

Mount Airy Senior Connection

May 2012



**703 Ridge Avenue
Mt Airy, Maryland 21771
301-829-2407 or 410-795-1017**

Senior Center Hours

<http://ccgovernment.carr.org/ccg/aging/centers.asp>

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, adults with disabili-

WELCOME TO THE CENTER

Welcome to the Mt Airy Senior and Community Center.

If this is your first visit to the center, please let the folks at the front desk know and they'll be able to give you a tour of the center, answer questions you might have and give you an intake form for the center.

If you would like to use the exercise equipment or join a physical activities class, you must fill out the intake form, sign the activities waiver and get a senior center card.

There are no dues or fees for joining the center. Classes and activities may have a cost.

Lunch is served daily and reservations are required. If you know that you will be joining us for lunch, your reservation must be made by 10:00 a.m. the day before you'll be joining us. If it is an indicated special lunch, your reservation must be made a week in Advance. If you are 60 or older, the lunch cost is a donation of up to \$3.35.

Please feel welcome and we hope we will be seeing you often!

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 Jolene G. Sullivan, the Americans with Disabilities Act Coordinator, 410-386-3600, 1-888-302-8978, MD Relay 7-1-1 or 1-800-735-2258 or email jsullivan@ccg.carr.org as soon as possible but no later than 72 hours before the scheduled event.

Meet the Mt Airy Senior Center Staff



Angie Walz
Center Manager



Shawn Roper
Center Assistant



Mark Fishel
Center Custodian



Wayne Luby
Center Custodian

If you have questions concerning programs, activities, services or CATS tickets, please feel free to speak with the front desk volunteers, Shawn or Angie. We are all available to assist you!



Center Information

It is very important that each person upon entering the building swipe his/her Senior Center Card. Someone is always available to help you.

If you do not have a card, please ask for one at the front desk.



- **Swipe your Senior Center Card** on the right side of the touch screen. **Touch the word/s** of each program/activity you are planning to attend **with your finger tip.** (The screen is heat sensitive and will not work if you use your finger nail or give a quick tap.) **A check mark will appear on the right side of the word/s you've selected. The check mark takes a moment for the check mark to appear.**
- If you wish to cancel/remove one of your selections, touch the check mark and it will disappear and your selection has been removed.
- When you are finished making your selections, touch **DONE**, centered near the bottom of the page. A screen will appear thanking you for signing in.
- If you decide to participate in another program/activity that you did not select when you originally signed in that day, **swipe your card again**, touch the program/activity you want to add and touch **DONE**. The “extra” program/activity will be added to the ones you selected when you arrived.
- Thank you for your help and cooperation. By signing in, you help us to keep more accurate records of the programs and attendance. These figures are an important factor in determining future needs.

Lunch – Mt. Airy Senior Center lunch is served Monday through Friday at 11:45 am.

- A choice of a **HOT MEAL** or a **COLD MEAL** is available by reservation.
- Reservations must be made by 10:00 am the day before you'd like to join us for lunch.
- Special event meals, Holiday meals, Sub day and Baked Potato day require reservations **one week** prior to the event. These meals are circled by a “cloud” on the menus which are located in the newsletter.
- For a **cancellation**, please call the Center or notify the front desk receptionist by 10:00 am **the day before** or earlier.
- (Your lunch is ordered the day before the date of your reservation. When you cancel the day of your reservation, your meal comes to the center and we are charged for that meal.)
If you are ill or can't come in due to an emergency, please call Shawn or Angie and let us know as soon as possible.
- If you come in & want a meal but don't have a reservation for the day you are here, talk to Shawn. If Shawn says there is a lunch available please wait until persons with reservations are served.
- Cost of lunch for seniors 60 and older *is a donation*. Those 59 and younger pay \$3.35.

Coffee and Tea – Regular & Decaffeinated coffee, tea, hot chocolate and light breakfast foods are available Monday through Friday mornings for a donation. **Thank you.**

Before starting a Physical Activity Program

The Carroll County Bureau of Aging and Disabilities 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 conditions. Your consent form from the intake form package must be signed and in your file.



Information and Assistance (I&A) (formerly Senior Information & Assistance)– assists seniors living in Carroll County with the Renters' Tax Credit and Homeowners' Tax Credit applications. I&A can also help with information regarding Medicare, Housing and Social Security. Kathy Wood is at the senior center the 2nd Wednesday of each month from 10:00 am to 12:00 pm. Appointments are recommended and can be made through Angie ,Shawn or by calling Kathy Wood at 410-386-3831 directly for more information.

Donations: The following are collected at the Senior Center's front desk for Community Projects:



- **Items for "Bits of Home" Troop Packages** – Food items, books, puzzle books, phone cards, disposable cameras, toiletries, perfume, nail polish, toys, gift items....for a more complete list of suggested items, check at the front desk.
- **Postage for "Bits of Home" Troop Packages**
- **Cancelled Postage Stamps** – The VFW collects and distributes the stamps to patients in Veteran's hospitals. For more information contact Helen Malinak.
- **Manufacturers' Coupons from newspapers and magazines** – collected for the American Legion for service personnel and their families.
- **Eyeglasses** - Mt Airy Lions Club recycles the frames into the community.
- **Soda Tabs** – collected for Johns Hopkins Hospital for the Ronald McDonald House. Ronald McDonald Houses act as a home away from home so families can stay close to their hospitalized child. These Houses allow families to stay together, helping children heal faster and cope better.
- **Labels for Education** – Collected for Mt Airy schools.
- **Cell Phones** – old cell phones, their chargers and instruction books are collected at the front desk for the Carroll County Senior Citizen Cellular Phone Program.
- **New greeting cards with envelopes** –for sending to folks who need a bit of cheer or encouragement.

