

2023



## 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

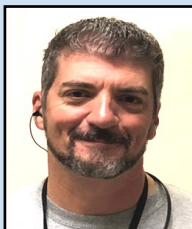
### Email: Carroll County Government

- [www.carrollcountymd.gov](http://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

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



# September 2025

## Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>HOLIDAY</b>  	<b>2</b>  Chicken Divan Brown Rice, Veggie, Wheat Bread, Diced Peaches 1% Milk <b>Reservation due Thursday August 28th by 10:00 am</b>	<b>3</b>  Corned Beef w/Dill Sauce, Wheat Bread, Mashed Potatoes, Braised Red Cabbage, Corn & Pea Salad, Tropical Fruit, 1% Milk <b>Reservation due Friday August 29th by 10:00 am</b>	<b>4</b>  Indian Butter Chicken, Brown Rice, Wheat Bread, Kachumber, Mandarin Orange, 1% Milk <b>Reservation due Friday August 29th by 10:00 am</b>	<b>5</b>  White Bean Soup, Turkey-Ham Maccaroni Salad Plate, Spinach, Tomatoes, Wheat Bread, Pineapple, Chocolate Milk <b>Reservation due Tuesday September 2nd by 10:00 am</b>
<b>8</b>  Chicken Cordon Blue Sandwich, Broccoli Salad, Baked Bean, Fruited Yogurt <b>Reservation due Wednesday September 3rd by 10:00 am</b>	<b>9</b>  Beef Pot Roast Au Jus Sandwich, Honey Roasted Beets, Cole Slaw, 1% Milk <b>Reservation due Thursday September 4th by 10:00 am</b>	<b>10</b>  <b>EXPO CLOSED</b>	<b>11</b>  Roast Turkey Sub, Cheddar, Potato Salad, Cole Slaw, Fruit Cocktail, 1% Milk <b>Reservation due Friday September 5th by 10:00 am</b>	<b>12</b>  <b>BINGO</b> Roast Pork Loin w/Dijon Cream Sauce, Okra & Tomatoes, Garlic Mashed Potatoes, Wheat Bread, Fruit Cocktail, Chocolate Milk <b>Reservation due Tuesday September 9th by 10:00 am</b>
<b>15</b>  Honey BBQ Rib Patty, Cole Slaw, Sandwich Roll, Fiesta Black Beans, Fruited Yogurt <b>Reservation due Wednesday September 10th by 10:00 am</b>	<b>16</b>  Chicken Breast Fricassee, Brown Rice, Mixed Vegetable, Wheat Bread, Apple Snack Pack 1% Milk <b>Reservation due Thursday September 11th by 10:00 am</b>	<b>17</b>  Salisbury Steak w/Mushroom Gravy, Roasted Potatoes, Seasoned Greens, Wheat Bread, Amish White Bean Salad, 1% Milk <b>Reservation due Friday September 12th by 10:00 am</b>	<b>18</b>  Hot Dog Day (All Beef) <b>Reservation due Monday September 15th by 10:00 am</b>	<b>19</b>  BBQ Chicken Sandwich, Cream of Broccoli Soup, Red Cabbage Slaw, Fruited Yogurt <b>Reservation due Tuesday September 16th by 10:00 am</b>
<b>22</b> <b>SPECIAL</b>  Chicken Cordon Bleu w/Gravy, Mashed Potatoes, Peas & Onions, Dinner Roll, Apple Pie, Fruit Juice, 1% Milk <b>Reservation due Tuesday September 16th by 10:00 am</b>	<b>23</b>  Chicken Breast w/Creamy Artichoke Sauce, Lemon Rice Pilaf, Green Beans, Cinnamon Apple <b>Reservation due Thursday September 18th by 10:00 am</b>	<b>24</b>  Tuna Salad Sandwich, Wheat Bread, Corn & Edamame, Applesauce, 1% Milk <b>Reservation due Friday September 19th by 10:00 am</b>	<b>25</b>  Pot Roast of Beef Chasseur, Roasted Potatoes, Greens, Mandarin Oranges, 1% Milk <b>Reservation due Monday September 22nd by 10:00 am</b>	<b>26</b>  Creamy Chicken Piccata, Brown Rice, Buttered Carrots, Wheat Bread, Pea & Red Pepper Salad Chocolate Milk <b>Reservation due Tuesday September 23rd by 10:00 am</b>
<b>29</b>  Pepperjack Beef Patty, Broccoli Slaw, Tropical Fruit, Fruited Yogurt <b>Reservation due Wednesday September 24th by 10:00 am</b>	<b>30</b>  Tuna Noodle Casserole, Wheat Bread, Chickpea & Tomato Salad, Cinnamon Apple, 1% Milk <b>Reservation due Thursday September 25th by 10:00 am</b>			

