

## Montgomery County Department of Recreation



### DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

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

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

Tony Edghill – Director

Recreation Assistants – Suzanne Diddle, Zuleyma Gamboa

Šue Ketchum – Nutrition Site Manager

Elizabeth Coffman and Carmen Flores

**SEPTEMBER 2016**

**CLOSED FOR THE OBSERVATION OF LABOR DAY**

**ON SATURDAY SEPTEMBER 10 THERE WILL BE A COMMUNITY YARD SALE**

**MEMORIAL REMEMBRANCE FOR FORMER DSC EMPLOYEE**

**JEAN GIRVAN FRIDAY SEPTEMBER 23, 1:00PM**

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

#### *Vital Living Networker*

The Montgomery County *Vital Living Networker* is your online resource to find hundreds of opportunities to get involved, stay active, continue learning, try new things, give back to the community and much more.

Go to: [montgomerycountymd.gov/senior](http://montgomerycountymd.gov/senior) to get started!

**BIRTHDAY PARTY- Thurs., Sept. 1, 1:00pm.** Join our host Damascus Senior Center as we celebrate our August birthdays.

**MOVIE DAY – Tues., Sept. 6, 11:30am.** Today's feature will be your choice. Pick from 4 selections.

**DAMASCUS SENIOR CENTER BLOOD PRESSURE SCREENING – Wed., Sept. 7,, 10:00 – 11:30pm, and Wed., Sept. 21, 10:00 – 11:30am.** Free, provided by nurse from Shady Grove Hospital.

**BETTER BALANCE DEMO CLASS – Wed., Sept. 7, 11:00am.** Vitality Fitness will be here to do a free demonstration on how to build better balance. **COST: FREE**

**COMMUNITY YARD SALE – Sat., Sept. 10, 9:00am – 2:pm.** The Damascus Senior Center will have a community Yard Sale. If you are interested in participating please call and speak with Beth or Zuleyma.

**RETRO ROCKETS SINGING ENTERTAINMENT – Wed., Sept. 14, 1:00pm.** Join the Retro Rockets as they play and sing for your listening enjoyment. **COST: FREE**

**END OF LIFE PRESENTATION BY ROSALIND K. – Wed., Sept. 21, 1:00pm.** Join Rosalind K. as she does an end of life presentation and will give very important information that could help the transition for your loved ones.

**JEAN GIRVAN MEMORIAL SERVICE – Fri., Sept. 23, 1:00pm.** Join us as we remember former staff Jean Girvan. Please be willing to share your experiences about Jean.

**ZUMBA FOR HISPANIC/LATINO HERITAGE MONTH – Tues., Sept. 27, 1:00pm.** Tony, Kirsten and Elizabeth will dance Latin songs for Hispanic/Latino Heritage Month. Everyone is welcomed.

## **PROGRAMS FOR YOUR ENJOYMENT**

**COPING FOR CHANGE – Every Thurs., 11:00am. Yasaman Alavi from the Affiliated Santee Group**  
“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 LOUNGE EVERY WEEK**

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

**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.

**NEEDLE CRAFTS CLASS – Thurs., Sept. 1, 11:00am, Thurs., Sept. 8, 11:00am, Thurs., Sept. 15, 1:00pm, Thurs., Sept. 22, 1:00pm and Thurs., Sept. 29, 11:00am.** A volunteer will lead this class as the participants making different projects.

**BIRTHDAY PARTY- Thurs., Sept. 1, 1:00pm.** See page 1 for description.

**WII BOWLING – Fri., Sept. 2, 1:00pm, Fri., Sept. 9, 1:00pm, Fri., Sept. 16, 1:00pm, and, Sept. 30, 1:00pm.** Today’s game is Wii Bowling. Test your skill and see if you can win.

**MOVIE DAY – Tues., Sept. 6, 11:30am.** See page 1 for details.

**TBA – Tues., Sept. 6, 2:00pm, Tues., Sept. 13, 2:00pm, Tues., Sept. 20, 1:00pm, and Tues., Sept. 27, 2:00pm.** Beth will facilitate this program today. Please join her for a great time of fun and competition.

**CRAFT CLASS – Wed., Sept. 7, 10:30am, and Wed., Sept. 21, 10:30am.** A volunteer will lead this group through different projects.

**BETTER BALANCE DEMO CLASS – Wed., Sept. 7, 11:00am.** See page 1 for more information

**CURRENT EVENTS – Wed., Sept 7, 1:00pm.** Zuleyma or Beth will be here to discuss what’s happening in the news today.

**STRETCHING CLASS – Wed., Sept. 7, 2:00pm, Wed., Sept. 14, 2:00pm, Wed., Sept. 21, 2:00pm, and Wed., Sept, 28, 2:00pm.** Join Zuleyma as she leads this stretch class.

**SPIRITUAL PERSPECTIVES OF AGING – Thurs., Sept.8, 2:00pm, and Thurs., Sept. 22, 2:00pm..** Diane K. will lead this discussion on enjoying life with the Spiritual Perspective on Aging.

**COMMUNITY YARD SALE – Sat., Sept. 10, 9:00am – 2:pm.** See page 1 for description

**WII JEOPARDY Mon., Sept. 12, 1:00pm, Mon., Sept. 19, 1:00pm, and Mon., Sept. 26, 1:00pm.** Challenge Zuleyma or Beth to a friendly game of Wii Jeopardy.

