

# Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD 20872



February 2026

**Message from The Director:** As we step into February and these cold months, I think about how grateful we are to have shelter, friendships, and hobbies that we enjoy. There are many out there in our community still in search of this and it is easy to become isolated. Please invite a friend for coffee and warmly welcome any new members to our senior center in this new year. Thank you for making our center a wonderful place to be!

## Spring Activities Registration Date: Feb 18 at 9 A.M.

*You may register at any recreation or aquatic center. We will open the doors to the building at 8:30 am. Ticket numbers will be handed out in line based on order of arrival.*

## Special Activities & Events

### My Jazzy Valentines Performance by Christiana Drapkin

Wednesday, February 11, 1– 2 pm Act #R07107-298

Celebrate Valentines Day with a delightful afternoon of Jazz resembling the melodies of Billie Holiday and Ella Fitzgerald along with Christiana's artful scat improvisations.

### Montgomery History Presents: Montgomery County's Little Known Rosenwald Schools by Ralph Burgess

Thursday February 19 1 pm– 2 pm; Act #R07105-245

Learn about these public schools' remarkable impact and importance for Black students built all over the South in the early 20th century. Montgomery County once had 17 Rosenwald schools.

### The 1:00 Program

- ◆ **Sing-A-Long w/ Polly Baldridge:** Wed, Feb 3
- ◆ **Birthday Party hosted by Visiting Angels:** Thur, Feb 5
- ◆ **Same Day Access Call n Ride Presentation:** Tue, Feb 10
- ◆ **Reader's Theater Performance:** Thur, Feb 12
- ◆ **Olympic Sports w/ Matt Connolly:** Tue, Feb 17
- ◆ **Musical Performance by Gwen G:** Wed, Feb 18
- ◆ **Chat with the Director:** Tue, Feb 24
- ◆ **Thrive Through Mobility Challenges w/ Karen:** Wed, Feb 25
- ◆ **Armchair Travel to Alaska w/ Sue Guy:** Thurs, Feb 26

## DAMASCUS SENIOR CENTER 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.

## TEAM MEMBERS

**Director:**

**James Berardi**

**Nutrition**

**Coordinator:**

**Teresa Wu**

**Special Events**

**Coordinator:**

**Lisa Cassarino  
Liscinsky**

**Program Assistants:**

**Carmen Flores**

**Suzie Diddle**

**Sharron Yankah**

**Nancy Austin**

**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!**

**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.

## Health & Fitness

### 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*

### Fitness Room

**Fitness Room Orientation:** Feb 9 at 11– Noon *Activity #R07039-233*

### Health Screenings

**Blood Pressure Screening:** Feb 11 at 10:30– 11:30 *Activity #R07108-235*

## Creativity & The Arts

**Tap Dance (\$):** Mondays, 11 a.m. , *Activity #R07007-223*

**Quilting Club:** Mondays, 2 p.m. , *Activity #R07056-221*

**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*

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

## Games & Sports

**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**, Tuesdays, 11:30 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!

## Community Services & Support

### 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 15 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 (Mon—Fri) is available for Montgomery County residents living within a 5-mile radius. The bus arrives at the center at 9:00 a.m. and departs at 2:00 p.m.. Applications can be obtained at the front desk and are accepted on an on-going basis. Please note that space is limited, and there is no guarantee of availability.

