



Mt Airy Senior Center



Address:

703 Ridge Avenue
Mt Airy, MD 21771

Phone:

410.386.3960
301.829.2407

All Fridays
May 25 - August 30
The Center will be
Closing at 3:00 pm

Hours:

Monday-Friday
8:00 AM—4:00 PM

Email: Senior Center

mtairysc@carrollcountymd.gov

Email: Carroll County Government

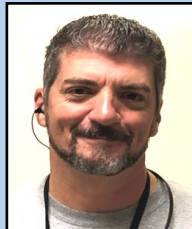
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager
Angie Walz



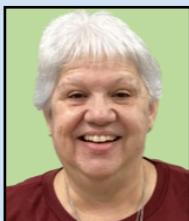
Center Assistant
Ann Palmisano



Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



July 2024

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
1 55+ Beef Stroganoff Reservation due Wednesday June 26th by 10:00 am	2 Roast Pork Loin Reservation due Thursday June 27th by 10:00 am	3 SPECIAL Cheeseburger & Hot Dog Reservation due Thursday June 27th by 10:00 am	4 HOLIDAY CLOSED	5 HOLIDAY CLOSED
8 Salisbury Steak Reservation due Wednesday July 3rd by 10:00 am	9 FOOD TRUCK BBQ Chicken Sandwich Reservation due Wednesday July 3rd by 10:00 am	10 Ham Reservation due Friday July 5th by 10:00 am	11 Italian Cold Cut Sub Reservation due Wednesday July 3rd by 10:00 am	12 Cheese Pizza Reservation due Tuesday July 9th by 10:00 am BINGO
15 Pot Roast of Beef Reservation due Wednesday July 10th by 10:00 am	16 Chicken Caccitore Reservation due Thursday July 11th by 10:00 am	17 Pepperjack Beef Burger Reservation due Friday July 12th by 10:00 am	18 Tuna Reservation due Monday July 15th by 10:00 am	19 Creamy Ranch Chicken Breast Reservation due Tuesday July 15th by 10:00 am
22 Meatball Sub Reservation due Wednesday July 17th by 10:00 am	23 Baked Potato Reservation due Tuesday July 16th by 10:00 am	24 Chicken Salad Reservation due Friday July 19th by 10:00 am	25 Pork Loin Reservation due Monday July 22nd by 10:00 am	26 FOOD TRUCK Meatloaf Reservation due Tuesday July 23rd by 10:00 am
29 Corned Beef Reservation due Wednesday July 24th by 10:00 am	30 Pasta Bake Reservation due Thursday July 25th by 10:00 am	31 Stuffed Green Peppers Reservation due Friday July 26th by 10:00 am		

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.09 (full cost of meal).
- ◆ Per grant requirements, those under 60 must pay the full price of \$6.09.
- ◆ Spouses of adults 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price \$6.09 & Box \$6.99

If enough reservations aren't made, the meal will not be ordered. Please support those who'd like to have a meal and order yours.

Reservations: Call: 410-386-3960 or 301-829-2407

Email: mtairysc@carrollcountymd.gov

July 2024

Boxed Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
1 55+ Curried Chicken Salad Reservation due Wednesday June 26th by 10:00 am	2 Cold Grilled Chicken Reservation due Thursday June 27th by 10:00 am	3 SPECIAL Chicken Salad Reservation due Thursday June 27th by 10:00 am	4 HOLIDAY CLOSED	5 HOLIDAY CLOSED
8 Bologna, Salami & Cheese Reservation due Wednesday July 3rd by 10:00 am	9 FOOD TRUCK Tuna Reservation due Wednesday July 3rd by 10:00 am	10 Cold Fried Chicken Reservation due Friday July 5th by 10:00 am	11 Egg Salad Reservation due Wednesday July 3rd by 10:00 am	12 Turkey Sandwich Reservation due Tuesday July 9th by 10:00 am BINGO
15 Curried Chicken Salad Reservation due Wednesday July 10th by 10:00 am	16 Cold Grilled Chicken Reservation due Thursday July 11th by 10:00 am	17 Chicken Salad Reservation due Friday July 12th by 10:00 am	18 Ham & Cheese Reservation due Monday July 15th by 10:00 am	19 Turkey Cranberry Salad Reservation due Tuesday July 15th by 10:00 am
22 Bologna, Salami & Cheese Reservation due Wednesday July 17th by 10:00 am	23 Tuna Reservation due Tuesday July 16th by 10:00 am	24 Cold Fried Chicken Reservation due Friday July 19th by 10:00 am	25 Egg Salad Reservation due Monday July 22nd by 10:00 am	26 FOOD TRUCK Turkey & Cheese Reservation due Tuesday July 23rd by 10:00 am
29 Curried Chicken Salad Reservation due Wednesday July 24th by 10:00 am	30 Cold Grilled Chicken Reservation due Thursday July 25th by 10:00 am	31 Chicken Salad Reservation due Friday July 26th by 10:00 am		




