

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>



April 2025

Center Hours

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

**Center Closed
Friday, April 18**

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 \$6.31.

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!

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) RSVP by 3/27 Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	2) RSVP by 3/28 Roasted Pork Loin Dijon sauce Mashed Potatoes Peas & Mushrooms Fruit Cocktail Fruit Punch Chocolate Milk	3) RSVP by 3/27 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	4) RSVP by 4/1 NEW! Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread Grape Juice
7) RSVP by 4/2 Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	8) RSVP by 4/3 White Bean Chicken Chili Rice Pilaf Corn Muffin Chocolate Milk	9) RSVP by 4/4 BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves	10) RSVP by 4/3 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	11) RSVP by 4/4 Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
14) RSVP by 4/9 Soft Taco Lettuce Tomato Salsa Ranchero Beans Apple Juice	15) RSVP by 4/10 Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat NEW! Bread	16) RSVP by 4/11 Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk	17) RSVP by 4/10 Pineapple/Raisin Glazed Ham Potatoes Carrots Ambrosia Salad Dinner Roll Dessert EASTER	18)  Good Friday
21) RSVP by 4/15 Chicken Breast Shallot cream sauce Rice Pilaf Peas & Carrots Chick Pea salad Wheat Bread NEW! Orange Juice	22) RSVP by 4/16 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	23) RSVP by 4/17 Chicken Paprika Lemon Rice Pilaf Green Bean Medley Cinnamon Applesauce Orange Juice Wheat Bread	24) RSVP by 4/21 Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Chocolate Milk	25) RSVP By 4/17 TO BE DETERMINED
28) RSVP by 4/23 Chicken Fajitas Mexican Rice Diced Peaches Pineapple Juice	29) RSVP by 4/24 Corn Beef Mustard Dill Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit	30) RSVP by 4/25 Asian Chicken Soba Noodles Cucumber Salad Pineapple Tidbits		

- ◆ **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 Begins: April 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





Daily Activities

* 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: April 15
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: April 1
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 5th Tuesday	5¢ per card	Ongoing
April 15	Left, Right, Center Dice Game 3rd Tuesday	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
April 22	Monthly Craft: Gnome on the Shelf	\$2.00	10:00 am; See Flyer
April 29 10:30 am	Wheel of Fortune	None	Come play the game of guessing hidden phrases.



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





Daily Activities

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WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
8:30 am - 3:45 pm	Push Rummy 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Arthritis Foundation with Chris Konior	Grant Funded Class; 10-12 weeks	Weekly; New Session Begins: April 2
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
April 16	Jeopardy	None	<i>What is played at 10:30 am?</i>
Next Visit: June 18	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 Begins: April 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
April 3	April Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
April 3	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
April 10	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
April 10	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
April 17	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3800
April 17	Easter Special Lunch	By reservation; See page 3 for menu & meal cost	Prize for the best Easter Bonnet
April 24	Beading with Betty: Bookmarks & Stretch Bracelets	Materials are provided	9:00 am - 12:00 pm; Sign up required



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	\$35.00 for 6 weeks, includes materials	Weekly; New Session Begins: April 4
April 25	Volunteer Recognition Special Lunch	By reservation; See page 3 for menu & meal cost	Join us to thank our 2024 Volunteers

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, April 1	Nickel Bingo	12:30 pm	5¢ per card
Thursday, April 3	April Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, April 3	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, April 10	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, April 10	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, April 10	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, April 15	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, April 16	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, April 17	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, April 17	Easter Special Lunch	12:00 pm	Sign up by 4/10
Friday, April 18	Closed for Holiday	All Day	
Tuesday, April 22	Monthly Craft: Gnome on the Shelf	10:00 am	\$2.00 per project
Thursday, April 24	Beading with Betty: Bookmarks & Stretch Bracelets	9:00 am	Materials Provided
Thursday, April 24	Nickel Bingo	12:30 pm	5¢ per card
Friday, April 25	Volunteer Recognition Lunch	12:00 pm	Sign up by 4/17
Tuesday, April 29	<i>Wheel of Fortune</i>	10:30 am	Come play the game of guessing hidden phrase.
Tuesday, April 29	Nickel Bingo	12:30 pm	5¢ per card
Thursday, May 1	May Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
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	



Easter Luncheon

Thursday, April 17
RSVP for lunch by April 10



Easter Bonnet Contest & Lunch at 12:00 pm

Don't forget to visit the TSC Site Council **Easter Basket Sale**

April 7- until sold out 9:00 am - 2:00 pm



The place for all your Yummy Goodies!



Easter Basket Fundraising Sale

Easter Basket Sale begins April 7 until

Baskets are Sold Out

The Site Council Easter Basket Sale

Baskets Available for:

Adults Teens

Children & Pets

+Plus+ Silent Auction Easter Baskets



Volunteer Appreciation Day

April 25, 2025

Join us as we honor the

2024 TSC Volunteers

Lunch begins at 12:00 pm

RSVP for Lunch by April 17

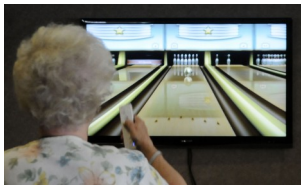


Do You Enjoy Walking
Or Have You Been Thinking About
Adding Walking to Your Routine ??

