

# 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>

# May 2025

### Center Hours

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

**Center Closed**  
**Monday, May 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!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) <b>RSVP by 4/28</b>  Curried Chicken Salad White Bean Soup Baby Spinach Tomatoes Mandarin Oranges Wheat Bread Chocolate Milk	2) <b>RSVP by 4/29</b>  Chicken Cordon Blu Sandwich Broccoli Slaw Baked Beans Apple Juice Yogurt
5) <b>RSVP by 4/28</b>  Fish Sandwich L,T Mixed Vegetables Fruit Cocktail Juice	6) <b>RSVP by 5/1</b>  Chicken Casserole Wild Rice Green Beans Diced Peaches Wheat Bread Apple/Cranberry Juice	7) <b>RSVP by 5/2</b>  Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	8) <b>RSVP by 5/5</b>  Roasted Pork Loin Dijon sauce Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk	9) <b>RSVP by 5/2</b>  <b>Creamy Chicken Breast</b> <b>Red Potatoes</b> <b>Dill Carrots</b> <b>Fresh Fruit</b> <b>Dessert</b>  <b>Mother's Day</b>
12) <b>RSVP by 5/7</b>  Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread Grape Juice	13) <b>RSVP by 5/6</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>	14) <b>RSVP by 5/9</b>  White Bean Chicken Chili Rice Pilaf Corn Muffin Chocolate Milk	15) <b>RSVP by 5/12</b>  BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves	16) <b>RSVP by 5/13</b>  Pineapple Glazed Ham Au Gratin Potatoes Brussel Sprout Pineapple Tidbits Wheat Bread Fruit Punch Chocolate Milk
19) <b>RSVP by 5/12</b>  Tuna Salad Sandwich L,T Potato Salad 3 Bean Salad Mandarin Oranges Apple Juice	20) <b>RSVP by 5/15</b>  Soft Taco Lettuce Tomato Salsa Ranchero Pinto Beans Apple Juice	21) <b>RSVP by 5/16</b>  Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread	22) <b>RSVP by 5/15</b>  <b>Cheeseburger &amp; All Beef Hotdog</b> <b>L,T,O</b> <b>Baked Beans</b> <b>Cole Slaw</b> <b>Fresh Fruit</b>  <b>Memorial Day</b>	23) <b>RSVP By 5/20</b>  Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice
	27) <b>RSVP by 5/21</b>  Chicken Breast Shallot cream sauce Rice Pilaf Peas & Carrots Chick Pea salad Wheat Bread Orange Juice	28) <b>RSVP by 5/21</b>  To Be Determined  <b>Older Americans Lunch</b>	29) <b>RSVP by 5/23</b>  Chicken Paprika Lemon Rice Pilaf Green Bean Medley Cinnamon Applesauce Orange Juice Wheat Bread	30) <b>RSVP by 5/27</b>  Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit 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; New Session Began: In April
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
Next Visit: June 9	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

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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 Began:</b> In April
9:00 am	<b>NEW</b> Learn to Play Bridge - Beginner Level	None	Weekly
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 Began:</b> In April
12:00 pm	Lunch	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	Nickel Bingo 1st & 3rd Tuesday	5¢ per card	Ongoing
May 13	Left, Right, Center Dice Game 3rd Tuesday	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
May 20	Monthly Craft: Clothespin Butterfly	\$5.00	10:00 am; See Flyer
May 27 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.



**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	<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
8:30 am - 3:45 pm	<b>Push Rummy</b> 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 - 1:30 pm	<b>Arthritis Foundation with Chris Konior</b>	<b>Grant Funded Class; 10-12 weeks</b>	Weekly; <b>New Session Began:</b> In April
1:00 - 3:30 pm	<b>Mahjongg</b>	None	Weekly
1:30 - 3:30 pm	<b>Cornhole</b> No Experience Needed	None	Weekly; Join the Fun
May 21	<b>Jeopardy</b>	None	<i>What is played at 10:30 am?</i>
May 28	<b>Older Americans Month Special Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Join us as we Celebrate YOU!
Next Visit: June 18	<b>Legal Aid Staff will be at the senior center</b>	None	1:00 - 4:00 pm; Walk-In



