

Mt. Airy Senior Center

February

Activity Schedule

703 RIDGE AVE
MT. AIRY, MD 21771
410-386-3960

MTAIRYSC@
CARROLLCOUNTYMD.GOV

MONDAY-FRIDAY
8:00AM-4:00PM

Mission Statement
"The Carroll County Bureau of Aging & Disabilities is dedicated to providing the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, Veterans, and those who care for them."

CARROLL COUNTY
SENIOR CENTERS WILL BE
CLOSED

Monday
February 16th



AARP TAX APPOINTMENTS
AVAILABLE
TUESDAYS
FEBRUARY 3- APRIL 7th
SIGN UP AT THE
FRONT DESK

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.



Aging and Disabilities Services
<https://www.carrollcountymd.gov/aging-and-disabilities>

Click on the services listed below to find out more information.

- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare

SITE COUNCIL OFFICERS

Adele Connolly
President



Janet Leyshon
Vice President



Diane Linton
Treasurer



Linda Gravitt
Recording Secretary Corresponding Secretary



**Join us at our next Site Council Meeting
Everyone is Welcome!**

Learn how our center raises funds for all the activities that are offered daily. This is also an opportunity for active members to express ideas



WE NEED YOU!



YOUR Site Council needs all of our members to be involved in our senior center community. We are working with Center management to bring in new programs, but those programs need member involvement. If there is a program you would like to see us start, let us know. Nothing is impossible! Our Center is only as strong as the members who support it and participate in our programs. Pick an exercise or activity class, and try it out!

Reminder that Site Council elections are coming this spring.



2026 SITE COUNCIL ELECTIONS

This is the time to make your voices heard! Every member of the Senior Center is a member of the Site Council and plays an integral part in how our Senior Center is supported by its members. We are having site council elections in May, so now is the time to let us know if you want to have your name included on the ballot for the slate of officers. Or, if you know someone who you think would serve us well as a member of the Site Council board.

The offices are:

President

Preside at all meetings of the Site Council

Vice President

Preside at all meetings in the absence of the President

Recording Secretary

Record all business (minutes) transacted at all Site Council meetings

Corresponding Secretary

Send out correspondence such as cards

Treasurer

Keep records of all receipts and financial records.

Assistant Treasurer

Assist with any Treasurer duties and responsibilities.

**Please see Site Council Bulletin Board for
detailed Job Descriptions for each position.**

If you are interested, please speak to one of the members of our nominating committee or staff to get your name on the ballot, or someone who you think would serve us well in one of these positions (Please consult with others before you submit their names). Deadline for submitting names is March 31, 2026.

Members of the nominating committee are:

Kathy Noethe

Laurel Gafke

Cathy Hobbs

Site Council

GIFT SHOP NAMING CONTEST



The Mt. Airy Senior Center now has a gift shop in the lobby. The items being sold in our gift shop are items made by our Itch to Stitch and Rumplequiltskins Groups. We will also be soliciting items to be sold from other groups and activities as well.

All items will be handmade by our crafting groups or donated by members.



Our gift shop needs a NAME.

Pick up an entry form at the front desk.

Deadline for entry is Friday, February 27, 2026.

Judges will be Site Council board members.

The winning entry will receive a
gift card to a local merchant.



**Free Income Tax Assistance
at
Carroll County Senior and Community Centers**
(Provided through the AARP TaxAide Program)



- Appointments must be made in advance by calling the center where you wish to have your taxes done. Appointments will be taken on a first come, first serve basis, with special attention to those age 60 and over.
- Tax returns with partnerships or rentals will not be prepared through this program.
- Please bring the following items with you to have your returns completed.

(Note – Married couples should both be present for signatures.)

1. Picture ID and Social Security Card
2. Last year's tax return
3. All W-2 forms
4. All 1099 forms (including any SSA 1099's)
5. Any estimated tax payments
6. Social security cards for all dependents
7. Dependent care provider information (name, employer, ID, social security number)
8. Purchase dates and purchase cost for all stock sales occurring in the tax year

Tax returns cannot be completed unless all paperwork requested has been brought to the appointment.

