

# Taneytown SC This Month...



## TANEYTOWN SENIOR CENTER

220 Roberts Mill Rd.  
Taneytown, MD 21787

410.386.2700

[taneytownsc@carrollcountymd.gov](mailto:taneytownsc@carrollcountymd.gov)

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

# December 2025

## Center Hours

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

**Center Closed 11:00 am - 2:00 pm**  
**Thursday, December 18**

**Center Closing Early at 1:00 pm**  
**Wednesday, December 24**

**Center Closed**  
**Thursday, December 25**  
**Friday, December 26**  
**Thursday, January 1, 2026**



# 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.**

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## 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](mailto:taneytownsc@carrollcountymd.gov)

**Cost of lunch for seniors 60 and older is a donation up to \$6.64.**

**Those 59 and younger pay full price of \$6.64.**

**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.**

**\*Full price increased to \$6.64 October 1st.**

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

# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) <b>RSVP by 11/26</b> Pork & Mushroom Sauce Cucumber Salad Mashed Potatoes Dinner Roll Apple Chocolate Milk	2) <b>RSVP by 11/26</b> Chicken Caesar Salad Split Pea Soup Cornbread Apples	3) <b>RSVP by 11/26</b> Meatloaf & Gravy Green Beans Brown Rice Diced Peaches Wheat Bread Juice	4) <b>RSVP by 12/1</b> Greek Chicken Bowl (Pearled Barley, Chicken, Greek Salad, Feta Cheese) Apricots	5) <b>RSVP by 12/2</b> Corn Beef Mustard Dill Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit
8) <b>RSVP by 12/3</b> Turkey-Ham Macaroni Salad Fresh Spinach Mediterranean White Bean Soup Pineapple Tidbits	9) <b>RSVP by 12/2</b> <b>Baked Potato</b> <b>Chili Con Carne</b> <b>Spinach Salad</b> <b>Applesauce</b> <b>Wheat Bread</b> <b>Fruit Punch</b>  <b>BAKED POTATO</b>	10) <b>RSVP by 12/5</b> Roast Beef Sandwich Honey Roasted Beets Cole Slaw	11) <b>RSVP by 12/8</b> Chicken Casserole Rice Pilaf Green Beans Diced Peaches	12) <b>RSVP by 12/9</b> Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad
15) <b>RSVP by 12/10</b> Roasted Pork Loin Dijon Sauce Mashed Potatoes Okra & Tomatoes Fruit Cocktail Fruit Punch Chocolate Milk	16) <b>RSVP by 12/11</b> Italian Sausage & Cheese Sub Cabbage Slaw Juice Yogurt	17) <b>RSVP by 12/10</b> <b>Roast Beef &amp; Gravy</b> <b>Potatoes</b> <b>Green Bean Casserole</b> <b>Fruit Ambrosia</b> <b>Dinner Roll</b> <b>Cherry Pie</b>  <b>Christmas Luncheon</b>	18) <b>Center Closing at 11am-2pm</b> Please see Staff for lunch details	19) <b>RSVP by 12/16</b> Salisbury Steak Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Wheat Bread
22) <b>RSVP by 12/15</b>  <b>Holiday Party</b>	23) <b>RSVP by 12/18</b> Ham & Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Chocolate Milk	24) <b>Center Closing at 1pm</b> Please see Staff for lunch details		
29) <b>RSVP by 12/22</b> Chicken Piccata Brown Rice Buttered Carrots Green Pea Salad Chocolate Milk	30) <b>RSVP by 12/23</b> Pork Loin & Gravy Mashed Potatoes Sauerkraut Green Beans Fresh Fruit Dinner Roll Dessert  <b>Noon Years Eve</b>	31) <b>RSVP by 12/23</b> Tuna Noodle Casserole Chickpea & Tomato Salad Cinnamon Apples		

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.64 (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 \$6.64.**

## 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; New Session Begins: January 12
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
December 22	Holiday Party, Music & Games	By reservation; Meal cost - Donation up to the cost of the meal	Music: 11:30am-1:30pm Lunch: 12:00pm Games: 1:00pm



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







# Daily Activities

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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; <b>New Session Begins:</b> January 6
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; <b>New Session Begins:</b> January 6
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1 <sup>st</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Tuesday	5¢ per card	Ongoing
December 9	Monthly Craft: Holiday Gift Tags	No Cost	10:00 am; See Flyer
December 16	Cookie Day: Bake for Community & Holiday Party	Provide store made cookie dough	Bake cookies
December 16	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
December 23 10:30 am	Chain Reaction	None	Come join us as we play the game that connects words to other words to form a chain!
December 30	Noon Year's Eve Special Lunch	By reservation; See page 3 for menu & meal cost	Best New Year's Hat Contest



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





# Daily Activities

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## 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; New Session Begins: January 7
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
December 17	Jeopardy	None	What is played at 10:30 am?
December 17	Christmas Special Lunch & Pictionary	By reservation; See page 3 for menu & meal cost	Lunch: 12:00 pm Pictionary: 1:00 pm
Next Visit: December 17	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In
December 24	Closing Early for Holiday		Closing at 1:00 pm





# 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; New Session Begins: January 8
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 2nd Thursday	5¢ per card	Ongoing
No December Talk	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
December 4	December Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
December 4	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
December 11	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
December 11	Paint Party with Deanna: Paint your own 16"x20" Cardinal in Winter	\$25.00	12:30 pm; All materials provided
No December Appointments; Returning in January	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
December 18	CLOSED 11:00 am - 2:00 pm For CC Government Event		Close at 11:00 am Re-open at 2:00 pm
December 25, 2025 & January 1, 2026	Closed for Holiday		ALL DAY





# Daily Activities

\* All activities are subject to change without notice

Walking is real exercise

Not all workouts are measured in sweat.



