

# Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD  
20872



November 2025

**Message from The Director:** As we enter November, I'm filled with gratitude for this wonderful community. This month brings opportunities to celebrate traditions and create new memories, and I hope you'll join us for our special Thanksgiving luncheon and fall activities. As we gather together during flu season, let's keep each other healthy by washing hands frequently and staying home if you're feeling unwell. Thank you for making our senior center such a warm and welcoming place.

\*\*\*Winter Registration starts on November 18 at 9 A.M.\*\*\*

## Special Events

### **FY27 Virtual Budget Forum**

Register with *Activity #R07116-104*  
Thursday, November 13 at 12:30 P.M.

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### **Mobile Health Bus (Ages 60+)**

Wednesday, November 19 from 9:30 a.m. – 2:30 p.m.  
Sign up for the following appointments at the front desk.  
Appointment spots are limited.  
General Medical Care– 30 min, Mental Health– 90 min

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### **Thanksgiving Celebration Luncheon**

Thursday, November 20 at Noon  
Register with *Activity #R07107-178*  
*Registration Opens on November 3rd. Spots are limited.*

## **The 1:00 Program**

Exciting Rotating Programs Daily at 1 p.m. *Activity #R07107-142,*

- ♦ **Frank Plumer on Piano:** Wed, Nov 5
- ♦ **Birthday Party hosted by The Visiting Angels** Thurs, Nov 6
- ♦ **Montgomery Recreation Registration Tips:** Mon, Nov 10
- ♦ **Friday Face OFF– Pictionary w/ James:** Fri, Nov 14
- ♦ **Improv w/ Wendy Lakshman:** Wed, Nov 12
- ♦ **Piano Tunes with Gwen:** Wed, Nov 19
- ♦ **Nutrition Tips w/ Teresa:** Mon, Nov 17
- ♦ **Historic Bridges w/ Lisa:** Mon, Nov 24
- ♦ **Chat with the Director:** Tues, Nov 25

## 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**

**Recreation**

**Assistants:**

**Carmen Flores**

**Suzie Diddle**

**JCA Bus Driver:**

**Pierre Jean Claude**

**Day Porter:**

**Maria**

**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 #R07025-130*

**Trail Walking Club** on Wednesdays, 9:15 a.m. *Activity #R07035-122*

**Ballroom Dancing (Non Instructional)** on Thursdays, 1 p.m. *Activity #R07129-111*

**Zumba Gold** on Thursdays, 5:30 p.m. *Activity #R07070-128*

**Floor Strengthening Workshop:** Fri, Nov 13 at 11 a.m. , *Activity#R07060-184*

Learn and practice various methods from a laying down position to strengthen your core and legs, helping you stay strong and flexible throughout the day.

### Fitness Room

**Fitness Room Orientation:** Nov 10 at 11– Noon *Activity #R07039-131*

## Creativity & Arts

**Watercolor Studio Workshop (\$5):** Fri, Nov 14 at 10 a.m. , *Activity#R07095-140*  
Create individualized frames with monoprinting techniques along with using decorative stenciled images.

**Quilting Club:** Mondays, 2:00 p.m. , *Activity #R07053-115*

**Reader's Theater:** Mondays, 2:30 p.m. , *Activity #R07056-104*

**Needlecraft Group:** Thursdays, 10:30 a.m. , *Activity #R07053-120*

## Games & Competition

### Dice, Card & Board Games

**American Mah Jongg Club** Tuesdays, 11:30 a.m. , *Activity #R07047-162*

**Bridge Club,** Tuesdays, 11:00 a.m. , *Activity#R07074-110*

**Canasta Club,** Thursdays, 12:30 p.m. , *Activity #R07112-113*

## 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 #R07076-108*

## 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**

**Harwood House:** Fri, Nov 7 at 9:30 a.m., *Activity # R07101-167*

**Milestone Shopping Center:** Mon, Nov 10 at 9:30 a.m., *Activity # R07101-168*

**Germantown Library:** Fri, Nov 14 at 9:45 a.m., *Activity # R07101-150*

**Dollar Tree:** Mon, Nov 17 at 9:30 a.m., *Activity # R07107-149*

**Mt. Airy Walmart:** Mon, Nov 24 at 9:30 a.m., *Activity # R07101-151*

## 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





# November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Thanksgiving Celebration Registration</b> 9:00 Coffee Social 9:45 Chair Yoga 10:00 Watercolor (\$) 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Ted Talks 2:00 Quilting Tips 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>4</b> 9:00 Coffee Social 9:30 Mosaics (\$) 10:00 Chairobics 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 12:00 Lunch 1:00 Guinness Book of World Records 2:30 Bone Builders	<b>5</b> 9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 12:00 Lunch 1:00 Frank on Piano 2:00 Drawing Club 2:15 Yoga	<b>6</b> 9:00 Coffee Social 10:00 Chairobics 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 6:15 Steady Strength	<b>7</b> 9:00 Coffee Social 9:45 Mini Trip: Harwood House 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off—Charades 2:00 Pickleball (Beginner Drop In)
<b>10</b> 9:00 Coffee Social 9:15 Mini Trip: Milestone 9:45 Chair Yoga 11:00 Fitness Room Orientation 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Registration Tips 2:00 Quilting Tips 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater	<b>11</b> <b>Closed for Veterans Day</b> 	<b>12</b> 9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 12:00 Lunch 1:00 Intro to Improv 2:00 Drawing Club 2:15 Yoga	<b>13</b> 9:00 Coffee Social 10:00 Chairobics 10:30 Needlecraft Club 11:00 Coping w/ Change 11:00 Strengthening with Floor/Bed Exercises 12:00 Lunch 12:30 Canasta Club 12:30 Budget Forum 1:00 Ballroom Dancing 2:30 Bone Builders 5:00 Zumba Gold 6:15 Steady Strength	<b>14</b> 9:00 Coffee Social 9:45 Mini Trip—Germantown Library 10:00 Chairobics 10:00 Watercolor Painting Workshop 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off—Pictionary 2:00 Pickleball (Beginner Drop In)
<b>17</b> 9:30 Coffee Social 9:30 Mini Trip—Dollar Tree 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Nutrition Tips 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Tips 2:30 Readers' Theater	<b>18</b> <b>Winter Registration Day</b> 9:00 Coffee Social 11:00 Bridge Club 11:00 Tai Chi 11:30 American Mah Jongg 12:00 Lunch 1:00 World Philosophy Day 2:30 Bone Builders	<b>19</b> 9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 12:00 Lunch 1:00 Gwen on Piano 2:00 Drawing Club 2:15 Yoga  <b>9:30 a.m.—2:30 p.m. Mobile Health Bus</b>	<b>20</b> 9:00 Coffee Social 10:00 Chairobics 10:30 Needlecraft Club 11:00 Coping w/ Change <b>12:00 Thanksgiving Celebration</b>  12:30 Canasta Club 2:30 Bone Builders 5:00 Zumba Gold 6:15 Steady Strength	<b>21</b> 9:00 Coffee Social 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off—Categories 2:00 Pickleball (Beginner Drop In)
<b>24</b> 9:00 Coffee Social 9:30 Mini Trip—Mt/ Airy Walmart 9:45 Chair Yoga 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Historic Bridges 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Tips 2:30 Readers' Theater	<b>25</b> 9:00 Coffee Social 9:30 Mosaics (\$) 10:00 Chairobics 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>26</b> 9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 12:00 Lunch 1:00 Table Games 2:00 Drawing Club 2:15 Yoga	<b>27</b> <b>Closed for Thanksgiving Day</b> 	<b>28</b> <b>Closed for Thanksgiving Friday</b> 