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



April 10, 2025

Everyday Food & Herbs for Heart 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.

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

April Craft Fun



Gnome On The Shelf

Tuesday
April 22

10:00 am - until
finished

Cost: \$2

Deadline to sign-
up = April 15

Please pay at time
of signing up



Beading with Betty: Bookmarks & Stretch Bracelets



Thursday, April 24

9:00 am - 12:00 pm

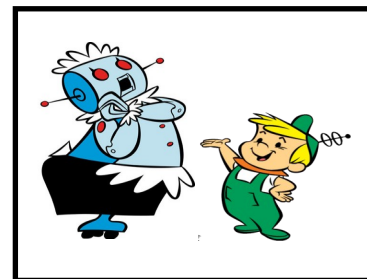
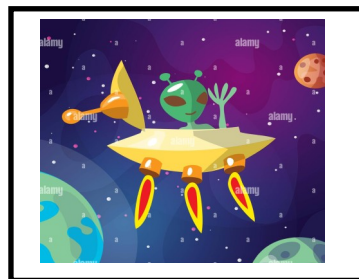
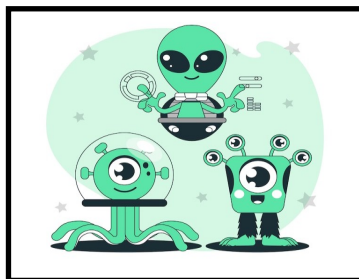
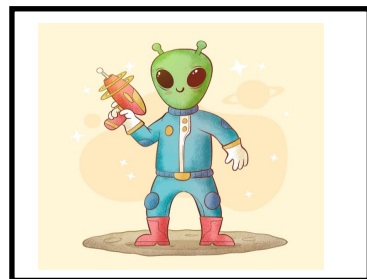
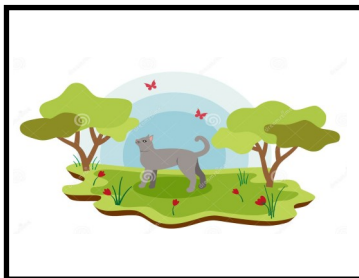
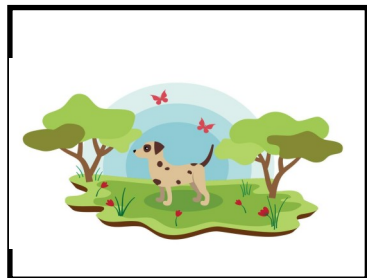
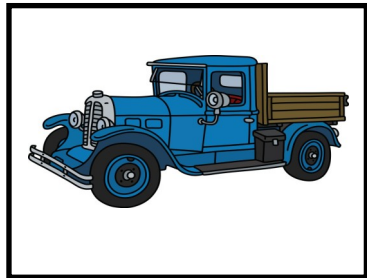
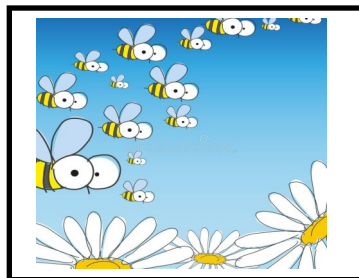
All Materials Supplied

Sign up Requested



Paintings for April 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)



Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, **Healthy Living with Chronic Pain** can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

"Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

Proven Outcomes

Healthy Living with Chronic Pain has been researched and proven to work. People who have taken the program experience:

- Better health and increased confidence in managing their pain
- Improvements in vitality or energy
- Less pain and dependence on others
- Improved mental health
- Greater involvement in everyday activities

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- ♦ Short term goal setting & planning
- ♦ Relaxation & breathing
- ♦ Medication usage & evaluating treatments
- ♦ Quality sleep & fatigue management
- ♦ Stress and depression management
- ♦ Healthy eating and nutrition
- ♦ Decision making & problem solving
- ♦ Fitness for exercise and fun
- ♦ Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.

Find and register for a workshop

Virtual Workshop Series – Tablets capable of accessing Wi-Fi are available through our lending library

Mondays – 9:00 a.m. to 11:30 a.m.

April 7-14-21 – May 5-12-19, 2025; No class 4/28

Register at <https://carrollcountymd.gov/livinghealthy>

Or by calling 410-386-3800

Or email: livinghealthy@carrollcountymd.gov



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

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.



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 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.

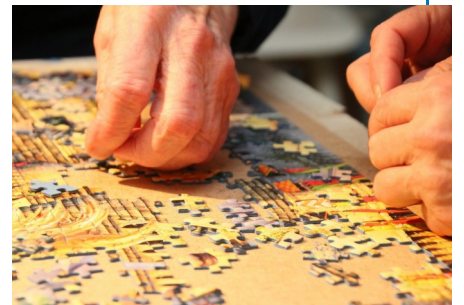
Puzzle Palooza Is coming

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

Individuals & Teams of 2



Come Play.....



Wednesday, April 16

10:30 am

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



Tuesday, April 29

10:30 am

Come play and try to name the
most popular answers to survey
questions.

