

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>

Dog Days of Summer



August 2025

Center Hours

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

Friday
8:00 am - 3:00 pm

Closed for Holiday
Monday, September 1, 2025

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!**

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) RSVP by 7/29 Chicken Cordon Blu Sandwich Broccoli Slaw Baked Beans Apple Juice Yogurt
4) RSVP by 7/30 Roast Beef Sandwich Honey Roasted Beets Cole Slaw Juice	5) RSVP by 7/31 Chicken Casserole Wild Rice Green Beans Diced Peaches Wheat Bread Apple/Cranberry Juice	6) RSVP by 8/1 Meat Loaf & Gravy Roasted Potatoes Cucumber Salad Mandarin Oranges Apple Juice	7) RSVP by 8/4 Roasted Pork Loin Dijon sauce Mashed Potatoes Okra & Tomatoes Fruit Cocktail Fruit Punch Chocolate Milk	8) RSVP by 8/1 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice
11) RSVP by 8/6 Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread	12) RSVP by 8/7 Salisbury Steak Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Wheat Bread	13) RSVP by 8/8 White Bean Chicken Chili Rice Pilaf Corn Muffin Juice Chocolate Milk	14) RSVP by 8/11 BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves	15) RSVP by 8/8 Turkey & Cheese Sub L,T,O Potato Salad Cole Slaw Fruit Cocktail SUB DAY
18) RSVP by 8/11 Cheese or Pepperoni Pizza Caesar Salad Apricots	19) RSVP by 8/14 Tuna Salad Sandwich Lentil & Spinach Soup Corn & Edamame Applesauce	20) RSVP by 8/15 Roast Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread	21) RSVP by 8/14 Pulled Pork Sandwich Broccoli Salad Sweet Potatoes Pineapple Tidbits Dessert Luau Special	22) RSVP By 8/19 Pepperjack Cheeseburger L,T Broccoli Slaw Tropical Fruit Pineapple Juice
25) RSVP by 8/18 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	26) RSVP by 8/19 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	27) RSVP by 8/25 Meatball Sub Green Beans Mandarin Oranges Fruit Juice	28) RSVP 8/25 Turkey Florentine Lemon Rice Pilaf Zucchini & Tomatoes Applesauce Yogurt	29) RSVP by 8/26 Chicken Caesar Salad Split Pea Soup Cornbread Spiced Apples

- ◆ **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: In July
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



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: 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; New Session Began: 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
August 19	Monthly Craft: To Be Determined	To Be Determined	10:00 am; See Flyer
August 26 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.
August 26	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm



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





Daily Activities

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WEDNESDAY

Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
8:30 am - 3:45 pm	Push Rummy 2nd and 4th Wednesday	None	Bi-Monthly
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 - 1:30 pm	Arthritis Foundation with Chris Konior	Grant Funded Class; 10-12 weeks	Weekly; New Session Began: In July
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
August 20	Jeopardy	None	<i>What is played at 10:30 am?</i>
September 10	Aging Your Way EXPO At the Ag Center		Senior Centers closed - Come see us at the EXPO
Next Visit: December 17	Legal Aid Staff will be at the senior center	None	1:00 - 4:00 pm; Walk-In



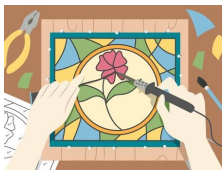


Daily Activities

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THURSDAY			
Time	Activity	Cost	Session Info
8:00 am - 3:45 pm	Exercise Equipment Room	None	Daily
8:30 am - 3:45 pm	Billiards	None	Daily
8:30 am - 3:45 pm	Computer Lab	None	Daily
8:30 am - 3:45 pm	Library	None	Daily
8:30 am - 3:45 pm	Cards, Games & Puzzles	None	Daily
9:30 – 10:30 am	Staying Fit with Chris Konior	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; New Session Began: In July
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
August 7	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
August 7	August Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
August 7	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
August 14	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
August 21	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
August 21	Luau Special Lunch	By reservation; See page 3 for menu & meal cost	Join us for Luau fun after lunch!



