



Damascus Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872
240-777-6995

Announcements:

- “Meals on Wheels” is available for any senior who is in need. Call the Center for more information.
- Senior Nutrition Lunch Program—Anyone interested in receiving lunch MUST make a reservation by calling the front desk. No Exceptions.
- View newsletter online @ www.montgomerycountymd.gov/seniors

OCTOBER HIGHLIGHTS

Homemade Cookie and Tea Party: Monday, October 2, 1:00 p.m.— See page 6 for more information.

Flu Shot Clinic: Wednesday, October 4, 10:00–11:30 a.m. Shady Grove Hospital will be at Damascus Senior Center to administer Flu Shots. Medicare Card is accepted. Cost without Medicare Card is \$25.00 - \$35.00. Ages 18 and older.

Retro Rockets Band: Wednesday, October 4, 1:00 p.m.—Enjoy songs from the 50’s, 60’s, 70’s. Free

Latin and Social Dance Performance: Friday, October 6, 1:00p.m. Free

Energy Bingo: Wednesday, October 18, 1:00 p.m.— Interactive energy exploration hosted by the Montgomery County Department of Environmental Protection. Free

Vision Enrichment Workshop: Wednesday, October 25, 1:00 p.m.—By Low Vision Center. Free

Maryland Live! Casino Mini Trip: Friday, October 27, 9:30 a.m.— Arundel Mills Mall.

Halloween Luncheon: Tuesday, October 31, 12:00 p.m.— See page 6 for more information.

Anna Pappas “Class Act”: Tuesday, October 31, 1:00 p.m. Free

DAMASCUS SENIOR CENTER HOURS

Monday—Friday
9:00 a.m.—4:00 p.m.

STAFF

Tony Edghill—Director
Megan Molinary—
Nutrition Site Manager
Suzanne Diddle &
Carmen Flores —
Recreation Assistants
Leila Hertzberg &
Lisa Cassarino
Liscinsky—
Special Events
Coordinators

AGING WELL IN OUR COMMUNITY

Nov. 1 from 10:00a.m.-12:00 p.m. Attend a discussion about what it means to age in place. Share your ideas and listen to a panel of experts share theirs too!

WHAT’S INSIDE?

Announcements	1
Programs	2
Bus Info	2
Get Active	3
Table Games	3
Trips	4
Nutrition.....	4

PLEASE SIGN-IN

We ask for your continued assistance by scanning your ActiveMontgomery card and signing in each day. Attendance figures are an important factor in determining building usage and future needs. Signing in each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thank you for your help and cooperation.

BUS TRANSPORTATION

Bus reservations must be made in person or by telephone (240-777-6995) by 2:00 p.m. the previous day. Cancellations for the bus can be made by leaving a message on the answering machine when the center is closed. Same day cancellations must be called into the center by 8:00 a.m.

If you are not signed up for the bus and live in Damascus and the surrounding areas, talk to a staff member to see if you can be picked up in the morning and taken home in the afternoon. The service is free!

PROGRAMS FOR YOUR ENJOYMENT

Movie Day: Tuesday, October 3, 11:30 a.m.

Today's film is "The 33" which is based on a mining disaster in Chile in 2010.

Birthday Party: Thursday, October 5, 1:00 p.m.

Join our host, the Damascus Senior Center, as we celebrate our October birthdays.

Movie Bingo: Tuesday, October 10, 1:00 p.m.

George and Viola Hibbard, will be hosting Movie Bingo and Movie Star Trivia in the dining room.

Ice Cream Social: Wednesday, October 11, 1:00 p.m.—This is a free activity sponsored by DSCI.

Sing Along: Thursday, October 12, 1:00 p.m.

Mary Beth Talamo will help us have some fun with a special program designed by her!

Brain Games: Tuesday, October 17, 1:00 p.m.

Test your brain strength by solving some riddle and brain teasers. Let's see who has the most brain power!

Carnival Games: Thursday, October 19, 1:00 p.m.

Challenge your peers to some classic carnival games. See if you can be the champion and win a prize.

Music Bingo: Tuesday, October 24, 1:00 p.m.

Mary Beth Talamo, will be leading a game of Name-That-Tune Bingo in the dining room.

Wii Jeopardy: Mondays 1:00 p.m.

Challenge DSC staff to a fun game of Wii Jeopardy!

Needle Crafts Class: Thursdays 11:00 a.m.

A volunteer leads this class as they work on different projects together. Don't have any needle craft experience? Come anyway—the class participants are more than willing to teach you!

GET ACTIVE

Exercise Room: Daily @ 9:00 a.m. - 4:00 p.m.

We have a treadmill, elliptical, recumbent bike, cardio glide, and stack-home gym available for your use. Remember to see a staff member if you have questions about any of the equipment.

COST: FREE

Walk & Firm Aerobics: Daily @ 9:15 a.m.

“Walk and Firm for Older Adults” is a 30 minute VHS tape. This VHS tape, is equivalent to a 1.5-2 mile outdoor walk. Participants can stretch tired muscles, flex and strengthen joints, and energize their metabolisms with this workout. **COST: FREE**

Chairobics: Tuesdays - Fridays @ 10:00 a.m.