Available Resources if needed:

Cell Phones from the Carroll County Senior Citizen Cellular Phone Program are available at the Mount Airy Senior and Community Center. They are programmed to dial 911 for emergency use only. See Angie & Shawn for more information.



Wheelchairs, crutches, walkers, and canes are available for loan through the **Lions Club**.

Call 301-829-LION.



Carroll Area Transit Service is available for pickup Monday through Friday by appointment only. Reservations to the Senior Center should be made by calling the Senior Center by Wednesday afternoon of the **week prior** to the needed appointment. Last minute reservations to the Senior Center should be made by calling CATS directly and following the schedule below. The pickup time is usually between 8:15 am and 9:00 am each morning. The return trip is around 1:30 pm or immediately following the afternoon programs. Books containing 10 tickets may be obtained in advance at the Senior Center. Your cancellation for riding the bus must be phoned in 24 hours in advance following the schedule below. This service is also available for doctor visits, shopping trips, etc. (schedule these trips directly through CATS, may cost an additional fee). To reach CATS for a reservation or cancellation, call 410-857-0080, 410-876-7433, or 1-866-304-2287.

CATS SCHEDULE

- 7:00 am - 8:00 am:** **Calls for cancellations ONLY.**
There will be NO scheduling at this time.
- 8:00 am - 10:00 am:** **Calls for SAME DAY SCHEDULING only.**
- 10:00 am - 2:00 pm:** **Call for all other scheduling**
- 2:00 pm - 3:00 pm:** **No scheduling calls.**
- 3:00 pm - 5:00 pm:** **Calls for next day only. As always, next day rides are based on availability.**

Discounted CATS Tickets available at the center- ask Shawn or Angie



INCLEMENT WEATHER POLICY

If Carroll County Public Schools are CLOSED:

- The Senior Center will open at **10:00 a.m.**
- Senior Center programs and classes are canceled
- No Carroll Transit Service will be provided.
- Meals on Wheels will not deliver food. Modified meals will be available.



If Carroll County Public Schools are 2 HOURS LATE:

- The Senior Center will open at 8:00 a.m.
- Call the center to check if programs/classes have been canceled.
- Carroll Transit Services will be provided but **you must call** Carroll Transit before 8:00 a.m. to notify CATS that you want to be picked up.
- Meals on Wheels will not deliver food. Modified meals will be available.



If Carroll County Public Schools are 1 HOUR LATE:

- The Senior Center will open at 8:00 a.m.
- Senior Center Programs and classes will be held as scheduled
- Carroll Transit Services will run on their normal schedule
- Meals will be served as scheduled

WEATHER QUIZ

1. How hot is lightning? A. 1,000 oF B. 40,000 oF C. 70,000 oF
2. When is the lowest temperature of the day usually observed? A. Midnight B. 3 AM C. Sunrise
3. The strongest winds ever recorded were: A. 127 mph B. 183 mph C. 231 mph
4. Over 80% of all tornadoes occur: A. between noon and midnight. B. between midnight and sunrise. C. between sunrise and noon.
5. The largest hailstone on record was 17.5 inches in circumference. How much did it weigh? A. 2 pounds B. 5 pounds C. 8 pounds
6. If the time between the lightning bolt and thunder is 10 seconds, how far away is the storm? A. 2 miles B. 4 miles C. 6 miles
7. The hottest temperature ever recorded in the United States was 134oF. Where was it? A. Phoenix, Arizona B. Tampa, Florida C. Death Valley, California
8. Which location has the highest normal annual rainfall? A. Yakutat, Alaska B. Blue Canyon, California C. Tallahassee, Florida
9. What was the highest amount of precipitation ever recorded for a year in Peoria, IL? A. 40 inches B. 55 inches C. 70 inches
10. How many tornadoes do we average each year in Illinois? A. 27 B. 42 C. 58
11. Vostok, Antarctica holds record for the coldest temperature on Earth. How cold was it? A. - 97 oF B. -127 oF C. -156 oF
12. The snowiest winter on record for Peoria, IL was in 1978 - 1979. How much snow did Peoria receive? A. 52 inches B. 65 inches C. 73 inches
13. Which of the following means "rain" when added to a cloud's name? A. Alto B. Nimbus C. Cirrus
14. How often does Peoria, IL have a white Christmas? A. Every year B. Every two years C. Every three years
15. Which of the following is called "a thunderstorm's worst killer"? A. Lightning B. Tornadoes C. Hailstones
16. If the temperature were 30oF, how many inches of snow will be produced by one inch of precipitation? A. 6 B. 8 C. 10 D. 12
17. Elevation, or altitude, is one of the factors that affect air pressure. Is the air pressure at the top of Mount McKinley, Alaska higher or lower than the air pressure in Havana, IL? Choose: Higher Lower
18. Which instrument is used to measure wind speed? A. Psychrometer B. Anemometer C. Barometer
19. What do the letters NWS represent? A. News, Weather, and Sports B. National Wind System C. National Weather Service
20. If you are increasing in latitude in the Northern Hemisphere, are you traveling: A. East, B. West, C. North, or D. South?
21. Isobars are lines on a weather map. What do they represent? A. Areas of equal temperature B. Areas of equal precipitation C. Areas of equal air pressure
22. If it is winter in Havana, IL, what season is it in Sydney, Australia? A. Spring, B. Summer, C. Fall, or D. Winter
23. What is another term for spring? A. Vernal equinox OR B. Autumnal equinox
24. Which of the following does not belong? A. Red B. Blue C. Black D. Violet
27. On which continent would you find the windiest spot in the world? A. Antarctica B. North America C. South America
29. When is a tornado most likely to hit: A. 5:30 am, B. 12:00 noon, or C. 5:30 pm

