DAMASCUS SENIOR CENTER

240-777-6995 ⊛ 9701 MAIN STREET DAMASCUS, MD 20872 ⊛ MOCOREC.COM

OPERATING HOURS

Monday	9 a.m.- 4 p.m.
Tuesday	9 a.m.- 4 p.m.
Wednesday	9 a.m.- 4 p.m.
Thursday	9 a.m.- 6:30 p.m.
Friday	9 a.m.- 4 p.m.
Saturday	Closed
Sunday	Closed

SENIOR CENTER STAFF

Center Director:
James Berardi

Nutrition Program Lead
Teresa Wu

Recreation Associates:
Lisa Cassarino-Liscinsky
Carmen Flores
Suzie Diddle
Sharron Yankah
Nancy Austin

JSSA Bus Driver:
Pierre Jean-Claude

Day Porter:
Maria Ortega

We are also grateful for our incredible volunteers, whose dedication and hard work truly elevate our center, ensuring it remains a welcoming and exceptional place for all!

Welcome & Announcements

Damascus Senior Center at 9701 Main Street is officially reopening! I am excited to announce that on November 14 at 10 am, there will be a ribbon-cutting ceremony followed by an open house. Please join us and celebrate our long-awaited return!

The Damascus Senior Center officially opens with programs on Monday, November 16.

Thank you for your patience throughout this renovation. Senior programs will pause from November 1st to 13th as we transition back into the building and take the time to unpack, organize, and prepare. You're still welcome to enjoy the Community Center during this time. Please note there will be no Coffee Social, Senior Nutrition Program or Transportation during the pause. If you rely on SNP meals, you may transfer your meal to other senior centers. Local food resources such as Damascus Help, Manna Food, and Community Food Rescue are also available if needed.

Highlighted Activities & Events

Damascus Senior Center
Ribbon Cutting Ceremony & Open House
Saturday, November 14, 10 a.m.– 1:30 p.m.

No Registration Required

We can't wait to celebrate with you!
Join us for speeches, music, fun demos, and tasty food.

Thanksgiving Luncheon Celebration
Thursday, November 19, Noon – 2 p.m.

Act # R07107-178

Join us for a delightful afternoon of food & friendship.
Come as you are, where good food meets great company.
*** Available space is limited ***

We offer a wide range of exciting programs!

Community & Learning

- Coffee Social
- Coping with Change
- Dance Social
- Rotating 1 pm programs

Creativity & Arts

- Needlecraft Club
- Quilting Club
- Reader's Theater
- Drawing Club
- Mosaics Instruction
- Watercolor Instruction
- Paper Crafting Club

Health & Fitness

- Chairobics
- Yoga
- Zumba
- Tai Chi
- Tap Dance
- Fit Boot Camp
- Resistance Bands
- Trail Walking Club
- Walking Club

Games

- American Mah Jongg
- Canasta Club
- Rummikub Club

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. We appreciate your understanding. Thank you for your participation, and we look forward to seeing you in our activities!

How you can sign up!

In Person using a Registration Form
Mail in using a Registration Form
Online at ActiveMontgomery.Org

For online registration questions, please contact the County Recreation Customer Service at 240-777-6840.

Rotating Programs

These programs start at 1 pm unless listed otherwise.

The Monday Mind

11/16 - Po-Ke-No
11/23 - Brain Games
11/30- Chain Reaction

The Tuesday Talk

11/17 - DSC Town Hall: Updates & Input
11/24- TED Talks

The Wednesday Watch & Wow

11/18- Piano Tunes *(Gwen Goldsmith)*
11/25 Movie Day (Starts at 11 a.m.)

