

## Montgomery County Department of Recreation



### DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 \* Phone: (240) 777-6995

**HOURS: Monday – Friday 9:00am – 4:00pm.**

Tony Edghill – Director

Recreation Assistants – Carolyn Francis, Suzanne Diddle

Sue Ketchum – Nutrition Site Manager

Beth Coffman Zuleyma Gamboa

**DECEMBER 2015**

**HOLIDAY SALE UNTIL DECEMBER 18!**

**Closed for Semi-Annual Cleaning December 21 – 24**

**Closed for the Observance of Christmas Holiday December 25**

**Montgomery County Government Closed from December 28 – 31**

**NEWSLETTER ONLINE @ [www.montgomerycountymd.gov/seniors](http://www.montgomerycountymd.gov/seniors)**

**\*\*\* INCLEMENT WEATHER POLICY \*\*\***

- During inclement weather, listen to your radio for possible school closings or delayed openings in Montgomery County. If schools have a scheduled holiday, call the Senior Center at 240-777-6995 for a recorded message about Center activities.
- When Montgomery County Public Schools have a delayed opening or are closed due to weather or other unexpected situations, **ALL CLASSES, PROGRAMS, AND MEETINGS WILL BE CANCELED.** There will be **NO TRANSPORTATION OR NUTRITION LUNCH.** The Center will open by 11:00am, if possible. If you want to stop by, please call the Center first at 240-777-6995.
- If Montgomery County Public Schools close early, **ALL PROGRAMS AND CLASSES SCHEDULED AFTER LUNCH WILL BE CANCELED AND THE CENTER MAY CLOSE EARLY.**
- If uncertain about a class or program, call the Center at 240-777-6995.

**BRIAN GROMSELY KEEPING THE GOLDEN YEARS GOLDEN – Tue., Dec. 1, 1:00pm.** Brian Gromsley is here to talk about How to Keep The Golden Years Golden.

**LAUGHING CLUB – Tues., Dec. 1, 2:00pm, Tues., Dec. 8, 2:00pm, and Tues., Dec. 15, 2:00pm.** Join Beth in this new club where she introduces all the art of laughing together

**DAMASCUS SENIOR CENTER BLOOD PRESSURE SCREENING – Wed., Dec. 2, 10:00 – 11:30pm, and Wed., Dec. 16, 10:00 – 11:30am.** Free, provided by nurse from Shady Grove Hospital.

**STRETCHING CLASS – Wed., Dec. 2, 2:00pm, Wed., Dec. 9, 2:00pm, and Wed., Dec. 16, 2:00pm.** Join Beth as she leads this stretch class.

**BIRTHDAY PARTY- Thurs., Dec. 3, 1:00pm.** Join our host Damascus Senior Lions Club as they help us celebrate our December birthdays.

**CHEF SUE HOLIDAY LUNCHEON – Wed., Dec. 9, Noon.** Chef Sue has a fantastic feast that she will prepare for a Holiday Celebration. **Menu and registration is at the reception desk.**

**CHRISTIANA DRAPKIN AND HER ENSEMBLE – Wed., Dec. 9, 1:00pm.** Christiana Drapkin will be here for your Holiday entertainment pleasure.

**DAMASCUS HOLIDAY PROGRAM A MUSICAL TRIBUTE – Tues., Dec. 15, 1:00pm.** Marybeth Talamo, Mary Francis Roberts, and Diane Kavanagh will lead our seniors in song and dance for the Holiday season.

**HOLIDAY AND NEW YEARS PARTY AND CELEBRATION – Thurs., Dec. 17, 1:00pm.** The Damascus Senior Center invites all of our seniors to celebrate the Holiday's with us. Light refreshments will be served. **COST: FREE**

## PROGRAMS FOR YOUR ENJOYMENT

**COPING WITH CHANGE – Every Thurs., 11:00am.** Yasaman Alavi from the Affiliated Santee Group facilitates “a drop in support group that focuses on both the support and development of coping skills to handle the changes seniors experience as they age.” **GROUP WILL MEET IN THE AUDITORIUM EVERY WEEK**

**ZUMBA GOLD – Every Fri., 11:00am.** See page 5 for details.

**TEA DANCE – Every Thurs., 1:00 – 3:30pm.** Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

**BOOK CLUB – Meets the 2<sup>nd</sup>, Thurs at 1:00pm.** Come and share the latest books you’ve read and listen to others review books they’ve recently read.

**MOVIE DAY “YOUR CHOICE FOR THE MOVIE THIS MONTH” – Tues., Dec. 1, 11:00am.** Today’s feature is picked by you. We will have 4 movies to choose from. Cast your vote that day and enjoy a great feature.