Answers page 17

Communication from Your Site Council

Mt Airy Site Council

The Mt Airy Senior Center (MASC) Site Council is a non-profit advisory and fundraising organization that supports the programs and operation of our center.

YOU and the elected officers are the MASC Site Council !

Your participation, suggestions and comments are always welcome. Feel free to contact Helen Malinak, MASC Site Council President, or any MASC Site Council board member:



Helen Malinak
President



Rose-Ann Parenteau
Vice President



Chuck Greenslit
Treasurer



Betty Schwaab
Secretary

MASC Council meets the 3rd Monday of January, March, May, July, September, and November.

**Support your senior center -
attend the council meetings.**

From the Site Council President

We are so fortunate at our Senior Center to have so many seniors willing and able to help out in so many ways no matter the time or effort involved. The atmosphere this togetherness creates is one of congeniality resulting in a close knit family in our home away from home – our Senior Center.

**A big thank you to all our faithful Volunteers who have helped us out in so many ways
We could not exist without you.**



A Poem for Volunteers

Once upon eternity,
Above the clouds so high
There were some chosen Angels
Who had no wings to fly.
Their hands were made for helping,
Their hearts were tender, too.
Their smiles were warm and happy,
And glowed as halos do.
So God send down these angels,
Because they were such dears,
To spread their gentle love on earth.

We Call Them Volunteers



Thank You

We wish to thank everyone who has donated so generously over the years to our Troop Packages that we sent to our service men and women in Iraq and Afghanistan. Sending these packages is the Mount Airy Senior Center's way of supporting our troops and letting them know we care. The donations included a variety of assorted items plus money to pay for the mailing costs.

Thanks again to each and every one of you!

This past week we mailed our 133rd troop package to Jason Lowman, grandson of Tom and Dot Lowman, who is now serving in Afghanistan.

If you know of anyone else serving in Afghanistan, please let us know.

Special Events for May

- Tuesday** May 1 **Law Day** An Attorney will be available free of charge to help you with Medical Power of Attorney and Living Wills by appointment 9:00 am to 12:30 pm
- Tuesday** May 1 **Blood Pressure Screening** at 9:00 to 11:00 am by Hazel
- Thursday** May 3 **Cinco de Mayo** “Mocktails” and snacks 11:15am
- Monday** May 7 **“55 Plus” Club** luncheon & meeting at 11:00 am
- Tuesday** May 8 **Blood Pressure Screening** at 9:00 to 11:00 am by Melissa from CHC
- Wednesday** May 9 **Information & Assistance** 10:00 am Appointments suggested
- Thursday** May 10 **Mothers Day Lunch** 11:45 am **MUST** sign up for lunch by May 3, 2012
A special time for remembering and celebrating
- Friday** May 11 **Nickel Bingo** at 12:30 pm A total of 15 games; 5 cents a card
- Monday** May 14 **Site Council Meeting** at 10:30 am Everyone is welcome!
- Tuesday** May 15 **Sub Day** 11:45 am **MUST** sign up for lunch by May 8
- Thursday** May 17 **How to talk with your Doctor** presented by Nancy Ensor at 12:00 pm
- Friday** May 18 **Movie Matinee** at 12:15 pm Feature: The Mighty Macs
- Monday** May 21 **Haircuts by Penny** beginning at 9:00 am Limited space, sign up at front desk
- Monday** May 21 **AARP Driving Course** beginning at 10:00 am ending at 3:00 pm.
Cost: \$5.00 for AARP members, \$7:00 for non AARP members. A catered lunch is will be provided at no extra cost.
- Wednesday** May 23 **Older Americans Day Fried Chicken Luncheon 11:45 am MUST** sign up for lunch by May 16. Entertainment by: Vintage Entertainment
- Thursday** May 24 **Blood Pressure Screening** at 9:00 to 11:00 am by Dorothy
- Thursday** May 24 **Book Club : *Murder Afloat*** by Jane Lesley Conly 12:30 pm
- Friday** May 25 **Singing Seniors** at 10:00 am Honoring the Sacrifices of Our Military in Song
- Monday** May 28 **Center will be Closed for Memorial Day**
- Thursday** May 31 **Memorial Day Lunch** 11:45 am **MUST** sign up for lunch by May 24, 2012
Red, White and Blue holiday !

