

## THE WESTMINSTER SENIOR & COMMUNITY CENTER

The center is located at 125 Stoner Avenue, Westminster, MD. 21157. 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 11:30 a.m. The cost for the meal is \$3.35 per participant per meal. The Bureau of Aging must pay the full cost 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, up to the full cost of the meal. Reservations are required to eat at the center. Reservations must be made before 10 a.m. the day before you would like to join us. For special events/meals, reservations must be made 1 week prior to the event. A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance. For more information about classes, activities or to reserve a meal, call 410-386-3850.

Directions to Westminster Senior and Community Center: From Rt. #140, take Center Street into Westminster. Cross over Main Street and Green Street. Continue on Center Street. Take a left onto Stoner Avenue. Westminster Sr. Center is on the right.

### Special November Activities at the Westminster Senior and Community Center:

**Monday, November 2** Creative Rubber Stamping Class 12:30 pm. to 2:00 pm in the Dining room. Cost is \$7.00.

**Thursday, November 5** Nutrition Talk "THE Big Freeze" 10:30 am. in the Dining room.

**Monday, November 9** Book Chat -Can't find a good book to read? Need help finding books for your grandchildren? Come to the Book Chat to share ideas about the joy of reading. Book Chat will be held in the Senior Center Library at 10:00 am, seating is limited. Call 410-386-3852 by November 2 to reserve your space.

**Tuesday, November 10** Veterans Day Program 10:30 am. in the Multi-Purpose room.

**Wednesday, November 11** Center Closed for Veterans Day

**Thursday, November 12** Site Council Meeting 12:30 pm in the Dining room.

**Wednesday, November 18** Blood Pressure Screening 11:00 am until 12:00 pm in the Dining room.

**Thursday, November 19** 5 Cent Bingo 12:45 pm. in the Game room. Each game you play is 5 cents a card (example 2 cards would cost 10 cents, 3 cards would cost 15 cents). The pot will be divided equally among the winners and the Site Council.

**Saturday, November 21** Christmas Dance Doors open at 6:00 pm with lite refreshments in the Dining room from 6:00 pm to 7:30 pm. Christmas Dance will begin at 7:00 pm in the Multi-Purpose room and end at 10:00 pm. Music will be by "By Heart" The cost is \$7.00 a person. Seniors 55 years old and older welcome. Sponsored by the Westminster Lions Club, Westminster Senior & Community Center and the Westminster Senior Site Council. Dress is formal and the committee would like everyone to dress in Christmas colors. Transportation

will be provided for those in need of it that live in a 2 mile radius of the center. For more information and/or reservations call 410-386-3852.

**Thursday, November 26** CLOSED Thanksgiving Day

**Friday, November 27** CLOSED Thanksgiving

**Monday, November 20** Nutrition Talk "Nuts" 10:30 an in the Dining room.

### Classes at the Westminster Senior & Community Center

**Arthritis Exercise** \_Class on Mondays at 12:30 p.m. until 1:30 p.m. Cost is a donation. Class is co-sponsored by a 3-D grant. Class will begin January 5.

**Line and Country Dance Class** on Mondays 1:00 pm. until 2:00 pm. Cost is \$25.00 for 12 sessions.

**Drawing & Painting** on Mondays from Noon to 2 p.m. Cost is \$20.00 plus materials for 10-week session. Sponsored by Carroll Community College.

**Quilting Circle** on Thursdays from 9:30 a.m. until 11:30 a.m. There is no charge.

**Tai Chi** on Thursdays from 1:30 p.m. until 2:30 p.m. Cost is a donation. This class co-funded by a 3-D grant. Class will resume September 10.

**Yoga** on Mondays from 8:30 a.m. until 9:30 a.m. Cost is \$50 for a 10 week session.

**Yoga** on Wednesdays from 10 a.m. until 11 a.m. Cost is \$50 for a 10 week session.

**Better Health and Wellness for Older Adults** on Tuesdays & Fridays 9 a.m. until 10 a.m. Wednesdays 8:30 a.m. to 9:30 a.m. Thursdays 12:30 pm. until 1:30 pm. Cost is \$20 for a 12-week session of 1 day per week. Sponsored by the Carroll Community College.

**Senior Fun and Fitness Exercise Class** Fridays 10 a.m. until 11 a.m. Cost is \$15.00. The class will run for 12 weeks.

**Line Dance Fitness and Fun** - Practice sessions on Tuesdays from 9:30 a.m. until 11:30 a.m.

**The Art of Pottery** on Mondays at 9:30 a.m. until 11:30 a.m. \$20.00 plus materials per 12-week session. Classes will resume January 4, 2010. Students are needed for this class. Class reservations should be in by December 21, 2009. Call 410-386-3852 for information and/or class reservations. Sponsored by the Carroll Community College.

