

FRIDAY



- 8:00-4:00 Exercise Room Open
- 8:00-4:00 Computer Lab*
- 8:00-4:00 Puzzles, Cards, Games
- 8:00-4:00 Billiards
- 8:00-4:00 Library
- 8:00-4:00 Wii
- 11:30-12:30 Lunch (Donation up to \$3.35)

Site Council Meeting

May 25

9:00 A.M.

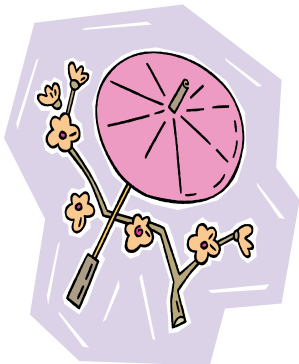
IN THE DINING ROOM

*When classes are not in session.

WEBSITE ADDRESS

<http://ccgovernment.carr.org/ccg/aging/centers.asp>

“Character is like the foundation of a house, below the surface.”



Carroll County Bureau of Aging
Taneytown Senior & Community Center
220 Roberts Mill Road
Taneytown, MD 21787



MAY
2012

Guests: Please sign in at the UPT Screen.....and enjoy your visit!!

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 Md. Relay 7-1-1/, 800-735-2258. The mailing address is 10 Distillery Drive, First Floor, Suite 101, Westminster, MD 21157.

Paul Garver, Center Manager
Christy Mullinix, Assist. Manager
Paul Garver, Editor

Senior Center: 410-386-2700
Bureau of Aging: 410-386-3800

Carroll Transit: 410-857-0080

Taneytown Senior Center Chatterbox

ISSUE #24

May 2012

THURSDAY

SENIOR GAME NIGHT OUT

Our first Senior Game Night Out will be on Tuesday, May 15, 2012 from 5:00 p.m. to 8:00 p.m. The evening will begin with Dinner at 5:00 p.m. featuring sub sandwiches, potato salad, coleslaw, fruit, fruit juice, 1% milk, and coffee. The cost is a donation up to \$3.35 for those 60 years old and older, participants under the age of 60 years old the cost is \$3.35. After dinner the center will remain open until 8:00 p.m. participants can play board games, cards, billiards, use the exercise equipment, use the computer lab and work on unfinished craft projects. Dinner reservations need to be made by Tuesday, May 8, 2012, for reservations and/or more information call 410-386-2700.

SITE COUNCIL MEETINGS

Site council meetings have been changed from the third Wednesday of the month at 1:30 p.m. to the third Friday of the month at 9:00 a.m. with the exception of the month of May, that meeting has been changed to the fourth Friday of the month (May 25) at 9:00 a.m.



NICKEL BINGO

May 10

12:30-4:00 P.M.

IN THE
DINING ROOM

MEMORIAL DAY PICNIC

MAY 31

11:30-1:30 P.M.

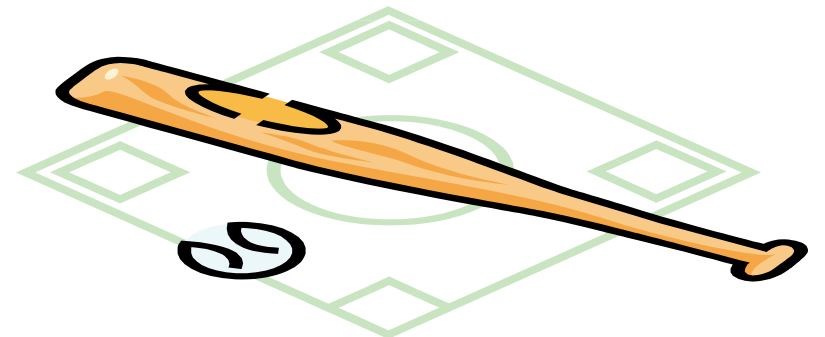
LUNCH 11:30 A.M.
HAMBURGERS & HOT
DOGS, BAKED
BEANS, COLESLAW,
FRESH APPLE,
HAM. / HOT DOG
ROLLS, CRANBERRY
JUICE, ICED TEA, 1%
MILK, COFFEE

MEMORIAL DAY
PROGRAM 12 NOON

R.S.V.P. BY:
MAY 21, 2012

- 8:00-4:00 Exercise Room Open
- 8:00-4:00 Computer Lab*
- 9:00-11:30 Sewing & Things - *New Participants Welcome*
- 8:00-4:00 Bingo, Cards, Games, Puzzles
- 8:00- 4:00 Billiards
- 8:00-4:00 Library
- 8:00-4:00 Wii
- 9:30-10:30 Better Health & Wellness For Older Adults
\$25-12 weeks Sponsored by CCC
New Session beginning 4/5/2012
- 11:30-12:30 Lunch (Donation for 60 years and older)
New session beginning 3/1/2011

* When classes are not in session.



