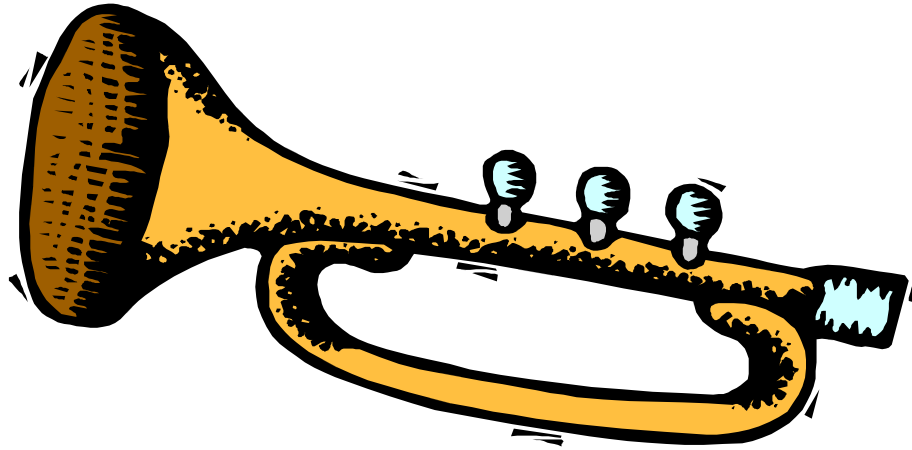


SOUTH CARROLL TRUMPET

MAY 2012

Volume 12

Number 5



**SOUTH CARROLL SENIOR AND
COMMUNITY CENTER**

5928 MINERAL HILL ROAD

ELDERSBURG MD, 21784

410-386-3700

MONDAY-FRIDAY 8:00 A.M. - 4:30 P.M

Email: southcarrollsc@ccg.carr.org

Website: <http://ccgovernment.carr.org/ccg/aging/centers.asp>

C.A.T.S Transportation 410-857-0080

**KAREN LARRIMORE
SUE HORAK**

**SENIOR CENTER MANAGER
ASSISTANT**

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 Jolene G. Sullivan, The Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258 or email jsullivan@ccg.carr.org as soon as possible but no later than 72 hours before the scheduled event.

Site Council News

Hello South Carroll Senior Center members. As you may know many changes have occurred during the past month. Site Council elections have taken place and we have some new officers. Carol Meyers is the new Council President and I am your Vice President. Emma DiMaio has taken over the treasurer's position. Carol Osborne continues as your recording secretary and Sheila Martin as your corresponding secretary. We would also like to introduce the other council members: Earlene Garity, Lydia Greene, Dave Horn, Ruth Moreau, Ed Overton and Dave Winkles.

All of us are here for you and your continued happiness. If you have any suggestions or ideas please come see me on Tuesdays and Thursdays in the dirty craft room or see any of the others.

In March the Corbi fundraiser sold well and the Seniors Prom was terrific and very well attended.

The book club enjoyed a very intelligent and introspective discussion of April's book "The Confession". If you are interested in joining, the club meets the last Thursday of the month for lunch and discussion. There is no charge and the books can be picked up here at the center.

Check Marge and Daisy's trip page in the newsletter. They sound like great fun.

If anyone is interested in learning the game of Pickleball. Stop in at the gym Mondays, Tuesdays and Thursdays and see any of the players they are always looking for new people.

During the month of May we will be selling Memorial flowers for our Memorial wall. A flower may be dedicated to anyone you wish. Purchase your flowers at the front desk for \$1.00 each.

Now spring is here, flowers are, in bloom, the air is warm and all is well at the South Carroll Senior Center.

Paula Cohen
Site Council Vice- President

* Site Council meetings are held the first Tuesday of the month in the dining room and is open to everyone at 12:45p.m.

