



July 2024

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

Holiday Closing: The Center will be closed on Thursday, July 4 for Independence Day.

New Evening Hours with Game Night and Zumba in August:

We will begin having extended hours until 7:00 pm every Thursday starting August 1, including “Game Night with Eric” from 4-7 pm, Activity #R07112-510 and a 5:30 pm Zumba class, Activity Number R07070. Join us!

Welcome to our TeenWorks Teammates:

You may have already met Nick, Nancy, James, or Liz (Teenworks graduate). They are here during the summer and can help you with technology and will lead some 1:00 pm programs! Please say hello!

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-512

Dates with special guests include:

- ◆ **Tech Connect with Nick and Nancy:** Tues., July 2
- ◆ **Music by Frank Plumer:** Wed., July 3
- ◆ **Senior Scam Skits and Discussion:** Wed., July 10
- ◆ **Art with Liz:** Thurs., July 11
- ◆ **Birthday Party:** *Mon., July 15, sponsor: 4H Club *(note the date!)*
- ◆ **Commission on Aging:** Wed., July 17
- ◆ **Illusions with Vic:** Thurs., July 18
- ◆ **Piano Tunes with Gwen:** Fri., July 19
- ◆ **Monthly Chat with the Director:** Wed., July 24
- ◆ **Loneliness & Isolation:** Liora, Coping w/Change: Thurs., July 25
- ◆ **History with Liz:** Fri., July 26

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

Virtual Reality Training: Mon., July 15, 11:00 am—12:00 noon, Activity # R07313-501. Come learn how to use the VR equipment so that you can use it on your own later!

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

9:00 a.m.—4:00 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. 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
Bone Builders: Tues. and Thurs., 2:30 pm (Free, pre-registered only, #R03010-122)

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.

Trips

Mt. Airy Walmart: Tuesday, July 2, 9:30 am
Milestone Shopping Center: Tuesday, July 16, 9:30 am
Heritage Museum: Wednesday, July 24, 11:00 am
Harwood House: Thursday, July 25, 9:45 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 - Jimmy Cone
Pivot Physical Therapy - Trader Joe's - Weis Markets - Alzheimer's Association

Damascus Senior Center

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talks</p>	<p>2 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 Tech Connect 2:30 Bone Builders</p>	<p>3 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Frank Plumer</p>	<p>4 Closed for Independence Day</p>	<p>5 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Seniors' Choice</p>
<p>8 9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Bingo</p>	<p>9 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Sports with Matt 2:30 Bone Builders</p>	<p>10 9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Senior Scams</p>	<p>11 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 Art with Liz 2:30 Bone Builders</p>	<p>12 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Water balloons with Matt</p>
<p>15 9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 11:00 Virtual Reality 12:00 Lunch 1:00 Birthday Party</p>	<p>16 9:00 Social Hour 9:30 Milestone Walmart 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 11:15 Movie Day 12:00 Lunch 1:00 Movie (cont.) 2:30 Bone Builders</p>	<p>17 9:00 Social Hour 10:00 Chairobics 11:00 Social Worker 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Commission on Aging</p>	<p>18 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 Illusions w Vic 2:30 Bone Builders</p>	<p>19 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano</p>
<p>22 9:00 Social Hour 10:00 Walking Club 10:00 Watercolor 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Memory Games</p>	<p>23 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Sports with Matt 2:30 Bone Builders</p>	<p>24 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:00 Heritage Museum 11:30 Mah Jong 12:00 Lunch 1:00 Chat with the Director</p>	<p>25 9:00 Social Hour 9:45 Harwood House 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 Isolation vs. Loneliness with Liora 2:30 Bone Builders</p>	<p>26 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 History with Liz</p>
<p>29 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Teresa's Nutrition Program</p>	<p>30 9:00 Social Hour 10:00 Chairobics 10:30 Strength & Balance 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Olympic Day 2:30 Bone Builders</p>	<p>31 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Mah Jong 12:00 Lunch 1:00 Trivia</p>	<p><i>Bone Builders class is limited to the 20 pre-registered participants for the 6/18-8/22 session. Look for registration to open for fall session.</i></p> <p><i>Evening Zumba starts on Aug. 1, and will be ongoing, every Thursday at 5:30 pm. Registration forms available at the front desk. Activity # R07070-513</i></p>	

Damascus Senior Center

July 2024 Member Spotlight

Ed and Karen Escalante



Ed Escalante was born in El Paso, Texas. After graduating from the University of Texas with a Metallurgical Engineering Degree, he worked at the National Institute of Science and Technology (NIST). Karen McCool Escalante grew up in McCool, Maryland, a small town in western Maryland that came to her ancestors by way of a land grant after the Civil War. Karen also worked at NIST and the two of them met at the NIST library, married in 1963 and today have four children and seven grandchildren!

Ed and Karen have lived in Clarksburg, MD since 1967, watching it grow from bean fields, farms, dirt roads, and single family homes to Little Bennett Park, Seneca Lake, and a population of 29,000. They were active in the Clarksburg Civic Association for many years, helping plan the future of Clarksburg and fighting an airport, landfill, and detention center (which they lost). It was very rewarding helping to shape the town they called home.

Ed and Karen spent many gratifying years volunteering at Black Hill Regional Park, working with the naturalists and the Friends of Black Hill Nature Programs. Volunteering included many interesting programs including Bluebird monitoring, puppet shows for the children's programs, fund raising, the weed warrior program, and the flying squirrel program. They were rewarded with the great knowledge and love of nature from the naturalists.

After being empty nesters and retirement, they embarked on even more adventures and hobbies together. They tried roller skating, taking lessons and learning to dance waltzes, tangos, polka, and more on skates to organ music. Karen enjoyed sewing skating costumes for the skaters. In other adventures, they traveled 184 miles in seven days along the C&O Canal on bicycles and have traveled to all 48 contiguous states in the U.S. by car.

Currently, Ed and Karen enjoy spending time with family, walking, birdwatching, and in 2023, they began attending the Damascus Senior Center where they say they have been greeted with enthusiasm from an active, friendly group! We feel the same about you, Karen and Ed!