

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>

February 2026

Center Hours

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

Center Closed

Monday, February 16



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 \$6.64.

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.**



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

February

Monday	Tuesday	Wednesday	Thursday	Friday
2) Pepper Jack Turkey Burger Broccoli Slaw Tropical Fruit Yogurt RSVP By 1/28	3) Indian Butter Chicken Brown Rice Kachumber Salad Mandarin Oranges RSVP by 1/29	4) Roast Beef Sandwich Honey Roasted Beets Cole Slaw RSVP by 1/30	5) All Beef Hotdog Baked Beans Cole Slaw RSVP by 1/29	6) Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad RSVP by 1/30 Super Bowl Party
9) Roasted Pork Dijon Sauce Mashed Potatoes Fruit Cocktail RSVP by 2/4	10) Italian Sausage & Cheese Sub Pepper & Onions Red Cabbage Slaw Yogurt RSVP by 2/5	11) Chicken Fricassee Rice Pilaf Mixed Vegetables Apple Slices RSVP by 2/6	12) Salisbury Steak Mushroom Gravy Roasted Potatoes Seasoned Greens Amish White Bean Salad RSVP by 2/9	13) Roast Beef & Aus Jus Mashed Potatoes Harvard Beets Green Bean Casserole Cherry Pie RSVP by 2/6 Valentine's Special
16) 	17) Pancakes & Sausage Egg & Cheese Omelet Roasted Potatoes RSVP by 2/10 Mardi Gras	18) Marry Me Chicken Lemon Rice Pilaf Green Beans Cinnamon Apple Slices RSVP by 2/12	19) Baked Potato Chili Con Carne Spinach Salad Applesauce RSVP by 2/12	20) Tuna Salad Sandwich Corn & Edamame Lentil Soup Applesauce RSVP by 2/17
23) Ham & Swiss Sub L,T,O,M Potato salad Cole Slaw Fruit Cocktail RSVP by 2/13	24) Turkey Ham Macaroni Salad Mediterranean White Bean Soup Pineapple Tidbits RSVP by 2/19	25) Tuna Noodle Casserole Chickpea & Tomato Salad Cinnamon Apples RSVP by 2/20	26) Lunar New Years from Fortune Star Restaurant Please make your reservations & meal selections by 2/19	27) Meatball & Cheese Sub Green Beans Mandarin Oranges RSVP by 2/24

SPECIAL NOTE:

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 full price \$6.64

Spouses of members 60+, 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: In April
12:30 - 3:45 pm	Bridge	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
February 16	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 Begins: In April
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 Begins: In April
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
February 17	Mardi Gras Special Lunch	By reservation; See page 3 for menu & meal cost	RSVP by 2/10
February 24	Monthly Craft: Macrame Heart	\$3.00	10:00 am; See Flyer
February 24	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

* All activities are subject to change without notice



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 Begins: In April
1:00 - 3:30 pm	Mahjongg	None	Weekly
1:30 - 3:30 pm	Cornhole No Experience Needed	None	Weekly; Join the Fun
February 18	Jeopardy	None	What is played at 10:30 am?
Next Visit: June 24	Legal Aid Staff will be at the senior center	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: In April
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
February 5	February Birthday Celebration	Sign Up for Lunch & Enjoy a Birthday Treat!	Monthly; 12:00 pm
February 5	Left, Right, Center Dice Game	Bring Your Nickels!	First Thursday Monthly; 12:30 pm
February 12	Member's Site Council Meeting 2nd Thursday	None	10:30 am; All members are encouraged to attend
February 12	Nutrition Talk with Terry Serio UMD/CC Extension Office	None	12:00 pm; No registration required
February 19	Bureau of Aging/Disabilities: Information & Assistance Appointments at TSC	None	To make an appointment, call 410-386-3800
February 26	Lunar New Year Special Lunch	By reservation; See page 3 for menu & meal cost	Make meal selection at time of sign-up; RSVP by 2/19
February 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.



Daily Activities

* All activities are subject to change without notice

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 The Class is Currently FULL; We are taking names for a Waitlist	\$35.00 for 6 weeks, includes materials	Weekly; New Session Begins: February 20
9:00 – 10:00 am	Chair Yoga	Donation Class; Donations up to \$30.00 for 10-12 weeks	Weekly; New Session Begins: In April
February 6	Superbowl Prediction Lunch	By reservation; See page 3 for menu & meal cost	Who do you think will win?; RSVP by 1/30
February 13	Valentine's Special Lunch	By reservation; See page 3 for menu & meal cost	Join us; RSVP by 2/6


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, February 3	Nickel Bingo	12:30 pm	5¢ per card
Thursday, February 5	February Birthday Celebration	12:00 pm	Sign up for lunch & enjoy a birthday treat!
Thursday, February 5	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, February 12	Member's Site Council Meeting	10:30 am	All members encouraged to attend
Thursday, February 12	Nutrition with Terry Serio	12:00 pm	Join us for a monthly Nutrition Program
Thursday, February 12	Nickel Bingo	12:30 pm	5¢ per card
Friday, February 13	Valentine's Special Lunch	12:00 pm	Join us; RSVP by 2/6
Monday, February 16	CLOSED for HOLIDAY		All Day
Tuesday, February 17	Mardi Gras Special Lunch	12:00 pm	
Tuesday, February 17	Nickel Bingo	12:30 pm	5¢ per card
Wednesday, February 18	<i>Jeopardy</i>	10:30 am	What Is Fun?
Thursday, February 19	Bureau of Aging/Disabilities: Information & Assistance	10:00 am	Free: To make appointment call 410.386.3800
Tuesday, February 24	Monthly Craft:	10:00 am	\$3.00
Tuesday, February 24	Left, Right, Center Game	12:30 pm	Bring your Nickels!
Thursday, February 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.
Thursday, February 26	Lunar New Year Special Lunch	12:00 pm	Make meal selection at time of sign-up
Thursday, February 26	Nickel Bingo	12:30 pm	5¢ per card
Tuesday, March 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

The  Chair Yoga exercise class start has been a great success.

