

MT.AIRY SENIOR CENTER

# October Activity Schedule

703 RIDGE AVE  
MT.AIRY, MD 21771  
MT.AIRYSC@  
CARROLLCOUNTYMD.GOV  
410-386-3960

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  
OCTOBER 13TH



**Flu Shots**

Monday  
October 6th  
9:00am- 11:00am



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.



## **VOLUNTEERS NEEDED**

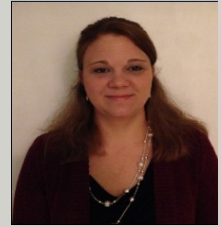
**KITCHEN**  
MONDAY-FRIDAY

**FRONT DESK**  
MONDAY & WEDNESDAY after 12:00pm

**GARDENING**  
HELP TO PREPARE FLOWER BEDS FOR WINTER AND HELP MAINTAIN  
DURING SPRING AND SUMMER

If you are interested in volunteering please ask  
Melissa or Ann for more information.

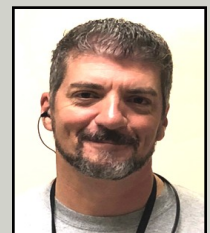
### **CENTER STAFF**



Melissa Coughton  
Manager



Ann Palmisano  
Assistant Manager



Dave Thomson  
Custodian

## **SITE COUNCIL OFFICERS**

Adele Connolly



Janet Leyshon



Diann Linton



Linda Gravitt



Sandra Whitaker





## 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



# CARFit



SAVE THE DATE

## 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](http://ccpl.librarymarket.com/event/town-mount-airy-senior-car-check-259971)



**Carroll County  
Health Department**

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

**State Farm**



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



**The Vietnam Memorial Traveling Wall®**  
Coming to Carroll County October 9 – 13, 2025

New Windsor Fire Department Carnival Grounds will be the location of this historic event in Carroll County in 2025. The Wall is a 3/5 scale replica of the original in DC and spans 300 feet end to end, standing almost 6 feet tall. The Wall honors over 58,000 names of the men & women of the armed forces who served & lost their lives in Vietnam.

**Remember – Honor – Heal**

*Babylon*  
VAULT  
SINCE 1908



Visit our website for updates leading up to this event  
[www.BabylonVaultCompany.com](http://www.BabylonVaultCompany.com) | Facebook: @BabylonVault

**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 6th**

## **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 your Medicare ID and/or prescription insurance card(s) for billing.  
*Please wear a short-sleeve shirt for the Pharmacist  
to administer the vaccine in your upper arm.*

Questions? Contact Finksburg Pharmacy at 410-526-1055



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

# NEW EXERCISE CLASS

## KATIE'S EXERCISE

### WEDNESDAYS

### 9:00AM- 10:00AM

### OCTOBER 8TH- DEC. 17TH

### DONATION



THANKS TO KOONS TOYOTA IN WESTMINSTER

# *Marilyn's Fall Flower Workshop*



## Tuesday October 14th

### 10:00am

### Cost: \$10.00

### SIGN UP AT FRONT DESK BY OCTOBER 9th

### LIMITED SPACE



# Holiday Craft/Vendor Show

Saturday November 8th

10:00am– 2:00pm

Please come and support this fundraiser and bring a friend.

Lots of Handmade crafts, stained glass, bird house, photo art, knitting and crochet items, hats, blankets, gloves, cutting boards, ornaments, mugs, floral arrangements, handmade jewelry, woodwork crafts, night lights, wine bottles, Tupperware, Tastefully Simple, Color St. Nails and much, much more.

Bake Table and Raffles.

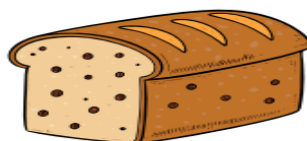
Come and find that special gift just in time for the Holidays!

