



MT.AIRY SENIOR CENTER

# DECEMBER

## 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**

**Closing 11:00am-2:00pm  
December 18th**

**Closing at 1:00pm  
December 24th**

**Closed  
December 25th  
December 26th  
January 1st**

**IF YOU HAVE NOT UPDATED YOUR MEMBERSHIP  
FORMS SINCE OCTOBER 2025 PLEASE STOP BY THE  
FRONT DESK TO COMPLETE THE FORMS.**

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



## Aging and Disabilities Services

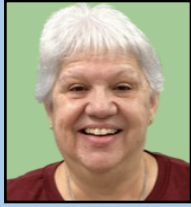
<https://www.carrollcountymd.gov/aging-and-disabilities>

**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 Corresponding Secretary



## Join us at our next Site Council Meeting

### EVERYONE IS WELCOME

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.

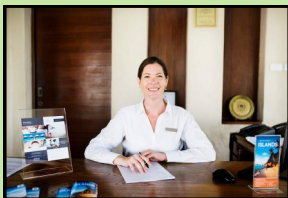


## VOLUNTEERS NEEDED



### KITCHEN

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



### FRONT DESK

Greeting Members and Answering phones  
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.

## **Inclement Weather Policy for Carroll County Senior Centers**

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

The Carroll County Government Offices are closed then the  
Carroll County Senior Centers are closed.

The Carroll County  
Government opens late or  
closes early then the Carroll  
County Senior Centers  
open late or close early.



- Modified meals may be served
- Call your Senior Center to see if programs/classes have been cancelled
- Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.

CTS: 410-386-5550

\*Please note- decisions regarding the operating schedules of the Carroll County Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

For info on closures and delays listen to local radio or TV stations, visit the Carroll County  
Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.

## **SITE COUNCIL HAPPENINGS**

### **Update from the Mt. Airy Senior Center Site Council Board**

#### **BOARD MEMBERS:**

**President – Adele Connolly**

**Vice President – Janet Leyshon**

**Treasurer – Diann Linton**

**Recording Secretary – Linda Gravitt**

#### **Funding Requests**

If you wish to request funds from the Site Council for your group or activity, please submit your request at least a week in advance of the next meeting to any Board member or Center staff member, using the Request for Site Council Funds Form. At least one member of your group must be in attendance at the meeting to discuss the request. As per the form, the Site Council Board can approve or deny any expenditure up to \$250. If a request is not approved/received prior to the expenditure, it will be denied. Your Site Council board is responsible for managing funds for different groups and activities, some maintenance of existing equipment, and planning for future purchases; therefore, be cognizant of this when you are requesting funds.

#### **Fundraising**

All activities supported by the Site Council are funded strictly through fundraising efforts. If you have ideas for raising funds, please bring them to the attention of the board, or the Fundraising Committee, prior to a meeting. If you wish funds to support something specific, such as the Center Scholarship Fund or to go directly to the Site Council, that must be expressed at the beginning of the fundraiser, not after the funds have been raised. All raffles that take place beyond the day of the raffle must have permit from the County prior to the raffle, so plan ahead for this process. Once the Site Council has approved the structure of a raffle, it needs to be conducted according to that structure and not changed without Site Council approval. Similarly, all bake sales must follow County Health Department guidelines. Please work with Center Management staff to secure these permits.

#### **Volunteers**

The Center is in desperate need of volunteers. As you know, we only have 3 paid staff at the Center; the rest of our activities are run by volunteers. Specific needs right now are for front desk and kitchen volunteers. Job descriptions have been posted in the Center newsletter. Let's not burn out our small dedicated group of volunteers – many hands can get the jobs done faster! There can also be opportunities to volunteer for short term work groups for specific fundraising activities or events.

#### **This is your Senior Center!**

Every member of the senior center is a member of the Site Council. We meet every month, on the 3rd Monday of the month (unless change is needed due to holidays/center closure), at 10:30 am in the Dining Hall. Every other month will be an abbreviated business meeting to decide on funding for future Center programming needs. To ensure programming and events reflect what you want, we must hear from you.

#### **BRING YOUR FRIENDS!**

Please let others know about the wonderful things happening here. We grow when we serve our community well.



# GIVING TREE

Help us fill our Christmas Tree with items for our community.

NEW gloves, socks, scarves, hats, undergarments, handwarmers,  
blankets, pet supplies,  
non perishable food items and hygiene products.

