



Jan. 2023

# Damascus 55+ Senior Center

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

## ANNOUNCEMENTS

The Center will be closed on Monday, January 2 and Mon., Jan. 16.

Have you seen the new *Activity Registration Forms*?

Please be sure to fill one out so that we may better track our usage patterns. Forms are available at the front desk.

## SPECIAL EVENTS

**Special Programs Daily at 1:00 pm Activity #R07107-206**

*Dates with special guests include:*

- ◆ **Music by Frank Plumer:** Wed., Jan. 4
- ◆ **Birthday Celebration:** Thurs., Jan. 5 with Damascus Y Women
- ◆ **Fire Safety** with Jim Resnick, MoCo Fire and Rescue, Fri., Jan. 13
- ◆ **Piano Tunes with Gwen:** Fri., Jan. 20
- ◆ **Monthly Chat with the Director:** Wed., Jan 24
- ◆ **Rheumatoid Arthritis Day with PIVOT PT:** Tues, Jan. 31  
Learn about symptoms, causes, prevention, and treatment options.

**Mosaics is back!** 8-week session, Tuesdays, 10:00—11:30 am, January 10-Feb. 28, *Activity # R-07095-212*

**Music in Motion with Polly Baldrige:** 8-week session, Thursdays 11:00 am-12:00 pm, January 19-March 9, *Activity # R07080-204*  
An interactive time of music making with singing, movement, and percussion. We will experience different parts of the world by learning folk songs and music traditions of other cultures.

**Maryland Insurance Administration Information Table:**

Monday, January 23, 10:00 am—1:00 pm, Lobby

**Watercolors returns in February!** 7-week session, Mondays, 10 am—12 noon, Feb. 6-March 27. (No class on Feb. 20.) *Activity #R07095-213*

**Fresh Conversations Nutrition Education Series with Mona from UMD:** Monthly program wraps up this month on Mondays from 10-11 am. Recipes, games, and educational material! *Activity # R-07024-102:* Jan. 9: The “sunshine” vitamin & depression and Jan. 30: Cooking for 1 or 2

**And much more!** Check out the inside and calendar!

DAMASCUS  
SENIOR CENTER  
HOURS

Monday—Friday  
9:00 a.m.—4:00  
p.m.

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## TEAM MEMBERS

**Director:**  
Cathy Richards

**Nutrition  
Coordinator:**  
Teresa Wu

**Special Events  
Coordinator:**  
Lisa Cassarino  
Liscinsky

**Recreation  
Assistants:**  
Carmen Flores  
Suzie Diddle

**JCA Bus Driver:**  
Pierre Jean Claude

**DSCSI:**  
Elaine DeStefano

**Day Porter:**  
Maria

We also have many treasured volunteers helping at the front desk. Together, we are delighted to spend the day with you! Please let us know how we can be of assistance!

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## Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm  
Exercise Room Activity #R07039-204, Billiards Room Activity #R07103-201  
Need pointers on playing billiards? Jessie is available most Tuesdays at 1:30 pm!

## Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-201

## Game Time

Mah Jong, Weds., 12:30 pm, Activity #R07047-205  
Canasta, Thurs., 1:00 pm, Activity #R07112-202

## Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-203  
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-201  
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-201  
Tai Chi on Tuesdays at 1:00 pm Activity #R07025-204  
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-206  
Yoga on Fridays, 11:00 am (Free) Activity #R07029-203

## Meal Program

Lunch is served every day at 12:00 pm, provided by the *Meals on Wheels Senior Nutrition Program*. Reservations are required to participate. Speak to one of the Staff and they will walk you through the process. This includes reviewing the menu for the month, deciding which day(s) you'd like to participate, and then selecting the hot, cold, or vegetarian choice for each day. If you make a reservation for a meal and miss without cancelling by 11:00 am the day before, you will be recorded as a "no-show" for the day. If you have three no-shows in a month, you will be unable to participate again until the next month. Stand-by meals are not guaranteed. Donations are suggested at the rate of \$2.00 per meal for those 60+ years of age. Guests under the age of 60 are asked to pay \$7.05, which is the full cost of the meal.

## Shopping Trips

*Bring your shopping list and join us!*

**Mt. Airy Walmart:** Tuesday 01/10, 9:30 am, Activity # R07101-201

**Dollar Tree:** Tuesday 01/24, 9:30 am, Activity # R07101-202

## Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. To request transportation and determine if your address qualifies, fill out a request form available at the front desk. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

## **Aging and Disability Services (240-777-3000)**

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

**Aging & Disability 1:1 Meetings with Tracy Carter will be available on Wed., Jan. 18.** Call Tracy to make an appointment.

### **Coping with Change, Thursdays at 11:00 am**

Free drop-in support group with Yasaman Alavi focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462, *Activity #07076-203*

### **Join the Tea Dancers!**

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07129-201*

### **Medical Equipment Loans**

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

### **Recycling and/or Disposal of Used Batteries**

Look for the box on the coatroom shelf outside the auditorium.

### **AARP Friendly Voice Program**

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.

### **Thank You!**

Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club  
Damascus Y Women - Harwood House - Little Far East II - Partners in Care  
Pivot Physical Therapy - Quincy's Uptown Bar and Grill - Safeway - Trader Joe's  
- Weis Markets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Center closed for New Year's Observance</p>	<p>3</p> <p>9:00 Social Hour 10:00 Chairobics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Music Bingo</p>	<p>4</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:00 Mah Jong <b>1:00 Frank Plumer</b></p>	<p>5</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance <b>1:00 Birthday Party</b></p>	<p>6</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia</p>
<p>9</p> <p>9:00 Social Hour 10:00 Walking Club <b>10:00 Nutrition Series</b> 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talk Monday</p>	<p>10</p> <p>9:00 Social Hour 9:30 Walmart 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Carnival Day</p>	<p>11</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:00 Mah Jong 1:00 Rubber Ducky Day</p>	<p>12</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 On This Day in History</p>	<p>13</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch <b>1:00 Fire Safety</b></p>
<p>16</p> <p>Center closed for Martin Luther King Jr. Birthday</p>	<p>17</p> <p>9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Olympic Curling</p>	<p>18</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba <b>11:30 Social Worker</b> 12:00 Lunch 12:00 Mah Jong 1:00 National Thesaurus Day</p>	<p>19</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 DJ Day</p>	<p>20</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch <b>1:00 Gwen on Piano</b></p>
<p>23</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 National Polka Dot Day <i>* MD Insurance Info Table 10 am -1 pm*</i></p>	<p>24</p> <p>9:00 Social Hour 9:30 Dollar Tree 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Chat with the Director</p>	<p>25</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:15 Movie Day 12:00 Lunch 12:00 Mah Jong 12:45 Movie Day (cont)</p>	<p>26</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Hot Chocolate Day</p>	<p>27</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Table Games</p>
<p>30</p> <p>9:00 Social Hour 10:00 Walking Club <b>10:00 Nutrition Series</b> 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Nutrition with Teresa</p>	<p>31</p> <p>9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 <b>Rheumatoid Arthritis with PIVOT</b></p>	<p><b><i>Inclement Weather Policy</i></b></p> <p><i>When Montgomery County Public Schools are closed, we are closed.</i></p> <p><i>When Montgomery County Public Schools have a delayed opening, we open at 10:00 am, all classes are canceled and there is no bus service or lunch served. If you are unsure, call the center at 240-777-6995.</i></p>		

