Damascus 55+ Senior Center 25520 OAK DRIVE, DAMASCUS, MD 20872 240-777-6995





June 2025

ANNOUNCEMENTS & UPDATES

New Senior Center Director: We are excited to announce the appointment of James Berardi as the new Director of the Damascus Senior Center. For the past three years, James has managed special events, sports, and contracts for Senior Programs at Montgomery County Recreation. Prior to that, James specialized in vascular health at John's Hopkins and Medstar along with personal training for a number of years. James has a Bachelors Degree in Exercise Science, as well as certifications as a Strength and Conditioning Specialist and Vascular Ultrasound. James is dedicated to enhancing the well-being of our aging population and is committed to creating opportunities for connection and learning. He looks forward to collaborating with the Damascus community, welcoming your valuable feedback, and fostering a warm and inviting environment at the center. Stop by and introduce yourself—he's the one with the big smile!

Closures: June 19 in observance of the Juneeteenth Holiday

Special Events

World Elder Abuse Awareness Safety Forum:

Tuesday, June 17 at 10 a.m. Activity #R07107-540

The 1:00 Program

Exciting Rotating Programs Daily at 1 p.m.

Activity #R07107-532, Dates with special guests include:

- ♦ Music by Frank Plumer: Wed, June 4
- ◆ Birthday Party hosted by Damascus Y Women: Thurs, June 5
- ♦ Travel Training Presentation by JCA: Tue, June 10th
- ♦ American Women of WW2 by Michele Rollence: Wed, June 23
- ♦ **Senior Nutrition Program Zoom Chat:** Thur, June 12
- Singalong with Polly: Wed, June 18
- Piano Tunes with Gwen: Fri, June 20
- ♦ Balance & Stability by PIVOT: Mon, June 23
- ♦ Chat with the DSC Staff: Wed, June 25
- ♦ **WW2 History Performance by Rosemarie Law:** Thur, June 26

DAMASCUS SENIOR CENTER HOURS AT OAK DRIVE

Mon., Tues., Wed., Fri. 9:00 a.m.—4:00 p.m.

Thurs.

9:00 a.m.-7:00 p.m.

TEAM MEMBERS

Director:

James Berardi

Nutrition Coordinator: Teresa Wu

Special Events Coordinator: Lisa Cassarino Liscinsky

Recreation Assistants: Carmen Flores Suzie Diddle Chase Carty

JCA Bus Driver: Pierre Jean Claude

Day Porter: Maria

We are fortunate to have many treasured volunteers assisting as well. Together, we are delighted to spend the day with you! Please let us know how we can be of assistance! **Activity Registrations:** Montgomery County Recreation requires pre-registration for all activities, and follows a first-come, first-served approach. To create the best possible experience for all participants, each activity has a limited capacity. If an activity reaches full capacity, you'll be placed on a waitlist, and we will inform you if a spot becomes available. We appreciate your understanding as we implement these changes here at Damascus Senior Center. Thank you for your participation, and we look forward to seeing you in our activities!

Activities with spots available on the active roster are listed below. Please see activity registration form for full list of activities.

Physical Health

Fitness Classes

Walking Club on Mondays, 10:00 a.m. Activity #R07035-521

Tap Dance on Mondays, 11:00 a.m. (\$)- Activity #R07007-522

Tai Chi on Tuesdays, 11:00 a.m. Activity #R07025-515

Trail Walking Club on Wednesdays, 9:15 a.m. Activity #R07035-522

Ballroom Dancing (Non Instructional) on Thursdays, 1 p.m. Activity #R07129-511

Zumba Gold on Thursdays, 5:30 p.m. Activity #R07070-518

Health Screenings

Blood Pressure Screening: June 11 at 10:30 – 11:30 a.m. Activity #R07108-535

Creativity & Arts

Reader's Theater: Mon, 2:30 p.m., *Activity* #R07056-504 **Needlecraft Group:** Thur, 10:30 a.m., *Activity* #R07053-520

Games & Competition

Dice, Card & Board Games

Bridge Club, Tuesdays, 11:00 a.m., *Activity*#R07074-510 **American Mah Jongg Club,** Wednesdays, 11:30 a.m., *Activity* #R07047-508 **Canasta Club,** Thursdays, 12:30 p.m., *Activity* #R07112-513

New Puzzle Exchange: Browse our collection, take what interests you, and leave a puzzle for others to enjoy. No check-outs, no due dates. Just a community sharing the joy of puzzles! Please email Beth at Boodrews@gmail.com with any questions.

Senior Nutrition Program

Lunch is served daily at Noon, provided by Dutch Mill Catering on behalf of the *Senior Nutrition Program*. Reservations must be made one week in advance. If you reserve a meal but can't make it on your selected dates, please notify the center as soon as possible. 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. At this time, we are not accepting new applications. We apologize for the inconvenience. *SNP Program Updates on June 12 at 1pm. Please register using Activity # R07028-537*

Social Services

Aging and Disability Services (240-777-3000)

We encourage you to call to discover valuable information about senior health services, transportation options, and housing resources. They are here to help you navigate Montgomery County resources effectively.

