



Oct. 2024

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

Extended evening hours on Thursdays until 7:00 pm. Join us for “Game Night with Eric” from 4-7 pm (Activity #R07112-119) on Oct. 10 and 24 or Zumba with Carrie at 5:30 pm (Activity #R07070-119) every Thursday. Please also enjoy the Exercise Room, Billiard room, and other general space in the Center from 4-7 pm.

Chairobics Class, Tues-Fri. at 10:00 am has increased in class size to the point of needing new guidelines and the possibility of class size being capped. Stay tuned for more information.

Building Refresh News: You may already be aware that this building is scheduled for a “Building Refresh” in 2025 that will include renovations within the current footprint of the building. The timeline we have been given is a tentative Senior Center closure of March 1 for construction to begin on April 1. We will transition our operations to the Damascus Community Recreation Center on Oak Drive. The timeline for that transition has not yet been determined. Please note that Damascus Library transition dates may be slightly different. We will communicate updated information as it becomes available. The sidewalk to the lower parking lots were recently replaced and new railings are coming soon.

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-103

Dates with special guests include:

- ◆ **Music by Frank Plumer:** Wed., Oct. 2
- ◆ **Birthday Party:** Thurs., Oct.3, sponsor: Am. Heritage Girls
- ◆ **Falls Prevention with Pivot PT:** Wed., Oct. 9
- ◆ **Piano Tunes with Gwen:** Fri., Oct. 18
- ◆ **Montgomery County Senior Budget Watch Party:** Mon., Oct. 21
- ◆ **Music by Orleans Express:** Tues, Oct. 29
- ◆ **Monthly Chat with the Director:** Wed., Oct. 30

Damascus Placemaking Festival: Sat., Oct. 19, 1-6 pm and Sun., Oct. 20, 10 am—2 pm. This event aims to energize and reimagine Main Street between Ridge Rd/Route 27 and Woodfield Road/Route 124. The Senior Center will have a tent at the festival both days. More information and a flyer are available at the front desk.

Trip to the Germantown Pool: Tues., Oct. 22, 9:30 am—1:30 pm. Come enjoy the pool and a pizza lunch. \$5 fee, space is limited. Register online or with the forms at the front desk. Activity # R07101-193.

Watercolor with Jillian: Mondays, 10:00 am—12:00 noon, Nov. 4-Dec. 16 (No class on Nov. 18.) \$5 fee. Limited class size. Registration opens on Oct. 14 at 9:00 am online or drop off your form in person at the Center. Registration forms will not be accepted prior to 10/14 at 9:00 am.

Blood Pressure Screening: Wed., Oct. 9, 10:30-11:30 am

Music in Motion: An Apple a Day: Thursdays at 11:00 am. The current session meets through Nov. 14 (no class on 10/24). Regular habits of singing and musicmaking promote wellness of the body, mind, and spirit. Come play chimes, stretch and move with the music, sing, learn about your voice, and connect with other people. In this session, we will seek out songs with lyrics about apples across various cultures and traditions. Drop ins welcome!

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Mon., Tues., Wed., Fri.

9:00 a.m.—4:00 p.m.

Thurs.

9:00 a.m.—7:00 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

Michele Rollence

Day Porter:

Maria

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. (Thurs. until 7:00 pm)
Exercise Room Activity #R07039-104. Exercise room restricted availability on Tues.-
Thurs. from 10:30 am—12:00 noon for small group training.

Billiards Room Activity #R07103-102. If you are new to billiards, inquire at the front
desk about a mini lesson with volunteer Nick Harwood.

Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-102

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-105

Mah Jong, Wednesdays, 11:30 am, Activity #R07047-104

Canasta, Thursdays, 1:00 pm, Activity #R07112-103

Game Night with Eric, select Thursdays, 4:00—7:00 pm, Activity #R07112-119

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-103

Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-102

Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-103

Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-105

Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-106

Yoga on Fridays, 11:00 am (Free) Activity #R07029-104

Bone Builders: Tues. and Thurs., 2:30 pm (Free, pre-registered only, #R03010-122)

Evening Zumba on Thursdays, 5:30 pm (Free) Activity #R07070-119

Meal Program

Lunch is served daily at 12:00 pm, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. To get started, fill out a lunch program registration form. You will then be invited to review the menu with Teresa, our lunch coordinator, to make your meal choices for the month. Reservations must be made four or more days in advance. If you reserve a meal but can't make it on your selected dates, please notify the center as soon as possible, otherwise it will be recorded as a "no-show". For any three no-shows in a month, your participation will be paused until the next month. Due to safety concerns, meals are to be consumed at the center ONLY. Donations are suggested at \$3.00 or more per meal for those 60+ years of age. Guests under the age of 60 are asked to pay the full price of \$8.26.

