



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

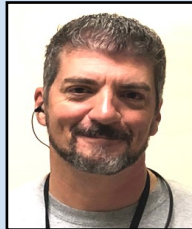
- www.carrollcountymd.gov
- [Scroll down to horizontal icons](#)
- [Use arrows to go right](#)



Center Manager
Angie Walz



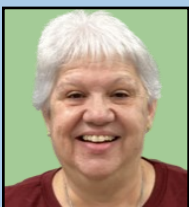
Center Assistant
Ann Palmisano



Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



April 2025

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Reservation due Thursday March 27th by 10:00 am	2 Roast Pork Loin Reservation due Friday March 28th by 10:00 am	3 BBQ Rib Patty Reservation due Monday March 31st by 10:00 am	4 Chicken Breast Reservation due Tuesday April 1st by 10:00 am
7 Salisbury Steak Reservation due Wednesday April 2nd by 10:00 am	8 White Bean Chicken Chili Reservation due Thursday April 3rd by 10:00 am	9 BBQ Chicken Sandwich Reservation due Friday April 4th by 10:00 am	10 Baked Potato Reservation due Monday April 3th by 10:00 am	11 Chicken Breast Reservation due Tuesday April 8th by 10:00 am BINGO
14 Hot Dog Reservation due Wednesday April 9th by 10:00 am	15 Pot Roast Reservation due Thursday April 10th by 10:00 am	16 Chicken Caccitore Reservation due Friday April 11th by 10:00 am	17 SPECIAL Ham Reservation due Friday April 11th by 10:00 am	18 HOLIDAY
21 Chicken Breast Reservation due Tuesday April 15th by 10:00 am	22 Turkey Sub Reservation due Wednesday April 16th by 10:00 am	23 Hamburger Reservation due Thursday April 17th by 10:00 am	24 Chicken Salad Reservation due Monday April 21st by 10:00 am	25 Pork Loin Reservation due Tuesday April 22nd by 10:00 am
28 Chicken Fajitas Reservation due Wednesday April 23rd by 10:00 am	29 Corned Beef Reservation due Thursday April 24th by 10:00 am	30 Asian Chicken & Noodle Reservation due Friday April 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

April 2025

BOX Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Reservation due Thursday March 27th by 10:00 am	2 Cold Cut Sandwich Reservation due Friday March 28th by 10:00 am	3 Egg Salad Reservation due Monday March 31st by 10:00 am	4 Turkey & Cheese Reservation due Tuesday April 1st by 10:00 am
7 Curried Chicken Salad Reservation due Wednesday April 2nd by 10:00 am	8 Cold Grilled Chicken Reservation due Thursday April 3rd by 10:00 am	9 Chicken Salad Reservation due Friday April 4th by 10:00 am	10 Ham & Cheese Reservation due Monday April 4th by 10:00 am	11 Turkey Cranberry Salad Reservation due Tuesday April 8th by 10:00 am BINGO
14 Bologna, Salami & Cheese Reservation due Wednesday April 9th by 10:00 am	15 Tuna Reservation due Thursday April 10th by 10:00 am	16 Cold Fried Chicken Reservation due Friday April 11th by 10:00 am	17 Egg Salad Reservation due Friday April 11th by 10:00 am	18 HOLIDAY
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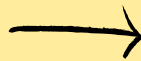
Email: mtairyse@carrollcountymd.gov

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

Upcoming Special Events

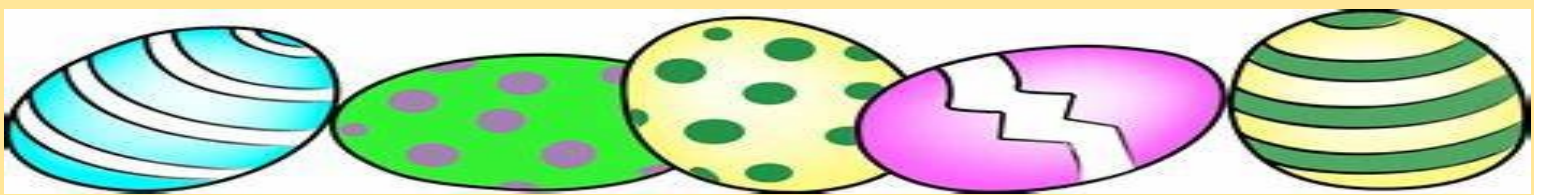
Program	Date	Time	Cost
Kindness, Support, and Compassion Group	Friday April 4 & 18	1:15 pm	None
Coffee & Conversation With Snacks	Tuesday April 8 & 22	9:30 am	None
Crafts Galore	Friday April 4	10:00 am	None
Sing A-long	Friday April 11	Beginning at 10:00 am	None
Bingo	Friday April 11	12:30 pm	\$1.00 per card
EASTER LUNCHEON	Thursday April 17	Lunch Beginning at 11:30 am	Donation
Senior Center Book Club April Book: "The Beautiful Mystery" By Louise Penny	Tuesday In Dining Room April 15	Beginning at 10:00 am	None
 Swap Day	Thursday April 15	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Blood Pressure Check	Friday April 17	10:00 am	None
Flowers w/ Marilyn Potter	Friday April 11	10:00 am	\$10.00

