



July 2021

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

WELCOME BACK!

We are excited to welcome you back to the Damascus Senior Center! Programs are gradually being added back to the calendar and we are exploring new opportunities as well. Please let us know what you'd like to see offered!

HOLIDAY CLOSURE

The Center will be CLOSED on Monday, July 5 in observance of Independence Day.

STAFFING UPDATE

Tony Edghill has retired and we wish him all the best! Cathy Richards is the Interim Director of the Center. Please take a moment to let her know how she can help you.

JULY HIGHLIGHTS

Independence Day Celebrations: Thurs., July 1, 3:00 pm (virtual concert) and Fri, July 2 at 1:00 pm

Birthday Celebration: Thurs., July 8, 1:00 pm

We have missed celebrating birthdays with you! Sponsored by the 4-H.

Piano Tunes with Gwen, Fri., July 16, 11:00 am

Gwen will entertain us with music!

All About Coins with David: Tues., July 20, 1:00 pm

Join us to learn about coin collecting and have your coins evaluated!

Damascus Heritage Museum: Wed., July 21, 11:00 am

We'll head across the parking lot to check out the current exhibit!

Travel Photos with Sue: Wed., July 21, 1:00 pm

Enjoy photos that Sue took of the beautiful Galapago Islands!

Polly Baldrige Sings: Tues., July 27, 1:00 pm

And much more!

Check out the calendar for the full schedule for each day!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

9:00 a.m.—4:00 p.m.

STAFF

Interim Director:
Cathy Richards

Nutrition Coordinator:
Suzanne Diddle

Special Events
Coordinator:
Lisa Cassarino
Liscinsky

Recreation Assistants:
Carmen Flores
Carolyn Francis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping with Change 12:00 Lunch 1:00 Adult Coloring 1:00 Tea Dance 3:00 Seniorita Sunshine Patriotic Songs on Zoom	2 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Independence Day Celebration
5 The Center is CLOSED in observance of Independence Day	6 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Canasta 1:00 Table Games 3:00 pm Meet the Staff	7 9:00 Social Hour 10:00 Chairobics 10:00-2:00 Lighten Up Lemonade Stand and Light Bulb Exchange 11:00 Needlecraft 12:00 Lunch 12:30 Mah Jong 2:30 pm Tech Time	8 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping with Change 12:00 Lunch 1:00 Birthday Party 1:00 Tea Dance 3:00 pm Weight Room Demo	9 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Seniors Choice
12 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dancing 12:00 Lunch 1:00 National Paper Bag Day 2:30 pm Tech Time	13 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Canasta 1:00 Brain Games 3:00 pm Weight Room Demo	14 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 12:00 Lunch 12:30 Mah Jong 1:00 Summer Treats	15 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Better Balance with Cathy 1:00 Tea Dance 3:00 pm Weight Room Demo	16 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Gwen on Piano
19 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dancing 12:00 Lunch 1:00 TED Talk Monday 2:30 pm Tech Time	20 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Canasta 1:00 All About Coins with David 3:00 pm Weight Room Demo	21 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Heritage Museum 12:00 Lunch 12:30 Mah Jong 1:00 Travel Pics w/ Sue 2:30 pm Tech Time	22 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping with Change 12:00 Lunch 1:00 Movie Bingo 1:00 Tea Dance 3:00 pm Weight Room Demo	23 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Amelia Earhart Day
26 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dancing 12:00 Lunch 1:00 Tai Chi	27 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Canasta 1:00 Polly Sings 3:00 pm Weight Room Demo	28 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 12:00 Lunch 12:30 Mah Jong 1:00 Carnival Games	29 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping with Change 12:00 Lunch 1:00 Art and Music 1:00 Tea Dance 3:00 pm Weight Room Demo	30 9:00 Social Hour 10:00 Chairobics 11:00 Movie Day 12:00 Lunch

Montgomery County Senior Nutrition Program July 2021 Congregate Lunch Menu

The meal cost is \$5.93. 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. Contributions are used to serve more meals. The recommended donation is \$2.00. Please choose one of the options for each day: hot, cold, or Vegetarian. Vegetarian entrees are served with the hot meal side dishes.

