

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>



February 2025

Center Hours

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

Center Closed
Monday, February 17

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

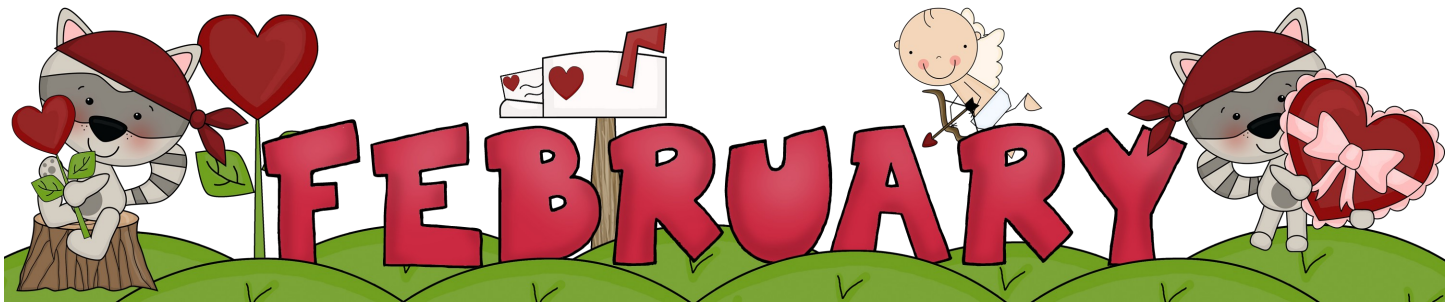
Cost of lunch for seniors 60 and older is a donation up to \$6.31.

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!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) RSVP by 1/29 Chicken Cordon Blue Sandwich Broccoli Salad Baked Beans Yogurt	4) RSVP by 1/30 BBQ Pork Loin Sandwich Brussel Sprouts Cole Slaw Pineapple Tidbits Juice	5) RSVP by 1/29 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	6) RSVP by 2/3 Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	7) RSVP by 2/3 Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
10) RSVP by 2/4 Meatloaf Mashed Potatoes Applesauce Carrots Wheat Bread Juice	11) RSVP by 2/6 Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread	12) RSVP by 2/7 Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	13) RSVP by 2/10 White Bean Chicken Chili Rice Pilaf Corn Muffin Chocolate Milk	14) RSVP by 2/7 Roast Beef Mashed Potatoes Gravy Copper Pennies Green Bean Casserole Hot Cherry Pie Valentine's Special
17) 	18) RSVP by 2/11 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	19) RSVP by 2/12 Baked Potato Chili Con Carne Spinach Salad Applesauce Baked Potato Day	20) RSVP by 2/14 Roast Beef & Gravy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	21) RSVP by 2/18 Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk
24) RSVP by 2/14 Ham & Cheese M,O,T,L Potato Salad Cole Slaw Fruit Cocktail SUB DAY	25) RSVP by 2/20 Tuna Salad On Wheat Bread L,T Multi Tomato Bean Soup Copper Pennies Cinnamon Apples Yogurt	26) RSVP by 2/21 Ranch Chicken Rice Pilaf Peas & Carrots Chickpea Salad Wheat Bread Orange Juice	27) RSVP by 2/24 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit 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
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: January 6
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
February 17	CLOSED for HOLIDAY		ALL DAY
Next Visit: March 10	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 Began: January 7
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: January 7
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 2nd Tuesday	5¢ per card	Ongoing
12:30 pm	Left, Right, Center Dice Game - 3rd Tuesday	Bring Your Nickels!	A second LRC game monthly
February 18	Monthly Craft: Rockin' Hearts	\$3.00	10:00 am; See Flyer
February 25 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



* All activities are subject to change without notice

WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
8:30 am - 3:45 pm	Push Rummy 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Arthritis Foundation with Chris Konior	Grant Funded Class; 10-12 weeks	Weekly; New Session Began: January 8
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
February 19	Jeopardy	None	<i>What is played at 10:30 am?</i>
March 4	Mardi Gras Special Lunch	By reservation; See page 3 for menu & meal cost	RSVP Deadline = 2/25
Next Visit: June 18	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In