AVAILABLE DAILY ACTIVITIES AND THEIR LOCATION

8:00 AM	Coffee & Conversation	Dining Room
8 AM-4:30 PM	Exercise Equipment	Exercise Equipment Room
8 AM-4:30 PM	Pool/Billiards	Game Room
9:00–11:00 AM	Reminiscing Time	Dining Room
9 AM–4:30 PM	Computer Lab	Computer Room
10:00 AM	Walking in the Park on your own, weather permitting & Measured Hallway Walking	Mt Airy Parks, Center Hallway
12:30 –4:30 PM	Games, on your own – cards, puzzles, board games, dominoes, etc	Dining Room, Game Room

Mt Airy Senior & Community Center Volunteers

- | | | |
|----------------------|------------------------|---------------------|
| 1. Henry Aliff | 31. Liz Hawley | 61. Jerie Rich |
| 2. Sarkis Ampian | 32. Myrna Highland | 62. Bob Rich |
| 3. June Andes | 33. Beth Jacobs | 63. Sam Rolfe |
| 4. Dick Baker | 34. Jim Jacobs | 64. Arlene Runkles |
| 5. Jack Bart | 35. Judy Jaworek | 65. Pat Rupani |
| 6. Richard Barton | 36. Lavinia Kelley | 66. Crystal Schulte |
| 7. Elsie Mae Bassler | 37. Ben Kopko | 67. Betty Schwaab |
| 8. Linda Beam | 38. Phylis Latona | 68. Sally Siegel |
| 9. Rita Bottega | 39. Miki Lemon | 69. Jeri Simon |
| 10. Ann Buckley | 40. Hazel Life | 70. Leo Simon |
| 11. Mary Burgess | 41. Diane Linton | 71. Shirley Sisk |
| 12. Sylvia Cochran | 42. Barbara Longacre | 72. Herb Stonesifer |
| 13. Joan Collins | 43. Ruth Ann Lowman | 73. Mary Stonesifer |
| 14. Barb Crooks | 44. Tom Lowman | 74. Charlie Stover |
| 15. Lois Darrah | 45. Carole Lyons | 75. May Streaker |
| 16. Sharon Denton | 46. Helen Malinak | 76. Steve Vasquez |
| 17. Clara Dorsey | 47. Walter Malinak | 77. Lucille Weed |
| 18. Tom Dorwart | 48. Jean Merson | 78. Diane Yanekawa |
| 19. Viv Dorwart | 49. Joe Merson | |
| 20. John Dudley | 50. Linda Meyer | |
| 21. Dorothy Fisher | 51. Louise Moyer | |
| 22. Dot Fleming | 52. Nancy Muller | |
| 23. Jane Fleming | 53. Gay Natoli | |
| 24. Lee Fogle | 54. Rhoda Noble | |
| 25. Bev Green | 55. Ruth Ann Parenteau | |
| 26. Chuck Greenslit | 56. Carman Peltzer | |
| 27. Nancy Hammond | 57. Pat Pelzer | |
| 28. Rose Harne | 58. Ellen Poteat | |
| 29. John Hawkins | 59. Deanna Pichini | |
| 30. Sally Hawkins | 60. Liz Pichini | |



<u>Carroll County Sr & Community Centers</u>	<u>Total Number of Volunteer Hours</u>	<u>Estimated Dollar Value for Volunteer Time</u> Dollar value for Maryland in 2009: \$22.32
Mt. Airy Senior + Community Center	10,693	\$238,667.76
North Carroll Senior + Community Center	12,202	\$272,348.64
South Carroll Senior + Community Center	7,392	\$164,989.44
Taneytown Senior + Community Center	1,023	\$22,833.36
Westminster Senior + Community Center	18,208	\$406,402.56
<u>Totals</u>	49,518	\$1,105,241.76

Sharing



Easter Parade and Volunteer Luncheon

Meet our CLASS INSTRUCTORS



Karen Boger
CCC
Better Health
& Wellness
Tuesday
&
Thursday



Patty Rupani
CCC
Spanish Language
&
Culture
Tuesday



Toni Minkel
Tia Chi
Tuesday
&
Friday



Candy Ranlet
Zumba
Tuesday



Mary Streaker
CCC
Drawing & Painting
Wednesday &
Thursday



Karen Boger
Yoga
Wednesday



Valerie Wittstadt
CCC
Better Health
& Wellness
Wednesday



Jim Jacobs
Computer
Wednesday



PatChalk
Tap Dance
Thursday



Chris Konior
Arthritis
Exercise
Thursday

Meet our Volunteer Project Instructors



Jeri Simon
Card Making
Mondays
10:00 am



Ellen Poteet
Jewelry
Paper Crafting
Mah Jongg
Wednesdays
12:30 pm



Linda Meyers
Jewelry
Gift Work-
shops



Rose Harne
Weigh of Life
Nutrition
Support Group
Wednesdays
9:15 am




Liz Pichini
Itch to Stitch
Group
Leader
Thursdays
9:00 am



Deanna Pichini
Itch to Stitch
Asst. Leader
Thursdays
9:00 am

MONDAY	<u>Monday's Activities</u>	ROOM
weekly 10:00 AM	Card workshop	Dining Room
weekly 11:30 PM	Bridge – open to all skill levels	Dining Room
weekly 1:00 PM	Wii Bowling League	Activity Room
May 7 11:00 AM	“55 Plus” Club Luncheon & Meeting	Dining Room
May 21 9:00 to 1:00 PM	Haircuts by Penny- every third week; Spaces are limited Sign up at the front desk. Cost: Reasonable Donation	Classroom

