

july

2025



Mt Airy Senior Center

703 Ridge Avenue
Mt Airy, MD 21771

Phone:

410.386.3960

301.829.2407

Hours:

Monday-Thursday 8:00 am- 4:00 pm

Friday 8:00 AM -3:00 PM

Email: Senior Center

mtairysc@carrollcountymd.gov

Email: Carroll County Government

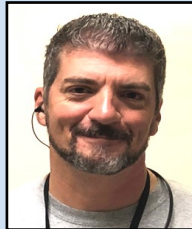
- www.carrollcountymd.gov
- Scroll down to horizontal icons
- Use arrows to go right
- Choose Senior & Community Centers of Carroll County, MD
- Choose Online Senior Center Newsletter choose our newsletter



Center Manager



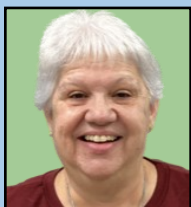
Center Assistant
Ann Palmisano



Center Custodian
Dave Thompson

SITE COUNCIL OFFICERS

President:
Adele Connolly



Vice President:
Janet Leyshon



Treasurer:
Diann Linton



Secretary:
Linda Gravitt



Corresponding Secretary
Sandra Whitaker



July 2025

Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Reservation due Thursday June 26th by 10:00 am	2 Roast Pork Loin Reservation due Friday June 27th by 10:00 am	3 Cheeseburger Reservation due Friday June 27th by 10:00 am	4 HOLIDAY
7 Salisbury Steak Reservation due Wednesday July 2nd by 10:00 am	8 White Bean Chicken Chili Reservation due Wednesday July 2nd by 10:00 am	9 Italian Cold Cut Sub Reservation due Thursday July 3rd by 10:00 am	10 Glazed Ham Reservation due Monday July 7th by 10:00 am	11 Chicken Breast Reservation due Tuesday July 8th by 10:00 am BINGO
14 Tuna Reservation due Wednesday July 9th by 10:00 am	15 Pot Roast Reservation due Thursday July 10th by 10:00 am	16 Creamy Chicken Reservation due Friday July 11th by 10:00 am	17 Pepperjack Beef Burger Reservation due Monday July 14th by 10:00 am	18 Tuna Noodle Casserole Reservation due Tuesday July 15th by 10:00 am
21 Chicken Breast Reservation due Wednesday July 16th by 10:00 am	22 Meatball Sub Reservation due Thursday July 17th by 10:00 am	23 Turkey Florentine Reservation due Friday July 18th by 10:00 am	24 Chicken Caesar Salad Reservation due Monday July 21st by 10:00 am	25 Pork Loin Reservation due Tuesday July 22nd by 10:00 am
28 Chicken Divan Reservation due Wednesday July 23rd by 10:00 am	29 Corned Beef Reservation due Thursday July 24th by 10:00 am	30 Indian Butter Chicken Reservation due Friday July 25th by 10:00 am	31 Turkey-Ham Maccaroni Salad Reservation due Monday July 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: mtairysc@carrollcountymd.gov

July 2025

Box Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cold Grilled Chicken Reservation due Thursday June 26th by 10:00 am	2 Chicken Salad Reservation due Friday June 27th by 10:00 am	3 Ham & Cheese Reservation due Friday June 27th by 10:00 am	4 HOLIDAY
7 Bologna, Salami & Cheese Reservation due Wednesday July 2nd by 10:00 am	8 Tuna Reservation due Wednesday July 2nd by 10:00 am	9 Cold Fried Chicken Reservation due Thursday July 3rd by 10:00 am	10 Egg Salad Reservation due Monday July 7th by 10:00 am	11 Turkey & Cheese Reservation due Tuesday July 8th by 10:00 am BINGO
14 Curried Chicken Salad Reservation due Wednesday July 9th by 10:00 am	15 Cold Grilled Chicken Reservation due Thursday July 10th by 10:00 am	16 Chicken Salad Reservation due Friday July 11th by 10:00 am	17 Ham & Cheese Reservation due Monday July 14th by 10:00 am	18 Turkey Cranberry Salad Reservation due Tuesday July 15th by 10:00 am
21 Bologna, Salami & Cheese Reservation due Wednesday July 16th by 10:00 am	22 Tuna Reservation due Thursday July 17th by 10:00 am	23 Cold Fired Chicken Reservation due Friday July 18th by 10:00 am	24 Egg Salad Reservation due Monday July 21st by 10:00 am	25 Turkey & Cheese Reservation due Tuesday July 22nd by 10:00 am
28 Curried Chicken & Salad Reservation due Wednesday July 23rd by 10:00 am	29 Cold Grilled Chicken Reservation due Thursday July 24th by 10:00 am	30 Chicken Salad Reservation due Friday July 25th by 10:00 am	31 Ham & Cheese Reservation due Monday July 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: mtairysc@carrollcountymd.gov