Available Monday—Friday All Day
Exercise equipment, Billiards, Computer Lab, Woodworking, Wii
Coffee and Conversation & Lunch

MONDAY SCHEDULE

- 8:00 a.m. to 4:00 p.m.** Basketball/Pickle ball
9:30 a.m. Nickel Bingo
9:30 a.m. Seated Yoga, Stretch and Balance \$
10:00 a.m. SEEMORE 5/21/12
10:00 a.m. Quilting Club
10:00 a.m. Colored Pencils \$ starts 5/7
10:30 a.m. Zumba Gold \$
11:30 a.m. Tap Dance
2:30 p.m. Tai Chi Practice

SPECIAL EVENTS

5/7 Hollywood Casino at Penn National Grantville Pa

9:00am to 6:00p.m. \$25 free play and \$5 food voucher
Cost is \$30.00

5/28 Closed for Memorial Day



KEY

\$ Fee Charged

* Sponsored by Carroll Community College Continuing Education

WEDNESDAY SCHEDULE

- 9:00 a.m.** Billiards League
9:30 a.m. Penny Bingo
9:30 a.m. Seated Yoga Stretch & Balance \$
10:00 a.m. Crafts
10:30 a.m. Zumba Gold \$*
12:30 p.m. Pinochle
1:00 p.m. Urban and Country Line Dancing \$
-

SPECIAL EVENTS

- 5/9 & 5/30** Sue's Nutrition Corner 12:15p.m.
- 5/16** **Scrabble with Commissioner Howard** 10:00 am to 12:00
Have fun matching spelling wits with Comm. Howard
- 5/16** **Lunch Learn w/Jill Rosner** 12:30p.m.
Partnership for a Healthier Carroll County
"Home Safety Tips for Preventing Falls"
- 5/23** **Older Americans month luncheon** 12:00p.m.,
Fried chicken & salads reserve by 5/18
Tours 11:00a.m. to 1:00p.m.
SCSC Has Talent 1:00p.m.,

5/30
Drive



American Rd Cross Blood

2:00p.m. –7:30p.m.

KEY

* sponsored by CCC Continuing Ed. \$ Fee Charged

THURSDAY SCHEDULE

- 8:00 a.m.-4:30 p.m.**– Pickleball/basketball
9:30 a.m. Nickel Bingo
9:30 a.m. Art of Pottery \$*
9:30 a.m. Yoga for Healthy Living—Beginner \$
11:00 a.m. Fitness with Valerie \$*
11:30 a.m. Baked Goods Giveaway
12:00 p.m. Internet \$* 5/3/2012 only
12:00 p.m. Book Club meets
12:30 p.m. Tai Chi \$
1:00 p.m. Seated Massage \$ Appointment required
1:00 p.m. Cards/Games

SPECIAL EVENTS.

- 5/3 Sr. Information and Assistance** 10:00a.m. to 12:00p.m.
Appointment required
- 5/10 Mothers Day Lunch** 12:00p.m.
Baked potato & Soup 1 week notice required
Blandi “One More Time” one man band 12:30p.m.
CCPL Bookmobile 1:15p.m.
- 5/31 Memorial Day lunch** 12:00p.m.
Hamburger and hotdogs
Reserve by 5/23/12
May Birthdays celebrated 12:15p.m.
Maria Rose and Danny Elswick 12:30p.m.



Key

\$ Fee Charged * Sponsored by C.C.C. Continuing Education

FRIDAY SCHEDULE

- 9:30 a.m. Zumba Gold \$
9:30 a.m. Penny Bingo
10:00 a.m. Drama Club
12:30 p.m. Pinochle
12:30 p.m. Yoga for Healthy Living (Intermediate) \$

SPECIAL EVENTS

FRIDAY

- 5/11 **Mothers Day Tea & Fashion Show** 1:00p.m.
Finger sandwiches, assorted desserts and teas
Fashions by Bonworth
Cost \$7.00 purchase tickets in advance at front desk



- 5/11 **Senior Activity Night** 4:00 p.m. to 8:00 p.m.
Reserve fried chicken dinner by 5/10/12
- 5/25 **Lunch and a movie** 11:45p.m.
“Dolphin Tail” 12:30p.m.

