

# Damascus Senior Center

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

### Announcements:

- Raffle tickets are available for purchase to support the DOCCS Thanksgiving Dinner.
- “Meals on Wheels” is available for any senior who is in need. Call the Center for more information.
- Senior Nutrition Lunch Program—Anyone interested in receiving lunch MUST make a reservation by calling the front desk. No Exceptions.
  - This newsletter can be found online @ [www.montgomerycountymd.gov/seniors](http://www.montgomerycountymd.gov/seniors)

## AUGUST HIGHLIGHTS

**Intergenerational Ice Cream Social: Thursday, August 10 @ 1:00 p.m.**—Damascus Senior Center Sponsors, Inc. (DSCSI) will sponsor this Intergenerational Ice Cream Social. Seniors should bring their children and grandchildren for some ice cream and fun! Please sign-up at the front desk, so we know how many people are coming. **COST: FREE**

**Senior Day at Montgomery County Fair: Tuesday, August 15 @ 10:00 a.m.**—See page 4 for details.

**Piano Recital: Thursday, August 24 @ 1:00 p.m.**—Mrs. Joyce Oliver and her students will be here to provide us with some musical entertainment.

**Senior Center Annual Luau: Friday, August 25 @ 12:00 p.m.**—The menu will be available at the reception desk one month prior to the event. Call the Damascus Senior Center for reservations. **Price for the meal: Ages 55-59—\$7.00. Ages 60+—donations accepted.**

**Senorita Sunshine Performance: Friday, August 25 @ 1:00 p.m.**—Senorita Sunshine makes her return to grace us with a fun variety show for our Annual Luau. There will be fun, dancing, and singing for your enjoyment. **COST: FREE**

## DAMASCUS SENIOR CENTER HOURS

Monday—Friday  
9:00 a.m.—4:00 p.m.

### STAFF

Tony Edghill—Director  
Meegan Molinary—Nutrition Site Manager  
Suzanne Diddle, Carmen Flores, and Natalie Parker—Recreation Assistants

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## PROGRAMS FOR YOUR ENJOYMENT

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### PLEASE SIGN-IN

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

### BUS TRANSPORTATION

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Bus reservations must be made in person or by telephone (240-777-6995) by 2:00 p.m. the previous day. Cancellations for the bus can be made by leaving a message on the answering machine when the center is closed. Same day cancellations must be called into the center by 8:00 a.m.

**If you are not signed up for the bus and live in Damascus and the surrounding areas, talk to a staff member to see if you can be picked up in the morning and taken home in the afternoon. The service is free!**

### Movie Day: Tuesday, August 1 @ 11:30 a.m.

Today's film is *Hidden Figures*. This is the story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

### Birthday Party: Thursday, August 3 @ 1:00 p.m.

Join the Damascus Senior Center Staff as we celebrate our August birthdays.

### Blood Pressure Screening: Wednesday, August 2 @ 10:00 a.m.—11:30 a.m.

A nurse from Shady Grove Hospital, will be here to provide you with this free screening.

### Wii Jeopardy: Mondays @ 1:00 p.m.

Challenge DSC staff to a fun game of Wii Jeopardy!

### Needle Crafts Class: Thursdays @ 11:00 a.m.

A volunteer leads this class as they work on different projects together. Don't have any needle craft experience? Come anyway—the class participants are more than willing to teach you!

### Wii Bowling: Fridays @ 1:00 p.m.

Friday's game is Wii Bowling. Test your skill and see if you can be the champion!

### Movie Bingo: Tuesday, August 8 @ 1:00 p.m.

George and Viola Hibbard, will be hosting movie bingo and movie star trivia in the dining room.

### Music Bingo: Tuesday, August 22 @ 1:00 p.m.

Mary Beth Talamo, will be leading a game of Name-That-Tune Bingo in the dining room.

### Carnival Games: Tuesday, August 29 @ 1:00 p.m.

Challenge your peers to some classic carnival games. See if you can be the champion and win a prize.

