

Mt.Airy Senior Center



November



Activity Schedule

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

**MTAIRYSC@
CARROLLCOUNTYMD.GOV**

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



Mission Statement

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

**CARROLL COUNTY
SENIOR CENTERS
WILL BE**

**CLOSED
TUESDAY
NOVEMBER 11**



VETERANS DAY
HONORING ALL WHO SERVED

**CARROLL COUNTY
SENIOR CENTERS
WILL BE**

**CLOSED
THURSDAY NOVEMBER 27TH
AND
FRIDAY NOVEMBER 28TH**

**Happy
Thanksgiving**


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.



Aging and Disabilities Services

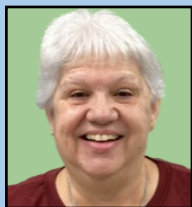
<https://www.carrollcountymd.gov/aging-and-disabilities>

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

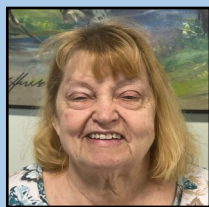
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners'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

SITE COUNCIL OFFICERS

Adele Connolly
President



Janet Leyshon
Vice President



Diane Linton
Treasurer



Linda Gravitt
Recording Secretary



Sandra Whitaker
Corresponding Secretary



**Join us at our next Site Council Meeting
EVERYONE IS WELCOME**

Monday November 17th

10:30am

in the Dining Room

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 and concerns.

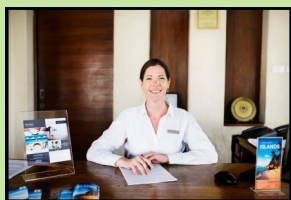


VOLUNTEERS NEEDED



KITCHEN

Serving and Cleaning up meals
MONDAY-FRIDAY
11:00am– 12:30pm



FRONT DESK

Greeting Members and Answering phones
MONDAY & WEDNESDAY
12:00pm—4:00pm



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.

TECHNOLOGY CLASSES

Open Tech Help Hours

Presented by The Carroll Technology and Innovation Council

Digital Navigators will be on site at the Mt. Airy Senior Center from 10-11am on October 30th and 11am-12pm on November 6th

Questions can include but are not limited to:

- Sending text messages
- Managing contacts
- Making phone calls
- Setting up accounts
- Sending and receiving email
- Setting up cybersecurity settings
- Setting up app permissions
- Using social media
- Managing photos
- Using internet



**Carroll Technology
& Innovation Council**

SMART STEPS: FRAUD AND SCAM PREVENTION

Join us for an interactive workshop on best practices to protect yourself and your family from scams and fraud

Following the workshop, there will be digital navigators on site to provide a security check up for your smartphone!

Delivered by the Carroll Technology and Innovation Council in collaboration with the Carroll County Sheriff's Office.

**THURSDAY,
NOVEMBER 6TH
10AM-11AM**



**Mt Airy Senior and
Community Center**

**VISIT WWW.CARROLLTECHCOUNCIL/EVENTS
FOR MORE INFORMATION, AND REGISTRATION**

Mt.Airy Senior Center



**NEW
CLASS**

**LINE
DANCING**
with
Candy

**STARTING
MONDAY NOVEMBER 3rd
12:30pm- 1:30pm
8 weeks**

**DONATION
THANK YOU KOONS TOYOTA WESTMINSTER**



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VETERANS QUILT GIVEAWAY



SIGN UP FOR LUNCH ON FRIDAY NOVEMBER 7th AT 11:30AM
SO WE CAN THANK YOU FOR YOUR SERVICE.
ALL VETERANS WILL BE ENTERED INTO A DRAWING FOR
THE QUILT MADE BY OUR QUILTING GROUP.
THE WINNING TICKET WILL BE PICKED DURING LUNCH.



★ & ★

PROTECTING
OUR
Freedom



FLOWER PRESSING WORKSHOP



**LEARN THE TECHNIQUE OF PRESSING
FLOWERS AND HAVE FUN MAKING
YOUR OWN CREATION!**

**FRIDAY NOVEMBER 14TH
10:00AM- 11:00AM**

**SIGN UP AT THE FRONT DESK BY NOVEMBER 10th
LIMITED SPACE**



ITCH TO STICH



*Thank you to everyone
who helped make
816 Squares
for 14 Afghans
that were donated to
Project Linus!*

Quilt Raffle



**November 3rd
thru
December 3rd**

**Buy your tickets
at the front desk.**

**All proceeds go to
Mt. Aiy Senior Center
Site Council.**

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!



