



Damascus Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

Announcements:

- **Senior Nutrition Lunch Program—Anyone interested in lunch MUST make a reservation by calling the Center. No Exceptions.**
- **This newsletter is available online www.montgomerycountymd.gov/seniors.**

JUNE HIGHLIGHTS

Center Cookout: Friday, June 8, 12:00 p.m.

Chef Suzie will prepare a delicious meal, perfect for the start of summer. **The menu will be available at the reception desk one week prior to the event! Call the Damascus Senior Center for reservations. Price for the meal age 55–59 is \$7.00. 60+ donations requested.**

First Fruits Gospel Blue Grass Band: Friday, June 8, 1:00 p.m. Admission is free.

Damascus High School Brass Quintet: Wednesday, June 13, 1:00 p.m. See page 2 for details. Free.

Art with a Purpose: Friday, June 15, 1:00 p.m. Artist Caryl Henry joins us for a thought-provoking art program. Free.

ClearCaptions Educational Seminar: Wednesday, June 20, 1:00 p.m. See page 2 for details. Free.

Seniorita Sunshine’s USO Show: Thursday, June 21, 1:00 p.m. Seniorita Sunshine brings you a fun variety show with surprise and intrigue at every turn. **FREE.**

Tech Connect, Wednesday, June 27, 9:00 a.m.—4:00 p.m. See page 3 for details.

Raffle for Intergenerational Programs and Winter Holiday in July Sale—please see page 6 for details!

Program updates will be posted on the DSCSI Facebook Page. Search Facebook for “Damascus Senior Center-DSCSI.”

DAMASCUS SENIOR CENTER HOURS

Monday—Friday
9:00 a.m.—4:00 p.m.

STAFF

Director-Tony Edghill

Nutrition Site Managers
Shannon Tchuimeni &
Meegan Molinary

Recreation Assistants
Suzanne Diddle &
Carmen Flores

Special Events
Coordinators
Leila Hertzberg &
Lisa Cassarino
Liscinsky

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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 may 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 may be picked up in the morning and taken home in the afternoon. The service is free and available Monday through Thursday!

PROGRAMS FOR YOUR ENJOYMENT

Games—LCR: Friday, June 1, 1:00 p.m. Join us for a fun game of LCR. Easy to play! **Free.**

Writing Cards for Wounded Veterans and Active Military, Friday, June 1, 2:00 p.m. Come by and write a card for a wounded veteran and/or active military to show your appreciation and support. **Free.**

Wii Jeopardy: Monday, June 4, 11, and 25, 1:00 p.m. Enjoy a fun game of Wii Jeopardy! **Free.**

Veterans Informational Table: June 5, 10:00 a.m.-2:00 p.m. Wayne Stinchcomb, Veterans Outreach Program Specialist, Silver Spring Vet Center, will be here with resource materials from the VA and the community. **Free.**

Movie Day: Tuesday, June 5, 11:30 a.m. We are showing a comedy this month. **Free.**

Brain Games: June 6 and 22, 1:00 p.m. Test your brain strength by solving some riddles and brain teasers. **Free.**

Birthday Party: Thursday, June 7, 1:00 p.m. Join us in celebrating June birthdays. Our host will be the Damascus Y Women. **Free.**

First Fruits Gospel Blue Grass Band: Friday, June 8, 1:00-2:00 p.m. Enjoy an afternoon of live music! **Free.**

Movie Bingo: Tuesday, June 12, 1:00 p.m. George and Viola Hibbard will be hosting Movie Bingo in the dining room. **Free.**

Damascus High School Brass Quintet: June 13, 1:00 p.m. Enjoy an afternoon of music brought to you by our very own local high school students. **Free.**

Flag Day: Thursday, June 14, 1:00 p.m. Join us for a craft commemorating National Flag Day! **Free.**

Art with a Purpose: Friday, June 15, 1:00 p.m. Artist Caryl Henry joins us for a thought-provoking art show and talk. **Free.**

Celebrate Fathers: Monday, June 18, 1:00 p.m. Join us for a program honoring fathers. **Free.**

Our Changing Senior Center: Tuesday, June 19, 1:00 p.m. Yasaman from Sante Group will have an interactive group discussion about coping with changes at the Senior Center. **Free.**

ClearCaptions Educational Seminar: Wednesday, June 20, 1:00 p.m. Learn how you can qualify for a no-cost caption phone. **Free.**

Seniorita Sunshine's USO Show: Thursday, June 21, 1:00 p.m. Seniorita Sunshine brings you a fun variety show with surprise and intrigue at every turn. **FREE.**

Jewelry Workshop: Monday, June 25, 2:00 p.m. Make a beautiful piece of jewelry to share or to enjoy yourself in this instructional workshop. Fee to cover supplies: TBA.

Carnival Games: Tuesday, June 26, 1:00 p.m. Join us for a variety of fun games in the dining room. **Free.**

Tech Connect: Wednesday, June 27, 9:00 a.m.-4:00 p.m. Sign up in advance for this free help session.

Games with Lisa: Wednesday, June 27, 1:00 p.m. Try your hand at new-to-you games! **Free.**

Student Art Presentation: Thursday, June 28, 1:00 p.m. Meet the artist and learn about her process in creating this donated work of art. **Free.**

Summer Craft: Friday, June 29, 1:00 p.m. Come try a summer-themed craft! **Free.**

Decorating for Independence Day: Friday, June 29, 2:00 p.m. Are you creative? Do you enjoy prepping for holidays? Come help us prep the DSC for July 4 and get ideas for decorating at home! **Free.**

Needle Crafts Class: Wednesdays and 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! **FREE**

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. **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 metabolism with this workout. **FREE**

Walking Club: Mondays 10:00 a.m.

