

# 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>



# January 2026

### Center Hours

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

**Center Closed  
Thursday, January 1, 2026  
Monday, January 19**

# 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 \$6.64.**

**Those 59 and younger pay full price of \$6.64.**

**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 increased 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!**

# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2) <b>RSVP by 12/29</b>  Roasted Pork Loin Dijon sauce Mashed Potatoes Okra & Tomatoes Fruit Cocktail Fruit Punch Chocolate Milk
5) <b>RSVP by 12/30</b>  Italian Sausage & Cheese Sub Cabbage Slaw Juice Yogurt	6) <b>RSVP by 12/31</b>  Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices Wheat Bread	7) <b>RSVP by 1/2</b>  Salisbury Steak Gravy Roasted Potatoes Seasoned Greens Amish Bean Salad Wheat Bread	8) <b>RSVP by 1/2</b>  All Beef Hot Dog Macaroni & Cheese Fresh Fruit	9) <b>RSVP by 1/2</b>  <b>Baked Potato</b> <b>Chili Con Carne</b> <b>Spinach Salad</b> <b>Applesauce</b> <b>Wheat Bread</b> <b>Fruit Punch</b>  <b>BAKED POTATO</b>
12) <b>RSVP by 1/7</b>  Ham & Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Chocolate Milk	13) <b>RSVP by 1/8</b>  Marry Me Chicken Rice Pilaf Green Beans Cinnamon Apple Slices Wheat Bread Juice	14) <b>RSVP by 1/9</b>  Tuna Salad Sandwich Lentil & Spinach Soup Corn & Edamame Applesauce	15) <b>RSVP By 1/8</b>  <b>Stuffed Chicken</b> <b>Breast</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Green Bean</b> <b>Casserole</b> <b>Cherry Pie</b>  <b>Cabin Fever</b>	16) <b>RSVP by 1/13</b>  Chicken Piccata Brown Rice Buttered Carrots Green Pea Salad Chocolate Milk
	20) <b>RSVP by 1/13</b>  <b>Roast Beef on</b> <b>Kaiser Roll</b> <b>H,M,O,T,L</b> <b>Potato Salad</b> <b>Cole Slaw</b> <b>Fruit Cocktail</b>  <b>SUB DAY</b>	21) <b>RSVP by 1/15</b>  Chicken Breast Ranch Sauce Rice Pilaf Peas & Carrots Pineapple Tidbits Juice	22) <b>RSVP by 1/16</b>  Meatball Sub Green Beans Mandarin Oranges Fruit Juice	23) <b>RSVP by 1/20</b>  Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Yogurt
26) <b>RSVP by 1/21</b>  Pork & Mushroom Sauce Cucumber Salad Mashed Potatoes Dinner Roll Apple Chocolate Milk	27) <b>RSVP 1/22</b>  Chicken Caesar Salad Split Pea Soup Cornbread Apples	28) <b>RSVP by 1/23</b>  Meatloaf & Gravy Green Beans Brown Rice Diced Peaches Wheat Bread Juice	29) <b>RSVP by 1/26</b>  Greek Chicken Grain Bowl Apricots Juice	30) <b>RSVP by 1/27</b>  Corn Beef Mustard Dill Sauce Mashed Potatoes Braised Cabbage Corn & Pea Salad Tropical Fruit

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.64 (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 \$6.64.**

# Check Out Our Classes

## Senior Fun & Fitness Exercise Class

Mondays @ 12:30 pm

Both: Ten to Twelve (10-12) class session

## Staying Fit Exercise Class

Thursdays @ 9:30 am

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.**

## Chair Yoga Exercise Class

Fridays @ 9:00 am

Ten to Twelve (10-12) class session Cost: \$30.00

**Chair yoga offers significant physical and mental benefits, like increased flexibility, strength, balance, and reduced stress, making it accessible for all ages and abilities by using a chair for support, improving circulation, managing pain, enhancing mood, and promoting better sleep, all while being gentle on the body and boosting overall well-being.**

**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: January 12
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
January 19	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; <b>New Session Begins:</b> January 6
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> January 13
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 1st & 2nd Tuesday	5¢ per card	Ongoing
January 20	Monthly Craft: Macrame Key Rings	\$3.00	10:00 am; See Flyer
January 20	Left, Right, Center Dice Game	Bring Your Nickels!	A second LRC game monthly; 12:30 pm
January 27 10:30 am	Wheel of Fortune	None	Join us for the game of guessing hidden phrases



**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: January 7</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
January 21	<b>Jeopardy</b>	None	<i>What is played at 10:30 am?</i>
Next Visit: June 24	<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: January 8
12:00 pm	Lunch	By reservation; See page 3 for menu & meal cost	Daily
12:30 pm	Nickel Bingo 4th & 5th Thursday	5¢ per card	Ongoing
No January Talk	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
January 1, 2026	Closed for Holiday		ALL DAY
January 8	January Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
January 8	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
January 8	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
January 15	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
January 15	Cabin Fever Special Lunch	By reservation; See page 3 for menu & meal cost	Crazy clothes contest
January 15	Puzzle Palooza	None	Sign up by 1/12





# 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: January 9
9:00 – 10:00 am	Chair Yoga 	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; New Session Begins: January 9
January 30	Groundhog Prediction Day		Vote - Will it be an Early Spring or Late Winter?

