

Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD 20872



January 2026

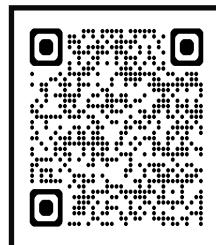
Message from The Director: Happy New Year! As we begin this new year together, let's carry forward the kindness and warmth that make our community so special. Every smile shared, every helping hand extended, and every moment of connection reminds us that you have a home here at Damascus Senior Center. Here's to spreading kindness, celebrating our friendships, and continuing the beautiful spirit of community we've created together!

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

Inclement Weather Policy

Please sign up for **Alert Montgomery** to stay up to date on our Montgomery County closures.

<https://www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html>



If MCPS Closes:

All activities are canceled.

Senior Nutrition Program & Transportation are canceled.

Senior Center will open at 9 a.m. as a warm safe space.

If MCPS 2 Hour Delay:

Activities starting before 10 a.m. are canceled.

Senior Nutrition Program & Transportation are canceled.

Senior Center will open at 9 a.m. as a warm safe space.

Cardboard Boat Regatta Design & Build Starts

Wed, Thur, Fri 10am– 1pm; Act #R07107-245

Help Damascus build a boat out of cardboard, duct tape, and trash bags to race in the annual Senior Center Boat Race!

The 1:00 Program

- ♦ **Musical Performance by Frank P:** Wed, Jan 7
- ♦ **Birthday Party:** Thur, Jan 8
- ♦ **Downsizing Presentation by Moving Forward:** Tue, Jan 13
- ♦ **Retro Show & Tell:** Thur, Jan 15
- ♦ **Introduction to Bocce Ball w/ Matt Connolly:** Tue, Jan 20
- ♦ **Musical Performance by Gwen G:** Wed, Jan 21
- ♦ **Celebrate National Popcorn Day** Tue, Jan 22
- ♦ **Chat with the Director:** Tue, Jan 27

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.

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!

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: Jan 12 at 11– Noon *Activity #R07039-232*

Health Screenings

Blood Pressure Screening: Jan 14 at 10:30– 11:30 *Activity #R07108-235*

Creativity & Arts

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*

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 (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, Jan 5 at 9:30 a.m., *Activity # R07101-292*

Germantown Library: Fri, Jan 9 at 9:45 a.m., *Activity # R07101-287*

India Bazarr: Mon, Jan 12 at 9:30 a.m., *Activity # R07101-201*

Amish Market: Fri, Jan 23 at 9:30 a.m., *Activity # R07101-293*

Mt. Airy Walmart: Mon, Jan 26 at 9:30 a.m., *Activity # R07101-203*

Delaplane Arts Centers: Wed, Jan 28 at 9:15 a.m., *Activity # R07101-295*

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

Phone: 240-777-6996



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Closed for New Years Day	2 9:00 Coffee Social 10:00 Chairobics 12:00 Lunch 1:00 Friday Face Off- Trivia
Damascus Senior Center January 2026				
Thank you for spending your January with us!				
Please call 240-777-6995 if you have any questions!				
5 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 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	6 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 Celebrate National Bean Day 2:30 Bone Builders	7 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:00 Cardboard Boat 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Piano—Frank P 2:00 Drawing Club	8 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:00 Cardboard Boat 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	9 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Germantown Library 10:00 Chairobics 10:00 Cardboard Boat 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off- Pictionary 2:00 Pickleball (Beginner Drop In)
12 9:30 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: India Bazaar 9:45 Chair Yoga 10:00 Watercolor 11:00 Fitness Room Orientation 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Static Electricity Experiments 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	13 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 Downsizing Presentation 2:30 Bone Builders	14 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:00 Cardboard Boat 10:30 Billiards Club 10:30 Blood Pressure Screening 11:00 Yoga 12:00 Lunch 1:00 Alert Montgomery 2:00 Drawing Club	15 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:00 Cardboard Boat 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 Retro Show & Tell 2:30 Bone Builders 5:00 Zumba Gold	16 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:00 Cardboard Boat 11:00 Yoga 12:00 Lunch 12:15 Zumba 1:00 Friday Face Off- Categories 2:00 Pickleball (Beginner Drop In)
19 Closed for MLK Day Holiday 	20 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 Intro to Bocce Ball 2:30 Bone Builders	21 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:00 Cardboard Boat 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Piano—Gwen G 2:00 Drawing Club 11- 3 Social Worker Appointments Available	22 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:00 Cardboard Boat 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 Popcorn Day 2:30 Bone Builders 5:00 Zumba Gold	23 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Amish Market 10:00 Chairobics 10:00 Cardboard Boat 11:00 Yoga 12:00 Lunch 12:15 Zumba 1:00 Friday Face Off- Charades 2:00 Pickleball (Beginner Drop In)
26 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Mt. Airy Walmart 9:45 Chair Yoga 10:00 Watercolor 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Brain Games 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	27 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	28 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 9:30 Mini Trip: Delaplane Arts Center 10:00 Chairobics 10:00 Cardboard Boat 10:30 Billiards Club 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 National Puzzle Day 2:00 Drawing Club	29 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:00 Cardboard Boat 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 National Puzzle Day 2:30 Bone Builders 5:00 Zumba Gold	30 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Amish Market 10:00 Chairobics 10:00 Cardboard Boat 11:00 Yoga 12:00 Lunch 12:15 Zumba 1:00 Friday Face Off- Familiar Feud 2:00 Pickleball (Beginner Drop In)