

# Taneytown SC This Month...



## TANEYTOWN SENIOR CENTER

220 Roberts Mill Rd.  
Taneytown, MD 21787

410.386.2700

[taneytownsc@carrollcountymd.gov](mailto:taneytownsc@carrollcountymd.gov)

<https://www.carrollcountymd.gov/seniorcenters>

# September 2025

### Center Hours

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

### **Center Closed**

**Monday, September 1**

**Center Closed for Aging Your Way EXPO at the Ag Center -  
(formerly Seniors On The Go EXPO )**

**See Us There**

**September 10, 2025— Wednesday**

# 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.**

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## 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](mailto: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.**

**\*Full price will increase to \$6.64 October 1st.**

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

# September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day Center Closed	2) <b>RSVP by 8/27</b>  Chicken Divan Brown Rice Diced Peaches Wheat Bread Juice	3) <b>RSVP by 8/28</b>  Corn Beef Mustard Dill Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit	4) <b>RSVP by 8/29</b>  Spaghetti & Meatballs Garlic Bread Garden Salad Berry Salad	5) <b>RSVP by 9/2</b>  Turkey-Ham Macaroni Salad Fresh Spinach Mediterranean White Bean Soup Pineapple Tidbits
8) <b>RSVP by 9/3</b>  Chicken Cordon Blu Sandwich Broccoli Slaw Baked Beans Apple Juice Yogurt	9) <b>RSVP by 9/4</b>  Roast Beef Sandwich Honey Roasted Beets Cole Slaw Juice	10)  Aging Your Way EXPO At the Ag Center  Senior Center Closed	11) <b>RSVP by 9/4</b>  Turkey & Cheddar Cheese Sub L,T,O Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail  <b>SUB DAY</b>	12) <b>RSVP by 9/9</b>  Meatloaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Juice
15) <b>RSVP by 9/8</b>  All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	16) <b>RSVP by 9/11</b>  Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread	17) <b>RSVP by 9/9</b>  Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch  <b>BAKED POTATO</b>	18) <b>RSVP by 9/15</b>  White Bean Chicken Chili Rice Pilaf Corn Muffin Juice Chocolate Milk	19) <b>RSVP by 9/16</b>  BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves
22) <b>RSVP by 9/15</b>  Chicken Cordon Bleu Mashed Potatoes & Gravy Peas & Onions Dinner Roll Apple Pie  <b>Fall Into Fall</b>	23) <b>RSVP by 9/15</b>  All Beef Hot Dogs Baked Beans Sauerkraut Fruit Cocktail Juice	24) <b>RSVP by 9/19</b>  Tuna Salad Sandwich Lentil & Spinach Soup Corn & Edamame Applesauce	25) <b>RSVP by 9/22</b>  Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread	26) <b>RSVP By 9/23</b>  Chicken Piccata Brown Rice Buttered Carrots Green Pea Salad Chocolate Milk
29) <b>RSVP by 9/24</b>  Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice	30) <b>RSVP by 9/25</b>  Tuna Noodle Casserole Chickpea & Tomato Salad Cinnamon Apples 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 Begins: October 6
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
September 1	Closed for Holiday		ALL DAY
September 22	Fall Harvest Special Lunch	By reservation; See page 3 for menu & meal cost	Fall Into Fall with Us



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; <b>New Session Begins:</b> October 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; <b>New Session Begins:</b> October 7
12:00 pm	Lunch	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 pm	Nickel Bingo 1st & 5th Tuesday	5¢ per card	Ongoing
September 16	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
September 23	Monthly Craft: Drawing Basics - Part 2	No Cost	10:00 am; See Flyer
September 23	Puzzle Palooza	None	Sign up by 9/19
September 30 10:30 am	Chain Reaction	None	Come join us as we play the game that connects words to other words to form a chain!



