



Sept. 2022

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872
240-777-6995

ANNOUNCEMENTS

The Center will be closed on Monday, Sept. 5 for Labor Day.

SPECIAL EVENTS

Birthday Celebration: Thurs., Sept. 1, 1:00 pm
Sponsored by Partners in Care.

Music by Frank Plumer: Wed., Sept. 7, 1:00 pm

World Physical Therapy Day and Arthritis: Thurs., Sept. 8, 1:00 pm with Pivot Physical Therapy Group

Trip to the Damascus Fair: Fri., Sept. 9, 9:30 am. Sign up at the front desk. Space is limited. *Activity # R-07101-512*

Ask the Pharmacist: Thurs., Sept. 15, 1:00 pm. Sponsored by Weiss Pharmacy.

Piano Tunes with Gwen: Fri., Sept. 16, 1:00 pm.

Monthly Chat with the Director: Tues., Sept. 27, 1:00 pm.

Fresh Conversations Nutrition Education Series:

Meets monthly for six weeks on Mondays from 10-11 am. Join us for recipes, games, and educational material! *Activity # R-07024-102*

- Session 1: The battle of carbohydrates - **Sept. 19**
- Session 2: Your mouth is your body's mirror - **Oct. 17**
- Session 3: What's trending in the nutrition world? - **Nov. 14**
- Session 4: The connection between diet, exercise, and sleep - **Dec .12**
- Session 5: The "sunshine" vitamin & the connection with depression - **Jan 9**
- Session 6: Cooking for 1 or 2 - **Jan 30**

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday
9:00 a.m.—4:00 p.m.

TEAM MEMBERS

Director:
Cathy Richards

Nutrition Coordinator:
Teresa Wu

Special Events Coordinator:
Lisa Cassarino
Liscinsky

Recreation Assistants:
Carmen Flores
Suzie Diddle

JCA Bus Driver:
Pierre Jean Claude

DSCSI:
Elaine DeStefano

Day Porter:
Rosy Ventura

We also have many treasured volunteers helping at the front desk. Together, we are delighted to spend the day with you! Please let us know how we can be of assistance!

Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm

Need pointers on playing billiards? Jessie is available most Tuesdays at 1:30 pm!

Needlecraft Room

Join other needlecrafters on Wednesdays and Thursdays, 11:00 am

Exercise Classes

Walking Club on Mondays, 10:00 am (Free)

Chairobics, Tuesday-Friday, 10:00 am (Free)

Tap Dance on Mondays, 11:00 am (\$ - Activity #R07007-502)

Tai Chi on Tuesdays is taking a break and will resume in October.

Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-506

Yoga on Fridays, 11:00 am (Free) Activity #R07029-504

With an activity number, sign up at activemontgomery.com. Drop-ins welcome.

Meal Program

Lunch is served every day at 12:00 pm, provided by the *Meals on Wheels Senior Nutrition Program*. Reservations are required to participate. Speak to one of the Staff and they will walk you through the process. This includes reviewing the menu for the month, deciding which day(s) you'd like to participate, and then selecting the hot, cold, or vegetarian choice for each day. If you make a reservation for a meal and miss without cancelling by 11:00 am the day before, you will be recorded as a "no-show" for the day. If you have three no-shows in a month, you will be unable to participate again until the next month. Stand-by meals are not guaranteed. Donations are suggested at the rate of \$2.00 per meal for those 60+ years of age. Guests under the age of 60 are asked to pay \$5.93, which is the full cost of the meal.

Shopping Trips

Bring your shopping list and join us!

Tues., Sept. 6 at 9:30 am: Mt. Airy Walmart, TJMaxx, and HomeGoods,
Activity # R-07101-511

Fri., Sept. 23 at 10:00 am: Style Me Sue, *Activity # R-07101-513*

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Reservations can be made in person at the center or by calling the front desk at 240-777-6995. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

Aging and Disability Services (240-777-3000)

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

Aging & Disability 1:1 Meetings with Tracy Carter will be available on Wed., Sept. 21.

Call Tracy to make an appointment.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Yasaman Alavi focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462.

Join the Tea Dancers!

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that these are not dance lessons and there are no instructors; rather, this is company with a common interest!

Medical Equipment Loans

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

Recycling and/or Disposal of Used Batteries

Look for the box on the coatroom shelf outside the auditorium.

AARP Friendly Voice Program

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>September</h1>			<p>1</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Birthday Party</p>	<p>2</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Deal or No Deal</p>
<p>5</p> <p style="text-align: center;">Center Closed for Labor Day</p>	<p>6</p> <p>9:00 Social Hour 9:30 am Walmart 10:00 Chairobics 12:00 Lunch 1:00 Pokino</p>	<p>7</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Frank Plumer</p>	<p>8</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Physical Therapy Day and Arthritis</p>	<p>9</p> <p>9:00 Social Hour 9:30 am Damascus Fair 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Sudoku Day</p>
<p>12</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talk Monday</p>	<p>13</p> <p>9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Line Dancing</p>	<p>14</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Air Hockey</p>	<p>15</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Ask the Pharmacist</p>	<p>16</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano</p>
<p>19</p> <p>9:00 Social Hour 10:00 Nutrition Series 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Art and Music</p>	<p>20</p> <p>9:00 Social Hour 10:00 Chairobics 11:15 Movie Day 12:00 Lunch 12:45 Movie Day (cont.)</p>	<p>21</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Social Worker 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Gratitude Day</p>	<p>22</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Rabbit Day</p>	<p>23</p> <p>9:00 Social Hour 10:00 Style Me Sue 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Carnival Games</p>
<p>26</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Trivia Challenge</p>	<p>27</p> <p>9:00 Social Hour 10:00 Chairobics 12:00 Lunch 1:00 Chat with Director</p>	<p>28</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Nutrition w Teresa</p>	<p>29</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Hispanic Heritage Day</p>	<p>30</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Podcast Day</p>