

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>



November 2025

Center Hours

Monday - Friday

8:00 am - 4:00 pm

Center Closed

Tuesday, November 11

Thursday-Friday, November 27-28

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 \$6.64.

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.**



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

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) RSVP by 10/29 Indian Butter Chicken Bombay Rice Cucumber Salad Mandarin Oranges Wheat Bread	4) RSVP by 10/30 Roast Beef Sandwich Honey Roasted Beets Cole Slaw	5) RSVP by 10/31 Chicken Casserole Rice Pilaf Green Beans Diced Peaches	6) RSVP by 11/3 Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad	7) RSVP by 11/4 Roasted Pork Loin Dijon sauce Mashed Potatoes Okra & Tomatoes Fruit Cocktail Fruit Punch Chocolate Milk
10) RSVP by 11/3 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	11) 	12) RSVP by 11/7 Salisbury Steak Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Wheat Bread	13) RSVP by 11/6 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	14) RSVP by 11/11 BBQ Chicken Sandwich Cream of Broccoli Soup Cole Slaw Yogurt
17) RSVP by 11/12 Ham Slice & Raisin Sauce Au Gratin Potatoes Maple Carrots Pineapple Tidbits Wheat Bread Juice Chocolate Milk	18) RSVP by 11/13 Marry Me Chicken Rice Pilaf Green Beans Cinnamon Apple Slices Wheat Bread Juice	19) RSVP by 11/12 Roast Beef on Kaiser Roll H,M,O,T,L Potato Salad Cole Slaw Fruit Cocktail SUB DAY	20) RSVP by 11/17 Beef Stroganoff Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Juice	21) RSVP by 11/14 All Beef Hot Dogs Sauerkraut Baked Beans Fruit
24) RSVP by 11/17 Turkey Mashed Potatoes Gravy Bread Stuffing Harvard Beets Corn Rolls Assorted Pies	25) RSVP by 11/18 Turkey Mashed Potatoes Gravy Bread Stuffing Green Beans Cranberry Salad Pumpkin Pie Thanksgiving	26) RSVP by 11/21 Creamy Ranch Chicken Rice Pilaf Peas & Carrots Diced Pineapple Wheat Bread Juice	27) 	28) 

- ♦ 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 Began: In October
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
November 10	Veterans' Day Remembrance	None	11:00 am: To stay for lunch sign-up by 11/3
November 24	Thanksgiving Holiday Meal - limited space available	By reservation; Donation up to the cost of the meal	Sign-up in Meal Reservation Book by 11/17



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; New Session Began: In October
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; New Session Began: In October
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 4th Tuesday	5¢ per card	Ongoing
November 11	Closed for Holiday		ALL DAY
November 18	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
November 18	Monthly Craft: Community Project - Christmas Tray or Placemats	No Cost	10:00 am; See Flyer
November 25	Thanksgiving Holiday Meal	By reservation; See page 3 for menu & meal cost	Sign-up in Meal Reservation Book by 11/18



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 Began: In October
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
November 19	Jeopardy	None	<i>What is played at 10:30 am?</i>
Next Visit: December 17	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In





Daily Activities

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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 Began: In October
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 2nd & 3rd Thursday	5¢ per card	Ongoing
November 6	Caramel Apples with Lisa G	None	Limited to 24; Must sign up by October 30
November 6	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
November 6	November Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
November 6	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
November 13	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
November 20	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
November 27	Closed for Holiday		ALL DAY



Daily Activities

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alking is real exercis

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 The Class is Currently FULL; We are taking names for a Waitlist	\$35.00 for 6 weeks, includes materials	Weekly; New Session Begins: December 5
November 21 10:30 am	America Says	None	Join us as we play the game of guessing the top answers to fill-in-the-blank survey questions
November 28	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
Monday, November 3	American Music Theater Bus Trip Registration DEADLINE	ASAP	
Thursday, November 6	Caramel Apples with Lisa G	10:30 am	Limited to 24; Must sign up by October 30
Thursday, November 6	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, November 6	November Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, November 6	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Monday, November 10	Veterans' Day Remembrance	None	11:00 am: To stay for lunch sign-up by 11/3
Tuesday, November 11	Closed for Holiday	All Day	
Thursday, November 13	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, November 13	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, November 18	Monthly Craft: Community Project - Tray or Placemats	10:00 am	No Cost
Tuesday, November 18	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, November 19	Jeopardy	10:30 am	What Is Fun?
Thursday, November 20	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, November 20	Nickel Bingo	12:30 pm	5¢ per card
Friday, November 21	America Says	10:30 am	Join us as we play the game of guessing the top answers to fill-in-the-blank survey questions.
Monday, November 24	Thanksgiving Holiday Meal - limited space available	By reservation; Donation up to the cost of the meal	Sign-up in Meal Reservation Book by 11/17
Tuesday, November 25	Thanksgiving Holiday Meal	By reservation; See page 3 for menu & meal cost	Sign-up in Meal Reservation Book by 11/18
Tuesday, November 25	Nickel Bingo	12:30 pm	5¢ per card
Thursday-Friday November 27-28	Closed for Holiday	All Day	
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

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. More information to come in the December Newsletter.