- ◆ 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. Box Lunch \$7.62
- ◆ 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](mailto:mtairysc@carrollcountymd.gov)

# September 2025

## Box Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>HOLIDAY</b>  	<b>2</b>  Tuna Fish Salad Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick 1% Milk <b>Reservation due Thursday August 28th by 10:00 am</b>	<b>3</b>  Cold Fried Chicken Patty on WG Roll, Baby Carrot Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Friday August 29th by 10:00 am</b>	<b>4</b>  Egg Salad, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Friday August 29th by 10:00 am</b>	<b>5</b>  Turkey & Cheese Sandwich, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday September 2nd by 10:00 am</b>
<b>8</b>  Curried Chicken Salad, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick Milk <b>Reservation due Wednesday September 3rd by 10:00 am</b>	<b>9</b>  Cold Grilled Chicken, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Thursday September 4th by 10:00 am</b>	<b>10</b>  <b>EXPO CLOSED</b>	<b>11</b>  Ham & Cheese, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Friday September 5th by 10:00 am</b>	<b>12</b> BINGO  Turkey Cranberry Salad, Baby Carrot, Salad of the Day, Snack Bag, Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday September 9th by 10:00 am</b>
<b>15</b>  Bologna, Salami & Cheese, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Milk <b>Reservation due Thursday September 10th by 10:00 am</b>	<b>16</b>  Tuna Fish Salad Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick 1% Milk <b>Reservation due Thursday September 11th by 10:00 am</b>	<b>17</b>  Cold Fried Chicken Patty on WG Roll, Baby Carrot Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Friday September 12th by 10:00 am</b>	<b>18</b>  Egg Salad, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Monday September 15th by 10:00 am</b>	<b>19</b>  Turkey & Cheese Sandwich, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday September 16th by 10:00 am</b>
<b>22</b>  Curried Chicken Salad, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick Milk <b>Reservation due Tuesday September 16th by 10:00 am</b>	<b>23</b>  Cold Grilled Chicken, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Thursday September 18th by 10:00 am</b>	<b>24</b>  Chicken Salad Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick Chocolate Milk <b>Reservation due Friday September 19th by 10:00 am</b>	<b>25</b>  Ham & Cheese, Baby Carrot, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Yogurt Cup <b>Reservation due Monday September 22nd by 10:00 am</b>	<b>26</b>  Turkey Cranberry Salad, Baby Carrot, Salad of the Day, Snack Bag, Chips or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday September 23rd by 10:00 am</b>
<b>29</b>  Bologna, Salami & Cheese, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Milk <b>Reservation due Wednesday September 24th by 10:00 am</b>	<b>30</b>  Tuna Fish Salad Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick 1% Milk <b>Reservation due Thursday September 25th by 10:00 am</b>			

- ◆ 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. Box Lunch \$7.62
- ◆ 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](mailto:mtairysc@carrollcountymd.gov)



# Aging Your Way – Health & Wellness Expo

Formerly known as “Seniors on the Go Expo”

**Wednesday, Sept. 10<sup>th</sup>**



## Do you need ride to the Expo?

CTS will be providing rides to seniors from Senior Centers to Shipley Arena and back

### How to reserve a ride from Senior Center to Expo:

- Call CTS at 410-753-6300 to reserve a ride. Spaces are reserved on a first come first serve basis.  
**If experiencing issues, contact Senior Center Manager.**
- Rides to the Expo and back will cost **\$2.00 each way.**
- Buses will **pick up and drop off seniors on your center's parking lot.**
- Confirm pick up times with your Senior Center Manager the day before the Expo.

**Senior Centers are closed on this date!**

## CARFit

Helping Mature Drivers Find Their Safest Fit

CarFit is an educational program developed by AARP and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them. The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community.