## **BAKERS NEEDED**

**Is Baking your superpower or do you just enjoy baking? We need baked goods and/or candy for our bake sale on Saturday November 8<sup>th</sup> at our Senior Center. Last years bake sale was a huge success.**

**Please support our center with a donation of homemade cakes, cookies, breads, bars, candy, brownies, muffins, etc.**

**If interested please sign up at the front desk.**





**It's Fall Ya'll**

**Want to make a Caramel Apple?**

**Come join Lisa on**

**10/16/2025 @ 10:45 am**

**We will supply everything you need to enjoy  
a Fall treat.**

**Space is limited so don't delay**

**Sign up today. Last Day to sign up is Oct. 10th**

**October 16 at 5pm**  
**FREE VIRTUAL**  
**MOUNT AIRY**  
**MURDER, MAYHEM & MYSTERY**  
**GHOST**  
**TOUR**

**Historical Society of Mount Airy Maryland presents  
 Tales from beyond the grave without the walking!  
 Register by visiting [www.library.carr.org](http://www.library.carr.org)**



**Mount Airy Branch • 705 Ridge Avenue • 410.386.4470**

**[library.carr.org](http://library.carr.org)**



**CARROLL COUNTY  
PUBLIC LIBRARY**





# Halloween

## Party

(dancing optional)

October 31

12:30

A prize will be won by those wearing the best  
costume.

What shall you be?



# October 2025

## Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Cheddar Cheeseburger, Corn O'Brien, Creamy Cucumber Salad, Apple Juice, 1% Milk <b>Reservation due Friday September 26th by 10:00 am</b>	<b>2</b> Roast Pork Loin w/ Dijon Cream Sauce, Okra & Tomatoes, Garlic Mashed Potatoes, WG White Bread, Fruit Cocktail, Fruit Punch, Chocolate Milk <b>Reservation due Monday September 29th by 10:00 am</b>	<b>3</b> Italian Sausage & Cheese Sub, Pepper & Onion Strips, Red Cabbage Slaw, Fruited Yogurt, Pineapple Juice <b>Reservation due Tuesday September 30th by 10:00 am</b>
<b>6</b> Chicken Breast Fricassee, WG Brown Rice Pilaf, Mixed Vegetables, WG White Bread, Sliced Apple Snack Pack, Grape Juice, 1% Milk <b>Reservation due Wednesday October 1st by 10:00 am</b>	<b>7</b> Salisbury Steak w/Mushroom Gravy, Roasted Potatoes, Seasoned Greens, WG White Bread, Amish White Bean Salad, Apple Juice, 1% Milk <b>Reservation due Thursday October 2nd by 10:00 am</b>	<b>8</b> Reuben Sammy Casserole, Zucchini & Tomatoes, Fruit Cocktail, WG White Bread, Grape Juice, Chocolate Milk <b>Reservation due Friday October 3rd by 10:00 am</b>	<b>9</b> Cream of Broccoli Soup, BBQ Chicken Sandwich, Cole Slaw, Fruited Yogurt, Apple Juice <b>Reservation due Monday October 6th by 10:00 am</b>	<b>10</b> BINGO Slice Ham w/Raisin Sauce, Au Gratin Potatoes, Carrots, Wheat Bread, Pineapple Tidbits, Chocolate Milk <b>Reservation due Tuesday October 7th by 10:00 am</b>
<b>13</b> <b>COLUMBUS DAY CENTER CLOSED</b>	<b>14</b> Tuna Salad, Lentil & Spinach Soup, Wheat Bread, Corn & Edamame, Apple Sauce, 1% Milk <b>Reservation due Wednesday October 8th by 10:00 am</b>	<b>15</b> Pot Roast of Beef, Stroganoff Sauce, Roasted Potatoes, Wheat Bread, Seasoned Green Beans, Fruit Juice, 1% Milk <b>Reservation due Thursday October 9th by 10:00 am</b>	<b>16</b> SPECIAL Bratwurst w/Pepper & Onion, Braised Red Cabbage, Red Skin Potatoes, Waldorf Salad, Chocolate Cake, Fruit Punch, 1% Milk <b>Reservation due Friday October 10th by 10:00 am</b>	<b>17</b> Pepperjack Turkey Burger, Broccoli Slaw, Tropical Fruit, Fruited Yogurt, Pineapple Juice <b>Reservation due Tuesday October 14th by 10:00 am</b>
<b>20</b> Hot Dog Day ALL BEEF <b>Reservation due Wednesday October 15th by 10:00 am</b>	<b>21</b> Chicken Breast w/Ranch Cream Sauce, Yellow Rice Pilaf, Wheat Bread, Peas & Carrott, Pineapple Tidbits, Orange Juice, 1% Milk <b>Reservation due Thursday October 16th by 10:00 am</b>	<b>22</b> Meatball & Cheese Sub, Seasoned Green Beans, Mandarin Oranges, Fruit Juice, 1% Milk <b>Reservation due Friday October 17th by 10:00 am</b>	<b>23</b> Chicken Alfredo, Zucchini & Tomatoes, Cinnamon Applesauce, Oranges Juice, Fruited Yogurt <b>Reservation due Monday October 20th by 10:00 am</b>	<b>24</b> Roasted Pork Loin w/Creamy Mushroom Sauce, Wheat Bread, German Cucumber Salad, Garlic Mashed Potatoes, Slice Apple, Chocolate Milk <b>Reservation due Tuesday October 21st by 10:00 am</b>
<b>27</b> Chicken Caesar Salad, Cornbread Loaf, Hot Spiced Apples, Split Pea Soup 1% Milk <b>Reservation due Wednesday October 22nd by 10:00 am</b>	<b>28</b> Meatloaf w/Gravy, Seasoned Green Beans, WG Brown Rice, Wheat Bread, Diced Peaches, Pineapple Juice, 1% Milk <b>Reservation due Thursday October 23rd by 10:00 am</b>	<b>29</b> Greek Chicken Grain Bowl, Apricot Halves, Apple Juice, 1% Milk <b>Reservation due Friday October 24th by 10:00 am</b>	<b>30</b> Corned Beef w/Mustard Dill Sauce, Mashed Potatoes, Red Cabbage, Corn & Peas, Tropical Fruit 1% Milk <b>Reservation due Monday October 27th by 10:00 am</b>	<b>31</b> Baked Potato, Spinach Salad, Chili w/Cheddar Cheese, Applesauce, Wheat Bread, Fruit Punch, 1% Milk <b>Reservation due Monday October 27th 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)