TUESDAY	<u>Tuesday's Activities</u>	ROOM
8:00- 9:00 AM	“On the Move” – Water exercise Sign up and pay at the Health Unlimited. Cost: \$5.00 per class	Health Unlimited
8:30 AM Last appointment 1:45 PM	Massage Therapy – Connie Zaruba, LMT Appointments are made directly with Connie. See the Health bulletin board for contact info Cost: \$25.00 per ½ -hour session \$40.00 per 1-hour session 	Health Room
9:15 AM	Tai Chi - Toni Minkel Cost: \$25.00 per 8-week session Session: April 24 - June 19	Activity Room
9:30-11:00 AM	*Spanish Language & Culture (Advanced) - Pat Rupani Cost: \$25.00 per 10-week session Session: April 10 - August 14	Classroom
9:45-10:30 AM	Around the Piano – with Arlene Runkles	Dining Room
10:30-11:30 AM	*Better Health & Wellness - Karen Boger Muscle strengthening exercise class Cost: \$25.00 per 12-week session Session: March 20 – June 5	Activity Room
12:30-1:30 PM	Zumba (dance exercise) – Candy Ranlet Cost: \$25.00 per 8-week session Session: March 20 - May 8, May 15 - July 3	Activity Room
12:00 PM	Nutrition Tips – Shawn Roper	Dining Room
1st & 2nd Tuesdays	Blood Pressure May 1 with Hazel 9:00 -11:00 am May 8 by Carroll Hospital Center Melissa 10:00 - 11:00 am	Quilt Room

***Carroll Community College Continuing Education class**

WEDNESDAY	<u>Wednesday's Activities</u>	ROOM
9:00– 11:30 AM	*Drawing & Painting - Mary Streaker Cost: \$25.00 per 10-week session Session: May 5 - July 11	Classroom
8:30 AM Last appointment at 1:45 PM	Massage Therapy – Connie Zaruba, LMT Appointments are made directly with Connie. See the Health bulletin board for her contact information. Cost: \$25.00 per ½ -hour session \$40.00 per 1-hour session	Health Room
9:15-10:15 AM	“Weigh of Life”- Rose Harne - Volunteer Leader Healthy weight & diet education and support group.	Activity Room
4th Wednesday 9:15-10:15 AM	Terry's Thyme - Start Your Day With Breakfast –Terry Serio U of M	Dining Room
10:30-11:30 AM	Yoga - Karen Boger Cost: \$28.00 per 8-week session Session: February 22—April 11	Activity Room
12:30-1:30 PM	*Better Health & Wellness - Valerie Wittstadt Stretching & toning exercise class Cost: \$25.00 per 12-week session Session: March 28 - June 13	Activity Room
12:30 PM	Mah Jongg – Sally Siegel, Gay Natoli, Nancy Hammond Volunteer Instructor/Leaders	Dining Room
1:30-3:00 PM	Computer Class – Jim Jacobs - Volunteer Instructor Check at the front desk if interested Cost: Free	Computer Room



***Carroll Community College Continuing Education**

Monthly Crime Prevention Tip

Are you tired of getting calls from telemarketers? There is one thing that you can do to avoid them. That is, to sign up for "caller ID" and get an answering machine. That way, whenever you get a call, you can look at the caller's identification. If it does not show a person you know or an expected call, you do not have to pick the call up. If it turns out that it is an important call, they will leave a message on your answering machine, and you can call them back. The extra cost for "caller ID" should be worth not having to deal with telemarketers and ID thieves.

Monthly Health Tip

It's Spring-turn over a new leaf!



Radicchio - Sharpens the brain



Romaine - Protects your heart



Spinach - Reduces inflammation



Arugula - Strengthen bones



Watercress - Helps prevent breast cancer

To keep SOS pads from rusting: After using, rinse, put in plastic baggie and place in freezer. They'll last longer!



Shared by BG

THURSDAY	<u>Thursday's Activities</u>	ROOM
9:00– 10:30 AM	Itch to Stitch – Liz Pichini - Volunteer Instructor Needlework group	Library
9:00 AM 3rd Thursday	Blood Pressure May 24 at 9:00 am by Dorothy	Quilt Room
9:00–11:30 AM	*Drawing & Painting – Mary Streaker Cost: \$25.00 per 10-week session Session: May 17 -July 19	Classroom
1st & 3rd Thursdays 9:00-12:00 PM	Reflexology – Corinne Webster, CRT Cost: \$20.00 per ½ hour session \$40.00 per 1-hour session Sign up at the front desk	Health Room
9:15-10:15 AM	Tap Dancing – Pat Chalk Cost: \$26.00 per 10-week session Session: March 29 - May 17, May 24 - July 12	Activity Room
10:30-11:30 AM	*Better Health & Wellness - Karen Boger Muscle strengthening exercise class Cost: \$25.00 per 12-week session Session: May 29 - June 14	Activity Room
12:30-1:30 PM	Arthritis Exercise Program – Chris Konior Cost: Donation - 12-week session Session: April 5 - June 21	Activity Room
12:30-3:30 PM	Card/Game Party Includes board games & Dominoes Bring a snack to share with friends.	Dining Room
4th Thursday 12:30 PM	Mt Airy Senior Center Book Club–Nancy Cole, CC Library May 24 <i>Murder Afloat</i> by Jane Lesley Conly	Classroom



***Carroll Community College Continuing Education class**

Computers are Available for Use
in the Computer Lab except during
the Wednesday afternoon
computer class and during
tax preparation times.