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: August 29

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, August 5	Nickel Bingo	12:30 pm	5¢ per card
Thursday, August 7	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, August 7	August Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, August 7	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, August 14	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, August 14	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, August 19	Monthly Craft: To Be Determined	10:00 am	Check Flyer for updated info
Tuesday, August 19	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, August 20	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, August 21	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410-386-3830
Thursday, August 21	Luau Special Lunch	11:45 pm	Join us for Luau Fun after lunch!
Tuesday, August 26	<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, August 26	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, August 28	Nickel Bingo	12:30 pm	5¢ per card
Monday, September 1	Closed for Holiday	All Day	
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
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

**** NOTICE ****

- * Carroll County Government & Senior Centers will observe Summer Hours with early closure at 3 PM on Fridays, ends 8/29
- * 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



Luau Party

Thursday, August 21 @ 11:45 am

Let's put our Grass Skirts on &
Hula, Hula, Hula with Us



Lunch begins at 12:00 pm ~ RSVP for lunch by August 14

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
The Changing of the Seasons & National Senior Center Month

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

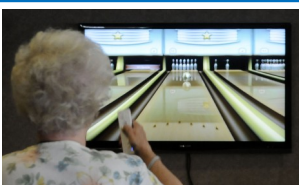


Do You Enjoy Walking
Or Have You Been Thinking About
Adding Walking to Your Routine ??

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

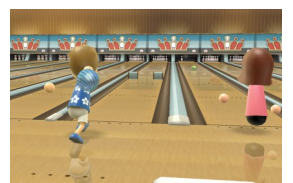
This is a weekly drop-in walking group, join us when you can & walk as much
as you want.

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



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.

Room: Lunch Room

Time: 12 noon

Upcoming Talks:

August 7, 2025

Rethink Your Drink: Tips for Healthy Hydration

September 4, 2025

October 2, 2025

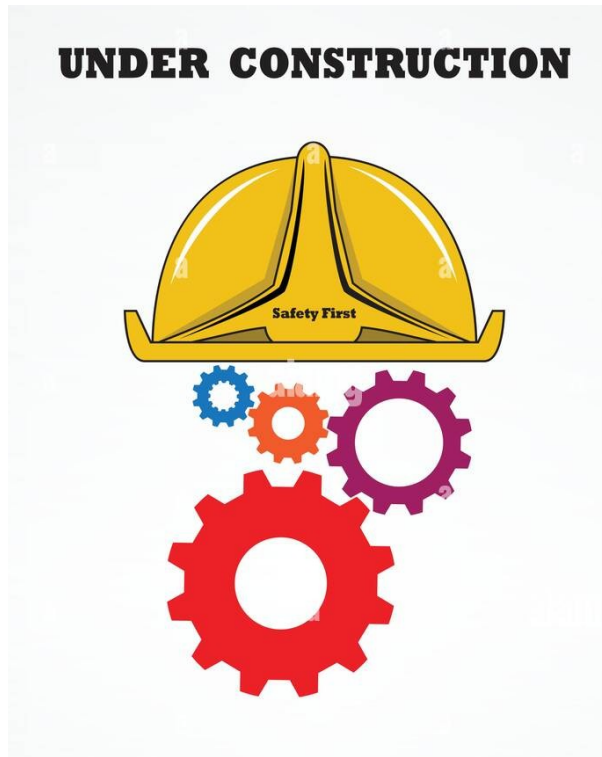
November 6, 2025

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

August Craft Fun

IDEAS



To Be Determined

Tuesday, August 19

10:00 am - until finished

Cost: currently unknown

Deadline to sign-up = August 12

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 Monday, 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!

