



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 at www.montgomerycountymd.gov/seniors.
- “Meals on Wheels” is available for any senior who is in need. Please call the Center for more information.

OCTOBER HIGHLIGHTS

Retro Rockets Presents Rearview Mirror: Wednesday, October 10, 1:00 p.m. Enjoy songs from the 50’s, 60’s, and 70’s. **Cost: \$1.00.**

Mini Trip to Maryland Live! Casino: Monday, October 15, 9:00 am–2:00 pm. Join DSC as we take a trip to Maryland Live! Casino at Arundel Mills Mall. Bring money for lunch and gambling. **Cost: \$10.00.**

Community Service Week: October 22-26, 2:00 pm. We will be making No-Sew Scarves from a variety of beautiful yarns. The scarves will be donated to the Betty Ann Krahnke Center, a domestic violence shelter for women and children. If you are interested in participating in this project, please contact the Center and ask for Leila or Lisa.

Talent Show: Wednesday, October 24, 1:00 pm. See page 2 for details. **FREE**

Halloween Luncheon: Wednesday, October 31, 12:00 pm. The menu will be available at the reception desk one month prior to the event. Call the Damascus Senior Center for reservations. Price for the Meal ages 55 – 59 is \$7.00 and ages 60+ a donation is requested.

Anna Pappas: A Class Act: Wednesday, October 31, 1:00 pm. See page 3 for details. **Cost: \$1.00.**

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 Manager
Shannon Tchuimeni

Special Events
Coordinators
Leila Hertzberg &
Lisa Cassarino
Liscinsky

Recreation Assistants
Suzanne Diddle &
Carmen Flores

WHAT’S INSIDE?

Announcements..... 1
 Programs.....2-3
 Bus Info..... 2
 Get Active.....3
 Health & Nutrition .4
 Weekly Shopping....6
 Senior Info5
 Table Games 6
 Trips.....6
 Spotlight..... 7
 Calendar..... 8

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

Wii Jeopardy: Monday, October 1, 8, 15, and 29 1:00 pm. Enjoy a fun game of Wii Jeopardy! **FREE**

Veterans Informational Table: October 2, 10:00 am-2:00 pm. 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, October 2, 11:30 am. Come enjoy a movie in the Dining Room. **FREE**

Mental Health Check-Up: Wednesday, October 3, 1:00 pm. Lecture sponsored by Adventist HealthCare. **FREE**

Birthday Party: Thursday, October 4, 1:00 pm. Join us in celebrating October birthdays. Our host this month is The American Heritage Girls. **FREE**

Art and Music: Friday, October 5, 2018, 1:00 pm. Join us for a fun afternoon of creativity! **FREE**

Movie Bingo: Tuesday, October 9, 1:00 pm. George and Viola Hibbard will be hosting Movie Bingo in the dining room. **FREE**

Entertainment—Retro Rockets Presents Rearview Mirror: Wednesday, October 10, 1:00 pm: Enjoy music from the 50s, 60s, and 70s. **Cost: \$1.00.**

Ice Cream Social: Thursday, October 11, 1:00 pm. Enjoy socializing and ice cream—bring a friend! **Cost: \$1.00.**

Brain Games: October 12 and 30, 1:00 pm. Exercise your brain by solving some riddles and brain teasers. **FREE**

Balloon Fun: Tuesday, October 16, 1:00 pm. Balloon games for light-hearted fun. **FREE**

Energy Action: Wednesday, October 17, 1:00 pm. Larissa Johnson will be back with more helpful energy conscious information. **FREE**

LCR Game: Thursday, October 18, 1:00 pm. Roll the dice and let the chips fall where they may. **FREE**

Fall Craft: Friday, October 19, 1:00 pm. Join us for creative fall fun. **FREE**

Senior Safety: Monday, October 22, 1:00 pm. Julie Tucker of the Montgomery County Police, Volunteer Resources Section, will give tips to keep seniors safe. **Free.**

Carnival Games: Tuesday, October 23, 1:00 pm. Join us for a variety of fun games in the dining room. **FREE**

Talent Show: Wednesday, October 24, 1:00 pm. Join us for a program of song and dance provided by our talented seniors! **FREE**

Celebration of Apples: Thursday October 25, 1:00 pm. Lets see how many ways we can enjoy this fall favorite. **FREE**

Nutrition Talk: Friday, October 26, 1:00 pm. Lowering Carbs and Sugar Intake for Seniors. **FREE**

Writing Letters to Orphans, Friday, October 26, 2:00 pm. Come write letters to orphans around the world. Help by providing words of love & hope. **FREE**

Jewelry Workshop: Monday, October 29, 2:00 pm. Make a beautiful piece of jewelry to share or to enjoy yourself in this instructional workshop. **Fee to cover supplies: \$3.**

Entertainment—Anna Pappas “A Class Act”: Wednesday, October, 31, 1:00 pm. Enjoy a fun vaudevillian show with a seasonal theme. **Cost \$1.00**

Needle Crafts Class: Wednesdays and Thursdays, 11:00 am. 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 am - 4:00 pm. 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 am. “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 am. 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 am. 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 week session.**

Chairobics: Tuesdays - Fridays 10:00 am. 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 am. (No class in October—our instructor will be in India.) 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 am. 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 pm. 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

October (Wednesday, October 3) and (Thursday, October 18)

10:00 am - 11:30 am. 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 am.