Shopping Trips

Bring your shopping list and join us!

Mt. Airy Walmart: Tuesday, Oct. 1, 9:30 am

Milestone Shopping Center: Tuesday, Oct. 15, 9:30 am

Patel Brothers: Wed., Oct. 30, 9:30 am

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Applications are available at the front desk. 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: Onsite appointments in 2024 are available quarterly instead of monthly. **The next date will be October 16.** Call Tracy to make an appointment or for a phone consultation.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Liora Rosenberg 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 301-332-4546. *Activity #07076-104*

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 this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07129-101*

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.

Thank You!


Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club

Damascus Y Women - Harwood House - Partners in Care - Jimmy Cone

Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

Damascus Library³- M&T Bank

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Social Hour 9:30 Mt Airy Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Legos and More 2:30 Bone Builders	2 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Frank Plumer	3 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Birthday Party 2:30 Bone Builders 5:30 Zumba	4 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 LCR
	7 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks *DSCSI Sale in Lobby Begins	8 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 International Top Spinning Day 2:30 Bone Builders	9 9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Falls Prevention with Pivot PT	10 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Memory Games 2:30 Bone Builders 4:00 Game Night 5:30 Zumba
14 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 World Habitat Day	15 9:00 Social Hour 9:30 Milestone Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 12:00 Sports Day 2:30 Bone Builders	16 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:00 Social Worker 11:15 Movie Day 11:30 Mah Jong 12:00 Lunch 12:45 Movie Day (cont.)	17 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Table Games 2:30 Bone Builders 5:30 Zumba	18 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano *DSCSC Sale in Lobby ends
21 9:00 Social Hour <i>10:00 No Walking Club</i> 11:00 Tap Dance (\$) 12:00 Lunch 12:30 MoCo Senior Budget Watch Party	22 9:00 Social Hour 9:30 Trip to Pool 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Seniors' Choice 2:30 Bone Builders	23 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Air Traffic Controller Day	24 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 No Music Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Art & Music 2:30 Bone Builders 4:00 Game Night 5:30 Zumba	25 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia
28 9:00 Social Hour <i>10:00 No Walking Club</i> 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Teresa's Nutrition Program	29 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Orleans Express 2:30 Bone Builders	30 9:00 Social Hour 9:30 Patel Brothers 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Chat with the Director	31 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Audio Drama Day 2:30 Bone Builders 5:30 Zumba	

Damascus Senior Center

Oct. 2024 Member Spotlight

Jill Jones



Jill Jones was born in Bethesda, MD and was one of four children born to her father, a telephone installation and repairman, and her mother, a stay-at-home-mom. She went to Walter Johnson High School and Montgomery College.

Jill's first job was at Sears in Montgomery Mall and after that, she was soon married and settled in Burtonsville, MD, and had two daughters. Later worked as a secretary for a firm in Washington, D.C., and then in Human Resources for the Housing Opportunities Commission for many years. She was responsible for interviewing candidates and doing background checks, among other things. She retired from the HOC after 20 years of service.

Jill's favorite thing to do is keep up with her four grandchildren, three granddaughters and one grandson. She has spent a lot of time with her young grandson, having moved in with her daughter Tricia when John was three years old. John is now seven and they have had much fun together.

Jill loves to travel and has been to Ireland, Hawaii, and Alaska, in addition to many trips along the East Coast of the U.S. She would love to travel more in the future, especially to the West Coast of the U.S.

Crocheting is a hobby that Jill enjoys and she has crocheted an Afghan blanket for each of her grandchildren, among other projects.

Jill said she likes to consider herself a "go with the flow" person, which she thinks was instilled in her from childhood. She loves her time at the Damascus Senior Center and says "Being here means the world to me. I get to spend time with my friends, play Rummikub, and have the opportunity to go shopping." We are so glad you spend time with us as well, Jill!