



2025



Mt Airy Senior Center

703 Ridge Avenue
Mt Airy, MD 21771

Phone:

410.386.3960

301.829.2407

Hours:

Monday-Thursday 8:00 am- 4:00 pm

Friday 8:00 AM -3:00 PM

Email: Senior Center

mtairysc@carrollcountymd.gov

Email: Carroll County Government

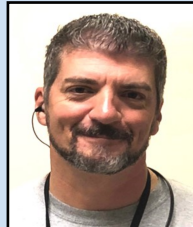
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager

Center Assistant

Ann Palmisano

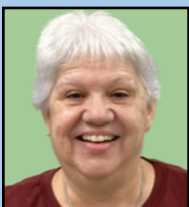


Center Custodian

Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



August 2025

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Cordon Blue Sandwich Reservation due Tuesday July 29th by 10:00 am
4 55+ Beef Pot Roast Au Jus Sandwich Reservation due Wednesday July 30th by 10:00 am	5 Creamy Chicken Casserole Reservation due Thursday July 31st by 10:00 am	6 Meatloaf w/Gravy Reservation due Friday August 1st by 10:00 am	7 Roast Pork Loin Reservation due Monday August 4th by 10:00 am	8 Hot Dog Reservation due Tuesday August 5th by 10:00 am BINGO
11 Chicken Breast Fricassee Reservation due Wednesday August 6th by 10:00 am	12 Salisbury Steak Reservation due Thursday August 7th by 10:00 am	13 White Bean Chicken Chili Reservation due Friday August 8th by 10:00 am	14 BBQ Chicken Sandwich Reservation due Monday August 11th by 10:00 am	15 Turkey Sub Reservation due Monday August 11th by 10:00 am
18 Chicken Breast w/Creamy Artichoke Sauce Reservation due Wednesday August 13th by 10:00 am	19 Tuna Reservation due Thursday August 14th by 10:00 am	20 Pot Roast of Beef Chasseur Reservation due Friday August 15th by 10:00 am	21 SPECIAL Pulled Pork BBQ Sandwich Reservation due Friday August 15th by 10:00 am LUAU	22 Pepperjack Beef Patty Reservation due Tuesday August 19th by 10:00 am
25 Tuna Noodle Casserole Reservation due Wednesday August 20th by 10:00 am	26 Chicken Breast w/Ranch Cream Sauce Reservation due Thursday August 21st by 10:00 am	27 Meatball Sub Reservation due Friday August 22nd by 10:00 am	28 Turkey Florentine Reservation due Monday August 25th by 10:00 am	29 Chicken Caesar Salad Reservation due Tuesday August 26th 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**. 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

August 2025

Box Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Turkey Cranberry Salad Reservation due Tuesday July 29th by 10:00 am
4 55+ Bologna, Salami & Cheese Reservation due Wednesday July 30th by 10:00 am	5 Tuna Reservation due Thursday July 31st by 10:00 am	6 Cold Fried Chicken Patty Reservation due Friday August 1st by 10:00 am	7 Egg Salad Reservation due Monday August 4th by 10:00 am	8 Hot Dog Reservation due Tuesday August 5th by 10:00 am BINGO
11 Curried Chicken Salad Reservation due Wednesday August 6th by 10:00 am	12 Cold Grilled Chicken Reservation due Thursday August 7th by 10:00 am	13 Chicken Salad Reservation due Friday August 8th by 10:00 am	14 Ham & Cheese Reservation due Monday August 11th by 10:00 am	15 Turkey Cranberry Salad Reservation due Monday August 11th by 10:00 am
18 Bologna, Salami & Cheese Reservation due Wednesday August 13th by 10:00 am	19 Tuna Reservation due Thursday August 14th by 10:00 am	20 Cold Fried Chicken Reservation due Friday August 15th by 10:00 am	21 Egg Salad Reservation due Friday August 15th by 10:00 am LUAU	22 Turkey & Cheese Reservation due Tuesday August 19th by 10:00 am
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Aging Your Way – Health & Wellness Expo

Formerly known as “Seniors on the Go Expo”

Wednesday, Sept. 10th



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!

