



HELLO February

2025



Mt Airy Senior Center

703 Ridge Avenue
Mt Airy, MD 21771

Phone:

410.386.3960

301.829.2407

Hours:

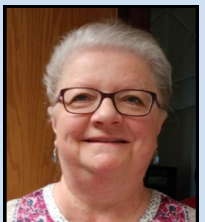
Monday-Friday
8:00 AM—4:00 PM

Email: Senior Center

mtairysc@carrollcountymd.gov

Email: Carroll County Government

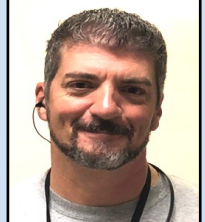
- www.carrollcountymd.gov
- [Scroll down to horizontal icons](#)
- [Use arrows to go right](#)



Center Manager
Angie Walz



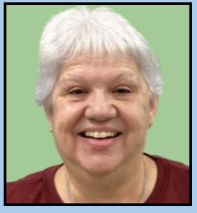
Center Assistant
Ann Palmisano



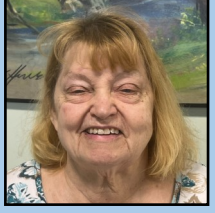
Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt




Corresponding Secretary
Sandra Whitaker



February 2025

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
3 55+ Chicken Cordon Blue Sandwich Reservation due Wednesday January 29th by 10:00 am	4 BBQ Pork Loin Reservation due Thursday January 30th by 10:00 am	5 Chicken Poppyseed Casserole Reservation due Friday January 31st by 10:00 am	6 Meatloaf Reservation due Monday February 3rd by 10:00 am	7 Pork Loin Reservation due Tuesday February 4th by 10:00 am
10 BBQ Beef Rib Patty Reservation due Wednesday February 5th by 10:00 am	11 Chicken Breast Reservation due Thursday February 6th by 10:00 am	12 Salisbury Steak Reservation due Friday February 7th by 10:00 am	13 White Bean Chicken Chili Reservation due Monday February 10th by 10:00 am	14 SPECIAL Roast Round of Beef Reservation due Monday February 10th by 10:00 am BINGO
17 HOLIDAY PRESIDENT'S DAY	18 Chicken Breast Reservation due Thursday February 13th by 10:00 am	19 Baked Potato Reservation due Wednesday February 12th by 10:00 am	20 Pot Roast Reservation due Friday February 14th by 10:00 am	21 Chicken Caccitore Reservation due Tuesday February 18th by 10:00 am
24 SUBDAY Ham Sub Reservation due Tuesday February 18th by 10:00 am	25 Tuna Reservation due Thursday February 20th by 10:00 am	26 Creamy Ranch Chicken Reservation due Friday February 21st by 10:00 am	27 Meatball Sub Reservation due Monday February 24th by 10:00 am	28 Chicken Breast Paprika Reservation due Tuesday February 25th 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 \$6.99.

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

February 2025

BOX Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
3 55+ Bologna, Salami & Cheese Reservation due Wednesday January 29th by 10:00 am	4 Tuna Reservation due Thursday January 30th by 10:00 am	5 Cold Fried Chicken Reservation due Friday January 31st by 10:00 am	6 Egg Salad Reservation due Monday February 3rd by 10:00 am	7 Turkey & Cheese Reservation due Tuesday February 4th by 10:00 am
10 Curried Chicken Salad Reservation due Wednesday February 5th by 10:00 am	11 Cold Grilled Chicken Reservation due Thursday February 6th by 10:00 am	12 Chicken Salad Reservation due Friday February 7th by 10:00 am	13 Ham & Cheese Reservation due Monday February 10th by 10:00 am	14 Turkey Cranberry Salad Reservation due Monday February 10th by 10:00 am BINGO
17 HOLIDAY PRESIDENT'S DAY	18 Tuna Reservation due Thursday February 13th by 10:00 am	19 Cold Fried Chicken Reservation due Wednesday February 12th by 10:00 am	20 Egg Salad Reservation due Friday February 14th by 10:00 am	21 Turkey & Cheese Reservation due Tuesday February 18th by 10:00 am
24 Curried Chicken Salad Reservation due Tuesday February 18th by 10:00 am	25 Cold Grilled Chicken Reservation due Thursday February 20th by 10:00 am	26 Chicken Salad Reservation due Friday February 21st by 10:00 am	27 Ham & Cheese Reservation due Monday February 24th by 10:00 am	28 Turkey Cranberry Salad Reservation due Tuesday February 25th by 10:00 am
				

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Email: mtairysc@carrollcountymd.gov

Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are OPEN at 8:00 am in inclement weather UNLESS:

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

The 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

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

For info on closures and delays listen to local radio or TV stations, visit the Carroll County Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.

MASC Class Instructor Inclement Weather Policies

- ♦ **Yoga & Dance Fit Classes** with Karen Boger: **NO CLASS** if **Schools** are closed or if Schools open 2 hours late
- ♦ **Arthritis Exercise** with **Chris Konior**: **No Class** if **Schools** are closed or they have an early dismissal.
- ♦ **Katie's Classes** with **Katie Bernstein**: **No Class** if **Schools** are closed or they have an early dismissal.

