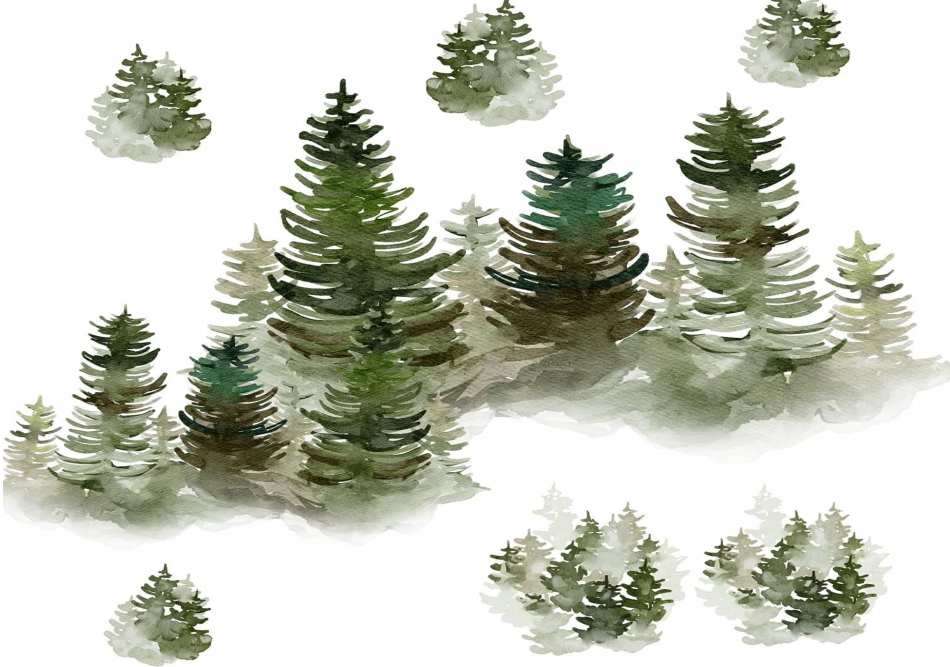




**Mt Airy  
Senior  
Center**



**2025**

**Mt Airy Senior Center**  
 703 Ridge Avenue  
 Mt Airy, MD 21771  
**Phone:**  
 410.386.3960  
 301.829.2407  
**Hours:**  
 Monday-Friday  
 8:00 AM—4:00 PM  
**Email: Senior Center**  
 mtairysc@carrollcountymd.gov  
**Email: Carroll County Government**

- [www.carrollcountymd.gov](http://www.carrollcountymd.gov)
- **Scroll down to horizontal icons**
- **Use arrows to go right**
- Choose **Senior & Community Centers of Carroll County, MD**
- Choose **Online Senior Center Newsletter** choose our newsletter

<p><b>Center Manager</b> Angie Walz</p>	<p><b>Center Assistant</b> Ann Palmisano</p>	<p><b>Center Custodian</b> Dave Thompson</p>

**SITE COUNCIL OFFICERS**

<p><b>President:</b> Adele Connolly</p>	<p><b>Vice President:</b> Janet Leyshon</p>	<p><b>Treasurer:</b> Diann Linton</p>	<p><b>Secretary:</b> Linda Gravitt</p>	<p><b>Corresponding Secretary</b> Sandra Whitaker</p>

# January 2025

## Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>HOLIDAY</b>	2 <b>Roast Pork Loin</b> Reservation due Friday December 27th by 10:00 am	3 <b>Hot Dog</b> Reservation due Tuesday December 31st by 10:00 am
6 55+ <b>Chicken Breast</b> Reservation due Tuesday December 31st by 10:00 am	7 <b>Salisbury Steak</b> Reservation due Thursday January 2nd by 10:00 am	8 <b>White Bean Chicken Chili</b> Reservation due Friday January 3rd by 10:00 am	9 <b>Baked Potato</b> Reservation due Thursday January 2nd by 10:00 am	10 <b>Ham</b> Reservation due Tuesday January 7th by 10:00 am <b>BINGO</b>
13 <b>Chicken Breast</b> Reservation due Wednesday January 8th by 10:00 am	14 <b>Classic Soft Taco</b> Reservation due Thursday January 9th by 10:00 am	15 <b>Pot Roast of Beef</b> Reservation due Friday January 10th by 10:00 am	16 SPECIAL <b>Stuffed Chicken</b> Reservation due Friday January 13th by 10:00 am	17 <b>Pepperjack Beef Patty</b> Reservation due Tuesday January 14th by 10:00 am
20 HOLIDAY  Center Closed	21 <b>Roast Beef Sub</b> Reservation due Wednesday January 15th by 10:00 am	22 <b>Meatball Sub</b> Reservation due Wednesday January 15th by 10:00 am	23 <b>Chicken Breast Paprika</b> Reservation due Friday January 17th by 10:00 am	24 <b>Chicken Salad</b> Reservation due Tuesday January 21st by 10:00 am
27 <b>Pork Loin</b> Reservation due Wednesday January 22nd by 10:00 am	28 <b>Chicken Fajitas</b> Reservation due Thursday January 23rd by 10:00 am	29 <b>Corned Beef</b> Reservation due Friday January 24th by 10:00 am	30 <b>Asian Chicken &amp; Soba Noodles</b> Reservation due Monday January 27th by 10:00 am	31 <b>Meatloaf</b> Reservation due Tuesday January 28th by 10:00 am