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Email: mtairysc@carrollcountymd.gov

Upcoming Special Events

Program	Date	Time	Cost
4th of July Picnic Lunch	Wednesday July 3	11:30 am	See Menu
Center Closed	Thursday & Friday July 4 & July 5		
Crafts Galore	No Crafts Galore in July		
Farmers Market Voucher Distribution	Monday July 8	9:00 to 11:00 am	See Flyer
Senior Information and Assistance	Doesn't come in July		
<u>Eat One -Take One</u> * Sign up & eat lunch with us	Tuesday July 9	11:30 am 1:00 pm	See Menu Donation for lunch Free Food Truck Meal
Center will be opening @ 11:00 am	Thursday July 11	Opening at 11:00 am	Building Maintanance
	Friday July 12	Beginning at 10:00 am	
	Friday July 12	12:30 pm	\$1.00 per card
Center Closing at 3:00 pm	Friday July 12	Center will be open 8:00 am - 3:00 pm	
 Bagel Fest	Monday July 15 Last sign up day Friday, July 12	Beginning at 9:00 am	State Bagel & Cream Cheese Choice \$2.00 Due at sign up
Site Council	Monday July 15	10:30 am	
Center Closing at 3:00 pm	Friday July 19	Center will be open 8:00 am - 3:00 pm	
SWAP DAY	Tuesday July 23	Beginning at 10:00	Bring what you'd like to swap. If it doesn't "go", you will take it back home!
Christmas in July	Thursday July 25	11:00 am Bows 11:30 am Kis-mas Lunch Break Special Dessert	See Lunch menu
<u>Eat One -Take One</u> * Sign up & eat lunch with us	Friday July 26	11:30 am	See Menu Donation for lunch Free Food Truck Meal
Center Closing at 3:00 pm	Friday July 26	Center will be open 8:00 am - 3:00 pm	



**We're celebrating Christmas in July !
Thursday
July 25th**

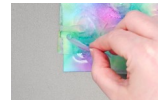
**Come join us to get inspired
for making your season brighter in
December with plenty of lead time!**



. 9:00 am Kiss-mass project with Ann & Angie



. 10:00 am Card Making with Sandra



. 11:00 am Bow Making with Mary Ruggeri



**. 11:45 am Lunch Break—Sign up for lunch before
10:00 am on Monday July 22**

. 12:30 pm Special Dessert

Arthritis Exercise will begin at 1:00 pm today!

Special Meals in July:

- **4th of July Picnic Lunch Wednesday July 3**
- **Lunch & Food Truck Special Tuesday July 9**
- **Lunch & Food Truck Special Friday July 26**

Special Events in July:

- **Center Closed** Thursday July 4 and Friday July 5
- **Farmer's Mkt Voucher Distribution** Monday July 8 9:00-11:00am See flyer for more information
- **Building Closed from 8:00-11:00 am** Thursday July 11 for maintenance
- **Sing A-long** Friday July 12 @ 10:00 am
- **Bingo** Friday July 12 @ 12:30 pm
- **Bagel Fest** Monday July 15 @ 9:00 am
- **Site Council Meeting** Monday July 15 @ 10:30 am
- **SWAP Day** Tuesday July 23 10:00 am-2:00 pm
Bring things you'd like to SWAP with someone or give away. Find a treasure. What doesn't "go" will be donated
- **Carding w/Sandra** Thursday July 25 @ 10:00am
- **Bow Making w/Mary** Thursday July 25 @ 11:00 am
- **Christmas in July Lunch & Special Dessert**
Thursday July 25
- **Center Closes all Fridays @ 3:00 pm**

Daily Activities

MONDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Monday Yoga Karen Boger	10:30 am - 11:30 am	Ongoing	\$30.00
Lunch	11:45 am	Ongoing	See Menu
Bagel Fest	9:00 am	Monday July 15	\$2.00 / Bagel Last sign up Friday, July 12
Site Council	10:30 am	Monday July 15	
Line Dance Class Candy Ranlet	12:30 pm	Ongoing	Donation up to \$30.00 Sponsored by Koons
Afternoon Games	12:30 pm	Ongoing	None
Farmers Market Voucher Distribution	9:00 am-11:00 am	Monday July 8	See Flyer

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.