Daily Activities



* 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 Began: January 9
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 3rd & 4th Thursday	5¢ per card	Ongoing
No February Class - Will return in the Spring	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
February 6	February Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
February 6	Left, Right, Center Dice Game	Bring Your Nickels!	Monthly; 12:30 pm
February 13	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
February 13	Healthy Heart Bingo with Lisa G	12:45 pm	Join us for the fun & a little learning
February 20	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3800



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: February 21
February 7	Superbowl Prediction Pizza Party Lunch	By reservation; See page 3 for menu & meal cost	Who do you think will win?; RSVP by 1/31
February 14	Valentine's Special Lunch	By reservation; See page 3 for menu & meal cost	Join us; RSVP by 2/7

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

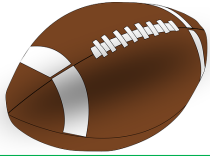
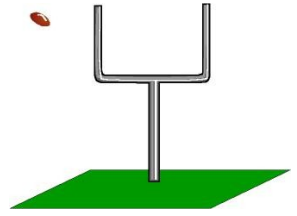
Date	Program	Time	Info
Will return in the Spring	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Tuesday, February 4	Nickel Bingo	12:30 pm	5¢ per card
Thursday, February 6	February Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, February 6	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Friday, February 7	Superbowl Prediction Pizza Party Lunch	12:00 pm	Sign up by 1/31
Tuesday, February 11	Nickel Bingo	12:30 pm	5¢ per card
Thursday, February 13	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, February 13	Healthy Heart Bingo with Lisa G	12:45 pm	Join us for the fun & a little learning
Thursday, February 14	Valentine's Special Lunch	12:00 pm	Sign up by 2/7
Monday, February 17	CLOSED for HOLIDAY		All Day
Tuesday, February 18	Monthly Craft: Rockin' Hearts	10:00 am	\$3.00 per project
Tuesday, February 18	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, February 19	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, February 20	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, February 20	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, February 25	<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
Thursday, February 27	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, March 4	Mardi Gras Special Lunch	12:00 pm	Sign up by 2/25
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	



Superbowl FUN

Friday, February 7 @ 12:00 pm

Join us for Superbowl Trivia and
Make your Pigskin Pick for this year's Winner!
RSVP for lunch by 1/31



Valentine's Luncheon

Friday, February 14

RSVP for lunch by Feb 7

Lunch begins at 12:00 pm



Mardi Gras

(or Fasnacht Day)

Pancake Lunch

Tuesday, March 4

RSVP for Lunch by Feb 25

Lunch begins at 12:00 pm



ST. PATRICK'S DAY LUNCH



Monday, March 17 @ 12:00 pm

Join us for a Yummy Corned Beef & Cabbage meal.

RSVP for lunch by Mar 10

Prize for Greenest Luncheoner!



Everyone's Irish
On March 17th.