# October 2025

## Box Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Cold Fried Chicken Patty, Baby Carrot Snack Pack, Fruit, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Friday September 26th by 10:00 am</b>	<b>2</b> Egg Salad, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Mozzarella Cheese Stick, Yogurt Cup, Juice <b>Reservation due Monday September 29th by 10:00 am</b>	<b>3</b> Turkey & Cheese, Baby Carrott, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Tuesday September 30th by 10:00 am</b>
<b>6</b> Curried Chicken Salad, Baby Carrott, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, 1% Milk <b>Reservation due Wednesday October 1st by 10:00 am</b>	<b>7</b> Cold Grilled Chicken Breast, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Cup <b>Reservation due Thursday October 2nd by 10:00 am</b>	<b>8</b> Chicken Salad, Baby Carrot Snack Pack, Fruit of the Day, Snack Bag/Chip or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Friday October 3rd by 10:00 am</b>	<b>9</b> Ham & Cheese, Baby Carrot Snack Pack, Fruit of Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Cup <b>Reservation due Monday October 6th by 10:00 am</b>	<b>10 BINGO</b> Turkey Cranberry Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chip or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday October 7th by 10:00 am</b>
<b>13</b> <b>COLUMBUS DAY CENTER CLOSED</b>	<b>14</b> Tuna Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chips or Cookie, 1% Milk, Juice <b>Reservation due Wednesday October 8th by 10:00 am</b>	<b>15</b> Cold Fried Chicken Patty, Baby Carrot Snack Pack, Fruit, Snack Bag/Chip or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Thursday October 9th by 10:00 am</b>	<b>16</b> Egg Salad, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Mozzarella Cheese Stick, Yogurt Cup, Juice <b>Reservation due Friday October 10th by 10:00 am</b>	<b>17</b> Turkey & Cheese, Baby Carrott, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Tuesday October 14th by 10:00 am</b>
<b>20</b> <b>Hot Dog Day ALL BEEF</b> <b>Reservation due Wednesday October 15th by 10:00 am</b>	<b>21</b> Cold Grilled Chicken Breast, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Cup <b>Reservation due Thursday October 16th by 10:00 am</b>	<b>22</b> Chicken Salad, Baby Carrot Snack Pack, Fruit of the Day, Snack Bag/Chip or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Friday October 17th by 10:00 am</b>	<b>23</b> Ham & Cheese, Baby Carrot Snack Pack, Fruit of Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Cup <b>Reservation due Monday October 20th by 10:00 am</b>	<b>24</b> Turkey Cranberry Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chip or Cookie, Cheese Stick, Chocolate Milk <b>Reservation due Tuesday October 21st by 10:00 am</b>
<b>27</b> Bologna, Salami & Cheese, Baby Carrot Snack Pack, Salad of the Day, Chips or Cookie, Cheese Stick, Juice, 1% Milk <b>Reservation due Wednesday October 22nd by 10:00 am</b>	<b>28</b> Tuna Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chips or Cookie, 1% Milk, Juice <b>Reservation due Thursday October 23rd by 10:00 am</b>	<b>29</b> Cold Fried Chicken Patty, Baby Carrot Snack Pack, Fruit, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Friday October 24th by 10:00 am</b>	<b>30</b> Egg Salad, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Mozzarella Cheese Stick, Yogurt Cup, Juice <b>Reservation due Monday October 27th by 10:00 am</b>	<b>31</b> Turkey & Cheese, Baby Carrott, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Monday October 27th 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**.