Mt. Airy Senior Center

Tuesdays

February 3rd – April 7th

8:30am to 2:00pm

***SIGN UP FOR AN APPOINTMENT
AT THE FRONT DESK***

410-386-3960

Mt. Airy Senior Center

VALENTINE CRAFT

FRIDAY
FEBRUARY 6TH
10:00am

Limited Space
Sign up at the Front Desk



Scrap Booking & Card Making



Thursday February 19th
12:00pm- 2:00pm



LAST DAY TO SIGN UP AT FRONT DESK FEBRUARY 17th

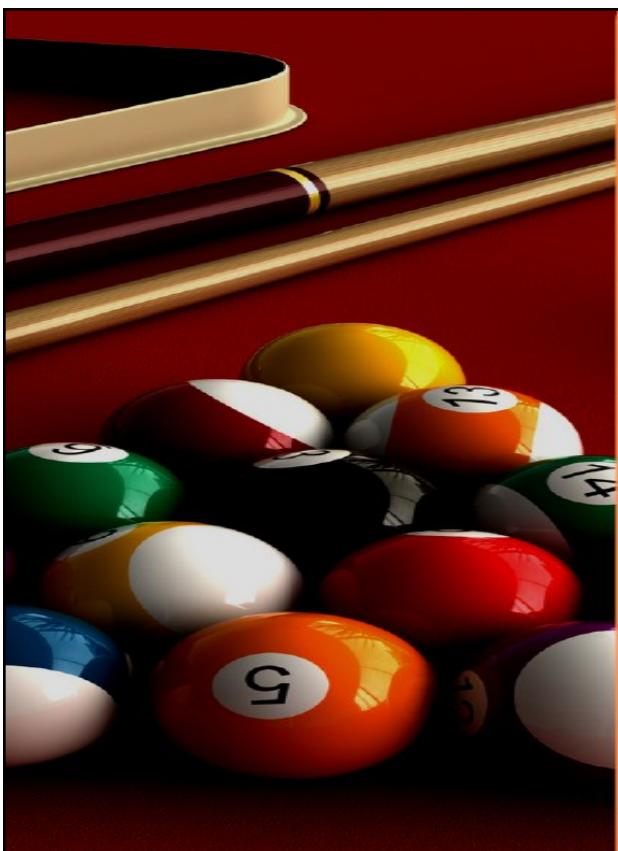
Please bring your own adhesive paper
We will provide other supplies that are needed.

*If anyone has a Die Cut Machine they would like
to donate please speak to staff.

Valentine's Day Party

**FRIDAY
FEBRUARY 13TH
12:30PM**

If you would like to join us at 11:30am
for lunch sign up
by February 9th at 10:00am.



BILLIARDS

**Looking for Billiard
Players that would
like to play for fun
or join a team for
League Games**



**JOIN US
MONDAY THRU FRIDAY
8:00AM- 3:45 PM
FOR MORE INFORMATION
CALL 410-386-3960**



**LOST A Button?
BROKE A ZIPPER?
PANTS TOO LONG?**



MENDING BY CAROL

Fast and Free !!



Bring in your items with your Name and Phone
Number the first Thursday of each month
between 11am-12pm.

UNIVERSITY OF
MARYLAND
EXTENSION



2026 Dining with Diabetes Program

Join us for Dining with Diabetes, a diabetes education program for adults with type 2 diabetes or pre-diabetes and their families. Dining with Diabetes teaches healthy meal planning and other self-management skills.

This program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.

The Dining with Diabetes program is offered as a series of four classes and one follow up class after three months. Each in-person session includes diabetes education and resources.

Class starts at 11:00 am

February 12
March 12
April 9
May 14
August 13

**Sign up at the
Mt. Airy Senior Center**

If you need a reasonable accommodation to participate in any event or activity, please contact the educator at least two weeks prior to the event at 410 386-2760 Terry Serio

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Learn how to manage your ongoing Chronic Conditions



What is *Chronic Conditions Self-Management*?

This researched and proven program is designed to help you manage your health. With mutual support in weekly workshops, you can build confidence to set your own goals and put new problem-solving skills to work in your own life. Adults who have health problems and family members caring for loved ones with a chronic condition, are encouraged to attend!

