







Center Manager

Angie Walz



Center Assistant
Ann Palmisano



Center Custodian

Dave Thompson

## **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
- Scroll down to horizontal icons
- Use arrows to go right

#### SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer: Diann Linton



Secretary: Linda Gravitt



Corresponding Secretary Sandra Whitaker



#### Lunch Menu: Dine In Only **Tuesday** Wednesday **Monday Thursday Friday** 1 2 Chicken Salad Tuna Reservation due Reservation due **Monday Tuesday** April 28th April 29th by 10:00 am by 10:00 am 5 55+ 7 9 MOTHER'S DAY Meatloaf Fried Chicken Chicken Casserole Pork Loin Creamy Dill Reservation due Reservation due Chicken Breast Reservation due Reservation due **Friday** Monday Wednesday **Thursday** Reservation due May 2nd May 5th May 1st **Monday** April 30th by 10:00 am by 10:00 am by 10:00 am by 10:00 am May 5th by 10:00 am **BINGO** 12 13 14 16 15 **BBQ** Chicken Ham Chicken Breast Salisbury Steak White Bean Sandwich Reservation due Reservation due Chicken Chili Reservation due Reservation due **Tuesday Thursday** Reservation due Wednesday **Monday** May 13th May 8th **Friday** May 7th May 12th by 10:00 am by 10:00 am May 9th by 10:00 am by 10:00 am by 10:00 am SPECIAL 19 20 21 22 **23** Hamburger **Chicken Breast** Hot Dog **Pot Roast** Pepper Jack Reservation due Reservation due Reservation due Reservation due Beef Burger **Friday** Wednesday **Thursday Friday** Reservation due May 16th May 14th May 15th May 16th **Tuesday** by 10:00 am by 10:00 am by 10:00 am by 10:00 am May 20th by 10:00 am Memorial Day 29 **27** 28 30 26 Chicken Breast Meatball Sub Chicken Chicken Salad **MEMORIAL** Reservation due **Breast** Reservation due Reservation due Wednesday **Thursday** Reservation due **Tuesday** DAY May 27th May 22nd May 21st Friday **CLOSED** by 10:00 am May 23rd by 10:00 am by 10:00 am by 10:00 am

May 2025

- ◆ 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: mtairysc@carrollcountymd.gov

## May 2025

## Box Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	1 Egg Salad Reservation due Monday April 28th by 10:00 am	Turkey & Cheese Reservation due Tuesday April 29th by 10:00 am
5 Curried Chicken Salad Reservation due Wednesday April 30th by 10:00 am	Cold Grilled Chicken Reservation due Thursday May 1st by 10:00 am	7 Chicken Salad Reservation due Friday May 2nd by 10:00 am	8 Ham & Cheese Reservation due Monday May 5th by 10:00 am	Turkey Cranberry Salad Reservation due Monday May 5th by 10:00 am BINGO
Bologna, Salami & Cheese  Reservation due  Wednesday  May 7th by 10:00 am	Tuna Reservation due Thursday May 8th by 10:00 am	Cold Fried Chicken Reservation due Friday May 9th by 10:00 am	Egg Salad Reservation due Monday May 12th by 10:00 am	Turkey & Cheese Reservation due Tuesday May 13th by 10:00 am
Curried Chicken Salad Reservation due Wednesday May 14th by 10:00 am	Cold Grilled Chicken Reservation due Thursday May 15th by 10:00 am	Chicken Salad Reservation due Friday May 16th by 10:00 am	Ham & Cheese Reservation due Friday May 16th by 10:00 am	Turkey Cranberry Salad Reservation due Tuesday May 20th by 10:00 am
MEMORIAL DAY CLOSED	Tuna Reservation due Wednesday May 21st by 10:00 am	Cold Fried Chicken Reservation due Thursday May 22nd by 10:00 am	Egg Salad Reservation due Friday May 23rd by 10:00 am	Turkey & Cheese Reservation due Tuesday May 27th by 10:00 am

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Email: mtairysc@carrollcountymd.gov

## Strawberry Chia Seed Jam



Prep and cook time: 10 minutes

### Ingredients:

- 1 pint strawberries, diced
- 1 tablespoon chia seeds
- 1 teaspoon lemon juice Honey to taste (optional)

#### Directions:

**Step 1** – Heat the strawberries in a saucepan over medium heat, stirring until the fruit begins to break down and bubble. Use the ladle to mash the fruit to your desired consistency.

- **Step 2** Once you have the consistency you want, remove from heat.
- **Step 3** Then, stir in the chia seeds, lemon juice and honey to taste.
- **Step 4** As the jam cools, it will thicken.
- **Step 5** Once the jam has cooled, transfer it into a glass jar. Then store in the refrigerator for up to 7 days.