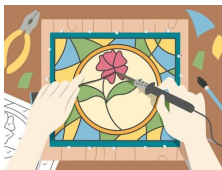


# Daily Activities



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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; <b>New Session Began:</b> In April
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 3rd & 5th Thursday	5¢ per card	Ongoing
May 1	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
May 1	May Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
May 1	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
May 8	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
May 15	Farmer's Market Application Computer Assistance	All Day	<b>More information to Come ....</b>
May 15	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
May 22	Memorial Day Indoor Picnic	By reservation; See page 3 for menu & meal cost	12:00 pm
May 22	Puzzle Palooza	None	12:45 pm; Sign-up by 5/19
May 29	Annual Shredding & Medication Disposal Dropoff	None	9:00 - 11:00 am; Drive-thru



# Daily Activities

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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 The Class is Currently FULL; We are taking names for a Waitlist	\$35.00 for 6 weeks, includes materials	Weekly; New Session Begins: May 23
May 9	Mother's Day Special Lunch	By reservation; See page 3 for menu & meal cost	RSVP by May 2

**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
Thursday, May 1	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, May 1	May Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, May 1	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Tuesday, May 6	Nickel Bingo	12:30 pm	5¢ per card
Thursday, May 8	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Friday, May 9	Mother's Day Special Lunch	12:00 pm	Sign up by 5/2
Tuesday, May 13	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, May 15	Farmer's Market Application Computer Assistance	All Day	Farmer's Market Vouchers MUST be applied for online
Thursday, May 15	Bureau of Aging/Disabilities: Information & Assistance	9:00 am	<b>Free: To make appointment call 410-386-3830</b>
Thursday, May 15	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, May 20	Monthly Craft: Clothespin Butterfly	10:00 am	\$5.00 per project
Tuesday, May 20	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, May 21	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, May 22	Memorial Day Indoor Picnic	12:00 pm	Sign up by 5/15
Thursday, May 22	Puzzle Palooza	12:30 pm	Sign up by 5/15
<b>Monday, May 26</b>	<b>Closed for Holiday</b>	<b>All Day</b>	
Tuesday, May 27	<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.
Wednesday, May 28	Older Americans Special Lunch	12:00 pm	Sign up by 5/21
Thursday, May 29	Annual Shredding & Medication Disposal Dropoff	9:00 - 11:00 am	Drive-thru
Thursday, May 29	Nickel Bingo	12:30 pm	5¢ per card
Next Visit: June 9	Blood Pressure Screening By Carroll Hospital	10:00 - 11:00 am	
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

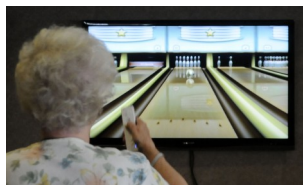


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

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

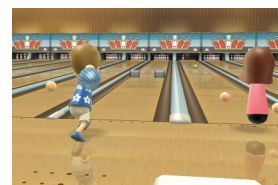
This is a weekly drop-in walking group, join us when you can & walk as much  
as you want.

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



### Mother's Day Luncheon

Friday, May 9

Join us as we honor "Moms"