These small group workshops are led by two trained facilitators and meet for 2½ hours once a week for six weeks. The workshop does not replace existing treatments but serves to complement a participant's current medical plan.

Topics Include:

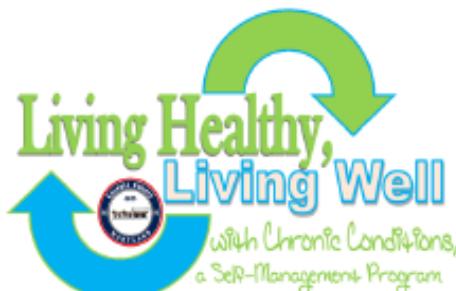
- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication Skills
- Making Decisions
- Medication Usage

Did you know?

- Nearly 92% of older adults have at least one chronic condition.
- Chronic conditions account for 75% of the money our nation spends on health care.
- 4 chronic conditions – heart disease, cancer, stroke, diabetes – cause almost 66% of all deaths each year.

What's in it for me? *People who have taken the workshop show:*

- Better health and increased confidence in managing their symptoms
- Improvements in general health and wellbeing
- Increase in exercise and physical activity
- Better communication with physicians and family
- Fewer doctor and emergency room visits and fewer hospitalizations



FREE Virtual 6-Week Series

March 5 – April 9, 2026

Thursdays 9:30 a.m. – 12 p.m.

Technology assistance for the workshop series will be provided.

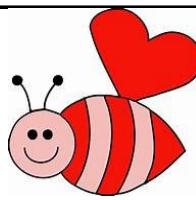
Participants will receive a "Living a Healthy Life with Chronic Conditions" book and a "Relaxation for Mind and Body" CD.



REGISTER online at <https://carrollcountymd.gov/LivingHealthy>
or by calling 410-386-3818 or Email LivingHealthy@carrollcountymd.gov

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.



February 2026				
Lunch Menu: Dine In Only				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Pepperjack Turkey Burger, Fresh Broccoli Slaw, Fruit, Fruited Yogurt Reservation due Wednesday January 28th by 10:00 am	3 Indian Butter Chicken, Bombay Brown Rice, Wheat Bread, Kachumber, Fruits, Juice, 1% Milk Reservation due Thursday January 29th by 10:00 am	4 Beef Pot Roast Au Jus, Honey Roasted Beets, Cole Slaw, Fruits, Juice, 1% Milk Reservation due Friday January 30th by 10:00 am	5 Creamy Chicken Casserole, Yellow Rice, Green Beans, Wheat Bread, Fruits, Juice, 1% Milk Reservation due Monday February 2nd by 10:00 am	6 Cheddar Cheeseburger, Corn O'Brien, Creamy Cucumber Salad, Chocolate Milk, Juice Reservation due Tuesday February 3rd by 10:00 am
9 Roast Pork Loin w/Dijon Cream Sauce, Okra & Tomatoes, Garlic Mashed Potatoes, Wheat Bread Juice, Fruit, Chocolate Milk Reservation due Wednesday February 4th by 10:00 am	10 Italian Sausage & Cheese Sub, Pepper & Onion, Red Cabbage Slaw, Italian Roll, Juice, Fruited Yogurt Reservation due Thursday February 5th by 10:00 am	11 Chicken Breast Fricassee, Brown Rice Pilaf, Mixed Vegetable, Wheat Bread, Fruit, Juice, 1% Milk Reservation due Friday February 6th by 10:00 am	12 Salisbury Steak w/Mushroom Gravy, Roasted Potatoes, Seasoned Greens, Wheat Bread, Amish White Bean Salad, 1% Juice, Milk Reservation due Monday February 9th by 10:00 am	13 SPECIAL Roast Round of Beef w/Gravy, Mashed Potatoes, Harvard Beets, Green Bean Casserole, Cherry Pie, 1% Milk Reservation due Monday February 9th by 10:00 am
16 PRESIDENT DAY	17 Slice Ham w/Raisin Sauce, Au Gratin Potatoes, Honey Maple Carrots, Fruit, Wheat Bread, Juice, Chocolate Milk Reservation due Wednesday February 11th by 10:00 am	18 Marry-Me Chicken Breast, Lemon Rice Pilaf, Seasoned Green Beans, WG Wheat Bread, Cinnamon Apple Slices, Juice, 1% Milk Reservation due Thursday February 12th by 10:00 am	19 Baked Potato, Spinach Salad w/Tomatoes, Chili, Cheddar Cheese & Sour Cream, Applesauce, Wheat Bread, Juice, 1% Milk Reservation due Friday February 13th by 10:00 am	20 Pot Roast of Beef w/ Stroganoff Sauce, Roasted Potatoes, Wheat Bread, Seasoned Greens, Fruit, Juice, 1% Milk Reservation due Tuesday February 17th by 10:00 am
23 SUB DAY Danish Ham, Swiss Cheese, Club Roll, Potato Salad, Cole Slaw, Fruit, Milk Reservation due Tuesday February 17th by 10:00 am	24 Turkey-Ham Macaroni Salad Plate, Spinach, Tomatoes, Wheat Bread, White Bean Soup, Fruit, Juice, 1% Milk Reservation due Thursday February 19th by 10:00 am	25 Tuna Noodle Casserole, Wheat Bread, Chickpea & Tomato Salad, Hot Cinnamon Apple, Juice, 1% Milk Reservation due Friday February 20th by 10:00 am	26 Chicken Breast w/Ranch Cream Sauce, Rice Pilaf, Wheat Bread, Peas & Carrots, Fruit, Juice, 1% Milk Reservation due Monday February 23rd by 10:00 am	27 Meatball & Cheese Sub, Green Beans, Fruit, Juice, 1% Milk Reservation due Tuesday February 24th by 10:00 am
				