### Mini Trips

**Milestone Shopping Center:** Mon, Feb 2 at 9:30 a.m., *Activity # R07101-296*

**Germantown Library:** Fri, Feb 6 at 9:30 a.m., *Activity # R07101-297*

**India Bazarr:** Mon, Feb 9 at 9:30 a.m., *Activity # R07101-298*

**Milestone Shopping Center:** Fri, Feb 13 at 9:30 a.m., *Activity # R07101-299*

**Milestone Shopping Center:** Fri, Feb 20 at 9:30 a.m., *Activity # R07101-299*

**Mt. Airy Walmart:** Mon, Feb 23 at 9:30 a.m., *Activity # R07101-257*

**Amish Market:** Fri, Feb 27 at 9:30 a.m., *Activity # R07101-256*

## 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



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|   | <h1>Damascus Senior Center</h1> <h2>February 2026</h2>   |  |  |    |
| <b>Thank you for spending your February with us!</b>   |  |  |  |   |
| <b>2</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Milestone<br>9:45 Chair Yoga<br>10:00 Watercolor<br>11:00 Strength<br>Resistance Bands<br>11:00 Tap Dance (\$)<br>12:00 Lunch<br>1:00 TED Talks<br>2:00 Pickleball (Beginner<br>Drop In)<br>2:00 Quilting Club<br>2:30 Readers' Theater   | <b>3</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:30 Billiards Club<br>11:00 Bridge Club<br>11:00 Tai Chi<br>11:30 American Mah Jongg<br>12:00 Lunch<br>1:00 Sing-A-Long w/ Polly<br>2:30 Bone Builders                             | <b>4</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:15 Trail Walking Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>11:00 Yoga<br>12:00 Lunch<br>1:00 Memory Games<br>2:00 Drawing Club   | <b>5</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>10:30 Needlecraft Club<br>11:00 Coping w/ Change<br>12:00 Lunch<br>12:30 Canasta Club<br>1:00 Ballroom Dancing<br>1:00 Birthday Party<br>2:30 Bone Builders<br>5:00 Zumba Gold                                     | <b>6</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Germantown Library<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>11:00 Yoga<br>12:00 Lunch<br>12:15 Zumba<br>1:00 Friday Face Off-<br>Trivia<br>2:00 Pickleball<br>(Beginner Drop In) |
| <b>9</b><br>9:30 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>India Bazarr<br>9:45 Chair Yoga<br>10:00 Watercolor<br>11:00 Fitness Room<br>Orientation<br>11:00 Strength<br>Resistance Bands<br>11:00 Tap Dance (\$)<br>12:00 Lunch<br>1:00 Olympic Sports<br>Evolution<br>2:00 Pickleball (Beginner<br>Drop In)<br>2:00 Quilting Club<br>2:30 Readers' Theater | <b>10</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:30 Billiards Club<br>11:00 Bridge Club<br>11:00 Tai Chi<br>11:30 American Mah Jongg<br>12:00 Lunch<br>1:00 Same Day Access Call<br>n Ride Presentation<br>2:30 Bone Builders     | <b>11</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:15 Trail Walking Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>10:30 Blood Pressure<br>Screening<br>11:00 Yoga<br>12:00 Lunch<br>1:00 My Jazzy Valentine<br>Performance by<br>Christiana Drapkin<br>2:00 Drawing Club | <b>12</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>10:30 Needlecraft Club<br>11:00 Coping w/ Change<br>12:00 Lunch<br>12:30 Canasta Club<br>1:00 Ballroom Dancing<br>1:00 Reader's Theater<br>Performance<br>2:30 Bone Builders<br>5:00 Zumba Gold                   | <b>13</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Milestone<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>11:00 Yoga<br>12:00 Lunch<br>12:15 Zumba<br>1:00 Friday Face Off-<br>Pictionary<br>2:00 Pickleball<br>(Beginner Drop In)     |
| <b>16</b><br><b>Closed for<br/>Presidents Day<br/>Holiday</b><br>   | <b>17</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mosaics (\$)<br>10:00 Chairobics<br>10:30 Billiards Club<br>11:00 Bridge Club<br>11:00 Tai Chi<br>11:30 American Mah Jongg<br>12:00 Lunch<br>1:00 Olympics Sports w/<br>Matt<br>2:30 Bone Builders | <b>18</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:15 Trail Walking Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>11:00 Yoga<br>12:00 Lunch<br>1:00 Piano—Gwen G<br>2:00 Drawing Club  | <b>19</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>10:30 Needlecraft Club<br>11:00 Coping w/ Change<br>12:00 Lunch<br>12:30 Canasta Club<br>1:00 Ballroom Dancing<br>1:00 Montgomery History<br>Presents: Rosenwald Schools<br>2:30 Bone Builders<br>5:00 Zumba Gold | <b>20</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Milestone<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>11:00 Yoga<br>12:00 Lunch<br>12:15 Zumba<br>1:00 Friday Face Off-<br>Categories<br>2:00 Pickleball<br>(Beginner Drop In)     |
| <b>23</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Mt. Airy Walmart<br>9:45 Chair Yoga<br>11:00 Strength<br>Resistance Bands<br>11:00 Tap Dance (\$)<br>12:00 Lunch<br>1:00 Brain Games<br>2:00 Pickleball (Beginner<br>Drop In)<br>2:00 Quilting Club<br>2:30 Readers' Theater   | <b>24</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mosaics (\$)<br>10:00 Chairobics<br>10:30 Billiards Club<br>11:00 Bridge Club<br>11:00 Tai Chi<br>11:30 American Mah Jongg<br>12:00 Lunch<br>1:00 Chat w/ the Director<br>2:30 Bone Builders       | <b>25</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:15 Trail Walking Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>11:00 Yoga<br>12:00 Lunch<br>1:00 Thrive through<br>Mobility Challenges<br>2:00 Drawing Club   | <b>26</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>10:30 Billiards Club<br>10:30 Needlecraft Club<br>11:00 Coping w/ Change<br>12:00 Lunch<br>12:30 Canasta Club<br>1:00 Ballroom Dancing<br>1:00 Travel to Alaska through<br>pictures by Sue Guy<br>2:30 Bone Builders<br>5:00 Zumba Gold   | <b>27</b><br>9:00 Coffee Social<br>9:00 Rummikub Club<br>9:30 Mini Trip:<br>Amish Market<br>10:00 Chairobics<br>10:00 Cardboard Boat<br>11:00 Yoga<br>12:00 Lunch<br>12:15 Zumba<br>1:00 Friday Face Off-<br>Pictionary<br>2:00 Pickleball<br>(Beginner Drop In)  |