## GET ACTIVE

### **Exercise Room: Daily @ 9:00 a.m.-4:00 p.m.**

We have a treadmill, elliptical, recumbent bike, cardio glide, and stack-home gym available for your use. Remember to see a staff member if you have questions about any of the equipment. **COST: FREE**

### **Walk & Firm Aerobics: Daily @ 9:15 a.m.**

“Walk and Firm for Older Adults” is a 30 minute VHS tape. This VHS tape, is equivalent to a 1.5-2 mile outdoor walk. Participants can stretch tired muscles, flex and strengthen joints, and energize their metabolisms with this workout. **COST: FREE**

### **Chairobics: Tuesdays-Fridays @ 10:00 a.m.**

Chairobics is a 45 minute chair-exercise program for full-body strengthening and flexibility. This class is lead by a volunteer. **COST: FREE**

### **Zumba Gold: See Schedule On Page 8 @ 11:00 a.m.**

Zumba combines Latin and International music with a fun and effective workout system. Kristen Vierra ,teaches this class and has specifically designed the workout for Seniors. The class is held in the auditorium. It is not necessary to sign-up in advance. **COST: \$4.00 per class**

### **Tap Dancing: Mondays @ 11:00 a.m.**

Tap dance meets every Monday from 11:00 a.m. to 12:30 p.m. All levels are welcome, from beginners to advance. Stop by and talk to Pat Chalk to see if this class is right for you. **COST: \$30 for 8 weeks**

### **Tea Dance: Thursdays @ 1:00 p.m.-3:30 p.m.**

Bring a partner and your dancing shoes! Enjoy dancing to your favorite ballroom tunes. Music is provided, but feel free to bring along your favorite music. Refreshments are served at 2:00 p.m. **COST: \$1 per person for DSCSI members. \$2 per person for non-members**

### **Walking Club: Mondays @ 10:00 a.m.**

Transportation is provided from DSC to Woodfield Elementary, where we walk around the track for some exercise and socializing. **COST: FREE**

## TABLE GAMES

### **Bridge: Tuesdays & Thursdays @ 11:00a.m.-4:00 p.m.**

### **Canasta: Tuesdays @ 1:00 p.m. – 3:30 p.m.**

### **Mah Jong: Wednesdays @ 12:30 p.m.**

## UPCOMING TRIPS

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### Senior Day at the Fair

Date; Tuesday, August 15, 2017

Time: 10:00 a.m.—1:00 p.m.

The Montgomery County Fair will be hosting its annual “Senior Day at the Fair” at the Montgomery County Agricultural Fairgrounds. We will be providing free transportation from Damascus Senior Center. Sign up at the front desk. Space is limited. **COST: FREE**

### Baltimore Inner Harbor

Date: Wednesday, August 30, 2017

Time: 9:00 a.m.—3:30 p.m.

DSC will be taking a trip to Baltimore’s Inner Harbor. First, we will make a stop at the Top of the World Observation Level (\$5 per person, pay at the door). Then we will make our way over to Harborplace where we can split up to grab lunch, shop, and visit museums of your choosing.

**COST: \$11.00—Top of the World Observation Level NOT included**

### Downtown Annapolis

Date: Friday, September 29, 2017

Time: 9:30 a.m.—3:30 p.m.

Join DSC as we take a trip to Downtown Annapolis. We will visit the Banneker-Douglass Museum and the Marinitime Museum. Following the museum visits, we will head to City Dock where you can purchase lunch, shop, and walk around. Be sure to wear comfortable walking shoes and bring money for lunch (or a bagged lunch). **COST: \$10.00**

## NUTRITION PROGRAM

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Lunches are prepared on-site under the Senior Nutrition Program Monday-Friday.

Reservations must be made by Monday for the upcoming week. You may sign up for meals for the upcoming month as soon as the menu becomes available. **The full cost of the meal is \$7.00. For guests under the age of 60 must pay the full cost of the meal. Guests age 60+, and their spouse of any age, a voluntary contribution is requested.** Please, contribute as much as you can, as contributions are used to purchase more meals. Please, try to bring the exact amount for your donation whenever possible.

Cancellations for lunch can be made by calling the front desk. If the center is closed, you can leave a message on the answering machine. Same day cancellations must be called into the center by 8:00 a.m.

## SENIORS TODAY

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Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune into the Count Cable Montgomery County. Tune into County Cable Montgomery Channel 6 on Sundays at 3:30 p.m., Mondays at 9:30 a.m., Tuesdays at 1:30 p.m., Wednesdays at 8:30 p.m., Thursdays at 12:30 p.m., Fridays at 7:30 p.m. and Saturdays at 11:30 a.m.