Lost, Found, Needed & Info

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.



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.

Friendship Garden Volunteers needed! Help is needed to help with the garden on the left side of the Senior Center. Especially need someone who can lift mulch bags and to help spread the mulch.

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 April:

Thursday April 10, 2025 BAKED POTATO

Monday April 14, 2025 - HOT DOG

Thursday April 17, 2025 HOLIDAY MEAL



Special Events Coming

- ♦ **Crafts Galore** Friday, April 4 @ 10 am, w/Diane Lowe
- ♦ **Coffee & Conversation** Tuesday, April 8 & 22
@ 9:30 am
- ♦ **Sing A-long** Friday, April 11 @ 10:00 am
- ♦ **Bingo** Friday, April 11 @ 12:30 pm
- ♦ **Flowers w/Marilyn Potter** Friday, April 17 @10:00 am
- ♦ **SWAP Day** Tuesday, April 15 @ 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** April 15 @ 10:00 am
The book for April is "The Beautiful Mystery" by Louise Penny

Coming Events

- ♦ **Shred Day** Thursday, May 8, 2025, 8:00-11:00 am
- ♦ **Rocky Gap** Monday, June 9, 2025 \$35.00
- ♦ **Center Closed** Wednesday June 11 @ 11:30am -
4:00pm
- ♦ **Legal Aid** Wednesday, September 17, 2025 1pm -
4pm

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
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	April 8 & 22	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	April 15	None
NEW: Senior Center Book Club	10:00 am	April 15	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

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
BP Screening	10:00 am	3rd Thursday of the month	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
Kindness, Support, and Compassion Group	1::00 pm	April 4 & 18	None
Sing Along	April 11 10:00 am		
Bingo	April 11 12:30 pm		\$1.00 per card



COFFEE & CONVERSATION

Tuesday - April 8th

&

Tuesday - April 22nd

In the Dining Room

Begins @ **9:30 am**

Join anytime

Coffee

&

Snacks

Show Me Better Health

DIABETES Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—LivingHealthy@carrollcountymd.gov

Meet **VIRTUALLY** in the comfort of
your own
home!



May 14-21-28-June 4-11-18, 2025

Wednesdays 9:00 a.m.— 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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 Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



"Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

Proven Outcomes

Healthy Living with Chronic Pain has been researched and proven to work. People who have taken the program experience:

- ◆ Better health and increased confidence in managing their pain
- ◆ Improvements in vitality or energy
- ◆ Less pain and dependence on others
- ◆ Improved mental health
- ◆ Greater involvement in everyday activities

Find and register for a workshop

Virtual Workshop Series – Tablets capable of accessing Wi-Fi are available through our lending library

Mondays – 9:00 a.m. to 11:30 a.m.

April 7-14-21 – May 5-12-19, 2025; No class 4/28

Register at <https://carrollcountymd.gov/livinghealthy>

Or by calling 410-386-3800

Or email: livinghealthy@carrollcountymd.gov

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- ◆ Short-term goal setting & planning
- ◆ Relaxation & breathing
- ◆ Medication usage & evaluating treatments
- ◆ Quality sleep & fatigue management
- ◆ Stress and depression management
- ◆ Healthy eating and nutrition
- ◆ Decision-making & problem-solving
- ◆ Fitness for exercise and fun
- ◆ Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.



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Just for Fun

Tuesday - April 15

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 410-386-396-	April 17	Dutch Apple Theater Fiddler on the Roof	\$120.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	May 22	Sight & Sound Noah	\$155	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	June 9	Rocky Gap	\$35.00	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 12	Museum of The Bible	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