

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 2024

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

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 \$6.09.

Those 59 and younger pay full price of \$6.09.

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 Beef Stroganoff Noodles Wheat Bread Cucumber Salad Mandarin Oranges Apple Juice	2) RSVP by 3/28 Pork Loin Onion Gravy Peas & Mushrooms Mashed Potatoes Fruit Cocktail Wheat Bread Chocolate Milk	3) RSVP by 3/28 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	4) RSVP by 4/1 Chicken Breast Coq Au Vin Brown Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice	5) RSVP by 4/2 Roasted Turkey & Gravy Mashed Potatoes Dilled Carrots Fruit Cup Wheat Bread Apple Juice Chocolate Milk
8) RSVP by 4/3 Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	9) RSVP by 4/4 BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves Chocolate Milk	10) RSVP by 4/5 Maple Glazed Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Wheat Bread Fruit Punch Chocolate Milk NEW ITEM	11) RSVP by 4/8 Chicken & Artichoke Sauce Rice Pilaf Green Beans Cinnamon Apple Slices Wheat Bread Juice NEW ITEM	12) RSVP by 4/9 Turkey Burger L,T,O Cucumber & Onion Sal- ad Baked Beans Fruited Yogurt
15) RSVP by 4/10 Roast Beef & Gravy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	16) RSVP by 4/11 Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk NEW ITEM	17) RSVP by 4/12 Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice NEW ITEM	18) RSVP by 4/15 Tuna Salad Sandwich On Wheat Bread Tomato Bean Soup Copper Pennies Cinnamon Apples Yogurt	19) RSVP by 4/16 Creamy Ranch Chicken Rice Pilaf Peas & Carrots Moroccan Beet Salad Orange Juice Wheat Bread
22) RSVP by 4/17 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	23) RSVP by 4/18 Chicken Paprika Lemon Rice Pilaf Green Bean Medley Cinnamon Applesauce Orange Juice Wheat Bread NEW ITEM	24) RSVP by 4/19 Slice Cheese or Pepperoni Pizza Caesar Salad Apricots Juice	25) RSVP by 4/22 Pork Loin & Gravy German Cucumber Salad Kale Mashed Potatoes Apple Slices Dinner Roll Yogurt	26) RSVP By 4/19 To Be Announced Later VOLUNTEER RECOGNITON DAY
29) RSVP by 4/22 Turkey & Cheese Sub L,T,O Potato Salad Cole Slaw Fruit Cocktail SUB DAY	30) RSVP by 4/24 Pasta & Meat Sauce Cucumber & Tomato Salad Wheat Bread Grape Juice			

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.09 (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 \$6.09.**

Check Out Our Classes

Senior Fun & Fitness Exercise Class

Mondays @ 12:30 pm

Ten to Twelve (10-12) class session Cost: \$25.00

Staying Fit

Thursdays @ 9:30 am

Ten to Twelve (10-12) class session Cost: \$25.00

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: \$25.00

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: \$30.00

Learn to make beautiful stained glass pieces. Beginners welcome.



Daily Activities



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 \$25.00 for 10-12 weeks	Weekly; Next Session Begins: April 1
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
April 8 2:00 - 4:30 pm	Partial Solar Eclipse	Solar viewing glasses available for members	Glasses available Mon- day 4/8, while supply lasts
April 29	Parfait Making with Lisa G	Must sign up & join her for lunch at 12:00 pm	Parfaits will be made after lunch



Looking for Bridge and Pinochle players!
Drop in and join the fun!
Other Card Games & Players are Welcome





Daily Activities



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; Next Session Begins: April 16
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; Next Session Begins: April 16
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st, 3rd, & 5th Tuesday	5¢ per card	Ongoing
April 16 & 23	Monthly Craft: DIY Coasters	\$10.00	10:00 am



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





Daily Activities



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	* Special Price! * \$10.00 for 10-12 weeks	Weekly; Next Session Begins: April 3
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
April 17	Jeopardy	None	10:30 am
April 17	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In





Daily Activities



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 \$25.00 for 10-12 weeks	Weekly; Next Session Begins: April 4
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 4	Fresh Conversations: Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
April 4	April Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
April 4	Left, Right, Center Dice Game	Bring Your Nickels!	Monthly; 12:30 pm
April 11	Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
April 18	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3830
April 18	New Foods with Lisa G	None; Registration required	12:30 pm; Join us to taste new foods; Must sign up by 4/12
May 2 10:45 am - 12:45 pm	Health Screenings with the Partnership for a Healthier Carroll	None	Walk-in; See flyer in May's newsletter



Daily Activities

alking is real exercis

Not all workouts are measured in sweat.



FRIDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:00 am	Walking at Robert's Mill Park Three (3) Laps equal One (1) Mile	None	Weekly; On Your Own
9:00 am - Noon	Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	Free	Weekly; Drop-In <i>Join Us when its too cold to walk outside</i>
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:00 - 2:30 pm	Stained Glass <i>The Class is Currently FULL; We are taking names for a Waitlist</i>	\$30.00 for 6 weeks, includes materials	Weekly; Next Session Begins: April 19
April 12	America Says	None	10:30 am
April 19	Pictionary	None	10:00 am - 12:00 pm
April 26	Volunteer Recognition Day & Special Lunch	By reservation; See page 3 for menu & meal cost	Join or Volunteers for lunch as we say Thank You!

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 2	Nickel Bingo	12:30 pm	5¢ per card
Thursday, April 4	April Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, April 4	Fresh Conversations: Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, April 4	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Monday, April 8	Partial Solar Eclipse	2:00 - 4:30 pm	Check it out with us
Thursday, April 11	Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, April 11	Nickel Bingo	12:30 pm	5¢ per card
Friday, April 12	<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
Tuesday, April 16 & 23	Monthly Craft: DIY Coasters	10:00 am	\$10.00
Tuesday, April 16	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, April 17	<i>Jeopardy</i>	10:30 am	What Is Fun?
Wednesday, April 17	MD Legal Aid: Staff will be present at the senior center	1:00 - 4:00 pm	Walk-In
Thursday, April 18	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, April 18	New Foods with Lisa G	12:30 pm	Must sign up by 4/12
Friday, April 19	Pictionary	10:00 am - 12:00 pm	
Thursday, April 25	Nickel Bingo	12:30 pm	5¢ per card
Friday, April 26	Volunteer Recognition Day & Special Lunch	12:00 pm	Join our Volunteers for lunch
Monday, April 29	Parfait Making with Lisa G	After lunch	Must sign up & join Lisa for lunch
Tuesday, April 30	Nickel Bingo	12:30 pm	5¢ per card
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

New Foods to You Tasting

Lisa will be joining us with samples of Foods
that may be NEW to You



Join her April 18@ 12:30 pm
Must sign-up by 4/12



Want a delicious healthy Snack or dessert?

Join Lisa for lunch on April 29 @ 12:00
& Make a Parfait for dessert

Lisa will supply everything you need to make this
yummy treat.

Limited to 25 so sign up early!



Must sign up for lunch to participate.



FRESH CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

FREE EVENTS

Fresh Conversations is a Nutrition Program

This will be a [6]-part series with one session monthly beginning on May and running through October. Sign-up at Taneytown Senior Center.

Room: Lunch Room

Time: 12 noon

- **Inflammation: May 2, 2024**
- **Healthy Foods, Healthy Brain: June 13, 2024**
- **Go with Your Gut Bacteria: July 11, 2024**
- **Should You Worry About Vitamin D Deficiency? Aug 8, 2024**
- **Dairy Case Dilemma: Is It Really Milk? September 5, 2024**
- **Are Healthy Bones Important? October 3, 2024**

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.

Terry Serio 410-491-7477

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**



Volunteer Appreciation Day

April 26, 2024

Join us as we honor the

2023 TSC Volunteers

Lunch begins at 12:00 pm

RSVP for Lunch by April 19



Mother's Day Luncheon

Thursday, 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 29th

Join us for a special lunch -as we

Celebrate YOU!



Lunch begins at 12:00 pm

RSVP for lunch by May 22

DEADLINE is April 26th!

We have 18 seats left!

Extra! Extra!

We're Going On A BUS TRIP

Join Us For A Day Out At

SIGHT & SOUND



Taneytown Senior Center is having a fun day out !

We're going to the Sight & Sound Theatre for *Daniel*. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most hope-filled stories as it comes to life in this brand-new original stage production from Sight & Sound Theatres. Followed by lunch at Miller's Smorgasbord.

Saturday, June 15, 2024

Leave - 8:15 am Return - 6:00 pm

Meet in Food Lion Parking Lot Park Closest to CVS

Cost: \$179.00 per person

Sign-Up & Payment Deadline = April 26, 2024

At Taneytown Senior Center

For More Info = Call 410-386-2700

Attention Corn Hole Participants

Due to scheduling conflicts there will be six (6) Wednesdays between January and April that Corn Hole will

meet 2:30 - 4:30pm

4/3, and 4/17

All other days will run as normally scheduled



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

Taneytown Sr Center's *Taneytown Trekkers*
walking group meet 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.

If the weather is bad come Inside at TSC & walk to a Leslie Sansone walking exercise video

Legal Aid Is Back In-Person in 2024!

Legal Aid Staff are returning to the center -

April 17 - 1:00-4:00 pm

No Appointments Necessary - Walk-Ins Welcome

August 21 - 1:00-4:00 pm

December 18 - 1:00-4:00 pm

Need assistance sooner?

Call Intake 301-694-7414 or Online Intake www.mdlab.org



We're having a



Tea Party!