## SENIOR INFORMATION AND ASSISTANCE

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Carol Smith is available at Damascus Senior Center most Wednesday's from 11:30 a.m.-4:00 p.m. Carol can help you with information on senior housing, financial assistance, and Medicare and Medicaid information. She can even provide help with filling out forms. For information or an appointment, call 240-777-1060. Services are sponsored by the 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 at 240-777-3000.

## MONTGOMERY COUNTY GUIDE TO RECREATION

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The Montgomery County Guide to Recreation and Parks Programs is released four times a year. Almost everything listed in the guide is available for registration online at ActiveMONTGOMERY.org.

The Guide can be accessed online at <http://www.montgomerycountymd.gov/rec/resource/guides.html>.

Print copies of the Guide are available at Recreation and Parks facilities, government buildings, and libraries.

## REMEMBER TO SHOW YOUR SUPPORT

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If you have not already done so, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be receive discounts on some special events, and enjoy some special sponsor-supported programs at no cost. More importantly, you will be supporting your center and its ability to provide high quality programs, classes, and services. Many of our classes are sponsored by DSCSI, like 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 front desk volunteer to sign up.

## SENIORS WITH DISABILITIES

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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 and program assistance, like auxiliary aids or other services, 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.

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*Life is great when you participate!*

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## CELEBRATE WITH US

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### August is...Family Fun Month!

This is the opportune time to enjoy family with extra fun and activities. A great way to celebrate is to participate in Damascus Senior Center's Intergenerational Ice Cream Social on Thursday, August 10th. Bring your children, grandchildren, or any other family members with you and enjoy some Jimmie Cone ice cream.

### Tuesday, August 15—Relaxation Day

National Relaxation Day is an important day as we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks. Like the founder of this day suggested, too much work can make us sick, run down, tired and that's just wrong.. Take a deep breath, unwind, relax and celebrate National Relaxation Day!

### Monday, August 21—Senior Citizen Day

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as National Senior Citizens Day. Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

## CHEF MEEGAN'S MONTHLY RECIPE

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### SALSA VERDE CHICKEN

Here is an easy recipe that combines store brought ingredients for a delicious and healthy meal. 4-6 servings

1 24-oz jarred salsa verde (I use Safeway brand)- reserving 1/2 cup  
1 whole rotisserie chicken, pulled, skin and bones removed  
16 corn tortillas  
2 cups low-fat shredded colby-jack, cheese (reserving 1/4 cheese)  
Cooking spray  
Optional: guacamole, sour cream, pico de gallo, avocado

Heat oven to 350 degrees.

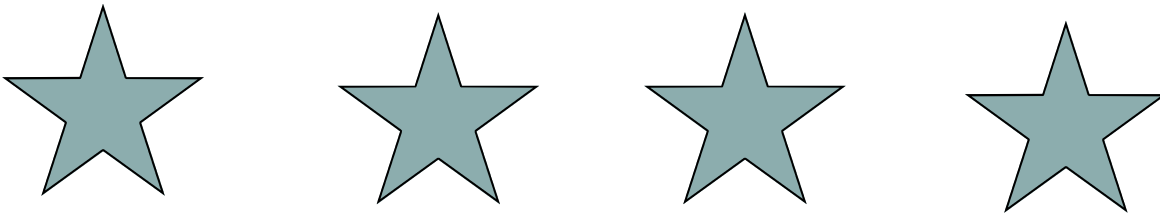
Spray 8x8 baking dish with cooking spray. Layer 4 tortillas on the bottom. Sprinkle with 1/3 chicken, 1/3 cheese and 1/3 salsa verde. Repeat each layer, tortillas followed by chicken, cheese and salsa verde, ending with tortillas. Top final layer with reserved salsa verde and reserved cheese.

Spray aluminum foil with cooking spray. Cover baking dish. Bake for 30 minutes, or heated through. Cut into 4-6 servings. Enjoy!

