



**Mt Airy
Senior
Center**



Address:

**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

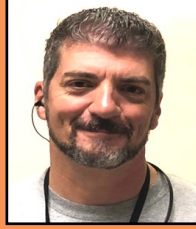
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Center Manager
Angie Walz



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



November 2024

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Cheese Pizza Reservation due Tuesday October 29th by 10:00 am
⁴ 55+ Hamburger Reservation due Wednesday October 30th by 10:00 am	⁵ Chicken Poppyseed Casserole Reservation due Thursday October 31st by 10:00 am	⁶ Meatloaf w/Gravy Reservation due Friday November 1st by 10:00 am	⁷ Roast Pork Loin Reservation due Monday November 4th by 10:00 am	⁸ Baked Potato Reservation due Friday November 1st by 10:00 am BINGO
¹¹ CLOSED VETERANS' DAY	¹² Salisbury Steak Reservation due Wednesday November 6th by 10:00 am	¹³ Open Face Turkey Sandwich Reservation due Thursday November 7th by 10:00 am	¹⁴ BBQ Chicken Sandwich Reservation due Friday November 8th by 10:00 am	¹⁵ Ham Reservation due Tuesday November 12th by 10:00 am
¹⁸ Roast Beef Sub Reservation due Tuesday November 12th by 10:00 am	¹⁹ Meatloaf Reservation due Thursday November 14th by 10:00 am	²⁰ Pot Roast of Beef Reservation due Friday November 15th by 10:00 am	²¹ Chicken Caccitore Reservation due Monday November 18th by 10:00 am	²² Pepperjack Beef Patty Reservation due Tuesday November 19th by 10:00 am
²⁵ Tuna Salad Reservation due Wednesday November 20th by 10:00 am	²⁶ SPECIAL Turkey Breast Cutlet Reservation due Wednesday November 20th by 10:00 am	²⁷ Meatball Sub Reservation due Friday November 22nd by 10:00 am	²⁸ HOLIDAY THANKSGIVING	²⁹ HOLIDAY

- ◆ 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

November 2024

Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Turkey & Cheese Reservation due Tuesday October 29th by 10:00 am
4 55+ Curried Chicken Salad Reservation due Wednesday October 30th by 10:00 am	5 Cold Grilled Chicken Reservation due Thursday October 31st by 10:00 am	6 Chicken Salad Reservation due Friday November 1st by 10:00 am	7 Ham & Cheese Reservation due Monday November 4th by 10:00 am	8 Turkey Cranberry Salad Reservation due Friday November 1st by 10:00 am BINGO
11 CLOSED VETERANS' DAY	12 Tuna Reservation due Wednesday November 6th by 10:00 am	13 Cold Fried Chicken Reservation due Thursday November 7th by 10:00 am	14 Egg Salad Reservation due Friday November 8th by 10:00 am	15 Turkey & Cheese Reservation due Tuesday November 12th by 10:00 am
18 Curried Chicken Salad Reservation due Tuesday November 12th by 10:00 am	19 Cold Grilled Chicken Reservation due Thursday November 14th by 10:00 am	20 Chicken Salad Reservation due Friday November 15th by 10:00 am	21 Ham & Cheese Reservation due Monday November 18th by 10:00 am	22 Turkey Cranberry Salad Reservation due Tuesday November 19th by 10:00 am
25 Bologna, Salami & Cheese Reservation due Wednesday November 20th by 10:00 am	26 Tuna Reservation due Wednesday November 20th by 10:00 am	27 Cold Fried Chicken Reservation due Friday November 22nd by 10:00 am	28 HOLIDAY THANKSGIVING	29 HOLIDAY

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Mt Airy Holiday Craft Fair



When: Saturday
November 2, 2024



Where: Mt Airy Senior Center



Time: 10:00 am-2:00 pm



Quilt and Afghan Raffle



Tickets may be purchased at the front desk

Come and see all the beautiful creations that will be available for
purchase and gift giving!