**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
January 1, 2026	CLOSED for HOLIDAY		All Day
Tuesday, January 6	Nickel Bingo	12:30 pm	5¢ per card
No January Talk	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, January 8	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, January 8	January Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, January 8	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Tuesday, January 13	Nickel Bingo	12:30 pm	5¢ per card
Thursday, January 15	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	<b>Free: To make appointment call 410.386.3800</b>
Thursday, January 15	Cabin Fever Special Lunch	12:00 pm	Crazy Clothes Contest
Thursday, January 15	Puzzle Palooza		Sign up by 1/12
Monday, January 19	CLOSED for HOLIDAY		All Day
Tuesday, January 20	Monthly Craft: Macrame Key Ring	10:00 am	\$3.00
Tuesday, January 20	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Wednesday, January 21	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, January 22	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, January 27	<i>Wheel of Fortune</i>	10:30 am	Join us for the game of guessing hidden phrases.
Thursday, January 29	Nickel Bingo	12:30 pm	5¢ per card
Friday, January 30	Groundhog Day Prediction		Will it be an Early Spring or Late Winter?
Tuesday, February 3	Nickel Bingo	12:30 pm	5¢ per card
Next Visit: June 24	MD Legal Aid: Staff will be present at the senior center	1:00 - 4:00 pm	Walk-In
Ongoing Monthly	Paint Projects: Craft Room Available	All Day - Except During Scheduled Craft Day	

NEW.....NEW.....NEW.....NEW.....NEW.....NEW.....NEW.....NEW.....NEW

A **NEW!** exercise class is starting soon.

Join us for a trial session of Chair Yoga for beginners – this is a yoga class modified for exercising from a chair.

The 10-12 week session will be a donation session scheduled for Friday mornings, 9:00 - 10:00 am, beginning Friday January 9<sup>th</sup>.

No mat needed. Please wear comfortable clothes and tie shoes.

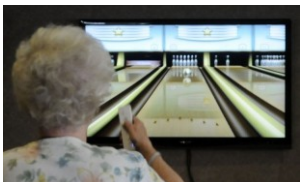


Do You Enjoy Walking  
Or Have You Been Thinking About  
Adding Walking to Your Routine ??

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

## CABIN FEVER DAY & CRAZY CLOTHING CONTEST



Thursday, January 15  
Contest begins at 11:30 am



RSVP for lunch by January 8th

Sick of winter weather? Join us for fun and laughs.



Create your own Crazy Clothes or Sweater...

Wear the sweater "Aunt Bitsy" gave you...

Wear your Pajama's or your clothes inside out... Just be CRAZY!

Followed by Puzzle Palooza @ 12:30 pm

## Puzzle Palooza

Join Us On Thursday, January 15th @ 12:45 pm

For a day of puzzling!



All puzzles have 500 pieces

Puzzle completion will be timed - Who can put the puzzle together the fastest



Teams of 2  
Sign-Up by 1/12



Will He or Won't He - - See his Shadow That Is

January 31st

Make your Groundhog Day Prediction

Early Spring or Long Winter





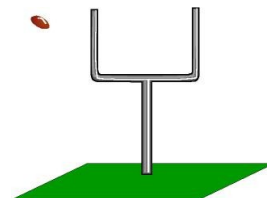
# Superbowl FUN

Friday, February 6 @ 12:00 pm

Join us for Superbowl Trivia and

Make your Pigskin Pick for this year's Winner!

