



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

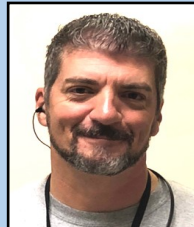
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager
Angie Walz



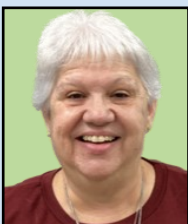
Center Assistant
Ann Palmisano



Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



May 2024

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Curried Chicken Salad Reservation due Friday April 26th by 10:00 am	2 Meatloaf Reservation due Monday April 29th by 10:00 am	3 BBQ Pork Loin Reservation due Tuesday April 30th by 10:00 am Movie
6 55+ Meatloaf Reservation due Wednesday May 1st by 10:00 am	7 Beef Stroganoff Reservation due Thursday May 2nd by 10:00 am	8 Pork Loin Reservation due Friday May 3rd by 10:00 am	9 BBQ Beef Rib Patty Reservation due Monday May 6th by 10:00 am	10 Special & Food Truck Roast Beef Eye Round Reservation due Monday May 6th by 10:00 am Bingo
13 Open Face Turkey Sandwich Reservation due Wednesday May 8th by 10:00 am	14 Baked Potato Reservation due Wednesday May 8th by 10:00 am	15 BBQ Chicken Sandwich Reservation due Friday May 10th by 10:00 am	16 Maple-Peach Glazed Ham Reservation due Monday May 13th by 10:00 am	17 Chicken w/Creamy Sauce Reservation due Tuesday May 14th by 10:00 am Movie
20 Turkey Burger Reservation due Wednesday May 15th by 10:00 am	21 Roast of Beef Reservation due Thursday May 16th by 10:00 am	22 Chicken Breast Reservation due Friday May 17th by 10:00 am	23 Special Cheeseburger & Hot Dog Reservation due Monday May 20th by 10:00 am	24 Tuna Salad Reservation due Tuesday May 21st by 10:00 am Movie
27 Memorial Day Closed	28 Meatball Sub Reservation due Wednesday May 22nd by 10:00 am	29 Older Americans Celebration Reservation due Wednesday May 22nd by 10:00 am Mt Gate	30 Chicken Salad Reservation due Friday May 24th by 10:00 am	31 Food Truck Pork Loin Reservation due Tuesday May 28th 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. 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: mtairyse@carrollcountymd.gov

May 2024

Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cold Fried Chicken Reservation due Friday April 26th by 10:00 am	2 Egg Salad Reservation due Monday April 29th by 10:00 am	3 Turkey & Cheese Reservation due Tuesday April 30th by 10:00 am Movie
6 55+ Curried Chicken Salad Reservation due Wednesday May 1st by 10:00 am	7 Cold Grilled Chicken Reservation due Thursday May 2nd by 10:00 am	8 Chicken Salad Reservation due Friday May 3rd by 10:00 am	9 Ham & Cheese Reservation due Monday May 6th by 10:00 am	10 Special & Food Truck Turkey Cranberry Salad Reservation due Monday May 6th by 10:00 am Bingo
13 Bologna, Salami & Cheese Reservation due Wednesday May 8th by 10:00 am	14 Tuna Reservation due Wednesday May 8th by 10:00 am	15 Cold Fried Chicken Reservation due Friday May 10th by 10:00 am	16 Egg Salad Reservation due Monday May 13th by 10:00 am	17 Turkey & Cheese Reservation due Tuesday May 14th by 10:00 am Movie
20 Curried Chicken Salad Reservation due Wednesday May 15th by 10:00 am	21 Cold Grilled Chicken Reservation due Thursday May 16th by 10:00 am	22 Chicken Salad Reservation due Friday May 17th by 10:00 am	23 Ham & Cheese Reservation due Monday May 20th by 10:00 am	24 Turkey Cranberry Salad Reservation due Tuesday May 21st by 10:00 am Movie
27 Memorial Day Closed	28 Tuna Reservation due Wednesday May 22nd by 10:00 am	29 Older Americans Celebration Reservation due Wednesday May 22nd by 10:00 am	30 Egg Salad Reservation due Friday May 24th by 10:00 am	31 Food Truck Turkey & Cheese Reservation due Tuesday May 28th by 10:00 am