Lunch begins at 12:00 pm

RSVP for lunch by May 2

### *Older Americans Month Celebration Day*

*Wednesday, May 28th*

*Join us for a special lunch -as we  
Celebrate YOU!*



Lunch begins at 12:00 pm

RSVP for lunch by May 21



# FREE EVENTS

## Nutrition Program

### ***Capture the Flavor***

**Room:** Lunch Room

**Time:** 12 noon



**May 1, 2025**  
**Everyday Food &  
Herbs for Digestive  
Health**

#### 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.

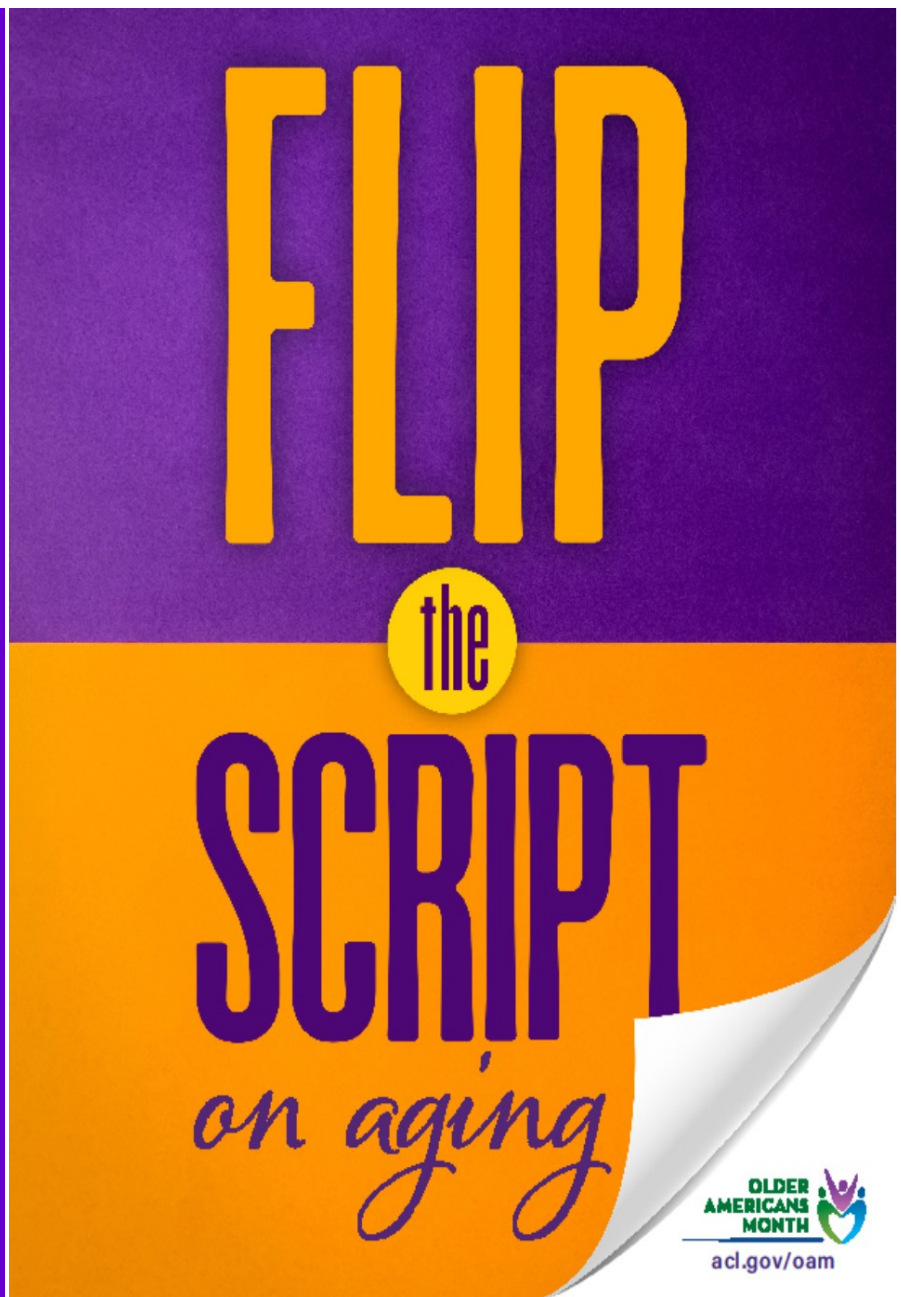
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**Living Your Dreams • Be Active, Be Strong**

**JOIN US FOR  
FUN & CONVERSATION**

The 2025 Older Americans Month theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



**Learn to Play Bridge - Beginner Level with Dennis**  
**Tuesdays 9:00 am**



**Father's Day Celebration**  
Join us Friday, June 14  
for a Yummy lunch, as we honor "Dads"

Lunch begins at 12:00 pm

RSVP for lunch by June 7



**New!**

SENIOR FARMERS MARKET  
VOUCHER TICKETS

**New!**

**PLEASE Read Completely**

The Carroll County Bureau of Aging and Disabilities announces changes to this year's Senior Farmers Market Program

**Pre-Paid Debit Voucher Cards will be available beginning May 15, 2025 by online application ONLY!**

## **Farmer's Market Season Is Right Around the Corner**

**Vouchers will soon be available  
By Online Application Only**

**More Information to Come  
Shortly**

**Please Stand-by ....**



The Americans with Disabilities Act applies to the Carroll **Bureau of Aging & Disabilities** 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 as soon as possible but no later than 72 hours before the scheduled event. Email: [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov).

# May Craft Fun



## Clothespin Butterfly

Tuesday  
May 20

10:00 am - until  
finished

Cost: \$5

Deadline to sign-  
up = May 13  
Please pay at time  
of signing up



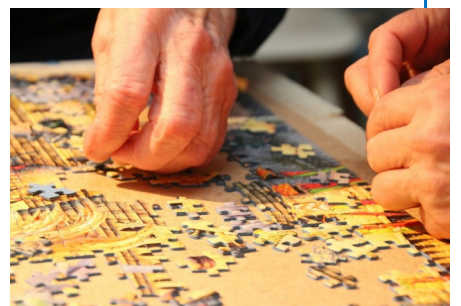
# Puzzle Palooza Is coming

Mark Your Calendars  
On May 22nd  
For a day of puzzling!

