

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>

May 2024

Center Hours

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

Closed for Holiday
Monday, May 27, 2024



**REMEMBER
&
HONOR**

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!

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) RSVP by 4/26 Curried Chicken Salad Multi Bean Soup Baby Spinach Tomatoes Mandarin Oranges Wheat Bread Chocolate Milk	2) RSVP by 4/29 Meatloaf Mushroom Gravy Mashed Potatoes Peas & Onions Cinnamon Apples Wheat Bread Fruit Punch Yogurt	3) RSVP by 4/30 Slice Cheese or Pepperoni Pizza Caesar Salad Apricots Juice
6) RSVP by 4/29 Chicken Enchiladas Black Bean Lentil Salad Fresh Fruit Cinco De Mayo	7) RSVP by 5/1 Fish Sandwich L,T Mixed Vegetables Fruit Cocktail	8) RSVP by 5/3 Roasted Pork Loin Sweet Onion Gravy Mash Potatoes Fruit Cocktail Fruit Punch	9) RSVP by 5/6 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	10) RSVP by 5/3 Roast Beef & Gravy Red Potatoes Harvard Beets Tossed Salad Fresh Melon Cherry Pie MOTHER'S DAY
13) RSVP by 5/8 Roasted Turkey & Gravy Mashed Potatoes Dilled Carrots Fruit Cup Wheat Bread Apple Juice Chocolate Milk	14) RSVP by 5/7 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	15) RSVP by 5/10 BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves Chocolate Milk	16) RSVP by 5/13 Maple Peach Ham Au Gratin Potatoes Braised Cabbage Pineapple Tidbits Wheat Bread Fruit Punch Chocolate Milk	17) RSVP by 5/14 Chicken & Artichoke Sauce Rice Pilaf Green Beans Cinnamon Apple Slices Wheat Bread Juice
20) RSVP by 5/15 Turkey Burger L,T,O Cucumber & Onion Salad Baked Beans Fruited Yogurt (Last Chance to vote for Older American's Luncheon Catered by Mountain Gate)	21) RSVP by 5/16 Roast Beef & Gravy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	22) RSVP by 5/20 Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk	23) RSVP by 5/16 Cheeseburger & All Beef Hot Dog L,T,O Baked Beans Cole Slaw Fresh Fruit Strawberry Poke Cake Memorial Day Luncheon	24) RSVP By 4/23 Tuna Salad Sandwich L,T Multi bean Soup Copper Penny Salad Cinnamon Apples Yogurt
27) 	28) RSVP by 5/22 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	29) RSVP by 5/22 Older Americans Luncheon Catered by Mountain Gate Menu determined by participants' vote (Voting ends 5/20)	30) RSVP by 5/24 Chicken Salad With Spinach Split Pea Soup Cole Slaw Tropical Fruit Wheat Bread Chocolate Milk	31) RSVP by 5/22 Pork Loin & Gravy German Cucumber Salad Kale Mashed Potatoes Apple Slices Dinner Roll Yogurt

- ◆ **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: In July
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
May 6	Cinco de Mayo Special Lunch (yes, we know it is the 6th)	By reservation; See page 3 for menu & meal cost	12:00 pm
May 27	Closed for Holiday		All Day



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: In July
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: In July
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
May 14	Monthly Craft: Chalk Paste Signs with Charlotte	\$7.00 Limit 10 participants	10:00 am
May 28	Chain Reaction	None	10:30 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	Donation Class; Donations up to the Full Fee for 10-12 weeks	Weekly; Next Session Begins: In July
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
May 15	Jeopardy	None	10:30 am
May 15	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In
May 29	Older Americans' Month Special Lunch	By reservation; See page 3 for menu & meal cost	12:00 pm





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: In July
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 3rd & 5th Thursday	5¢ per card	Ongoing
May 2 10:45 am - 12:45 pm	Health Screenings with the Partnership for a Healthier Carroll	None	Walk-in
May 2	Fresh Conversations: Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
May 2	May Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
May 2	Left, Right, Center Dice Game	Bring Your Nickels!	Monthly; 12:30 pm
May 9	Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
May 16	Annual Shredding & Medication Disposal Dropoff	None	9:00 - 11:00 am; Drive-thru
May 16	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	10:00 am; To make an appointment, call 410-386-3830
May 23	Memorial Day Indoor Picnic	By reservation; See page 3 for menu & meal cost	12:00 pm



Daily Activities

Walking is real exercise
Not all workouts are measured in sweat.



FRIDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:00 am	Walking at Robert's Mill Park Three (3) Laps equal One (1) Mile	None	Weekly; On Your Own
9:00 am - Noon	Walking Indoor Exercise Walk & stretch to Leslie Sansone exercise videos	Free	Weekly; Drop-In <i>Join Us when its too cold to walk outside</i>
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:00 - 2:30 pm	Stained Glass <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: May 17
May 10	Mother's Day Special Lunch	By reservation; See page 3 for menu & meal cost	Lunch served Early at 11:30 am, due to Tea
May 17	Puzzle-Palooza All puzzles are 500 pieces	None	Sign up by 5/15 as either: Individual Team of 2 Team of 4 Prizes for fastest puzzle completed in each group

NOTE: In most cases, if classes are not full, you may join a class in progress without waiting until the next session begins. See center manager for details.

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

Extras At-A-Glance

Date	Program	Time	Info
Thursday, May 2	Health Screening Day	10:45 am - 12:45 pm	See flyer
Thursday, May 2	Fresh Conversations: Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, May 2	May Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, April 4	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Monday, May 6	Cinco de Mayo Special Lunch	1200 pm	Join us for lunch
Tuesday, May 7	Nickel Bingo	12:30 pm	5¢ per card
Thursday, May 9	Site Council Meeting	10:30 am	All members encouraged to attend
Friday, May 10	Mother's Day Special Lunch	11:30 am	Join us for lunch
Tuesday, May 14	Monthly Craft: Chalk Paste Signs with Charlotte	10:00 am	\$7.00
Wednesday, May 15	<i>Jeopardy</i>	10:30 am	What Is Fun?
Wednesday, May 15	MD Legal Aid: Staff will be present at the senior center	1:00 - 4:00 pm	Walk-In
Thursday, May 16	Annual Shredding & Medication Disposal Dropoff	9:00 - 11:00 am	Drive-thru
Thursday, May 16	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, May 16	Nickel Bingo	12:30 pm	5¢ per card
Friday, May 17	Puzzle Palooza	1:00 - 3:00 pm	See flyer
Tuesday, May 21	Nickel Bingo	12:30 pm	5¢ per card
Thursday, May 23	Memorial Day Indoor Picnic	12:00 pm	Join us for lunch
Monday, May 27	Closed for Holiday		
Tuesday, May 2	<i>Chain Reaction</i>	10:30 am	Come join us as we play the game that connects words to other words to form a chain!
Wednesday, May 29	Older American's Special Lunch	12:00 pm	Join us for lunch
Thursday, May 30	Nickel Bingo	12:30 pm	5¢ per card
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	



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**



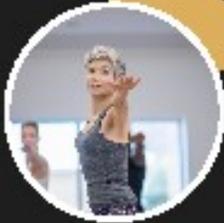
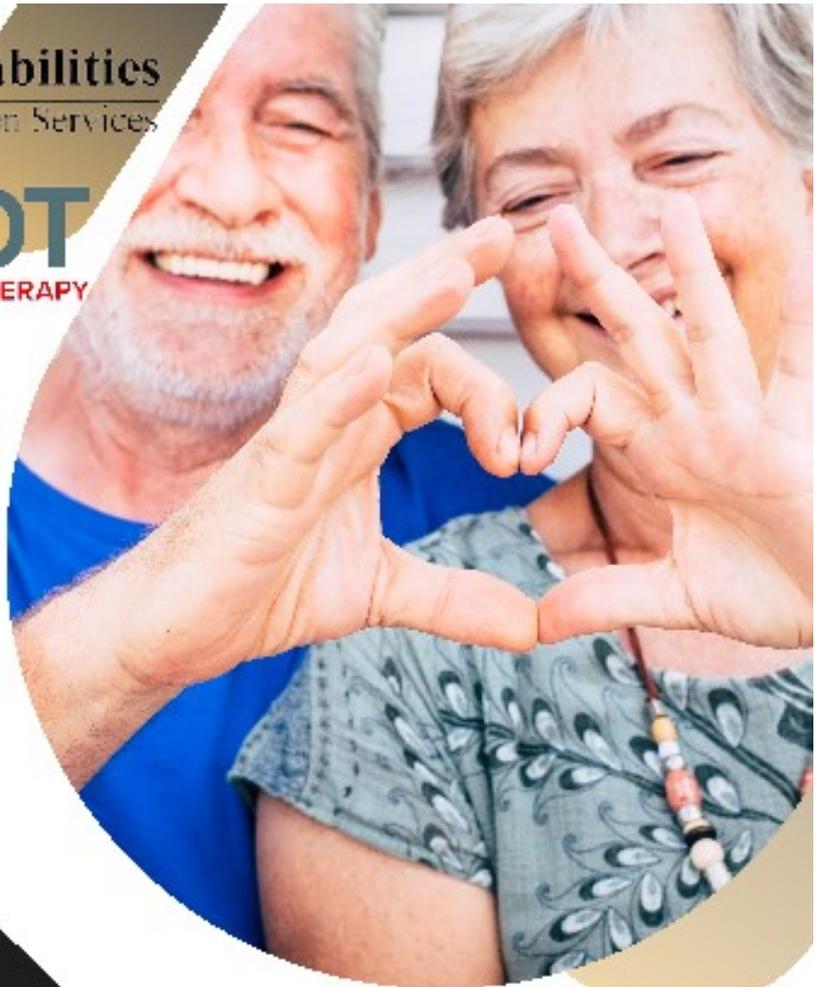
Bureau of Aging & Disabilities
 Carroll County Department of Citizen Services



