a.m. beginning Nov. 18

**Pinochle** is played Wednesdays & Fridays beginning at 12:30 p.m.

**Canasta, other card games, & Rummicube** are played on Tuesdays & Thursdays from 1:00 –4:00 p.m.

**Free Blood Pressure Checks** are available the second Tuesday of each month from 10:30 a.m.-12:00 noon and the fourth Thursday of the month from 10:00 a.m.-12:00 p.m.

**Exercise equipment** is available Monday –Friday from 8:00 a.m.-4:30 p.m.

**Computer Lab** is open Monday- Friday from 8:00 a.m.-4:30 p.m., except when a class is in session. Internet access is available.

**Books, Videos or DVDs** may be borrowed anytime the center is open.

**Billiards** can be played anytime the center is open.

**Study of Man** begins at 10:00 am every Thursday.

**Senior Information & Assistance** is available from Michelle Laughman on the first Thursday of each month, beginning at 10:00 a.m., and by appointment.

**Nutrition Education** is offered two mornings per month beginning at 10:30 a.m.

**Game Night** is sponsored by the Site Council and held on one Friday per month, usually the second Friday of the month, from 4:00-5:00 p.m. The cost is a donation up to \$5.00 for dinner & games. Reservations must be made in advance.

**Carroll County Public Library Bookmobile** stops at the center at 1:15 p.m. every third Thursday when available.

**Billiards League** is composed of seniors from all five county senior centers who play every Wednesday beginning at 8:30 a.m.

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.

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, 1<sup>st</sup> Floor, Suite 101, Westminster, MD 21157.

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