Always Available for Your Enjoyment:
Pool Tables
Puzzles on tables in the pool room
Books in the Center Library
Board Games

The Mt Airy Senior Center offers Aerobic exercise classes, an Arthritis Exercise class, Yoga, Tai Chi, Tap Dance, Zumba and a self monitored Walking Program . Exercise equipment is available for your health. Blood Pressure screenings are available on the first & second Tuesday of the month & the same Thursday as the Book Club. You are welcome to stay healthy!

FRIDAY	<u>Friday's Activities</u>	ROOM
10:30-11:30 AM	Tai Chi – (Advanced) -Toni Minkel Cost: \$25.00 for 8-week session Session: March 16 - May 18, May 25 - July 13	Activity Room
4th Friday 10:00 AM	Singing Seniors – with Jane Fleming & Rhoda Noble May 25: Honoring the Sacrifices of Our Military in Song	Dining Room
11:30 AM-3:00 PM	Duplicate Bridge	Pool Room

ARE YOU WILLING TO HELP?

VOLUNTEERS Still NEEDED

To Help cover the Front Desk:

- ♦ Substitutes - when someone can't come in to cover their "shift".
- ♦ Friday afternoon person or persons
Walt and Helen have been filling in on Friday afternoons until someone volunteers for that time slot!

Thanks Walt and Helen!

Center Librarian: Our faithful "librarians" "have had to resign for health reasons. Thank you Nancy & Barbara for all you've done! The center needs someone to help with arrange the books & keep everything looking so well organized.

Person or persons willing to help record the Living History of our members' lives.

- ♦ **Volunteers** to share their lives on video & in print. (We have some willing & waiting to share.)
- ♦ **Recorders** of the Living History of Others
 - *Those willing to video sessions
 - *Those willing to type what has been shared in the video sessions. (Former court stenographers, folks who can take short hand)
- ♦ This project needs to be started as soon as possible. One of the folks who would like to do the sharing wants to share while he's still able to recall the special times in his life!

Bev's "55 Plus" Club News

Day Trips for Year 2012

May 16	Wednesday	American Music—Country Classics
June 5	Tuesday	Allenberry – Honky Tonk Angels
July 13	Friday	Christmas in July
August 16	Thursday	American Music Theater - American Icons
September 21	Friday	Antietam -God and Country
October 23	Tuesday	Michaels Glen Burnie -American Band Stand
November 9	Friday	Mystery Trip
December 13	Thursday	Dutch Apple Dinner Theater-Christmas 2012



If you are not a member of the 55 Plus Club but would like to go on a trip, please sign up on the waiting list section on the trip sign up sheet. To be put on the waiting list for membership in the "55 Plus" Club, Please call Beverly Green at 301-829-0692

Exercise Equipment Room

Don't forget that exercise equipment is available at the Senior Center
Monday through Friday from 8:00 am until 4:15 p.m.

INSTRUCTIONS FOR USING EXERCISE EQUIPMENT

- ◆ Bring a clean pair of shoes to use on exercise equipment.
Shoes that are worn outside have imbedded dirt and stones that get into the machines.
- ◆ If you do not have an extra pair of shoes for exercising, use the paper toweling and spray provided on the stool inside the door to clean your shoes before you begin to use the equipment.
- ◆ If you are unsure how to use a piece of equipment, please ask for assistance.

Clean equipment before and after use.

- ◆ Spray the paper toweling with the cleaner provided on the stool inside the door.
- ◆ Then wipe down the equipment. Wipe down the handle bars and the seats.
- ◆ PLEASE **DO NOT** spray directly onto equipment.

DO NOT PUT CHAIRS BEHIND THE TREADMILLS!



Donations always gladly accepted towards the purchase of replacement equipment & maintenance of equipment

Exercise Savvy

1. Name three types of strength training exercise.
2. Name the "feel good" hormone that is released during aerobic exercise.
3. Name 3 benefits to being physically active.
4. The goal of aerobic exercise is to strengthen what muscle?
5. What is the difference between muscle strength and muscle endurance?
6. Name three ways you can workout for free or low cost.

Answers on page 17

Fall Prevention

3 Part Seminar
First Part
Thursday
June 21, 2012

Part 2: July 12
Part 3: August 9





NUTRITION CORNER

Senior nutrition: Feeding the body, mind and soul

Remember the old adage, *you are what you eat*? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel simply marvelous inside and out.

- **Live longer and stronger** – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.
- **Sharpen the mind** –Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

Feel better –Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

How many calories do seniors need?

There is a right number of calories for your body. Use the following as a guideline.

