

*Mt. Airy Senior Center*  
**March**  
*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."

**St. Patrick's Day  
Lunch**  
**Tuesday March 17  
at 11:30am.**  
**Sign up at the  
front desk.**



**SITE COUNCIL  
MEETING**  
**MONDAY MARCH 16th**  
**10:00am**  
**(New Time)**

# 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



Diann 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



# March is Senior Nutrition Month

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Join us for lunch with friends and healthy nutrition activities.

Lunch is served at 11:30 sign up at the front desk.

**\*\*Throughout the month of March every time you eat lunch you will be entered to win a grocery store gift card.**

# March 2026

## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Alfredo, Zucchini &amp; Tomatoes, Apple Sauce, Fruited Yogurt, Juice  <b>Reservation due Wednesday February 26th by 10:00 am</b></p>	<p>3 Roasted Pork Loin w/Creamy Mushroom Sauce, German Cucumber Salad, Mashed Potatoes, Wheat Dinner Roll, Fruit, Chocolate Milk  <b>Reservation due Thursday February 26th by 10:00 am</b></p>	<p>4 Chicken Caesar Salad, Soup, Cornbread Loaf, Hot Spiced Apples, 1/2 Milk  <b>Reservation due Friday February 27th by 10:00 am</b></p>	<p>5 Meatloaf w/Gravy, Seasoned Green Beans, Brown Rice, Wheat Bread, Fruits, Juice, 1/2 Milk  <b>Reservation due Monday March 2nd by 10:00 am</b></p>	<p>6 Greek Chicken Grain Bowl, Fruits, 1/2 Milk, Juice  <b>Reservation due Tuesday March 3rd by 10:00 am</b></p>
<p>9 Corned Beef w/Mustard Dill Sauce, Wheat Bread, Mashed Potatoes, Red Cabbage, Corn &amp; Pea Salad, Fruit, 1/2 Milk  <b>Reservation due Wednesday March 4th by 10:00 am</b></p>	<p>10 Pepperjack Turkey Burger, Fresh Broccoli Slaw, Fruit, Fruited Yogurt, Juice  <b>Reservation due Thursday March 5th by 10:00 am</b></p>	<p>11 BAKED POTATOES            Baked Potato, Spinach Salad w/Tomatoes, Chili, Cheddar Cheese &amp; Sour Cream, Applesauce, Wheat Bread, Juice, 1/2 Milk  <b>Reservation due Thursday March 5th by 10:00 am</b></p>	<p>12 Beef Pot Roast w/Au Jus, Honey Roasted Beets, Cole Slaw, Juice, 1/2 Milk  <b>Reservation due Monday March 9th by 10:00 am</b></p>	<p>13 Creamy Chicken Casserole, Yellow Rice Pilaf, Green Beans, Fruit, Wheat Bread, Juice, 1/2 Milk  <b>Reservation due Tuesday March 10th by 10:00 am</b></p>
<p>16 Cheddar Cheeseburger, Corn O'Brien, Creamy Cucumber Salad, Juice, 1/2 Milk  <b>Reservation due Wednesday March 11th by 10:00 am</b></p>	<p>17 SPECIAL            Corned Beef, Red Skin Potatoes, Cabbage, Copper Pennie, Corn Muffin, Cake w/Strawberry Sauce, Juice, 1/2 Milk  <b>Reservation due Wednesday March 11th by 10:00 am</b></p>	<p>18 Italian Sausage &amp; Cheese Sub, Pepper &amp; Onion, Red Cabbage Slaw, Italian Roll, Juice, Fruited Yogurt  <b>Reservation due Friday March 13th by 10:00 am</b></p>	<p>19 Chicken Breast Fricassee, Brown Rice Pilaf, Mixed Vegetables, Wheat Bread, Fruit, Juice, 1/2 Milk  <b>Reservation due Monday March 16th by 10:00 am</b></p>	<p>20 Salisbury Steak w/Mushroom Gravy, Roasted Potatoes, Seasoned Greens, Wheat Bread, Amish Bean Salad, Juice, 1/2 Milk  <b>Reservation due Tuesday March 17th by 10:00 am</b></p>
<p>23 Reuben Sammy Casserole, Zucchini &amp; Tomatoes, Fruit, Wheat Bread, Juice, Chocolate Milk  <b>Reservation due Wednesday March 18th by 10:00 am</b></p>	<p>24 Cream of Broccoli Soup, BBQ Chicken Sandwich, Cole Slaw, Fruited Yogurt, Juice, 1/2 Milk  <b>Reservation due Thursday March 19th by 10:00 am</b></p>	<p>25 Ham w/Raisin Sauce, Au Gratin Potatoes, Carrots, Pineapple, Wheat Bread, Juice, Chocolate Milk  <b>Reservation due Friday March 20th by 10:00 am</b></p>	<p>26 SUB DAY            Italian Cold Cut, Potato Salad, Cole Slaw, Fruit, 1/2 Milk  <b>Reservation due Monday March 23rd by 10:00 am</b></p>	<p>27 Tuna Salad Sandwich, Lentil &amp; Spinach Soup, Wheat Bread, Corn &amp; Edamame, Fruit, 1/2 Milk  <b>Reservation due Tuesday March 24th by 10:00 am</b></p>
<p>30 Pot Roast of Beef Stroganoff Sauce, Wheat Bread, Seasoned Greens, Fruit, Juice, 1/2 Milk  <b>Reservation due Wednesday March 25th by 10:00 am</b></p>	<p>31 Creamy Chicken Piccata, Brown Rice, Carrots, Wheat Bread, Green Pea &amp; Red Pepper Salad, Juice, Chocolate Milk  <b>Reservation due Thursday March 26th by 10:00 am</b></p>			