## SENIOR SPOTLIGHT: JOAN BENNET

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Joan has been coming to the Damascus Senior Center for about 6 years and has been volunteering here for 5. Her favorite things to do are crochet, play bridge, and go on trips with her friends. She also loves going to the beach and spending time with her family. Joan has 5 children, 8 grandchildren, and 4 great grandchildren with a fifth one on the way! Joan runs the Knitting and Crocheting Club with the help of her friend, Karen. The club works hard to make lap quilts for the Wounded Warriors. They also make baby hats and blankets to be taken to local hospitals and given to homeless people. Joan would like to give a big THANK YOU to the ladies who work so hard each week in making this project so successful! Joan and Karen also add that new people are always welcome to join the club. If you do not know how to knit or crochet, there are plenty of people in the club who can help teach. Donations of acrylic yarn are also accepted.



## STAFF SPOTLIGHT: CHEF MEEGAN

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Meegan has been working at the Damascus Senior Center since January. She has four children, Zoe who is 18, Tyler who is 13, Ava who is 7, and Oliver who is 6. Her favorite thing about working at the Senior Center is getting to work with and around such kind and sweet people. She loves to get the seniors to try new things and surprise them with her recipes, like her black bean brownies. Meegan has been working in restaurants or around food since the late 90's and graduated from Le Cordon Bleu in 1999. Meegan's all time favorite thing to do is travel. Her dream place to travel is Vietnam and her absolute favorite place is Paris and will be visiting again in the next few months.

## SHARE WITH US

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Let us know what you want to see at Damascus Senior Center! We are always looking for new things that we can bring to you and your peers. Let us know about ideas for day-long trips, morning trips, classes, afternoon activities, fundraisers, etc. that you would like to see brought to DSC! Speak with one of your Activity Coordinators to see if we can make your ideas happen.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
|   | 1<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>10:45 Memory Cafe<br>11:00 Bridge<br>11:30 Movie Day<br>1:00 Canasta  | 2<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Blood Pressure<br>10:30 Card Making 101<br>11:00 Craft Class<br>12:30 Mah Jong | 3<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Bridge<br>11:00 Needle Crafts<br>11:00 Coping with Change<br>1:00 Birthday Party<br>1:00 Tea Dance                    | 4<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>1:00 Wii Bowling                      |
| 7<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Walking Club<br>10:30 Stained Glass<br>11:00 Tap Dance<br>1:00 Wii Jeopardy  | 8<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>10:45 Memory Cafe<br>11:00 Bridge<br>1:00 Movie Bingo<br>1:00 Canasta | 9<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>12:30 Mah Jong<br>1:00 Wii Games                                 | 10<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>9:30 Outlets<br>10:00 Chairobics<br>11:00 Bridge<br>11:00 Needle Crafts<br>11:00 Coping with Change<br>1:00 Ice Cream Social<br>1:00 Tea Dance | 11<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>1:00 Wii Bowling   |
| 14<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Walking Club<br>10:30 Stained Glass<br>11:00 Tap Dance<br>1:00 Wii Jeopardy | 15<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>9:30 Senior Day @ Fair<br>10:00 Chairobics<br>11:00 Bridge<br>1:00 Canasta               | 16<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>10:30 Card Making 101<br>11:00 Craft Class<br>12:30 Mah Jong                        | 17<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Bridge<br>11:00 Needle Crafts<br>11:00 Coping with Change<br>1:00 Tea Dance  | 18<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>1:00 Wii Bowling                     |
| 21<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Walking Club<br>10:30 Stained Glass<br>11:00 Tap Dance<br>1:00 Wii Jeopardy | 22<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Bridge<br>1:00 Music Bingo<br>1:00 Canasta                     | 23<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>10:30 Card Making 101<br>11:00 Craft Class<br>12:30 Mah Jong    | 24<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Bridge<br>11:00 Needle Crafts<br>11:00 Coping with Change<br>1:00 Piano Recital<br>1:00 Tea Dance                    | 24<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>12:00 Luau<br>1:00 Senorita Sunshine |
| 28<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Walking Club<br>10:30 Stained Glass<br>11:00 Tap Dance<br>1:00 Wii Jeopardy | 29<br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Bridge<br>1:00 Carnival Games<br>1:00 Canasta                  | 30<br><b>9:00 MINI TRIP</b><br>9:00 Coffee Social<br>9:15 Walk & Firm<br>10:00 Chairobics<br>11:00 Zumba Gold<br>12:30 Mah Jong<br>1:00 Wii Games       |  |  |