Daily Activities

TUESDAY

Program	Time	Session	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Lunch	11:45 am	Ongoing	See Menu
Strength & Mobility with Jenni Combs	9:00 am - 10:00 am	Ongoing	Donation Not Free
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation Not Free
<u>Lunch & Food Truck</u> <u>Eat One -Take One</u> * Sign up & eat lunch with us	Begins 11:30 am	Tuesday July 9	See Menu
SWAP Day	10:00 am-2:00 pm	Tuesday July 23	None
Rummikub	12:30 pm	Ongoing	None
Mah Jongg	1:00 pm - 3:30 pm	Ongoing	None

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.

Daily Activities

WEDNESDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Drawing & Painting Mary Streaker	9:00 am - 11:00 am	Ongoing	\$30.00
Yoga 2 Karen Boger	10:30 am	Ongoing	\$30.00
July 4th Celebration	11:30 am	Wednesday July 3	See Menu
Trip	9:15 am - 6:15 pm	Wednesday July 17	See Flyer
Rummikub	12:30 pm	Ongoing	None
Mahjong	12:00 pm	Ongoing	None
Katie's Exercise	12:30 pm - 1:30 pm	Ongoing	Donation Not Free Sponsored by Koons Toyota
Zumba with Katie	1:35 pm	Ongoing	Donation Not Free Sponsored by Koons Toyota

Daily Activities

THURSDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Itch to Stitch Needlework, Crochet, and Knitting Group	9:00 am - 11:00 am	Ongoing	None
Blood Pressure Screening	9:00 am - 11:00 am	3rd Thursday of the month	None
Tap Dancing Pat Chalk	9:00 am - 11:00 am	Ongoing	\$30.00
Rummikub	12:30 pm	Ongoing	None
Arthritis Exercise	12:30 pm	Ongoing	
4th of July	Center Closed		
Center opening at July 11	11:00 am	Maintenance	Maintenance
Christmas in July	July 25		See Flyer

Daily Activities

FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 2:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 2:45 am	Ongoing	None
Billiards	8:00 am - 2:45 pm	Ongoing	None
Puzzles	8:00 am - 2:45 pm	Ongoing	None
Lending Library	8:00 am - 2:45 pm	Ongoing	None
Computer Lab	8:00 am - 2:45 pm	Ongoing	None
Quilting with Friends	9:00 am - 11:00 am	Ongoing	None
Tai Chi Toni Minkel	10:30 am - 11:30 am	Ongoing	\$30.00
Center Closed	July 5		
Sing Along	July 12 10:00 am		None
Bingo	July 12 12:30 pm		\$1.00 per card
<u>Lunch & Food Truck</u> <u>Eat One -Take One</u> * Sign up & eat lunch with us	Begins 11:30 am	Friday July 26	See Menu
Center Closes @	3:00 pm	Every Friday	

SENIOR FARMERS MARKET VOUCHER TICKETS

PLEASE Read Completely

Once again, the Carroll County Bureau of Aging and Disabilities is participating in the Senior Farmers Market Program

JULY 2024

Will be distributed at following locations:

Mt Airy Senior Center:	Monday, July 08	9:00am to 11:00am
North Carroll Senior Center:	Tuesday, July 09	9:00am to 11:00am
South Carroll Senior Center:	Wednesday, July 10	9:00am to 11:00am
Taneytown Senior Center:	Thursday, July 11	9:00am to 11:00am
Westminster Senior Center:	Friday, July 12	9:00am to 11:00am

Please contact the respective centers if you have any questions
Mt. Airy (410-386-3960); North Carroll (410-386-3900); South Carroll (410-386-3700);
Taneytown (410-386-2700); Westminster (410-386-3850).

Eligibility Requirements: In order to receive Farmers Market Vouchers, you must reside in Carroll County and meet the following financial qualification. You must also show proof of residence. Please bring a Drivers License or Photo ID.

Qualified Seniors, age 60 and over are eligible to receive 1 Pre-Paid Debit Card (\$50.00 value)- Please note that this is a change from the \$5 vouchers used in the past.

Household Size	Federal Poverty Guidelines – 185%				
	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728

Tickets are limited, this is a first come, first served event.

By signing the application, you are legally certifying that you meet the requirements and have only received 1 Pre-Paid Debit Card.

It is very important that if you take a Farmers Market Debit Card that you use the card by November 30, 2024.



