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



June 2025

Center Hours

Monday - Thursday 8:00 am - 4:00 pm Friday 8:00 am - 3:00 pm

Closing Early @ 11:30 am Wednesday, June 11, 2025

Closed for Holiday Thursday, June 19, 2025



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 Americans with Disabilities Act Coordinator, 410.386.3600, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258 or email ada@acarrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

ATTENTION!



<u>Updating Your Membership Form</u>

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

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

If you have any questions please let us know.



Lunches



We offer dine in lunch Monday - Friday

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

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

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

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



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) RSVP by 5/28	3) RSVP by 5/29	4) RSVP by 5/30	5) RSVP by 5/29	6) RSVP by 6/3
Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Sliced Apples Wheat Bread Chocolate Milk	Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	Corn Beef Mustard Dill Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit	All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	Curried Chicken Salad White Bean Soup Baby Spinach Tomatoes Mandarin Oranges Wheat Bread Chocolate Milk
9) RSVP by 6/4	10) RSVP by 6/5	11)	12) RSVP by 6/9	13) RSVP by 6/6
Chicken Cordon Blu Sandwich Broccoli Slaw Baked Beans Apple Juice Yogurt	Roast Beef Sandwich Brussels Sprouts Cole Slaw Pineapple Tidbits	Center Closes at 11:30	Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	BBQ Chicken Sandwich O'Brien Potatoes Corn Broccoli Salad Fresh Melon Dessert FATHER'S DAY
16) RSVP by 6/9	17) RSVP by 6/12	18) RSVP by 6/13	19)	20) RSVP by 6/13
Ham & Cheese M,O,T,L Potato Salad Cole Slaw Fruit Cocktail SUB DAY	Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread	Salisbury Steak Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Wheat Bread	JUNETEENILA Junear Gree; as	Cheese or Pepperoni Pizza Caesar Salad Apricots
23) RSVP by 6/18	24) RSVP by 6/16	25) RSVP by 6/18	26) RSVP by 6/23	27) RSVP By 6/24
Pineapple Glazed Ham Au Gratin Potatoes Brussel Sprout Pineapple Tidbits Wheat Bread Chocolate Milk	Tuna Salad Sandwich L,T Potato Salad 3 Bean Salad Mandarin Oranges Apple Juice	Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread	Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk
30) RSVP by 6/25				
Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice				

- 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

Stained Glass Craft Class

Fridays @ 12:00 pm

names for a Waitlist Six (6) class session

Cost: \$35.00

Learn to make beautiful stained glass pieces. Beginners welcome.





* 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: July 7
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







* All activities are subject to change without notice

TUESDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:00 - 9:45 am	Zumba Gold	\$30.00 for 10-12 weeks	Weekly; New Session Begins: July 1
9:00 am	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; New Session Begins: July 1
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 3rd Tuesday	5¢ per card	Ongoing
June 10	MD Insurance Administration Q&A opportunity	10:00 am - 1:00 pm	Walk-in, No appointment Necessary; See Flyer
June 24	Monthly Craft: Succulent Planter	\$15.00	10:00 am; See Flyer
June 24	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
July 1 10:30 am	Chain Reaction	None	Come join us as we play the game that connects words to other words to form a chain!



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







* All activities are subject to change without notice

WEDNESDAY

WEDNESDAI			
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: July 2
1:00 - 3:30 pm	Mahjongg	None	Weekly



1:30 - 3:30 pm

June 4

June 11

June 18

Next Visit:

June 18

Cornhole

Jeopardy

senior center

No Experience Needed

ation: Brain Health Talk

CLOSING EARLY

CCHD & Alzheimer's Associ-

Legal Aid Staff will be at the



None

None

None

None



1:00 - 4:00 pm; Walk-In

Weekly;

to All

Join the Fun

10:00 - 11:00 am; Open

Closing at 11:30 am

What is played at

10:30 am?





* 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: July 3
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 2nd & 4th Thursday	5¢ per card	Ongoing
June 5	Charcuterie Board with Lisa G	None	11:00 am; sign-up by 5/29
June 5	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
June 5	June Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
June 5	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
June 12	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
June 19	CLOSED for HOLIDAY	All Day	
June 26	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appoint- ment, call 410-386-3800





* 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 Join Us when its too cold to walk outside
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: July 11
June 13	Father's Day Special Lunch	By reservation; See page 3 for menu & meal cost	RSVP by June 6