Lastly, enjoy with your favorite toast, pancake recipes or even <u>ice cream!</u>



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Program	Date	Time	Cost
Everyday Food & Herb for Digestive Health	Thursday May 8	<b>11:00</b> am	None
Crafts Galore	Friday May 2	10:00 am	None
Dance Party	May 8	12:30 pm	None
Sing A Long	Friday May 9	Beginning at 10 am	None
Bingo	Friday May 9	12:30 pm	\$1.00 per card
MOTHER'S DAY LUNCHEON	Friday May 9	Lunch Beginning at 11:30 am	Donation
Coffee & Conversation With Snacks	Tuesday May 13 & 27	9:30 am	None
Blood Pressure Check	Thursday May 15	10:00 am	None
Site Counsel Meeting (Everyone is a member, and is Welcome)	Monday May 19	10:30 am	None
Senior Center Book Club May Book: "A Man Called Ove" By Fredrik Backman	Tuesday In Dining Room May 20	Beginning at 10:00 am	None
Swap Day	Tuesday May 20	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
MEMORIAL DAY LUNCH	Thursday May 22	Lunch Beginning at 11:30 am	Donation

## MOUNT AIRY SENIOR CENTER VOLUNTEER JOB DESCRIPTIONS

#### **FRONT DESK:**

You are the first-person visitors and members see when they come in, so you need to greet anyone who comes in.

**Answer phones** 

Transfer calls to Manager or Assistant Manager

Answer questions about Center services, hours, etc.

Take messages

Provide resource information to callers (Answer questions, hand out newsletters and monthly menus)

Conduct tours of the center

Simple clerical tasks as requested by Manager or Assistant Manager

### **KITCHEN:**

Assist kitchen staff in preparing food (not cooking, but putting in proper containers/dishes)

Serve food to members

Assist members who may need help carrying trays to tables

Assist in clean-up of dishes and trays

### **BINGO:**

Sort and organize cards

Collect money from participants and distribute cards

Assist in verifying winners

Make sure bingo desk is out and set up for caller

### **GARDEN:**

Prepare flower beds in the spring for planting – cleaning, weeding, spreading mulch Plant new flowers

Keep flower beds weeded

Pinch back plants, clean, and weed in the fall









## **Special Meals in May:**

Friday May 9, 2025 Mother's Day Meal Tuesday May 20, 2025 - Hot Dog Thursday May 22, 2025 Memorial Day Meal



## **Special Events Coming**

- Crafts Galore Friday, May 2 @ 10 am, making Cards
- Coffee & Conversation Tuesday, May 13 & 27 @ 9:30 am
- **Shred Day** Thursday, May 8, 2025, 8:00-11:00 am
- Food & Herb Thursday, May 8, 2025 @ 11:00am
- Dance Party Thursday May 8, 2025,12:30 pm
- Sing A-long Friday, May 9 @ 10:00 am
- **Bingo** Friday, May 9, 2025 @ 12:30 pm
- Site Counsel Meeting Monday, May 19 @ 10:30 am
- **SWAP Day** Tuesday, May 20 @ 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.
- Book Club May 20, 2025 @ 10:00 am
  The book for May is "A Man Called Ove" by Fredrik Backman
- Center Closed Monday May 26, 2025
- Cooking for 1 or 2 Tuesday May 27, 2025 12:30 pm Coming Events
- **Rocky Gap** Monday, June 9, 2025 \$35.00
- Center Closed Wednesday June 11 @ 11:30am 4:00pm
- Legal Aid Wednesday, September 17, 2025 1pm 4pm

# 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	Donation
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
Cooking for 1 or 2	12:30 pm	May 27, 2025	Sign up at the Front Desk
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	Donation
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 with donuts	9:30 am	May 13 & 27	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	May 20	None
Senior Center Book Club	10:00 am		In Dining Room
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
MOMP			

# Daily Activities THURSDAY

Program	Time	Time Sessions	
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	10:45 Ongoing	
Arthritis Exercise Chris Konior	12:30 pm - 1:30 pm	Ongoing	\$30.00
Rummikub	12:30 pm	Ongoing	None
BP Screening	10:00 am	3rd Thursday of the month	None

## 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
Movie	12:30 pm	May 16,23,30	None
Sing Along	May 9 10:00 am	Sing Aloxy	None
Bingo	May 9 12:30 pm	BUNGO	\$1.00 per card



## COME ONE/ COME ALL!

MT AIRY SENIOR CENTER SITE COUNCIL FUNDRAISER

COME TO THE MOUNT AIRY BURGER KING FUNDRAISER on Wednesday, May 28th FROM 5 PM TO 8 PM at Burger King located at:

501 E RIDGEVILE BOULEVARD • MOUNT AIRY • 301-829-5353

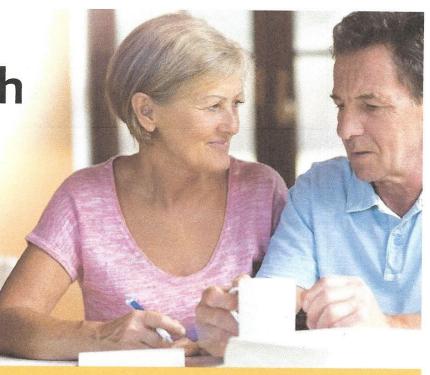
ALL YOU HAVE TO DO IS TELL THE CASHIER YOU ARE THERE TO SUPPORT THE MT AIRY SENIOR CENTER SITE COUNCIL AND THEY WILL DONATE 20% OF THE PROCEEDS FOR THAT EVENING TO US. Funds will benefit the Senior Center Scholarship Fund.