December 1<sup>st</sup>- December 30<sup>th</sup>



*NEW CLASS*

# CHAIR YOGA

Koons Toyota of Westminster  
Donation Class

FRIDAYS

11:45AM- 12:30PM

STARTING DECEMBER 5TH



# Open Tech Help Hours

*Presented by The Carroll Technology and Innovation Council*

Digital Navigators will be on site at the  
10:00am — 11:00am

on

December 4th, 11th, and 18th

**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**





# HOLIDAY SING-A-LONG



DECEMBER 12<sup>TH</sup>

10:00 AM



## MARILYN'S HOLIDAY FLOWER WORKSHOP

NEW  
DATE

TUESDAY DECEMBER 9th  
10:00 a.m.

Cost \$10.00

Sign up at the front desk by December 5th  
LIMITED SPACE



**EVERY WEDNESDAY**

**DECEMBER 3rd– December 17th**

**LUNCH IS SERVED AT 11:30 AM**

**MOVIE WILL START AT 12:00 PM**

Join us for lunch and a holiday movie.  
Enjoy the lunch we serve or bring your own lunch.  
If you plan on eating the meal provided by the center  
sign up for lunch in the binder. You do not need to  
sign up if you only want to watch the movie.







# BILLIARDS

**Looking for Billiard  
Players that would  
like to play for fun  
or join a team for  
League Games**



**JOIN US  
MONDAY THRU FRIDAY  
8:00AM- 3:45 PM  
FOR MORE INFORMATION  
CALL 410-386-3960**



## December 2025

### Lunch Menu: Dine In Only

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Roasted Pork Loin w/Creamy Mushroom Sauce, German Cucumber Salad, Garlic Mashed Potatoes, Dinner Roll, Apple Snack Pack, Chocolate Milk <b>Reservation due Monday November 24th by 10:00 am</b>	<b>2</b> Chicken Caesar Salad, Split Pea Soup, Cornbread Loaf, Hot Spiced Apples, 1% Milk <b>Reservation due Tuesday November 25th by 10:00 am</b>	<b>3</b> Meatloaf w/Gravy, Seasoned Green Beans, Brown Rice, WG Wheat Bread, Diced Peaches, Juice, 1% Milk <b>Reservation due Wednesday November 26th by 10:00 am</b>	<b>4</b> Greek Chicken Grain Bowl, Apricot Halves, Juice, 1% Milk <b>Reservation due Monday December 1st by 10:00 am</b>	<b>5</b> Corned Beef w/Mustard Dill Sauce, Wheat Bread, Mashed Potatoes, Red Cabbage, Corn & Pea Salad, Fruit, 1% Milk <b>Reservation due Tuesday December 2nd by 10:00 am</b>
<b>8</b> Turkey-Ham Macaroni Salad Plate, Spinach, White Bean Soup, Tomatoes, Wheat Bread, Fruit, Chocolate Milk <b>Reservation due Wednesday December 3rd by 10:00 am</b>	<b>9</b> Indian Butter Chicken, Bombay Brown Rice, Wheat Bread, Kachumber, Fruit, Juice, 1% Milk <b>Reservation due Thursday December 4th by 10:00 am</b>	<b>10</b> Beef Pot Roast w/Au Jus, Sandwich Bun, Honey Roasted Beets, Cole Slaw, Juice, 1% Milk <b>Reservation due Friday December 5th by 10:00 am</b>	<b>11</b> Creamy Chicken Casserole, Yellow Rice Pilaf, Green Beans, Peaches, WG Wheat Bread, Juice, 1% Milk <b>Reservation due Monday December 8th by 10:00 am</b>	<b>12 BINGO</b> Cheddar Cheeseburger, Corn O'Brien, Creamy Cucumber Salad, Juice, 1% Milk <b>Reservation due Tuesday December 9th by 10:00 am</b>
<b>15</b> Roasted Pork Loin w/Dijon Cream Sauce, Okra & Tomatoes, Garlic Mashed Potatoes, Wheat Bread, Chocolate Milk, Juice <b>Reservation due Wednesday December 10th by 10:00 am</b>	<b>16</b> Roasted Turkey w/Gravy, Mashed Potatoes, Green Beans, Sauerkraut, Rolls, Apple Pie, Drinks <b>Reservation due Tuesday December 9th by 10:00 am</b>	<b>17 SPECIAL</b> Roast Beef, Red Skinned Potatoes, Gravy, Green Bean Casserole, Ambrosia, Dinner Roll, Cherry Pie, Whipped Topping, 1% Milk <b>Reservation due Thursday December 11th by 10:00 am</b>	<b>18</b> Chicken Salad, Baby Carrot Snack Pack, Fruit of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, Chocolate Milk <b>Reservation due Friday December 12th by 10:00 am</b>	<b>19</b> Reuben Sammy Casserole, Zucchini & Tomatoes, Fruit, Wheat Bread, Juice, Chocolate Milk <b>Reservation due Tuesday December 16th by 10:00 am</b>
<b>22</b> BBQ Chicken Sandwich, Cole Slaw, Fruited Yogurt, Juice <b>Reservation due Wednesday December 17th by 10:00 am</b>	<b>23</b> Slice Ham w/Raisin Sauce, Au Gratin Potatoes, Honey Maple Carrots, Fruit, Wheat Bread, Juice, Chocolate Milk <b>Reservation due Thursday December 18th by 10:00 am</b>	<b>24</b> Tuna Salad, Baby Carrot Snack Pack, Salad of the Day, Snack Bag/Chips or Cookie, Cheese Stick, Juice, 1% Milk <b>Reservation due Wednesday December 17th by 10:00 am</b>	<b>25</b> <b>CLOSED HOLIDAY</b>	<b>26</b> <b>CLOSED HOLIDAY</b>
<b>29</b> Creamy Chicken Breast, Brown Rice, Carrots, Wheat Bread, Green Pea & Red Pepper Salad, Juice, Chocolate Milk <b>Reservation due Wednesday December 24th by 10:00 am</b>	<b>30 NOON'S YEAR EVE</b> Roasted Pork Loin w/Gravy, Sauerkraut, Mashed Potatoes, Green Beans, Fruit, Dinner Roll, Milk <b>Reservation due Wednesday December 24th by 10:00 am</b>	<b>31</b> Tuna Noodle Casserole, Wheat Bread, Chickpea & Tomato Salad, Hot Cinnamon Apple, Juice, 1% Milk <b>Reservation due Wednesday December 24th by 10:00 am</b>		

