



**Mt Airy
Senior
Center**



Address:

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

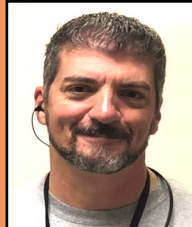
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager
Angie Walz



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



October 2024

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Reservation due Thursday September 26th by 10:00 am	2 Roast Pork Loin Reservation due Friday September 27th by 10:00 am	3 BBQ Rib Patty Reservation due Monday September 30th by 10:00 am	4 Chicken Breast Reservation due Tuesday October 1st by 10:00 am
7 Salisbury Steak Reservation due Wednesday October 2nd by 10:00 am	8 Open Face Turkey Sandwich Reservation due Thursday October 3rd by 10:00 am	9 Ham & Cheese Sub Reservation due Thursday October 3rd by 10:00 am	10 Cheese Manicotti Reservation due Monday October 7th by 10:00 am	11 Chicken Breast Reservation due Tuesday October 8th by 10:00 am BINGO
14 CLOSED HOLIDAY Columbus Day	15 Pot Roast Reservation due Thursday October 10th by 10:00 am	16 Spaghetti & Meatballs Reservation due Thursday October 10th by 10:00 am	17 SPECIAL Bratwurst Reservation due Friday October 11th by 10:00 am	18 Tuna Reservation due Tuesday October 15th by 10:00 am
21 Creamy Ranch Chicken Reservation due Wednesday October 16th by 10:00 am	22 Meatball Sub Reservation due Thursday October 17th by 10:00 am	23 Chicken Breast Paprika Reservation due Friday October 18th by 10:00 am	24 Chicken Salad Reservation due Monday October 21st by 10:00 am	25 Pork Loin Reservation due Tuesday October 22nd by 10:00 am
28 Chicken Caesar Salad Reservation due Wednesday October 23rd by 10:00 am	29 BBQ Pulled Pork Reservation due Thursday October 24th by 10:00 am	30 Hot Dog Reservation due Friday October 25th by 10:00 am 	31 Baked Potato Reservation due Friday October 25th by 10:00 am	

- ◆ Cost of lunch for Center members 60+ is a donation up to \$6.31 (Full cost of meal).
- ◆ Per grant requirements, those under 60 must pay the full price of \$6.31. BOX \$7.24.
- ◆ 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 \$6.31.

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

October 2024

Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Reservation due Thursday September 26th by 10:00 am	2 Cold Fried Chicken Reservation due Friday September 27th by 10:00 am	3 Egg Salad Reservation due Monday September 30th by 10:00 am	4 Turkey & Cheese Reservation due Tuesday October 1st by 10:00 am
7 Curried Chicken Salad Reservation due Wednesday October 2nd by 10:00 am	8 Cold Grilled Chicken Reservation due Thursday October 3rd by 10:00 am	9 Chicken Salad Reservation due Thursday October 3rd by 10:00 am	10 Ham & Cheese Reservation due Monday October 7th by 10:00 am	11 Turkey Cranberry Salad Reservation due Tuesday October 8th by 10:00 am BINGO
14 CLOSED HOLIDAY Columbus Day	15 Tuna Reservation due Thursday October 10th by 10:00 am	16 Spaghetti & Meatballs Reservation due Thursday October 10th by 10:00 am	17 Egg Salad Reservation due Friday October 11th by 10:00 am	18 Turkey & Cheese Reservation due Tuesday October 15th by 10:00 am
21 Curried Chicken Salad Reservation due Wednesday October 16th by 10:00 am	22 Cold Grilled Chicken Reservation due Thursday October 17th by 10:00 am	23 Chicken Salad Reservation due Friday October 18th by 10:00 am	24 Ham & Cheese Reservation due Monday October 21st by 10:00 am	25 Turkey Cranberry Salad Reservation due Tuesday October 22nd by 10:00 am
28 Bologna, Salami & Cheese Reservation due Wednesday October 23rd by 10:00 am	29 Tuna Reservation due Thursday October 24th by 10:00 am	30 Cold Fried Chicken Reservation due Friday October 25th by 10:00 am	31 Egg Salad Reservation due Friday October 25th by 10:00 am	

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Email: mtairysc@carrollcountymd.gov



2025 Medicare Open Enrollment

Review your 2025 Part D Options: October 15th-December 7th



Bureau of Aging & Disabilities

Carroll County Department of Citizen Services

Appointments can be scheduled beginning September 30th
If you would like to review your 2025 Part D Plan options,
please call [410-386-3800](tel:410-386-3800) to schedule an appointment.