Aging & Disability 1:1 Meetings with Tracy Carter:

Walk in appointments in 2025 are available quarterly. Please call 240-777-1060 to make an appointment. **The next date will be July 16.**

Coping with Change, Thursdays at 11:00 am

Free support group with Liora Rosenberg focusing on both support and coping skills to handle the changes that seniors experience as they age. Hosted by the Affiliated Sante Group. For questions, call 301-332-4546. *Activity #R07076-508*

Travel

Daily Bus Transportation

Free Bus Transportation is available for Montgomery County residents 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.

Mini Trips

Milestone Shopping Center: Mon, June 2 at 9:30 a.m., Activity # R07101-576 Germantown Library: Tu, June 10 at 9:45 a.m., Activity # R07101-575 Milestone Shopping Center: Mon, June 16 at 9:30 a.m., Activity # R07101-574 Germantown Amish Market: Th, June 26 at 9:30 a.m., Activity # R07101-577 Patel Brothers: Mon, June 30 at 9:30 a.m., Activity # R07101-578

Drop In Activities

Game Room & Billiards: Monday-Friday 9 a.m.— 4 p.m.
Weight Room: Monday-Thursday 9 a.m.—9 p.m., Fri 9 a.m.—6 p.m.
Competitive Pickleball: Tuesday/Thursday 9 a.m.— 2:45 p.m.

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 - Damascus Lions Club - Damascus Library Damascus Y Women - Harwood House - Partners in Care - Jimmy Cone - M&T Bank Pivot Physical Therapy - Weis Markets - Alzheimer's Association

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milestone 9:45 Chair Yoga 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Creature Feature: Live from the Zoo & Aquarium 2:30 Readers'	3 9:00 Coffee Social 9:30 Mosaics (\$) 10:00 Chairobics 10:00 Beginner Group- Strength & Balance (\$) 11:00 Bridge Club 11:00 Tai Chi 12:00 Lunch 1:00 Life Changing Inventions 2:30 Bone Builders	9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 Frank Plumer 2:00 Illustration & Drawing (\$)	5 9:00 Coffee Social 10:00 Chairobics 10:00 Beginner Group- Strength & Balance (\$) 10:30 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Birthday Party 2:30 Bone Builders 5:30 Zumba	6 9:00 Coffee Social 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off- Trivia
9:45 Chair Yoga 10:00 Walking Club 11:00 Fitness Room Orientation 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Dragonfly Day 2:30 Readers' Theater	9:00 Coffee Social 9:30 Mini Trip— Germantown Library 9:30 Mosaics (\$) 10:00 Chairobics 10:00 Beginner Group- Strength & Balance (\$) 11:00 Bridge Club 11:00 Tai Chi 12:00 Lunch 1:00 Travel Training Presentation by JCA 2:30 Bone Builders	9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 10:30 Blood Pressure Screening 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 American Women of WW2 with Michele Rollence 2:00 Illustration & Drawing (\$)	9:00 Coffee Social: Meet your local Police Officer: Marcus Dixon 10:00 Chairobics 10:00 Beginner Group- Strength & Balance (\$) 10:30 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 Senior Nutrition Program Presentation 2:30 Bone Builders 5:30 Zumba	9:00 Coffee Social 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off— Pictionary
9:30 Mini Trip- Milestone 9:45 Chair Yoga 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Timely Topics 2:30 Readers' Theater	17 9:00 Coffee Social 9:30 Mosaics (\$) 10:00 World Elder Abuse Awareness Safety Forum 10:00 Chairobics 10:00 Beginner Group- Strength & Balance (\$) 11:00 Bridge Club 11:00 Tai Chi 12:00 Lunch 1:00 National Mascot Day 2:30 Bone Builders	9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 Singalong w Polly Baldridge 2:00 Illustration & Drawing (\$)	19 Closed for Juneteenth Holiday	20 9:00 Coffee Social 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano
9:00 Coffee Social 9:30 Mini Trip- Milestone 9:45 Chair Yoga 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Balance &	24 9:00 Coffee Social 9:30 Mosaics (\$) 10:00 Chairobics 11:00 Bridge Club 11:00 Tai Chi 12:00 Lunch 1:00 Introduction to Rummikub 2:30 Bone Builders	9:00 Coffee Social 9:15 Trail Walking Club 10:00 Chairobics 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 Chat/ w the DSC Staff 2:00 Illustration & Drawing (\$)	26 9:00 Coffee Social 9:30 Mini Trip-Amish Market 10:00 Chairobics 10:30 Needlecraft 11:00 Coping w/Change 12:00 Lunch 12:30 Canasta Club 1:00 Ballroom Dancing 1:00 WW2 Living History Performance 2:30 Bone Builders 5:30 Zumba	9:00 Coffee Social 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Friday Face Off— Scattergories
30 9:00 Coffee Social 9:30 Mini Trip-Patel Brothers 9:45 Chair Yoga 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Brain Games 2:30 Readers' Theater				