

Taneytown SC This Month...



TANEYTOWN SENIOR CENTER

220 Roberts Mill Rd.
Taneytown, MD 21787

410.386.2700

taneytownsc@carrollcountymd.gov
<https://www.carrollcountymd.gov/seniorcenters>



January 2025

Center Hours

Monday - Friday
8:00 am - 4:00 pm

Center Closed
Wednesday, January 1
Monday, January 20

ATTENTION!



Updating Your Membership Form

Every senior center member must update their membership form before participating in any activity.

These forms should be updated yearly (the month of your birthday) to keep our records up to date!

If you have any questions please let us know.



Lunches



We offer dine in lunch Monday - Friday

To reserve your meal please sign up in the lunch book, call 410-386-2700, or email taneytownsc@carrollcountymd.gov

Cost of lunch for seniors 60 and older is a donation up to \$6.31.

Those 59 and younger pay full price of \$6.31.

Spouses of adults over 60, regardless of age, may give a donation if they accompany their spouse. If they are not, they must pay full price if under 60.



Don't forget to sign in on the touchscreen each time you come to the center!

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2) RSVP by 12/27 Roasted Pork Loin Sweet Onion Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk	3) RSVP by 12/27 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice
6) RSVP by 12/31 Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice	7) RSVP by 1/2 Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	8) RSVP by 1/3 White Bean Chicken Chili Rice Pilaf Corn Muffin Chocolate Milk 	9) RSVP by 1/2 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	10) RSVP by 1/6 Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
13) RSVP by 1/7 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	14) RSVP by 1/9 Soft Taco Lettuce Tomato Salsa Ranchero Beans Apple Juice	15) RSVP by 1/10 Pot Roast Burgundy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	16) RSVP by 1/9 Stuffed Chicken Breast Mashed Potatoes Gravy Green Bean Casserole Cherry Pie Cabin Fever	17) RSVP by 1/14 Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice
	21) RSVP by 1/14 Roast Beef Kaiser Roll M,O,T,L Potato Salad Cole Slaw Fruit Cocktail SUB DAY	22) RSVP by 1/16 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	23) RSVP by 1/17 Chicken Paprika Lemon Rice Pilaf Green Bean Medley Cinnamon Applesauce Orange Juice Wheat Bread	24) RSVP By 1/21 Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Chocolate Milk
27) RSVP by 1/22 Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Apple Slices Dinner Roll Yogurt	28) RSVP by 1/23 Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	29) RSVP by 1/22 Chinese New Year Luncheon Please make your menu selection when you sign up.	30) RSVP by 10/24 Asian Chicken & Soba Noodles Cucumber Salad Pineapple Tidbits 	31) RSVP by 1/28 Curried Chicken Salad Multi Bean Soup Baby Spinach Tomatoes Mandarin Oranges Wheat Bread Chocolate Milk

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.31 (full cost of meal).**
- ◆ **Per grant requirements, individuals age 50-59 years must pay the full price.**
- ◆ **Spouses of members 60+ years, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.**

Check Out Our Classes

Senior Fun & Fitness Exercise Class

Mondays @ 12:30 pm

Ten to Twelve (10-12) class session Cost: Donation up to \$30.00

Staying Fit

Thursdays @ 9:30 am

Ten to Twelve (10-12) class session Cost: Donation up to \$30.00

Take advantage of these excellent low-impact, low intensity, fun workout and an easy way to get moving while also improving balance and coordination, reducing stress, boosting your overall fitness level, and can help older adults preserve the ability to perform normal daily activities on their own, like standing up from a chair.

Zumba Gold Exercise Class

Tuesdays @ 9:00 am

Ten to Twelve (10-12) class session Cost: \$30.00

Take advantage of an excellent low-impact, low intensity workout to lively music. It protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination. Meets recommended exercise-intensity guidelines for improving and maintaining cardio fitness and strength in middle-aged and older adults. And it's fun!

Line Dancing Class

Tuesdays @ 10:00 am

Twelve (12) class session Cost: \$30.00

Join in and learn classic and modern line dances.

Arthritis Exercise Class

Wednesdays @ 12:30 pm

Ten to Twelve (10-12) class session Cost: Grant Funded

Benefits of Exercise for Arthritis: Good news for patients with osteoarthritis, or OA – there's new evidence that physical activity can help prevent or slow OA damage and keep joints healthy. May Delay or Prevent Hip Surgery - People with mild to moderate hip osteoarthritis may be able to delay or avoid hip surgery if they exercise, according to a new study. If you have osteoarthritis, exercise may be the single most effective non-drug treatment you can do for your body.