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





# Daily Activities

\* All activities are subject to change without notice



## WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	<b>Exercise Equipment Room</b>	None	Daily
8:30 am - 3:45 pm	<b>Billiards</b>	None	Daily
8:30 am - 3:45 pm	<b>Computer Lab</b>	None	Daily
8:30 am - 3:45 pm	<b>Library</b>	None	Daily
8:30 am - 3:45 pm	<b>Cards, Games &amp; Puzzles</b>	None	Daily
8:30 am - 3:45 pm	<b>Push Rummy</b> 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	<b>Lunch</b>	<b>By reservation; See page 3 for menu &amp; meal cost</b>	Daily
12:30 - 1:30 pm	<b>Arthritis Foundation with Chris Konior</b>	<b>Grant Funded Class; 10-12 weeks</b>	Weekly; <b>New Session Begins: October 1</b>
1:00 - 3:30 pm	<b>Mahjongg</b>	None	Weekly
1:30 - 3:30 pm	<b>Cornhole</b> No Experience Needed	None	Weekly; Join the Fun
September 10	<b>Aging Your Way EXPO</b> At the Ag Center	9:00 am - 2:00 pm	Senior Centers closed - Come see us at the EXPO
September 17	<b>Jeopardy</b>	None	<i>What is played at 10:30 am?</i>
September 24	<b>CCHD &amp; Alzheimer's Assoc. present: Responding to Dementia Related Behaviors</b>	None; No registration necessary	Join us for this informa- tive talk
Next Visit: December 17	<b>Legal Aid Staff will be at the senior center</b>	None	1:00 - 4:00 pm; Walk-In





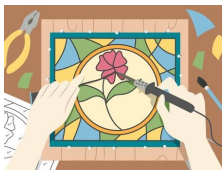
# Daily Activities

\* 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 Begins: October 2
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
September 4	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
September 4	September Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
September 4	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
September 11	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
September 18	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
September 18 12:30 pm	Crab & Shrimp Feed	Crabs \$3.00 each Shrimp \$11/pound	PrePurchase deadline 9/9; see flyer
September 25 10:30 am	Losing Weight After 60 Nutritionist Talk	None; No registration required	Join us for an informative talk; see flyer





# Daily Activities

\* All activities are subject to change without notice

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 The Class is Currently FULL; We are taking names for a Waitlist	\$35.00 for 6 weeks, includes materials	Weekly; New Session Begins: October 10

**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
Monday, September 1	Closed for Holiday	All Day	
Tuesday, September 2	Nickel Bingo	12:30 pm	5¢ per card
Thursday, September 4	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, September 4	September Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, September 4	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, September 10	Aging Your Way EXPO At the Ag Center	9:00 am - 2:00 pm	Senior Centers closed - See Us at the EXPO
Thursday, September 11	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, September 11	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, September 16	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, September 17	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, September 18	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	<b>Free: To make appointment call 410-386-3830</b>
Thursday, September 18	Crab & Shrimp Feed	12:30 pm	Crabs \$3.00 each Shrimp \$11/ pound PrePurchase by 9/9
Monday, September 22	Fall Harvest Special Lunch	12:00 pm	Fall Into Fall with Us
Tuesday, September 23	Monthly Craft: Drawing Basics - Part 2	10:00 am	No cost
Tuesday, September 23	Puzzle Palooza	12:45 pm	Sign up by 9/19
Wednesday, September 24	CCHD & Alzheimer's Assoc. present: Responding to Dementia Related Behaviors	10:30 am	Join us for this informative talk.
Thursday, September 25	Losing Weight After 60 Nutritionist Talk	10:30 am	Join us for an Informative talk
Thursday, September 25	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, September 30	<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!
Tuesday, September 30	Nickel Bingo	12:30 pm	5¢ per card
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

**\*\* NOTICE \*\***

- \* Carroll County Government/Senior Centers will be closed Monday September 1, for the Labor Day holiday
- \* Carroll County Senior Centers will be closed Wednesday September 10, for the Aging Your Way EXPO

**National Day of Remembrance & Service/ Patriot Day**  
**Thursday, September 11**



**Take Time to Observe A**  
**Moment of Silence Between 8:46 am & 10:03 am**



## **Fall Harvest Special**

**Monday, September 22**



**Fall Into Fall As We Celebrate**  
**Fall Prevention Month, National Senior Center Month &**  
**The Changing of the Seasons**

**Lunch begins at 12:00 pm ~ RSVP for lunch by September 15**

**Hello Members—**

**In the past, I have been asked if we offer a Yoga exercise class. Currently we do not.**

**If we were to have a Yoga exercise class would you be interested?**

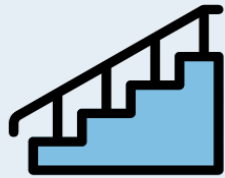
**Please let me know if a Yoga exercise class is a class you would like to participate in. Instruction would include modifications for participation from a chair.**

