

# 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 2024

## Center Hours

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

**Center Closed 11:00 am - 2:00 pm**  
**Thursday, December 19**

**Center Closing Early at 12:00 pm**  
**Tuesday, December 24**

**Center Closed**  
**Wednesday, December 25**  
**Thursday, December 26**



# 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 \$6.31.**

**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.**

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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
2) <b>RSVP by 11/25</b> Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Sliced Apples Wheat Bread Chocolate Milk	3) <b>RSVP by 11/26</b> Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	4) <b>RSVP by 11/27</b> Sliced Corned Beef Mashed Potatoes Red Cabbage Corn & Pea Salad Tropical Fruit Wheat Bread	5) <b>RSVP by 11/27</b> All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	6) <b>RSVP by 12/3</b> Curried Chicken Salad Multi Bean Soup Baby Spinach Tomatoes Mandarin Oranges Wheat Bread Chocolate Milk
9) <b>RSVP by 12/4</b> Turkey Burger L,T,O Cucumber & Onion Salad Baked Beans Apple Juice	10) <b>RSVP by 12/3</b> Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch  <b>BAKED POTATO</b>	11) <b>RSVP by 12/6</b> Chicken Poppyseed Casserole Wild Rice Green Beans Diced Peaches Wheat Bread Apple Juice	12) <b>RSVP by 12/9</b> Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	13) <b>RSVP by 12/10</b> Roasted Pork Loin Sweet Onion Gravy Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk
16) <b>RSVP by 12/9</b> All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	17) <b>RSVP by 12/12</b> Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice	18) <b>RSVP by 12/13</b> Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	19) <b>RSVP by 12/11</b>  <b>Center Closing between 11-2pm</b>  <b>See Shawn for Lunch Options</b>  <b>Center will reopen at 2pm.</b>	20) <b>RSVP by 12/12</b> Roast Beef Red Skinned Potatoes Green Bean Casserole Fruit Ambrosia Salad Roll Dessert  <b>Christmas Special Meal</b>
23) <b>RSVP by 12/16</b>  <b>Holiday Party Mountain Gate Restaurant</b>	24) <b>RSVP by 12/20</b>  <b>Closing Early at 12pm</b>	25) 	26)	27) <b>RSVP By 12/20</b> Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk
30) <b>RSVP by 12/23</b> Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice	31) <b>RSVP by 12/23</b> Pork Loin & Gravy Mashed Potatoes Sauerkraut Green Beans Fresh Fruit Dinner Roll Dessert  <b>Noon Years Eve</b>			

- ◆ **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: \$30.00

**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: In January
12:30 - 3:45 pm	Bridge - <b>players needed!</b>	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
Next Visit: December 9	Blood Pressure Screening By Carroll Hospital	None	10:00 - 11:00 am
December 23	Holiday Party, Music & Games	By reservation; See page 3 for menu & meal cost	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

\* All activities are subject to change without notice



<b>TUESDAY</b>			
<b>Time</b>	<b>Activity</b>	<b>Cost</b>	<b>Session Info</b>
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
9:00 - 9:45 am	<b>Zumba Gold</b>	\$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> In January
10:00 - 11:00 am	<b>Study of Man</b>	None	Weekly
10:00 - 11:30 am	<b>Country Line Dancing</b>	\$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> In January
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	<b>Nickel Bingo</b> 1st & 5th Tuesday	5¢ per card	Ongoing
12:30 pm	<b>Left, Right, Center Dice Game</b> - 3rd Tuesday	Bring Your Nickels!	A second LRC game monthly
9:30 - 11:30 am	<b>Nickel Bingo</b> 4th Tuesday	5¢ per card	<b>Special time due to Early Closure</b>
December 10	<b>Monthly Craft: Holiday "Lightbulb" Decoration/Sign</b>	\$5.00	10:00 am; See Flyer
December 10	<b>Paint Party: Nutcrackers</b>	\$25.00	12:30 pm; See Flyer
December 17	<b>Cookie Day: Bake &amp; Take</b>	Provide store made cookie dough	Bake cookies; Take for Community & Yourself
December 24	<b>Closing Early for Holiday</b>		Closing at 12:00 pm
December 31 10:30 am	<b>America Says</b>	None	Join us as we play the game of guessing the top answers to fill-in-the-blank survey questions
December 31	<b>Noon Year's Eve Special Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Best New Year's Hat Contest



# 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: In January
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
December 18	Jeopardy	None	What is played at 10:30 am?
Next Visit: December 18	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In
December 25	CLOSED for HOLIDAY		ALL DAY
January 1, 2025	CLOSED for HOLIDAY		ALL DAY