\$ Fee Charged

* Sponsored by Carroll Community College Continuing Education

What's Happening This Month?

| | | |
|---------------------|--|---|
| Tue May 1 | Law Day Appointment required | 8:30a.m. to 12:00p.m. |
| Tues May 1 | Site Council meeting | 12:45p.m |
| Thur. May 3 | Sr. Information and Assistance Appointments required | 10a.m. - 12p.m. |
| Thur. May 8 | Terri Serio University of MD Extension "Start Your day With Breakfast". | 12:30p.m |
| Thur. May 10 | Mothers Day Lunch Potato bar and Soup Reserve meal by 5/3/10 Blandi "One More Time" One Man Band | 12:00p.m. 12:30p.m. |
| Fri May 11 | Mothers Day Tea and Fashion Show Cost \$7.00 Senior Activity Night | 1:00p.m. 4:00p.m. to 8:00p.m. |
| Tues May 15 | Blood pressure checks w/Melissa Legal Aid Walk in Clinic | 10:45a.m. 1:00p.m. to 4:00p.m. |
| Wed May 16 | Jill Rosner Partnership for a Healthier Carroll County "Home Safety Tips for Preventing Falls" | 12:30p.m. |
| Tue May 22 | Clean Car Clinic Over 80 Birthday Party Pearl Strings perform | 10:00a.m.to 1:00p.m 12:00p.m. 12:30p.m. |
| Wed May 23 | Older Americans Month Luncheon Fried Chicken and salads reserve by 5/16 SCSC's Got Talent | 12:00p.m. 1:00p.m. |
| Fri. May 25 | Lunch & movie "Dolphin Tail" | 12:30p.m. |
| Mon May 28 | Center Closed for Holiday | |
| Wed May 30 | American Red Cross Blood Drive | 2:00p.m/7:30p.m. |
| Thu May 31 | Memorial Day lunch Hamburger and hotdogs reserve by 5/23/12 Maria Rose and Danny Elswick | 12:00p.m. 12:30p.m. |

TO SCHEDULE C.A.T.S

If you have a standing order, you no longer need to sign up at the front desk for a ride to the center.

Sign up at the front desk only to schedule a ride to the Senior center if you are a new rider or want to change your regular days. Sign up by Wednesday afternoons for the following week's pick up. You must call C.A.T.S to cancel a ride or schedule rides to places other than the senior center.

MAY Birthdays

4th Carol Kindt

7th Rose Staggs

Viki Peltier

11th Al Cohen

13th Earlene Garity

15th Vernon Nash

19th Lilo Eichler

24th Clair Null

If you would like your birthday placed in the newsletter then stop in at the front desk on Tuesdays, Wednesdays or Thursdays and let Carol know.

Lunch Reservations and Cancellations

Lunch reservations need to be made 2 days prior to the day of the meal. This is a Meals on Wheels requirement and adjustments can not be made to the order after that time. Meals that are considered specials (Holiday, sub day or potato bar) require 1 weeks notice. This will be posted on the menus so you know what days they are. We certainly do understand that things happen and you may not be able to keep your reservation. We would appreciate it if you could notify the front desk as soon as possible, we may be able to give it to someone who is on standby. This will also help us to order the proper amount of lunches needed and therefore cutting down on over ordering and waste .

Thank you for your cooperation.

May LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
|  | 1 Pork Chop w/ plum sauce baked beans Seasoned squash fresh orange Wheat bread | 2 Salisbury steak Gravy Sweet potatoes Seasoned kale Fruit cocktail French roll | 3 Baked Ham Mustard sauce Scalloped potatoes Green beans Applesauce Corn muffin | 4 Salmon Burger Honey mustard Stewed tomatoes Northern beans Fresh pear |
| 7 Meatballs Marinara sauce Pasta Season zucchini Diced pears | 8 Chicken Mandarin Fried rice Blend veggies Orange Oatmeal bread | 9 Roast beef Gravy Black eyed peas Green beans Apple Biscuit | 10 Baked potato And Beef stew 1 week notice | 11 Roasted chicken Garden sauce Seasoned carrots Red potatoes Apple sauce Roll |
| 14 Chicken patty Mustard sauce Butter beans Mixed veggies Apple Bread | 15 SUB DAY 1 week notice | 16 Crusted white fish Newburg sauce Sweet potatoes Broccoli Fresh pear Bread | 17 Roasted chicken Gravy Scalloped potatoes Seasoned peas cherry applesauce Roll | 18 Veggie Burger BBQ sauce Baked beans Zucchini Pineapple / mandarin orange |
| 21 Baked chick leg Lima beans Carrots Diced pears Wheat bread | 22 Cheese lasagna Meat sauce Green beans Apple escalloped Italian bread | 23 Meatloaf/gravy Black eyed pea Stewed tomatoes Fresh pear Wheat roll | 24 Roast turkey Bread dressing Seasoned spinach Fruit salad Multigrain roll | 25 Breaded Pollock Au gratin potatoes Mixed veggies Applesauce Bread |
| 28 Closed | 29 Pork chop scalloped potato Green beans Orange Wheat bread | 30 Salisbury steak Sweet potatoes Seasoned Kale Fruit cocktail Roll | 31 Hamburger and hotdog Baked beans Coleslaw Apple Reserve by 5/23/12 |  |