MARILYN'S HOLIDAY FLOWER WORKSHOP

**TUESDAY DECEMBER 16th
10:00 a.m.**

Cost \$10.00

Sign up at the front desk by December 5th

LIMITED SPACE



November Special Events



Monday November 3rd- New Class- Line Dancing -12:30pm- 1:30pm

Thursday November 6th Fraud and Scam Protection Workshop
10:00am - 11:00am (Sign up at the front desk)

Thursday November 6th- Open Tech Help- 11:0am- 12:00pm

Friday November 7th- Crafts Galore-10:00am -11:00am
(Sign up at the front desk by November 3rd)

Friday November 7th- Veterans Day Lunch- 11:30am
(Sign Up By: November 4th at 10:00 a.m.)

Saturday November 8th- Holiday Craft Show - 10:00am-2:00pm

Friday November 14th- Flower Pressing Workshop - 10:00-11:00
(Sign up at the front desk by November 10th)

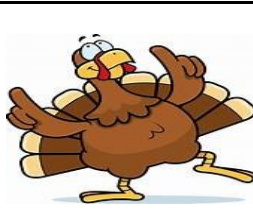
Tuesday November 25nd- Thanksgiving Lunch - 11:30am
(Sign Up By: November 19th at 10:00 a.m.)



Lunch is served
at 11:30am

November 2025

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
3 55+ Indian Butter Chicken, Bombay Brown Rice, WG Wheat Bread, Kachumber, Mandarin Orange, Juice, 1% Milk Reservation due Wednesday October 29th by 10:00 am	4 Beef Pot Roast Au Jus, WG Sandwich Bun, Honey Roasted Beets, Fresh Cole Slaw, Juice, 1% Milk Reservation due Thursday October 30th by 10:00 am	5 Creamy Chicken Casserole, Yellow Rice Pilaf, Seasoned Green Beans, Diced Peaches, WG Wheat Bread, Juice, 1% Milk Reservation due Friday October 31st by 10:00 am	6 Cheddar Cheeseburger, Corn O'Brien, Creamy Cucumber Salad, Juice, 1% Milk Reservation due Monday November 3rd by 10:00 am	7 Roast Pork Loin w/Dijon Cream Sauce, Okra & Tomatoes, Garlic Mashed Potatoes, WG Wheat Bread, Fruit Cocktail, Fruit Punch, Chocolate Milk Reservation due Tuesday November 4th by 10:00 am
10 Italian Sausage & Cheese Sub, Pepper & Onion, Red Cabbage Slaw, Italian Roll, Juice, Fruited Yogurt Reservation due Wednesday November 5th by 10:00 am	11 CLOSED VETERANS' DAY	12 Salisbury Steak w/Mushroom Gravy, Roasted Potatoes, Seasoned Greens, WG Bread, Amish White Bean Salad, Juice, 1% Milk Reservation due Thursday November 6th by 10:00 am	13 Reuben Sammy Casserole, Zucchini & Tomatoes, Fruit Cocktail, WG Wheat Bread, Juice, Chocolate Milk Reservation due Friday November 7th by 10:00 am	14 BINGO BBQ Chicken Sandwich, Cream of Broccoli Soup, Fresh Cole Slaw, Fruited Yogurt, Juice Reservation due Monday November 10th by 10:00 am
17 Sliced Ham w/Raisin Sauce, Au Gratin Potatoes, Honey Maple Carrots, Pineapple Tidbits, WG Wheat Bread, Chocolate Milk, Juice Reservation due Wednesday November 12th by 10:00 am	18 Marry-Me Chicken Breast, Lemon Rice Pilaf, Seasoned Green Beans, WG Wheat Bread, Cinnamon Apple Slices, Juice, 1% Milk Reservation due Thursday November 13th by 10:00 am	19 SUB DAY Roast Beef Sub, Potato Salad, Cole Slaw, Fruit Cocktail, Juice, 1% Milk Reservation due Thursday November 13th by 10:00 am	20 Pot Roast of Beef Stroganoff Sauce, Roasted Potatoes, WG Wheat Bread, Seasoned Greens, Mandarin Orange, Juice, 1% Milk Reservation due Monday November 17th by 10:00 am	21 Hot Dog Day All Beef Reservation due Monday November 17th by 10:00 am
24 Pepperjack Turkey Burger, Fresh Broccoli Slaw, Tropical Fruit, Juice, Fruited Yogurt Reservation due Wednesday November 19th by 10:00 am	25 SPECIAL Turkey Breast Cutlet, Gravy, Bread Stuffing, Green Beans, Cranberry Sauce, Pumpkin Pie, WG Wheat Bread, Juice, 1% Milk Reservation due Wednesday November 19th by 10:00 am	26 Chicken Breast w/Ranch Cream Sauce, Yellow Rice Pilaf, WG Wheat Bread, Peas & Carrots, Pineapple Tidbits, Juice, 1% Milk Reservation due Friday November 21st by 10:00 am	27 CLOSED THANKSGIVING DAY	28 CLOSED HOLIDAY
				