WEDNESDAY

500 CARDS
MAY 9 12:30
- 3:30 PM IN THE
DINING ROOM

MASSAGE THERAPY
MAY 16
COST:\$10 FOR 10
MIN.\$20 FOR
20 MIN.
9:30 TO 11:30 AM
CALL:410-386-2700
FOR APPOINTMENT

- 8:00-4:00 Exercise Room Open
- 8:00-4:00 Computer Lab*
- 8:00- 4:00 Bingo, Cards, Games, Puzzles
- 8:00-4:00 Wii
- 9:30 Billiards League until 1:00 pm. **
- 10:00-11:00 Better Health & Wellness for Older Adults
 \$25-12 weeks Sponsored by CCC
New Session beginning 4/4/2012
- 11:30- 12:30 Lunch (Donation for 60 years and older)
- 12:30-1:30 Arthritis Exercise Class (Donation for 60 years and older.)

*When classes are not in session.
 **Non-league play after 2



Taneytown Senior Center Chatterbox

ISSUE #24

May 2012



SITE COUNCIL BREAKFAST

The Taneytown Site Council has a breakfast the second Tuesday of each month. The breakfast in April will be Tuesday, May 8th.. from 8:00 a.m. until 10:00 a.m. The cost is \$4.00 for all you can eat. The choices on the menu are as follows: Scrambled Eggs, Sausage, Biscuits with Chipped Beef Gravy, Pancakes (Plain or with Chip Beef Gravy), Waffles (Plain, Belgium, Chip Beef Gravy), Fruit, Juice, Coffee and Tea. The profits made from the breakfast is used by the Site Council to help defray the cost of classes and programs offered at the center. Due to limited space and the popularity of this fundraiser we recommend that you make a reservation at least 3 days in advance. For reservations call (410)-386-2700.

FALL PREVENTION TIP #2

Did you know that poor vision can increase your risk of falling? Have your eyes checked by an eye doctor at least once a year, or more often if you are having trouble with your vision. Seeing better can keep you safer.

CRIME PREVENTION TIP

Daring thieves have found a new way to steal gasoline. They puncture your gas tank and completely drain your gasoline. New gas tanks have to be purchased and installed, a very costly procedure. To avoid this problem, park your car in a garage, if that is possible, if not make sure that your parking space is well lighted and visible. thieves do not like to be seen as they do their dirty work.





SPECIAL

UP-COMING EVENTS



TUESDAY

Tuesday	May 1	9:30– 10:30	Blood Pressure Screening
Tuesday	May 8	8:00– 10:00	Site Council Breakfast
Tuesday	May 8	9:00– 10:00	Fall Prevention Talk
Wednesday	May 9	12:30– 4:00	500 Cards
Thursday	May 10	12:30– 3:30	Nickle Bingo
Thursday	May 15	11:30– 2:00	Mother’s Day Tea
Tuesday	May 15	5:00– 8:00	Senior Game Night
Wednesday	May 23	11:30– 12:30	Older Americans Banquet
Wednesday	May 23	12:30– 1:30	Country Music Show
Friday	May 25	9:00– 10:00	Site Council Meeting
Monday	May 28	CLOSED	Memorial Day Holiday
Thursday	May 31	11:30– 12:30	Memorial Day Picnic
Friday	June 8	11:30– 2:00	Strawberry Festival

NUTRITION CHATS
 May 10 (Thurs.) 10:30 am “The Power Of Tea”
 May 22 (Tues.) 10:30 am “Older Americans Food Changes”

COMPUTER CLASSES: Class size is small and the cost is low. Please contact Paul Garver, Center Manager, at 410-386-2701. Both beginner and advanced classes are offered. .

FREE
BLOOD PRESSURE
SCREENING

 MAY 1
 9:30 TO 10:30 A.M.
 IN THE DINING ROOM

SITE COUNCIL
BREAKFAST

 MAY 8
 8:00-10:00 AM.

