



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

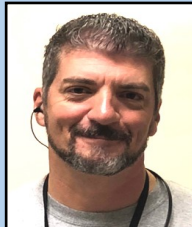
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager
Angie Walz



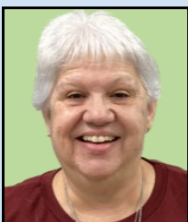
Center Assistant
Ann Palmisano



Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



April 2024

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
1 55+ Beef Steak w/Wine Sauce Reservation due Wednesday March 27th by 10:00 am	2 Roast Pork Loin Reservation due Wednesday March 27th by 10:00 am	3 BBQ Beef Rib Patty Reservation due Thursday March 28th by 10:00 am	4 Chicken Breast Reservation due Monday April 1st by 10:00 am	5 Open Faced Turkey Sandwich Reservation due Tuesday April 2nd by 10:00 am Movie
8 Salisbury Steak Reservation due Wednesday April 3rd by 10:00 am	9 BBQ Chicken Sandwich Reservation due Thursday April 4th by 10:00 am	10 Ham Reservation due Friday April 5th by 10:00 am	11 Baked Potato Reservation due Monday April 8th by 10:00 am Food Truck	12 Hot Dog Reservation due Tuesday April 9th by 10:00 am BINGO
15 Pot Roast Reservation due Wednesday April 10th by 10:00 am	16 Chicken Cordon Blue Reservation due Thursday April 11th by 10:00 am	17 Pepper Beef Patty Reservation due Friday April 12th by 10:00 am	18 Tuna Reservation due Monday April 15th by 10:00 am	19 Creamy Ranch Chicken Breast Reservation due Tuesday April 16th by 10:00 am Movie
22 Meatball Sub Reservation due Wednesday April 17th by 10:00 am	23 Chicken Breast Reservation due Thursday April 18th by 10:00 am	24 Chicken Salad Reservation due Friday April 19th by 10:00 am	25 Pork Loin Reservation due Monday April 22nd by 10:00 am	26 Pizza Reservation due Tuesday April 23rd by 10:00 am Movie Food Truck
29 Turkey Sub Reservation due Tuesday April 23rd by 10:00 am	30 Pulled Pork BBQ Reservation due Thursday April 25th by 10:00 am			

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.09 (full cost of meal). Box \$6.99
- ◆ Per grant requirements, those under 60 must pay the full price of \$6.09. Box \$6.99
- ◆ 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

April 2024

Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
1 55+ Bologna, Salami & Cheese Reservation due Wednesday March 27th by 10:00 am	2 Tuna Reservation due Wednesday March 27th by 10:00 am	3 Cold Fried Chicken Reservation due Thursday March 28th by 10:00 am	4 Egg Salad Reservation due Monday April 1st by 10:00 am	5 Turkey & Cheese Reservation due Tuesday April 2nd by 10:00 am Movie
8 Curried Chicken Salad Reservation due Wednesday April 3rd by 10:00 am	9 Cold Grilled Chicken Reservation due Thursday April 4th by 10:00 am	10 Chicken Salad Reservation due Friday April 5th by 10:00 am	11 Ham & Cheese Reservation due Monday April 8th by 10:00 am Food Truck	12 Turkey Cranberry Salad Reservation due Tuesday April 9th by 10:00 am BINGO
15 Bologna, Salami & Cheese Reservation due Wednesday April 10th by 10:00 am	16 Tuna Reservation due Thursday April 11th by 10:00 am	17 Cold Fried Chicken Reservation due Friday April 12th by 10:00 am	18 Egg Salad Reservation due Monday April 15th by 10:00 am	19 Turkey & Cheese Reservation due Tuesday April 16th by 10:00 am Movie
22 Curried Chicken Salad Reservation due Wednesday April 17th by 10:00 am	23 Cold Grilled Chicken Reservation due Thursday April 18th by 10:00 am	24 Chicken Salad Reservation due Friday April 19th by 10:00 am	25 Ham & Cheese Reservation due Monday April 22nd by 10:00 am	26 Turkey Cranberry Salad Reservation due Tuesday April 23rd by 10:00 am Movie Food Truck
29 Bologna, Salami & Cheese Reservation due Tuesday April 23rd by 10:00 am	30 Tuna Reservation due Thursday April 25th by 10:00 am			

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- ◆ Per grant requirements, those under 60 must pay the full price of \$6.09. Box \$6.99
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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

Upcoming Special Events

Program	Date	Time	Cost
Crafts Galore	Friday April 5	Beginning 10:00 am	None
 Diabetes Workshop	Friday April 5	12:30 pm In classroom	None
Senior Information and Assistance	Wednesday April 10	10:00 am	None
Ms. Maggie & Mt Airy Day Care	Wednesday April 10	11:00 am	None
<u>Eat One -Take One</u> * Sign up & eat lunch with us * You'll be able to take a <u>Food Truck</u> meal home for Dinner!	Thursday April 11	11:30 am 1:00 pm	 See Menu Donation for lunch Free Food Truck Meal
	Friday April 12	Beginning 10:00 am	None
	Friday April 12	12:30 pm	\$1.00 per card
Volunteer Recognition By Invitation Only!	Tuesday April 16	9:30 am	Volunteers will be receiving invitations to the Volunteer Breakfast
 Bagel Fest 9:00 am	Monday April 15	State Bagel & Cream Cheese Choice	\$2.00 Due at sign up Last sign up day Friday, April 12
 Healthy Parfaits with Lisa	Thursday April 25	Beginning 10:30 am	Eat lunch with us today
 Diabetes Workshop	Friday April 19	12:30 pm In classroom	None
<u>Eat One -Take One</u> * Sign up & eat lunch with us * You'll be able to take a <u>Food Truck</u> meal home for Dinner!	Friday April 26	11:30 am 1:00 pm	 See Menu Donation for lunch Free Food Truck Meal