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.09 (full cost of meal).
- ◆ Per grant requirements, those under 60 must pay the full price of \$6.09.
- ◆ 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 \$6.99.

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)



# January 2025

## Box Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1  <b>HOLIDAY</b>	2  <b>Ham &amp; Cheese</b> Reservation due Friday December 27th by 10:00 am	3  <b>Turkey Cranberry Salad</b> Reservation due Tuesday December 31st by 10:00 am
6 55+ <b>Bologna, Salami &amp; Cheese</b> Reservation due Tuesday December 31st by 10:00 am	7  <b>Tuna</b> Reservation due Thursday January 2nd by 10:00 am	8  <b>Cold Fried Chicken</b> Reservation due Friday January 3rd by 10:00 am	9  <b>Egg Salad</b> Reservation due Thursday January 2nd by 10:00 am	10  <b>Turkey &amp; Cheese</b> Reservation due Tuesday January 7th by 10:00 am <b>BINGO</b>
13  <b>Curried Chicken Salad</b> Reservation due Wednesday January 8th by 10:00 am	14  <b>Cold Grilled Chicken</b> Reservation due Thursday January 9th by 10:00 am	15  <b>Chicken Salad</b> Reservation due Friday January 10th by 10:00 am	16  <b>Ham &amp; Cheese</b> Reservation due Friday January 13th by 10:00 am	17  <b>Turkey Cranberry Salad</b> Reservation due Tuesday January 14th by 10:00 am
20 <b>HOLIDAY</b>  <b>Center Closed</b>	21  <b>Tuna</b> Reservation due Wednesday January 15th by 10:00 am	22  <b>Cold Fried Chicken</b> Reservation due Wednesday January 15th by 10:00 am	23  <b>Egg Salad</b> Reservation due Friday January 17th by 10:00 am	24  <b>Turkey &amp; Cheese</b> Reservation due Tuesday January 21st by 10:00 am
27  <b>Curried Chicken Salad</b> Reservation due Wednesday January 22nd by 10:00 am	28  <b>Cold Grilled Chicken</b> Reservation due Thursday January 23rd by 10:00 am	29  <b>Chicken Salad</b> Reservation due Friday January 24th by 10:00 am	30  <b>Ham &amp; Cheese</b> Reservation due Monday January 27th by 10:00 am	31  <b>Bologna, Salami &amp; Cheese</b> Reservation due Tuesday January 28th by 10:00 am

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.09 (full cost of meal).
- ◆ Per grant requirements, those under 60 must pay the full price of \$6.09.
- ◆ 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 \$6.99.