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Email: [mtairysc@carrollcountymd.gov](mailto:mtairysc@carrollcountymd.gov)





# OCTOBER SEPECIAL EVENTS

**FRIDAY OCT. 3- CRAFTS GALORE 10:00AM-11:00AM**  
(SIGN UP AT FRONT DESK)



**MONDAY OCT. 6- FLU SHOTS 9:00AM-11:00AM**

**WEDNESDAY OCT. 8- NEW CLASS- KATIES EXERCISE 9:00AM-10:00AM**

**TUESDAY OCT. 14- MARILYN'S FALL FLOWER WORKSHOP- 10:00AM**  
COST: \$10.00 (SIGN UP AT FRONT DESK)

**THURSDAY OCT. 16- MAKE A CARAMEL APPLE WITH LISA- 10:45 AM**  
(SIGN UP AT FRONT DESK)

**TUESDAY OCT. 21- BOOK CLUB (UNBROKEN BY LAUREN HILDEBRAND)**

**THURSDAY OCT. 30- DAYCARE HALLOWEEN PARADE 10:00AM**

Please only donate peanut and tree nut free treats

**FRIDAY OCT. 31- DAYCARE HALLOWEEN PARADE 10:00AM**

Please only donate peanut and tree nut free treats

**FRIDAY OCT. 31- HALLOWEEN PARTY AND COSTUME CONTEST 12:30PM**



# **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.**

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.

# Daily Activities

## Monday

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	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
Site Council Meeting (3rd Monday of the Month)	10:30am	October 20th	None
Monday Yoga Karen Boger	10:30 am - 11:30 am	Ongoing	Donation Thanks to Koons Toyota
Lunch	11:30 am	Ongoing	See Menu
Games	12:30 pm– 3:45pm	Ongoing	None



# TUESDAY

Program	Time	Session	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	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
Strength & Mobility with Jenni Combs	9:00 am - 10:00 am	Ongoing	Donation Thanks to Koons Toyota
Coffee & Conversation (2nd & 4th Tuesday)	9:30 am– 10:30 am	Oct. 14th & 28th	Everyone is Welcome
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation Thanks to Koons Toyota
SWAP Day (3rd Tuesday)	10:00 am - 2:00 pm	October 21st	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 Wednesday)	10:00 am– 11:00 am	October 21st	Unbroken by Lauren Hildebrand
Lunch	11:30 am	Ongoing	See Menu
Mexican Train Dominos & other games 1st and 3rd Tuesday	12:30 pm- 3:30pm	Oct. 7th & 21st	None
Rummikub	12:30– 3:30 pm	Ongoing	None
MahJongg	12:00 pm - 3:30 pm	Ongoing	None

<b>Wednesday</b>
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Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	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
Katies Exercise	9:00am– 10:00am	<b>NEW CLASS STARTS Oct. 8th</b>	Donation Thanks to Koons Toyota
Drawing & Painting Mary Streaker	9:00am– 11:00am	Ongoing	\$30.00
Senior Information & Assistance (2nd Wednesday)	10:00am– 11:00am	October 8th	None
Yoga 2 Karen Boger	10:30am– 11:30am	Ongoing	Donation Thanks to Koons Toyota
Lunch	11:30 am	Ongoing	See Menu
Rummikub	12:30pm– 3:30pm	Ongoing	None
Mahjongg	12:30pm– 3:30pm	Ongoing	None

## THURSDAYS

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	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 (3rd Thursday )	9:00 am - 11:00 am	October 16th	
Tap Dancing Pat Chalk	9:00 am - 11:00 am	Ongoing	\$30.00
Strength & Mobility Jenni Combs	10:45	Ongoing	\$30.00
Lunch	11:30 am	Ongoing	See Menu
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	Ongoing	Donation
Rummikub	12:00 pm– 3:30 pm	Ongoing	None
Moving Through Loss Compassion Group	2:00 pm– 3:00 pm	Oct. 16th & 30th	None