**Stained Glass Class
is Currently FULL**

**We are taking
names for a Waitlist**

Stained Glass Craft Class

Fridays @ 12:00 pm

Six (6) class session Cost: \$35.00

Learn to make beautiful stained glass pieces. Beginners welcome.



Daily Activities



* All activities are subject to change without notice

MONDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
10:00 am - 12:00 pm	Wii Bowling	None	Weekly
10:00 - 3:45 am	Pinochle	None	Weekly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Senior Fun and Fitness with Chris Konior	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; Next Session Begins: January 6
12:30 - 3:45 pm	Bridge - players needed!	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
January 20	CLOSED for HOLIDAY		ALL DAY
Next Visit: March 10	Blood Pressure Screening By Carroll Hospital	None	10:00 - 11:00 am



Looking for Bridge and Pinochle players!
Drop in and join the fun!
Other Card Games & Players are Welcome





Daily Activities



* All activities are subject to change without notice

TUESDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:00 - 9:45 am	Zumba Gold	\$30.00 for 10-12 weeks	Weekly; Next Session Begins: January 7
10:00 - 11:00 am	Study of Man	None	Weekly
10:00 - 11:30 am	Country Line Dancing	\$30.00 for 10-12 weeks	Weekly; Next Session Begins: January 7
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 2nd Tuesday	5¢ per card	Ongoing
12:30 pm	Left, Right, Center Dice Game - 3rd Tuesday	Bring Your Nickels!	A second LRC game monthly
January 21 10:30 am	Chain Reaction	None	Come join us as we play the game that connects words to other words to form a chain!
January 28	Monthly Craft: Rockin' Snowman	\$3.00	10:00 am; See Flyer



**Looking for Volunteers to Call Bingo
See Erica or Shawn for more information**





Daily Activities



* All activities are subject to change without notice

WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
8:30 am - 3:45 pm	Push Rummy 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Arthritis Foundation with Chris Konior	Grant Funded Class; 10-12 weeks	Weekly; Next Session Begins: January 8
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
January 1	Closed for Holiday		All Day
January 15	Jeopardy	None	<i>What is played at 10:30 am?</i>
January 29	Chinese New Year Special Lunch	By reservation; See page 3 for menu & meal cost	Make your meal selection when you sign-up
Next Visit: June 18	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In





Daily Activities



* All activities are subject to change without notice

THURSDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:30 – 10:30 am	Staying Fit with Chris Konior	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; Next Session Begins: In January
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 4th & 5th Thursday	5¢ per card	Ongoing
January 2	Capture the Flavor Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
January 2	January Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
January 2	Left, Right, Center Dice Game	Bring Your Nickels!	Monthly; 12:30 pm
January 9	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
January 16	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3800
January 16	Cabin Fever Special Lunch	By reservation; See page 3 for menu & meal cost	Join us for a crazy clothes contest
January 16	Puzzle Palooza	None	12:45 pm; Sign-up by 1/9



Daily Activities

Walking is real exercise
Not all workouts are measured in sweat.



* All activities are subject to change without notice

FRIDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:00 am	Walking at Robert's Mill Park Three (3) Laps equal One (1) Mile	None	Weekly; On Your Own
9:00 am - Noon	Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	Free	Weekly; Drop-In <i>Join Us when its too cold to walk outside</i>
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:00 - 2:30 pm	Stained Glass The Class is Currently FULL; We are taking names for a Waitlist	\$35.00 for 6 weeks, includes materials	Weekly; Next Session Begins: January 10

NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See center manager for details.

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

Extras At-A-Glance

Date	Program	Time	Info
Wednesday, January 1	CLOSED for HOLIDAY		All Day
Thursday, January 2	Capture the Flavor Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, January 2	January Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, January 2	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Tuesday, January 7	Nickel Bingo	12:30 pm	5¢ per card
Thursday, January 9	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Tuesday, January 14	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, January 15	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, January 16	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, January 16	Cabin Fever Special Lunch	12:00 pm	Join us for lunch
Thursday, January 16	Puzzle Palooza	12:45 pm	Sign-up by 1/9
Monday, January 20	CLOSED for HOLIDAY		All Day
Tuesday, January 21	<i>Chain Reaction</i>	10:30 am	Come join us as we play the game that connects words to other words to form a chain!
Tuesday, January 21	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, January 23	Nickel Bingo	9:30 am	5¢ per card
Tuesday, January 28	Monthly Craft: Rockin' Snowman	10:00 am	\$3.00 per project
Wednesday, January 29	Chinese New Year Special Lunch	12:00 pm	Make meal selection at time of sign-up
Thursday, January 30	Nickel Bingo	12:30 pm	5¢ per card
Friday, January 31	Groundhog Day Prediction		Will it be an Early Spring or Late Winter?
Ongoing Monthly	Paint Projects: Craft Room Available		All Day - Except During Scheduled Craft Day