The Thursday Thrill

11/19---- No Program --- Sign up for the luncheon!
11/26 --- No Program --- Closed for Thanksgiving

The Friday Faceoff

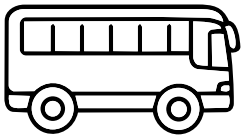
11/20 - Pictionary
11/27 --- No Program --- Closed for Thanksgiving



Travel

Bus Trips

Mon, 11/16 - 9:30 am - Milestone Shopping
Wed, 11/18 - 9:30 am - India Bazaar
Fri, 11/20 - 9:30 am - Harwood House
Mon, 11/23 - 9:30 am - Mt. Airy Walmart
Mon, 11/30 - 9:30 am - Milestone Shopping



Please see our registration forms for a full list of activities & trips

Daily Bus Transportation

Free bus transportation (Mon—Fri) is available for Montgomery County residents living within a 5-mile radius from our 9701 Main Street Address. This service is provided through a partnership with JSSA. The bus arrives at the center at 9:00 a.m. and departs at 2:00 p.m. Applications can be obtained at the front desk and are accepted on an ongoing basis. Please note that space is limited, and there is no guarantee of availability.

Senior Nutrition Program

Join us for lunch daily at Noon, provided by Dutch Mill Catering. This congregate meal program is funded to promote healthy eating and social connection among seniors. These meals must be consumed with others in the social hall. Unfortunately, meals can not be taken home.

Reservations must be made at least one week in advance. If you reserve a meal but can't make it on your selected date, please notify the center as soon as possible.

Donations are suggested at $3.00 per meal for those 60+ years of age. Feel free to bring your own lunch and join us as well. Let's share a healthy meal together!

A Sneak Peek at the Center

The Social Hall



Looking forward to the many shared meals, community presentations, and Rummikub games to be had!

The Outdoor Fitness Equipment



Our fitness equipment has expanded, and the view is better too. Come move with us outdoors!

Make a Difference! Become a Volunteer!

Are you interested in helping others?
Discover the various ways you can support our Senior Center

Coffee Social Attendant: Prepare coffee & refreshments.
Attendance Assistant: Collect attendance for activities.
Program Instructor/Lead: Lead a class, activity, trip, or club!
Program Assistant: Assist us with prep and running activities.

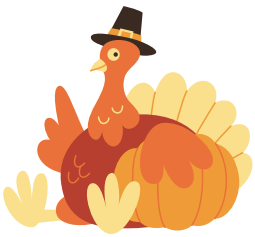
If you are interested, please contact the Center Director.
Email: James.Berardi@MontgomeryCountyMD.Gov
Phone: 240-777-6996