**MOVIE BINGO – Tues., Sept. 13, 1:00pm.** Join George and Viola Hibbard in the dining room for movie bingo and movie star trivia.

**CARD MAKING 101 – Wed., Sept. 14, 10:30am, and Wed., Sept. 28, 1:00pm.** People really appreciate the fact that someone took the time to make them cards. Instruction provided. **There is a 50 cent cost per card. Class will begin at 10:30am – 1:00pm.**

**RETRO ROCKETS SINGING ENTERTAINMENT – Wed., Sept. 14, 1:00pm.** See page 1 for details.

**WII GAMES – Thurs., Sept. 15, 1:00pm, Thurs., Sept. 22, 1:00pm, and Thurs., Sept. 29, 1:00pm**  
Beth will lead Wii Games today. What game will you enjoy today?

**MUSIC BINGO – Tues., Sept. 20, 1:00pm.** Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

**END OF LIFE PRESENTATION BY ROSALIND K. – Wed., Sept. 21, 1:00pm.** See page 1 for more information

**TWENTY ONE – Tues., Aug. 16, 1:00pm.** Join either Beth or Zuleyma as you play cards to see who can win. Play and win a prize.

**JEAN GIRVAN MEMORIAL SERVICE – Fri., Sept. 23, 1:00pm.** See page 1 for description

**ZUMBA FOR HISPANIC/LATINO HERITAGE MONTH – Tues., Sept. 27, 1:00pm.** See page 1 for description

**HISTORICAL EVENTS – Wed., Sept. 28, 1:00pm.** Join us as we go over the historical events of August.

**DAMASCUS SENIOR CENTER**

**ANNAPOLIS MINI TRIP**

**Date: September 16, 2016**

**9:30am – 3:30pm**

**Cost \$11.00**

**Check payable to Active Montgomery \$11.00**

**Complete registration form and payment due when you register NO EXCEPTIONS.**

**Final signup day is Friday September 9, 2016 close of business.**

**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., Sept. 7, 10:00 – 11:30am and Wed., Sept. 21, 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 SEPTEMBER 2016 \* \* \***

**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 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 - 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 started in August.

**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.**

**COMPUTER CLASS** – Beth will teach this class of basic computer use. Cost is **Free DONATIONS EXCEPTED FOR ALL CLASSES WITH NO FEES.**

**TABLET AND SMART PHONE CLASS** – Beth will teach this class for basic use of these devices. Please check schedule for times and dates.

**WORKOUT VIDEO** – Beth will facilitate this class where Tai Chi, Yoga, Zumba and other videos we have.

**LIFE IS GREAT WHEN YOU PARTICIPATE**

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

**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.



## **\* \* \* 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 MEALS ARE CAPPED AT 30 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**

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 Birthday Party St. Paul's Catholic Church 2:00 Tablet Class</p>	<p>2</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video</p>
<p>5</p> <p>CLOSED FOR THE OBSERVANCE OF LABOR DAY HOLIDAY</p>	<p>6</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 11:30 Movie Day 1:00 Canasta 2:00 TBA</p>	<p>7</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Blood Pressure 10:00 Chairobics 10:30 Craft Class 11:00 Better Balance Demo Class 12:30 Mah Jong 1:00 Current Events 2:00 Stretching Class</p>	<p>8</p> <p>9:15 Walk &amp; Firm 10:00 Chairobics 10:00 Tech Connect 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 2:00 Spiritual Perspectives 2:00 Tablet Class</p>	<p>9</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video</p>
<p>12</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Jeopardy 2:00 Computer Cass</p>	<p>13</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo 2:00 TBA</p>	<p>14</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 10:00 Music Theory 10:30 Card Making 101 12:30 Mah Jong 1:00 Retro Rockets Entertainer 1:00 DSCSI Meeting 2:00 Stretching Class</p>	<p>15</p> <p>9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 WII Games</p>	<p>16</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 9:30 MINI TRIP 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video</p>
<p>19</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Jeopardy 2:00 Computer Cass</p>	<p>20</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 10:00 Senior Day @ Fair 11:00 Bridge 1:00 Canasta 1:00 Music Bingo 2:00 TBA</p>	<p>21</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 10:00 Blood Pressure 10:00 Music Theory 10:30 Craft Class 12:30 Mah Jong 1:00 End of Life Rosalind K 2:00 Stretching Class</p>	<p>22</p> <p>9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 WII Games 2:00 Spiritual Perspectives 2:30 Smart Phone</p>	<p>23</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 Memorial Service For Jean Girvan 2:00 Workout Video</p>
<p>26</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Walking Club 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Jeopardy 2:00 Computer Cass</p>	<p>27</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Spanish Heritage Month Zumba 2:00 TBA</p>	<p>28</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 10:00 Music Theory 10:30 Card Making 101 12:30 Mah Jong 1:00 Historical Events 2:00 Stretching Class</p>	<p>29</p> <p>9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Bridge 11:00 Needle Crafts 11:00 Coping with Change 1:00 Tea Dance 1:00 WII Games 2:30 Smart Phone</p>	<p>30</p> <p>9:00 Coffee Social 9:15 Walk &amp; Firm 10:00 Chairobics 11:00 Zumba Gold 1:00 WII Bowling 2:00 Workout Video</p>