- ◆ 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.

there aren't enough reservations made: the meal will not be
Reservations: Call: 410-386-3960 or 301-829-2407

Email: mtairysc@carrollcountymd.gov
yours. Thank you!

November 2025

Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
3 Curried Chicken Salad, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, 1% Milk Reservation due Wednesday October 29th by 10:00 am	4 Cold Grilled Chicken Breast, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Reservation due Thursday October 30th by 10:00 am	5 Chicken Salad, Baby Carrot Snack Pack, Fruit of the Day, Snack Bag/Chip or Cookie, Cheese Stick, Juice, Chocolate Milk Reservation due Friday October 31st by 10:00 am	6 Ham & Cheese, Baby Carrot Snack Pack, Fruit of Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Reservation due Monday November 3rd by 10:00 am	7 Turkey Cranberry Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chip or Cookie, Cheese Stick, Chocolate Milk Reservation due Tuesday November 4th by 10:00 am
10 Bologna, Salami & Cheese, Baby Carrot Snack Pack, Salad of the Day, Chips or Cookie, Cheese Stick, Juice, 1% Milk Reservation due Wednesday November 5th by 10:00 am	11 CLOSED VETERANS' DAY	12 Cold Fried Chicken Patty, Baby Carrot Snack Pack, Fruit, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk Reservation due Thursday November 6th by 10:00 am	13 Egg Salad, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Fruit of the Day, Mozzarella Cheese Stick, Yogurt Cup, Juice Reservation due Friday November 7th by 10:00 am	14 BINGO Turkey & Cheese, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk Reservation due Monday November 10th by 10:00 am
17 Curried Chicken Salad, Baby Carrot, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, 1% Milk Reservation due Wednesday November 12th by 10:00 am	18 Cold Grilled Chicken Breast, Baby Carrot Snack Pack, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Reservation due Thursday November 13th by 10:00 am	19 Chicken Salad, Baby Carrot Snack Pack, Fruit of the Day, Snack Bag/Chip or Cookie, Cheese Stick, Juice, Chocolate Milk Reservation due Thursday November 13th by 10:00 am	20 Ham & Cheese, Baby Carrot Snack Pack, Fruit of Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Yogurt Reservation due Monday November 17th by 10:00 am	21 Hot Dog Day All Beef Reservation due Monday November 17th by 10:00 am
24 Bologna, Salami & Cheese, Baby Carrot Snack Pack, Salad of the Day, Chips or Cookie, Cheese Stick, Juice, 1% Milk Reservation due Wednesday November 19th by 10:00 am	25 Tuna Salad, Wheat Bread, Carrot Snack Pack, Salad of the Day, Chips or Cookie, 1% Milk, Juice Reservation due Wednesday November 19th by 10:00 am	26 Cold Fried Chicken Patty, Baby Carrot Snack Pack, Fruit, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk Reservation due Friday November 21st by 10:00 am	27 CLOSED THANKSGIVING DAY	28 CLOSED HOLIDAY
				

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.64 (full cost of meal).
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- ◆ 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

ordered. So, please support those who'd like to have a meal and order yours. Thank you!

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.

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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 (3rd Monday of every other Month)	10:30am	November 17th	None
Monday Yoga Karen Boger	10:30am - 11:30am	Ongoing	Donation Thanks to Koons Toyota
Lunch	11:30am	Ongoing	See Menu
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
Strength & Mobility with Jenni Combs	9:00am - 10:00am	Ongoing	Donation Thanks to Koons Toyota
Coffee & Conversation (2nd & 4th Tuesday)	9:30am– 10:30am	November 25th	Everyone is Welcome
Dance Fit Karen Boger	10:30am - 11:30am	Ongoing	Donation Thanks to Koons Toyota
SWAP Day (3rd Tuesday)	10:00am - 2:00pm	November 18th	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	November 18th	"Wild" by Cheryl Strayad
Lunch	11:30am	Ongoing	See Menu
NEW CLASS Line Dancing	12:30pm– 1:30pm	Starting November 3rd	Donation Thanks to Koons Toyota
Mexican Train Dominos & other games (1st and 3rd Tuesday)	12:30 m- 3:30pm	November 4th & November 18th	None
Rummikub	12:30pm– 3:30pm	Ongoing	None
MahJongg	12:00pm - 3:30pm	Ongoing	None