# Daily Activities



\* All activities are subject to change without notice

<b>THURSDAY</b>			
<b>Time</b>	<b>Activity</b>	<b>Cost</b>	<b>Session Info</b>
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
9:30 – 10:30 am	<b>Staying Fit with Chris Konior</b>	<b>Donation Class;</b> Donations up to \$30.00 for 10-12 weeks	Weekly; <b>Next Session Begins:</b> In January
12:00 pm	<b>Lunch</b>	<b>By reservation;</b> <b>See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	<b>Nickel Bingo</b> 2nd Thursday	5¢ per card	Ongoing
December 5	<b>Capture the Flavor Nutrition Talk with Terry Serio</b> UMD/CC Extension Office	None	12:00 pm; No registration required
December 5	<b>December Birthday Celebration</b>	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
December 5	<b>Left, Right, Center Dice Game</b>	Bring Your Nickels!	Monthly; 12:30 pm
December 12	<b>Member's Site Council Meeting</b> 2nd Thursday	None	10:30 am; All members are encouraged to attend
<b>No December Appointments;</b> Returning in January	<b>Bureau of Aging/Disabilities: Information &amp; Assistance</b> Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3800
December 19	<b>CLOSED 11:00 am - 2:00 pm</b> <b>For CC Government Event</b>		Close at 11:00 am Re-open at 2:00 pm
December 26	<b>CLOSED for HOLIDAY</b>		ALL DAY



# Daily Activities

alking is real exercis  
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	\$30.00 for 6 weeks, includes materials	Weekly; Next Session Begins: January 3
December 20	Christmas Special Lunch & Pictionary	By reservation; See page 3 for menu & meal cost	Lunch: 12:00 pm Pictionary: 1:00 pm

**NOTE: In most cases, if classes are not full, you may join a class in progress without**

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 3	Nickel Bingo	12:30 pm	5¢ per card
Thursday, December 5	Capture the Flavor Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, December 5	December Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, December 5	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Monday, December 9	Blood Pressure Screening	10:00 - 11:00 am	Carroll Hospital Sponsored
Tuesday, December 10	Monthly Craft: "Lightbulb" Decor	10:00 am	\$5.00 per project
Tuesday, December 10	Paint Party: Nutcrackers	12:30 pm	\$25.00
Thursday, December 12	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, December 12	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, December 17	Cookie Day	Morning	Bring your own store made cookie dough to bake
Tuesday, December 17	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, December 18	<i>Jeopardy</i>	10:30 am	What Is Fun?
Wednesday, December 18	MD Legal Aid: Staff will be present at the senior center	1:00 - 4:00 pm	Walk-In
<b>No December Appointments</b>	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	<b>Free: To make appointment call 410-386-3830</b>
Thursday, December 19	Closed 11:00 am - 2:00 pm		Re-opens 2:00 pm
Friday, December 20	Christmas Special Lunch & Pictionary	12:00 pm	Join us for lunch
Monday, December 23	Holiday Party with Music & Games	12:00 pm	Join us for lunch
Tuesday, December 24	Nickel Bingo	<b>9:30 am</b>	5¢ per card
December 24 December 25 & 26	Closing Early @ 12:00 pm CLOSED for HOLIDAY		Half-Day All Day
Tuesday, December 31	<i>America Says</i>	10:30 am	Join us as we play the game of guessing the top answers to fill-in-the-blank survey questions
Tuesday, December 31	Nickel Bingo	12:30 pm	5¢ per card
Ongoing Monthly	Paint Projects: Craft Room Available		All Day - Except During Scheduled Craft Day





Mark your calendar

## Christmas Special Lunch & Christmas Carol Pictionary



Friday, December 20

Pictionary @ 1:00 pm

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

## Holiday Party

Monday, December 23

Lunch @ 12:00 pm ~ RSVP for lunch by December 16

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 31th at our

Noon Year's Eve Lunch

RSVP for lunch by December 20

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

Followed by Bingo at 12:30 pm



TSC Site Council Fundraiser is Here!

## **The Holiday Bazaar**

**Come out and Support the Senior Center**

Monday - Friday, December 2 - December 13

Located in the TSC Multi-purpose Room

Bazaar Items include:

Hand-made items          Christmas Decorations          & More

Pick up some gifts & crafts and help the Senior Center to continue  
to provide Entertainment, Special Events, & more

Special Thanks to Peanut Nusbaum & her team of Volunteers!



Don't forget to check the Tables regularly -  
If you don't see something one day, you may the next!