February Craft Fun



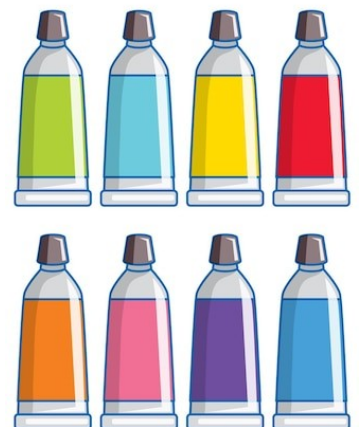
Rockin' Hearts

Tuesday

February 18

**10:00 am - until
finished**

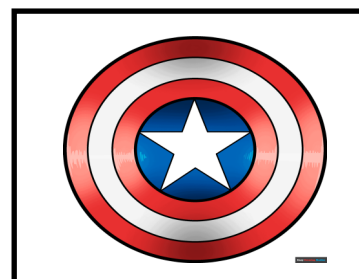
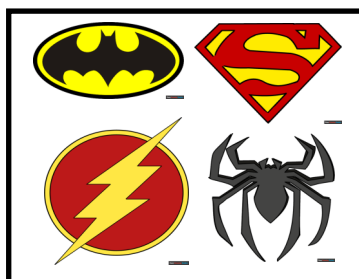
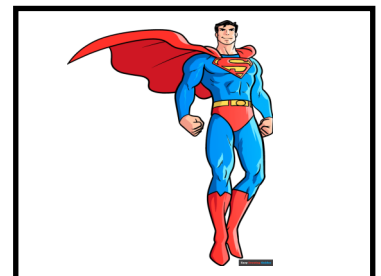
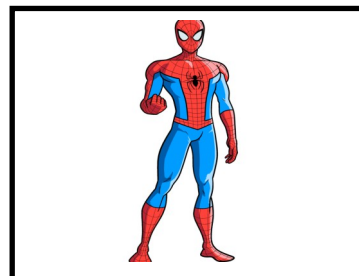
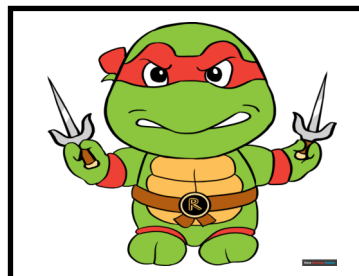
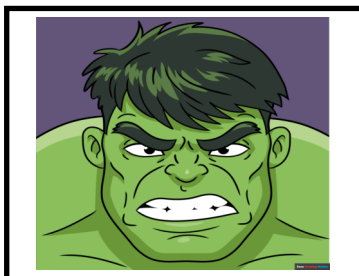
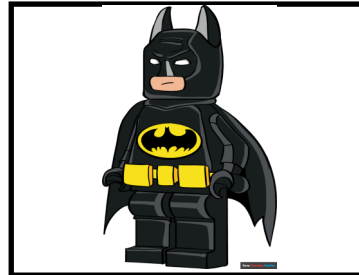
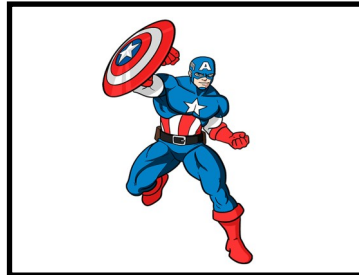
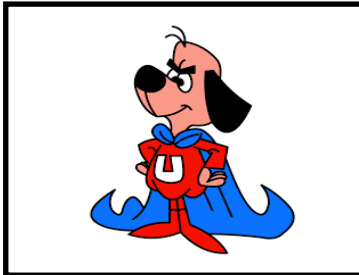
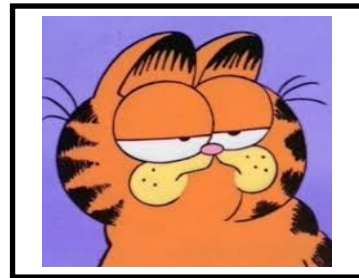
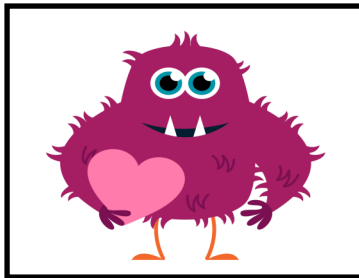
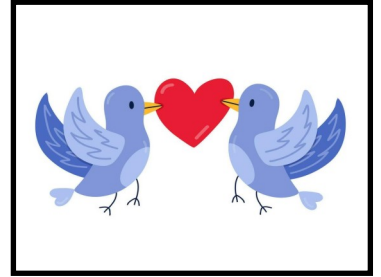
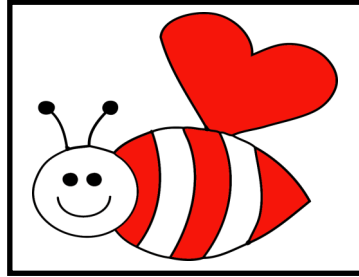
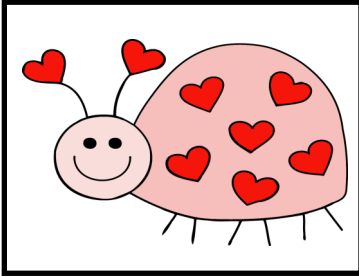
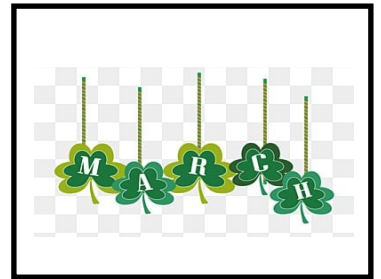
Cost: \$3



Paintings for Febraury

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)



Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

Click on the services listed below to find out more information.