Are you interested in having a time where you can come to the Center just to chat, catch up with friends, or maybe make new friends?

Come join us for :

COFFEE & CONVERSTION

- **1ST Tuesday of the month**
Beginning in November
- **at 9:30 am**
- **In the Dining Room**

Coffee & Donuts will be provided courtesy of the Site Council.

**Join us at 10am November 13th at
the
Mt. Airy
Senior Center**



For

Eat the Rainbow!

**Lisa and local licensed Nutritionist Mary Jane
Bembenek team up to talk about
the various ways to help you eat and enjoy a
full rainbow of healthy, plant-based foods.**

**Whether you are a health food fanatic or just
want to try something different, you don't
want to miss this. Fun and Educational,
attendees will receive a small gift and healthy
food item.**





VIRTUAL GHOST TOUR

PRESENTED BY:

THE HISTORICAL SOCIETY OF MOUNT AIRY

COME JOIN US FOR A SPOOKY GOOD TIME AND LEARN
ALL ABOUT THE HISTORY OF OUR WONDERFUL TOWN!

DATE: **NOVEMBER 14, 2024**

TIME: **10:00 AM**

LOCATION: **MT. AIRY SENIOR CENTER**

SPONSORED BY: **MT. AIRY SENIOR CENTER SITE COUNCIL**

DONATIONS APPRECIATED

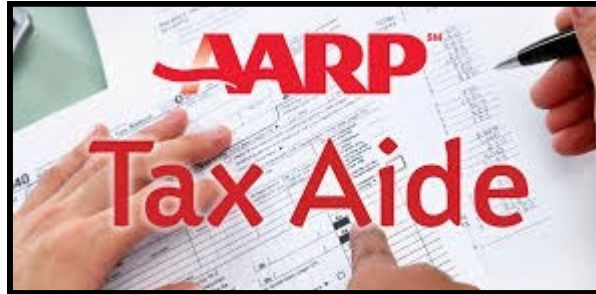
Upcoming Special Events

Program	Date	Time	Cost
Crafts Galore	Friday November 1	10:00 am	None
MASC Craft Show	Saturday November 2	10:00 am - 2:00 pm	
Honoring our Veterans	Monday November 5	Joint Program with 55+	
New! Coffee & Conversation With Donuts	Tuesday November 5	9:30 am	None
	Friday November 8	Beginning at 10:00 am	None
	Friday November 8	12:30 pm	\$1.00 per card
Senior Information and Assistance	Wednesday October 9	10:00 am	None
CENTER CLOSED	Monday November 11		Veterans Day
Lisa & Mary Jane	Wednesday November 13	10:00 am	None
Mt Airy Ghost Tour	Thursday November 14	10:00 am	None
 Bagel Fest	Monday November 18 Last sign up day Friday, November 15	9:00 am	State Bagel & Cream Cheese Choice \$2.00 Due at sign up
	Tuesday November 19	Beginning at 10:00	Bring what you'd like to swap. Come find a treasure!
BP Screening	Thursday November 21	10:00 am	None
 Flower Arranging with Marilyn	Friday November 22	10:00 am	Cost: \$10.00
Thanksgiving Dinner	Tuesday November 26	11:45 am	Sign up by <u>10:00 am</u> Tuesday November 20
Center closed for Thanksgiving	Thursday & Friday November 28 & 29	Happy Thanksgiving	

Volunteering Opportunity

AARP Tax-Aide provides

free tax training and volunteer opportunities



Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2024 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.