Upcoming Special Events

Program	Date	Time	Cost
AARP Tax Prep	Tuesdays February 4 - April 1	8:00 am to 2:00 pm	By Appointment Only
 Bagel Fest	Monday February 10 Last sign up day Friday, February 7	9:00 am	State Bagel & Cream Cheese Choice \$2.00 Due at sign up
Special Art Project	Friday February 10	Beginning at 11:00 am	None
Coffee & Conversation With Snacks	Tuesday February 11 & 25	9:30 am	None
Blood Pressure Check	Thursday February 13	Beginning at 10:00 am	None
Valentine Dance	Thursday February 13	Begins after lunch	None
	Friday February 14	Beginning at 10:00 am	None
	Friday February 14	12:30 pm	\$1.00 per card
Valentine Lunch 	Thursday February 14	Beginning at 11:00 am	Donation
Center Closed 	Monday February 17		
Senior Center Book Club	Tuesday In Dining Room February 18	10:00 am	None
Swap Day 	Tuesday February 18	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Legal Aid	Wednesday February 19	1:00 - 4:00 pm	None
Coffee and Conversation With Snacks	Tuesday February 11 & 25	9:00 am	None
Special Grief Support Group	Friday February 28	12:30 pm	None

Lost, Found, Needed & Info

Found: If you lost a necklace or a brooch, please come in and describe it to either Angie or Ann. If it's yours, we'll be happy to return it to you!

Volunteering Opportunities

Kitchen Volunteers needed **Monday , Tuesday & Friday:** Help prep lunch, serve and cleanup after meal. It will be really appreciated!

Front Desk Volunteers needed! You're the first person folks see and meet when they come into the center. Your greeting and smile make all the difference in welcoming all those who come into the center.

Volunteers to lead a craft or writing project of their choice! If you are able to share/lead a small group who would sign up in advance to have an hour or two of creative fun– please let us know!

Hand and Foot card game players! Folks have asked if there is anyone who would play Hand and Foot on a scheduled basis. If folks come, the scheduling of playing can be determined. This would add FUN to the scheduled activities here at the center.

Volunteers are needed to read a short skit/play: There are a few short skit type plays that are humorous for an audience to enjoy. Nothing has to be memorized. A one time read thru maybe helpful but not necessary. Again, this would add FUN to the center.

At least 2 closet organizers:

We're looking for several able bodied volunteers to help organize center decorations into a usable scenario to allow changing of holiday and seasonal decorations in a safe manner allowing everyone to know what is available to use as decorations. It's a big ask!

Decoration Helpers: If you have ideas for decorating the center, like making decorations and enjoy holidays, this is the volunteer job for you!

Helping with Trip forms: Someone who is a bit detail oriented is needed to help with the trip forms.



Special Meals in February:

- **Valentine Roast Round Beef Lunch**
Friday February 14



Special Events in February:

- **AARP Tax Prep** Tax Prep by appointment only 8:00 am - 2:00pm
Tuesdays, February 4 - April 1, 2025
- **Crafts Galore** We need volunteers for Crafts Galore!
- **Capture the Flavor** Terry Serio Thursday,
February 9 @ 10:00 am
- **Bagel Fest** Monday, February 10 @ 9:00 am
(Last day to sign up Friday, February 7)
- **Special Craft Project**: February 10 @ 11:00 am
- **Coffee & Conversation** Tuesday, Feb. 11 & 25 @ 9:30 am
- **Valentine Dance** Thursday, February 13 After lunch
- **Sing A-long** Friday, February 14 @ 10:00 am
- **Bingo** Friday, February 14 @ 12:30 pm
- **Center Closed** February 17—Presidents Day
- **SWAP Day** Tuesday, February 18 @ 10:00 am-2:00 pm
Bring **CLEAN** things you'd like to SWAP with someone or give away.
Find a treasure. What doesn't "go" will be donated to a thrift shop or
dumpster. If possible, be here to help cleanup.
- **Book Club**: February 18 @ 10:00 am
- **Legal Aid** Wednesday, February 19 @ 1:00 - 4:00 pm
- **Special Grief Support Group**: Friday, February 28

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 February 10	\$2.00 / Bagel Last sign up Friday, February 7
Special art project	10:00 am	Monday February 10	None
Center Closed	Presidents Day	Monday February 17	
Line Dance Class Candy Ranlet	12:30 pm	Ongoing	Donation up to \$30.00 Sponsored by Koons
Games	12:30 pm	Ongoing	None

