



Jan. 2025

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

Holiday Schedule: We are closed on Wed., Jan. 1, and Mon., Jan. 20.

Evening hours on Thurs. until 7:00 pm. Join us for Zumba at 5:30 pm (*Activity #R07070-223*) every Thurs. Please also enjoy the Exercise Room, Billiard room, and other general space in the Center from 4-7 pm.

Building Update: Note the Community Forum event listed under Special Events below. The Senior Center building is scheduled for renovation, with our last day at this location on Feb. 28, transitioning operations to the Damascus Community Recreation Center during March. More details will be released as available.

SPECIAL EVENTS

Special Programs Daily at 1:00 pm

Activity #R07107-206, Dates with special guests include:

- ◆ **Music by Frank Plumer:** Wed., Jan. 8
- ◆ **Birthday Party:** Thurs., Jan. 2, sponsor: Damascus Y Women
- ◆ **Community Forum at Damascus Community Rec. Center:** Tues., Jan. 14 at 1:00 pm, *Activity # R07101- 214.* This is your opportunity to hear more about integrating our programs with those already existing at DCRC, including space usage and updates about the move. Sign up at Front Desk (Bus leaves 12:45 pm)
- ◆ **Pain Management with Pivot PT:** Wed., Jan. 15
- ◆ **Piano Tunes with Gwen:** Fri, Jan. 17
- ◆ **Emergency Preparedness with OEMHS:** Tues., Jan. 21, *Activity #R07116-203*
- ◆ **Pedestrian Safety with MDOT:** Thurs., Jan. 23
- ◆ **Monthly Chat with the Director:** Tues., Jan. 28

Early Sign up for Tax Aid: Jan. 23, 11 am—1 pm

Watercolor: Jan. 27, Feb., 3, 10, 24, 10 am—12:00 noon, \$5 fee, *Activity # R07095-213.* Reg. opens Jan. 13, at 9:00 am online or forms at front desk. (Forms not accepted prior to 9 am on 1/13/24.)

Bowling Trip Wed., Jan 22, , 9:30 am, *Activity #R07101-205,* \$5 fee includes shoes and pizza. Bus returns by 1:45 pm. Register online or at front desk.

Blood Pressure Screening: Wed., Jan. 8, 10:30 am

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 #R07039-204. Exercise room restricted availability on Tues.-
Thurs. from 10:30 am—12:00 noon for small group training.

Billiards Room Activity #R07103-201. 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 #R07053-201

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-205
American Mah Jongg, Wednesdays, 11:30 am, Activity #R07047-205
Canasta, Thursdays, 1:00 pm, Activity #R07112-202

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-203
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-201
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-201
Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-204
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-206
Yoga on Fridays, 11:00 am (Free) Activity #R07029-203
Bone Builders: Tues. and Thurs., 2:30 pm (Free, pre-registered only, #R03010-222)
Evening Zumba on Thursdays, 5:30 pm (Free) Activity #R07070-223

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 noti-
fy 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, Jan., 7, 9:30 am

Milestone Shopping Center: Tuesday, Jan. 21, 9:30 am

Free Bus Transportation

Free Bus Transportation is available for Montgomery County residents who live with-
in a 5-mile radius, mornings and afternoons, Monday-Friday. Applications are availa-
ble 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 January 15.** 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 #07076-203*

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 #R07129-201*

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 floor 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

Damascus Senior Center

Jan. 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Inclement Weather</i> Montgomery County Recreation no longer follows MCPS for weather-related closures. Program cancellations and facility closures are on a case by case basis. Please check www.mocorec.com for updates or sign up for "Rec Alerts" from Montgomery County Govt. Safety should be your priority. Please stay home if roads and sidewalks are icy.</p>		<p>1</p> <p>Closed for New Year's Day</p>	<p>2</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 <i>No Tea Dance</i> 1:00 Birthday Party 2:30 Bone Builders 5:30 Zumba</p>	<p>3</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Art with Liz</p>
<p>6</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks</p>	<p>7</p> <p>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 Brain Games 2:30 Bone Builders</p>	<p>8</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 Frank Plumer</p>	<p>9</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Boomwhackers 2:30 Bone Builders 5:30 Zumba</p>	<p>10</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Games with Liz</p>
<p>13</p> <p>9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Sticker Day</p>	<p>14</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Community Forum at DCRC (bus leaves @12:45) 2:30 Bone Builders</p>	<p>15</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:00 Social Worker 11:30 Mah Jongg 12:00 Lunch 1:00 Pain Management with Pivot PT</p>	<p>16</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 A Special Bingo 2:30 Bone Builders 5:30 Zumba</p>	<p>17</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano</p>
<p>20</p> <p>Closed for MLK Day</p>	<p>21</p> <p>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 1:00 Emergency Preparedness 2:30 Bone Builders</p>	<p>22</p> <p>9:00 Social Hour 9:30 Bowling Trip 10:00 Chairobics 11:00 Zumba 11:30 Mah Jongg 12:00 Lunch 1:00 Seniors Choice</p>	<p>23 *TaxAid Signup 11-1</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Pedestrian Safety 2:30 Bone Builders 5:30 Zumba</p>	<p>24</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 History with Liz</p>
<p>27</p> <p>9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Nutrition with Teresa</p>	<p>28</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Chat with the Director 2:30 Bone Builders</p>	<p>29</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:15 Movie Day 11:30 Mah Jongg 12:00 Lunch 12:45 Movie Day (cont.)</p>	<p>30</p> <p>9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Sports with Matt 2:30 Bone Builders 5:30 Zumba</p>	<p>31</p> <p>9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia</p>

Damascus Senior Center

Jan. 2025 Member Spotlight

John Jackson



John Jackson was born in 1938 in Potomac, Maryland, and grew up as a self-described “farm boy”. He considers living and working on farms as the best parts of his life. John’s father was a beef cattle farmer and his mother was a housecleaner and cook. Including John, his parents had twelve children—five girls and seven boys.

As a young adult, John loved working with horses and doing hard work on the farm in general. He loved working with horses because they are beautiful and also because there were always children around the horses and John loved interacting with children. John recalls kids always taking a liking to him and he enjoyed giving each kid a dollar bill when they were around.

Over the years, John started drinking alcohol from morning ‘til evening until one day, in 1987, he decided he’d had enough. He said he “smelled like a bull and no one wanted to be around him”. He credits a woman from Thailand he met in a store with inspiring him to quit. She beckoned him over when he was about to purchase two six packs of beer and suggested he quit. He took her advice and says he wouldn’t be here today without her push. His family and friends were very proud of him. He is glad he listened and was able to quit a bad habit, since his mother always said he was stubborn and ornery! Since quitting drinking, he has felt a lot better!

John has endured other health challenges, having cancerous tumors removed in 1992, 2001, and 2002. In 2016, he lost his leg due to infection. It was a challenge learning to walk with a prosthetic leg. That same year, John lost his brother who he lived with and moved into a group home in Rockville. In 2018, John moved to his current home, Amanda’s Place, in Damascus and that is when he discovered the Damascus Senior Center. John loves attending the Senior Center because he gets to make new friends. He enjoys getting along with everybody. We enjoy seeing John every day as well!

