

Damascus 55+ Senior Center

25520 OAK DRIVE, DAMASCUS, MD 20872



April 2026

Message from The Director: As the sun begins to shine, temperatures rise, and the cheerful sounds of birds fill the air, we welcome April, National Volunteer Month. We want to take a moment to express our gratitude to our incredible volunteers. Your commitment and service are vital to our senior center's success, making a lasting impact on the lives of those we serve. Thank you for your hard work and dedication!

Special Activities & Events

Montgomery History Presents: The War of 1812

Tuesday April 14, 1 p.m.– 2 p.m. , Act #R07105-356

Learn about the role Montgomery County residents played in the War of 1812, between its beginning in June 1812, and the Battle for Baltimore in September 1814.

Senior on Strike Bowling Trip (\$5):

Monday April 20, 10 a.m. –12:30 p.m., Act #R07101-389

Please join your senior center and other centers around Montgomery County in a friendly competition of Bowling at Bowl America in Gaithersburg! It will be a festivity of games, prizes, pizza, and drinks!

The bus will leave at 9:30 AM and return by 1:30 PM.
Registration includes bowling, rental shoes, & pizza.

Volunteer Appreciation Luncheon

Thursday April 30, Noon—2 p.m., Act #R07107-364

Please join us to celebrate our volunteers for all the amazing work they do day in and day out to make this center a great place to be! Lunch will be catered and good times will be had!

The 1:00 Program

- ◆ **Piano with Frank Plumer:** Wed, April 1
- ◆ **Birthday Party hosted by Tribute at Black Hills:** Thur, April 2
- ◆ **Learn How to Register for Programs Online:** Thur, April 9
- ◆ **Musical Performance by Gwen G:** Wed, April 15
- ◆ **Managing Stress by Liora:** Thur, April 16
- ◆ **Chat with the Director:** Tue, April 28

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.—6:30 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 our activity registration form for the full list of activities.

Health & Fitness

Fitness Classes

Tai Chi: Tuesdays, 12:15 a.m., *Act #R07025-330*

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

Fitness Room

Fitness Room Orientation: Monday, April 13 at 11 a.m., *Act #R07060-332*

Health Screenings

Blood Pressure Screening: Wednesday, April 8 at 10:30 a.m., *Act #R07108-335*

April Fitness Tip!

Spring is a great time to get outside and walk. Walking is one of the best exercises for staying healthy, improving balance and keeping your heart strong. Try to take a short walk each day, even if it is just for 10 minutes. Moving a little everyday can help you feel stronger, happier, and more energized!

Creativity & The Arts

Quilting Club: Mondays, 10 a.m., *Act #R07056-321*

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

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

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

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

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

Games & Sports

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

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

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

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

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

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

Germantown Library: Fri, April 3 at 9:30 a.m., *Activity # R07101-355*

Mt. Airy Walmart: Mon, April 6 at 9:30 a.m., *Activity # R07101-366*

India Bazarr: Fri, April 10 at 9:30 a.m., *Activity # R07101-377*

Milestone Shopping Center: Mon, April 13 at 9:30 a.m., *Activity # R07101-375*

Germantown Library: Fri, April 17 at 9:30 a.m., *Activity # R07101-361*

Amish Market: Fri, April 24 at 9:30 a.m., *Activity # R07101-392*

Milestone Shopping Center: Mon, April 27 at 9:30 a.m., *Activity # R07101-376*

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.

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!

2026 Cardboard Boat Regatta Recap

The Damascus Senior Center made a splash at this year's Cardboard Boat Regatta! Our team, proudly sailing the "Stinger," wowed everyone with a vibrant bee theme. While we finished in 6th place overall, we were thrilled to win the coveted "Creative Cruiser Award" for the best decorated boat.

Our design and build team worked together for weeks creating the Stinger, transforming cardboard, trash bags, and duct tape into a cheerful green, yellow, and black masterpiece! Thank you to Karen and Ed Escalante, Ron Hilton, Kavee Koushik, Nilly Landa, and Sylvia Moore for your construction skills. On race day, our amazing rower, Patricia Ebner, donned a bee costume, drawing smiles and cheers from the crowd as the Stinger buzzed across the water.

