

# **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 Med-star 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 Juneteenth 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.**

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## **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!**

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**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](mailto: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

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