**Thanks! Erica**

September Is  
Falls  
Prevention  
Month

Take time  
this month  
to pick up a  
Falls  
Prevention  
Checklist for  
your Home  
&  
Evaluate  
Your Falls  
Prevention  
Safety  
At Home

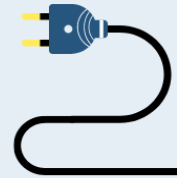
# FALL PREVENTION TIPS



INSTALL  
HANDRAILS AND  
GRAB BARS



IMPROVE HOME  
LIGHTING



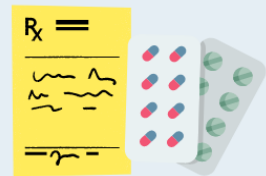
KEEP FLOORS  
DECLUTTERED  
AND CLEAR



GET REGULAR  
VISION AND HEARING  
CHECKUPS



EXERCISE  
REGULARLY



CHECK  
PRESCRIPTION SIDE  
EFFECTS

[WWW.SIHOME CARE.COM](http://WWW.SIHOME CARE.COM)

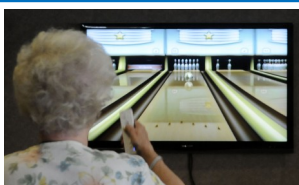


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

Taneytown Sr Center's *Taneytown Trekkers* walk  
at Roberts Mill Park on Fridays at 9:00 am for  
social, group walking.

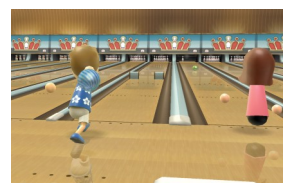
This is a weekly drop-in walking group, join us when you can & walk as much  
as you want.

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



# FREE EVENTS

## Nutrition Program

### ***Capture the Flavor***

**Room:** Lunch Room

**Time:** 12 noon



### Upcoming Talks:

**September 4, 2025 -  
Healthy Snacking**

#### 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.

**October 2, 2025**

**November 6, 2025**

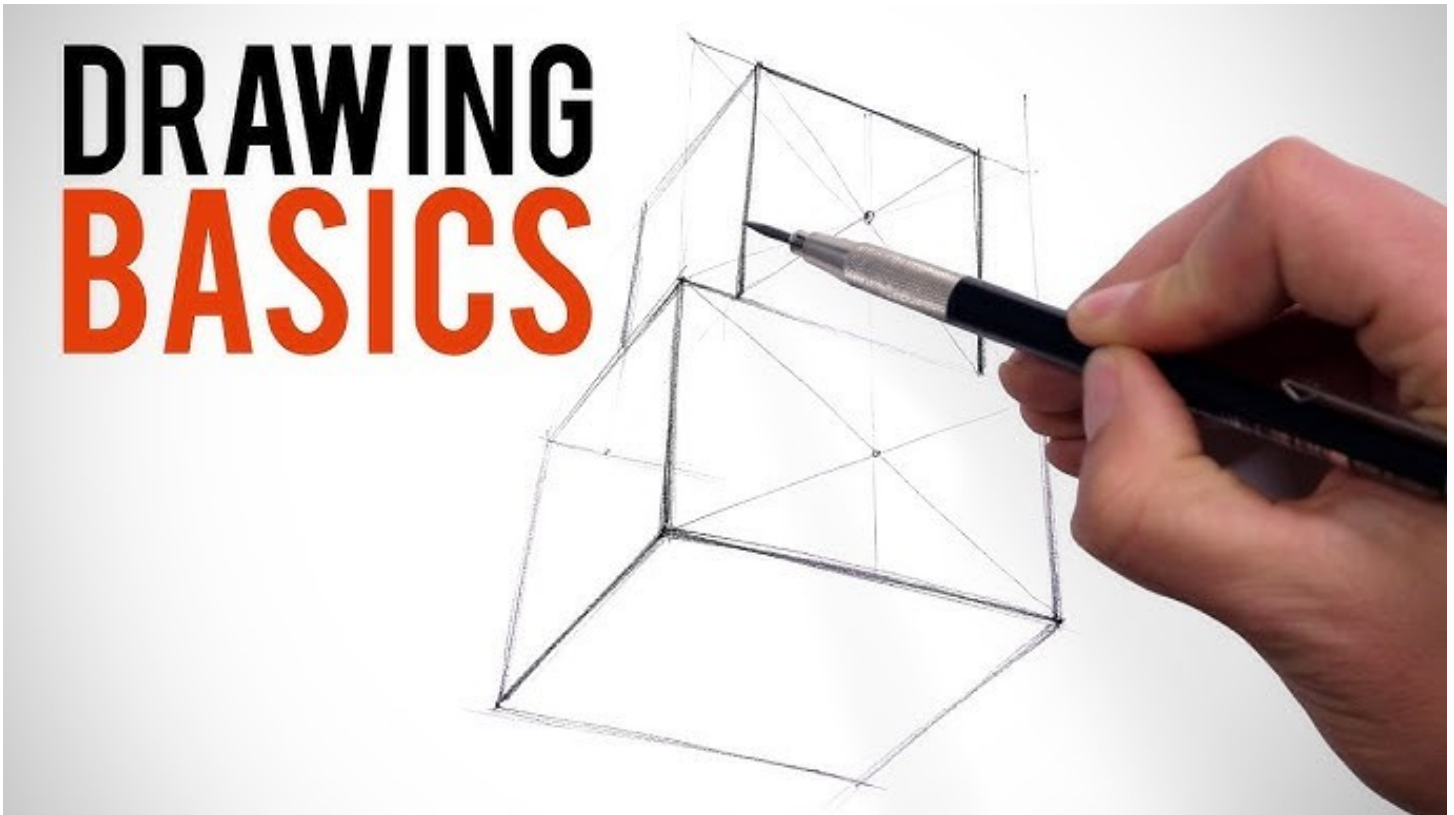
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**Living Your Dreams • Be Active, Be Strong**