Wednesday

Program	Time	Sessions	Cost
Exercise Equipment	8:00am - 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45pm	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Katies Exercise	9:00am– 10:00am	Ongoing	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	November 12th	None
Yoga 2 Karen Boger	10:30am– 11:30am	Ongoing	Donation Thanks to Koons Toyota
Lunch	11:30am	Ongoing	See Menu
Rummikub	12:30pm– 3:30pm	Ongoing	None
Mahjongg	12:30pm– 3:30pm	Ongoing	None

THURSDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00am – 3:45pm	Ongoing	None
Walk the Hallway (32 laps = 1 mile)	8:00am - 3:45pm	Ongoing	None
Billiards	8:00am - 3:45pm	Ongoing	None
Puzzles	8:00am - 3:45pm	Ongoing	None
Lending Library	8:00am - 3:45pm	Ongoing	None
Computer Lab	8:00am - 3:45pm	Ongoing	None
Itch to Stitch Needlework, Crochet, and Knitting Group	9:00am - 11:00am	Ongoing	None
Blood Pressure Screening (3rd Thursday)	9:00am - 11:00am	November 19th	
Tap Dancing Pat Chalk	9:00am - 10:30am	Ongoing	\$30.00
Strength & Mobility Jenni Combs	10:45am– 11:45am	Ongoing	\$30.00
Terry Serio Nutrition Talk (2nd Thursday no class in Dec. or Jan.)	11:00am-11:30am	November 13th	“Exploring Food Labels”
Lunch	11:30am	Ongoing	See Menu
Arthritis Exercise Chris Konior	12:30pm - 1:30pm	Ongoing	Donation
Rummikub	12:00pm– 3:30pm	Ongoing	None
Moving Through Loss Compassion Group	2:00pm– 3:00pm	November 6th and November 13th	None

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	November 7th	Sign Up at front desk
Quilting with Friends	9:00am - 11:00am	Ongoing	None
Tai Chi Toni Minkel	9:00am - 11:00am	Ongoing	\$30.00
Sing Along 2nd Friday	10:00am– 11:00am	November 14th	
Lunch	11:30 am	Ongoing	See Menu
Bingo 2nd Friday	12:30pm– 2:30pm	November 14th	 \$1.00 per card
Kindness, Support and Compassion Group	2:00pm- 3:00pm	November 7th	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 Information
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!

2025 Caregiver Support Conference

Navigating with Knowledge, Caring with Purpose

Saturday, November 15, 2025
9:00am – 2:00pm

Westminster Senior & Community Center
125 Stoner Ave, Westminster, MD 21157

Join us as we discuss...

- Strength, Balance and Brain Health
- Legal & Financial Responsibilities as a Caregiver
- Understanding and communicating with those with Dementia



FREE Registration | Light Breakfast & Lunch Provided

Register by November 7, 2025

Click [here](#) to register.

For questions or more information, contact Denise Valentine at davalentine@carrollcountymd.gov or call the Division of Aging & Disabilities at 410-386-3800.



Division of Aging & Disabilities
Carroll County Department of Citizen Services

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2026 Medicare Open Enrollment

Review your 2026 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

You can be added to our call list for an appointment starting Sept 15th. We will be returning calls to schedule by Oct 1st 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 or 1-855-556-4419 (M-F 8am-7pm)

Taneytown Senior Center

220 Roberts Mill Rd

Taneytown, MD 21787

Tuesday, October 21st, 2025

South Carroll Senior Center

5928 Mineral Hill Rd

Sykesville, MD 21784

Friday, November 7th, 2025

North Carroll Senior Center

2328 Hanover Pike

Hampstead, MD 21074

Friday, November 21st, 2025

Mt Airy Senior Center

703 Ridge Ave

Mt Airy, MD 21771

Tuesday, November 25th, 2025



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

Westminster Senior Center

125 Stoner Ave

Westminster, MD 21157

Tuesday, December 2nd, 2025



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Appointments are also available in our SHIP office Oct 15th-Dec 5th, 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

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Email: 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

