

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

Sue Ketchum – Nutrition Site Manager

Elizabeth Coffman and Carmen Flores

OCTOBER 2016

COME SEE THE GOLDEN AIRES WEDNESDAY OCTOBER 5, 1:00PM

HALLOWEEN LUNCH AND PROGRAM WILL BE ON THURSDAY OCTOBER 27, 1:00PM

COMING NOVEMBER TERRIFIC TEA TUNES WITH MARY BETH AND MARY FRANCES

NEWSLETTER ONLINE @ www.montgomerycountymd.gov/seniors

Vital Living Networker

The Montgomery County *Vital Living Networker* is your online resource to find hundreds of opportunities to get involved, stay active, continue learning, try new things, give back to the community and much more.

Go to: montgomerycountymd.gov/senior to get started!

MOVIE DAY – Tues., Oct. 4, 11:30am. Today's feature will be your choice. Pick from 4 selections.

DAMASCUS SENIOR CENTER BLOOD PRESSURE SCREENING – Wed., Oct. 5,, 10:00 – 11:30pm, and Wed., Oct. 19, 10:00 – 11:30am. Free, provided by nurse from Shady Grove Hospital.

FLU SHOT CLINIC – Wed., Oct. 5, 10:00am – 11:30am. 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.

GOLDEN AIRES – Wed., Oct. 5, 1:00pm. Back by popular demand, a group of 25 musicians and singers age ranging from 55 - 90 will play all of your big band favorite tunes from the 1940's era.

BIRTHDAY PARTY- Thurs., Oct. 6, 1:00pm. Join our host Damascus Senior Center as we celebrate our October birthdays.

ICE CREAM SOCIAL – Wed., Oct. 12, 1:00pm. Ice Cream with all of your favorite toppings, sponsored by Jimmie Cone and Damascus Senior Center Sponsors, Inc. **Please sign up at the reception desk FREE**

SPA DAY – Thurs., Oct. 13, 10:00am. A day for seniors to learn better technique for health and wellness. **Join us from 10:00am – 2:00pm. LUNCH BREAK AT NOON.**

MEDICARE PART D LECTURE – Wed., Oct. 26, 1:00pm. Carol Smith from HHS will be here to give a detailed lecture on Medicare Part D.

CHEF SUE HALLOWEEN LUNCHEON – Thurs, Oct. 27, Noon. Chef Sue will cook a wonderful lunch as we remember this tragic day. **Please call and sign up at the front desk for reservations and fees.**

“A CLASS ACT” ANNA PAPPAS – Thurs., Oct. 27, 1:00pm. Anna Pappas and her gang of merry entertainers will provide us with Halloween entertainment from her infamous “A Class Act

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. Woodfield Elementary School. **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.

WII JEOPARDY Mon., Oct. 3, 1:00pm, Mon., Oct. 10, 1:00pm, Mon., Oct. 17, 1:00pm, Mon., Oct 24, and Mon., Oct. 31, 1:00pm. Challenge Beth to a friendly game of Wii Jeopardy.

MOVIE DAY – Tues., Oct. 4, 11:30am. See page 1 for details.

BASIC SPANISH – Tues., Oct. 4, 2:00pm, Tues., Oct. 11, 2:00pm, Tues., Oct. 18, 1:00pm, and Tues., Oct. 25, 2:00pm. Beth will facilitate this program today. Please join her for a great time of fun and competition.

CRAFT CLASS – Wed., Oct. 5, 11:00am, and Wed., Oct. 19, 11:00am. A volunteer will lead this group through different projects. A small donation is required

GOLDEN AIRES – Wed., Oct. 5, 1:00pm. See page 1 for description.

STRETCHING CLASS – Wed., Oct. 5, 2:00pm, Wed., Oct. 12, 2:00pm, Wed., Oct. 19, 2:00pm, and Wed., Oct. 25, 2:00pm. Join Zuleyma as she leads this stretch class.

NEEDLE CRAFTS CLASS – Thurs., Oct. 6, 11:00am, Thurs., Oct. 13, 11:00am, Thurs., Oct. 20, 1:00pm, and Thurs., Oct. 27, 11:00am. A volunteer will lead this class as the participants making different projects.

BIRTHDAY PARTY- Thurs., Oct. 6, 1:00pm. See page 1 for more information.

WII BOWLING – Fri., Oct. 7, 1:00pm, Fri., Oct. 14, 1:00pm, Fri., Oct. 21, 1:00pm, and, Oct. 28, 1:00pm. Today's game is Wii Bowling. Test your skill and see if you can win.

MOVIE BINGO – Tues., Oct. 11, 1:00pm. Join George and Viola Hibbard in the dining room for movie bingo and movie star trivia.

ICE CREAM SOCIAL – Wed., Oct. 12, 1:00pm. See page 1 for details

SPA DAY – Thurs., Oct. 13, 10:00am. See page 1 for description.

SPIRITUAL PERSPECTIVES OF AGING – Thurs., Oct 13, 2:00pm, and Thurs., Oct. 27, 2:00pm..

Diane K. will lead this discussion on enjoying life with the Spiritual Perspective on Aging.

CURRENT EVENTS – Wed., Oct 19, 1:00pm. Zuleyma or Beth will be here to discuss what’s happening in the news today.

CARD MAKING 101 – Wed., Oct. 12, 10:30am, and Wed., Oct. 26, 1:00pm. 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.**

WII GAMES – Tues., Oct. 18, 1:00pm, and Thurs., Oct. 20, 1:00pm. Beth will lead Wii Games. What games do you enjoy playing!

MUSIC BINGO – Tues., Oct. 25, 1:00pm. Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

MEDICARE PART D LECTURE – Wed., Oct. 26, 1:00pm. See page 1 for more information

CHEF SUE HALLOWEEN LUNCHEON – Thurs, Oct. 27, Noon. See page 1 for details

“A CLASS ACT” ANNA PAPPAS – Thurs., Oct. 27, 1:00pm. See page 1 for description

DAMASCUS SENIOR CENTER

WASHINGTON D.C. MINI TRIP

Date: October 21, 2016

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 October 14, 2016 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., Oct. 5, 10:00 – 11:30am and Wed., Oct. 19, 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 OCTOBER 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. Elizabeth Mitchell 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. 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

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:30 Movie Day 1:00 Canasta 2:00 Basic Spanish	5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 FLU SHOTS 10:00 Chairobics 11:00 Craft Class 12:30 Mah Jong 1:00 Golden Aires 2:00 Stretching Class	6 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 Center Staff 2:00 Tablet Class	7 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video
10 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	11 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo 2:00 Basic Spanish	12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Card Making 101 12:30 Mah Jong 1:00 Ice Cream Social 1:00 DSCSI Meeting 2:00 Stretching Class	13 9:15 Walk & Firm 10:00 Chairobics 10:00 Spa Day Lecture 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 2:00 Spiritual Perspectives 2:00 Tablet Class	14 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video
17 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	18 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 WII Games 2:00 Basic Spanish	19 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:00 Blood Pressure 11:00 Craft Class 12:30 Mah Jong 1:00 Current Events 2:00 Stretching Class	20 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 WII Games 2:30 Smart Phone	21 9:00 Coffee Social 9:15 Walk & Firm 9:30 MINI TRIP 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video
24 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	25 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Music Bingo 2:00 Basic Spanish	26 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Card Making 101 12:30 Mah Jong 1:00 Medicare Part D 2:00 Stretching Class	27 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 12:00 Chef Sue Halloween Luncheon 1:00 Tea Dance 1:00 A Class Act 2:00 Spiritual Perspectives 2:30 Smart Phone	28 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video
31 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				