SENIOR GAME NIGHT

 MAY 15
 5:00–8:00 P.M.
 .DINNER 5 P.M.
 SUB SANDWICHES

JEWELRY MAKING
CLASS

 MAY 22 9:30
 - 11:30 A.M.
 NECKLACE
 COST: \$10.00
 FOR RESERVATIONS
 CALL 410-386-2700

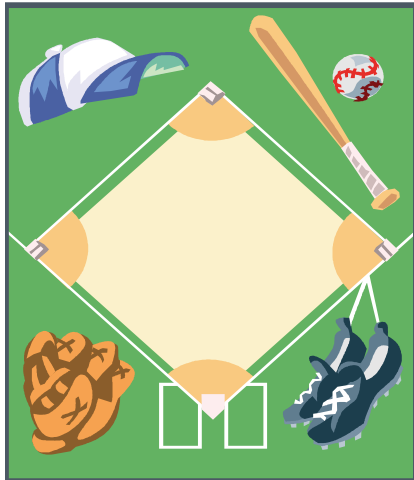
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- 8:00-4:00 Computer Lab*
- 8:00–4:00 Bingo, Cards, Games, Puzzles
- 8:00-4:00 Billiards
- 8:00-4:00 Wii
- 8:00-4:00 Library
- 10:00– 11:30 Line Dance class
- 11:30-12:30 Lunch (Donation 60 years and older)

* When classes are not in Session.

COMPUTER TRAINING

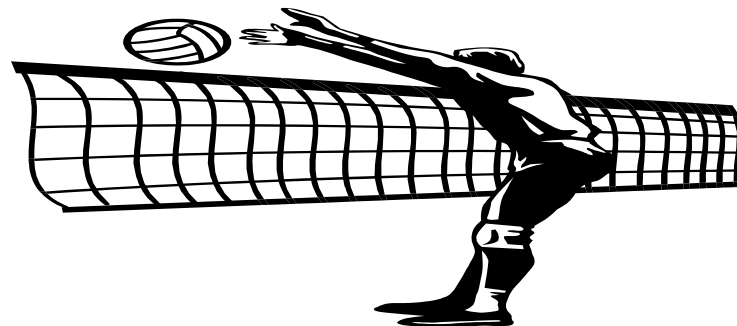
Beginning Tuesday, May 2, 2012 from 10:00 am. to 11:00 am. there will be computer training with Tom Van de Busche for anyone needing this service. This will be a drop in training time every Tuesday unless other wise posted. This will not be a class format but a one on one training. There is no cost for these sessions and no appointment necessary.

MONDAY



- 8:00-4:00 Exercise Room Open
- 8:00-4:00 Computer Lab*
- 8:00-4:00 Bingo, Cards, Games, Puzzles
- 8:00- 4:00 Billiards
- 8:00-4:00 Library
- 8:00-4:00 Wii
- 8:00-4:00 Pinochle
- 11:30-12:30 Lunch (Donation 60 years or older)
- 12:30-1:30 Better Health & Wellness Staying Fit
\$25- 12 sessions . Sponsored by CCC
New class begins 4/2/2012
- 1:00-4:00 Bridge

*When classes are not in session.



OLDER AMERICANS BANQUET/ HO DOWN

WEDNESDAY, MAY 23, 2012

LUNCH 11:30 A.M.

MENU: FRIED CHICKEN, GREEN BEANS,
MASHED POTATOES, GARDEN SALAD, FRUIT SALAD,
ROLLS, CAKE, FRUIT JUICE, COFFEE, ICED TEA , AND
1% MILK.

COUNTRY MUSIC ENTERTAINMENT BY:

RICHARD & MARTHA

1:00 TO 2:00 P.M.

MEAL RESERVATIONS NEED TO BE MADE BY

WEDNESDAY, MAY 16, 2012

FOR RESERVATIONS CALL (410)-386-2700.