**Monday, October 6th**  
**2:00 - 5:00 PM**

**Location:** Carroll County Public Library - Mount Airy Branch  
705 Ridge Avenue Mount Airy, MD 21771

**Register  
HERE**

Scan the QR code



Or visit:  
[ccpl.librarymarket.com/  
event/town-mount-airy-  
senior-car-check-259971](https://ccpl.librarymarket.com/event/town-mount-airy-senior-car-check-259971)



**Carroll County  
Health Department**

**ZERO DEATHS  
MARYLAND**  
— Highway Safety Office —



**CARROLL COUNTY  
PUBLIC LIBRARY**  
— Infinite Possibilities —

# Upcoming Special Events

Program	Date	Time	Cost
Art Show	Wednesday September 24	9:00 am - 11:00am	None
Crafts Galore	Friday September 5	10:00 am	None
Coffee & Conversation With Snacks	Tuesday September 9 & 23	9:30 am	None
Moving Through Loss	Thursday September 4 & 18	2:00 pm	None
Sing A-long 	Friday September 12	Beginning at 10:00 am	None
<b>Bingo</b>	Friday September 12	12:30 pm	\$1.00 per card
Site Council Meeting	Monday September 15	10:30 am	None
Mending by Carol First Thursday of each month	Thursday September 4	Beginning at 11:00 am - 12:00 pm	None
Senior Center Book Club Where the Crawdads Sing By Delia Owens	Tuesday In Class Room September 30	10:00 am	None
 Swap Day	Tuesday September 16	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Site Council Fundraiser Ledo Pizza	Tuesday September 23	4:00 pm—9:00 pm	Cost of Food
Blood Pressure Check	Thursday September 25	Beginning at 10:00 am	None
Aging Your Way EXPO	Wednesday September 10	9:00 am - 2:00 pm	Free

## Special Meals in September:

**Hot Dog - Thursday, September 18, 2025**

**Roast Turkey Sub - Thursday, September 11, 2025**

**Chicken Cordon Blue - Monday, September 22, 2025**

## Special Events in September:

♦ **Crafts Galore:** Friday, September 5 @ 10 am

♦ **Coffee & Conversation:** Tuesday, September 9 & 23 @ 9:30am

♦ **Aging your Way Expo:** Wednesday, September 10 @ 9:00 am - 2:00 pm

♦ **Sing A-long:** Friday, September 12 @ 10:00 am

♦ **Bingo:** Friday, September 12 @ 12:30 pm

♦ **Swap Day:** Tuesday, September 16 @ 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:** Tuesday, September 30 @ 10:00 am in Class Room. Where the Crawdads Sings, by Delia Owens

♦ **Moving Through Loss:** Thursday, September 4 & 18 @ 2:00 pm (Class Room)

♦ **Ledo Pizza:** Tuesday, September 23, 2025, 4 pm-9pm presented by the Site Council

♦ **Site Council Meeting:** Monday, September 15 @ 10:30am

♦ **Art Show:** Wednesday, September 24 @ 9:00am-11:00pm

♦ **Mending by Carol:** Thursday, September 4 @ 11am

# 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
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
			
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
Coffee & Conversation	9:30 am	September 9 & 23	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	September 16	None
Senior Center Book Club	10:00 am	September 30	Class Room
New: Mexican Train & Other Games	12:30 pm	Ongoing	None
Rummikub	12:30 pm	Ongoing	None
Mah Jongg	12:00 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

# 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	4th 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	12:00 pm	Ongoing	None
Moving Through Loss Compassion Group	2:00 pm	September 4 &18	None

# Daily Activities

## FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 2:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 2:45 am	Ongoing	None
Billiards	8:00 am - 2:45 pm	Ongoing	None
Puzzles	8:00 am - 2:45 pm	Ongoing	None
Lending Library	8:00 am - 2:45 pm	Ongoing	None
Computer Lab	8:00 am - 2:45 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	2::00 pm	September 4 & 18	None
Sing Along	September 12 10:00 am		None
Bingo	September 12 12:30 pm		\$1.00 per card

# Help us Design & Build Age-Friendly Carroll County

We want deep roots that allow Carroll County to be a place that everyone will choose to live, work and play as they age.

Help us build the priorities for our future by taking the survey\* by September 15th

[https://carrollcountymd.qualtrics.com/jfe/form/SV\\_aVP8njulgrT1peC](https://carrollcountymd.qualtrics.com/jfe/form/SV_aVP8njulgrT1peC)



\*Survey is available in  
English and Spanish







Formerly Seniors On The Go Expo

**Wednesday, September 10, 2025 - 9:00 a.m. to 2:00 p.m.**

Shipley Arena, Carroll County Ag Center - 706 Agricultural Center Drive, Westminster MD

<b>FREE Admission</b>	<b>FREE Shuttle Service</b>
<b>FREE Health Screenings</b>	<b>Grab &amp; Go Lunches</b>
<b>Vendor Prize BINGO</b>	<b>Prescription Medication Disposal</b>
<b>Speakers &amp; Seminars</b>	<b>Designated Veterans Area</b>
<b>Community Program &amp; Fitness Demonstration</b>	<b>FREE Complementary Therapies</b>



For more information call 410-386-3800  
[agingexpo@carrollcountymd.gov](mailto:agingexpo@carrollcountymd.gov)

Official Expo  
Media Sponsors

Carroll County  
**Times**



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, 410.386.3800 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.3254 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

# Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more.