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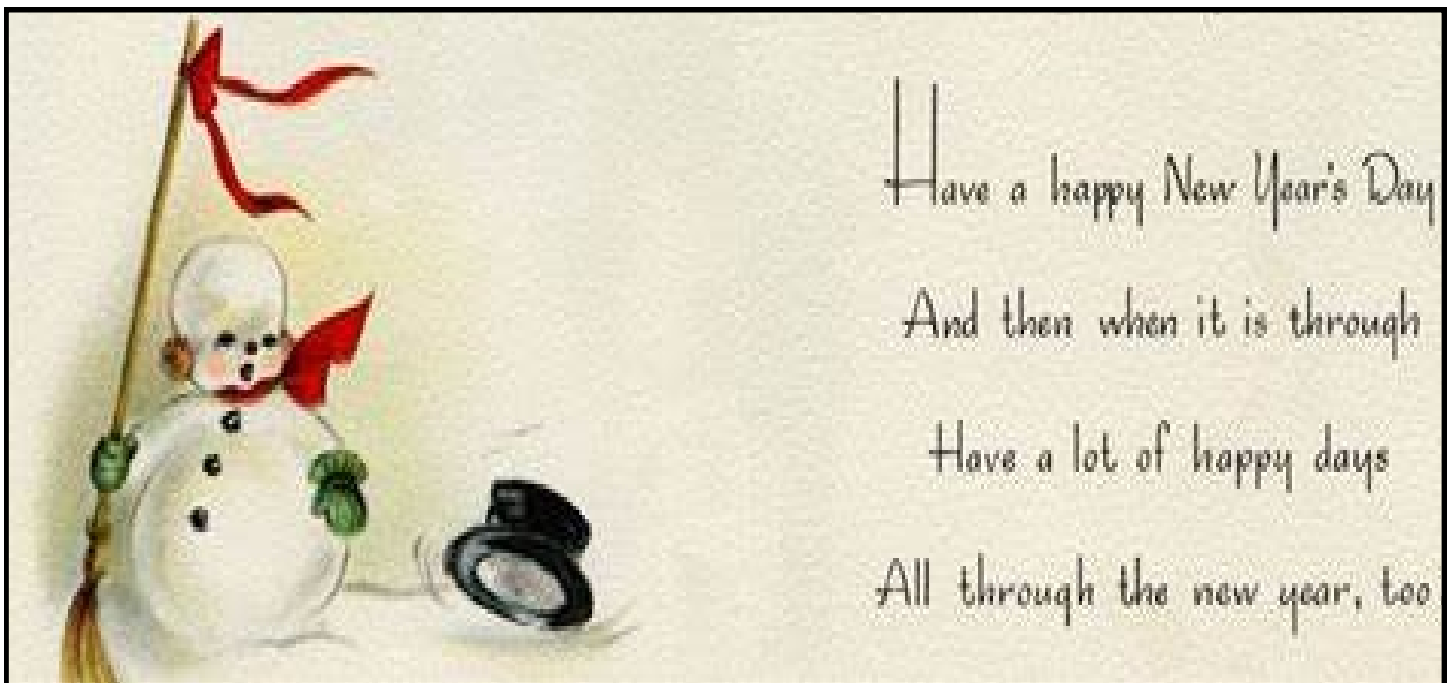
**Reservations:** Call: 410-386-3960 or 301-829-2407

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

The Center will be closed on the following dates in 2025:

Wednesday: **January 1** the center will be closed  
**New Year's Day**

Tuesday: **January 20** the center will be closed  
**Martin Luther King Day**



Have a happy New Year's Day  
And then when it is through  
Have a lot of happy days  
All through the new year, too



**Are you interested in having a time where you can come to the Center just to chat, catch up with friends, or maybe make new friends?**

**Come join us for:**

**COFFEE & CONVERSATION**

- **Tuesdays in January  
(14 & 28)**
- **Begins @ 9:30 am join anytime**
- **In the Dining Room**

**Coffee & Snacks will be provided courtesy of the Site Council.**

# Upcoming Special Events

Program	Date	Time	Cost
Special Hot Dog Lunch	Friday January 3	11:45 am	Donation
Capture the Flavor with Terry Serio	Thursday January 9	10:00 am	None
	Friday January 10	Beginning at 10:00 am	None
	Friday January 10	12:30 pm	\$1.00 per card
 Bagel Fest	Monday January 13 Last sign up day Friday, January 10	9:00 am	State Bagel & Cream Cheese Choice \$2.00 Due at sign up
Site Council Meeting	Monday January 13	10:30 am	Due to holiday on January 20th
Coffee & Conversation With Snacks	Tuesday January 14 & 28	9:30 am	None
Carroll Hospital Center Blood Pressure Check	Thursday January 16	Beginning at 10:00 am	None
Cabin Fever Lunch	Thursday January 16	Beginning at 11:00 am	Donation
<b>Center Closed</b>	Monday January 20	Martin Luther King Day	
Swap Day 	Tuesday January 21	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Special Art Project	Friday January 24	Beginning at 11:00 am	None
Nutter Project 	Monday January 27	10:30 am	None
Coffee and Conversation With Snacks	Tuesday January 28	9:00 am	None
Something new for lunch Sign up & give a try!	Thursday January 30	11:45 am	Donation



**Found: If you lost a necklace or a brooch, please come in and describe it to either Angie or Ann. If it's yours, we'll be happy to return it to you!**

## Volunteering Opportunities

**Kitchen Volunteers needed Monday and Tuesday: Help prep lunch, serve and cleanup after meal. It will be really appreciated!**

**Front Desk Volunteers needed!** You're the first person folks see and meet when they come into the center. Your greeting and smile make all the difference in welcoming all those who come into the center.