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare



Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a Veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.



VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214).
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- Link veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- Veterans Assistance Program/ Case Management Services

FREE VETERANS SHUTTLE

- Free Shuttle to transport Veterans to four VA medical facilities:
Baltimore, Loch Raven, Ft. Detrick and Martinsburg, WV
- Pick up at Coinvent, centralized locations
- Caregivers also ride for free

**Located within the
Carroll County Bureau of Aging and Disabilities
125 Stoner Avenue
Westminster, MD 21157
410-386-3800**

<https://carrollcountymd.gov/carrollveterans>



Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

January 15th, 2025-In person @ Westminster Public Library (50 E Main St)

February 12th, 2025-Webinar

February 20th, 2025-In person @ Eldersburg Public Library (6400 W Hemlock Dr)

March 12th, 2025-Webinar

April 9th, 2025-In person @ Westminster Public Library (50 E Main St)

May 7th, 2025-In person @ Westminster Public Library (50 E Main St)

June 4th, 2025-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap), Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

January 22nd, 2025-In person @ Westminster Public Library (50 E Main St)

February 19th, 2025-Webinar

February 27th, 2025-In person @ Eldersburg Public Library (6400 W Hemlock Dr)

March 19th, 2025-Webinar

April 16th, 2025-In person @ Westminster Public Library (50 E Main St)

May 14th, 2025-In person @ Westminster Public Library (50 E Main St)

June 11th, 2025-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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. This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government

Inclement Weather Policy for **Classes ONLY**

Please Note: The Taneytown Senior Center is OPEN

Monday-Friday, 8:00 am - 4:00 pm in inclement weather **UNLESS:**

- • The Carroll County Government Offices are closed then TSC is closed.
- • The Carroll County Government opens late or closes early then TSC opens late or closes early.
- • See Next Page for More Details

Chris Konior's Exercise Classes

If Carroll County Public Schools **CLOSE EARLY:**
There will be NO 12:30 pm Monday or Wednesday Classes.

If Carroll County Public Schools Are **CLOSED:**
Classes are CANCELED.

If Carroll County Public Schools **OPEN LATE - 1-2 (one to two) Hours Late:**
Classes will be held as scheduled

Zumba Gold Class

If Carroll County Schools:

are **CLOSED** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Line Dance Class

If Carroll County Schools:

are **CLOSED** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Stained Glass Class

If Carroll County Schools:

are **CLOSED** or **CLOSE EARLY** - - Class is **CANCELLED**

OPEN LATE (1-2 Hours) - - Class held as scheduled

Call TSC - 410.386.2700 - For Recorded Message

After 7:00 am to find out how bad weather will affect the senior center/activities

Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN**,

Monday-Friday, 8:00 am - 4:00 pm in inclement weather **UNLESS**:

The Carroll County Government Offices are closed then the Carroll County Senior Centers are closed.

Carroll County Government opens late or closes early then the Carroll County Senior Centers open late or close early.

- Modified meals may be served.
- Call your Senior Center to see if programs/classes have been cancelled.
- **Carroll Transit System (CTS)** may run on a modified schedule. Please call them to confirm or cancel your ride.
CTS: 410.386.5550
- Listen to local radio or TV stations (**WTTR, WBAL (11) or WJZ (13)**) for up to date information.

*Please note- decisions regarding the operating schedules of the CC Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

**Generally, when Carroll County Public Schools close for weather all classes/activities/programs are cancelled. When Carroll County Public Schools open late - classes/activities/programs occur at the discretion of the instructor.

***Please follow the postings specific to Carroll Transit System delays and closing for Trailblazer Shuttle and Door-to-Door services.

Come Play.....



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

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

**Tuesday, February 25
10:30 am**

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