**BRIAN GROMSELY KEEPING THE GOLDEN YEARS GOLDEN – Tue., Dec. 1, 1:00pm.** See page 1 for more description.

**CURRENT EVENTS WITH ZULEYMA GAMBOA – Wed., Dec. 2, 1:00pm.** Zuleyma will talk about Current Events

**LAUGHING CLUB – Tues., Dec. 1, 2:00pm, Tues., Dec. 8, 2:00pm, and Tues., Dec. 15, 2:00pm.** See page 1 for more information.

**STRETCHING CLASS – Wed., Dec. 2, 2:00pm, Wed., Dec. 9, 2:00pm, and Wed., Dec. 16, 2:00pm.** See page 1 for details.

**NEEDLE CRAFTS CLASS – Thurs., Dec. 3, 11:00am, Thurs., Dec. 10, 11:00am, and Thurs., Dec. 17, 11:00am.** A volunteer will lead this class as the participants making different projects.

**BIRTHDAY PARTY- Thurs., Dec. 3, 1:00pm.** See page 1 for more description.

**COMPUTER CLASS – Thurs., Dec. 3, 2:30pm, Thurs., Dec. 10, 2:30pm, and Thurs., Dec. 17, 2:30pm.** Beth will lead our class to help those in need of learning their computer programming.

**WII BOWLING – Fri., Dec 4, 1:00pm, Fri., Dec. 11, 1:00pm, and Fri., Dec. 18, 1:00pm.** Today’s game is Wii Bowling. Test your skill and see if you can win.

**BASIC SPANISH – Fri., Dec. 4, 1:00pm, Fri., Dec. 11, 1:00pm, and Fri., Dec. 18, 1:00pm.** Zuleyma will lead this class in basic conversation Spanish.

**BOARD GAMES – Mon., Dec. 7, 1:00pm and Mon., Dec. 14, 1:00pm.** Join Beth as she leads this fabulous program.

**MOVIE BINGO – Tues., Dec. 8, 1:00pm.** Join George Hibbard in the dining room for movie bingo and movie star trivia.

**CARD MAKING 101 – Wed., Dec. 9, 10:30am.** People really appreciate the fact that someone took the time to make them cards. Instruction provided. **Free, register at the front desk. Class will begin at 10:30am – 1:00pm.**

**CHEF SUE HOLIDAY LUNCHEON – Wed., Dec. 9, Noon.** See page 1 for more information.

**CHRISTIANA DRAPKIN AND HER ENSEMBLE – Wed., Dec. 9, 1:00pm.** See page 1 for details.

**SPIRITUAL PERSPECTIVES OF AGING – Thurs., Dec. 10, 2:00pm** Father Lee or Diane K. will lead this discussion on enjoying life with the Spiritual Perspective on Aging.

**DAMASCUS HOLIDAY PROGRAM A MUSICAL TRIBUTE – Tues., Dec. 15, 1:00pm.** See page 1 for more description

**WII GAMES – Wed., Dec. 16, 1:00pm.** Beth will lead Wii Games today. What game will you enjoy today?

**HOLIDAY AND NEW YEARS PARTY AND CELEBRATION – Thurs., Dec. 17, 1:00pm.** See page 1 for more information.

**MINI TRIP**

**SPRING TBA**

**10:00am – 3:00pm**

**Cost \$10.00**

**MONTGOMERY COUNTY RECREATION**

**Completed registration form and payment due when you register.**

**Final signup 2016 close of business!**

**Bring lunch money and wear good, comfortable walking shoes.**

*The staff off the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.*

**GUIDE TO RECREATION AND LEISURE PROGRAMS** - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

“Sign up” for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit [www.emontgomery.org](http://www.emontgomery.org) to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

**SENIORS TODAY!** – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

**SENIOR PROGRAMS WEB SITE:** [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec), your link to other recreation programs including senior programs and services offered throughout the County.

## \* \* \* **HEALTH & SOCIAL SERVICES** \* \* \*

**SENIOR INFORMATION AND ASSISTANCE** - Carol Smith is available at the Center most Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, and Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

**BLOOD PRESSURE SCREENING - Wed., Dec. 2, 10:00 – 11:30am and Wed., Dec. 16, 10:00 – 11:30am.**  
**Free, service provided by volunteer nurse.**

*A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.*

## \* \* \* **TRANSPORTATION** \* \* \*

**TRANSPORTATION PROCEDURES** – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

**A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.**

**\* \* \* CLASS NEWS & UPDATES FOR DECEMBER 2015 \* \* \***

**PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI\*\*. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.**

**ZUMBA GOLD FOR SENIORS** – Learn the Latin dance steps of Zumba. Elizabeth Mitchell will teach Zumba to Beginners and all seniors who want to learn the steps of Zumba. Zumba Gold is specifically designed for seniors. **Class Fridays at 11:00am in Auditorium. Cost: Drop in on Friday \$4.00 a class \$30.00 for 8 classes.**