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

STATE RETIREES: we kindly ask that you take advantage of the assistance being arranged by DBM this year. For questions or info on setting up these appointments please call 410-767-4775 (toll free: 1-800-307-8283) or visit <https://dbm.maryland.gov/benefits/Pages/Retirees.aspx>

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

South Carroll Senior Center

5928 Mineral Hill Rd
Sykesville, MD 21784
Thursday, October 17th, 2024

Mt Airy Senior Center

703 Ridge Ave
Mt Airy, MD 21771
Tuesday, October 22nd, 2024

Taneytown Senior Center

220 Roberts Mill Rd
Taneytown, MD 21787
Wednesday, November 13th, 2024

North Carroll Senior Center

2328 Hanover Pike
Hampstead, MD 21074
Tuesday, November 19th, 2024

Westminster Senior Center

125 Stoner Ave
Westminster, MD 21157
Tuesday, December 3rd, 2024



Navigating Medicare



Preventing Medicare Fraud

Appointments are also available in our SHIP office Oct 15th-Dec 7th, 2024.

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

We will begin scheduling appointments on September 30th, 2024.

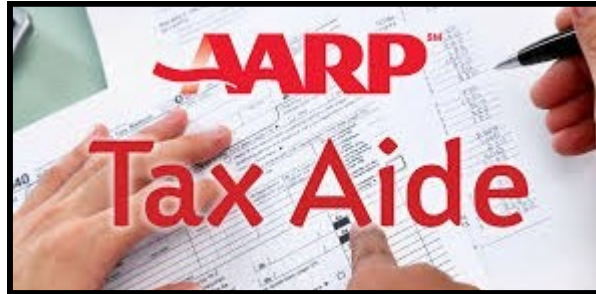
125 Stoner Ave, Westminster, MD 21157

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@ccg.carr.org

Volunteering Opportunity

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

Upcoming Special Events

Program	Date	Time	Cost
Crafts Galore	Friday October 4	10:00 am	None
Senior Information and Assistance	Wednesday October 9	10:00 am	None
	Friday October 11	Beginning at 10:00 am	
	Friday October 11	12:30 pm	\$1.00 per card
CENTER CLOSED	Monday October 14		
Apple Harvest with Lisa	Tuesday October 15	11:00 am 	None
	Tuesday October 15	Beginning at 10:00	Bring what you'd like to swap. Come find a treasure!
CHC BP Screening	Thursday October 17	10:00 am	None
Fresh Conversations with Terry	Thursday October 17	11:00 am	None
Oktoberfest 	Thursday October 17	11:45 am	See Menu
 Bagel Fest	Monday October 21 Last sign up day Friday, October 18	9:00 am	State Bagel & Cream Cheese Choice \$2.00 Due at sign up
 Open Enrollment	Wednesday October 22	Must call 410.386.3800 To make an appointment	None Your appointment will be here at the Mt Airy Senior Center
 Day Care Parade	Wednesday October 30 Thursday October 31	10:00 am	Donations of Candy or Treats Appreciated
 Karen's Halloween Dance Party	Thursday October 31	Begins 12:30 pm If you'd like to come in costume—GREAT!	You're welcome to Bring snacks to share! Don't forget to bring your best dance moves!



Summer Garden Quilt Raffle

Made by the RumplesQuiltSkins
Tickets on sale at the front Desk
October 1—November 2, 2024
Winning Ticket will be drawn at the
Mt Airy Craft Show November 2

Mt Airy Holiday Craft Fair



When: Saturday
November 2, 2024



Where: Mt Airy Senior Center

Time: 10:00 am-2:00 pm



Quilt and Afghan Raffle

Tickets may be purchased at the front desk beginning October 1
Come and see all the beautiful creations that will be available for
purchase and gift giving!