Upcoming Special Events

Program	Date	Time	Cost
Art Show	Wednesday September 17	9:00 am - 11:00am	None
Crafts Galore	Friday July 11	10:00 am	None
Coffee & Conversation With Snacks	Tuesday July 8 & 22	9:30 am	None
Moving Through Loss	Thursday July 3 & 17	2:00 pm	None
Sing A-long 	Friday July 11	Beginning at 10:00 am	None
Bingo	Friday July 11	12:30 pm	\$1.00 per card
Site Council Meeting	Monday July 21	10:30 am	None
Mending by Carol First Thursday of each month	Thursday July 3	Beginning at 11:00 am - 12:00 pm	None
Senior Center Book Club Book: Homegoing By Yaa Gyassi	Tuesday In Class Room July 15	10:00 am	None
 Swap Day	Tuesday July 15	Beginning at 10:00 am	Bring what you'd like to swap. Come find a treasure!
Site Council Fundraiser New York J&P Pizza	Monday July 21	All Day	Cost of Food
Blood Pressure Check	Thursday July 24	Beginning at 10:00 am	None
4th July Day Luncheon	Thursday July 3	Beginning at 11:30	Check Menu
Terry Serio: Capture the Flavor	Thursday July 10	11:00 am	None

Lost, Found, Needed & Info



Found: If you lost something come see if we have found it!!



Summer Concerts at Wildwood



June 29
Shelby Louise

Bring a blanket or lawn chair and come enjoy free outdoor concerts in the park.



July 27
Michael Heister

All concerts:
6:00 - 8:00 p.m.

August 24
Dan & Cheryl DeVivo

Wildwood Park, 400 Park Ave.
Parking available via Wildwood Ave.
Jersey Mike's will be on-site.



INFO: 301-829-1424

Volunteering Opportunities

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

Front Desk Volunteers **needed!** You're the first person folks see.

Decoration Helpers: If you have ideas for decorating the center, like making decorations and enjoy holidays, this is the volunteer job for you!

Helping with Trip forms: Someone who is a bit detail oriented is needed to help with the trip forms.

Special Meals in July:

4th of July Lunch - Thursday, July 3, 2025

Sub Day - Wednesday, July 9, 2025, Italian Cold Cut



Special Events in July:

- ♦ **Crafts Galore** Friday, July 11 @ 10 am
- ♦ **Coffee & Conversation** Tuesday, July 8 & 22
@ 9:30 am
- ♦ **Sing A-long** Friday, July 11 @ 10:00 am
- ♦ **Bingo** Friday, July 11 @ 12:30 pm
- ♦ **SWAP Day** Tuesday, July 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
dumpster. If possible, be here to help cleanup.
- ♦ **Book Club**: Tuesday, July 15 @ 10:00 am in Class Room
Homegoing By Yaa Gyassi
- ♦ **Capture the Flavor** Thursday July 10, @ 11:00
am (Terry Serio)

Moving Through Loss: Thursday, July 3 & 17 @
2:00 pm

New York J&P Pizza: Monday, July 21, 2025

All Day presented by the Site Council

Site Council Meeting: Monday, July 21 @ 10:30am



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
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
Dance Fit Karen Boger	10:30 am - 11:30 am	Ongoing	Donation
Coffee & Conversation	9:30 am	July 8 & 22	Come and join with friends!
SWAP Day	10:00 am - 2:00 pm	July 15	None
Senior Center Book Club	10:00 am	July 15	Class Room
New: Mexican Train & Other Games	12:30 pm	July 1 & 15	None
Rummikub	12:30 pm	Ongoing	None
Mah Jongg	12:30 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

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
Moving Through Loss	July 8 & 22	2:00 pm	None
Capture the Flavor Terry Serio	Thursday July 10	11:00 am	None

Daily Activities

FRIDAY

Program	Time	Sessions	Cost
Exercise Equipment	8:00 am – 2:45 pm	Ongoing	None
Walk the Hallway	8:00 am - 2:45 am	Ongoing	None
Billiards	8:00 am - 2:45 pm	Ongoing	None
Puzzles	8:00 am - 2:45 pm	Ongoing	None
Lending Library	8:00 am - 2:45 pm	Ongoing	None
Computer Lab	8:00 am - 2:45 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
Kindness, Support, and Compassion Group	1::00 pm	July 6 & 20	None
Sing Along	July 11 10:00 am		
Bingo	July 11 12:30 pm		\$1.00 per card

Help us **Design & Build** **Age-Friendly Carroll County**

We want deep roots that allow Carroll County to be a place that everyone will choose to live, work and play as they age.

