

Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995
Hours: Mon, Tues, Wed, and Fri. 9:00am - 2:00pm. Thurs. 9:00am – 4:00pm.

Tony Edghill – Director

Recreation Assistants – Carolyn Francis, Diane Kavanagh

Sue Ketchum – Nutrition Site Manager

and Jacqueline Bell - Nichols

February 2012

Closed on Monday February 20 for the Observance of President Day
We have 29 days in February a Leap Year!

*** INCLEMENT WEATHER POLICY ***

- During inclement weather, listen to your radio for possible school closings or delayed openings in Montgomery County. If schools have a scheduled holiday, call the Senior Center at 240-777-6995 for a recorded message about Center activities.
- When Montgomery County Public Schools have a delayed opening or are closed due to weather or other unexpected situations, **ALL CLASSES, PROGRAMS, AND MEETINGS WILL BE CANCELED**. There will be **NO TRANSPORTATION OR NUTRITION LUNCH**. The Center will open by 11:00am, if possible. If you want to stop by, please call the Center first at 240-777-6995.
- If Montgomery County Public Schools close early, **ALL PROGRAMS AND CLASSES SCHEDULED AFTER LUNCH WILL BE CANCELED AND THE CENTER MAY CLOSE EARLY**.
- If uncertain about a class or program, call the Center at 240-777-6995.

BLOOD PRESSURE SCREENING – Wed., Feb. 1, 9:30 – 10:30am, and Thurs., Feb. 16, 10:00 – 11:00am.
Free, provided by volunteer nurse from Shady Grove Hospital.

BIRTHDAY PARTY- Thurs., Feb. 2, 1:00pm. Join the Senior Center Staff as they help us celebrate all of our February birthdays.

SENIOR NUTRITION HEALTH TALK – Wed., Feb. 8, 12:45pm. Melanie Polk from HHS Nutrition will be here to talk about “What Is On Your Plate Healthy Food Choices for Healthy Aging”.

VALENTINES DAY LUNCHEON – Tues., Feb. 14, Noon. Chef Sue has a great meal that she will prepare for this special day. Sign up at the reception desk and request a menu of the meal that will be served.

MIKE SURRATT – Tues., Feb. 14, 1:00pm. Mike Surratt is the entertainer for the ladies on Valentines day.

FIXED INCOME INVESTMENT – Wed., Feb. 15, 1:00pm. Terrance and Renee Fredericks will be here talking about taking advantage of the fixed income opportunities in an open market.

REVERSE MORTGAGES – Thurs., Feb. 16, 1:00pm. Trina Kirk will be here to talk about the advantages of a Reverse Mortgage

INVESTING STRATEGICALLY – Wed., Feb. 22, 1:00pm. Terrance and Renee Fredericks will be here to talk about investing for a long term plan in a market of recovery.

CONNECT A RIDE – Wed., Feb. 29, 1:00pm. Nancy Cooper will be here to explain the application process and the different services they offer in the county with senior transportation.

INCOME TAX PREPARATION – For free, confidential preparation of your 2011 state, federal, and homeowner's tax forms, call the Senior Center at 240-777-6995 between 9:00am and 4:00pm weekdays to schedule an appointment. **Appointments are only available to seniors aged 55 and over and will be scheduled on Mondays and Fridays from February 3 through April 13.**

PROGRAMS FOR YOUR ENJOYMENT

TEA DANCE – Every Thursday, 1:00 – 3:30pm. Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

GLORY ROAD – Wed., Feb. 1, 1:00pm. Join Tony as he talks about Valentines Day and why it is a special day.

BIRTHDAY PARTY- Thurs., Feb. 2, 1:00pm. See page 1 for more details.

WII HOLLYWOOD SQUARES – Fri., Feb. 3, 1:00pm. Diane will facilitate the game with the stars of Hollywood Squares.

WII JEAPORDY – Mon., Feb. 6, 1:00pm. Damascus Senior has a new WII game. Challenge Diane K. a friendly game of WII Jeopardy.

MOVIE BINGO - Tues., Feb. 7, 1:00pm. Join George Hibbard and Richard Fox in the dining room for movie bingo and describe the movie stars.