A woman over 50 who is:

- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day

A man over 50 who is:

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

Source: *National Institute of Aging*

Remember that balanced nutrition is more than calorie counting. There are many other aspects to creating a nutritious lifestyle.

Cooking for One

Salt & Pepper Shrimp With Snow Peas



1/4 pound	Large peeled and deveined Shrimp
1/2 teaspoon each	Coarse salt and ground pepper
1/4 teaspoon	five-spice powder or cinnamon
1 1/2 teaspoons	Vegetable Oil
1/2 teaspoon	Minced peeled fresh ginger
2 scallions	White & light green parts only trimmed cut into 2" pieces
3/4 cup	Snow peas, trimmed
1/2 cup	Cooked rice

Directions:

In a large bowl, toss shrimp with 1/2 teaspoon salt & 1/2 teaspoon pepper & five spice powder

Heat a large wok or skillet on high

“Weigh of Life”

Mt Airy Senior and Community Center’s
Healthy Nutrition - Healthy living
Encouragement Group

WEDNESDAYS

9:15 - 10:15 a.m.

In the activities room

Everyone is Welcome!



TERRY’S THYME

Terry Serio
Wednesday

May 23rd at 9:15 a.m.

Topic:

Start Your Day with Breakfast

Dining Room

Terry is here the 4th Wednesday of the month



Weather Quiz Answers on page 5

1. C
2. C.
3. C
4. A
5. A
6. A
7. C
8. A
9. B
10. A
11. B
12. A
13. B
14. C
15. A
16. C

"The amount of snow that falls is highly dependent upon temperature. For example, at 10 degrees F, one inch of precipitation will produce 30 inches of snow. At 20 degrees F, one inch of precipitation will produce 20 inches of snow. At 30 degrees F, one inch of precipitation produces 10 inches of snow. At freezing, one inch precipitation will produce approximately 6 inches of snow. "

17. The air pressure decreases as altitude increases; therefore, the air pressure at the top of Mount McKinley would be LOWER than it is in Havana, IL.

Weather Quiz Answers continued

18. B
19. C
20. C
21. C
22. B
23. A
24. C
25. B
26. C
27. A
28. C
29. C



Answers for Exercise Savvy on page 15

1. Strength is the amount of force the muscle can produce, endurance is the ability of a muscle to work over a period of time.
2. Endorphins
3. Any 3 of the following:
Improved body image, sleep better, increase energy level, improve your mood, increase flexibility, reduce tension and stress, increase life expectancy, help control weight, improve concentration, reduce feelings of anxiety and depression.
4. Heart
5. Strength is the amount of force the muscle can produce, endurance is the ability of a muscle to work over a period of time.
6. Work out at home, a senior center, borrow DVDs from the library, use school gym, get a job at a gym exercise outdoors, join a park or school team.

Mt Airy Senior Center

May 2012

HOT Menu

Advanced notification of changes will be given when possible
Reservations required 1 ½ days in before the regular meal, and 5 days in advance for

Special Meals, Sub Day, Salad Bar, Holiday Meals

Otherwise, meals cannot be guaranteed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Pork Chop w/ Plum Sauce Baked Beans Seasoned yellow Squash Fresh Orange Whole Wheat Bread	2) Salisbury Steak w/ Gravy Mashed Sweet Potatoes Seasoned Kale Fruit Cocktail French Roll	3) Baked Ham w/ Dijon Mustard Sauce Scalloped Potatoes Green Beans Applesauce Corn Muffin	4) Salmon Burger w/ Honey Mustard Sauce Stewed Tomatoes Northern Beans Fresh Pears Whole Wheat Bread
7) Meatballs w/ Marinara Sauce Pasta Shells Seasoned Zucchini Diced Peaches Italian Bread	8) Mandarin Chicken Fried Rice Oriental Blend Veggies Mandarin Oranges Oatmeal Bread	9) Roast Beef w/ Gravy Black Eyed Peas Green Beans Fresh Apple Buttermilk Biscuit	10) <u>Baked Potato Day</u> <u>RSVP by 5/3/12</u> <u>Mothers Day</u> <u>Special Dessert</u>	11) Roasted Chicken w/ Garden Sauce Seasoned Carrots Red Potatoes Applesauce Rye Roll
14) Chicken Patty w/ Dijon Mustard Sauce Butter Beans Mixed Veggies Fresh Apple Multi Grain Bread	15) <u>Sub Day</u> <u>RSVP by 5/8/12</u>	16) Crusted White Fish w/ Newburg Sauce Mashed Sweet Potatoes Seasoned Broccoli Fresh Pear Rye Roll	17) Roasted Chicken w/ Gravy Scalloped Potatoes Seasoned Peas Cherry Applesauce Multigrain Roll	18) Veggie Burger w/ BBQ Sauce Baked Beans Seasoned Zucchini Pineapple/ Mandarin Hamburger Roll
21) Baked Chicken Drumsticks Lima Beans Baby Carrots Diced Peaches Whole Wheat Bread	22) Cheese Lasagna Roll w/ Meat Sauce Green Beans Escalloped Apples Italian Bread	23) Fried Chicken Macaroni Salad Green Beans Apple Pie <u>Older Americans</u> <u>Luncheon</u> <u>RSVP by 5/16/12</u>	24) Roasted Turkey w/ Gravy Bread Dressing Seasoned Spinach Tropical Fruit Salad Multigrain Roll	25) Breaded Pollock Au Gratin Potatoes Mixed Veggies Applesauce Whole Wheat Bread
28) <u>Centers</u>  <u>Closed</u>	29) Pork Chop w/ Plum Sauce Scalloped Potatoes Green Beans Fresh Orange Whole Wheat Bread	30) Salisbury Steak w/ Gravy Mashed Sweet Potatoes Seasoned Kale Fruit Cocktail French Roll	31) Hamburgers, hot Dogs Baked Beans Coleslaw And Fruit <u>Memorial Day Picnic</u> <u>RSVP by 5/24/12</u>	