Aging & Disability Support Services
240-777-3000

- Housing & Food
- Transportation
- Healthcare

JSSA
240-800-5772

County Services
240-777-0311

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Closed for Packing & Moving**	**3** **Closed for Packing & Moving**	**4** **Closed for Packing & Moving**	**5** **Closed for Packing & Moving**	**6** **Closed for Packing & Moving**
9 **Closed for Packing & Moving**	**10** **Closed for Packing & Moving**	**11** **Closed for Veterans Day** 	**12** **Closed for Packing & Moving**	**13** **Closed for Packing & Moving**
16 9:00 Coffee Social 9:00 Rummikub Club *9:30 Bus Trip:* *Milestone* 10:00 Chair Yoga 10:00 Quilting Club 11:00 Strength R-Bands 12:00 Lunch 12:00 Tap Dance 1:00 Po-Ke-No 2:00 Reader's Theater	**17** Registration Day 9:00 Coffee Social 9:00 Rummikub Club 9:15 Walking Club 11:00 Zumba 11:30 American Mah Jongg Club 12:00 Lunch 12:15 Tai Chi 1:00 DSC Town Hall 2:30 Bone Builders *Chairobics Canceled*	**18** 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club *9:30 Bus Trip:* *India Bazaar* 10:00 Chairobics 10:00 Paper Craft Club 11:00 Yoga 12:00 Lunch 1:00 Piano (Gwen G) 2:00 Drawing Club 2:45 Fit Boot Camp	**19** 9:00 Coffee Social 9:00 Rummikub Club 9:30 Blood Pressure Screening 10:30 Needlecraft Club 11:00 Coping w/ Change 11:00 UMD Nursing **12:00 Thanksgiving Luncheon Celebration** 12:30 Canasta Club 2:30 Bone Builders 5:00 Zumba Gold *Chairobics Canceled*	**20** 9:00 Coffee Social 9:00 Rummikub Club *9:30 Bus Trip:* *Harwood House* 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Dance Social 1:00 Pictionary
23 9:00 Coffee Social 9:00 Rummikub Club *9:30 Bus Trip:* *Mt. Airy Walmart* 10:00 Chair Yoga 10:00 Quilting Club 11:00 Strength R-Bands 12:00 Lunch 12:00 Tap Dance 1:00 Brain Games 2:00 Reader's Theater	**24** 9:00 Coffee Social 9:00 Rummikub Club 9:15 Walking Club 10:00 Chairobics 11:00 Zumba 11:30 American Mah Jongg Club 12:00 Lunch 12:15 Tai Chi 1:00 TED Talks 2:30 Bone Builders	**25** 9:00 Coffee Social 9:00 Rummikub Club 9:15 Trail Walking Club 10:00 Chairobics 11:00 Yoga 11:00 Movie Day 12:00 Lunch 2:00 Drawing Club 2:45 Fit Boot Camp	**26** **Closed for Thanksgiving** 	**27** **Open/Closed- TBD** 
30 9:00 Coffee Social 9:00 Rummikub Club *9:30 Bus Trip:* *Milestone* 10:00 Chair Yoga 10:00 Quilting Club 11:00 Strength R-Bands 12:00 Lunch 12:00 Tap Dance 1:00 Chain Reaction 2:00 Reader's Theater		**Damascus Senior Center Newsletter November 2026**		

Thank you for spending your time with us!
Please call 240-777-6995 if you have any questions.

Dear Damascus Friends,

Welcome back to your senior center! Our goal is simple: to make the center a place where you can learn, grow, connect, and feel supported. Whether you come for a class, a club, a good meal, or a friendly face, we're glad that you're here. We believe everyone has a talent to share, so please consider giving a Tuesday Talk, entertaining us on a Wednesday, suggesting a new club, or leading a class. Your contributions help shape the center every day and we grow stronger as a community when we get to know each other, learn from each other and lift each other up.

You may notice that some things look or work a bit differently than before. Renovations, updated county codes, participant feedback, and the new layout all played a part in these changes. We understand it may take a little time to adjust, and we're here to answer any questions. We believe these changes will improve your experience in many ways.

The center now features many upgrades that we can't wait for you to see!

- A more efficient HVAC system
- Outdoor fitness equipment
- An expanded fitness/weight room
- A shaded outdoor patio
- New chairs & Tables
- A refreshed color scheme
- A larger multipurpose room with storage capacity
- Many new ADA accommodations.

The same warm, friendly, and inviting staff you already know will be there to greet you, along with our amazing volunteers, members and community partners.

Registration will continue to be first-come, first-served based on Montgomery County Recreation's schedule. Winter registration is on **Tuesday, November 17 at 9 a.m.**
If a class fills up, you'll be placed on the waitlist.
Registration sheets will be available at the Community Center while we're closed. We will begin letting people in the building at 8:30 a.m. on November 17 and tickets based on arrival time will be distributed.

As we settle back into our center, we want to keep things running smoothly and your help with check-ins really makes a difference. Please remember to **check-in** for every class, club, or program you attend. It helps us show the county just how active and engaged our community really is. Just check in, enjoy your time here, and let us handle the rest.

Active Roster (Guaranteed Spot)
If you registered early and secured a spot in class, you're on the Active Roster.