Chairobics is a 45 minute chair-exercise program for full-body strengthening and flexibility. This class is led by a volunteer. **COST: FREE**

Zumba Gold: See Schedule On Page 8 @ 11:00 a.m.

Zumba combines Latin and International music with a fun and effective workout system. Kristen Vierra teaches this class and has specifically designed the workout for Seniors. The class is held in the auditorium. It is not necessary to sign-up in advance. **COST: \$4.00 per class**

Tap Dancing: Mondays @ 11:00 a.m.

Tap dance meets every Monday from 11:00 a.m. to 12:30 p.m. All levels are welcome, from beginners to advance. Stop by and talk to Pat Chalk to see if this class is right for you. **COST: \$30 for 8 weeks**

Tea Dance: Thursdays @ 1:00 p.m. - 3:30 p.m.

Bring a partner and your dancing shoes! Enjoy dancing to your favorite ballroom tunes. Music is provided, but feel free to bring along your favorite music. Refreshments are served at 2:00 p.m. **COST: \$1 per person for DSCSI members. \$2 per person for non-members**

Walking Club: Mondays @ 10:00 a.m.

Transportation is provided from DSC to the Damascus Recreation Center where we walk around the gym for some exercise and socializing. **COST: FREE**

TABLE GAMES

Bridge: Tuesdays & Thursdays @ 11:00 a.m. - 4:00 p.m.

Canasta: Tuesdays @ 1:00 p.m. - 3:30 p.m.

Mah Jong: Wednesdays @ 12:30 p.m.

BLOOD PRESSURE SCREENING

Wednesday, October 4 & Thursday, October 19, 10:00 a.m. - 11:30 a.m.

A nurse from Shady Grove Hospital will be here to provide you with this free screening.

UPCOMING TRIP

Maryland Live! Casino

Date: Friday, October 27, 2017

Time: 9:30 a.m. - 2:30 p.m.

Join DSC as we take a trip to Maryland Live! Casino at Arundel Mills mall. Bring money for lunch and gambling! COST: \$10.00

NUTRITION PROGRAM

Lunches are prepared on-site under the Senior Nutrition Program Monday-Friday. Reservations must be made by Monday for the upcoming week. You may sign up for meals for the upcoming month as soon as the menu becomes available. **The full cost of the meal is \$7.00. Guests under the age of 60 must pay the full cost of the meal; guests age 60+, and their spouse of any age, a voluntary contribution is requested.** Please, contribute as much as you can, as contributions are used to purchase more meals. Please, try to bring the exact amount for your donation whenever possible.

Cancellations for lunch can be made by calling the front desk. If the center is closed, please leave a message at the answering machine. Same day cancellations must be called into the center by 8:00 a.m.

SENIORS TODAY

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune into the County Cable Montgomery County. Tune into County Cable Montgomery Channel 6 on Sundays at 3:30 p.m., Mondays at 9:30 a.m., Tuesdays at 1:30 p.m., Wednesdays at 8:30 p.m., Thursdays at 12:30 p.m., Fridays at 7:30 p.m. and Saturdays at 11:30 a.m.

Life is great when you participate!

SENIOR INFORMATION AND ASSISTANCE

Carol Smith is available at Damascus Senior Center most Wednesday's from 11:30 a.m. - 4:00 p.m. Carol can help you with information on senior housing, financial assistance, and Medicare and Medicaid information. She can even provide help with filling out forms. For information or an appointment, call 240-777-1060. Services are sponsored by the 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 at 240-777-3000.

MONTGOMERY COUNTY GUIDE TO RECREATION

The Montgomery County Guide to Recreation and Parks Programs is released four times a year. Almost everything listed in the guide is available for registration online at ActiveMONTGOMERY.org.

The Guide can be accessed online at <http://www.montgomerycountymd.gov/rec/resource/guides.html>.

Print copies of the Guide are available at Recreation and Parks facilities, government buildings, and libraries.

REMEMBER TO SHOW YOUR SUPPORT

If you have not already done so, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will receive discounts on some special events, and enjoy some special sponsor-supported programs at no cost. More importantly, you will be supporting your center and its ability to provide high quality programs, classes, and services. Many of our classes are sponsored by DSCSI, like 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 front desk volunteer to sign up.

SENIORS WITH DISABILITIES

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 any program assistance, such as, auxiliary aids or other services, 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.

CELEBRATE WITH US

Sunday, October 1— Homemade Cookies Day

Celebrate this day by making your one-of-kind homemade cookies. Bring them in on Monday, October 2 for a cookie tasting and tea party!

Monday, October 9— American Day

There are so many things to celebrate about living in America. Show your national pride by wearing your best red, white, and blue outfit!

Tuesday, October 31— Halloween

Help us celebrate Halloween by joining us for lunch at noon! The menu will be available one month prior to the Halloween and reservations can be made by calling DSC. Price for the meal is \$7 for ages 55-59 , for ages 60+ a donation is requested.