**STAINED GLASS CLASS** – Learn to build stained glass panel using the copper foil method. Projects are no larger than 11' x 14'. Learn the basics and do a little homework in the process. Class is limited to 4 students. **Classes meet every Monday & Friday from 10:30am – 1:00pm. Fees will be for supplies!**

**CHAIROBICS** - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Tuesday thru Friday 10:00 – 10:45am. Ongoing. Join anytime. **Free. Call for information.**

**MAH-JONG** – Mah Jong games start at 12:30pm on Wednesdays. **Free.**

**TAP DANCE** - Meets Mondays from 11:00 - 12:30pm. All levels welcome from beginners to advance. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. New session starts in November.

**WALK AND FIRM AEROBICS** – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1½ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights (optional) for part of the time. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free.**

**LIFE IS GREAT WHEN YOU PARTICIPATE**

## \* \* \* GAMES AND CLUBS \* \* \*

**BOOK CLUB** - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the 2<sup>nd</sup>, Thursday of each month at 1:00pm.

**BRIDGE** - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

**CANASTA** – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

**MAH JONG** - Every Wednesday at 12:30pm. New players are welcome anytime.

**PINOCHLE** - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.



## \* \* \* MORE PROGRAM OPPORTUNITIES \* \* \*

**BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES** are all available to enjoy at the Center.



**EXERCISE ROOM** - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.

**\* \* \* NUTRITION LUNCH PROGRAM \* \* \***

**Meals and reservations for Monday – Friday are prepared on-site under the Senior Nutrition Program. Order by Monday each week for meals served that week.** Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24<sup>th</sup> of the month. The full cost of Monday - Friday meals are \$7.00. For people aged 60 and over, and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can as contributions are used to purchase more meals. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHEN POSSIBLE.**

Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

**\* \* \* SIGN IN PLEASE! \* \* \***

**We ask for your continued assistance by scanning your access card and signing in each day.** Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

**REMEMBER TO SHOW YOUR SUPPORT!**

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

**Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.**

**Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member.**

**THANK YOU FOR SUPPORTING YOUR CENTER**

**December 2015**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Movie Day 1:00 Canasta 1:00 Brian Gormsley Keeping The Golden Years Golden 2:00 Laughing Club	<b>2</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 Pinochle 11:00 Craft Class 10:00 Chairobics 12:30 Mah Jong 1:00 Current Events 2:00 Stretching Class	<b>3</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Birthday Party Lions Club 2:30 Computer Class	<b>4</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Stained Glass 11:00 Zumba Gold 1:00 Wii Bowling 1:00 Basic Spanish
<b>7</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:30 Stained Glass 11:00 Tap Dance 1:00 Board Games	<b>8</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Movie Bingo 1:00 Canasta 2:00 Laughing Club	<b>9</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Chairobics 11:00 Craft Class 10:30 Card Making 101 12:00 Chef Sue Holiday Luncheon 12:30 Mah Jong 1:00 Christiana Drapkin And Her Ensemble 2:00 Stretching Class	<b>10</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Book Club 1:00 Students and Public Speaking Seminar 2:00 Spiritual Perspectives 2:30 Computer Class	<b>11</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Stained Glass 11:00 Zumba Gold 1:00 Wii Bowling 1:00 Basic Spanish
<b>14</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:30 Stained Glass 11:00 Tap Dance 1:00 Board Games	<b>15</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Damascus Holiday Show 2:00 Laughing Club	<b>16</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 Pinochle 11:00 Craft Class 10:00 Chairobics 12:30 Mah Jong 1:00 Wii Games 2:00 Stretching Class	<b>17</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Wii Games 1:00 Holiday Party 2:30 Computer Class	<b>18</b> 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 10:30 Stained Glass 11:00 Zumba Gold 1:00 Wii Bowling 1:00 Basic Spanish
<b>21</b>  <b>CLOSED FOR SEMI-ANNUAL CLEANING</b>	<b>22</b>  <b>CLOSED FOR SEMI-ANNUAL CLEANING</b>	<b>23</b>  <b>CLOSED FOR SEMI-ANNUAL CLEANING</b>	<b>24</b>  <b>CLOSED FOR SEMI-ANNUAL CLEANING</b>	<b>25</b>  <b>CLOSED FOR THE OBSERVANCE OF CHRISTMAS DAY</b>
<b>28</b>  <b>MONTGOMERY COUNTY CLOSED</b>	<b>29</b>  <b>MONTGOMERY COUNTY CLOSED</b>	<b>30</b>  <b>MONTGOMERY COUNTY CLOSED</b>	<b>31</b>  <b>MONTGOMERY COUNTY CLOSED</b>	