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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
 Healthy Parfaits with Lisa	Wednesday May 1	Beginning 10:30 am	Eat lunch with us today
Crafts Galore	Friday May 3	Beginning 10:00 am	None
Senior Information and Assistance	Wednesday May 8	10:00 am	None
 Shred Day	Wednesday May 8	9:00 am - 11:00 am	None
Eat One -Take One * Sign up & eat lunch with us * You'll be able to take a <u>Food Truck</u> meal home for Dinner!	Friday May 10	11:30 am 1:00 pm	 See Menu Donation for lunch Free Food Truck Meal
 Sing A Song	Friday May 10	Beginning 10:00 am	None
 BINGO	Friday May 10	12:30 pm	\$1.00 per card
Fresh Conversations with Terry	Thursday May 16	11:00 am	None
 Bagel Fest 9:00 am	Monday May 20	State Bagel & Cream Cheese Choice	\$2.00 Due at sign up Last sign up day Friday, May 17
Site Council Meeting	Monday May 20	10:30 am	None
Flower Arranging with Marilyn	Tuesday May 21	10:00 am	\$10:00
Memorial Day Lunch	Thursday May 23	11:30 am	See Menu
CLOSED	Monday May 27	Memorial Day	
Older Americans Day Celebration Entertainment	Wednesday May 29	11:30 am	Mt Gate
Eat One -Take One * Sign up & eat lunch with us * You'll be able to take a <u>Food Truck</u> meal home for Dinner!	Friday May 31	11:30 am	 See Menu Donation for lunch Free Food Truck Meal



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.

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:

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

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**

Special Meals in May:

- Mother's Day Lunch & Food Truck Special Friday May 10
- Lunch & Food Truck Special Friday May 31

Special Events in May:

- Parfaits with Lisa Wednesday May 1 @ 10:30 am
Sign up for lunch to participate
- Shred Day Wednesday May 8 @ 9:00am -11:00am
- Sing A-long Friday May 10 @ 10:00 am
- Bingo Friday May 10 @ 12:30 pm
- Bagel Fest Monday May 20 @ 9:00 am
- Site Council Monday May 20 @ 10:30 am
- Flower Arranging w/ Marilyn Tuesday May 21
Sign up by Thursday May 16 Cost: \$10:00
Please bring Crystal Light Containers if possible
- Memorial Day Lunch Thursday May 23 @11:30am
- Older Americans Celebration Wednesday
May 29 @ 11:30am
Mt Gate and entertainment



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



Carroll County Health Department



Public Health
Prevent. Promote. Protect

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
Bagel Fest	9:00 am	Monday May 20	\$2.00 / Bagel Last sign up Friday, May 17
Site Council Meeting	10:30 am	Monday May 20	None
Line Dance Class Candy Ranlet	12:30 pm	Ongoing	Donation up to \$30.00 Sponsored by Koons
Afternoon Games	12:30 pm	Ongoing	None
Center Closed	Memorial Day	May 27	



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
Flower Arranging with Marilyn	10:00 am	May 21	\$10.00 Please bring Crystal Light containers if possible
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
Parfaits with Lisa	10:00 am	Wednesday May 1	Sign up for lunch
Shred Day	9:00 am - 11:00 am	Wednesday May 8	None
Older Americans Celebration Mt Gate Entertainment	Begins 11:30 am	Wednesday May 29	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
Fresh Conversations with Terry	11:00 am	May 16	None
Rummikub	12:30 pm	Ongoing	None
Memorial Day Lunch	11:30 am	May 23	See Menu



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	May 3 10:00 am	Ongoing	None
Sing Along	May 10 10:00 am		None
Mother's Day Lunch Food Truck	May 10 11:30 am		Lunch Donation
Bingo	May 10 12:30 pm		\$1.00 per card
Lunch Food Truck	11:30 am 1:00 pm	May 31	Lunch-Donation
Movies	12:30 pm	Fridays May 3, 17 & 24	None

Everyone is welcome!



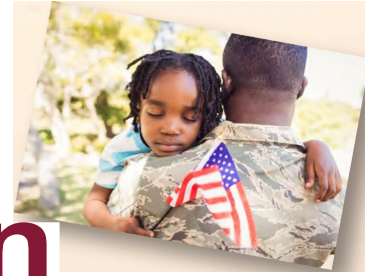
Veterans Celebration

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





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

JOIN US FOR A DELIGHTFUL SHOPPING EXPERIENCE
IN DOWNTOWN MOUNT AIRY, SPECIALLY CURATED
FOR SENIORS!

MAIN STREET

Stroll

MAY 8, 2024

**MAY
SPECIALS:**

**55+ DISCOUNTS AT SHOPS AND RESTAURANTS
FREE TOURS AT THE MOUNT AIRY MUSEUM
AND THE CABOOSE**

**EVERY 2ND
WEDNESDAY
MAY TO
NOVEMBER**

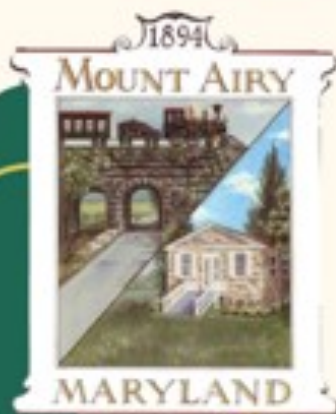


11AM – 2 PM



DOWNTOWN MOUNT AIRY

DETAILS AT:



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





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	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	\$110.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	July 17	Jukebox Jive Lunch @ Dienners	\$105.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	Aug 14	TBD	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	Aug 19	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	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