Mt Airy Senior Center May 2012

Cold Menu

Reservations for Cold Menu Meals are **Required ONE Week** in advance.
Otherwise, meals cannot be guaranteed.

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Hard Boiled Eggs Pepper Slaw Diced Pears Potato Roll	2) Seafood Salad Patriotic Bean Salad Pineapple Mandarin Oranges Raisins Whole Wheat Bread	3) Roast Beef Carrot Raisin Salad Apricots Pumpernickel Bread	4) American Cheese Chickpea Salad Blueberry Treat Hamburger Roll
7) Cold Corned Beef Arizona Bean Salad Pina Colada Treat Rye Bread	8) Sliced Roast Beef Kidney Bean Salad Diced Pears Raisins Whole Wheat Bread	9) Provolone Cheese Homemade Coleslaw Ambrosia Salad Pumpernickel bread	10) <u>Baked Potato Day</u> <u>Mother's Day</u>	11) Egg Salad Carrot Raisin Salad Diced Peaches Wheat Pita
14) Seafood Salad Pickled Beet Salad Apricots Whole Wheat Bread	15) Cold Selection Unavailable <u>Sub Day</u>	16) Egg Salad Chickpea Salad Fruit Cocktail Raisins Wheat Pita	17) Sliced Roast Beef Black Eyed Pea Salad Blueberry Treat Whole Wheat Bread	18) Swiss Cheese Three Bean Salad Diced Pears Rye Bread
21) Sliced Roast Beef Homemade Coleslaw Diced Pears Kaiser Roll	22) Tuna Salad Black Bean Salad Pineapple Tidbits Raisins Wheat Pita	23) <u>Older Americans</u> <u>Day</u> <i>Fried Chicken</i> <i>Dinner</i>	24) Egg Salad Broccoli Salad Diced Peaches Rye Bread	25) Muenster Cheese White Bean Salad Strawberry Treat Whole Wheat Bread
28) CENTER IS CLOSED FOR MEMORIAL DAY	29) Egg Salad Pepper Slaw Diced Pears Potato Bread	30) Seafood Salad Patriotic Bean Salad Ambrosia Raisins Whole Wheat Bread	31) <u>Memorial Day</u> <u>Picnic</u> <i>Cold Selection</i> <i>Unavailable</i>	

All Cold meals are served 1% Milk and Juice

MEALS ON WHEELS OF CENTRAL MARYLAND INC
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May Highlights

May 21, 2012

AARP Older Driver Safety Class

Classes will run from
10:00 a.m. to 3:30 p.m.

Cost:

\$5.00 for AARP members

\$7.00 for non AARP members

A catered lunch will be provided at
no cost.



Space is limited!



Because the AARP Driver
Course is being held on
May 21st
the **Site Council Meeting**
is **May 14!**

Center Closed

Monday

May 28, 2012

**Celebrating Early:
Cinco De May
Mocktails & Fauxderves**
May 3, 2012
11:30 am

Special Speakers:

May 15, 2012

12:00 pm

Fran Hawes
**Food & Medicine-
special concerns**

May 17, 2012

12:00 pm

Nancy Ensor
**How to Talk with
Your Doctor**

May 21, 2012
Older Americans Day
We'll kick off this special day
with an 11:45 am
Fried Chicken Dinner

followed at 12:00 pm by
Vintage Entertainment

Peggy Lee & Her Men

**Reservations by
May 16, 2012**

***Memorial Day
Picnic***

Thursday

11:45



Planning Ahead

CLEAN CAR CLINIC

Wednesday

June 13, 2012

9:00 am to 12:00 pm



In an effort to educate the public on the benefits of keeping a vehicle well maintained, the Maryland Department of the Environment (MDE) implemented a Clean Car Clinic program in 2005. These free clinics provide motorists with the opportunity to have their vehicles inspected by an accredited automotive technician and learn ways to maintain their cars to keep them running cleanly, thereby reducing costly repairs and extending the life of the vehicle.

The Clinic is a free service funded by MDE. A certified automotive technician from the University of Maryland Motor Transportation Services division will conduct a non-invasive inspection, which will include checking the tire pressure, belts and hoses, fluid levels, gas cap and other parts of the vehicle that affect how efficiently it runs. The technician will **NOT** make any repairs, but the vehicle owner will be provided with a copy of the completed inspection form.



We'll be celebrating
Fathers &
Flag Day
June 14

ATTENTION

**Do not park behind
the handicapped
parking spaces !**