For information about the Senior Nutrition Program, call 240-777-3810. Menus subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5) CLOSED 	6) Chicken Breast w/Apricot Mustard Sauce, Roasted Sweet Potatoes, Green Beans, Dinner Roll, Fresh Fruit OR Zesty Baja Chicken Salad on Whole Wheat, Patriotic Bean Salad, Fresh Fruit VEGETARIAN: Vegetarian Chili	7) Baked Cod Loin w/Chili Curry Sauce, White Beans w/Arugula, Garden Vegetables, Wheat Roll, Fresh Fruit OR Roast Beef & Swiss on Whole Wheat, Carrot-Raisin Salad, Fresh Fruit VEGETARIAN: Sweet & Sour Vegetables w/Rice	8) Beef Ziti Bake, Broccoli, Hot Spiced Apples, Italian Bread OR Honey Mustard Chicken Salad on Whole Wheat Roll, Pasta Salad, Fresh Fruit VEGETARIAN: Mac & Cheese	9) Chicken Chili, Spanish Rice, Mexicali Vegetables, Whole Wheat Bread, Tropical Fruit OR Krab Salad on a Kaiser Roll, Three-Bean Salad, Mandarin Oranges VEGETARIAN: Vegetarian Stew
12) Honey Mustard Chicken, Scalloped Potatoes, Harvard Beets, Whole Wheat Bread, Fresh Fruit OR Roast Beef & Muenster on Wheat Bread, Copper Pennies, Applesauce VEGETARIAN: Alfredo Penne w/Broccoli	13) Ten-Grain Pollock, Corn, Sliced Carrots, Dinner Roll, Strawberry Glazed Fruit OR Egg Salad on Whole Wheat, Appleslaw, Fresh Fruit VEGETARIAN: Eggplant Parmesan	14) BBQ Beef Rib Patty on Whole Wheat Bun, Baked Beans, Collard Greens, Spiced Apples OR Turkey & Cheddar on Whole Wheat, Pasta Salad, Fresh Fruit VEGETARIAN: Mac & Cheese	15) Chicken Souvlaki, Lemon Rice, Zucchini & Squash, Whole Wheat Pita, Diced Peaches OR Lemon Pepper Tuna Salad on a Croissant, Black-Eyed Pea Salad, Fresh Fruit VEGETARIAN: Veggie Burger on Whole Wheat Bun	16) Meatballs w/Marinara Sauce, Whole Grain Rotini, Green Beans, Italian Bread, Fresh Fruit OR Turkey Salad on a Kaiser Roll, Beet Salad, Tropical Fruit VEGETARIAN: Vegetable Fried Rice

19) Panko Breaded Pollock, Cheesy Baked Rice, Broccoli, Whole Wheat Roll, Fresh Fruit OR Roast Beef & Cheese on Whole Wheat Bun, White Bean Salad w/ Olives, Fresh Fruit VEGETARIAN: Cheese Manicotti w/Marinara Sauce	20) BBQ Chicken Thigh, Black- Eyed Peas, Collard Greens, Biscuit, Applesauce OR Turkey Salad on a Kaiser Roll, Citrus Carrot Salad, Tropical Fruit VEGETARIAN: Egg Omelet	21) Meatballs w/Korean BBQ Sauce, Confetti Rice, Sliced Carrots, Whole Wheat Bread, Fresh Fruit OR Ham & Swiss on Whole Wheat Bread, Potato Salad, Fresh Fruit VEGETARIAN: Veggie Burger on Whole Wheat Bun	22) Chicken Au Gratin, But- tered Rotini, Mixed Vege- tables, Italian Bread, Pineapple Tidbits OR Egg Salad on Whole Wheat Pita, Mixed Vegetable Sal- ad, Fruit Cocktail VEGETARIAN: Baked Egg- plant	23) Sliced Turkey w/Gravy, Del- monico Potatoes, Brussels Sprouts, Whole Wheat Roll, Peaches & Pears OR Chicken Salad on a Kaiser Roll, Macaroni Salad, Fresh Fruit VEGETARIAN: Broccoli Mac & Cheese
26) Parmesan Chicken Pat- ty, Whole Grain Penne, Tuscan Vegetables, 4 Italian Bread, Fresh Fruit OR Ham & Swiss on Whole Wheat, Mexican Cole- slaw, Pineapple Tidbits VEGETARIAN: Veggie Burger on Whole Wheat Bun	27) Meatloaf w/Gravy, Whipped Potatoes, Glazed Carrots, Whole Wheat Bread, Tropi- cal Fruit OR Tuna Salad on Whole Wheat Pita, Broccoli- Craisin Salad, Mandarin Oranges VEGETARIAN: Vegetarian Chili	28) Chicken Cacciatore, But- tered Rotini, Garlic Spin- ach, Italian Bread, Manda- rin Oranges & Pineapple	29) Beef Taco Meat on Flour Tortilla, Black Beans, Fies- ta Vegetables, Applesauce OR Grilled Chicken Breast on Whole Wheat Bun, Lemon-Dijon Carrot Sal- ad, Tropical Fruit VEGETARIAN: Macaroni & Cheese	30) Potato Crusted Fish, Gar- den Medley Rice, Broccoli, Whole Wheat Bread, Fresh Fruit OR Zesty Baja Chicken Salad on a Kaiser Roll, Confetti Corn Salad, Fresh Fruit VEGETARIAN: Vegetarian Stew

ALL MEAL CANCELLATIONS MUST BE IN TO SNP NO LATER THAN 11:30 AM THE DAY **PRIOR** TO MEAL SERVICE.

Nutrition Notes: Follow these tips to get the most out of the produce you bring home:

BUY FROZEN: Frozen (and canned) foods are nutritious, convenient, and prevent waste.

PLAN AHEAD: Buy only the amount of fresh fruit and vegetables you believe you can use promptly.

KNOW HOW TO STORE: Some, but not all, produce should be refrigerated.

WASTE NOT: Save produce no longer at its prime by freezing for other uses.