THANK YOU!



Show Me
Better Health
DIABETES
Self-Management





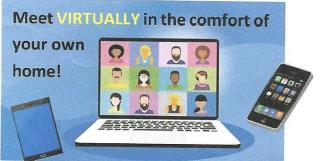
Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## **FREE Virtual 6-Week Series**

Register: https://carrollcountymd.gov/LivingHealthy—410-386-3800—LivingHealthy@carrollcountymd.gov



May 14-21-28-June 4-11-18, 2025 Wednesdays 9:00 a.m.— 11:30 a.m.

Technology assistance for the workshop series will be provided.

Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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 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.

## FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age. No businesses please.

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.



For more information contact:
Kristen Harvey
Carroll County Bureau of Aging &
Disabilities

kharvey@carrollcountymd.gov

410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

When it is your turn, please stay in your vehicle and we will do the rest!

South Carroll

The Sheriff's Office is

collecting medications

only.

For safety reasons,

NO MEDICAL WASTE

NO SHARPS

NO NEEDLES

Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD 21784

410-386-3700

Monday, May 20th

9AM to 11AM

#### Mt Airy

Senior & Community Center

703 Ridge Ave, Mt Airy, MD 21771

410-386-3960

Wednesday, May 8th

9 AM to 11 AM

#### Tanevtown

#### Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD 21787

410-386-2700

Thursday, May 16th

9AM to 11AM

## Bureau of AGING & DISABILITIES

#### North Carroll

#### Senior & Community Center

2328 Hanover Pike, Hampstead, MD 21074

410-386-3900

Friday, May 24th

9AM to 11AM

#### Westminster

#### Senior & Community Center

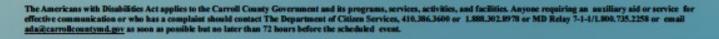
125 Stoner Ave, Westminster, MD 21157

410-386-3850

Friday, May 31st

9AM to 11AM







"Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

#### **Proven Outcomes**

Healthy Living with Chronic Pain has beer researched and proven to work. People who have taken the program experience.

- Better health and increased confidence in managing their pain
- Improvements in vitality or energy
- Less pain and dependence on others
- Improved mental health
- Greater involvement in everyday activities

Find and register for a workshop Virtual Workshop Series – Tablets capable of accessing Wi-Fi are available through our lending library

April 7-14-21 – May 5-12-19, 2025; No class 4/28

Register at https://carrollcountymd.gov/livinghealthy

Or by calling 410-386-3800

Or email: livinghealthy@carrollcountymd.gov

## Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- Short-term goal setting & planning
- \* Relaxation & breathing
- Medication usage & evaluating treatments
- Quality sleep & fatigue management
- Stress and depression management
- Healthy eating and nutrition
- Decision-making & problem-solving
- \* Fitness for exercise and fun
- Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.





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Located at 1401 S. Main Street

Mount Airy Inn & MT. AIRY SENIOR CENTER SITE COUNCIL

Monday, May 12, 2025, ALL DAY

## **FUNDRAISER**

Mount Airy Inn will donate 10% of the sales all day to the Mt. Airy Senior Center Site Council – an independent non-profit group that supports the activities of the Mt. Airy Senior Center. Funds will be earmarked for the Mt. Airy Senior Center Scholarship Fund.

Flyer is not needed for the Site Council to get credit. Just mention that you are there to support the Mt. Airy Senior Center Site Council.

## **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 <u>don't</u> 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.

## Trips are not scheduled

January thru March due to inclement weather potential

## **Senior Center Trips 2025**

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Senior Center	<u>Date of Trip</u>	<u>Trip Description</u>	Cost	Sign up Information
Mt Airy 410.386.3960	May 22	Sight & Sound Noah	\$155	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	June 9	Rocky Gap	\$35.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	July 3	Totem Pole 9 to 5 Lunch @ Hickory Bridge	\$115.00	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	August 27	Totem Pole Neil Diamond Tribute Lunch @ Hickory Bridge	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	September 16	By Land & Sea Naval Academy	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	October 22	Dutch Apple Theater A Chorus Line	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	November 12	Museum of The Bible	TBD	Carol Wilson 301-829-8926
Mt Airy 410.386.3960	December 11	American Music Theater Deck the Halls	TBD	Carol Wilson 301-829-8926