

## The Taneytown Senior & Community Center

The center is located at 220 Roberts Mill Road in Taneytown, MD 21787. The center is open Monday through Friday from 8 a.m. - 4:30 p.m. A well-balanced breakfast is served daily from 8:30 to 9:30 a.m. The cost for breakfast is a contribution up to \$2.00 for seniors 60 years and older. The cost for breakfast for those under 60 is \$2.00. A well-balanced lunch is served daily at 11:45 a.m. The cost of lunch is a contribution up to \$3.35 for seniors 60 years and older. The cost for those under 60 is \$3.35. Reservations must be made before 10 a.m. the day before you would like to join us for lunch. For more information about classes, activities or to reserve a meal, please call **410-386-2700**.

Directions to Taneytown Senior and Community Center: Turn onto Franklin Street from East Baltimore Street (Rt. #140). Franklin Street is by the Exxon gas station. Go to the stop sign. Turn left onto Roberts Mill Road – Taneytown Sr. Center is in the second block on your left.

### Special NOVEMBER 2009 Activities at the Taneytown Senior Center

**Tuesday, November 3: Free Blood Pressure Screening** Time: 9:30 am to 10:30 a.m.

**Wednesday, November 4: SITE COUNCIL MEETING** Time: 12:30 am **NEW TIME.**

**Friday, November 6 & 13: Hand and Foot Class** Time: 10:00 am to 11:30 a.m. Gerry Shipper will be teaching the card game Hand and Foot. It's a lot of fun!

**Monday, November 9: Massage Therapy** beginning at 9 am.  
Angie Wilhide will be providing this service. 15 mins - \$10.00, ½ hour \$25.00, 1 hour \$50.00.  
Massage Therapy will be available the second Monday and third Wednesday of the month.

**Tuesday, November 10: Site Council Veteran's Day Breakfast** the Site Council Breakfast will be today. Cost: \$3.50 Time: 8 a.m. to 10 a.m.

**Tuesday, November 10: 500 Card – Different Day because of the Senior Expo**  
Cards begin at 12:30 p.m.

**Wednesday, November 11: Center Closed for Veteran's Day**

**Thursday, November 12: Becky's Healthy Living Talk!** Time: 10:30 a.m.

**Thursday, November 12: Veteran's Day Lunch and Special Entertainment by the Senior Singers of Carroll County.** Time: 11:30 am to 1:30 a.m.

**Thursday, November 12: Nickle Bingo** at 1:30 p.m. Nickel Bingo is usually played the second Thursday of the month.

**Friday, November 13: Movie:** The feature will be advertised at the center. Time: 12:00 pm.

**Tuesday, November 17: Legal Aid:** Today. Legal Aid will be available in the living room. Please let the manager or assistant manager know if you'd like to meet with their representative.  
Time: 11:00 a.m.

**Thursday, November 19: Senior Information and Assistance** will available from 10 a.m. – Noon today. If you wish to have an appointment, please let Angie or Christy know in order to schedule an appointment time with Michelle.

**Thursday November 19: Terry Serio~ Nutrition for Life beginning at 11:00 a.m.**

**Wednesday, November 18: Massage Therapy beginning at 9 am.**

Angie Wilhide will be providing this service. 15 mins - \$10.00, ½ hour \$25.00, 1 hour \$50.00. Massage Therapy will be available the second Monday and third Wednesday of the month.

**Tuesday, November 24: The Country Jam Band will be performing at the Thanksgiving Celebration! Please sign-up in the lunch book for reservations by November 12<sup>th</sup>.**

**Thursday November 26: Center will be closed today.**

**Friday November 27: Center will be closed today.**

### **Weekly Classes at the Taneytown Senior Center**

#### **Club Lunch Ole`**

Classes are on Fridays starting at 10 a.m. The cost of the class is lunch at the center. The cost for lunch is a donation of up to \$3.35.

#### **Arthritis Foundation Exercise Class**

**Wednesdays**, from 12:30 – 1:30 p.m. –Cost: Free. Instructor: Chris Konior ~ This is an all encompassing exercise program. You don't have to have arthritis to join this exciting new program. You are welcome to join at any time.

#### **Better Health & Wellness for Seniors I**

This exercise class is moderately paced and is a complete workout. **Thursdays** from 9:30–10:30 am. Cost is \$20.00 for a 12-week session ~ Sponsored in part by Carroll Community College Office of Continuing Education. New session will begin December 10, 2009.

#### **EnhanceFitness**

**Mondays** from 12:30 p.m.-1:30 p.m. This session ends November 2, 2009. The cost of the class is \$20.00.

#### **Line Dance**

Learning new dances and enjoying favorites is all part of this program. All one needs for this program is a desire to dance! Yvonne Brandon and Karen Hebert are the enthusiastic instructors. Have no fear of dancing on **Tuesdays** from 9:30-11:00 a.m. Cost: donation. You are welcome to join at any time.

#### **Senior Fun and Fitness**

This is a fast paced exercise class that leaves one invigorated! **Wednesdays** from 10 a.m.–11 a.m. Cost: \$20.00 for a 12-week session. This exercise class is open to everyone 60 years of age or older. This class is sponsored in part by the Carroll Community College Office of Continuing Education. New session begins November 18, 2009

#### **Zumba Gold**

**Tuesdays** from 12:30 p.m.-1:30 p.m. New session begins December 1, 2009. The cost of the class is \$30.00. Come dance, exercise and enjoy!

## **Weekly Activities at Taneytown Senior & Community Center**

**Pinochle** is played on **Mondays** beginning at 9:30. If you don't know how to play, come and learn! Everyone seems to be laughing and smiling when they leave!

**Friday Pinochle** Everyone had so much fun on Mondays that they've decided to play on Fridays as well! Everyone begins to arrive at 9:30 am.

**Sewing & Quilting Club** is held on Thursdays at 9:30 am.

**Exercise Equipment is available daily. We have the NuStep recumbent stepper, treadmill, stationary bicycles, rowing machine, leg extension and leg curl machines and an ab machine.**

**Wii games available daily**

**Coffee and Conversation** available daily. Have a cup of tea or coffee with friends!

**Puzzles available daily**

**The Carroll County Bureau of Aging suggests that those interested in a physical activity program should consult with a medical professional before engaging in activities involving physical exertion or other implications that may be inappropriate for people with certain medical conditions. The Bureau of Aging may require program participants to sign an Informed Consent Agreement.**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. If you have questions, suggestions, or complaints, please contact Jolene Sullivan, the Carroll County Government Americans with Disabilities Act Coordinator, at 410-386-3600, 1-888-302-8978, and TT No. 410-848-9747. The mailing address is 10 Distillery Drive, First Floor, Suite 101, Westminster, MD. 21157.