CARD MAKING 101 – Wed., Feb. 8, 10:30am and Wed., Feb. 22, 10:30am. People really appreciate the fact that someone took the time to make them cards. A card Kit will be provided for all interested students. **Free, register at the front desk.**

SENIOR NUTRITION HEALTH TALK – Wed., Feb. 8, 12:45pm. See page 1 for description.

TAI CHI FOR SENIORS – Thurs., Feb. 9, 1:00pm. Diane K. will lead this program in the dining room. The DVD will guide seniors through the exercise of Tai Chi. **Please sign up at the reception desk**
FREE

SING ALONG WITH MARYBETH. – Fri., Feb. 10, 1:00pm. Join Marybeth in the dining room to sing some of your favorite old tunes.

BOARD GAMES – Mon., Feb. 13, 1:00pm. and Mon., Feb. 27, 1:00pm. Board Games will be played today. Pick your favorite game.

VALENTINES DAY LUNCHEON – Tues., Feb. 14, Noon. See page 1 for more information.

MIKE SURRATT – Tues., Feb. 14, 1:00pm. See page 1 for more details.

FIXED INCOME INVESTMENT – Wed., Feb. 15, 1:00pm. See page 1 for description.

REVERSE MORTGAGES – Thurs., Feb. 16, 1:00pm. See page 1 for more information.

SENIOR OLYMPIC GAMES – Fri., Feb. 17, 1:00pm. and Fri., Feb. 24, 1:00pm. Diane and Tony will set up senior Olympic Games in the center. Those games include ping pong, Wii Tennis, and other games. **Sign up at reception desk.**

WII BOWLING – Mon., Feb. 20, 1:00pm. Wii Bowling will be the game of the day. Diane will take on all challengers.

MUSIC BINGO – Tues., Feb. 21, 1:00pm. Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

INVESTING STRATEGICALLY – Wed., Feb. 22, 1:00pm. See page 1 for more details.

DISCUSSION GROUP – Thurs., Feb. 23, 1:00pm. Tony will discuss with our seniors the up and coming elections.

MOVIE DAY “THE GREAT DEBATERS” – Tues., Feb. 28, 11:30am. The true story of Wiley College in Texas 1935 debate against Harvard University. Starring Forrest Whitaker and Denzel Washington.

CONNECT A RIDE – Wed., Feb. 29, 1:00pm. See page 1 for description.

**DAMASCUS SENIOR CENTER
SPONSORS INCORPORATED (DSCSI) TRIP**

NEXT TRIP SPRING 2012

TBA

9:00am – 3:00pm

Cost Senior Friendly

Check payable to DSCSI

Bring lunch money and wear good, comfortable walking shoes.

Completed registration form and payment due

The staff off the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.

GUIDE TO RECREATION AND LEISURE PROGRAMS - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

“Sign up” for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit www.emontgomery.org to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

SENIORS TODAY! – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

SENIOR PROGRAMS WEB SITE: montgomerycountymd.gov/rec, your link to other recreation programs including senior programs and services offered throughout the County.

* * * **HEALTH & SOCIAL SERVICES** * * *

SENIOR INFORMATION AND ASSISTANCE - Carol Smith is available at the Center most Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

BLOOD PRESSURE SCREENING - Wed., Feb. 1, 9:30 – 10:30am and Thurs., Feb. 16, 10:00 – 11:00am.
Free, service provided by volunteer nurse from Shady Grove Hospital.

A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.

* * * **TRANSPORTATION** * * *

TRANSPORTATION PROCEDURES – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.

* * * CLASS NEWS & UPDATES FOR FEBRUARY 2012 * * *

PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.**

NEW CROCHET CLASS – Interested in learning how to crochet or remembering the skills your grandmother taught you? This class is for all level of people who crochet and will meet every Thursday from 11:00am – Noon. **Free, register at the front desk.**

NEW ZUMBA FOR SENIORS – Learn the Latin dance steps of Zumba. The Zumba DVD will teach Beginners, Power/Rapido, Abs, Buns, and Thighs, and if you are a pro Advanced Steps. **Tony will participate with all levels come on lets dance. Free. Tuesday at 1:00pm in Auditorium.**

CERAMICS CLASS - Bring your own greenware or bisque pieces to class. Learn the proper techniques to complete pieces including cleaning, firing, staining and glazing, or painting and finishing with acrylics. A wide variety of paints and finishing sprays and a kiln for firing are available. Class fee: \$5 for 10 weeks **payable to DSCSI**. Join anytime. Class meets Mondays and Wednesdays from 10:00am-12:00 noon. New session starts Mon., Jan 9.