Friday, May 10, 12:30 - 3:00 pm

Join us for high tea catered by
Our TSC Tea Specialists



\$15.00 per person

Due at time of registration



Registration Opens April 1 &
Closes on April 25

Interested in filling a whole table? Sure!
Ten (10) tables of four (4) are available -
First come, first serve



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@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



April Craft Fun



Lighthouse pictures are for example ONLY

DIY Coasters

Tuesday

April 16 & 23

10:00 am - until
finished

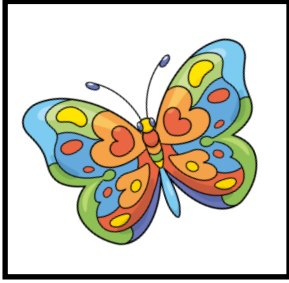
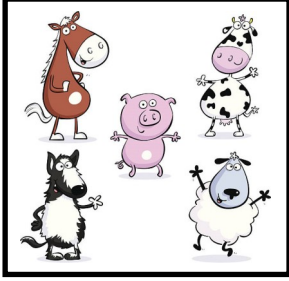
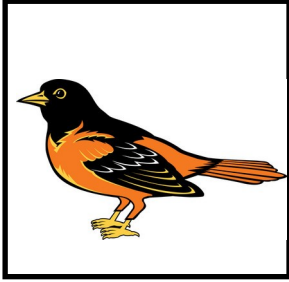
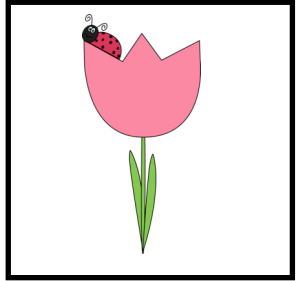
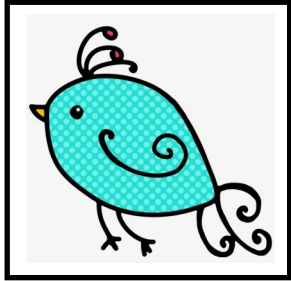
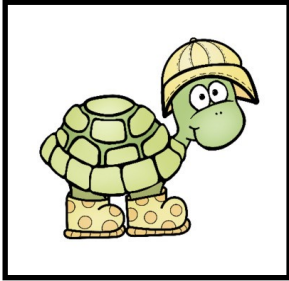
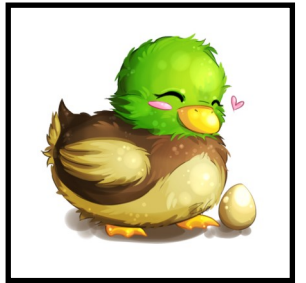
Cost: \$10



Paintings for Spring

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



We are looking for members to serve on the
Site Council Executive Board

Executive Board Positions:

President - - Vice President - - Treasurer

Secretary - - Assistant Treasurer

Job duties are available from Erica

If you are interested in representing your fellow seniors
See Erica or Shawn

What is the Site Council, you ask....

As an Active Member of the senior center you are a member of the Senior Center's Site Council.

The purpose of the Site Council is to assist the Bureau of Aging & Disabilities and Senior Center staff in providing the older adults in the senior center with opportunities for social, physical, educational, and culturally enriching experiences which will enhance their well-being and independence

The Site Council provides four (4) primary methods of assistance:

1. Site Councils fundraise to assist the centers with a variety of purposes, some of which include the following:
 - ◆ Sponsoring entertainment, programs, or special meals.
 - ◆ Purchasing or upgrading equipment.
 - ◆ Providing scholarships for Center members who otherwise may not be able to afford to take the class or program
 - ◆ Buying sustainable class supplies, holiday decorations, prizes, etc.
2. Assist the Center staff in planning / marketing special events, decorating for events, and assisting the day of the event to make it a success.
3. Volunteer in the Center.
4. Advisory - Relay any feedback from other older adults to Center staff.

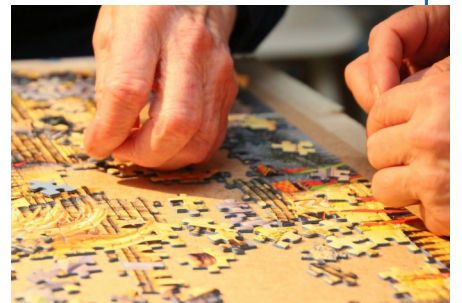
Puzzle Palooza Is coming

Mark Your Calendars
On May 17th
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, & Teams of 4





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 29- May 6, 13, 20- June 3, 10, 2024

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 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

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



April 30- May 7, 14, 21, 28 -June 4, 2024

Tuesdays 1:00 p.m.— 3:30 p.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.

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

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!

The Sheriff's Office is collecting medications only.

For safety reasons, **NO MEDICAL WASTE**

NO SHARPS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD
21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD
21787

410-386-2700

Thursday, May 16th

9AM to 11AM

South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD
21784

410-386-3700

Monday, May 20th

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD
21074

410-386-3900

Friday, May 24th

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD
21157

410-386-3850

Friday, May 31st

9AM to 11AM



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Come Play.....



Friday, April 12
10:30 am

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



Wednesday, April 17
10:30 am

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