FREE EVENTS

Capture the Flavor is a
Nutrition Program

Capture the Flavor

Room: Lunch Room

Time: 12 noon



Image Credit: new4lifebooks.com

Capture the Flavor of Herbs & Spices
January 2, 2025



Peek into a household spice cabinet and you're likely to see everyday seasonings like salt, pepper, oregano or onion. Look deeper, and you may notice dozens of other barely opened spices used once in an adventurous dish cooked long ago.

University of Maryland Extension (UME) Family Consumer Sciences (FCS) Senior Agent wants you to resurrect the power of those unique spices and homegrown herbs to level up your home cooked meals, and better understand issues related to food storage and safety.

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**



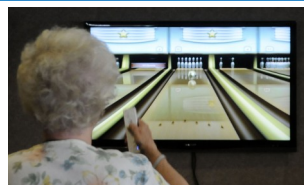


Do You Enjoy Walking
Or Have You Been Thinking About
Adding Walking to Your Routine ??

Taneytown Sr Center's *Taneytown Trekkers* walk
at Roberts Mill Park on Fridays at 9:00 am for
social, group walking.

This is a weekly drop-in walking group, join us when you can & walk as much
as you want.

Weather's bad? Come Inside at TSC & walk to a Leslie Sansone walking exercise video



Bowling Anyone?

Join us Monday mornings for Wii
(video game) bowling!



All the FUN of regular bowling without the heavy ball



CABIN FEVER DAY AND CRAZY CLOTHING CONTEST

Thursday, January 16
Contest begins at 11:30 am



RSVP for lunch by January 9th

Sick of winter weather? Join us for fun and laughs.

Create your own Crazy Clothes or Sweater...

Wear the sweater "Aunt Bitsy" gave you...

Wear your Pajama's or your clothes inside out...

Just be CRAZY!



Puzzle Palooza

Join Us

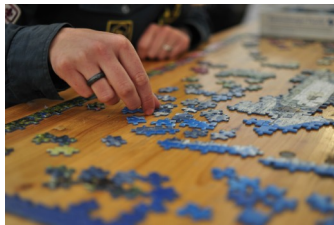
On Thursday, January 16th @ 12:30 pm

For a day of puzzling!



All puzzles have 500 pieces

Puzzle completion will be timed - Who can put the puzzle together the fastest



Teams of 2
Sign-Up by 1/9



Celebrate Lunar New Year

Wednesday, January 29

RSVP for Lunch by Jan 22

Lunch begins at 12:00 pm

Welcome in the luck of the
4723rd Lunar new year

The year of the Snake



Will He or Won't He - - See his Shadow That Is

On January 31st

Make your Groundhog Day Prediction

Early Spring or Long Winter

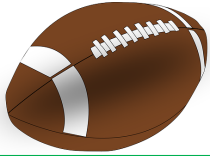
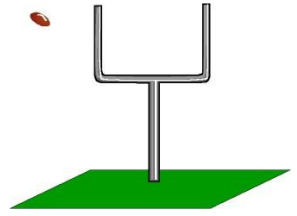




Superbowl FUN

Friday, February 7 @ 12:00 pm

Join us for Superbowl Trivia and
Make your Pigskin Pick for this year's Winner!
RSVP for lunch by 1/31



Valentine's Luncheon

Friday, February 14

RSVP for lunch by Feb 7

Lunch begins at 12:00 pm



Mardi Gras

(or Fasnacht Day)

Pancake Lunch

Tuesday, March 4

RSVP for Lunch by Feb 25

Lunch begins at 12:00 pm



ST. PATRICK'S DAY LUNCH



Monday, March 17 @ 12:00 pm

Join us for a Yummy Corned Beef & Cabbage meal.

RSVP for lunch by Mar 10

Prize for Greenest Luncheoner!



Everyone's Irish
On March 17th.