RSVP for lunch by 1/30



BRAND CHEERLEADER



## Valentine's Luncheon

Friday, February 13

RSVP for lunch by Feb 6

Lunch begins at 12:00 pm



## Mardi Gras (or Fasnacht Day) Pancake Lunch

Tuesday, February 17

RSVP for Lunch by Feb 9

Lunch begins at 12:00 pm



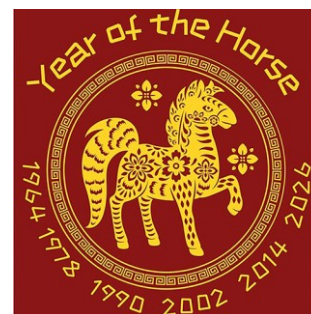
## Celebrate Lunar New Year

Thursday, February 26

RSVP for Lunch by Feb 19

Lunch begins at 12:00 pm

Welcome in the luck of the 4724th Lunar new year  
The year of the Horse





# January Craft Fun



**Macrame Key Rings**  
**Tuesday, January 20**  
**10:00 am - until finished**

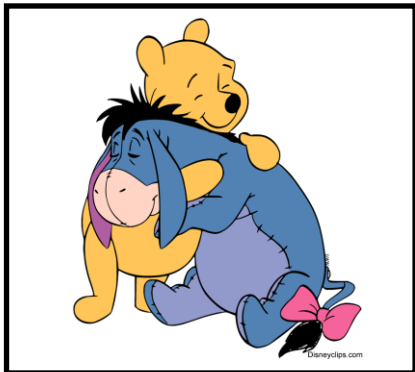
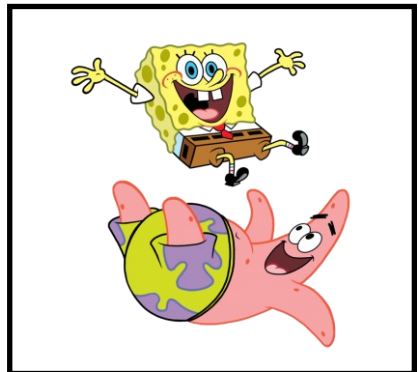
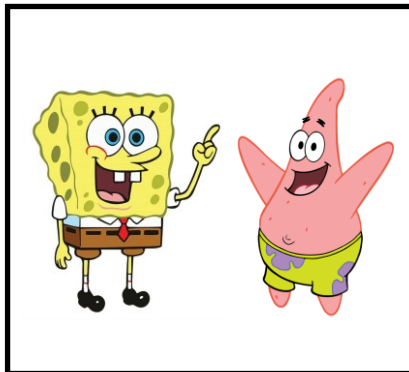
**Cost: \$3.00**

**Deadline to sign-up = Jan 13**

# Paintings for January

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)



## 2026 Dining with Diabetes Program

Join us for Dining with Diabetes, a diabetes education program for adults with type 2 diabetes or pre-diabetes and their families. Dining with Diabetes teaches healthy meal planning and other self-management skills.

The Dining with Diabetes program is offered as a series of four classes and one follow up class after three months. Each in-person session includes diabetes education and resources

This program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.

**Dates:** 2-12-2026  
3-12-2026  
4-9-2026  
5-14-2026  
8-13-2026

**12:00 pm**

**Contact Taneytown Senior Center  
to register: 410 386-2700**

If you need a reasonable accommodation to participate in any event or activity, please contact the educator at least two weeks prior to the event at 410 386-2700 Terry Serio

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

# Volunteering Opportunity

## Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2025 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.

We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested in volunteering, please contact  
Mike Deutsch at 443-789-8346



**TAX  
VOLUNTEERS  
WANTED**

# Inclement Weather Policy for Classes **ONLY**

## **Please Note: The Taneytown Senior Center is OPEN**

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

- The Carroll County Government Offices are closed then TSC is closed
- The Carroll County Government opens late or closes early then TSC opens late or closes early

### Chris Konior's Exercise Classes

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

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

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

#### Zumba Gold Class

If Carroll County Schools:  
are **CLOSED** - - Class is **CANCELLED**  
**OPEN LATE** (1-2 Hours) - - Class held as scheduled

#### Line Dance Class

If Carroll County Schools:  
are **CLOSED** - - Class is **CANCELLED**  
**OPEN LATE** (1-2 Hours) - - Class held as scheduled

#### Chair Yoga Class

If Carroll County Schools:  
are **CLOSED** - - Class is **CANCELLED**  
**OPEN LATE** (1-2 Hours) - - Class held as scheduled

#### Stained Glass Class

If Carroll County Schools:  
are **CLOSED** or **CLOSE EARLY** - - Class is **CANCELLED**  
**OPEN LATE** (1-2 Hours) - - Class held as scheduled

## Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN**,  
Monday-Friday, 8:00 am - 4:00 pm in inclement weather **UNLESS**:

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

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

- Modified meals may be served.
- Call your Senior Center to see if programs/classes have been cancelled.
- **Carroll Transit System (CTS)** may run on a modified schedule. Please call them to confirm or cancel your ride.

CTS: 410.386.5550

- Listen to local radio or TV stations (**WTTR, WBAL (11) or WJZ (13)**) for up to date information.

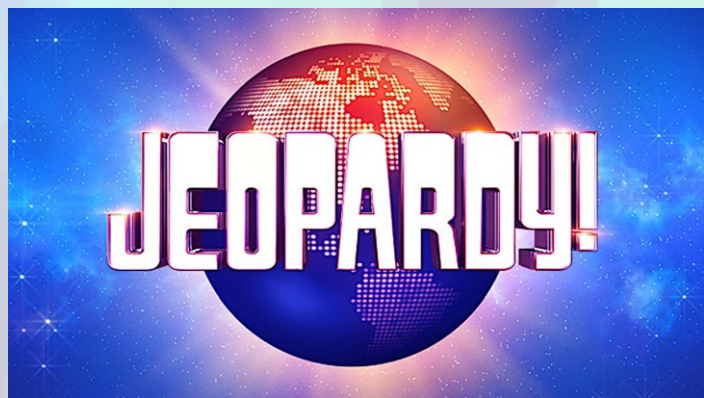
\*Please note- decisions regarding the operating schedules of the CC Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

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

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



# Come Play.....



**Wednesday, January 21**  
**10:30 am**

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

**Tuesday, January 27**  
**10:30 am**

Come play the game of guessing  
hidden phrases.