We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



**SHIP**  
State Health Insurance  
Assistance Program

Navigating Medicare



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

**\*\*Pre-Recorded sessions can also be accessed at any time using the links listed below.**



## **Transitioning to Medicare Part 1**

*All workshops start at 5:00pm!! Registration is required!!*

July 9<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

August 5<sup>th</sup>, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 6<sup>th</sup>, 2025-Webinar

September 17<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

October 15<sup>th</sup>, 2025-Webinar

November 12<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

December 3<sup>rd</sup>, 2025-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1nlioLxPweM>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap),  
Fraud & Abuse, & Medicare Savings Programs.

## **Transitioning to Medicare Part 2**

*All workshops start at 5:00pm!! Registration is required!!*

July 16<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

August 12<sup>th</sup>, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 13<sup>th</sup>, 2025-Webinar

September 24<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

October 22<sup>nd</sup>, 2025-Webinar

November 19<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)

December 10<sup>th</sup>, 2025-Webinar

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=zVA4jvmmRQA>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event. This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government

Mt Airy Senior Center Site Council Fundraiser



# RAISING FUNDS TASTES GREAT!

Join us at *Ledo Pizza* for a  
**FUNDRAISER** to support

**Mt Airy Senior Center Site Council** (for equipment purchase/upgrade)

**Ledo Pizza:** LEDO PIZZA MT. AIRY  
520 EAST RIDGEVILLE BLVD  
MT. AIRY, MD 21771

**When:** TUESDAY, September 23rd  
4PM – 9PM



## Online Code: Fundraiser

(Please enter the code above into the Coupon/Fundraiser Code area on the Checkout page for the organization to receive credit for your order)

## ONLINE - CARRYOUT - DINE-IN

Bring in this flyer, show it on your phone,  
enter the code for online orders, or just mention  
you are here to support this fundraiser and **20%**  
the proceeds will be donated to the organization!



*Ledo Pizza*

**ORDER.LEDOPIZZA.COM**





**DRIVE-THRU**



# FLU SHOT CLINICS

**CARROLL COUNTY  
SENIOR CENTERS**

**OCTOBER 6<sup>TH</sup> - 10<sup>TH</sup>, 2025  
9:00AM - 11:00AM**

**Mount Airy**

703 Ridge Ave.  
Mt. Airy, MD 21771  
**Monday October 6<sup>th</sup>**

**North Carroll**

2328 Hanover Pike  
Hampstead, MD 21074  
**Tuesday October 7<sup>th</sup>**

**South Carroll**

5928 Mineral Hill Road  
Eldersburg, MD 21787  
**Wednesday October 8<sup>th</sup>**

**Taneytown**

220 Roberts Mill Road  
Taneytown, MD 21787  
**Thursday October 9<sup>th</sup>**

**Westminster**

125 Stoner Ave.  
Westminster, MD 21157  
**Friday October 10<sup>th</sup>**

***Bring ALL your insurance cards with you!***

**Accepted Billing Options:**

Medicare Part B, Medicare Advantage Part D,  
BlueCross Medical, Commercial Prescription Coverage  
Uninsured/Not Covered Cash Price: *Regular* = \$40 ; *High-Dose* = \$95

*Please wear a short-sleeve shirt for the Pharmacist to administer the vaccine*

Questions? Contact Finksburg Pharmacy (410) 526-1055



**Bureau of Aging & Disabilities**  
Carroll County Department of Citizen Services  
Healthy Aging Leadership Team Event



## 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
- ◆ Lip Balm
- ◆ 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
- 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 **4th Thursday of this 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.

**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 410-386-3960	September 16	By Land & Sea Naval Academy Lunch-Academy Catering Room	130.00	Carol Wilson 301-829-8926
Mt Airy 410-386-3960	October 22	Dutch Apple Theater A Chorus Line	\$120.00	Carol Wilson 301-829-8926
Mt Airy 410-386-3960	November 12	Museum of the Bible Lunch @ Tony & Joe's Water Front	\$110.00	Carol Wilson 301-829-8926
Mt Airy 410-386-3960	December 11	American Music Theater Deck the Halls Lunch @ Fulton Steam- boat Inn	TBD	Carol Wilson 301-829-8926