

# Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD 20872



December 2025

## Special Events

### **Flu Clinic**

Register with *Activity #R07108-236*  
Wednesday, December 3 from 10 am—2 pm

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### **Canned Christmas Tree Craft**

Transform ordinary cans into a festive pyramid Christmas tree! Stack them high, then decorate with tinsel, ornaments, and lights.

Register with *Activity #R07095-290*  
Wednesday, December 10 from 9:30— 11:30 am

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### **Age-Friendly Listening Sessions**

Age Friendly is an advisory group for Montgomery County that leads efforts to improve resources and services.

Register with *Activity #R07116-204*  
Wednesday, December 10 from 11 am— 1:30 pm

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### **Cookie Decorating & Bel Canto Performance**

Register with *Activity #R07107-299*  
Tuesday, December 16 from 12:30 pm— 2 pm

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### **Damascus Senior Center Art Show**

Thursday, December 18 from 10am— 1pm

Stop by and see the beautiful masterpieces displayed throughout the center that our many arts classes have created!

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### **Cardboard Boat Regatta Presentation**

Friday, December 19 at 11 am

Learn more about the exciting event where senior centers showcase their creativity by building unique boats using just three materials: cardboard, duct tape, and garbage bags.

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### **The 1:00 Program**

- ♦ **Ken & Doug Sing-A-Long:** Wed, Dec 3
- ♦ **Birthday Party hosted by The Lions Club** Thurs, Dec 4
- ♦ **Musical Performance by Walter Ware:** Tues, Dec 9
- ♦ **Friday Face OFF— Familiar Feud w/ Travis:** Fri, Nov 14
- ♦ **Piano Tunes with Gwen:** Wed, Dec 17

**DAMASCUS  
SENIOR CENTER  
HOURS AT OAK  
DRIVE**

**240-777-6995**

**Mon., Tues., Wed.,  
Fri.**

**9:00 a.m.—4:00 p.m.**

**Thurs.**

**9:00 a.m.—7:30 p.m.**

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### **TEAM MEMBERS**

**Director:**

**James Berardi**

**Nutrition**

**Coordinator:**

**Teresa Wu**

**Special Events**

**Coordinator:**

**Lisa Cassarino**

**Liscinsky**

**Program Assistants:**

**Carmen Flores**

**Suzie Diddle**

**Sharron Yankah**

**JCA Bus Driver:**

**Pierre Jean Claude**

**Day Porter:**

**Maria Ortega**

**We are fortunate to have many treasured volunteers assisting as well. Together, we are delighted to spend the day with you! Please let us know how we can be of assistance!**

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**Activity Registrations:** Montgomery County Recreation requires pre-registration for all activities, and follows a first-come, first-served approach. To create the best possible experience for all participants, each activity has a limited capacity. If an activity reaches full capacity, you'll be placed on a waitlist, and we will inform you if a spot becomes available. Please see our full registration and waitlist policy for more details. Thank you for your participation, and we look forward to seeing you in our activities!

Please see activity registration form for full list of activities.

## Physical Health

### Fitness Classes

**Tai Chi** on Tuesdays, 11:00 a.m. *Activity #R07025-211*

**Trail Walking Club** on Wednesdays, 9:15 a.m. *Activity #R07035-222*

**Ballroom Dancing (Non Instructional)** on Thursdays, 1 p.m. *Activity #R07129-211*

**Zumba Gold** on Thursdays, 5:30 p.m. *Activity #R07070-225*

### Fitness Room

**Fitness Room Orientation:** Dec 8 at 11– Noon *Activity #R07039-231*

### Health Screenings

**Flu Clinic:** Dec 3 at 10 a.m.– 2 p.m. *Activity #R07108-235*

**Blood Pressure Screening:** Dec 10 at 10– 11 *Activity #R07108-235*

## Creativity & Arts

**Reader's Theater:** Mondays, 2:30 p.m. , *Activity #R07056-204*

**Drawing Club:** Wednesday, 2 p.m. , *Activity #R07052-211*

**Needlecraft Group:** Thursdays, 10:30 a.m. , *Activity #R07053-220*

## Games & Competition

### Dice, Card, Board, and Sports Games

**American Mah Jongg Club** Tuesdays, 11:30 a.m. , *Activity #R07047-262*

**Billiards Club** Tues-Thur 10:30 a.m.– 12:30 p.m. , *Activity #R07074-213*

**Bridge Club w/ Instruction**, Tuesdays, 11:00 a.m. , *Activity #R07074-263*

**Canasta Club**, Thursdays, 12:30 p.m. , *Activity #R07112-264*

**Rummikub Club**, Monday– Friday 9 a.m.–Noon , *Activity #R07112-252*

## Senior Nutrition Program

Lunch is served daily at Noon, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. Reservations must be made one week in advance. If you reserve a meal but can't make it on your selected dates, please notify the center as soon as possible. Meals are to be consumed in the social hall only. Donations are suggested at \$3.00 or more per meal for those 60+ years of age. Currently we are not accepting new applications. We apologize for the inconvenience. Feel free to bring your own lunch and join us! We'd love to share a meal together and enjoy great company!

## Social Services

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

We encourage you to call to discover valuable information about senior health services, transportation options, and housing resources. They are here to help you navigate Montgomery County resources effectively. **Walk In Appointments at Damascus Community Center on January 21 with Tracy Carter.**

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

Free support group with Liora Rosenberg focusing on both support and coping skills to handle the changes that seniors experience as they age. Hosted by the Affiliated Sante Group. For questions, call 301-332-4546. *Activity #R07076-208*

## Travel

### **Daily Bus Transportation**

Free bus transportation (Monday—Friday) is available for Montgomery County residents living within a 5-mile radius. The bus arrives at the center at 9:00 AM and departs at 2:00 PM. Applications can be obtained at the front desk and are accepted on an ongoing basis. Please note that space is limited, and there is no guarantee of availability.

