

Senior Inclusion Program

The Senior Inclusion Program is a unique program, designed to offer structured and non-structured retirement activities, to older adults with developmental disabilities within the mainstreamed setting of the Westminster Senior Center. The program's goal is to improve the quality of life of older adults by promoting independence and increasing self-esteem. These goals are achieved through multiple levels of activity programming which are offered in a senior center environment with participants intermingling and sharing activities. Health education, community excursions, hot balanced meals, transportation, social and recreational activity help older adults with developmental disabilities remain actively involved in their community. The program operates Monday- Friday from 8:30 a.m. to 3 p.m. Eligibility for participation is determined by the Developmental Disabilities Administration.

Special November Activities with the Senior Inclusion Program

Tuesday, November 3, from 9a.m. to 10 a.m. Haircuts

Tuesday, November 3, from 10 a.m. to 11 a.m. Terry Serio – Nutrition -The Extension Service

Wednesday, November 4, from 10:00-1:30 Clay Art and Lunch with The Arc of Carroll County

Thursday, November 5, from 9:30 a.m.-1:30 p.m. Bowling and lunch at Greenmont Lanes

Wednesday, November 11, CLOSED

Tuesday, November 17, from 9:30-1:30 Shopping at Townmall and lunch at China Buffet

Wednesday, November 18, from 10:00-1:30 Clay Art and lunch with The ARC of Carroll County

Tuesday, November 24, from 11:30-2:00 Thanksgiving luncheon and musical entertainment

Wednesday, November 25, from 9:30-1:30 Trip to South Carroll Senior Center

Thursday, November 26 CLOSED

Friday, November, 27 CLOSED

Weekly Classes for the Senior Inclusion Program

Coffee Klatch Monday through Friday from 8:30 a.m. to 9 a.m.

Newspaper Time- Read up on the latest in the Carroll County times.

T.V.Land – 2 p.m. to 3 p.m. Watching old TV shows until departure.

Computer Lab open – computer open for daily use.

Nursing – One time per month for blood pressure and weights and discussion.

MONDAYS

Bingo- 9 a.m. to 11 a.m. Bingo is not only a fun game, but also it is a brain exercise.

Music Therapy 12:30 p.m. to 1:30 p.m. Live music from an electric piano, guess that tune, sing along, and make up your own sounds and words.

Massage Therapy 9:30 a.m. to 2 p.m. Each consumer receives a 15 minute chair massage to create wellness.

Bread Give Away 11 a.m. to 12:30 p.m. – seniors are offered free day old bread.

TUESDAYS

Dr. Science 9:10-9:30 Mysterious science experiments

Stamp It 9:30-11:00 Creative art projects using stamps and ink.

Nutrition Project Extension Service -First Tuesday of the month.

Recreational Games 12:30-1:30 Sit-er-cise exercise through games.

WEDNESDAYS

Read and Learn 9:10-9:30 Education program discovering the joy of reading

Journaling 9:30-10:00 Discover who you are through picture finding and writing.

Therapeutic Ceramics 9:30-11:00 Hand building with clay and green-ware painting.

Music Appreciation 12:30-1:30 Listening to music, discussing composers or singers

Study of Man 12:30-1:30 Book study.

THURSDAYS

Creative Forecast 9:00-10:00 Word games, reminiscing, or puzzles.

Roberta's Crafts 10:00-11:00 A variety of handcrafts.

Freedom Bell Ringers 12:30-1:30 Bell ringing and chime practice

FRIDAYS

Health and Nutrition 9:10-9:30 Education program discussing foods, health reinforced with cooking and tasting.

Shawn's Cooking Class- 9:30-10:00_cooking, tasting, baking, chopping and discussion.

Silver Sneakers 12:30- 1:30 Exercise with Occupational Therapist

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, 1st Floor, Suite 101, Westminster, MD 21157.