Special Meals in October :

- Oktoberfest Thursday October 17

Special Events in October:

- Crafts Galore Friday, October 4 @ 10:00am
- Sing A-long Friday, October 11 @ 10:00 am
- Bingo Friday, October 11 @ 12:30 pm
- SWAP Day Tuesday, October 15 @ 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 the dumpster. If possible, be here to help clean up.
- Fresh Conversations Terry Thursday, October 17 @ 11:00 am
- Oktoberfest Special lunch Thursday, October 17 @ 11:30 am
- Bagel Fest Monday, October 21 @ 9:00 am (Last day to sign up Friday, September 13)
- Open Enrollment Tuesday, October 22
Call 410-386-3800 To make your appointment for Open Enrollment. You will be coming to the senior center for an appointment. **You must have an appointment before October 22nd**
- Daycare Parade & Trick-r-Treating Wednesday, October 30 & Thursday, October 31 @ 10:00 am.
Come & give out treats & have Hot Dogs for lunch
- Karen's Halloween Dance Party Thursday, October 31 beginning @ 12:30 pm. Costumes, snacks and your best dance moves are welcome.



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
CHC Blood Pressure Screening	10:00 am - 11:00 am		None
Monday Yoga Karen Boger	10:30 am - 11:30 am	Ongoing	\$30.00
Lunch	11:45 am	Ongoing	See Menu
Center Closed	October 14		
Bagel Fest	9:00 am	Monday October 21	\$2.00 / Bagel Last sign up Friday, September 13
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 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 Not Free
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation Not Free
SWAP Day	10:00 am - 2:00 pm	Tuesday October 15	None
Apple Harvest with Lisa 	11:00 am October 15	If you'd like to participate, please sign the sheet in order to have enough supplies.	None
Open Enrollment	8:30 am - 4:00 pm	Tuesday October 22	Must have an appointment
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 I and A	10:00 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	Donation Not Free Sponsored by Koons Toyota
Zumba with Katie	1:35 pm	Ongoing	Donation Not Free Sponsored by Koons Toyota
Day Care Parade & Trick-r-Treat	10:00 am 	October 30	Candy donations appreciated!

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
Fresh Conversations with Terry	11:00 am	October 17	None
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	Ongoing	Donation
Rummikub	12:30 pm	Ongoing	None
Day Care Parade & Trick-r-Treat	10:00 am 	October 30	Candy donations appreciated!



Halloween Dance with Karen
Dancing, Music, Treats and Fun!
Begins at 12:15 pm

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
Crafts Galore	October 4 10:00 am	Ongoing Sign up required	None
Sing Along	October 11 10:00 am		None
	October 11 12:30 pm		\$1.00 per card



Just for Fun

Tuesday - October 15

WANT to
SWAP?

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
- ◆ 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.

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



FREE EVENTS

Fresh Conversations is a Nutrition Program

This will be a [6]-part series with one session monthly beginning on May and running through October. Sign-up at Mt. Airy Senior Center.

Room: Lunch Room

Time: 11:30 am

- **Inflammation:** May 16, 2024
- **Healthy Foods, Healthy Brain:** June 20, 2024
- **Go with Your Gut Bacteria:** July 18, 2024
- **Should You Worry About Vitamin D Deficiency?**
August 8, 2024
- **Dairy Case Dilemma: Is It Really Milk?** September 19, 2024
- **Are Healthy Bones Important?** October 17, 2024



FRESH
CONVERSATIONS



Fresh Conversations provides a new, or fresh, newsletter each month. Each issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

The newsletter provides up-to-date information to you from nutrition and health research. You will also find low-cost, healthy recipes, easy ways to be active at home, puzzles and games.

You will be asked to fill out a voluntary survey that will take ~5 minutes.

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session.

Terry Serio 410-491-7477

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**

UNIVERSITY OF
MARYLAND
EXTENSION



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.

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.

2024 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 for 2024

<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	October 24	Dutch Apple Theatre Hairspray	\$110.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	November 6	Riverside Center Carole King Musical	\$130.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	December 5	American Music Theater Joy to the World Lunch @ Dienners	TBD	Carol Wilson 301-829-8926

Schedule for 2024 trip planning

Trips are not scheduled
January thru March