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 <i>The Class is Currently FULL; We are taking names for a Waitlist</i>	\$35.00 for 6 weeks, includes materials	Weekly; <b>New Session Begins: January 9</b>
December 26	Closed for Holiday		ALL DAY

**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
Tuesday, December 2	Nickel Bingo	12:30 pm	5¢ per card
No December Talk	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, December 4	December Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, December 4	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Tuesday, December 9	Monthly Craft: Holiday Gift Tags	10:00 am	No Cost
Thursday, December 11	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, December 11	Nickel Bingo	12:30 pm	5¢ per card
Thursday, December 11	Paint Party with Deanna: Cardinal in Winter	12:30 pm	\$25.00; All materials provided
Tuesday, December 16	Cookie Day	Morning	Bring store made cookie dough to bake
Tuesday, December 16	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, December 17	<i>Jeopardy</i>	10:30 am	What Is Fun?
Wednesday, December 17	Christmas Special Lunch & Pictionary	12:00 pm	Join us for lunch
Wednesday, December 17	MD Legal Aid: Staff will be present at the senior center	1:00 - 4:00 pm	Walk-In
No December Appointments	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	<b>Free: To make appointment call 410.386.3800</b>
Thursday, December 18	CLOSED 11:00 am - 2:00 pm For CC Government Event		Close at 11:00 am Re-open at 2:00 pm
Monday, December 22	Holiday Party with Music & Games	12:00 pm	Join us for lunch
Tuesday, December 23	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, December 23	<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, December 30	Noon Year's Eve Special Lunch	12:00 pm	Best New Year's Hat Contest
Tuesday, December 30	Nickel Bingo	12:30 pm	5¢ per card
December 24 December 25-26	Closing Early @ 1:00 pm CLOSED for HOLIDAY		Half-Day All Day
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	



Mark your calendar

## Christmas Special Lunch & Christmas Carol Pictionary



Wednesday, December 17

Pictionary @ 1:00 pm

Lunch @ 12:00 pm ~ RSVP for lunch by December 10

## Holiday Party

Monday, December 22

Lunch @ 12:00 pm ~ RSVP for lunch by December 15



Music by Larry Gray

After Lunch :  
A Game for All



Followed by :

A Crazy Gift Exchange

For those wishing to participate :  
Bring a wrapped gift, limit \$10



Ring in the New Year with us on December 30th at our  
Noon Year's Eve Lunch

RSVP for lunch by December 17

**Wear Your Best New Year's Hat**

Followed by Bingo at 12:30 pm



Mark your calendars....

In January we will offer a trial session of Yoga for beginners with modification for exercising from a chair. The session will be a donation session scheduled for Friday mornings, 9:00 - 10:00 am, beginning Friday January 9<sup>th</sup>.



Thanks! Erica

## CABIN FEVER DAY & CRAZY CLOTHING CONTEST



Thursday, January 15  
Contest begins at 11:30 am



RSVP for lunch by January 8th

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!

Followed by Puzzle Palooza @ 12:30 pm

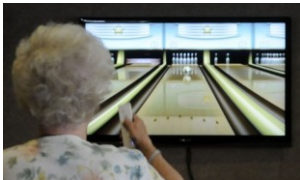


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

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



JOIN OUR ART CLASS

# Paint a Cardinal

Create a beautiful Cardinal in a winter scene on canvas with guided instruction and supplies included.

**\$25 PER PERSON**



# 12/11

**EVENT BEGINS AT 12:30 PM**

Sign up now at Taneytown Senior Center



# December Craft Fun

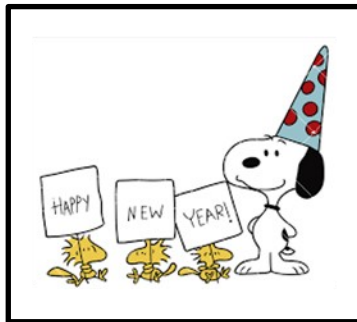
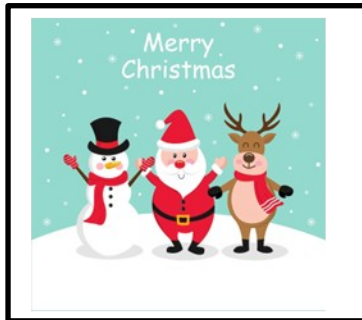
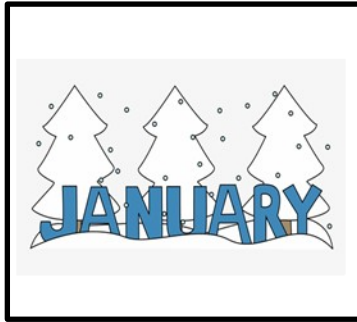