Thanks! Erica

VETERANS DAY REMEMBRANCE



TUESDAY

NOV. 10th 11:00 am



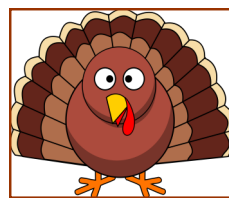
Pay tribute to the men and women who served in the U.S. military and their families that support them.

Join Us for Lunch at 12:00 pm ~ RSVP for lunch by November 3

Join us for our two

Thanksgiving Luncheons

Monday, November 24
at 12:00 pm



Lunch is served at 12:00 pm

RSVP for lunch by November 17 - limited spaces available

&

Tuesday, November 25
at 12:00 pm



Join Us for a meal or two together with friends

Lunch is served at 12:00 pm

RSVP for lunch by November 18



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

Games to follow lunch

Ring in the New Year with us on December 30th at our

Noon Year's Eve Lunch

RSVP for lunch by December 19



Do You Enjoy Walking

Or Have You Been Thinking About

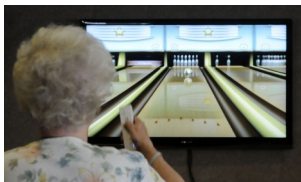
Adding Walking to Your Routine ??



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

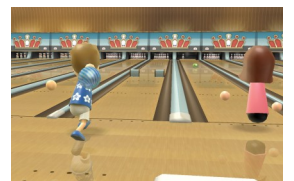
This is a weekly drop-in walking group, join us when you can & walk as much
as you want.

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



FREE EVENTS

Nutrition Program

Capture the Flavor

Room: Lunch Room

Time: 12 noon



Upcoming Talks:

November 6, 2025

“Exploring Food Labels”

Everyday Foods and Herbs for Heart Health

Join us to learn how culinary favorites like garlic, cinnamon, and hibiscus can support heart health. The heart-healthy benefits of olive oil and chocolate will also be discussed. Together we will explore ways to safely include these popular herbs in our diets.

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**

**It's Fall Ya'll
Want to make a Caramel Apple?**

**Come join Lisa at Taneytown Senior Center
on
11/6/25 @ 10:30.**

**Space is limited so don't delay
Sign up today.**



**We will supply everything you need to
enjoy a Fall treat.**

November Craft Fun



Community Project - Christmas Tray or Placemats

(Bring Old Christmas Cards if you have any)

Tuesday, November 18
10:00 am - until finished

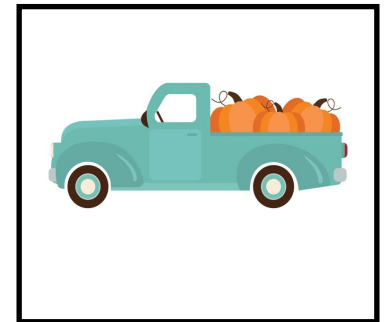
Cost: No Cost

Deadline to sign-up = Nov 12

Paintings for November

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 Site Council Fundraiser is Here!

The Holiday Bazaar

Come out and Support the Senior Center

Wednesday, November 12 - Friday, November 21

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, Catered Meals, & 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 Chance Auction

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

Auction Opens Wednesday, November 12

Auction closes Friday, November 21 @ 3:00 pm

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



2025 Caregiver Support Conference

Navigating with Knowledge, Caring with Purpose

Saturday, November 15, 2025

9:00am – 2:00pm

Westminster Senior & Community Center
125 Stoner Ave, Westminster, MD 21157

Join us as we discuss...

- Strength, Balance and Brain Health
- Legal & Financial Responsibilities as a Caregiver
- Understanding and communicating with those with Dementia



FREE Registration | Light Breakfast & Lunch Provided

Register by November 7, 2025

Click [here](#) to register.

For questions or more information, contact Denise Valentine at davalentine@carrollcountymd.gov or call the Division of Aging & Disabilities at 410-386-3800.



Division of Aging & Disabilities
Carroll County Department of Citizen Services

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 The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Come Play.....



**Wednesday, November 19
10:30 am**

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

**Friday, November 21
10:30 am**

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