**Line Dancing** on Thursdays from 9:30 a.m. until 11 a.m. for experienced dancers. 11 a.m. until 11:30 a.m. for beginners. Cost is \$30.00 for a 13-week session, includes practice sessions.

**Introduction to Computers** Tuesdays & Thursdays for 4 weeks. Cost is \$40. Sponsored by Carroll Community College.

**Navigating the Internet** Tuesdays & Thursdays for 4 weeks. Cost is \$40. Sponsored by Carroll Community College.

**Introduction to Computers / Intermediate** Tuesdays and Thursdays for 4 weeks. Cost is \$40. Sponsored by Carroll Community College.

**Practical Applications Using Microsoft Word** Tuesdays and Thursdays for 4 weeks. Cost \$40. Sponsored by Carroll Community College.

**Computer Creations** Tuesdays and Thursdays for 4 weeks. Cost \$40. Sponsored by Carroll Community College.

**Call 410-386-3850 or 410-386-3852 to inquire about future computer classes. Computer Lab is open Monday thru Friday for senior participants to use when classes are not in session.**

**Hand Built Pottery Class** Tuesdays from 10 a.m. until Noon in the ceramic room. Cost is \$30.00 plus materials per student for 6 sessions.

**Rec. & Games Class** Tuesdays time 12:30 p.m. until 1:30 p.m. Cost is FREE. This class will consist of light exercise with games. This is a chair exercise class.

### **Weekly Activities at the Westminster Senior Center**

**Bingo** is held every Monday thru Thursday 9 a.m. until 11 a.m.

**Mah Jongg** is played every Thursday 1:30 p.m. until 3:30 p.m.

**Pinochle** is played on Fridays 9 a.m. until 11a.m. for beginners. 12:35 p.m. – 3:35 p.m. for experienced players.

**Bridge** is played on Mondays and Wednesdays 12:30 p.m. until 3:30 p.m.

**Duplicate Bridge** Tuesdays Noon until 4 p.m. Bring your own partner.

**Billiards** is played Monday thru Friday 8:30 a.m. until 4 p.m., with the exception of League play on Wednesdays 9 a.m. until 11:30 a.m.

**Exercise Equipment** is available Monday thru Friday from 9 a.m. until 4 p.m. **BRING A CLEAN PAIR OF SHOES TO USE ON EXERCISE EQUIPMENT. CLEAN EQUIPMENT BEFORE AND AFTER USE.**

**Food Give Away** is Mondays from 11:30 a.m. until 12:30 p.m. until gone.

**Weight for Tomorrow** on Wednesdays from 9:30 a.m. until 10:30 a.m.

**Life's New Beginnings** on Wednesdays from 12:30 p.m. until 2 p.m.

**Wood Shop** on Fridays from Noon until 2 p.m.

**Puzzles and Board Games** on Monday thru Friday.

**The Needle Circle** Every Wednesday from 1 p.m., until 2:30 p.m. If you like to sew, needle point, knit, etc. come on out and join the group for some good sewing and conversations, there is no cost.

**Thinking Power** Tuesdays from 10 a.m. until 10:30 a.m. in the dining room and Thursdays from 1p.m. to 1:30 p.m. in the Lobby.

**Wii Games** Monday thru Friday 8:30 a.m. to 2:30 p.m. in the Dining room.

**Pickle Ball** Fridays 1:00 pm. to 3:00 pm. in the large Multi-Purpose room. New players welcome.

**Library** Monday thru Friday 8:30 a.m. to 4:30 p.m. books are checked out and returned on the honor system. Daily newspapers and a large variety of magazines available to read on premises (Carroll County Times, Baltimore Sun).

**UPT Card System** This new computer system tracks all activities at the center including meals, special events, classes, trips, educational activities and many more. All participants, upon entering the center, will sign in and register for their daily activities through a touch screen computer. Each participant will be issued a card (similar to a credit card) that will be swiped on a card reader located near the computer. The card will allow participants access into the system. The touch screen, with the attached card reader, will be located at the front desk of each center. A participant's card can be used at any of the five Senior and Community Centers in Carroll County.

**Would you like to be a Volunteer at our center?** Please consider volunteering at the Westminster Senior & Community Center for a rewarding experience that will make a difference in the lives of many people. Our volunteers help us to offer many of the programs offered at our center. Kitchen helpers, receptionist, decorators, bingo callers, data entry and much more are needed. Please call 410-386-3850 and ask for Paul for more information. We would love to have you as part of our caring and fun loving volunteer family.

Those holiday decorations you no longer use and don't know what to do with? You can donate them to the center we are always looking for decorations for the holidays.

**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.**

