



May 2024

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

Tuesday, May 14 is Election Day and this building is a polling site. The Library’s large meeting room is where polling will take place and the small meeting room will house the equipment for a number of days before and after May 14, causing activities that meet in that room to be relocated. Look for signage on the days impacted.

The Center will be closed on Monday, May 27 for Memorial Day.

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-313

Dates with special guests include:

- ◆ **Music by Frank Plumer:** Wed., May 1
- ◆ **Birthday Party:** Thurs., May 2, sponsor: Alzheimer’s Assoc.
- ◆ **Osteoarthritis:** Wed., May 8 with Athletico/Pivot PT
- ◆ **Game Time with Girl Scouts:** Tues., May 14
- ◆ **Piano Tunes with Gwen:** Fri., May 17
- ◆ **Tap Dance Performance: Timeless Tappers:** Mon., May 20
- ◆ **Fraud Protection with M&T Bank:** Thurs., May 23
- ◆ **Monthly Chat with the Director:** Wed., May 29

Blood Pressure Screening: Wed., May 8, 10:30-11:30 am

Volunteer Appreciation Luncheon: Wed., May 22, 12:00 pm

Join us to celebrate all of our wonderful volunteers! Space is limited and pre-registration is required to give notice to the caterer. Please fill out a registration form at the Front Desk Activity # R07089-323.

Music in Motion: Still in session for the spring until May 23, Thursdays, 11:00 am—12:00 noon, featuring “Songs of Childhood”. Drop in for just one or join for many sessions. No cost. Register at the front desk: Activity # R07080-316.

Looking for Yarn Donations: Our needlecrafters are always busy creating beautiful items and the final products are usually donated to those in need. We can always use more yarn—any color, type, or weight. If you have yarn to donate, it would be most welcome! Please drop off your donations to Lisa.

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

9:00 a.m.—4:00 p.m.

TEAM MEMBERS

Director:
Cathy Richards

Nutrition Coordinator:
Teresa Wu

Special Events Coordinator:
Lisa Cassarino
Liscinsky

Recreation Assistants:
Carmen Flores
Suzie Diddle

JCA Bus Driver:
Pierre Jean Claude

DSCSI:
Elaine DeStefano
Michele Rollence

Day Porter:
Maria

We also have many treasured volunteers helping at the front desk. Together, we are delighted to spend the day with you! Please let us know how we can be of assistance!

Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm. Exercise room restricted availability on Tues.-Thurs. from 10:30 am—12:00 noon for small group training.
Exercise Room Activity #R07039-312 Billiards Room Activity #R07103-303

Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-303

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-305
Mah Jong, Wednesdays, 11:30 am, Activity #R07047-308
Canasta, Thursdays, 1:00 pm, Activity #R07112-303

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-311
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-303
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-302
Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-302
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-308
Yoga on Fridays, 11:00 am (Free) Activity #R07029-307

Meal Program

Lunch is served daily at 12:00 pm, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. To get started, fill out a lunch program registration form. You will then be invited to review the menu with Teresa, our lunch coordinator, to make your meal choices for the month. Reservations must be made four or more days in advance. If you reserve a meal but can't make it on your selected dates, please notify the center as soon as possible, otherwise it will be recorded as a "no-show". For any three no-shows in a month, your participation will be paused until the next month. Due to safety concerns, meals are to be consumed at the center ONLY. Donations are suggested at \$3.00 or more per meal for those 60+ years of age. Guests under the age of 60 are asked to pay the full price of \$7.99.

Shopping Trips

Bring your shopping list and join us!

Mt. Airy Walmart: Tuesday, May 7, 9:30 am

Patel Brothers Shopping: Wednesday, May 15, 9:30 am

Milestone Shopping Center: Tuesday, May 21, 9:30 am

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Applications are available at the front desk. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

Aging and Disability Services (240-777-3000)

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

Aging & Disability 1:1 Meetings with Tracy Carter: Onsite appointments in 2024 are available quarterly instead of monthly. The next date will be **July 17**. Call Tracy to make an appointment or for a phone consultation.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Liora Rosenberg focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-4546. *Activity #07076-308*

Join the Tea Dancers!

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07129-301*

Medical Equipment Loans

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

Recycling and/or Disposal of Used Batteries

Look for the box on the coatroom shelf outside the auditorium.

AARP Friendly Voice Program

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.

Thank You!

Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club - M&T Bank
Damascus Y Women - Harwood House - Partners in Care - Wild Birds Unlimited
Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

Damascus Senior Center

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Frank Plumer	2 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Birthday Party	3 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Special Ethnic Lunch 1:00 Teresa's Nutrition Program
	6 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks	7 9:00 Social Hour 9:30 Mosaics 9:30 Mt. Airy Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Cartoonists Day	8 9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Osteoarthritis wAthletico/Pivot PT	9 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Solitaire Day
13 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Horse Race Games	14 * Election Day * 9:00 Social Hour 9:30 Mosaics 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Game Time with Girl Scouts	15 9:00 Social Hour 9:30 Patel Brothers Shopping 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 On This Day in History	16 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Law Day	17 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano
20 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Tap Dance Performance	21 9:00 Social Hour 9:30 Mosaics 9:30 Milestone Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 AAPI Spotlight	22 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Volunteer Appreciation Luncheon 1:00 (cont. of luncheon)	23 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Fraud Protection	24 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia
27 Closed for Memorial Day	28 9:00 Social Hour 9:30 Mosaics 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 11:15 Movie Day 12:00 Lunch 12:30 Movie Day (cont.)	29 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Chat with the Director	30 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Balloon Volleyball with Matt	31 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Sports with Matt

Damascus Senior Center

May 2024 Member Spotlight

Ashok Saxena and Renu Saxena



Ashok Saxena was born in Fatehgarh, Uttar Pradesh, India. He grew up with two sisters, one elder and one younger. His mom was a homemaker and his dad worked at the Indian railways. He completed his high school education in Fatehgarh.

For his undergrad, Ashok went to college in his hometown Fatehgarh. He then moved to the city of Lucknow to complete his electrical engineering. During this time, Ashok loved to assemble radios and transistors. As an electrical engineer, Ashok worked in steel plants, transformer factories, and marble factories in various cities in India. In the year 2013, Ashok and his wife Renu came to the USA for the first time to visit their daughter. They stayed here for 5 months and visited DC and NYC. They enjoyed spending time with their grandkids. After they went back to India, they missed their grandkids, so they came back again in 2022.

Ashok and Renu married in 1978 and had two children. Renu is a housewife. Currently, they live with their daughter, (Toshi), who teaches in MCPS and their son (Ajay) is an architect in Scotland. In their free time, Ashok loves to watch the news, play board games, and play with Mango, their family dog. Ashok also likes to spend his free time watching old Bollywood movies. Renu loves to knit, cook, and solve puzzles.

Ashok and Renu are very grateful that they have found the Damascus Senior Center. They enjoy their time at the center being part of things they never dreamed of and meeting people. Both of them have made lots of friends here and they both look forward to coming here every day.