COPING WITH CHANGE

Thursdays at 11:00 am, 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**

SENIOR CALL CHECK PILOT PROGRAM

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, across the state.

HOW DOES IT WORK?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 am and 4 pm as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant.

WHO CAN PARTICIPATE?

Any Maryland resident who is 65 years of age or older who has a land line phone or cell phone. For more information, go to www.aging.maryland.gov, or call **1-800-243-3425, M-F 8:30 am – 5:00 pm.**

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 pm, Mondays at 9:30 am, Tuesdays at 1:30 pm, Wednesdays at 8:30 pm, Thursdays at 12:30 pm, Fridays at 7:30 pm, and Saturdays at 11:30 am.

REMEMBER TO SHOW YOUR SUPPORT BY JOINING DSCSI

The Damascus Senior Center Sponsors, Inc. (DSCSI) raises funds to support the Damascus Senior Center. With DSCSI support, the Center is able to provide high quality programs, classes, and services. We ask that you show your continued support with a minimum \$10.00 annual donation. 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.

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: Walmart, Mt Airy MD.

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

Please note other possible trips include the Dollar Tree in Damascus, local art studios, and a local park when the weather is nice. Your input and suggestions are welcome and encouraged.

Please let Leila or Lisa know where you would like to go.

MINI-TRIP

Mini Trip to Maryland Live! Casino

Monday, October 15, 9:00 am–2:00 pm.

Join us for a fun trip to the Maryland Live! Casino at Arundel Mills mall. Be sure to bring money for lunch and gambling. Sign up early as this trip fills quickly! **Cost: \$10.00.**

TABLE GAMES

Bridge: Tuesdays & Thursdays @ 11:00 am - 4:00 pm

Canasta: Tuesdays @ 1:00 pm - 3:30 pm

Mah Jong: Wednesdays @ 12:30 pm

Life is great when you participate!

SENIOR SPOTLIGHT: GITA AND DASH THAKKAR

Gita and Dash Thakkar have been living and loving life together for 47 years and in two countries. Born in India, the couple met each other through Gita's father, and decided to get married after only two or three meetings. Dash worked as an electrical engineer – in India in the mid-1960s, everyone was studying either engineering or medicine, and he preferred engineering. Gita was a science student who decided to study something besides the usual options of physics and chemistry – she wished to challenge herself, and so she obtained a Bachelors' degree in microbiology. In her spare time, Gita enjoyed swimming, and she would often participate in competitions. Gita and Dash did not want to come to the United States at first, since they were perfectly happy living in India. Eventually convinced to move by family members who had already emigrated, the couple were sponsored by Dash's sister, and they moved to the U.S. in December 1994. Though initially reluctant to make the move overseas, they are now very happy with their lives here. After they emigrated to the U.S., Gita and Dash worked for a student loan collection agency in Chicago. They then moved to Maryland and contracted for General Electric in Gaithersburg for a while before retiring. In the four years that they have been coming to the Damascus Senior Center, Gita and Dash have most enjoyed participating in Chairobics, with Gita sometimes leading the class. Besides Chairobics, Dash enjoys other exercise and Gita spends time working on creative projects such as painting, music, jewelry making, and freehanded stained glass painting. She plans to lead a class on creating candleholders out of CDs and DVDs in the near future. Outside of the Damascus Senior Center, Gita and Dash like to play bridge at Mangal Mandir, a Hindu temple which also runs a senior center. They have also served as general election operation judges – the people who make sure voters know how the voting procedure works in Montgomery County – and plan to do so again in upcoming elections. Every few years, Gita and Dash take the time to travel back to India in order to go on pilgrimages to holy places, visit family, and go shopping, especially for clothes. The couple enjoy traveling abroad and list Britain, Switzerland, Alaska, Hawaii, and Cancun as their favorite places they have visited. They've also traveled to Europe, Panama, the Bahamas, and Mexico, and they plan to visit Australia and New Zealand in the near future. They would also like to take a pilgrimage to some holy places in the Himalayas. Gita and Dash have three daughters, all of whom were also born in India. They are immensely proud of their accomplishments: their oldest was a swimming and roller-skating champion in her youth and now has a Masters in web development; their middle daughter was a rifle-shooting champion who won her first gold medal at age seven and is now working in Chicago; and their youngest trained as a classical dancer and performed in countries like Sweden and Norway and now works as a network engineer for Amazon.