The cost of the meals is a donation up to \$3.35 for older adults 60 and over \$3.35 for those under 60. Reservations required by 10:00 a.m. the day before. Special meals require 1 week notice (sub day, baked potato day, holiday or special event meals)

MAY COLD LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
|  | 1 Hard boiled egg Pepper slaw Diced pears Potato bread | 2 Seafood salad Bean salad Pineapples/ mandarin Raisins Wheat bread | 3 Roast beef Carrot/raisin salad Apricots Pumpernickel | 4 American Cheese Chickpea salad Blueberry treat Roll |
| 7 Corned beef Bean salad Pina colada treat Rye bread | 8 Roast beef Kidney bean salad Diced pears Raisins Wheat bread | 9 Provolone cheese Coleslaw Ambrosia Pumpernickel | 10 Baked potato Beef stew 1 week notice | 11 Egg salad Carrot/raisin salad Peaches pita |
| 14 Seafood salad Beet salad Apricots Wheat bread | 15 Sub day 1 week notice | 16 Egg salad Chickpea salad Fruit salad Raisins Pita | 17 Roast beef Black eyed peas Blueberry treat Wheat bread | 18 Swiss cheese Three bean salad Diced pears Rye bread |
| 21 Roast beef Coleslaw Pears Roll | 22 Tuna salad Black bean salad Pineapple tidbits Raisins Pita | 23 Chicken breast Carrot/raisin salad Fruit cocktail Wheat bread | 24 Egg salad Broccoli salad Peaches | 25 Muenster Cheese White bean salad Strawberry treat Wheat bread |
| 28 CLOSED | 29 Egg salad Pepper slaw Diced pears Potato bread | 30 Seafood salad Bean salad Ambrosia Raisins Wheat bread | 31 Hamburger and hotdog Baked beans Coleslaw Apple Rolls |  |

**Request cold meal 2 days in advance at the front desk
 Unless posted otherwise**

2012 TRIPS

Hollywood Casino, Grantville, PA
Cost is \$30 with \$25 free play & a \$5 buffet coupon

Monday, May 7, 9:00 a.m.-6:00 p.m.
Monday, June 11, 9:00 a.m.-6:00 p.m.



HISTORIC CAPE MAY & BEACH OVER NIGHT TRIP

June 13-15, 2012

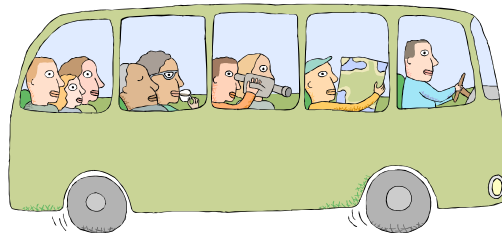
Cost \$369.00 pp

Includes hotel stay 2 breakfast, 1 lunch and 1 dinner.

Trolley car tour, tour of the Physick Estate and a wildlife boat tour.

You will also have free time to look around town or go out to the beach.

Last day to book your reservation is May 11, 2012



Payment for trips will be taken from 10 a.m. to 4 p.m.
Tues., Wed., & Thurs At the front desk

SCSC Seniors Got talent

Can you sing, dance or play an instrument? Can you tell a good joke, recite your poetry or twirl a baton? Do you have star quality? We are looking for seniors to show off their talents here on our stage May 23rd for Older Americans Month.

If interested please sign up at the front desk and let us know what you will be doing.



CRAFTERS REQUEST

The craft group is collecting the following items; lightly used stretch gloves, mittens (any color matches or not), buttons, 35 mm film canisters with lids, large empty bleach bottles and cigar boxes. If you have any of these items you can leave them at the front desk or take them to the clean craft room.