BRIDGE CLASS – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 10:00. Register at the Center front desk. **Free.**

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Wednesdays and Fridays, 10:15 – 11:00am. Ongoing. Join anytime. **Free. Call for information.**

EXERCISE AND FITNESS - This is an on-going chair-exercise program for full-body strengthening and flexibility. This class meets Tues., and Thurs., from 10:30 - 11:30am. Join anytime. **Free.**

KNITTING CLASS – Join Diane in the Art Room to learn how to knit. This class meets the 1st & 3rd Wednesdays at 11:00.

MAH-JONG – Lessons are available on Wed. Learn a new game or take a refresher course. Call the Center and ask a staff person to arrange for **free lessons**. Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 12:00 - 1:15pm. All levels welcome from beginners to advanced. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Session started Mon., Nov 28.

WALK AND FIRM AEROBICS – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1½ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights (optional) for part of the time. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free.**

LIFE IS GREAT WHEN YOU PARTICIPATE

* * * GAMES AND CLUBS * * *

BOOK CLUB - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the 2nd, Thursday of each month at 1:00pm.

BRIDGE - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

CANASTA – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

MAH JONG - Every Wednesday at 12:30pm. New players are welcome anytime.

PINOCHLE - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.



* * * MORE PROGRAM OPPORTUNITIES * * *

BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES are all available to enjoy at the Center.



EXERCISE ROOM - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.

*** * * NUTRITION LUNCH PROGRAM * * ***

Meals and reservations for Monday – Friday are prepared on-site under the Senior Nutrition Program. Order by Monday each week for meals served that week. Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24th of the month. The full cost of Tuesday-Thursday meals is \$7.00. For people aged 60 and over, and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can as contributions are used to purchase more meals. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHEN POSSIBLE.**

Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

*** * * SIGN IN PLEASE! * * ***

We ask for your continued assistance by scanning your access card and signing in each day.

Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

REMEMBER TO SHOW YOUR SUPPORT!

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.

Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member.

THANK YOU FOR SUPPORTING YOUR CENTER

**Damascus Senior Center
February 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Coffee Social 9:15 Walk & Firm 9:30 Blood Pressure 10:00 Ceramics 10:00 Pinochle 10:15 Chairobics 10:30 Advisory Committee Meeting 11:00 Knitting 12:30 Mah Jong 1:00 Glory Road	2 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit 11:00 Bridge 11:00 Crochet Class 1:00 Tea Dance 1:00 Birthday Party Damascus Y Women	3 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 WII Hollywood Squares
6 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 WII Jeopardy	7 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo 1:00 Zumba for Seniors	8 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:15 Chairobics 10:30 Card Making 101 11:00 Knitting 12:30 Mah Jong 12:45 Melanie Polk	9 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 11:00 Crochet Class 1:00 Book Club 1:00 Tea Dance 1:00 Tai Chi	10 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 12:00 Golf Training 1:00 Sing Along w/Marybeth
13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Board Games	14 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 12:00 Valentines Day Luncheon 1:00 Canasta 1:00 DCSI Meeting 1:00 Mike Surratt	15 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:15 Chairobics 11:00 Knitting 12:30 Mah Jong 1:00 Terrence Frederick Fixed Income Investments	16 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:30 Ex. & Fit. 11:00 Bridge 11:00 Crochet Class 1:00 Tea Dance 1:00 Trena Kirk Reverse Mortgage	17 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 Senior Olympic Games!
20 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 WII Bowling	21 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Music Bingo 1:00 Zumba for Seniors	22 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:15 Chairobics 10:30 Card Making 101 12:30 Mah Jong 1:00 Terrence Frederick Investing Strategically	23 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:30 Ex. & Fit. 11:00 Bridge 11:00 Crochet Class 1:00 Tea Dance 1:00 Discussion Group	24 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 12:00 Golf Training 1:00 Senior Olympic Games
27 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Board Games	28 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 11:30 Movie Day 1:00 Canasta 1:00 Zumba for Seniors	29 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:15 Chairobics 12:30 Mah Jong 1:00 Nancy Cooper Connect a Ride		