We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested in volunteering, please contact
Mike Deutsch at 443-789-8346

Special Meals in November :

- Thanksgiving Dinner Tuesday November 26
Decorating for the holidays after we eat

Special Events in November:

- Crafts Galore Friday, November 1 @ 10:00am
- Honoring Our Veterans Monday, Nov 4 with 55+
- Coffee & Conversation  Tuesday, Nov 5 @ 9:30
- Sing A-long Friday, November 8 @ 10:00 am
- Bingo Friday, November 8 @ 12:30 pm
- Center Closed Veterans Day Monday, November 11
- Mary Jane & Lisa Tuesday, Nov 13 @10:00 am
- Mt Airy Virtual Ghost Tour Thursday, Nov 14 @ 10:00 am
- Bagel Fest Monday, November 18 @ 9:00 am
(Last day to sign up Friday, November 15)
- Site Council Monday, November 18 @10:30 am
- SWAP Day Tuesday, November 19 @ 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.
- A Nutter Project Tuesday, Nov 19 @10:00 am
- Flowers with Marilyn Friday, Nov 22 @ 10:00 am
Cost: \$10:00 Sign up at Front Desk by Tuesday November 19
- Center Closed Thanksgiving November 28 & 29



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 November 18	\$2.00 / Bagel Last sign up Friday, November 15
Site Council Meeting	10:30 am	Monday November 18	Everyone Welcome
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.

**Center closed November 11 for
Veterans Day**





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
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation
NEW: Coffee & Conversation with donuts	9:30 am	Ongoing	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	Tuesday November 19	None
Thanksgiving Dinner	11:45 am	Tuesday November 26	Happy Thanksgiving
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 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	Donation Sponsored by Koons Toyota
Zumba with Katie	1:35 pm	Ongoing	Donation Sponsored by Koons Toyota
Trip: Riverside Carole King	9:00 am - 6:15		\$130.00
Lisa & Mary Jane Bemeneck	10:00 am	Good Nutrition	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
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	Ongoing No class November 7th	\$30.00
Rummikub	12:30 pm	Ongoing	None
BP Screening	10:00 am	3rd Thursday of the month	None
Center Closed	Thanksgiving	November 28	

Special Presentation: Mt Airy Virtual Ghost Tour
November 14th at 10:00 am
Dining Room



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
Crafts Galore	November 1 10:00 am	Ongoing Sign up required	None
Sing Along	November 8 10:00 am		None
	November 8 12:30 pm		\$1.00 per card
Flower Arranging with Marilyn	10:00 am 	November 22	Cost: \$10.00
Center Closed	November 29	Thanksgiving	Happy Thanksgiving

Just for Fun

Tuesday - November 19

WANT to
SWAP?

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.

Opportunities to Give

Women's Shelter

Collecting items to be included in hand crocheted baskets made & assembled by Janet Leyshon

Travel sizes are best and only new items-All size items will be used

- ◆ Deodorant
- ◆ Bar Soap or Bath Gel
- ◆ Lotion
- ◆ Tooth Paste
- ◆ Mouth Wash
- ◆ Tooth Brushes & Floss
- ◆ Toothbrush Covers
- ◆ Hairbrushes & Combs
- ◆ Hair Ties & Scrunches
- ◆ Shampoo
- ◆ Conditioner
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids

Pill bottles are not needed at this time!



YOU make a difference.

Carroll Food Sunday Helps provide emergency supplemental food in Carroll County

- Peanut Butter
- Jelly
- Cereal
- Canned Soup
- Canned Pasta
- Canned Chili
- Canned or Bagged Beans Red or Black
- Pancake Mix
- Pancake Syrup

We encourage you to donate the same nutritious food you would serve your own family. Please check for expiration dates on your items and don't donate those that have expired.

Please **don't** donate opened pkgs of food even if they're individually wrapped. Due to regulations, they can't be accepted and distributed. Boxes and bags must be sealed and nothing removed. Thank you for caring for others!

Please only donate unused items. Thank you!

On the **3rd Thursday of each month**, you will be able to have your **Blood Pressure** checked. **Time: 9:00 am-11:00 am**



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	November 6	Riverside Center Carole King Musical	\$130.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	December 5	American Music Theater Joy to the World Lunch @ Dienners	\$115.00	Carol Wilson 301-829-8926

Schedule for 2024 trip planning



Thanks to everyone who has participated in our trip program this year!



Trips are not scheduled
January thru March