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
AARP Tax Prep	8:00 am - 2:00 pm	By Appointment Only	
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
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation
NEW: Coffee & Conversation with donuts	9:30 am	February 11 & 25	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	February 18	None
NEW: Senior Center Book Club	10:00 am	February 18	In Dining Room
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
Sr Information and Assistance	10:00—11:00 am	Second Wed of the month	None
Yoga 2 Karen Boger	10:30 am	Ongoing	\$30.00
Rummikub	12:30 pm	Ongoing	None
Mahjong	12:00 pm	Ongoing	None
Katie's Exercise	12:30 pm -1:30 pm	Ongoing	Sponsored by Koons Toyota
Zumba with Katie	1:35 pm	Ongoing	Sponsored by Koons Toyota
Legal Aid	1:00 - 4:00 pm	Wednesday February 19	None

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
Strength & Mobility Jenni Combs	10:45	Ongoing	\$30.00
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	Ongoing	\$30.00
Rummikub	12:30 pm	Ongoing	None
Capture the Flavor	10:00 am	Terry Serio February 9	None
BP Screening	10:00 am	3rd Thursday of the month	None
Valentine Dance	Begins after lunch	February 13	None

Daily Activities



FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 am	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
Quilting with Friends	9:00 am - 11:00 am	Ongoing	None
Tai Chi Toni Minkel	10:30 am - 11:30 am	Ongoing	\$30.00
Sing Along	February 14 10:00 am		
Bingo	February 14 12:30 pm		\$1.00 per card
<u>This Month only!</u> <u>Special Grief Support</u> <u>Group</u>	Friday 12:30 pm	February 28	None



COFFEE & CONVERSATION

Tuesday - **February 11th**

&

Tuesday - **February 25th**

In the Dining Room

Begins @ **9:30 am**

Join anytime

Coffee

&

Snacks

Clean Those Windshield Wipers

If you've been putting off cleaning your windshield wipers, this is the remedy for you. All you need to do is soak a clean white rag with your preferred window cleaner and wipe the wipers with it.

You will see the dirt on the rag and be able to have a clear view even when it rains. Another method you can use is to use rubbing alcohol.

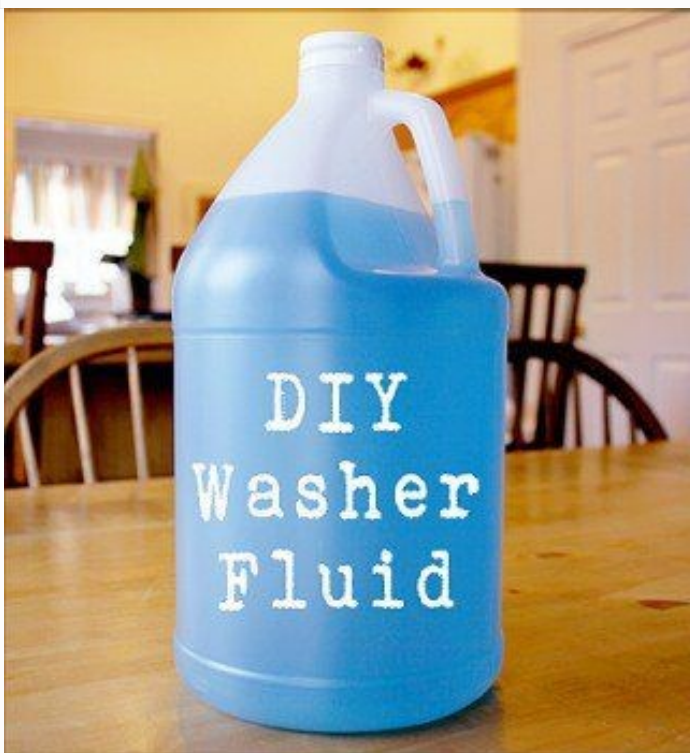
Rubbing alcohol will remove all the debris from the wipers and help in maintaining an abrasive-free clean. It also enables you to eliminate excess grime from the blades, removing any previously existing squeaky noise.

Make your own washer fluid

Commercial washer fluids do cost money. Further, they may contain chemicals that are harmful to both health and the environment. So instead of buying one, you can make your own washer fluid from ordinary household items.

You only need at least 4 cups of water, two teaspoons of dishwashing detergent, and a tablespoon of baking soda. Mix everything and place in an empty bottle and spray away to remove the dirt and grime off your car.

This DIY washer fluid works on any surface and since it is natural, it does not destroy fabric, leather, or paint.



Just for Fun

Tuesday - February 18

Please do not
bring
Clothing

WANT to
SWAP?

Please do not
bring
Broken Items

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 it is donated to a thrift shop or the dumpster.

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.

2025 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.



Trips are not scheduled
January thru March due to inclement weather potential

Senior Center Trips 2025

<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	April 17	Dutch Apple Theater Fiddler on the Roof	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	May 22	Sight & Sound Noah	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	June	TBD	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	July 3	Totem Pole 9 to 5 Lunch @ Hickory Bridge	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	August 27	Totem Pole Neil Diamond Tribute Lunch @ Hickory Bridge	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	September 16	By Land & Sea Naval Academy	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	October 22	Dutch Apple Theater A Chorus Line	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	November	TBD	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	December 11	American Music Theater Deck the Halls	TBD	Carol Wilson 301-829-8926