- ♦ Cost of lunch for Center members 60+ is a donation up to **\$6.64** (full cost of meal).
- ♦ Per grant requirements, those under 60 must pay the full price of **\$6.64**.
- ♦ 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 **\$6.64**.

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

FITNESS AND EXERCISE DISCLAIMER



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.

Reminders:

***Payments for classes will be collected by staff on the first day of the new session. Please do not participate in class before paying.**

***Sign in for class on the computer at the front desk and on the paper sheet provided by the instructor weekly.**

***Make sure you have on the correct shoes before you participate in class.**

***Sanitize any pieces of equipment you have used during class and return to the correct area in closet.**



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

Monday

Program	Time	Sessions	Cost
Exercise Equipment	8:00am - 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45 m	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Site Council Meeting	10:30am	February 23rd	None
Monday Yoga Karen Boger	10:30am - 11:30am	Ongoing	\$30.00
Lunch	11:30am	Ongoing	See Menu
Four County Quilters (Third Monday of the month)	12:00pm — 3:45pm	Ongoing	None
Line Dancing	12:30pm- 1:30pm	Ongoing	\$35.00
Games	12:30pm- 3:45pm	Ongoing	None

TUESDAY

Program	Time	Session	Cost
Exercise Equipment	8:00am - 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00 m - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45 m	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Coffee & Conversation (2nd & 4th Tuesday)	9:30am- 10:30am	February 10th February 24th	Everyone is Welcome
Dance Fit Karen Boger	10:30am - 11:30am	Ongoing	\$30.00
SWAP Day (3rd Tuesday)	10:00am - 2:00pm	February 17th	Bring clean items you would like to swap with someone. All items left will be donated to a thrift shop or trashed.
Book Club (3rd Tuesday)	10:00am- 11:00am	February 17th	Lessons From Lucy By Dave Barry
Quilting For Charity	10:00am- 12:00pm	Ongoing	None
Lunch	11:30am	Ongoing	See Menu
Mexican Train Dominos & other games (1st and 3rd Tuesday)	12:30 m- 3:45pm	February 3rd February 17th	None
Rummikub	12:30pm- 3:45pm	Ongoing	None
MahJongg	12:00pm - 3:45pm	Ongoing	None