Chair Yoga for beginners is a yoga class modified for exercising from a chair. The 10-12 week session is a donation session scheduled for Friday mornings, 9:00 - 10:00 am, beginning Friday January 9th and will continue with a new session in April.

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

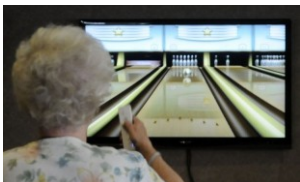


Do You Enjoy Walking
Or Have You Been Thinking About
Adding Walking to Your Routine ??

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



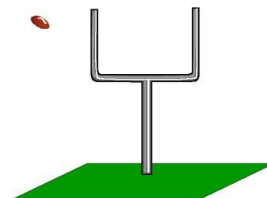
Superbowl FUN

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 10

Lunch begins at 12:00 pm



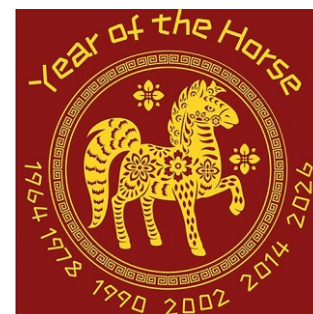
Celebrate Lunar New Year

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



February Craft Fun



Macrame Heart
Tuesday, February 24
10:00 am - until finished

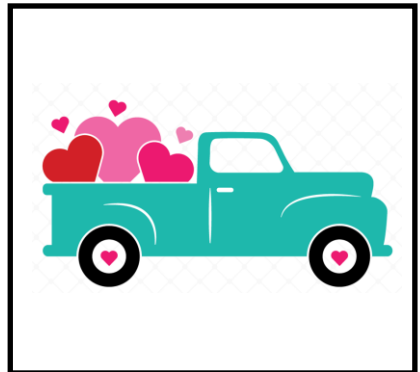
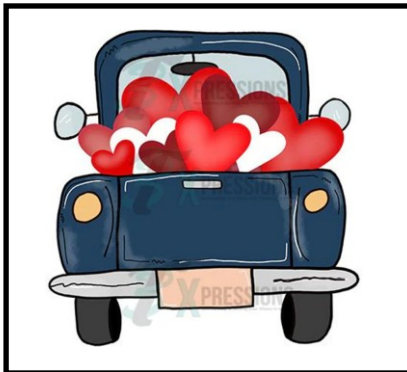
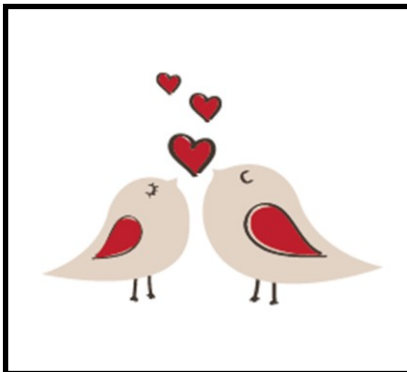
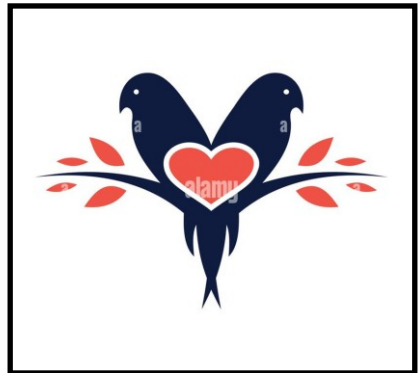
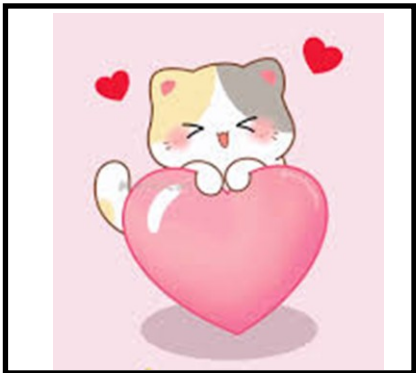
Cost: \$3.00

Deadline to sign-up = Feb 17

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.

Extra! Extra!

We're Going On A BUS TRIP

Join Us For A Day Out At

SIGHT & SOUND

HERSHEY FARM
RESORT

Taneytown Senior Center is going to see JOSHUA !

From the banks of the Jordan River to the towering walls of Jericho, JOSHUA is a miraculous adventure for the whole family. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. Called to replace Moses as their faithful leader, tensions mount in the midst of dwindling supplies and approaching armies. With one last fortified city standing between the Israelites and the Promised Land, unexpected help emerges from behind enemy lines and Joshua's trust in God's plan is put to the ultimate test. Followed by lunch at Hershey Farms Restaurant.

Saturday, May 9, 2026

Leave - 8:15 am

Return - 5:30 pm

Meet in Food Lion Parking Lot Park Closest to CVS

Cost: \$174.00 per person

Sign-Up & Payment Deadline = March 25, 2026

At Taneytown Senior Center

Cost is non-refundable except in cases of illness or family emergency

All others – refunds will be made if you find someone to purchase your seat

For More Info = Call 410-386-2700

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, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258, ada@cccarr.org, as soon as possible but no later than 72 hours before the scheduled event.

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, February 18
10:30 am

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

Thursday, February 26
10:30 am

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