Everyone's creativity and teamwork came together, showing the spirit and fun of the Damascus Senior Center. We're already brainstorming ideas for next year's regatta and look forward to another fantastic event!

Here are a few pictures from this event in case you missed it!



Important Dates to Remember

Registration Dates:

Summer 2026:	Tuesday, May 12
Fall 2026	Tuesday, August 11
Winter 2027	Tuesday, November 17

Senior Center Closures:

Memorial Day	Monday, May 25
Juneteenth	Friday, June 19
Independence Day	Friday, July 3
Building Cleaning	August 17– August 21
Labor Day	Monday, September 7
Veterans Day	Wednesday, November 11
Thanksgiving Day	Thursday, November 26
Christmas Day	Friday, December 25

Partial Closures (No Fitness Classes):

Early Elections	June 5– June 19
-----------------	-----------------

*****Dates are subject to change *****

Volunteering

Are you interested in helping individuals enhance their health and well-being?
Discover the various ways you can support our Senior Center.

- **Coffee Social Assistant:** Serve coffee and pastries
- **Attendance Assistant:** Collect attendance for activities
- **Program Instructor/Lead:** Lead a class or activity!
- **Admin & Program Assistant:** Work with our program leads to make activities and celebrations special!

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
<p align="center">April 2026 Newsletter Damascus Senior Center</p>  <p align="center">Thank you for spending your time with us!</p> <p align="center">Please call 240-777-6995 if you have any questions!</p>		<p>1 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Frank Plumer 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit</p>	<p>2 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Birthday Party 2:30 Bone Builders 5:00 Zumba Gold</p>	<p>3 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Germantown Library 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Pictionary 2:00 Pickleball (Beginner Drop In)</p>
<p>6 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Mt. Airy Walmart 9:45 Chair Yoga 10:00 Quilting Club 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Ted Talks 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater</p>	<p>7 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairobics 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 Poetry Day 2:30 Bone Builders</p>	<p>8 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:30 Blood Pressures 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Intro to Rummikub 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit</p>	<p>9 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 How to Register Online 2:30 Bone Builders 5:00 Zumba Gold</p>	<p>10 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: India Bazzar 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Familiar Feud 2:00 Pickleball (Beginner Drop In)</p>
<p>13 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Milestone 9:45 Chair Yoga 10:00 Quilting Club 11:00 Fitness Room Orientation 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Road Map Day 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater</p>	<p>14 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairobics 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 Montgomery County and the War of 1812 2:30 Bone Builders</p>	<p>15 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 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</p>	<p>16 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Managing Stress Presentation 2:30 Bone Builders 5:00 Zumba Gold</p>	<p>17 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Germantown Library 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Charades 2:00 Pickleball (Beginner Drop In)</p>
<p>20 9:00 Coffee Social 9:00 Rummikub Club 9:30 Bowling Trip 9:45 Chair Yoga 10:00 Quilting Club 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Table Games 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater</p>	<p>21 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mosaics 10:00 Chairobics 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 Intro to Disc Golf 2:30 Bone Builders</p>	<p>22 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 World Story Telling Day 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit</p>	<p>23 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Chairobics 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Celebrate Earth Day 2:30 Bone Builders 5:00 Zumba Gold</p>	<p>24 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Amish Market 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off-Categories 2:00 Pickleball (Beginner Drop In)</p>
<p>27 9:00 Coffee Social 9:00 Rummikub Club 9:30 Mini Trip: Milestone 9:45 Chair Yoga 10:00 Quilting Club 11:00 Strength Resistance Bands 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Pay it Forward Day 2:00 Pickleball (Beginner Drop In) 2:30 Readers' Theater</p>	<p>28 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 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</p>	<p>29 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 10:30 Blood Pressures 10:30 Billiards Club 11:00 Yoga 12:00 Lunch 1:00 Explore Virtual Reality 2:00 Drawing Club 2:30 Dance Fusion & Chair Fit</p>	<p>30 9:00 Coffee Social 9:00 Rummikub Club 10:00 Chairobics 10:30 Billiards Club 10:30 Needlecraft Club 11:00 Coping w/ Change 12:00 Volunteer Luncheon Celebration 12:30 Canasta Club 2:30 Bone Builders 5:00 Zumba Gold</p>	