Transportation is provided from DSC to the Damascus Recreation Center or Woodfield Elementary School where we walk around the gym or the track for some exercise and socializing. **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. **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. **COST: \$30.00 per 8-week 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

June 6 (Wednesday) and June 21 (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 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; for 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 may be made by calling the front desk at 240-777-6995. If the center is closed, please leave a message on the answering machine. Same-day cancellations must be called into the center by 8:00 a.m.

COPING WITH CHANGE

Thursdays at 11:00 a.m., Yasaman Alavi, from the Affiliated Santee Group, provides a drop-in support group, which focuses on both the support and development of coping skills to handle the changes that seniors experience as they age. Cost: **Free**

NEW WEEKLY SHOPPING TRIPS

Our bus is available to take you shopping. The bus will leave the center at 9:30 am and return at 11:30 am three days a week. **Free. Minimum of 2 shoppers necessary.** Schedule below.

Tuesday: Milestone Center, Germantown MD. Target, Michaels, Kohl's, Best Buy, and Dressbarn are possible stops.

Wednesday: Clarksburg Premium Outlets, Clarksburg MD. Shop the stores or just enjoy the open air mall for a walk.

Thursday: Walmart, Mt Airy MD

Please note other possible trips on Wednesdays include the Dollar Tree in Damascus or a local park when the weather is nice.

SENIOR INFORMATION AND ASSISTANCE

Carol Smith is available at Damascus Senior Center Wednesdays 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.

SENIORS TODAY

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

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.

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.

Raffle for Intergenerational Programs:

Tickets will be available June 15 through August. Items being raffled are (1) a hand-painted wooden nativity set with manger and (2) a basket of beauty supplies. Tickets are \$1.00 each or 6 for \$5.00.



Holiday Sale:

Winter in July! Sale begins mid-June and runs until end of July. Winter decorations, crafts, toys, books, cards, and more!



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.

Life is great when you participate!

SENIOR SPOTLIGHT:

Fatou Sall Babiane lives with family in Damascus when she isn't travelling. Her daughter is a pharmacist and her granddaughter just graduated from Johns Hopkins University with a pre-med degree, and will begin medical school in the fall.

Fatou is from Senegal and has family there as well. She is a retired children's French language teacher. Her son also works in education, in the capacity of director of a university in Canada. When staying in Senegal, Fatou enjoys swimming and visiting with family.

At the Damascus Senior Center, Fatou enjoys the companionship of the friends she has made here. She regularly participates in our Chairobics class and other programs as well. She has a terrific sense of humor and her smile and good cheer are infectious.

Bio by Leila Hertzberg

A joyful spirit is always young.

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 morning trips, classes, afternoon activities, fundraisers, etc. that you would like to see brought to DSC! Speak with one of your Events Coordinators to see if we can make your ideas happen.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| MONDAY-FRIDAY: | 9:00 COFFEE 9:15 WALK & | SOCIAL FIRM | | 1 10:00 Chairobics 1:00 Games: LCR 2:00 Writing Cards for Wounded Veterans and Active Military |
| 4 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy | 5 10:00 Chairobics 10:00 Veterans Info 11:00 Chair Yoga 11:00 Bridge 11:30 Movie Day 1:00 Canasta | 6 10:00 Chairobics 10:00 Blood Pressure 11:00 Needle Crafts 12:30 Mah Jong 1:00 Brain Games | 7 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Birthday Party 1:00 Tea Dance | 8 10:00 Chairobics 11:00 Zumba Gold 12:00 Center Cookout 1:00 First Fruits Gospel Blue Grass Band |
| 11 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy | 12 10:00 Chairobics (11:00 NO CHAIR YOGA this week) 11:00 Bridge 1:00 Movie Bingo 1:00 Canasta | 13 10:00 Chairobics 11:00 Needle Crafts 11:00 Zumba Gold 12:30 Mah Jong 1:00 Damascus HS Brass Quintet | 14 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Flag Day 1:00 Tea Dance | 15 10:00 Chairobics 1:00 Caryl Henry: Art with a Purpose |
| 18 10:00 Walking Club 11:00 Tap Dance 1:00 Celebrate Fathers | 19 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Yasmine: Our Changing Sr Center 1:00 Canasta 1:00 DSCSI Board Meeting | 20 10:00 Chairobics 11:00 Needle Crafts 12:30 Mah Jong 1:00 ClearCaptions Educational Seminar | 21 10:00 Chairobics 10:00 Blood Pressure 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Senorita Sunshine USO Show 1:00 Tea Dance | 22 10:00 Chairobics 11:00 Zumba Gold 1:00 Brain Games |
| 25 10:00 Walking Club 11:00 Tap Dance 1:00 Wii Jeopardy 2:00 Jewelry Workshop | 26 10:00 Chairobics 11:00 Chair Yoga 11:00 Bridge 1:00 Carnival Games 1:00 Canasta | 27 9:00-4:00 Tech Connect 10:00 Chairobics 11:00 Needle Crafts 11:00 Zumba Gold 12:30 Mah Jong 1:00 Games with Lisa | 28 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Student Art Presentation 1:00 Tea Dance | 29 10:00 Chairobics 1:00 Summer Craft 2:00 Decorating for Independence Day |