Upcoming Special Events

Program	Date	Time	Cost
Art Show	Wednesday September 24	9:00 am - 11:00am	None
Crafts Galore	Friday August 1	10:00 am	None
Coffee & Conversation With Snacks	Tuesday August 12 & 26	9:30 am	None
Moving Through Loss	Thursday August 7 & 21	2:00 pm	None
Sing A-long 	Friday August 8	Beginning at 10:00 am	None
Bingo	Friday August 8	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 August 7	Beginning at 11:00 am - 12:00 pm	None
Senior Center Book Club Book: The Midnight Library By Matt Haig	Tuesday In Class Room August 19	10:00 am	None
 Swap Day	Tuesday August 19	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Site Council Fundraiser Carter Que	Wednesday August 13	11:00 am—8:00 pm	Cost of Food
Blood Pressure Check	Thursday August 28	Beginning at 10:00 am	None
Site Council Fundraiser Twin Arch Tavern	Tuesday August 26	10:30 am - 9:00 pm	Cost of Food
Terry Serio: Rethink Your Drink- ing	Thursday August 14	11:00 am	None

Special Meals in August:

Luau Lunch - Thursday, August 21, 2025

Sub Day - Friday, August 15, 2025, Turkey Sub



Special Events in August:

- ♦ **Crafts Galore** Friday, August 1 @ 10 am
- ♦ **Coffee & Conversation** Tue, August 12 & 26 @ 9:30am
- ♦ **Sing A-long** Friday, August 8 @ 10:00 am
- ♦ **Bingo** Friday, August 8 @ 12:30 pm
- ♦ **SWAP Day** Tuesday, August 19 @ 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, August 19 @ 10:00 am in Class Room. The Midnight Library by Matt Haig
- ♦ **Tips for Healthy Hydration**: Thursday, August 14, @ 11:00 am (Terry Serio)

Moving Through Loss: Thursday, August 7 & 21 @ 2:00 pm

Carter Que: Wednesday, August 13, 2025 11am-8pm presented by the Site Council

Twin Arch Tavern: Tuesday August 26th 10:30am-9pm

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

Coming Soon -Art Show: Wednesday, September 24 @ 9:00 am

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	August 12 & 26	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	August 19	None
Senior Center Book Club	10:00 am	August 19	Class Room
New: Mexican Train & Other Games	12:30 pm	August 5 & 19	None
Rummikub	12:30 pm	Ongoing	None
Mah Jongg	12:30 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	3rd 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	12:30 pm	Ongoing	None
Healthy Hydration Terry Serio	Thursday August 14	11:00 am	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	August 7 & 21	None
Sing Along	August 8 10:00 am		None
Bingo	August 8 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



***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

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



For more information call 410-386-3800
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 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

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 9th, 2025-In person @ Westminster Public Library (50 E Main St)

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

August 6th, 2025-Webinar

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

October 15th, 2025-Webinar

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

December 3rd, 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 16th, 2025-In person @ Westminster Public Library (50 E Main St)

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

August 13th, 2025-Webinar

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

October 22nd, 2025-Webinar

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

December 10th, 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 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.



FUNDRAISER NIGHT

August 13th, 2025 from 11AM-8PM

We look forward to seeing you!

Together we can make a difference in the community!

Please present this coupon to your server.

Carter Que BBQ will donate a portion of the money paid for meals to the Mt. Airy Senior Center Site Council - an independent non-profit group that supports the activities of the Mt. Airy Senior Center.

1310 S Main Street, Mount Airy, MD 21771 • 301-829-2222 • www.carterque.com



Mt. Airy Senior Center Site Council

Present this flyer to have 10% of the proceeds
Donated to the MASC Scholarship Fund.

Tuesday August 26th 10:30 am - 9 pm

Dine-in or Carry out.

Twin Arch Tavern

301-829-8283

www.twınarchtavern.com

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	August 27	Totem Pole Neil Diamond Tribute Lunch @ Hickory Bridge	\$115.00	Carol Wilson 301-829-8926
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	TBD	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