CHEF MEEGAN'S MONTHLY RECIPE:

SPOOKY EYEBALLS

1 can lychee fruit, drained
Fresh blueberries
Grape jelly/jam

Rub opening of lychee fruit with jam.
Insert one blueberry into lychee.
Enjoy!

COMING UP IN NOVEMBER!

Saturday, November 4, 2017 at 10:00 am: Train Day and Annual Holiday Sale Kickoff!

Tuesdays at 11:00 a.m.: Chair Yoga. Call Center for sign-up information and cost.

SENIOR SPOTLIGHT: Ken Botkin

Ken Botkin is a Damascus resident who has been coming to the Damascus Senior Center for about four years. His favorite activities include Movie Bingo and Chairbics, which he leads on Tuesdays, Wednesdays, and Fridays. Ken is originally from Ohio. He joined the Navy after graduating from high school and became interested in electronics. After serving in the Navy, Ken worked for Vitro for over 20 years, where he specialized in weapons direction equipment. When not at the Center, Ken enjoys using a rowing machine and watching ball

STAFF SPOTLIGHT: Carmen Flores

Carmen Flores came to the Damascus Senior Center in the Summer of 2012 after retiring from her work as a Nanny. Elaine asked her to volunteer one or two days a week serving coffee. She enjoyed helping people and listening to Iriena play the piano. She was surprised to receive the “Best Volunteer of the Year” award after only one year of service. Four years later she was asked to join the staff working in the Nutrition Program. She has enjoyed the opportunity to learn the new things that the job requires. A native of Lima, Peru she has traveled to Europe, Canada, and South America. Ask her about the waterfalls! She also enjoys knitting blankets for people in need. Carmen has one son, two daughters, and six grandchildren.

VOLUNTEER SPOTLIGHT: Mary Beth Talamo

Mary Beth Talamo was born and raised in Huntington, L.I., New York. She has been an accomplished keyboard accompanist since elementary school. Her love of music led her to Potsdam State Teachers College, where she met her future husband and fellow music-lover, Jack. Upon graduation and following Jack’s 2-year stint in the U.S. Army, they married and moved to Maryland seeking employment with Montgomery County Public Schools. Mary Beth taught instrumental music in the MCPS system for over 20 years, retiring in 1992. However, as she said herself, “Musicians find an outlet for their musical ability.” Mary Beth found herself volunteering in the music programs at the Damascus Senior Center, where she continues to delight us with her keyboard skills. Together with her husband Jack, Mary Beth has also volunteered for many years at St Paul’s Roman Catholic Church and Damascus American Legion Post 171. Mary Beth and Jack have been married for 61 years and have 3 children. Both feel that their active involvement in the community keeps them going—“This is what we do!”

SHARE WITH US

Let us know what you want to see at Damascus Senior Center! We are always looking for new things that we can bring to you and your peers. Let us know about ideas for day-long trips, morning trips, classes, afternoon activities, fundraisers, etc. that you would like to see brought to DSC! Speak with one of your Activity Coordinators to see if we can make your ideas happen.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy 1:00 Cookie and Tea Party</p>	<p>3</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:30 Movie Day 1:00 Canasta</p>	<p>4</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood Pressure 10:00 Flu Shots 10:30 Advisory Committee Meeting 11:00 Craft Class 12:30 Mah Jong 1:00 Retro Rockets</p>	<p>5</p> <p>9:00 Coffee Social 9:15 Walk & Firm 9:30-2:30 Quick Trip to 55+ Travel Fair 10:00 Chairobics 11:00 Needle Crafts 11:00 Bridge 1:00 Tea Dance 1:00 Birthday Party</p>	<p>6</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Latin and Social Dance Performance</p>
<p>9</p> <p>America Day 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy</p>	<p>10</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:45 Memory Café 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo</p>	<p>11</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Craft Class 12:30 Mah Jong 1:00 Ice Cream Social</p>	<p>12</p> <p>9:00 Coffee Social 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 Sing Along</p>	<p>13</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 Classic Board Games</p>
<p>16</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 Wii Jeopardy</p>	<p>17</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Brain Games 1:00 DSCI Board Meeting</p>	<p>18</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Card Making 101 11:00 Craft Class 11:00 Zumba Gold 12:30 Mah Jong 1:00 Energy Bingo</p>	<p>19</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood Pressure 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Carnival Games</p>	<p>20</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Classic Board Games</p>
<p>23</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 Wii Jeopardy</p>	<p>24</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Music Bingo</p>	<p>25</p> <p>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 Vision Enrichment Workshop</p>	<p>26</p> <p>9:00 Coffee Social 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 Brain Games</p>	<p>27</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 9:30 MINI TRIP MD Live! Casino 11:00 Zumba Gold 1:00 Classic Board Games</p>
<p>30</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 Wii Jeopardy</p>	<p>31</p> <p>9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 12:00 Halloween Luncheon 1:00 Anna Pappas—Class Act 1:00 Canasta</p>			