All puzzles have 500 pieces

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

Sign up by 5/15  
Individuals & Teams of 2



# FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age.

**No businesses please.**

**The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.**

**The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.**

**For more information contact:**

**Kristen Harvey**

**Carroll County Bureau of Aging & Disabilities**

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

**410-386-3800**



**The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.**

***When it is your turn, please stay in your vehicle and we will do the rest!***

**For safety reasons, The Sheriff's Office is collecting medications only.**

**NO MEDICAL WASTE**

**NO SHARPS**

**NO LIQUIDS**

**NO NEEDLES**

## **Mt Airy**

### **Senior & Community Center**

703 Ridge Ave, Mt Airy, MD 21771

410-386-3960

Thursday, May 8th, 2025

9 AM to 11 AM

## **South Carroll**

### **Senior & Community Center**

5928 Mineral Hill Rd, Eldersburg, MD 21784

410-386-3700

Tuesday, May 20th, 2025

9AM to 11AM

## **North Carroll**

### **Senior & Community Center**

2328 Hanover Pike, Hampstead, MD 21074

410-386-3900

Friday, May 23rd, 2025

9AM to 11AM



## **Taneytown**

### **Senior & Community Center**

220 Roberts Mill Rd, Taneytown, MD 21787

410-386-2700

Thursday, May 29th, 2025

9AM to 11AM

## **Westminster**

### **Senior & Community Center**

125 Stoner Ave, Westminster, MD 21157

410-386-3850

Friday, May 30th, 2025

9AM to 11AM



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# Paintings for May

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)

# Show Me Better Health

## DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—[LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)

Meet **VIRTUALLY** in the comfort of  
your own  
home!



May 14-21-28-June 4-11-18, 2025

Wednesdays 9:00 a.m.— 11:30 a.m.

*Technology assistance for the workshop series will be provided.*

*Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.*

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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*Come enjoy, something for everyone!*

**Sunday \* May 4, 2025**  
**Noon - 4:00pm**

# **Veterans 4th Annual Celebration**

## **of Carroll County**

★ Children's Activities  
★ Veterans Memorabilia Display  
★ Great Food

★ Artisans & Craft Vendors  
★ Live Entertainment  
★ Military Equipment Display

★ **Veterans Organizations on Site!** ★

**Featuring: Midnite Run & Westminster Municipal Band!**

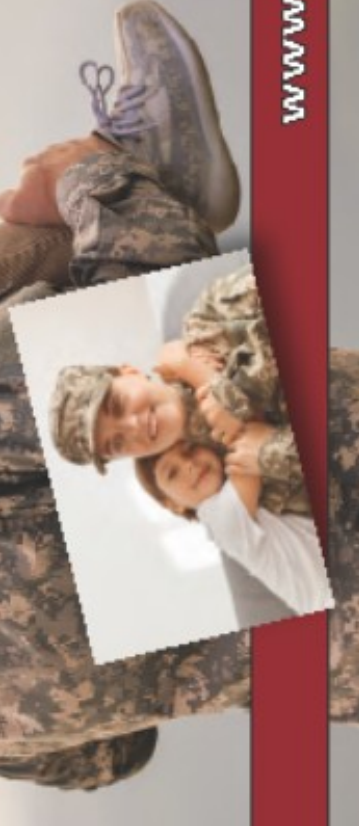
Welcome Ceremony at 1:00 PM with a special recognition to honor  
Veterans who served during the Cold War era circa 1975-1991

**Carroll County Farm Museum**  
500 South Center Street, Westminster, MD

**Free Admission & Free Parking**

**Rain or Shine / No Outside Food**

Hosted by Carroll County Government and the Veterans Advisory Council



# Carroll County

## Alzheimer's & Brain Health Education

JOIN US FOR AN UPCOMING EDUCATION PROGRAM.  
ATTENDANCE IS FREE.

**10 Warning Signs of Alzheimer's**  
Wednesday, April 23 at 2:00 pm  
Residences at Hampstead School  
1211 N Main St., Hampstead  
<https://bit.ly/ALZ42325>

**Understanding Alzheimer's & Dementia**  
Tuesday, May 6 at 9:00 am  
Carroll Hospital, Shauck Room A  
291 Stoner Ave., Westminster  
<https://bit.ly/ALZ5625>

**Healthy Living for Your Brain & Body**  
Wednesday, June 4 at 10:00 am  
Taneytown Senior Center  
220 Roberts Mill Rd., Taneytown  
<https://bit.ly/ALZ6425>

**Healthy Living for Your Brain & Body**  
Wednesday, June 18 at 12:00 pm  
Westminster Senior Center  
125 Stoner Ave., Westminster  
<https://bit.ly/ALZ61825>

To register, visit the link displayed  
below the program or call our  
24/7 Helpline at  
1-800-272-3900.