**Holiday Gift Tags**  
**Tuesday, December 9**  
**10:00 am - until finished**  
**Cost: No Cost**  
**Deadline to sign-up = Dec 2**

# Paintings for December

6" x 6" canvas panels

More Choices Available - Prefer something else? Chat with Erica

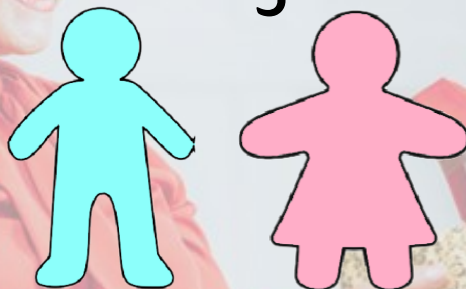


Ongoing - Start anytime & Go at your own pace

Cost: 2 for \$5.00 (materials fee)



**TSC is hoping to Adopt Guardianship  
Seniors Again This Christmas!  
Look for the “Gingerbread People”**



**Near the Beginning of December  
With the Client’s Wish List Item(s)  
See Shawn or Erica for more Information**

# **Puzzle Palooza**

**Join Us**

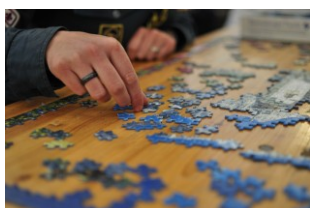
**On Thursday, January 15th @ 12:45 pm**

**For a day of puzzling!**

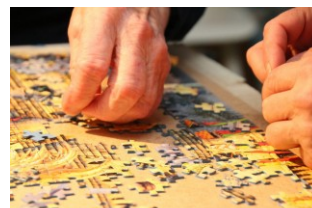


**All puzzles have 500 pieces**

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



**Teams of 2  
Sign-Up by 1/12**



## 2026 Dining with Diabetes Program

Join us for Dining with Diabetes, a diabetes education program for adults with type 2 diabetes or pre-diabetes and their families. Dining with Diabetes teaches healthy meal planning and other self-management skills.

The Dining with Diabetes program is offered as a series of four classes and one follow up class after three months. Each in-person session includes diabetes education and resources

This program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.

**Dates:** 2-12-2026  
3-12-2026  
4-9-2026  
5-14-2026  
8-13-2026

**12:00 pm**

**Contact Taneytown Senior Center  
to register: 410 386-2700**

If you need a reasonable accommodation to participate in any event or activity, please contact the educator at least two weeks prior to the event at 410 386-2700 Terry Serio

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

# **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 2025 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



**TAX  
VOLUNTEERS  
WANTED**





## Group Therapy for 'Seasoned' Adults

is designed for adults aged 55 and older  
(with some flexibility based on individual circumstances.)

*The group will be a process-oriented space aimed at addressing challenges such as isolation, depressed mood, caregiver fatigue, fears, grief, and loneliness.*

*Our goal is to foster connection, enhance a sense of purpose, and normalize emotional experiences in later life, while emphasizing respect and vitality.*



**CARROLL COUNTY  
YOUTH SERVICE BUREAU**  
*"It Starts With the Heart."*

*Introducing...*

# GROUP THERAPY FOR 'SEASONED' ADULTS

### Referral Process:

Adults will need to call the referral line at

**410.848.2500**

and follow the prompts to begin the assessment and admission process.

Most insurance accepted.

**OFFERED AT CCYSB**

**Thursdays at 3:00 PM**

*(Start date pending)*

CCYSB Group Lead Therapist:

Dana Kemp LCPC, NCC

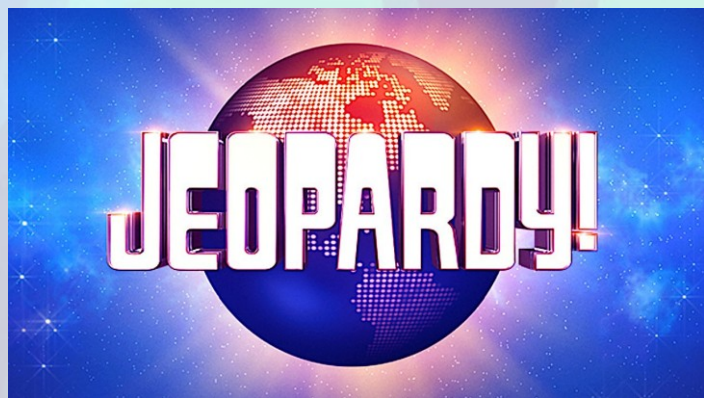
dkemp@ccysb.org 443.244.8282

### OUR LOCATION:

**59 Kate Wagner Road  
Westminster, MD 21157**

**www.CCYSB.org**

# Come Play.....



**Wednesday, December 17**  
**10:30 am**

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

**Tuesday, December 23**  
**10:30 am**

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