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, June 3	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, June 4	MD Insurance Admin: Health Insurance Q&A	9:00 am - 12:00 pm	Drop-In; See Flyer
Thursday, June 5	Charcuterie Board with Lisa	11:00 am	
Thursday, June 5	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, June 5	May Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, June 5	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Monday, June 9	Blood Pressure Screening By Carroll Hospital	10:00 - 11:00 am	
Wednesday, June 11	CLOSING EARLY	Closing 11:30 am	
Thursday, June 12	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, June 12	Nickel Bingo	12:30 pm	5¢ per card
Friday, June 13	Father's Day Special Lunch	12:00 pm	Sign up by 6/6
Tuesday, June 17	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, June 18	Jeopardy	10:30 am	What Is Fun?
Wednesday, June 18	Legal Aid Staff will be at the senior center	1:00 - 4:00 pm	Walk-In
Thursday, June 19	Closed for Holiday	All Day	
Tuesday, June 24	Monthly Craft: Succulent	10:00 am	\$15.00 per project
Tuesday, June 24	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, June 26	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, June 26	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, July 1	Chain Reaction	10:30 am	Come join us as we play the game that connects words to other words to form a chain!
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except Durin	g Scheduled Craft Day





Father's Day Celebration

Join us Friday, June 13

for a Yummy lunch, as we honor "Dads"

Lunch begins at 12:00 pm

RSVP for lunch by June 6





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

** NOTICE **

- * Carroll County Government & Senior Centers will observe Summer Hours with early closure at 3 PM on Fridays, 5/23-8/29
 - * Carroll County Senior Centers will close early, at 11:30 am, Wednesday June 11 there will be no Arthritis class & Cornhole
- * Carroll County Government/Senior Centers will be closed Thursday June 19, for the Juneteenth holiday
 - * Carroll County Government/Senior Centers will be closed Friday July 4, for the July 4th holiday

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

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

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 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.









FREE EVENTS

Nutrition Program

Capture the Flavor

Room: Lunch Room

Time: 12 noon



June 5, 2025 Get Active Your Way

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



INSURANCE QUESTIONSPP STOP BY AND GET UNBIASED ANSWERS

SHIP & MIA representatives will be on-site at your local Senior & Community Center to provide answers from 10:00am-1:00pm on the dates listed to the right.

We will be holding a free insurance information day at each of our 5 Senior and Community Centers in June. Carroll County SHIP/SMP will be available to provide information on Medicare. The Maryland Insurance Administration (MIA) will be available to provide information about Auto, Home, Life, Health, & Flood Insurance. No appointment necessary. You're welcome to stop by at your convenience during the allotted timeframe.







South Carroll Senior & Community Center 5928 Mineral Hill Rd Sykesville, MD 21784 June 2nd, 2025

Mt Airy Senior & Community Center 703 Ridge Ave Mt Airy, MD 21771 June 4th, 2025

North Carroll Senior & Community Center 2328 Hanover Pike Hampstead, MD 21074 June 5th, 2025

Taneytown Senior & Community Center 220 Roberts Mill Rd Taneytown, MD 21787 June 10th, 2025

Westminster Senior & Community Center 125 Stoner Ave Westminster, MD 21157 June 18th, 2025

CARROLL COUNTY BUREAU OF AGING & DISABILITIES

For Questions Contact: Kristen Harvey SHIP/SMP Coordinator 410-386-3832

kharvey@carrollcounty md.gov

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



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/250926 014884056

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

- 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





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

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

https://www.mdlab.org/covid-19-information/

Connect with us









Succulent Planter

Tuesday, June 24 10:00 am - until finished

Cost: \$15

Deadline to sign-up = June 17

Please pay at time of signing up

Freedom Celebration

Let's celebrate America!

Thursday, July 3

All American Lunch & Ice Cream Social



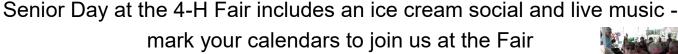
Lunch begins at 12:00 pm RSVP for lunch by June 26



Do you have items to enter in the Fair? Art, needle work, sewing, crafts, gardening, photography, and many more categories are open for senior entries



Senior Day at the 4-H Fair is Thursday, July 31 We'd love to have you share your hand made items at the Carroll County 4-H Fair!





Items will spend the night at the Fair for the public to enjoy your creativity

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

What is Juneteenth?

It is called Juneteenth because it combines the words "June" and "nineteenth" to commemorate the date of June 19, 1865, when Union troops arrived in Galveston, Texas, to announce the emancipation of enslaved people. This day marked the end of slavery in Texas and became a day of celebration and remembrance.

Paintings for June 6" x 6" canvas panels

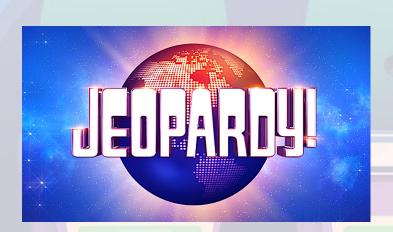
More Choices Available - Prefer something else? Chat with Erica



Ongoing - Start anytime & Go at your own pace Cost: 2 for \$5.00 (materials fee)

Come Play....





Wednesday, June 18 10:30 am

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

Tuesday, July 1 10:30 am

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