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 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@ccg.car.org

Just for Fun

Tuesday July 23



Bring in things you'd like to swap or give away. Everything must be clean. We'll be in the dining room. Folks will be able to enjoy giving things away and/or taking home new treasures.

10:00 am - 2:00 pm

What doesn't find new homes, goes back home with you or you take it to the dumpster!

FREE EVENTS

Fresh Conversations is a Nutrition Program

This will be a [6]-part series with one session monthly beginning on May and running through October. Sign-up at Mt. Airy Senior Center.

Room: Lunch Room

Time: 11:30 am

- **Inflammation:** May 16, 2024
- **Healthy Foods, Healthy Brain:** June 20, 2024
- **Go with Your Gut Bacteria:** July 18, 2024
- **Should You Worry About Vitamin D Deficiency?**
August 15, 2024
- **Dairy Case Dilemma: Is It Really Milk?** September 19, 2024
- **Are Healthy Bones Important?** October 17, 2024



FRESH
CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.

Terry Serio 410-491-7477

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

UNIVERSITY OF
MARYLAND
EXTENSION



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.

The Carroll County Bureau of Aging and Disabilities would like to invite you to join us for:
Senior Day at the 4-H Fair



August 1, 2024

Featuring
 the musical talents of
Larry Gray



Larry Gray has enjoyed playing guitar for over 50 years, and hopes to get it right one of these days! He sings and plays guitar with the local band Exit Strategy, and shares his music as a volunteer at senior living and nursing facilities around Carroll County. His repertoire includes acoustic and electric music in a variety of styles and genres, including classic rock, 50s rock and roll, country, blues, pop and more.

Schedule of Events

<u>Thursday, August 1st</u>	<u>Friday, August 2nd</u>
7:30 - 8:30 am - Senior exhibits may be entered in Blizzard Hall. For pre-registrations information, you may contact your local senior center. Pre-registrations will be accepted from Monday, July 29, 2024 through Wednesday, July 31, 2024 at 1:00 pm. Pre-registrations are limited to 5 per person.	9:00 am - 11:00 am - Senior Exhibits open for display Noon - Senior Exhibits Released Note: All exhibits must be picked up at the fair on Friday Aug 2 between Noon and 1:00 pm. Items not picked up by 1:00 pm will be taken to the Bureau of Aging & Disabilities - 125 Stoner Ave, Westminster, MD 21157 to be picked up beginning Aug 7th.
9:00 to 11:30 am - Judging of senior entries	Contact your local senior center for entry rules, exhibit categories, registration paperwork or questions.
11:30 am - Senior exhibits open for display until 10:00 pm and Friday, August 4, 9:00- 11:00 am	Mt Airy - 410-386-3961 North Carroll - 410-386-3900 South Carroll - 410-386-3700 Taneytown - 410-386-2700 Westminster - 410-386-3850
12:30 - 1:30 pm - Entertainment by Larry Gray under the big white tent!! Refreshments will be served.	
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 as soon as possible but no later than 72 hours before the scheduled event. Email: ada@carrollcountymd.gov	



Senior Center Trips

If you are a Senior Center member, you may participate in any of the Senior Center trips. Please contact the Senior Center for more details.

2024 Trips: Must complete Mount Airy Senior & Community Center Emergency Trip Information Form (2 sided) if you haven't filled one out before or your information has changed.

Senior Center Trips for 2024

<u>Senior Center</u>	<u>Date of Trip</u>	<u>Trip Description</u>	<u>Cost</u>	<u>Sign up Information</u>
Mt Airy 410.386.3960	July 17 9:15 am-6:15 pm	Jukebox Jive Lunch @ Dienners	\$105.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	Aug 14 9:30 am- 5:30 pm	Crab Feast Suicide Bridge	\$90.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	Aug 19 9:00 am -5:30 pm	Rocky Gap Casino	\$35.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	September 12	Day in St Michaels Lunch @ Crab Claw Time in town & Boat Ride on the Patriot	\$120.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	October 24	Dutch Apple Theatre Hairspray	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	November 6	Riverside Center Carole King Musical	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	December 5	American Music Theater Joy to the World Lunch @ Dienners	TBD	Carol Wilson 301-829-8926

Here's the schedule for 2024 trip planning

127th Carroll County 4-H & FFA Fair
July 27th - August 2nd 2024

Senior Day at the 4H Fair
August 1, 2024



Wood Working



Quilting



Knitting



Photography



Crocheting



Sewing

Bring your entries to the center Wednesday, July 31 by 3:00 pm or bring them to the fair between 7:30 - 8:00 am