January Craft Fun



Rockin' Snowman

Tuesday

January 28

**10:00 am - until
finished**

Cost: \$3



Paintings for January

6" x 6" canvas panels

More Choices Available - Prefer something else? Chat with Erica



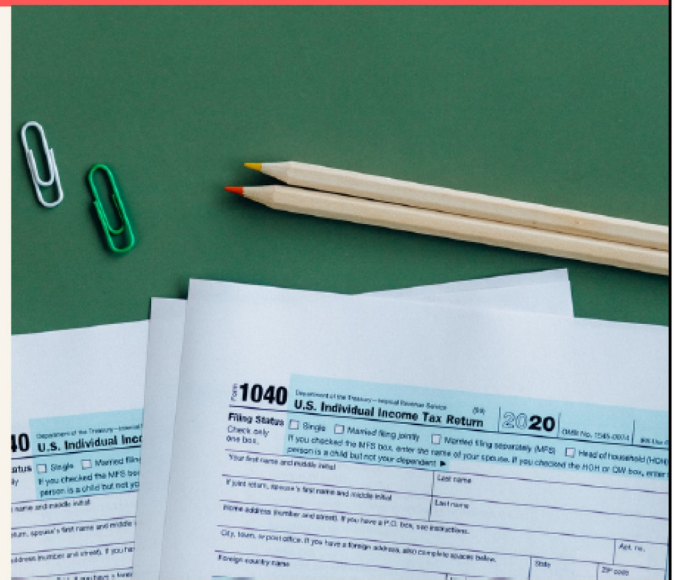
Ongoing - Start anytime & Go at your own pace

Cost: 2 for \$5.00 (materials fee)

Volunteering Opportunity

Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2022 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists, and site managers. We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.



**If you are interested
in volunteering,
please contact
Mike Deutsch at
443-789-8346**

Inclement Weather Policy for **Classes ONLY**

Please Note: The Taneytown Senior Center is OPEN

Monday-Friday, 8:00 am - 4:00 pm in inclement weather **UNLESS:**

- • The Carroll County Government Offices are closed then TSC is closed.
- • The Carroll County Government opens late or closes early then TSC opens late or closes early.
- • See Next Page for More Details

Chris Konior's Exercise Classes

If Carroll County Public Schools **CLOSE EARLY:**
There will be NO 12:30 pm Monday or Wednesday Classes.

If Carroll County Public Schools Are **CLOSED:**
Classes are CANCELED.

If Carroll County Public Schools **OPEN LATE - 1-2 (one to two) Hours Late:**
Classes will be held as scheduled

Zumba Gold Class

If Carroll County Schools:

are **CLOSED** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Line Dance Class

If Carroll County Schools:

are **CLOSED** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Stained Glass Class

If Carroll County Schools:

are **CLOSED** or **CLOSE EARLY** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Call TSC - 410.386.2700 - For Recorded Message

After 7:00 am to find out how bad weather will affect the senior center/activities

Inclement Weather Policy for Carroll County Senior Centers

Carroll County Senior and Community Centers are **OPEN**,
Monday-Friday, 8:00 am - 4:00 pm in inclement weather **UNLESS**:

- If the **Carroll County Government Offices are closed, open late or close early** then the **Carroll County Senior Centers are closed, open late or close early.**
- Please listen to local radio or TV stations (**WTTR, WBAL (11) or WJZ (13)**) for up to date information.
- Modified meals may be served.
- Call your Senior Center to see if programs/classes have been cancelled.

*Please note- decisions regarding the operating schedules of the CC Senior Centers are based only on the Carroll County Government. The Senior Centers **do not** follow the Carroll County Public School System operating schedules.

Generally, when Carroll County Public Schools close for **weather** all classes/activities/programs are cancelled. When Carroll County Public Schools open late - classes/activities/programs occur at the discretion of the instructor.

Carroll Transit Systems (CTS) Scheduled Riders and Trailblazer Shuttle Riders

In inclement weather please follow the postings specific to Carroll Transit System (CTS) delays and closings.

ALL Rides Remain As Scheduled UNLESS:

- Carroll Transit System (CTS) is closed then all scheduled rides and Trailblazer Shuttle routes are cancelled.
- Carroll Transit System (CTS) opens late then scheduled rides may be adjusted for the late opening or cancelled.
- Please call Carroll Transit System (CTS) to confirm or cancel your scheduled ride.
410-386-5550 410-363-0622
- Please listen to local radio or TV stations (**WTTR, WBAL (11) or WJZ (13)**) for up to date information.

Come Play.....



**Wednesday, January 15
10:30 am**

What is join us for Jeopardy?
Test your memory in a WIDE
variety of categories.



**Tuesday, January 21
10:30 am**

Come join us as we play the game
that connects words to other
words to form a chain!

