



June 2024

# Damascus 55+ Senior Center

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

## ANNOUNCEMENTS

The Center will be closed on Wednesday, June 19 for Juneteenth.

## SPECIAL EVENTS

**Special Programs Daily at 1:00 pm Activity #R07107-512**  
*Dates with special guests include:*

- ◆ **Music by Frank Plumer:** Wed., June 5
- ◆ **Birthday Party:** Thurs., June 6 sponsor: Damascus Y Women
- ◆ **Good Queen Bess with Mary Ann Jung:** Wed., June 12
- ◆ **Travel Photos: New Zealand with Sue Guy:** Tues., June 18
- ◆ **Monthly Chat with the Director:** Thurs., June 20
- ◆ **Piano Tunes with Gwen:** Fri., June 21
- ◆ **Summertime Jazz with Christiana Drapkin:** Wed., June 26

**World Elder Abuse Awareness Day (WEAAD):** Tues., June 11, 10:00-11:30 am: Online viewing party here to watch the event being held at Holiday Park Senior Center. Presentations by State’s Attorney’s Office, Law Enforcement, Office of Consumer Protection, and Adult Protective Services. Senior Safety Skits by Senior Centers including us!

**Blood Pressure Screening:** Wed., June 12, 10:30-11:30 am

**Essential Oils for Skin Care and Brain Support with Adrienne:** Thurs., June 20 and 27, 11:00 am—12:00 noon, Skin Care on 6/20 and Brain Support on 6/27. Activity # R07114-502. Registration required, space is limited. Attend one or both.

**Maryland Insurance Administration (MIA):** Mon. June 24, 10 am—1 pm: Have your insurance questions and concerns answered, better understand your policies and compare rates for home and auto.

**Mosaics Installation Celebration:** Tues., June 25, 11:00 am  
Join Instructor Carien Quiroga and the artists to see and celebrate their latest piece, “Hope Springs Eternal”.

**Summer Watercolor Session:** Mon., 10 am—12 noon, July 1-22. Space is limited and registration will open on June 10 at 9:00 am. Activity #R07095-519, \$5 fee.

**Looking for Yarn Donations:** Our needlecrafters are always busy creating beautiful items and the final products are usually donated to those in need. We can always use more yarn—any color, type, or weight. If you have yarn to donate, it would be most welcome! Please drop off your donations to Lisa.

**And much more!** Check out the inside and calendar!

## DAMASCUS SENIOR CENTER HOURS

Monday—Friday  
9:00 a.m.—4:00 p.m.

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## 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!

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## **Exercise Room and Billiards Room**

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm. Exercise room restricted availability on Tues.-Thurs. from 10:30 am—12:00 noon for small group training.  
Exercise Room Activity #R07039-504 Billiards Room Activity #R07103-501

## **Needlecraft Room**

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-502

## **Game Time**

Bridge, Tuesdays, 11:00 am, Activity #R07074-504  
Mah Jong, Wednesdays, 11:30 am, Activity #R07047-503  
Canasta, Thursdays, 1:00 pm, Activity #R07112-501

## **Exercise Classes**

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-508  
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-502  
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-502  
Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-512  
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-506  
Yoga on Fridays, 11:00 am (Free) Activity #R07029-504

## **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 \$7.99.

## **Shopping Trips**

*Bring your shopping list and join us!*

**Mt. Airy Walmart:** Tuesday, June 4, 9:30 am

**Patel Brothers Shopping:** Wednesday, June 12, 9:30 am

**Milestone Shopping Center:** Tuesday, June 18, 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 **July 17**. 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 #07076-503*

## **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 #R07129-501*

## **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 - M&T Bank  
Damascus Y Women - Harwood House - Partners in Care - Wild Birds Unlimited  
Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Puzzle Sale</b> June 10-21 in the lobby!</p> <p><b>A new free exercise program begins on June 18 in the afternoons: Bone Builders.</b> This class will run from June 18-August 22 on Tues. and Thurs. from 2:30-3:30 pm, by registration only and limited to 20 participants. The class is already full so if you are interested in future sessions, be on the lookout for a September session. The class includes strength training exercises to benefit muscular strength, balance, and bone density. , limited to 20 participants. <i>Activity # R03010-513</i></p>				
<p>3 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks</p>	<p>4 9:00 Social Hour 9:30 Mt. Airy Walmart 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Sports with Matt</p>	<p>5 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch <b>1:00 Frank Plumer</b></p>	<p>6 9:00 Social Hour 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance <b>1:00 Birthday Party</b></p>	<p>7 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Seniors' Choice</p>
<p>10 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Brain Games</p>	<p>11 9:00 Social Hour 10:00 Chairobics <b>10:00 WEAAD</b> 10:30 Strength &amp; Balance 11:00 Bridge 11:00 Tai Chi 11:15 Movie Day 12:00 Lunch 12:30 Movie (cont.)</p>	<p>12 9:00 Social Hour 9:30 Patel Brothers Shopping 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 11:30 Mah Jong 12:00 Lunch <b>1:00 Good Queen Bess with Mary Ann Jung</b></p>	<p>13 9:00 Social Hour 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Bingo</p>	<p>14 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia</p>
<p>17 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Table Games</p>	<p>18 9:00 Social Hour 9:30 Milestone Walmart 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch <b>1:00 Sue Guy Travel Photo: New Zealand</b> 2:30 Bone Builders</p>	<p>19 <b>Closed for Juneteenth</b></p>	<p>20 9:00 Social Hour 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Essential Oils 12:00 Lunch 1:00 Canasta 1:00 Tea Dance <b>1:00 Chat with the Director</b> 2:30 Bone Builders</p>	<p>21 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch <b>1:00 Gwen on Piano</b></p>
<p>24 9:00 Social Hour 10:00 Walking Club <b>10:00 MD Insurance Admin</b> 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Teresa's Nutrition Program</p>	<p>25 9:00 Social Hour 10:00 Chairobics 10:30 Strength &amp; Balance <b>11:00 Mosaics Installation Celebration</b> 11:00 Bridge 11:00 Tai Chi <b>12:00 Special Lunch: Taco Tuesday</b> 1:00 Sports with Matt 2:30 Bone Builders</p>	<p>26 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch <b>1:00 Chrisitana Drapkin</b></p>	<p>27 9:00 Social Hour 10:00 Chairobics 10:30 Strength &amp; Balance 11:00 Needlecraft 11:00 Coping w/Change 11:00 Essential Oils 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Ice Cream Social 2:30 Bone Builders</p>	<p>28 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Deal or No Deal</p>

# **Damascus Senior Center**

## **June 2024 Member Spotlight**

### **Rattan and Surjit Arora**



Rattan Lal Arora and Surjit Arora was both born in the Hindu Punjabi family in India. They were married in 1966 in India. Rattan spent his career as a civil engineer and Surjit was an accountant. They are parents of two daughters, Poonam and Ritu. Poonam was a double post graduate in In-Home Science (in India) and Management Technology (in the US). She works as a software professional in Information Technology and lives in the U.S. with her husband and two children. Ritu did B.Tech in Computer Science and MBA, both in India and she works as a software professional in Information Technology and also lives int the US with her husband and two daughters.

Rattan and Surjit first came to the United States in 2001.

Rattan’s interests include watching Bollywood (Indian) movies, listening to songs and music, watching the T.V. news, and chatting with like-minded persons. Surjit also enjoys watching T.V. news and serials, especially “Indian Idols” an entertainment program performed mostly by children.

We are happy that Rattan and Surjit spend time with us here at the Damascus Senior Center where they participate in table games, walks, art programs, and socializing with their growing social circle!