



Damascus Senior Center

9701 Main Street, Damascus, MD 20872 Phone 240-777-6995

Announcements:

- We will be closed Monday, February 19 in observation of Presidents’ Day
- Senior Nutrition Lunch Program—Anyone interested in receiving lunch MUST make a reservation by calling the front desk. No Exceptions.
- This newsletter is available online www.montgomerycountymd.gov/seniors

INCLEMENT WEATHER POLICY

DURING INCLEMENT WEATHER, LISTEN TO THE 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 AND 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. 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.

FEBRUARY HIGHLIGHTS

Amber Hill Physical Therapy Workshop, Monday, February 12, 1:00 p.m. See page 2 for details.

Chef Meegan’s Valentine’s Day Luncheon, Wednesday, February 14, 12:00 p.m. Call for reservations. See page 2 for details.

Mike Surrat, Entertainer, Wednesday, February 14, 1:00 p.m. Mike Surrat returns to sing love songs! **Free.**

5th Annual Fundraiser Fisher House Wounded Veterans Zumbathon, Monday, February 19, 10:00 am - Noon See page 6 for details.

INCOME TAX PREPARATION – For free, confidential preparation of your 2017 state, federal, and homeowner’s tax forms, call AARP 240-777-2577 (M-F 9:30am to 3:00pm) to schedule an appointment. Appointments are only available to seniors aged 55 and over and will be scheduled on Wednesdays and Fridays from February 1 through April 15.

DAMASCUS SENIOR CENTER HOURS

Monday—Friday
9:00 a.m.—4:00
p.m.

STAFF

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

Special Events Coordinators

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PROGRAMS FOR YOUR ENJOYMENT

PLEASE SIGN-IN

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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

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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!

Birthday Party: Thursday, February 1, 1:00 p.m.

Damascus Senior Center will host the celebration of our January and February birthdays.

Wii Jeopardy: Monday, February 5 and 26, 1:00 p.m. Challenge DSC staff to a fun game of Wii Jeopardy!

Movie Day: Tuesday, February 6, 11:30 a.m.

Today's film is "Race" The Incredible true story of gold medal legend Jesse Owens

Sing Along with Mary Beth Tamalo: Thursday, February 8, 1:00 p.m. Featuring songs from The Sound of Music

Black History Month, A Celebration: Friday, February 9, 1:00 p.m. Join us as we explore the contributions African Americans have made to our country.

Amber Hill Physical Therapy Workshop: Monday, February 12, 1:00 pm. Join us for a fun and educational hour as we learn about the myths and benefits of exercise. **Free.**

Movie Bingo: Tuesday, February 13, 1:00 p.m.

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

Chef Meegan's Holiday Luncheon, Wednesday, February 14, 12:00 p.m. The menu will be available at the reception desk one month prior to the event. Please call the Damascus Senior Center for reservations. **Price for the meal for ages 55-59 is \$7.00, for 60+ a donation is requested.**

Mike Surrat, Entertainer, Wednesday, February 14, 1:00 p.m. Mike Surrat returns to the Damascus Senior Center to sing love songs for our seniors on Valentine's Day. **Free.**

Music Bingo: Tuesday, February 20, 1:00 p.m.

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

Brain Games: February 15 and 28, 1:00 p.m. This month's games will focus on the themes of Black History Month and the Olympics.

Paper Craft Class: Thursdays 11:00 a.m. Join Susan for this new paper crafting class this month's classes will include cards, snowflakes and sun catchers. **COST: \$1 per class.**

Continued on page 3.

Life is great when you participate!

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 leader will teach you while other members of the group will help out while you are learning!

Classic Board Games: Fridays 1:00 p.m.

Friday we play classic board games unless there is a special program.

GET ACTIVE

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

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

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

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

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**

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

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**

Chair Yoga: Tuesdays 11:00 a.m.

Chair Yoga is specially designed for Seniors who may have difficulty getting up and down from the floor. The class is taught by Kim Harpster and will run in 8-week sessions. **COST: \$30.00 per session.**

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**

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.

BLOOD PRESSURE SCREENING

February 7 (Wednesday) and 15 (Thursday), 10:00 a.m. - 11:30 a.m.

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

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 Monday as soon as the menu becomes available. Please sign up every Monday. 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 should be done ASAP by calling the front desk. If the center is closed, please leave a message on the answering machine. Same day cancellations must be called into the center by 9:00 a.m.

CHEF MEEGAN'S MONTHLY RECIPE:

Strawberry Brownie Kabobs

This dessert is easy to assemble, but has an impressive presentation.