Attention to those in Arthritis Exercise Class with Chris Konior!
Tuesdays April 2 and 16 class will be 1:00 -2:00 pm
Thursdays April 11 and 25 class will be 12:30 -1:30 pm

Diabetes Workshop

This important workshop will be held every other Friday thru April
April dates are: April 5 and April 19
12:30 pm in the Classroom



Thank You !

Thank you Nancy Ward for all the back breaking work you've done in the Friendship Garden over the last few years!

Nancy will continue to be the point person for the garden; however, she now has other time-consuming projects she'd like to enjoy.

So.....

We asked for volunteer gardeners !

Elizabeth and Jimmie Powell jumped right in to help.

You all are able to enjoy the fruits of their labor when you walk by the Friendship Garden and see what they've done.

You're also able to see the growing collection of beautifully painted rocks. Please take time to enjoy the garden.

If you'd like to be a volunteer gardener, please let us know!

You'd be more than welcome to join the team!

If you'd like to donate plants and flowers, please let us know.

We always think of the people when the flowers they've given bloom! The rocks also bring out the artists talents and enhance the garden.

Friendship makes a beautiful garden grow!

Special Meals in April:

- [Lunch & Food Truck Special Thursday April 11](#)
- [Lunch & Food Truck Special Friday April 26](#)

Special Events in March:

- [Solar Eclipse](#) Monday April 8



You may get a pair of **Solar Eclipse**

glasses at the front desk on April 4, 5 and 8. The eclipse is to begin at 2:00 pm on Monday, April 8

Avoid looking directly at the sun without special equipment to protect your eyes. Inexpensive options for watching the eclipse include paper solar viewers.

- [Ms Maggie & Mt Airy Day Care](#) Wednesday
- April 10 @ 11:00 am—11:30 am. Come & catch the joy of being with the next generations.
- [Sing A-long](#) Friday April 12 @ 10:00 am
- [Bingo](#) Friday April 12 @ 12:30 pm
- [Bagel Fest](#) Monday April 15 @ 9:00 am
- [Parfaits with Lisa](#) Thursday April 25 @ 10:30 am

The **Tribute Tree** in the dining room is still looking for memorable Tributes depicting your lives and the people in them. Please add yours to share in this living history of our lives. Thank you

FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age. No businesses please.

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.

For more information contact:

Kristen Harvey

Carroll County Bureau of Aging & Disabilities

kharvey@carrollcountymd.gov

410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

When it is your turn, please stay in your vehicle and we will do the rest!

The Sheriff's Office is collecting medications only.

For safety reasons, **NO MEDICAL WASTE**

NO SHARPS
NO NEEDLES

Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD 21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

Taneytown

Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD 21787

410-386-2700

Thursday, May 16th

9AM to 11AM

South Carroll

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD 21784

410-386-3700

Monday, May 20th

9AM to 11AM

North Carroll

Senior & Community Center

2328 Hanover Pike, Hampstead, MD 21074

410-386-3900

Friday, May 24th

9AM to 11AM

Westminster

Senior & Community Center

125 Stoner Ave, Westminster, MD 21157

410-386-3850

Friday, May 31st


9AM to 11AM



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 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

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
Solar Eclipse			Begins on the East Coast around 2:27 pm and will last until approximately 3:33 pm
Bagel Fest	9:00 am	Monday April 15	\$2.00 / Bagel Last sign up Friday, April 12
Line Dance Class Candy Ranlet	12:30 pm	Ongoing	Donation up to \$30.00 Sponsored by Koons
Afternoon Games	12:30 pm	Ongoing	None
Turkey Sub Day	11:45	April 29	See Menu

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 Sponsored by Koons Toyota
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation Not Free Sponsored by Koons Toyota
Volunteer Breakfast By Invitation Only	April 16 9:30 am	A Once a year celebration	Thank you Volunteers!
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
Blood Pressure Screening	9:00 am - 11:00 am	3rd Thursday of the month	None
Drawing & Painting Mary Streaker	9:00 am - 11:00 am	Ongoing	\$30.00
Yoga 2 Karen Boger	10:30 am	Ongoing	\$30.00
Ms Maggie & Daycare students	11:00 am	April 10	Kindness & a bit of time!
Lunch	11:45 am	Ongoing	See Menu
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
Tap Dancing Pat Chalk	9:00 am - 11:00 am	Ongoing	\$30.00
Lunch & Food Truck Day	11:45 am	April 11	See Menu
Rummikub	12:30 pm	Ongoing	None
Lisa's Garden Project	12:30 pm Immediately after lunch	April 25	Join us for lunch Today Sign up by 10:00 am April 22
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	April 11 April 25	\$30.00

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
Lunch Food Truck	11:30 am 1:00 pm	April 26	Lunch-Donation
Diabetes Workshop	12:30 pm	April 5 April 19	
Crafts Galore	April 5 10:00 am	Ongoing	None
Sing Along	April 12 10:00 am		None
Bingo	April 12 12:30 pm		\$1.00 per card
Movies	12:30 pm	Fridays April 5, 19 & 26	None



Everyone is welcome!

