

Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD 20872



March 2026

Special Activities & Events

Cardboard Boat Regatta

Show your support for the Damascus Senior Center in the 4th annual Cardboard Boat Regatta! Each center will race its cardboard boat against the clock to determine which one is the fastest on the water. The boats can only be constructed using cardboard boxes, duct tape, and garbage bags. Additional awards will be given for Team Spirit, known as “The Spirit of the Sea,” and for the best decorated boat, called the “Creative Cruiser” award.

Wednesday, March 11, 10:15 A.M. Act #R07107-363

You must register for this activity to attend this event

You may take the center bus or drive yourself, but we only have a limited amount of people we may bring due to seating constraints.

The Damascus Bus leaves from Damascus Community Center at 9:15 A.M. and will return at 1:30 P.M. Pizza and snacks will be ordered for attendees to enjoy after the race.

Let's show the rest of the county the buzz of Damascus!
Small Town, Big Sting!

Protecting Personal Information Workshop by AARP

Wednesday, March 19, 11 A.M. Act #R07310-355

This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online.

The 1:00 Program

- ◆ **Celebrate Holi Through Art:** Tues, March 3
- ◆ **Sing-A-Long w/ Michael Rubin:** Wed, March 4
- ◆ **Birthday Party hosted by Damascus Y Women:** Thur, Mar 5
- ◆ **On This Day in History:** Mon, March 9
- ◆ **St Patty's Day Games:** Tue, March 17
- ◆ **Musical Performance by Gwen G:** Wed, March 18
- ◆ **Boccee Ball w/ Matt Connolly:** Tue, March 24
- ◆ **Chat w/ the Director:** Tues, March 31

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, 12:15 a.m. , *Activity #R07025-330*

Trail Walking Club on Wednesdays, 9:15 a.m. *Activity #R07035-322*

Fitness Room

Fitness Room Orientation: March 9 at 11– Noon *Activity #R07060-331*

Health Screenings

Blood Pressure Screening: March 11 at 10:30– 11:30 *Activity #R07108-335*

Creativity & The Arts

Tap Dance (\$): Mondays, 11 a.m. , *Activity #R07007-323*

Quilting Club: Mondays, 2 p.m. , *Activity #R07056-321*

Reader's Theater: Mondays, 2:30 p.m. , *Activity #R07056-304*

Drawing Club: Wednesday, 2 p.m. , *Activity #R07052-311*

Needlecraft Group: Thursdays, 10:30 a.m. , *Activity #R07053-320*

Ballroom Dancing (Non Instructional) on Thursdays, 1 p.m. *Activity #R07129-311*

Games & Sports

American Mah Jongg Club Tuesdays, 11:30 a.m. , *Activity #R07047-362*

Billiards Club Tues-Thur 10:30 a.m.– 12:30 p.m. , *Activity #R07074-313*

Bridge Club, Tuesdays, 11:30 a.m. , *Activity #R07074-373*

Canasta Club, Thursdays, 12:30 p.m. , *Activity #R07112-364*

Rummikub Club, Monday– Friday 9 a.m.–Noon , *Activity #R07112-352*

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, but we are accepting new names for a waitlist to fill spots in the future. Feel free to bring your own lunch and join us as well!

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 April 15 with Tracy Carter.**

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, March 2 at 9:30 a.m., *Activity # R07101-372*

Germantown Library: Fri, March 6 at 9:30 a.m., *Activity # R07101-349*

India Bazzar: Mon, March 9 at 9:30 a.m., *Activity # R07101-364*

Milestone Shopping Center: Fri, March 13 at 9:30 a.m., *Activity # R07101-377*

Milestone Shopping Center: Mon, March 16 at 9:30 a.m., *Activity # R07101-373*

Harwood House: Fri, March 20 at 9:30 a.m., *Activity # R07101-350*

Mt. Airy Walmart: Mon, Feb 23 at 9:30 a.m., *Activity # R07101-365*

Amish Market: Fri, March 27 at 9:30 a.m., *Activity # R07101-390*

Milestone Shopping Center: Mon, March 30 at 9:30 a.m., *Activity # R07101-374*

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
2 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	3 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairrobics 10:30 Billiards Club 11:00 Zumba 11:30 American Mah Jongg 11:30 Bridge Club 12:00 Lunch 12:15 Tai Chi 1:00 Holi Art 2:30 Bone Builders	4 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairrobics 10:00 Cardboard Boat 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Sing-A-Long with Michael Rubin 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit	5 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairrobics 10:00 Cardboard Boat 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairrobics 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 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Germantown Library 10:00 Chairrobics 10:00 Cardboard Boat 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Pictionary 2:00 Pickleball (Beginner Drop In)
9 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Mt. Airy Walmart 9:45 Chair Yoga 11:00 Fitness Room Orientation 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 On This Day in History 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	10 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairrobics 10:30 Billiards Club 11:00 Zumba 11:30 American Mah Jongg 11:30 Bridge Club 12:00 Lunch 12:15 Tai Chi 1:00 Brain Games 2:30 Bone Builders	11 9:00 Coffee Social 9:00 Rummikub Club 9:15 Cardboard Boat Regatta Trip  9:15 Trail Walking Club 10:00 Chairrobics 10:30 Blood Pressures 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Table Games 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit	12 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairrobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairrobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Women's History Day 2:30 Bone Builders 5:00 Zumba Gold	13 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: India Bazzar 10:00 Chairrobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Memory Match 2:00 Pickleball (Beginner Drop In)
16 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 World Story Telling Day 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	17 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairrobics 10:30 Billiards Club 11:00 Zumba 11:30 American Mah Jongg 11:30 Bridge Club 12:00 Lunch 12:15 Tai Chi 1:00 St Patty's Day Games 2:30 Bone Builders	18 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairrobics 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Gwen G on Piano 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit	19 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairrobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairrobics 11:00 Coping w/ Change 11:00 Protecting Info 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 World Puppetry Day 2:30 Bone Builders 5:00 Zumba Gold	20 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Harwood House 10:00 Chairrobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Charades 2:00 Pickleball (Beginner Drop In)
23 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Mt Airy Walmart 9:45 Chair Yoga 10:00 Card Making Class 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Puzzle Day 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	24 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairrobics 10:30 Billiards Club 11:00 Zumba 11:30 American Mah Jongg 11:30 Bridge Club 12:00 Lunch 12:15 Tai Chi 1:00 Boccee Ball 2:30 Bone Builders	25 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairrobics 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Into to Rummikub 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit	26 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairrobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairrobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Boomwhackers 2:30 Bone Builders 5:00 Zumba Gold	27 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Amish Market 10:00 Chairrobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Categories 2:00 Pickleball (Beginner Drop In)
30 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 Memory Games 2:00 Pickleball (Beginner Drop In) 2:00 Quilting Club 2:30 Readers' Theater	31 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairrobics 10:30 Billiards Club 11:00 Zumba 11:30 American Mah Jongg 11:30 Bridge Club 12:00 Lunch 12:15 Tai Chi 1:00 Chat w/ the Director 2:30 Bone Builders	 <h2 style="margin: 0;">March 2026 Newsletter</h2> <h2 style="margin: 0;">Damascus Senior Center</h2>  <p style="text-align: center; font-weight: bold; margin-top: 10px;">Thank you for spending your March with us!</p> <p style="text-align: center; font-weight: bold; margin-top: 5px;">Please call 240-777-6995 if you have any questions!</p>		