Wednesday

Program	Time	Sessions	Cost
Exercise Equipment	8:00am - 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45pm	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Drawing & Painting Mary Streaker	9:00am- 11:00am	Ongoing	\$30.00
Senior Information & Assistance (2nd Wednesday)	10:00am- 11:00am	February 11th	None
Yoga 2 Karen Boger	10:30am- 11:30am	Ongoing	\$30.00
Lunch	11:30am	Ongoing	See Menu
Rummikub	12:30pm- 3:45pm	Ongoing	None
Mahjongg	12:30pm- 3:45pm	Ongoing	None

THURSDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00am – 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45pm	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Itch to Stitch Needlework, Crochet, and Knitting Group	9:00am - 11:00am	Ongoing	None
Blood Pressure Screening (3rd Thursday)	9:00am - 11:00am	February 19th	
Tap Dancing Pat Chalk	9:00am - 10:30am	Ongoing	\$30.00
Terry Serio Nutrition Talk	11:00am-11:30am	February 12th	None
Mending by Carol (1st Thursday of the month)	11:00am —12:00pm	Ongoing	None
Lunch	11:30am	Ongoing	See Menu
Arthritis Exercise Chris Konior	12:30pm - 1:30pm	Ongoing	Donation
Rummikub	12:00pm- 3:45 pm	Ongoing	None
Friends of Frederick (1st Thursday)	1:00pm—3:30 pm	February 5th	None
Moving Through Loss Compassion Group (1st Thursday of the month)	2:00pm- 3:00pm	February 5th	“How to Manage Being Stuck at Home”

FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00am – 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45pm	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Crafts Galore 1st Friday of the month	10:00am- 11:00am	Ongoing	Sign Up at front desk
Rumpledquiltskins	9:00am - 11:00am	Ongoing	None
Beginners Tai Chi Toni Minkel	NEW CLASS 9:30am-10:30am	Ongoing	\$30.00
Tai Chi Toni Minkel	10:30am - 11:30am	Ongoing	\$30.00
Sing Along 2nd Friday	10:00am- 11:00am	February 13th	
Chair Yoga	12:00 pm- 1:00pm	Ongoing	\$30.00
Lunch	11:30am	Ongoing	See Menu
Games	12:30pm- 2:30pm	Ongoing	None
Bingo 2nd Friday	12:30pm- 2:30pm	February 14th	 \$1.00 per card
Kindness, Support and Compassion Group	1:00pm- 2:00pm	Ongoing	None

Senior Center Trips 2026

Trips are not scheduled January thru March due to inclement weather potential. Looking forward to seeing you in warmer weather!



**Please contact the Senior Center for more details.
When signing up for a bus trip you will need to complete the center
Emergency Trip Information Form (2 sided).**

Date of Trip	Trip Description	Cost	Sign Up Information
April 1	Dutch Apple “Oklahoma”	\$125.00	See Flyer On Bulletin Board or Call Carol Wilson 301-829-8926
May 20	Sight & Sound “Joshua” Lunch at Hershey Farms	TBD	TBD
June 12	Dutch Apple “All Shook Up”	TBD	TBD
Augst 12	Totem Pole “South Pacific” Lunch at Hickory Bridge	TBD	TBD
December 9	American Music “Christmas Show” Lunch at Diener’s Country Restaurant	TBD	TBD

Opportunities to Give

YOU MAKE A DIFFERENCE THANK YOU!

Women's Shelter

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

Please donate travel size and unused items. Thank you!

- ◆ Deodorant
- ◆ Bar Soap or Bath Gel
- ◆ Lotion
- ◆ Tooth Paste
- ◆ Mouth Wash
- ◆ Tooth Brushes & Floss
- ◆ Toothbrush Covers
- ◆ Hairbrushes & Combs
- ◆ Hair Ties & Scrunches
- ◆ Shampoo
- ◆ Conditioner
- ◆ Lip Balm
- ◆ Disposable Razors
- ◆ Emery Boards
- ◆ Socks
- ◆ Individual Size
- ◆ Antibacterial Hand Wipes
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids
- ◆ Clear Nail Polish
- ◆ Facial Tissues

(Kleenex type tissues)

**Thank You for your
Donations**

In January we donated:

Rumpledquiltskins

4 quilts to Linus

Itch to Stitch

3 afghans to Linus

1 Quilt sold at gift shop



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 do not 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!