The Partnership
 for a Healthier Carroll County

PIVOT
 PHYSICAL THERAPY

CARROLL HOSPITAL
A LifeBridge Health Center
CARE BRAVELY



BALANCE



COGNITIVE



DIABETES EDUCATION



STROKE

STROKE AWARENESS



ASK A PHARMACIST

THURSDAY
MAY 2ND
10:45AM-12:45PM
 Taneytown
 Senior Center
FREE
SCREENINGS!



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



Mother's Day Luncheon
Friday, May 10



Join us as we honor "Moms"

Lunch begins **early** at 11:30 am

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



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



Lunch begins at 12:00 pm

RSVP for lunch by June 7

Legal Aid Is Back In-Person in 2024!

Legal Aid Staff are returning to the center -

May 15 - 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

The 2024 theme of Older Americans Month is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Connectedness plays the vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues.



Powered by Connection

ACL.gov/OAM
#OlderAmericansMonth

OLDER
AMERICANS
MONTH
POWERED BY CONNECTION, MAY 2024

!!!!!! ATTENTION !!!!!!!

ELECTION OF SITE COUNCIL OFFICERS FOR 2024

The Taneytown Senior Center Site Council Nominating Committee has met and proposes the following slate for 2024 Site Council officers.

PRESIDENT *no nominee*

VICE PRESIDENT Bill Schweinsberg

SECRETARY Gladys Baker

TREASURER Bev Massicot

Site Council members (all senior center members are site council members) **are welcome to nominate additional candidates for any of these offices by writing them in on the election announcement at the senior center. Write-in nominations close May 3rd.**

Nominated persons MUST be willing to accept the position if elected.

Election of 2024 Site Council officers will take place during the May Site Council meeting, May 9, 2024 at 10:30 am.

Very Respectfully,

Taneytown Senior Center Site Council Nominating Committee

Barb Wehrman

Bonnie Powell

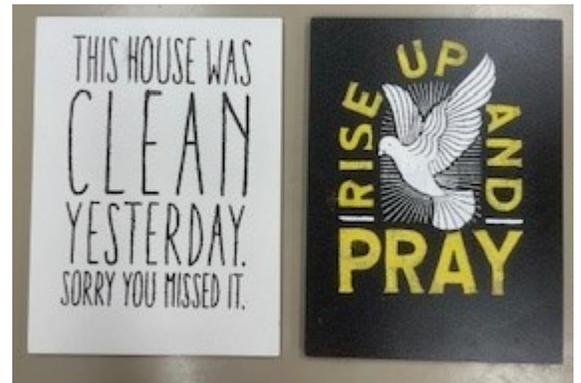
Bernice Stitely

May Craft Fun



Multiple Stencils
To Choose From

Signs are:
Two-sided &
Re-paintable



Chalk Paste Signs with Charlotte

Tuesday

May 14

10:00 am - until
finished

Cost: \$7



Paintings for May

6" x 6" canvas panels

More Choices Available - Prefer something else? Chat with Erica



Ongoing - Start anytime & Go at your own pace

Cost: 2 for \$5.00

Puzzle Palooza

Join Us
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
Sign-Up by 5/15



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.

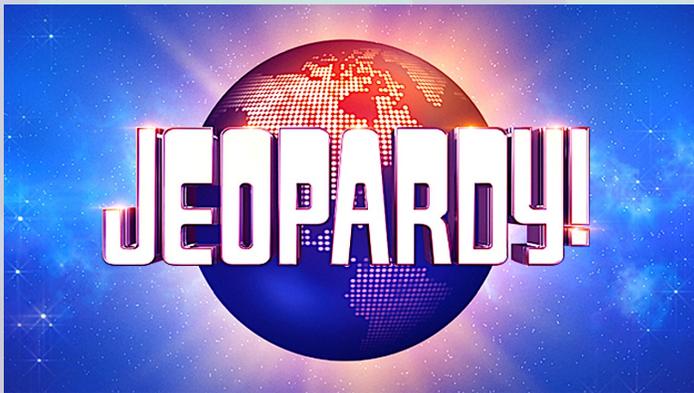
Come Play.....



Wednesday, May 15

10:30 am

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



Tuesday, May 28

10:30 am

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