Help us build the priorities for our future by taking the survey* by September 15th

https://carrollcountymd.qualtrics.com/jfe/form/SV_aVP8njulgrT1peC



***Survey is available in
English and Spanish**



Age-Friendly Carroll County Focus Group



As a Senior and Community Center member, are you interested in voicing your views on making Carroll County friendlier for all ages?

If so, please sign up for one of the following 90 minutes sessions by contacting Lois Romeo lromeo@carrollcountymd.gov or 410-386-3830 with your choice of session, contact information and any special accommodations:

Westminster Senior and Community Center

125 Stoner Ave, Westminster, MD 21157

Wednesday, July 16, 2025 At 9:30 A.M

South Carroll Senior and Community Center

5928 Mineral Hill Rd., Sykesville, MD 21784

Thursday, July 24, 2025 at 9:30 A.M.

Looking forward to hearing from older residents across the county!



Turning 65 or retiring soon and not sure what to do about Medicare??

Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!

We invite you to attend our free informational Transitioning to Medicare workshops to learn more.

We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



SHIP

State Health Insurance
Assistance Program

Navigating Medicare



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

****Pre-Recorded sessions can also be accessed at any time using the links listed below.**



Transitioning to Medicare Part 1

All workshops start at 5:00pm!! Registration is required!!

July 9th, 2025-In person @ Westminster Public Library (50 E Main St)

August 5th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 6th, 2025-Webinar

September 17th, 2025-In person @ Westminster Public Library (50 E Main St)

October 15th, 2025-Webinar

November 12th, 2025-In person @ Westminster Public Library (50 E Main St)

December 3rd, 2025-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1nlioLxPweM>

Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap),
Fraud & Abuse, & Medicare Savings Programs.

Transitioning to Medicare Part 2

All workshops start at 5:00pm!! Registration is required!!

July 16th, 2025-In person @ Westminster Public Library (50 E Main St)

August 12th, 2025-In person @ North Carroll Public Library (2255 Hanover Pike)

August 13th, 2025-Webinar

September 24th, 2025-In person @ Westminster Public Library (50 E Main St)

October 22nd, 2025-Webinar

November 19th, 2025-In person @ Westminster Public Library (50 E Main St)

December 10th, 2025-Webinar

****Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=zVA4jvmmRQA>

Take a closer look at Medicare Supplemental Plans and Advantage Plans.

Sponsored by: Carroll County Bureau of Aging & Disabilities: 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 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event. This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$26,681 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government



JOIN US FOR

FUNDS FOR FRIENDS NIGHT!

Benefiting

Mt. Airy Senior Center Site Council

MONDAY JULY 21, 2025

**J&P Mt. Airy will be donating 10% of their daily sales back to us!
Proceeds will benefit Mt. Airy Senior Center fund for purchase and
upgrade of needed equipment.**

Show this flyer or just mention to the staff you're with the fundraiser!

Can't dine in? Order Online for Takeout or Delivery.

Just add in the notes that you're with the fundraiser! 🍕

Thank you for supporting!!

New York J&P Pizza - Mt. Airy

301-829-2200

409 E Ridgeville Blvd Mt Airy, MD 21771

Newyorkjandppizza.com

Just for Fun

Tuesday - July 15



**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
- ♦ 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 **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 **4th Thursday of this 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

<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	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	\$115.00	Carol Wilson 301-829-8926
Mt Airy 410-386-3960	September 16	By Land & Sea Naval Academy Lunch-Academy Catering Room	\$130.00	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 Lunch @ Tony & Joe's Water Front	TBD	Carol Wilson 301-829-8926
Mt Airy 410-386-3960	December 11	American Music Theater Deck the Halls Lunch @ Fulton Steam- boat Inn	TBD	Carol Wilson 301-829-8926