Veterans Celebration

3rd Annual

of Carroll County

Sunday * May 5, 2024

Noon • 4:00 pm

Come enjoy, something for everyone!

- ★ Children's Activities
- ★ veterans Memorabilia Exhibit
- ★ Great Food
- ★ Artisans & craft vendors
- ★ Live Entertainment
- ★ Military Equipment Display

Veterans Organizations on Site!

Enjoy the camaraderie of other Veterans and Active Military!

Welcome Ceremony at 1:00 with a special recognition gathering to follow for those who served during the Iraqi Conflict era circa 1991-2011.

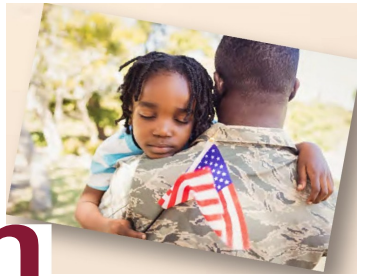
www.carrollcountymd.gov/veteranscelebration

Free Admission & Free Parking

Carroll County Farm Museum
500 South Center St., Westminster MD

Hosted by Carroll County Government and the Veterans Advisory Council

For venue-related inquiries, For Veteran-related inquiries,
call 410-386-3880. call 410-386-3800.



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DO YOU HAVE INSURANCE QUESTIONS? **THE MIA CAN HELP!**



THE MARYLAND INSURANCE ADMINISTRATION (MIA) IS THE STATE AGENCY THAT CAN HELP YOU:

- Better understand your policies
- Address your insurance questions and concerns
- Help you compare rates for home and auto insurance



The MIA staff will be available, in-person, to answer your insurance related questions.

MIA is heading to Carroll County in June!

Tuesday, June 4, 2024, 10 AM - 1 PM

Mt. Airy Senior Center: 703 Ridge Ave., Mt Airy, MD 21771

Tuesday, June 11, 2024, 10 AM - 1 PM

South Carroll Senior Center: 5928 Mineral Hill Rd., Eldersburg, MD 21784

Thursday, June 13, 2024, 10 AM - 1 PM

Taneytown Senior Center: 220 Roberts Mill Rd., Taneytown, MD 21787

Tuesday, June 18, 2024, 10 AM - 1 PM

Westminster Senior Center: 125 Stoner Ave., Westminster, MD 21157

Thursday, June 20, 2024, 10 AM - 1 PM

North Carroll Senior Center: 2328 Hanover Pike, Hampstead, MD 21074



800-492-6116 Toll-free



insurance.maryland.gov





Mt. Airy Commission on Aging and Livability

The newly formed Mt. Airy Commission on Aging and Livability has been tasked with making recommendations to the Town Council and Mayor on making Mt. Airy a safe and secure community for people of all ages, to enhance and maintain a high quality of life. We will be focused on working to meet the needs of older adults and caregivers, in the following areas:

- **Provide resources for caregiver support**
- **Improve and enhance communication to the community on resources available to them**
- **Facilitate cross-county conversations for a myriad of services, including health care, recreation, transportation, etc.**
- **Advocate for expansion and improvement of our Senior Center**

If you have questions or concerns about services for seniors and their caregivers in Mt. Airy, you can contact Town Hall at 301-829-1424, or touch base with any of the members of the commission. They are:

Adele Connolly, chair

Mary Hushour, vice chair/secretary

Diann Linton

Wayne Evans

Roxanne Hemphill

Bill Butts

Carman Peltzer

Sandi Mennerick

Tim Washabaugh, Council Liaison and Council President

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
- ◆ Disposable Razors
- ◆ Emery Boards
- ◆ Individual Size Antibacterial Hand Wipes
- ◆ Socks
- ◆ Clear Nail Polish
- ◆ Facial Tissues (Kleenex type tissues)

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

We encourage you to donate the same nutritious food you would serve your own family.

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



**Your mind is a garden.
Your thoughts are the seeds.
You can grow flowers or you
can grow weeds.**





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	April 10	Riverside Center They're Playing Our Song	\$120.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	April 15	Rocky Gap Casino	\$35.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	May 8	Sight and Sound Daniel Lunch @ Steamboat	\$160.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	June 6	Totem Pole Pump Boys & Dinettes Lunch @ Carriage House	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	July 17	Jukebox Jive Lunch @ Dienners	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	Aug	TBD	TBD	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	TBD	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	TBD	Carol Wilson 301-829-8926

Here's the schedule for 2024 trip planning