- ◆ 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:** [mtairyse@carrollcountymd.gov](mailto:mtairyse@carrollcountymd.gov)

# *CRAFTS GALORE*

**FRIDAY MARCH 6th**

**10:00am**

**Sign up at the front desk**



## *Scrapbooking & Card Making*

**Thursday March 19th  
12:00pm - 2:00pm**



**LAST DAY TO SIGN UP AT FRONT DESK March 16th**

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



# BILLIARDS

LOOKING FOR BILLIARD  
PLAYERS WHO 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?



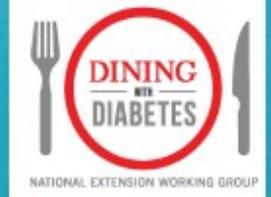
MENDING BY CAROL

*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.

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.

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

**Class starts at 11:00 am**

**March 12**

**April 9**

**May 14**

**August 13**

**Sign up at the front desk.**

**410-386-3960**

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:

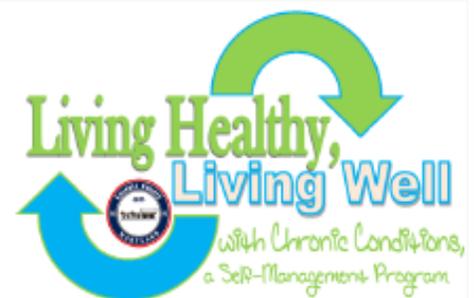
- What is Self-Management?
- Problem-Solving
- Setting Short-Term Goals
- Healthy Eating
- Pain Management
- Stress and Depression Management
- Using your Mind to Manage Symptoms
- Planning for the Future
- Relaxation Techniques
- Managing Difficult Emotions
- Partnering with your Health Provider
- Communication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

### 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

### 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.



## 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](mailto: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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



# Maryland Legal Aid

**Mt. Airy Senior Center**

**March 25th**

**1:00pm– 4:00pm**

- Illegal Eviction
- Family Law Matters
- Bankruptcy Filings
- Debt Collection Disputes
- Denials or terminations of unemployment and public benefits

Maryland Legal Aid (MLA) is the largest provider of free, direct legal services in Maryland and the state's 3rd largest law firm\*. As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide, in Baltimore City and in Maryland's 23 counties, from 12 office locations. Financial support for our services comes from federal, state and local governments, foundations, law firms, the United Way, and from individual donors.

MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection and criminal record expungements to remove barriers to obtaining child custody, housing, and employment.

Many of MLA's local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as victims of abuse and domestic violence, seniors, migrant farmworkers, veterans, and nursing home and assisted living residents, also receive specialized representation. MLA's services include representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance.



Maryland Legal Aid's  
Midwestern Maryland Office

22 South Market Street

Suite 11

Frederick, MD 21701

Telephone Intake: 301-694-7414

Online Intake: [www.mdlab.org](http://www.mdlab.org)

<https://www.mdlab.org>

# **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	8:00am - 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	<b>NEW TIME</b> 10:00am	<b>March 16th</b>	None
Monday Yoga Karen Boger	10:30am - 11:30am	Ongoing	\$30.00
Lunch	<b>11:30am</b>	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	March 10th March 24th	Everyone is Welcome
Dance Fit Karen Boger	10:30am - 11:30am	Ongoing	\$30.00
SWAP Day (3rd Tuesday)	10:00am - 2:00pm	March 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	March 17th	"The Life Impossible" By Matt Haig
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	March 3rd March 17th	None
Rummikub	12:30pm- 3:45pm	Ongoing	None
MahJongg	12:00pm - 3:45pm	Ongoing	None

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

# 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	9:00am - 11:00am	March 12th	
Tap Dancing Pat Chalk	9:00am - 10:30am	Ongoing	\$30.00
Mending by Carol (1st Thursday of the month)	11:00am —12:00pm	Ongoing	None
Lunch	<b>11:30am</b>	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	March 5th	None
Moving Through Loss Compassion Group (1st Thursday of the month)	2:00pm– 3:00pm	March 5th	“The Story of Your Loss”

## 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
<b>Beginners Tai Chi Toni Minkel</b>	<b>NEW CLASS 9:30am-10:30am</b>	<b>Ongoing</b>	<b>\$30.00</b>
Tai Chi Toni Minkel	10:30am - 11:30am	Ongoing	\$30.00
Sing Along 2nd Friday	10:00am– 11:00am	March 13th	
Chair Yoga	12:00 pm– 1:00pm	Ongoing	\$30.00
Lunch	<b>11:30am</b>	Ongoing	See Menu
Games	12:30pm– 2:30pm	Ongoing	None
Bingo 2nd Friday	12:30pm– 2:30pm	March 13th	 \$1.00 per card
Kindness, Support and Compassion Group	1:00pm– 2:45pm	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 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	\$160.00	See Flyer On Bulletin Board or Call Carol Wilson
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 Dienger'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



### 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!**