

The Mount Airy Senior and Community Center

The center is located at 703 Ridge Avenue, Mount Airy, Maryland 21771. The center is open Monday through Friday from 8:00 a.m. to 4:30 p.m. A well-balanced breakfast is served daily from **8:30 to 9:30 am**. The cost for breakfast is a contribution up to \$2.00 for seniors 60 years and older. The cost for breakfast for those under 60 is \$2.00. A balanced lunch is served daily at **11:45 a.m.** The cost for the meal is a donation up to \$3.35 for seniors 60 years and older. The cost for those less than 60 years is \$3.35. Reservations must be made before **9:30 a.m., the day before** you would like to join us. For more information about classes, activities or to reserve a meal, please call 410-795-1017 or 301-829-2407.

Directions to Mount Airy Senior Center: From Rt. # 27, turn onto Park Avenue towards the Mt. Airy Post Office. After the stop sign on Park Avenue turn left at the next road on the left (Wildwood Ave.). Proceed on Wildwood Ave. until you reach Ridge Ave. (You will pass the Mt. Airy Day Care). Turn left onto Ridge Ave. Go about 1 block on Ridge Ave. Mount Airy Senior Activities Center /Mt. Airy Library are on the left. Go left into the drive, and left to the Senior Center.

Special November 2009 Activities at the Mount Airy Senior & Community Center

Free Blood Pressure Screening by Hazel – Tuesday, November 3 from 9:00 am to 11:00 am

Golden Wisdom Class – Tuesday, November 3, 10, 17, 24, from 12:30 PM TO 1:30 PM

Card & Game Party – Thursday, November 5, 12, 19, from 12:30 pm to 4:00 pm. Bring a snack to share with friends

Nutrition Tips with Melissa – Tuesdays, November 3, 10, 17, 24, from 12:00 pm to 12:15 pm

“Weigh of Life” – Wednesdays, November 4, 18, 25, from 9:15 am to 10:30 am

Free Blood Pressure Screening by Carroll Hospital Center – Tuesday, November 10 from 9:00 am to 10:00 am

Entertainment by the “Golden Tones - Tuesday, November 10 from 12:15 pm to 1:00 pm

SENIOR CENTER CLOSED – VETERANS DAY - Wednesday, November 11

“Learning Lunch” - “Holiday Safety Presentation for Holiday shopping Season” with Bruce Lohr - Thursday, November 12 at 12:00 pm -

“Friday the 13th Bingo Bash from 10:00 pm to 2:00 (Nickel Bingo) - Friday, November 13

Site Council Meeting – Monday, November 16 from 10:30 am 11:30 am

Set –up and prepare “Underwear Tree” - Monday, November 16 from 8:30 am to 10:00

Book Club – Thursday, November 19 at 12:30 pm. –"Song Yet Sung" by James McBride

Free Blood Pressure Screening – Thursday, November 19 from 9:00 am to 11:00 am

Singing Seniors – Friday, November 20 at 10:30 am

Thanksgiving Luncheon & Entertainment by "The Crooner & The Comic" (Martin & Lewis) – Tuesday, November 24 from 11:45 am to 1:30 pm

"Terry's Thyme" – Wednesday, November 25 from 9:30 am to 10:30 am

Weekly Classes at the Mount Airy Senior Activities Center

Warm Water Exercise on Tuesdays from 8:00 a.m. to 10:00 a.m. Held at Health Unlimited. COST: \$ 5.00 each week. Call the Senior Center for additional information and to register.

Drawing & Painting (Watercolor) on Wednesdays and Thursdays from 9:00 am-12:00 pm. Cost is \$20.00 for a 10-week session. Carroll Community College Continuing Education Classes. Instructor is Cindy Baker. New sessions begin September 29 & October 1.

Card/Games Party on Thursdays from 12:30 p.m. to 4:00 p.m. Many games for fun! Bring a snack to share with others!

Better Health & Wellness Class – Wednesdays from 12:30 – 1:30. \$20.00 for 12-week session of 1 day per week. Carroll Community College Continuing Education Class. Instructor is Valerie Whitstadt

Spanish Language & Culture (Advanced) on Tuesdays from 9:30 – 11:00 am. Cost is \$20.00 .00 for a 10-week session. Carroll Community College Continuing Education Class. Instructor is Patricia Rupani. New 10 sessions begins

Better Health & Wellness for Older Adults on Tuesdays & Thursdays at 10:30 am. Cost is \$20.00 for 12-week session of 1 day per week. Carroll Community College Continuing Education Class. Instructor is Karen Boger.

Massage Therapy each Tuesday from 9:00 a.m. to 12:00 p.m. and alternating Thursdays from 9:00 a.m. to 12:00 p.m. Appointments are needed.

Golden Wisdom class on Tuesdays at 12:30. FREE.

Yoga with Karen on Wednesdays at 10:30. Cost: \$28.00 for 8-week session.

Tap Dancing on Thursdays at 9:15 am. Cost: \$ 26.00 for a 10 -week session.

Tai Chi on Tuesdays at 9:30 am. Intermediate class. Cost: \$25.00 for an 8-week session

Tai Chi on Fridays at 10:30 am Advanced Class. \$25.00 for an 8 week session

Exercise Equipment is available Monday through Friday 8:00 am –3:30 pm.

Billiards is played Monday through Friday 8:00 am – 4:00 pm., with the exception of League play on Wednesdays 9:00 am – 11:30 p.m.

Weigh of Life – (weight loss class) Wednesdays 9:30 –10:30 am.

Reflexology is available on Thursday mornings by appointment.

Learn to Play Bridge is available on Mondays at 1:00 p.m.

Coffee & Conversation each morning 8:00 am – 10:00.

Recreational Games, Puzzles and Board Games – Monday - Friday 9:00 am – 2:00 pm.

Around the Piano with Arlene on Tuesdays at 10:30 am.

A Walk in the Park – (weather permitting) - available Mondays through Fridays 8:00 am.

Mount Airy Belles – Tuesdays from 9:00 a.m. – 10:30 a.m.

G.E.N.T.S. Club – Tuesdays and Thursdays from 9:00 a.m. – 10:30 a.m. Bring your own coffee mug to hang on the mug rack in the dining room.

Games/Card Party – Pitch, Hearts, Dominos, Texas Hold 'em, etc.

Terry's Thyme – Weight Loss and Encouragement Program sponsored by the Carroll County Extension Service.

The Carroll County Bureau of Aging suggests that those interested in a physical activity program should consult with a medical professional before engaging in activities involving physical exertion or other implications that may be inappropriate for people with certain medical conditions. The Bureau of Aging may require program participant to sign an Informed consent Agreement

Accessibility Notice: The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. If you have questions, suggestions or complaints, please contact Jolene Sullivan, Carroll County Govt., Americans with Disabilities Act Coordinator, at 410-386-3600; 1-888-302-8978; TTY 410-848-9747 or FAX – 410-876-5255. The mailing address is 10 Distillery Drive, 1st. Floor, Suite 101, Westminster, Maryland 21157