# Legal Aid Staff will be Back at the Senior Center

June 18 - 1:00-4:00 pm

No Appointments Necessary - Walk-Ins Welcome

Need assistance sooner?

Call Intake 301-694-7414 or Online Intake [www.mdlab.org](http://www.mdlab.org)

## Maryland Legal Aid

For the health and safety of staff, clients, and visitors, MLA's 12 statewide offices have re-opened for walk-in intake on a limited basis. The walk-in intake procedures follow a strict set of protocols intended to protect the health and safety of all staff, clients, and visitors. As such, clients should not bring guests with them when coming to MLA offices.



Those seeking in-person assistance will undergo a brief health assessment and temperature check, and will be required to social distance and wear a mask/face covering that covers the nose and mouth during their visit.

Applicants can continue to apply for help by telephone and online, 24 hours a day, 7 days a week. Current MLA clients should call their advocate before coming to an MLA office.

Each of MLA's 12 statewide office locations is taking CDC-recommended health and safety precautions against COVID-19, and is prepared to assist individuals with a variety of civil legal issues, including, but not limited to:

- Illegal evictions
- Family law matters
- Bankruptcy filings
- Debt collection disputes
- Denials or terminations of unemployment and public benefits

Additionally, MLA's Community Lawyering Initiative is still actively providing legal assistance in person and by email and telephone in coordination with local libraries, schools, and community partners.

**Maryland Legal Aid's  
Midwestern Maryland Office  
22 South Market Street  
Suite 11  
Frederick, MD 21701**

**Telephone Intake: 301-694-7414  
Online Intake: [www.mdlab.org](http://www.mdlab.org)**

**<https://www.mdlab.org/covid-19-information/>**

Connect with us



# CALLING ALL SENIOR SERVICES PROVIDERS

You are on the front lines of protecting  
older adults against elder abuse!

Come sharpen your skills at recognizing signs of elder abuse and learn what your reporting obligations may be. Learn what you can do to prevent elder abuse among your clients and the older adults with whom you interact.

This professional networking and educational event, designed specifically for those who work with older adults, is offered as part of Carroll County's recognition of **World Elder Abuse Awareness Day (WEAAD)**.

## HEAR FROM LOCAL EXPERTS ON:

- **How to Recognize Signs of Elder Abuse and What to Do When You Suspect It** - Colleen Moore, Manager of the Carroll Hospital/ LifeBridge Health System's Center for Hope Abuse and Assault Response Team (CHAART)
- **How to Prevent Abuse and Neglect in the Long-Term Care Setting** - Karrie Craig, Maryland State Long-Term Care Ombudsman, Maryland Department of Aging
- **The Role of Adult Protective Services in Protecting Vulnerable Adults** - Michelle Jacobs, Adult Services Supervisor, Carroll County Dept. of Social Services
- **Financial Exploitation of Older Adults: Trends in Scams Targeted at Older Adults** - John Carhart, Investigator, Carroll County State's Attorney's Office
- **Local Community Resources & Supports** - Gina Valentine, Bureau Chief of the Carroll County Bureau of Aging & Disabilities

**Don't miss the opportunity to equip yourself to better serve your clients!  
Register Today!**

Carroll County  
Department  
of Social Services



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring aid or service for effective communication or who has a complaint should contact the Department of Citizen Services, 410-386-3800 or 1-888-302-8978 or MD Relay 7-1-1/1-800-735-2258 or as soon as possible but no later 72 hours before the scheduled event.



**WORLD ELDER ABUSE  
AWARENESS DAY**

Building Strong Support for Elders

**TUESDAY, JUNE 10, 2025**

**9:00AM - 11:30AM**

Refreshments & Networking Session  
8:30am - 9:00am

**Westminster Senior Center**

125 Stoner Ave. Westminster MD

**Register Online at:**

**<https://form.jotform.com/250926014884056>**

**CEUs:** 2.5 credit hours of continuing education units (CEUs) available for Social Workers.

# Come Play.....



**Wednesday, May 21**

**10:30 am**

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



**Tuesday, May 27**

**10:30 am**

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