**AARP Tax-Aide provides  
free tax training and volunteer opportunities**



### **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 2024 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

## Special Meals in January:

- Hot Dog Day **Friday** January 3
- Cabin Fever Day **Thursday** January 16
- New Menu Item **Thursday** January 30



## Special Events in January:

- Center Closed January 1—Happy New Year!
- Crafts Galore We need volunteers for Crafts Galore!
- Capture the Flavor Terry Serio Thursday, January 9 @ 10:00 am
- Coffee & Conversation Tuesday, Jan 14 & 28 @ 9:30 am
- Sing A-long Friday, January 10 @ 10:00 am
- Bingo Friday, January 10 @ 12:30 pm
- Bagel Fest Monday, January 13 @ 9:00 am  
(Last day to sign up Friday, January 10)
- Center Closed January 20-  
Martin Luther King Day
- SWAP Day Tuesday, January 21 @ 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.
- Special Craft Project: January 24 @ 11:00 am
- A Nutter Project Monday, January 27 @ 10:30 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
Bagel Fest	9:00 am	Monday January 13	\$2.00 / Bagel Last sign up Friday, January 10
Site Council Meeting	10:30 am	Monday January 13	None
Center Closed	Martin Luther King Day	Monday January 20	
Nutter Project	10:30 am	Monday January 27	None
Line Dance Class Candy Ranlet	12:30 pm	Ongoing	Donation up to \$30.00 Sponsored by Koons
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





# 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
<b>NEW: Coffee &amp; Conversation with donuts</b>	<b>9:30 am</b>	<b>January 14 &amp; 28</b>	<b>Come and join with friends!</b>
<b>SWAP Day</b>	<b>10:00 am - 2:00 pm</b>	<b>January 21</b>	<b>None</b>
Rummikub	12:30 pm	Ongoing	None
Mah Jongg	1:00 pm - 3:30 pm	Ongoing	None

The Carroll County Bureau of Aging & Disabilities suggests that those interested in taking a physical activity program should consult with a medical professional before engaging in these activities. Physical exertion may be inappropriate for people with certain medical conditions. You must initial the Participation Agreement on the Membership Form prior to participating in these programs.

# Daily Activities



## WEDNESDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am - 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 pm	Ongoing	None
Billiards	8:00 am - 3:45 pm	Ongoing	None
Puzzles	8:00 am - 3:45 pm	Ongoing	None
Lending Library	8:00 am - 3:45 pm	Ongoing	None
Computer Lab	8:00 am - 3:45 pm	Ongoing	None
Drawing & Painting Mary Streaker	9:00 am - 11:00 am	Ongoing	\$30.00
Sr Information and Assistance	10:00—11:00 am	Second Wed of the month	None
Yoga 2 Karen Boger	10:30 am	Ongoing	\$30.00
Rummikub	12:30 pm	Ongoing	None
Mahjong	12:00 pm	Ongoing	None
Katie's Exercise	12:30 pm -1:30 pm	Ongoing	Sponsored by Koons Toyota
Zumba with Katie	1:35 pm	Ongoing	Sponsored by Koons Toyota
Center Closed	January 1		



# 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
Capture the Flavor	10:00 am	Terry Serio January 9	None
CCH BP Screening	January 16	3rd Thursday of the month	None
Cabin Fever Lunch	January 16		Donation



# Daily Activities



## FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 3:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 3:45 am	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
Quilting with Friends	9:00 am - 11:00 am	Ongoing	None
Tai Chi Toni Minkel	10:30 am - 11:30 am	Ongoing	\$30.00
Sing Along	January 10 10:00 am		
Bingo	January 10 12:30 pm		\$1.00 per card
<u>This Month only!</u> <u>Special Craft project!</u>	Friday 11:00 am	January 24	None

# Just for Fun

Tuesday - January 21

Please do not  
bring  
Clothing

WANT to  
SWAP?

Please do not  
bring  
Broken Items

Bring in things you'd like to swap or give away. **Everything must be clean.** We'll be in the dining room. Folks will be able to enjoy giving things away and/or taking home new treasures.

**10:00 am - 2:00 pm**

What doesn't find new homes, goes back home with you or it is donated to a thrift shop or the dumpster.

# 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
- ◆ Hand Sanitizers
- ◆ Cotton Swabs
- ◆ Band-Aids

**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 **3rd Thursday of each 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.**



## Senior Center Trips

**Trips are not scheduled**

January thru March due to inclement weather potential  
Looking forward to seeing you in warmer weather!

