



Apr. 2024

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-313

Dates with special guests include:

- ◆ **Music by Frank Plumer:** Wed., Apr. 3
- ◆ **Birthday Party:** Thurs., Apr. 4, sponsor: DSCSI
- ◆ **The Villages of Montgomery County,** Wed., Apr. 10
- ◆ **Piano Tunes with Gwen:** Fri., Apr. 19
- ◆ **Bel Canto Choir** from Damascus High School: Wed., Apr. 24
- ◆ **Monthly Chat with the Director:** Thurs., Apr. 25
- ◆ **Christiana Drapkin** “Joyous Spring”: Tues., Apr. 30

Blood Pressure Screening: Wed., Apr. 10, 10:30-11:30 am

Vision and Hearing Testing: Wed., Apr. 17, 9:30-11:30 am,
sponsored by the Lion’s Club

Music in Motion: Back for a spring session! April 4-May 23,
Thursdays, 11:00 am—12:00 noon, featuring “Songs of Childhood”. Drop
in for just one or join us for all sessions. No cost. Register at the front
desk: Activity # R07080-316.

Watercolor: Join us for a four-week spring session, April 8-29,
Mondays, 10 am—12:00 noon. \$5 fee and limited enrollment. Register at
the front desk: Activity # R07095-324.

Strength and Balance with Dan accepts a limited number of new
participants on a rolling basis. This small group fitness training occurs on
Tuesdays and Thursdays for 30 minutes in groups of three. There is a fee.
If you are interested, see Cathy for details and availability.

And much more! Check out the inside and calendar!

DAMASCUS
SENIOR CENTER
HOURS

Monday—Friday

9:00 a.m.—4:00
p.m.

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
Michele Rollence

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!

Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm. Exercise room restricted availability on Tues.-Thurs. from 10:30 am—12:00 noon for small group training.
Exercise Room Activity #R07039-312 Billiards Room Activity #R07103-303

Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-303

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-305
Mah Jong, Wednesdays, 11:30 am, Activity #R07047-308
Canasta, Thursdays, 1:00 pm, Activity #R07112-303

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-311
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-303
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-302
Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-302
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-308
Yoga on Fridays, 11:00 am (Free) Activity #R07029-307

Meal Program

Lunch is served daily at 12:00 pm, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. To get started, fill out a lunch program registration form. You will then be invited to review the menu with Teresa, our lunch coordinator, to make your meal choices for the month. Reservations must be made four or more days in advance. If you reserve a meal but can't make it on your selected dates, please notify the center as soon as possible, otherwise it will be recorded as a "no-show". For any three no-shows in a month, your participation will be paused until the next month. Due to safety concerns, meals are to be consumed at the center ONLY. Donations are suggested at \$3.00 or more per meal for those 60+ years of age. Guests under the age of 60 are asked to pay the full price of \$7.99.

Shopping Trips

Bring your shopping list and join us!

Mt. Airy Walmart: Tuesday, Apr. 2, 9:30 am

Dollar Tree: Wednesday, April 10, 9:30 am

Harwood House: Thursday, April 18, 9:30 am

Milestone Walmart: Tuesday, Apr. 23, 9:30 am

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Applications are 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: Onsite appointments in 2024 are available quarterly instead of monthly. The next date will be **April 17**. Call Tracy to make an appointment or for a phone consultation.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Liora Rosenberg 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 301-332-4546. *Activity #07076-308*

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 #R07129-301*

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 - M&T Bank
Damascus Y Women - Harwood House - Partners in Care - Wild Birds Unlimited
Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

Damascus Senior Center

Apr. 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>1</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks</p> | <p>2</p> <p>9:00 Social Hour 9:30 Mosaics 9:30 Mt. Airy Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Film Score Day</p> | <p>3</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Frank Plumer</p> | <p>4</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 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 Birthday Party</p> | <p>5</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia</p> |
| <p>8</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Sports with Matt</p> | <p>9</p> <p>9:00 Social Hour 9:30 Mosaics 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Memory Games</p> | <p>10</p> <p>9:00 Social Hour 9:30 Dollar Tree 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Villages of MoCo</p> | <p>11</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 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 Great Scott!</p> | <p>12</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Deal or No Deal</p> |
| <p>15</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Take a Wild Guess Day</p> | <p>16</p> <p>9:00 Social Hour 9:30 Mosaics 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 11:15 Movie Day 12:00 Lunch 12:30 Movie (cont.)</p> | <p>17</p> <p>9:00 Social Hour 9:30 Vision/Hearing 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Carnival Games</p> | <p>18</p> <p>9:00 Social Hour 9:45 Harwood House 10:00 Chairobics 10:30 Strength & Balance 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 Table Games</p> | <p>19</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano</p> |
| <p>22</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Brain Games</p> | <p>23</p> <p>9:00 Social Hour 9:30 Mosaics 9:30 Milestone Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Zipper Day</p> | <p>24</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:00 Damascus Heritage Museum 11:30 Mah Jong 12:00 Lunch 1:00 Bel Canto Choir</p> | <p>25</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 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 Chat with the Director</p> | <p>26</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Special Ethnic Lunch 1:00 Teresa's Nutrition Program</p> |
| <p>29</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Sports with Matt</p> | <p>30</p> <p>9:00 Social Hour 9:30 Mosaics 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Christiana Drapkin</p> | | | |

Damascus Senior Center

April 2024 Member Spotlight

Marianne Rettig



Marianne Rettig was born in Holland to her Dutch mother and French father. Her father was an engineer for the Dutch electronics company Philips.

When WWII began, Philips sent their engineers (and their families) to foreign countries, which meant that Marianne traveled extensively in her childhood. Their first move was to Argentina, where one of Marianne's younger brothers was born. They would often have guests for dinner and when Marianne was four in Argentina, she would

ask her mother what language they would speak tonight—French, Dutch, or Spanish!

The family then moved to Canada, where Marianne's next younger brother was born. The family now had three children, all born in different countries!

Marianne's family returned to Holland in 1946 after the war, then France. Marianne learned French more extensively in school and felt privileged to have traveled so much during her earlier childhood. Later, Marianne's parents divorced and both remarried. Her mother's job as the first social hostess for Holland America Line required frequent travel, so Marianne and her brothers stayed with their father. He was promoted and relocated to Philips in Santiago, Chile in 1954 and Marianne welcomed two more siblings.

Marianne lived in Chile for ten years and it was there that she met her future husband, who was of German descent. Marianne gave birth to two sons in Chile. Her husband wanted to come to the U.S. to further his career in electronics. He came to the U.S. as a tourist and was able to get a job while he was here in order to stay. (This policy was discontinued only six months later!) Marianne and the two boys followed in 1965 and settled in Rockville, MD. A third son was born in the U.S. Her older boys became American citizens on their 18th birthdays. Marianne and her husband became American citizens in 1990 so that the family could all be the same nationality!

When Marianne's husband retired, they moved to Florida. Marianne returned to Maryland when her husband passed away eight years later.

In Maryland, Marianne moved in with her son and his family here in Damascus, MD. She still enjoys speaking Dutch, Spanish, French, and English. Marianne also loves to sew and has made many of her own dresses over the years. She still sews for pleasure and special projects, such as props used for the Senior Center chairrobics class. Marianne used to love gardening and still loves to be with people. She very much enjoys her friendships at the Damascus Senior Center, where it is nice to be missed when you haven't been here for even a day or two! We agree, Marianne, and are so glad you spend your days with us!