**JOIN US FOR  
FUN & CONVERSATION**



# September Craft Fun



**Drawing Basics - Part 2**

**Tuesday, September 23  
10:00 am - until finished**

**Cost: no cost**

**Deadline to sign-up = Sept 16  
Please pay at time of signing up**

# Crab & Shrimp Feed



SENIOR  
CENTER  
MEMBERS  
ONLY !

**Thursday,  
September 18  
12:30 PM**

**at Taneytown Senior Center**

**Preorder & prepay for steamed crabs & shrimp  
by Tuesday, September 9.**

**Cost per crab - \$3.00 (mediums)**

**Shrimp - \$11.00 / pound**

*\* prices subject to change*

**Crabs/Shrimp must be paid for at the time of order.**  
**No Exceptions Or Walk-ins! NO Carry Out!**

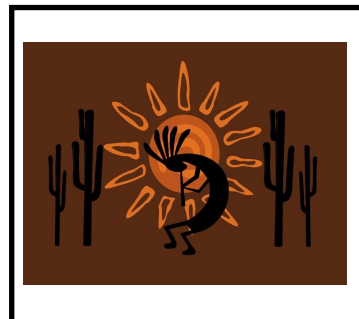
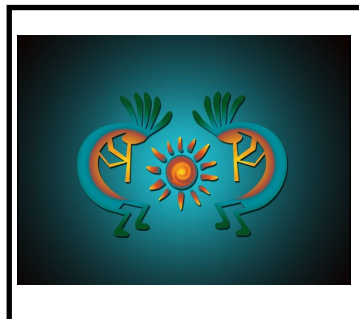
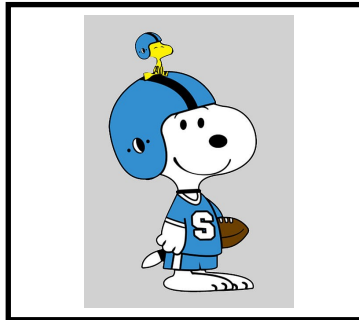
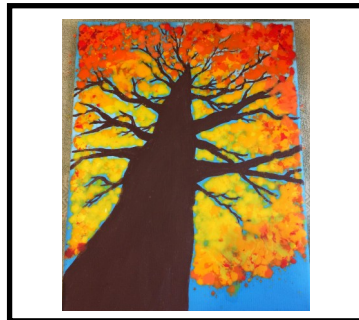
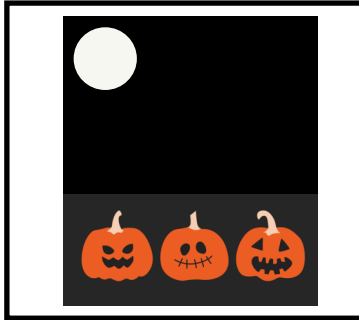
**Water & Iced Tea Provided. No alcohol allowed.**

