

Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995

NEW HOURS: Monday – Friday 9:00am – 4:00pm.

Tony Edghill – Director

Recreation Assistants – Suzanne Diddle, Zuleyma Gamboa

Şue Ketchum – Nutrition Site Manager

Elizabeth Coffman and Carmen Flores

DECEMBER 2016

HOLIDAY SALE BEGINS SATURDAY NOVEMBER 5 – FRIDAY DECEMBER 16

CLOSED FOR SEMI ANNUAL CLEANING DECEMBER 19 – 23

CLOSED FOR THE OBSERVANCE OF THE CHRISTMAS MONDAY DECEMBER 26

MONTGOMERY COUNT GOVERNMENT CLOSED FROM DECEMBER 27 – 30

CLOSED FOR THE OBSERVANCE OF THE NEW YEARS HOLIDAY JANUARY 2, 2017

NEWSLETTER ONLINE @ www.montgomerycountymd.gov/seniors

*** 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.

BIRTHDAY PARTY- Thurs., Dec. 1, 1:00pm. Join our host The Damascus Lion Club as we celebrate our December birthdays.

MOVIE DAY “YOUR CHOICE FOR THE MOVIE THIS MONTH” – Tues., Dec. 6, 11:00am. Today’s feature is picked by you. We will have 4 movies to choose from. Cast your vote that day and enjoy a great feature.

DAMASCUS SENIOR CENTER BLOOD PRESSURE SCREENING – Wed., Dec. 7, 10:00 – 11:30pm. Free, provided by nurse from Shady Grove Hospital.

CUSTOM LIVING RESEARCH HOUSING – Wed., Dec. 7 1:00pm. Custom Living Research Housing will be here to lecture about the advantages of senior housing.

CHEF SUE HOLIDAY LUNCHEON – Thurs., Dec. 8, Noon. Chef Sue has a fantastic feast that she will prepare for a Holiday Celebration. **Menu and registration is at the reception desk.**

CHRISTIANA DRAPKIN IS ORGAN GRINDER LOLA – Thurs., Dec. 8, 1:00pm. Christiana Drapkin will be here for your Holiday entertainment pleasure as her alter ego Organ Grinder Lola.

CARD MAKING 101 – Wed., Dec. 14, 10:30am. People really appreciate the fact that someone took the time to make them cards. Instruction provided. **There is a 50 cent cost per card. Class will begin at 10:30am – 1:00pm.**

HOLIDAY AND NEW YEARS PARTY AND CELEBRATION – Thurs., Dec. 15, 1:00pm. The Damascus Senior Center invites all of our seniors to celebrate the Holiday’s with us. Light refreshments will be served. **COST: FREE**

PROGRAMS FOR YOUR ENJOYMENT

COPING FOR CHANGE – Every Thurs., 11:00am. Yasaman Alavi from the Affiliated Santee Group

“a drop in support group that focuses on both the support and development of coping skills to handle the changes seniors experience as they age.” **GROUP WILL MEET IN THE LOUNGE EVERY WEEK**

WALKING CLUB – Every Monday 10:00am. DAMASCUS RECREATION CENTER. Transportation Free

ZUMBA GOLD – Every Fri., 11:00am. See page 5 for more information.

TEA DANCE – Every Thurs., 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.

NEEDLE CRAFTS CLASS – Thurs., Dec. 1, 11:00am, Thurs., Dec. 8, 11:00am, and Thurs., Dec. 15, 11:00am. A volunteer will lead this class as the participants making different projects.

BIRTHDAY PARTY- Thurs. Dec. 1, 1:00pm. See page 1 for description.

WII BOWLING – Fri., Dec. 2, 1:00pm, Fri., Dec 9, and, Fri., Dec. 16, 1:00pm. Today's game is Wii Bowling. Test your skill and see if you can win.

WII JEOPARDY Mon., Dec. 5, 1:00pm, and Mon., Dec. 12, 1:00pm. Challenge Beth to a friendly game of Wii Jeopardy.

MOVIE DAY – Tues., Dec. 6, 11:30am. See page 1 for details.

BASIC SPANISH – Tues., Dec. 6, 1:00pm, and Tues., Dec. 13, 1:00pm. Zuleyma will facilitate this program today. Please join her for a great time of fun and competition.

CUSTOM LIVING RESEARCH HOUSING – Wed., Dec. 7 1:00pm. See page 1 for information.

STRETCHING CLASS – Wed., Dec. 7, 2:00pm, and Wed., Dec, 14, 2:00pm. Join Zuleyma as she leads this stretch class.