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 |
|---|---|--|--|--|
| <p>1</p> <p>10:00 Walking Club</p> <p>11:00 Tap Dance</p> <p>12:00 Lunch</p> <p>1:00 Wii Jeopardy</p> | <p>2</p> <p>10:00 Chairobics</p> <p>10:00 Veterans Info</p> <p>11:00 Bridge</p> <p>11:30 Movie Day</p> <p>12:00 Lunch</p> <p>1:00 Canasta</p> | <p>3</p> <p>10:00 Chairobics</p> <p>10:00 Blood Pressure</p> <p>11:00 Needle Crafts</p> <p>12:30 Mah Jong</p> <p>1:00 Mental Health Check-up</p> | <p>4</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>11:00 Needle Crafts</p> <p>11:00 Coping with Change</p> <p>12:00 Lunch</p> <p>1:00 Birthday Party</p> <p>1:00 Tea Dance</p> | <p>5</p> <p>10:00 Chairobics</p> <p>11:00 Zumba Gold</p> <p>12:00 Lunch</p> <p>1:00 Art and Music</p> |
| <p>8</p> <p>10:00 Walking Club</p> <p>11:00 Tap Dance</p> <p>12:00 Lunch</p> <p>1:00 Wii Jeopardy</p> | <p>9</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>12:00 Lunch</p> <p>1:00 Movie Bingo</p> <p>1:00 Canasta</p> | <p>10</p> <p>10:00 Chairobics</p> <p>11:00 Zumba Gold</p> <p>10:00 Blood Pressure</p> <p>11:00 Needle Crafts</p> <p>12:00 Lunch</p> <p>12:30 Mah Jong</p> <p>1:00 Retro Rockets/ Rearview Mirror</p> | <p>11</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>11:00 Needle Crafts</p> <p>11:00 Coping with Change</p> <p>12:00 Lunch</p> <p>1:00 Ice Cream Social</p> <p>1:00 Tea Dance</p> | <p>12</p> <p>10:00 Chairobics</p> <p>12:00 Lunch</p> <p>1:00 Brain Games</p> |
| <p>15</p> <p>9:30 Maryland Live! Casino</p> <p>10:00 Walking Club</p> <p>11:00 Tap Dance</p> <p>12:00 Lunch</p> <p>1:00 Wii Jeopardy</p> | <p>16</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>12:00 Lunch</p> <p>1:00 Balloon Fun</p> <p>1:00 Canasta</p> <p>1:00 DSCSI Board Meeting</p> | <p>17</p> <p>10:00 Chairobics</p> <p>11:00 Needle Crafts</p> <p>12:00 Lunch</p> <p>12:30 Mah Jong</p> <p>1:00 Energy Action</p> | <p>18</p> <p>10:00 Chairobics</p> <p>10:00 Blood Pressure</p> <p>11:00 Bridge</p> <p>11:00 Needle Crafts</p> <p>11:00 Coping with Change</p> <p>12:00 Lunch</p> <p>1:00 LCR Game</p> <p>1:00 Tea Dance</p> | <p>19</p> <p>10:00 Chairobics</p> <p>11:00 Zumba Gold</p> <p>12:00 Lunch</p> <p>1:00 Fall Craft</p> |
| <p>22</p> <p>10:00 Walking Club</p> <p>11:00 Tap Dance</p> <p>12:00 Lunch</p> <p>1:00 Senior Safety</p> <p>2:00 Community Service Project</p> | <p>23</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>12:00 Lunch</p> <p>1:00 Carnival Games</p> <p>1:00 Canasta</p> <p>2:00 Community Service Project</p> | <p>24</p> <p>10:00 Chairobics</p> <p>11:00 Needle Crafts</p> <p>11:00 Zumba Gold</p> <p>12:00 Lunch</p> <p>12:30 Mah Jong</p> <p>1:00 Talent Show</p> <p>2:00 Community Service Project</p> | <p>25</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>11:00 Needle Crafts</p> <p>11:00 Coping with Change</p> <p>12:00 Lunch</p> <p>1:00 Celebration of Apples</p> <p>1:00 Tea Dance</p> <p>2:00 Community Serv Project</p> | <p>26</p> <p>10:00 Chairobics</p> <p>12:00 Lunch</p> <p>1:00 Nutrition Talk</p> <p>2:00 Writing Letters to Orphans</p> <p>2:00 Community Service Project</p> |
| <p>29</p> <p>10:00 Walking Club</p> <p>11:00 Tap Dance</p> <p>12:00 Lunch</p> <p>1:00 Wii Jeopardy</p> <p>2:00 Jewelry Workshop</p> | <p>30</p> <p>10:00 Chairobics</p> <p>11:00 Bridge</p> <p>12:00 Lunch</p> <p>1:00 Brain Games</p> <p>1:00 Canasta</p> | <p>31</p> <p>10:00 Chairobics</p> <p>11:00 Needle Crafts</p> <p>12:00 Halloween Luncheon</p> <p>12:30 Mah Jong</p> <p>1:00 Anna Pappas "A Class Act"</p> | <p>Monday—Friday</p> <p>9:00 COFFEE SOCIAL</p> | |
| <p>9:15 WALK & FIRM</p> | | | | |