**Regular lunch served at 12:00pm. Reserve your regular  
lunch by end of day September 11.**

# Paintings for September

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)





Formerly Seniors On The Go Expo

**Thursday, September 10, 2025 - 9:00 a.m. to 2:00 p.m.**

**Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD**

**FREE Admission**  
**FREE Health Screenings**  
**Vendor Prize BINGO**  
**Speakers & Seminars**  
**Community Program &**  
**Fitness Demonstration**

**FREE Shuttle Service**  
**Grab & Go Lunches**  
**Prescription Medication Disposal**  
**Designated Veterans Area**  
**FREE Complementary**  
**Therapies**



**For more information call 410-386-3800**  
**[agingexpo@carrollcountymd.gov](mailto:agingexpo@carrollcountymd.gov)**

Official Expo  
Media Sponsors

Carroll County  
**Times**



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 7-1-1/1.800.735.2238 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

# **Aging Your Way – Health & Wellness Expo**

Formerly known as “Seniors on the Go Expo”

**Wednesday, Sept. 10<sup>th</sup>**



## **Do you need ride to the Expo?**

CTS will be providing rides to seniors from Senior Centers to Shipley Arena and back

### **How to reserve a ride from Senior Center to Expo:**

- Call CTS at 410-753-6300 to reserve a ride. Spaces are reserved on a first come first serve basis.  
**If experiencing issues, contact Senior Center Manager.**
- Rides to the Expo and back will cost **\$2.00 each way.**
- Buses will **pick up and drop off seniors on your center's parking lot.**
- Confirm pick up times with your Senior Center Manager the day before the Expo.

Senior Centers are closed on this date!



# **Help us** **Design & Build** **Age-Friendly Carroll County**

**We want deep roots that allow Carroll County to be a place that everyone will choose to live, work and play as they age.**

**Help us build the priorities for our future by taking the survey\* by September 15th**

[https://carrollcountymd.qualtrics.com/jfe/form/SV\\_aVP8njulgrT1peC](https://carrollcountymd.qualtrics.com/jfe/form/SV_aVP8njulgrT1peC)



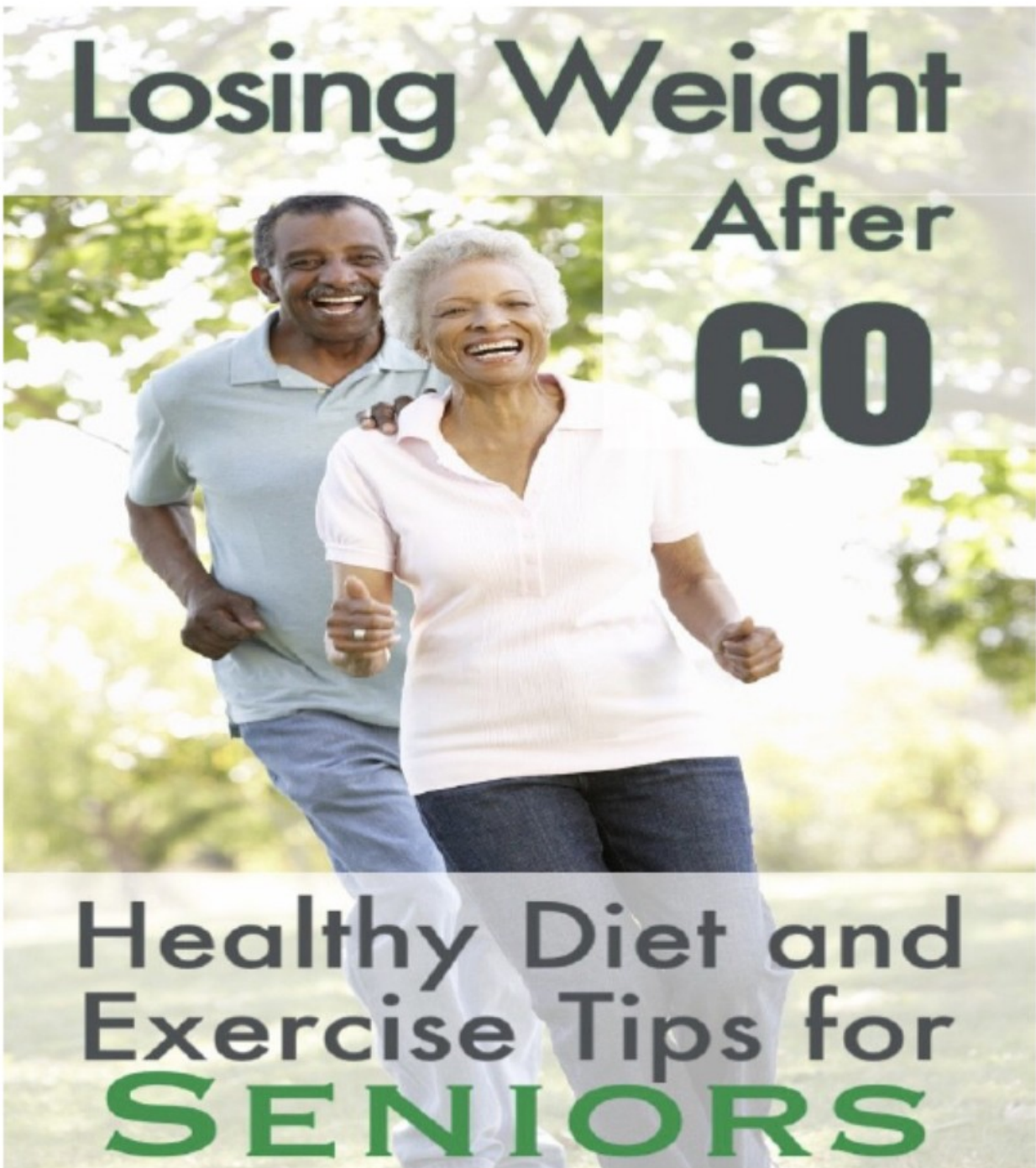
**\*Survey is available in  
English and Spanish**