CHEF SUE THANKSGIVING LUNCHEON – Thurs., Dec 8, Noon. See page 1 for description

CHRISTIANA DRAPKIN IS ORGAN GRINDER LOLA – Thurs., Dec. 8, 1:00pm. See page 1 for details

SPIRITUAL PERSPECTIVES OF AGING – Thurs., Dec. 8, 2:00pm. Diane K. will lead this discussion on enjoying life with the Spiritual Perspective on Aging.

MOVIE BINGO – Tues., Dec. 13, 1:00pm. Join George and Viola Hibbard in the dining room for movie bingo and movie star trivia.

CRAFT CLASS – Wed., Dec. 14, 11:00am. A volunteer will lead this group through different projects. A small donation is required

HISTORICAL EVENTS – Wed., Dec. 14, 1:00pm. Zuleyma will discuss history of the Christmas Holiday season

HOLIDAY AND NEW YEARS PARTY AND CELEBRATION – Thurs., Dec. 15, 1:00pm. See page 1 for information.

DAMASCUS SENIOR CENTER

NEXT MINI TRIP SPRING

Date: TBA

9:30am – 4:00pm

Cost \$11.00

Check payable to Active Montgomery \$11.00

Complete registration form and payment due when you register NO EXCEPTIONS.

Final signup day is Friday, 2017 close of business.

Wear good, comfortable walking shoes.

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: www.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, and 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., Dec. 1, 10:00 – 11:30am.** Free, service provided by volunteer nurse.

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 DECEMBER 2016 * * ***

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.**

ZUMBA GOLD FOR SENIORS – Learn the Latin dance steps of Zumba. Kirsten Vierra will teach Zumba to Beginners and all seniors who want to learn the steps of Zumba. Zumba Gold is specifically designed for seniors. **Class Fridays at 11:00am in Auditorium. Please look on the back of the schedule for when we have classes.** **Cost: Drop in on Friday \$4.00 a class \$30.00 for 8 classes.**

STAINED GLASS CLASS – Learn to build stained glass panel using the copper foil method. Projects are no larger than 11' x 14'. Learn the basics and do a little homework in the process. Class is limited to 4 students. **Classes meet every Monday from 10:30am – 1:00pm. Fees will be for supplies!**

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Tuesday - Friday 10:00 – 10:45am. Ongoing. Join anytime. **Free. Call for information.**

MAH-JONG – Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 11:00 - 12:30pm. All levels welcome from beginners to advance. 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. New session starts in October.

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.**

COMPUTER CLASS – Beth will teach this class of basic computer use. Cost is **Free DONATIONS EXCEPTED FOR ALL CLASSES WITH NO FEES.**

TABLET AND SMART PHONE CLASS – Beth will teach this class for basic use of these devices. Please check schedule for times and dates.

WORKOUT VIDEO – Beth will facilitate this class where Tai Chi, Yoga, Zumba and other videos we have.

LIFE IS GREAT WHEN YOU PARTICIPATE

*** * * GAMES AND CLUBS * * ***

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.



*** * * 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 MEALS ARE CAPPED AT 30 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 Monday - Friday meals are \$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

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Birthday Party Damascus Lions Club 2:30 Tablet Class	2 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Wii Bowling 2:00 Workout Video
5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 Wii Jeopardy 2:00 Computer Cass	6 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:30 Movie Day 11:00 Bridge 1:00 Canasta 1:00 Basic Spanish	7 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood Pressure 12:00 Chef Sue Thanksgiving Luncheon 12:30 Mah Jong 1:00 Senior Lecture Custom Living Research Housing 2:00 Stretching Class	8 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 12:00 Chef Sue Holiday Luncheon 1:00 Christiana Drapkin Organ Grinder Lola 1:00 Tea Dance 2:00 Spiritual Perspectives 2:30 Tablet Class	9 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 Wii Bowling 2:00 Workout Video
12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 Wii Jeopardy 2:00 Computer Cass	13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 DSCSI Meeting 1:00 Basic Spanish 1:00 Movie Bingo	14 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Card Making 101 11:00 Craft Class 12:30 Mah Jong 1:00 Historical Events 2:00 Stretching Class	15 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Holiday Party & New Year's Celebration 2:30 Smart Phone	16 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 Wii Bowling 2:00 Workout Video
19 CLOSED FOR SEMI-ANNUAL CLEANING	20 CLOSED FOR SEMI-ANNUAL CLEANING	21 CLOSED FOR SEMI-ANNUAL CLEANING	22 CLOSED FOR SEMI-ANNUAL CLEANING	23 CLOSED FOR SEMI-ANNUAL CLEANING
26 CLOSED FOR THE OBSERVANCE OF CHRISTMAS DAY	27 MONTGOMERY COUNTY RECREATION CLOSED	28 MONTGOMERY COUNTY RECREATION CLOSED	29 MONTGOMERY COUNTY RECREATION CLOSED	30 MONTGOMERY COUNTY RECREATION CLOSED