Ingredients:

Brownie bites

2 16-oz packages of large strawberries

1 bag marshmallows

2 squares of Baker's melting chocolate

Wooden skewers, cut in half

Directions:

Clean, dry and cut the strawberries so both ends are flat. Layer the strawberries, brownies and marshmallows on the skewers and lay them out on a wax paper-lined cookie sheet. Melt the chocolate in a microwave-safe bowl in 30 second intervals, stirring in between intervals, until completely melted. Transfer to a piping bag or ziploc bag with the corner snipped off and drizzle each kabob. Transfer to the fridge to allow the chocolate to set and until ready to serve.

SENIOR INFORMATION AND ASSISTANCE

Carol Smith is available at Damascus Senior Center on Wednesday's from 11:30 a.m. - 4:00 p.m. Carol can help you with information on senior housing, financial assistance, 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 may be accessed online at <http://www.montgomerycountymd.gov/rec/resource/guides.html>.

Printed copies of the Guide are available at Montgomery County 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 be able to receive discounts on some special events and enjoy 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, such 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 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.

COPING WITH CHANGE

Thursdays at 11:00 a.m. Yasaman Alavi from the Affiliated Santee Group provides 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.

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.

5th ANNUAL FUNDRAISER FISHER HOUSE WOUNDED VETERANS ZUMBATHON

Monday, February 19, 2018 • 10:00 am - Noon

The Damascus Senior Center Sponsors, Inc., (DSCSI) in partnership with the Damascus Senior Center, will pay honor to our Wounded Veterans with a Zumbathon to raise money for these veterans through the Fisher House Foundation of MD. There will be a number of dynamic instructors who will donate their time. A \$20 donation is requested, but any amount you can afford to give will be appreciated.

SENIORS TODAY

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune into the Count 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.

SENIOR SPOTLIGHT:

Mary Frances Roberts' history with the Damascus Senior Center began around the same time that the center itself did. She and her husband first volunteered with the seniors in order to encourage her mother-in-law to attend the center. Both Mary Frances and her mother-in-law became involved in music, with her mother-in-law playing the piano at the center and eventually forming a "kitchen band" with Mary Frances as a singer. The band performed for various county events in churches, elementary schools, nursing homes and the Montgomery County Fair, even appearing on TV. Mary Frances began running the music programs soon after the center moved to its present location, with the first one being "Jukebox Saturday Night." Over the years she has worked as a director, a producer, and sometimes as a singer in the music programs. She counts the centers adaptations of the musicals "Li'l Abner" and "South Pacific" as some of her favorite past programs. With no intention of retiring from the music programs yet, Mary Frances strives to provide the center with positive, uplifting presentations that are as equally fun for the performers as they are for the audience. In previous years, Mary Frances has also been involved with the Montgomery College Continuing Education Program, where she taught classes on armchair exercise, painting, drawing, and creative writing.

Bio by Virginia Liscinsky

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
			1 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Paper Craft Class 11:00 Needle Crafts 11:00 Coping with Change 1:00 Birthday Party 1:00 Tea Dance	2 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 Classic Board Games
5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy	6 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Movie Day 1:00 Canasta	7 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood pressure 11:00 Needle Crafts 11:00 Zumba Gold 12:30 Mah Jong 1:00 Wii Games	8 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Paper Craft Class 11:00 Needle Crafts 11:00 Coping with Change 1:00 Sing Along 1:00 Tea Dance	9 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Black History Month Celebration
12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 11:00 Tap Dance 1:00 Physical Therapy Workshop	13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Movie Bingo 1:00 Canasta	14 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Needle Crafts 12:00 Valentine's Day Luncheon 12:30 Mah Jong 1:00 Mike Surratt sings love songs	15 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood Pressure 11:00 Bridge 11:00 Paper Craft Class 11:00 Needle Crafts 11:00 Coping with Change 1:00 Brain Games 1:00 Tea Dance	16 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Classic Board Games
19 CENTER CLOSED 10:00—12:00 Wounded Veterans Zumbathon	20 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Music Bingo 1:00 Canasta 1:00 DSCSI Meeting	21 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Needle Crafts 11:00 Zumba Gold 12:30 Mah Jong 1:00 Olympic Celebration	22 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Paper Craft Class 11:00 Needle Crafts 11:00 Coping with Change 1:00 LCR Tournament 1:00 Tea Dance	23 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 1:00 Classic Board Games
26 9:00 Coffee Social 9:15 Walk & Firm 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy	27 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Carnival Games 1:00 Canasta	28 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Needle Crafts 12:30 Mah Jong 1:00 Brain Games		