Come join Lisa & Mary Jane Bembenek, MS, CNS, LDN  
For some tips and tricks on how to eat healthy and lose  
weight after 60.

September 25, 2025 @ 10:30

Taneytown Senior Center



# **Carroll County**

## ***Alzheimer's & Brain Health Education***

**JOIN US FOR AN UPCOMING EDUCATION PROGRAM.  
ATTENDANCE IS FREE.  
REGISTRATION IS PREFERRED BUT WALKINS ARE WELCOME.**

### **Responding to Dementia-Related Behaviors**

**Wednesday September 24, 2025**

**10:30-11:30 am**

Taneytown Senior Center  
220 Roberts Mill Rd.  
Taneytown, MD

**To register in advance,  
call our 24/7 Helpline at  
1-800-272-3900.**





walking is real exercise

Not all workouts are measured in sweat.

# Walk Maryland Day October 1, 2025

Join Taneytown Senior Center for a walk  
around beautiful Roberts Mill Park

Wednesday, October 1  
12:30 - 2:30 pm

Address: 4501 Stumptown Road  
Taneytown, MD 21787

Come walk five minutes or the full 2 hours.  
Every lap counts!

**DRIVE-THRU**



# FLU SHOT CLINICS

**CARROLL COUNTY  
SENIOR CENTERS**

**OCTOBER 6<sup>TH</sup> - 10<sup>TH</sup>, 2025  
9:00AM - 11:00AM**

## **Mount Airy**

703 Ridge Ave.  
Mt. Airy, MD 21771  
**Monday October 6th**

## **North Carroll**

2328 Hanover Pike  
Hampstead, MD 21074  
**Tuesday October 7<sup>th</sup>**

## **South Carroll**

5928 Mineral Hill Road  
Eldersburg, MD 21787  
**Wednesday October 8<sup>th</sup>**

## **Taneytown**

220 Roberts Mill Road  
Taneytown, MD 21787  
**Thursday October 9<sup>th</sup>**

## **Westminster**

125 Stoner Ave.  
Westminster, MD 21157  
**Friday October 10<sup>th</sup>**

***Bring ALL your insurance cards with you!***

### **Accepted Billing Options:**

Medicare Part B, Medicare Advantage Part D,  
BlueCross Medical, Commercial Prescription Coverage  
Uninsured/Not Covered Cash Price: *Regular* = \$40 ; *High-Dose* = \$95

*Please wear a short-sleeve shirt for the Pharmacist to administer the vaccine*

Questions? Contact Finksburg Pharmacy (410) 526-1055



**Bureau of Aging & Disabilities**  
Carroll County Department of Citizen Services  
Healthy Aging Leadership Team Event



# Come Play.....



**Wednesday, September 17**  
**10:30 am**

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

**Tuesday, September 30**  
**10:30 am**

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