## FRIDAYS

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	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
Crafts Galore 1st Friday of the month	10:00am– 11:00am	October 3rd	Sign Up at front desk
Quilting with Friends	9:00 am - 11:00 am	Ongoing	None
Tai Chi Toni Minkel	9:00 am - 11:00 am	Ongoing	\$30.00
Sing Along 2nd Friday	10:00am– 11:00am	October 10th	
Lunch	11:30 am	Ongoing	See Menu
Bingo 2nd Friday	12:30pm– 2:30pm	October 10th	 \$1.00 per card
Kindness, Support and Compassion Group	2:00pm- 3:00pm	October 17th & October 31st	None

## Senior Center Trips 2025

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

Date of Trip	Trip Description	Cost	Sign Up
October 22	Dutch Apple Theater A Chorus Line	\$120.00	Carol Wilson 301-829-8926
November 12	Museum of the Bible Lunch @ Tony & Joe's Water Front	\$110.00	Carol Wilson 301-829-8926
December 11	American Music Theater Deck the Halls Lunch @ Fulton Steamboat Inn	\$115.00	Carol Wilson 301-829-8926

**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).**



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



### Carroll Food Sunday

Helps provide emergency supplemental food in Carroll County



- |                 |                                       |
|-----------------|---------------------------------------|
| • Peanut Butter | • Canned or Bagged Beans Red or Black |
| • Jelly         | • Pancake Mix                         |
| • Cereal        | • Pancake Syrup                       |
| • Canned Soup   |                                       |
| • Canned Pasta  |                                       |
| • Canned Chili  |                                       |

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!**



# DID YOU KNOW??

We will be at the South Carroll Senior Center  
the 1st Thursday of **EACH** month!

(No visits in July & December)



We can connect you with services regarding:

- Energy Assistance
- RTC and HTC
- Referrals to Community Service Providers
- Caregiver Resources
- Housing Options
- Long-Term Care Services/Program



## 2026 Medicare Open Enrollment

**Review your 2026 Part D Options: October 15<sup>th</sup>-December 7<sup>th</sup>**



### Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

You can be added to our call list for an appointment starting Sept 15<sup>th</sup>. We will be returning calls to schedule by Oct 1<sup>st</sup> please call [410-386-3800](tel:410-386-3800) to be added to the list.

**\*\*\*Appointments are required and limited\*\*\***

You can also review plan options by calling 1-800-MEDICARE or logging on to Medicare.gov

**STATE RETIREES:** Please be sure to contact VIA Benefits to review your coverage for 2026 if you would like to keep your additional benefits.

[my.viabenefits.com/Maryland](https://my.viabenefits.com/Maryland) or 1-855-556-4419 (M-F 8am-7pm)

#### Taneytown Senior Center

220 Roberts Mill Rd

Taneytown, MD 21787

*Tuesday, October 21<sup>st</sup>, 2025*

#### South Carroll Senior Center

5928 Mineral Hill Rd

Sykesville, MD 21784

*Friday, November 7<sup>th</sup>, 2025*

#### North Carroll Senior Center

2328 Hanover Pike

Hampstead, MD 21074

*Friday, November 21<sup>st</sup>, 2025*

#### Mt Airy Senior Center

703 Ridge Ave

Mt Airy, MD 21771

*Tuesday, November 25<sup>th</sup>, 2025*



**SHIP**

State Health Insurance  
Assistance Program

Navigating Medicare

#### Westminster Senior Center

125 Stoner Ave

Westminster, MD 21157

*Tuesday, December 2<sup>nd</sup>, 2025*



**SMP**

Senior Medicare Patrol

Preventing Medicare Fraud

**Appointments are also available in our SHIP office Oct 15<sup>th</sup>-Dec 5<sup>th</sup>, 2025.**

Please call the Bureau of Aging & Disabilities for an appointment 410-386-3800.

You will be placed on a call list and scheduled in the order the call was received.

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 as soon as possible but no later than 72 hours before the scheduled event.  
Email: [ada@ccc.carr.org](mailto:ada@ccc.carr.org)

# Volunteering Opportunity

Tax Season Is Right Around The Corner

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2025 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.

We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested in volunteering, please contact  
Mike Deutsch at 443-789-8346