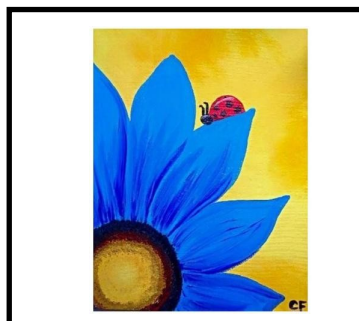
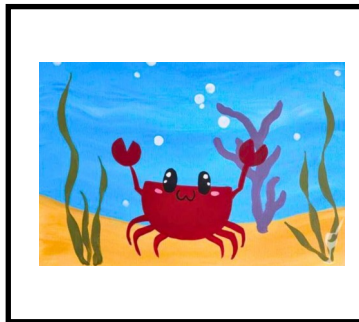
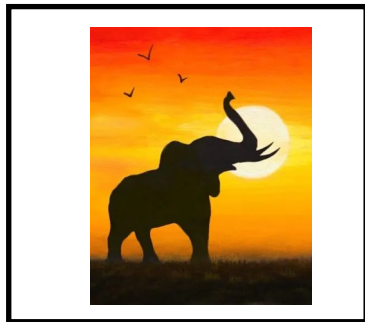
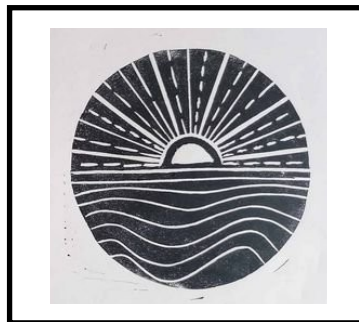
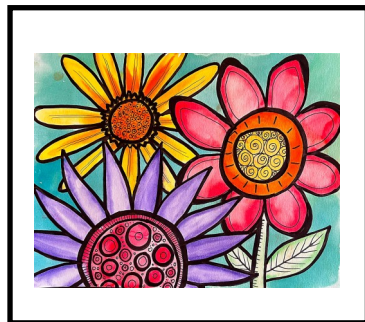
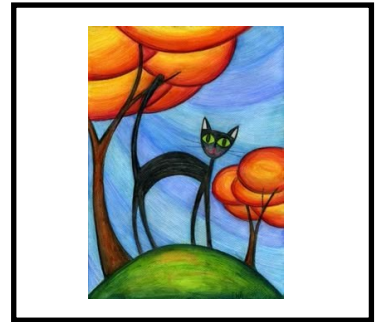
Water & Iced Tea Provided. No alcohol allowed.

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

Paintings for August

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

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

Taneytown Farmers Market

Thunderhead Bowl & Grill Parking Lot, 4337 Old Taneytown Road, Taneytown 21787

May 10 - November 1

8 a.m. to 1 p.m. Saturdays

www.taneytown.org

Carroll County Farmers Market

700 Ag Center Drive, Westminster 21157

May 13 • 8 a.m. to 2 p.m.

June 17 - September 3 • 8 a.m. to 1 p.m. Saturdays

October 7 • 8 a.m. to 1 p.m.

November 4 - December 16 • 8 a.m. to 2 p.m.
Saturdays

www.carrollcountyfarmersmarket.com

Downtown Westminster Farmers Market

Conway Parking Lot at Railroad Ave. (Route 27)

Adjacent to Main Street, Westminster 21157

May 17 – November 22

8 a.m. to Noon Saturdays

Downtown Sykesville Farmers Market

Baldwin Drive & Main Street, Sykesville 21784

May 181 – October 26

9 a.m. to 1 p.m. Sundays

Contact: sykesvillefarmersmarket@gmail.com

www.downtownsykesville.com

<https://www.facebook.com/sykesvillefarmersmarket/>

Mount Airy Main Street Farmers Market

3 North Main Street, Mount Airy 21771

May 7 – September 24

3 p.m. – 7 p.m. Wednesdays

<https://www.mountairymd.gov/502/Mount-Airy-Farmers-Market>

Hampstead Farmers Market

Coppermine Panther Sportsplex

1400 Panther Drive, Hampstead 21074

June 7 – September 27

8:30 a.m. to Noon Saturdays

hampsteadfarmersmarket@gmail.com

www.hampsteadfarmersmarket.com

If you received a Farmer's Market
Voucher card this year -
Please remember to spend all the
funds before 11/30/2025.

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



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



Come Play.....



Wednesday, August 20
10:30 am

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

Tuesday, August 26
10:30 am

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