- 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. So, please support those who'd like to have a meal and order yours.

Reservation: Call 410-386-3960 or 301-829-2407

Thank you!!

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

# **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	December 15th	None
Monday Yoga Karen Boger	10:30am - 11:30am	Ongoing	Donation Thanks to Koons Toyota
Lunch	11:30am	Ongoing	See Menu
Four County Quilters (Third Monday of the month)	12:00pm — 3:45pm	Ongoing	None
Line Dancing	12:30pm– 1:30pm	Ongoing	Donation Thanks to Koons Toyota
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	December 9th December 23rd	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	December 16th	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	December 16th	The Book Woman of Troublesome Creek by Kim Michelle Richardson
Quilting For Charity	10:00am– 12:00pm	Ongoing	None
Lunch	<b>11:30am</b>	Ongoing	See Menu
Mexican Train Dominos & other games (1st and 3rd Tuesday)	12:30 m- 3:45pm	December 2nd & December 16th	None
Rummikub	12:30pm– 3:45pm	Ongoing	None
MahJongg	12:00pm - 3:45pm	Ongoing	None



<b>Wednesday</b>
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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	No Appointments in December	None
Yoga 2 Karen Boger	10:30am– 11:30am	Ongoing	Donation Thanks to Koons Toyota
Lunch	<b>11:30am</b>	Ongoing	See Menu
Rummikub	12:30pm– 3:45pm	Ongoing	None
Mahjongg	12:30pm– 3:45pm	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	December 18th	
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)	11:00am-11:30am	No class in Dec. or Jan.	
Mending by Carol (1st Thursday of the month)	11:00am —12:00pm	Ongoing	None
Lunch	11:30am	Ongoing	See Menu
Arthritis Exercise Chris Konior	12:30pm - 1:30pm	Ongoing	Donation
Rummikub	12:00pm– 3:45 pm	Ongoing	None
Friends of Frederick (1st Thursday)	1:00pm—3:30 pm	December 4th	None
Moving Through Loss Compassion Group	2:00pm– 3:00pm	December 4th	“Managing the Holidays”

# 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	December 5th	Sign Up at front desk
Quilting with Friends	9:00am - 11:00am	Ongoing	None
Tai Chi Toni Minkel	10:30am - 11:30am	Ongoing	\$30.00
Sing Along 2nd Friday	10:00am– 11:00am	December 12th	
<b>New Class</b> Chair Yoga	<b>11:45am– 12:30pm</b>	Starting Dec. 5th	Donation Thanks to Koons Toyota
Lunch	<b>11:30am</b>	Ongoing	See Menu
Games	12:30pm– 2:30pm	December 5th and December 12th	None
Bingo 2nd Friday	12:30pm– 2:30pm	December 12th	 \$1.00 per card
Kindness, Support and Compassion Group	1:00pm– 2:00pm	December 5th	None



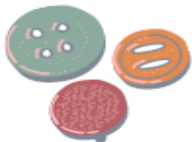
## Senior Center Trips 2025

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
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).**



**LOST A Button?  
BROKE A ZIPPER?  
PANTS TOO LONG?**



**MENDING BY CAROL**

*Fast and Free !!*



Bring in your items with your Name and Phone  
Number the first Thursday of each month  
between 11am-12pm.

## 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!**