### **Mini Trips**

**Milestone Shopping Center:** Mon, Dec 1 at 9:30 a.m., *Activity # R07101-288*

**Germantown Library:** Fri, Dec 5 at 9:45 a.m., *Activity # R07101-289*

**India Bazarr:** Mon, Dec 8 at 9:30 a.m., *Activity # R07101-255*

**Milestone Shopping Center:** Mon, Dec 15 at 9:30 a.m., *Activity # R07101-290*

**Amish Market:** Fri, Dec 19 at 9:30 a.m., *Activity # R07101-291*

## Drop In Activities

Game Room & Billiards: Monday-Thursday 9 a.m.—9 p.m., Fri 9 a.m.—6 p.m.

Weight Room: Monday-Thursday 9 a.m.—9 p.m., Fri 9 a.m.—6 p.m.

Competitive Pickleball: Tuesday/Thursday 9 a.m.— 2:45 p.m.

Beginner Drop In Pickleball (1 Court) : Mondays/ Fridays 2 p.m.— 3:45 p.m.

## Volunteering

Are you interested in helping individuals enhance their health and well-being? Discover the various ways you can support our Senior Center. Whether it's assisting with the coffee social or 1 PM programs, collecting attendance, or even teaching a subject you are passionate about, we are here to help you make a difference.

Join our team of dedicated volunteers while building lasting relationships with others in the community. If you are interested, please contact the Damascus Senior Center Director, James Berardi.

Email: [James.Berardi@MontgomeryCountyMD.Gov](mailto:James.Berardi@MontgomeryCountyMD.Gov)

Phone: 240-777-6996





# December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Milestone 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks 2:00 Quilting Club 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>2</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics (\$) 10:00 Chairobics 10:30 Billiards Club 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 12:00 Lunch 1:00 Continuing Your Independence 2:30 Bone Builders	<b>3</b> 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 9:30 Canned Christmas Tree Craft 10:00 Chairobics 10:30 Billiards Club 11:00 Zumba 12:00 Lunch 1:00 Ken & Doug Musical Performance 2:00 Drawing Club  <b>10 a.m.—2 p.m. Flu Clinic</b>	<b>4</b> 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Birthday Party 2:30 Bone Builders 5:00 Zumba Gold	<b>5</b> 9:00 Coffee Social 9:00 Rummikub Club 9:45 Mini Trip: Germantown Library 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off—Charades 2:00 Pickleball (Beginner Drop In)
<b>8</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: India Bazzar 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Memory Games 2:00 Quilting Club 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>9</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics (\$) 10:00 Chairobics 10:30 Billiards Club 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 12:00 Lunch 1:00 Walter Ware 2:30 Bone Builders	<b>10</b> 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 9:30 Canned Christmas Tree Craft 10:00 Blood Pressure 10:00 Chairobics 10:30 Billiards Club 11:00 Zumba <b>11 a.m. Age Friendly Listening Sessions</b> 12:00 Lunch 2:00 Drawing Club	<b>11</b> 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Holiday Boomwhackers 2:30 Bone Builders 5:00 Zumba Gold	<b>12</b> 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off—Pictionary 2:00 Pickleball (Beginner Drop In)
<b>15</b> 9:30 Coffee Social 9:30 Mini Trip: Milestone 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Nutrition Tips 2:00 Quilting Club 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>16</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics (\$) 10:00 Chairobics 10:30 Billiards Club 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 11:45 Lunch <b>12:30 Cookie Decorating &amp; Bel Canto Performance</b> 2:30 Bone Builders	<b>17</b> 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:30 Billiards Club 11:00 Zumba 12:00 Lunch 1:00 Gwen on Piano 2:00 Drawing Club	<b>18</b> 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Bingo 2:30 Bone Builders 5:00 Zumba Gold  <b>10 a.m.—1 p.m. Art Show</b>	<b>19</b> 9:00 Coffee Social 9:00 Rummikub Club 9:45 Mini Trip: Amish Market 10:00 Chairobics 11:00 Yoga 11:30 Cardboard Boat Presentation 12:00 Lunch 1:00 Friday Face Off—Familiar Feud 2:00 Pickleball (Beginner Drop In)
<b>22</b> 9:00 Coffee Social 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 On This Day in History 2:00 Quilting Club 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>23</b> 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics (\$) 10:00 Chairobics 10:30 Billiards Club 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 12:00 Lunch 1:00 Chat w/ the Director 2:30 Bone Builders	<b>24</b> 9:00 Coffee Social 10:00 Chairobics 12:00 Lunch 1:00 Photo Fun	<b>25</b> <b>Damascus Senior Center Closed for Christmas Holiday</b> 	<b>26</b> <b>Damascus Senior Center Closed</b> 
<b>29</b> 9:00 Coffee Social 12:00 Lunch 1:00 Mad Libs & Memory Lane	<b>30</b> 9:00 Coffee Social 10:00 Chairobics 12:00 Lunch 1:00 Wii Bowling	<b>31</b> 9:00 Coffee Social 10:00 Chairobics 12:00 Lunch 1:00 Spaghetti Tower Challenge	<b>Thank you for spending Your December with us!</b> <b>Please call 240-777-6995 if you have any questions!</b>	