MAY
MENU



1) PORK W/PLUM SAUCE
BAKED BEANS
YELLOW SQUASH
FRESH ORANGE
WHOLE WHEAT BREAD
GRAPE JUICE
1% MILK

2) SALISBURY STEAK
W/BROWN GRAVY
MASH SWEET POTATOE
SEASONED KALE
FRUIT COCKTAIL
FRENCH ROLL
ORANGE JUICE
1% MILK

3) BAKED HAM
W/DIJON MUSTARD SC.
SCALLOPED POTATO
GREEN BEANS
APPLESAUCE
CORN MUFFIN
CRANBERRY JUICE
1% MILK

4) SALMON BURGER
W/HONEY MUSTARD SC.
STEWED TOMATOES
NORTHERN BEANS
FRESH PEAR
WHOLE WHEAT BREAD
APPLE JUICE
1% MILK

Lunch Served 11:30 am
Assist. Ctr. Manager
Christy Mullinix
X2702

7) MEATBALLS
W/MARINARA SAUCE
PASTA SHELLS
SEASONED ZUCCHINI
DICED PEACHES
ITALIAN BREAD
ORANGE JUICE
1% MILK

8) MANDARIN CHICKEN
FRIED RICE
ORIENTAL VEGETABLES
MANDARIN ORANGES
OATMEAL BREAD
APPLE JUICE
1% MILK

9) ROAST BEEF
W/BROWN GRAVY
BLACK EYED PEAS
GREEN BEANS
FRESH APPLE
BUTTERMILK BISCUIT
CRANBERRY JUICE
1% MILK

10) BEEF STEW
BAKED POTATO
DICED TURKEY
CHEDDAR CHEESE
TOSSED SALAD
FRESH ORANGE
CRACKED ROLL
APPLE JUICE

11) ROASTED CHICKEN
W/GARDEN SAUCE
SEASONED CARROTS
RED POTATOES
APPLESAUCE
RYE ROLL
CRANBERRY JUICE
1% MILK

Advance notification
of changes will be given
when possible.
1% Milk served with all
meals.

14) CHICKEN PATTY
W/DIJON MUSTARD SAUCE
BUTTER BEANS
MIXED VEGETABLES
FRESH APPLE
OMEGA GRAIN BREAD
CRANBERRY JUICE

15) SLICED HAM, TURKEY
& SWISS CHEESE
COLESLAW
POTATO SALAD
TROPICAL FRUIT
SUB ROLL
ORANGE JUICE

16) CRUST WHITE FISH
MASH SWEET POTATO
SEASONED BROCCOLI
FRESH PEAR
RYE ROLL
ORANGE JUICE

17) ROAST CHICKEN
SCALLOPED POTATO
SEASONED PEAS
CHERRY APPLESAUCE
MULTIGRAIN ROLL
GRAPE JUICE
1% MILK

18) VEGGIE BURGER
W/ BBQ SAUCE
BAKED BEANS
SEASONED ZUCCHINI
PINE/MAND. ORANGES
HAMBURGER ROLL
ORANGE JUICE

RESERVATIONS
Are required 1 1/2 days in
advance of meal request.
Special Meals need 5 days
notice of meal request.
Cancellations:
Call 24 hrs. in advance
410-386-2700

21) BAKED CHICKEN
DRUMSTICKS W/GRAVY
LIMA BEANS
BABY CARROTS
DICED PEACHES
WHOLE WHEAT BREAD
APPLE JUICE
1% MILK

22) CHEESE LASAGNA
W/MEAT SAUCE
GREEN BEANS
ESCALOPED APPLES
ITALIAN BREAD
ORANGE JUICE
1% MILK

23) FRIED CHICKEN
GREEN BEANS
MASHED POTATOES
TOSSED SALAD
FRUIT SALAD
DINNER ROLL
ORANGE JUICE
1% MILK

24) ROAST TURKEY
BREAD DRESSING
SEASONED SPINACH
TROP. FRUIT SALAD
MULTIGRAIN ROLL
APPLE JUICE
1% MILK

25) BREADED POLLOCK
TARTAR SAUCE
AU GRATIN POTATOES
MIXED VEGETABLES
APPLESAUCE
WHOLE WHEAT BREAD
CRANBERRY JUICE
1% MILK

COST
The cost for the meal is
a donation up to \$3.35
for older adults 60
and older. The cost for
those under age 60
is \$3.35

28)
CLOSED
MEMORIAL DAY
HOLIDAY

29) PORK W/PLUM SAUCE
SCALLOPED POTATOES
GREEN BEANS
FRESH ORANGE
WHOLE WHEAT BREAD
GRAPE JUICE
1% MILK

30) STUFFED CABBAGE
MASH SWEET POTATO
SEASONED KALE
FRUIT COCKTAIL
FRENCH ROLL
ORANGE JUICE

31) HAMBURGER
HOT DOG
BAKED BEANS
COLESLAW
FRESH APPLE
HAM./HOT DOG ROLLS
CRANBERRY JUICE