**&**

## **Holiday Chinese Auction**

Tickets to Bid on Auction Items - \$1.00/one or \$5.00/six tickets

Auction Opens Monday, December 2

Auction closes Friday, December 13 @ 3:00 pm

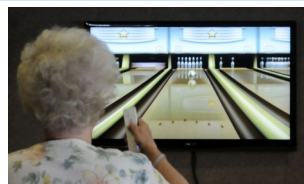


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

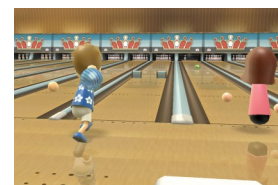
Taneytown Sr Center's *Taneytown Trekkers* walk  
at Roberts Mill Park on Fridays at 9:00 am for  
social, group walking.

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

## 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!



Followed by Puzzle Palooza @ 12:30 pm





# FREE EVENTS

Capture the Flavor is a  
Nutrition Program

## Capture the Flavor

Room: Lunch Room

Time: 12 noon



Image Credit: newbeliefs.com/stock

Capture the Flavor of Herbs & Spices  
December 5, 2024



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.

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Living Your Dreams • Be Active, Be Strong

**JOIN US FOR  
FUN & CONVERSATION**



# December Craft Fun



**Holiday  
"Lightbulb"  
Decoration/Sign**

**Tuesday  
December 10  
10:00 am - until  
finished**

**Cost: \$5**





TUESDAY  
**10**  
DECEMBER

# PAINT PARTY!

12:30



12x16  
Canvas

**All materials and instruction  
included**

**\$25**

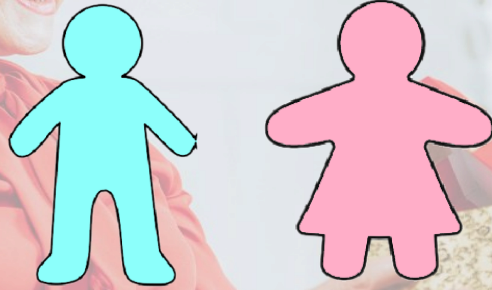
**HOST:** Deanna Schaeffer  
410-259-37385

Deannasartforthesoul@gmail.com  
Facebook.com/Deannasartforthesoul

**LOCATION:**  
Taneytown  
Senior Center



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



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

# **Puzzle Palooza**

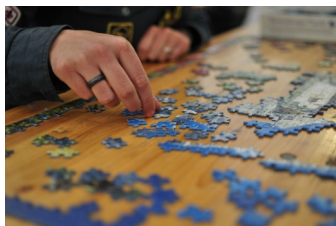
**Join Us**

**On Thursday, January 16th @ 12:30 pm  
For a day of puzzling!**

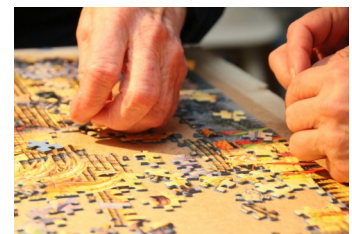


**All puzzles have 500 pieces**

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



**Teams of 2  
Sign-Up by 1/9**



# 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

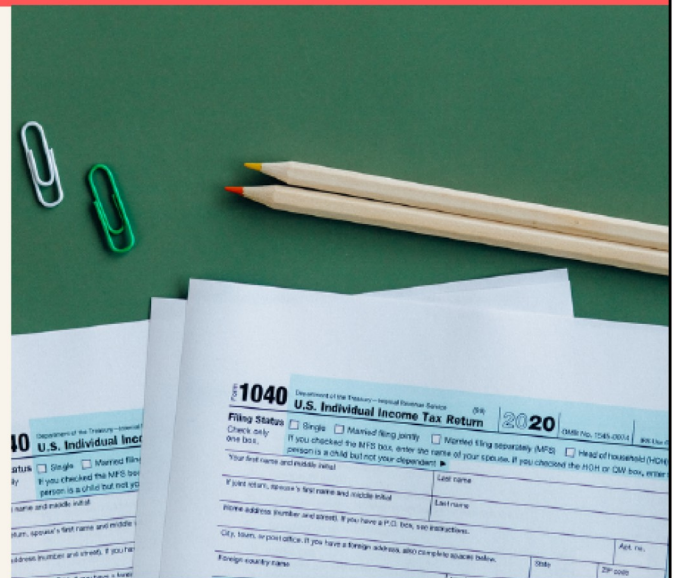
Cost: 2 for \$5.00 (materials fee)



# 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**

# Come Play.....



**Wednesday, Dec ember 18  
10:30 am**

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



**Tuesday, December 31  
10:30 am**

Join us as we play the game of  
guessing the top answers to fill-in-  
the-blank survey questions