MOTHER'S DAY TEA

The Site Council be sponsoring a Mothers Day tea on May 11 at 1:00p..m. The menu for that day will be assorted finger sandwiches, sweets and teas. You also will be treated to a fashion show featuring Bonworth clothing . Your models will be our very own seniors. The cost for this event is \$7.00. you may sign up and pay at the front desk if you are interested in coming to our tea party.

Cookbooks For Sale

Remember to pick up your very own South Carroll Senior Center cook-book.

All of the recipes for these books were donated by members of the center and from around the community. All of the proceeds from the sale will go directly back to your Site Council. The cost is only \$5.00. Stop in at the front desk to take a look at the book and to pick one up for yourself while supplies last.

Maryland Clean Car Clinic

Location:

**South Carroll Senior and Community Center
5928 Mineral Hill Road**

Date:

Tuesday, May 22, 2012

Time:

10:00 am – 1:00 pm

YOU COULD BE SAVING MONEY AT THE PUMP!

The South Carroll Senior and Community Center, University of Maryland Environmental Finance Center, University of Maryland Motor Transportation Services and Maryland Department of the Environment invite you to

DRIVE CLEAN & SAVE GREEN.

Please sign up for a time to bring your car to the Center parking lot between 10:00 am and 1:00 pm, for a **FREE** 15-minute, 26-point inspection conducted by ASE-certified technicians from the University of Maryland.

You will receive an inspection report detailing how “clean” your car is and learn the top 10 ways to save at the pump! (No repairs will be conducted at the clinic)

Please sign up for a time to visit the Clean Car Clinic at the front desk.



TEXTING FOR SENIORS

Since more and more seniors are texting and tweeting now a days there has been a need to create a senior texting code. Feel free to pass on to your grandchildren and children so they can understand the new codes.

1. ATD.... At the Doctors
2. BFF.... Best Friend Fainted
3. BTW.... Bring the Wheelchair
4. BYOT....Bring Your Own Teeth
5. CBM..... Covered By Medicare
6. CGU.... Can't Get Up
7. CU@TSC.... See You at the Senior Center
8. DWI.....Driving while Incontinent
9. FWBB...Friend with Beta Blockers
- 10.EWIW... Forgot where I was
- 11.FYI... Found your insulin
- 12.GGPBL..... Gotta Go Pacemaker Battery Low
- 13.GHA.....Got Heartburn again
- 14.HGBM....Had good bowel movement
- 15.IMHO.... Is my Hearing aide On?
- 16.LMDO....Laughing My Dentures Out
- 17.LOL....Living on Lipitor
- 18.LWO....Lawrence Welk's on
- 19.OMMR....On My Message Recliner
20. OMSG....OH MY! Sorry Gas
- 21.ROFL...CGU.....Rolling on floor laughing...Cant Get Up
22. TTYL.... Talk to You Louder
- 23.WAITT.... Who Am I Talking TO?
- 24.WTFA.... Wet the Furniture Again
- 25.WTP..... Where's the Prunes
- 26.WWNO....Walker wheels need oil
- 27.GGLKI..... Gotta Go Laxative Kicking In





LOOKING AHEAD



June 2012

- | | | |
|------|--|---------------------------------|
| 6/5 | Site Council meeting | 12:45p.m. |
| 6/8 | Senior Activity Night <u>Cold cut Subs and salads order your meal before 5/31/12</u> | 4:00p.m. to 8:00p.m. |
| 6/12 | Terri Serio University of MD Extension “Stretch your Food Dollar” | 12:30p.m. |
| 6/14 | Fathers Day lunch Roast beef with mashed potatoes and gravy Reserve your meal by 6/7 Drama Club performs | 12:00p.m. 12:45p.m |
| 6/19 | Exercises that can Improve your Balance and Balance screenings Elder Health Work Team | 12:30p .m. |
| 6/21 | Grandparents Day Luncheon Pizza and Tossed salad <u>Reserve your meal by 6/19</u> Sports themed activities | 12:00p.m. 12:30p.m., |
| 6/26 | Site Council Board Meeting | 9:30a.m. |
| 6/26 | Lunch and Learn Fran Hawes talks on “Diabetes Management” | 12:15p.m. |
| 6/28 | Celebrate June Birthdays | 12:15p.m |
| 6/29 | Lunch & Movie | 11:45p.m. |