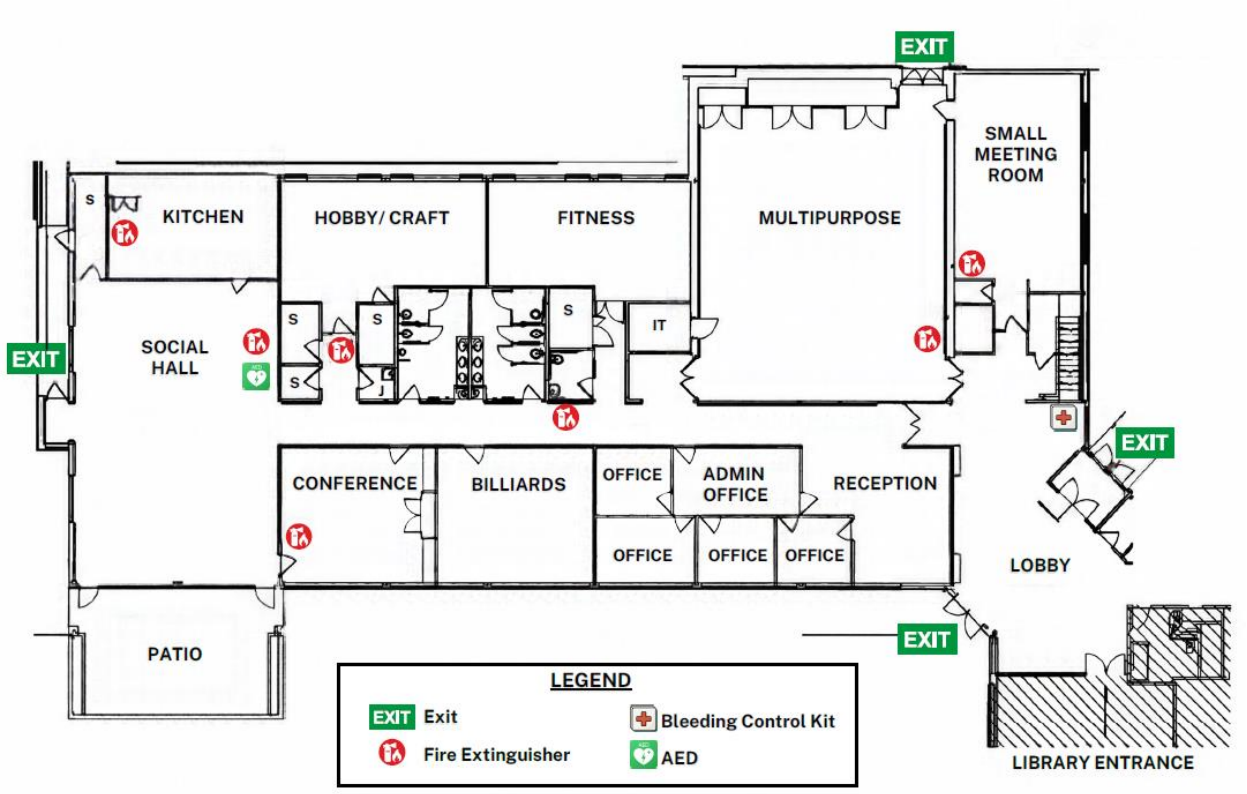
> All Programs (Day of): *Check in outside of the class with the attendance assistant or by self check-in depending on the activity.*

Waitlist / Standby List (Waiting for a Spot)
If you ended up on the Waitlist, thank you for your patience. Spots could open up!

> Fitness Classes (Day of): *Check in and receive a numbered square at the reception area. The attendance assistant will call your number if there is space available.*
>
> Senior Nutrition Program (Day of): *Check in at the reception area and go to the Social Hall at Noon. Any leftover meals will be given out at 12:15 in the social hall.*
>
> Other classes/clubs: *Please wait for an email or call letting you know a spot has become available and you're next on the list.*

Senior Center Map & Room Assignments

Below is a room layout with a guide to where your favorite activities will take place! You may also notice some updated room names to better match how they're used.



• ***Multipurpose Room****: Chairobics, Chair Yoga, Zumba, Tai Chi, Yoga, Strength Resistance Bands, Tap Dance, Fit Boot Camp, Dance Social*
• ***Billiards Room****: Billiards*
• ***Conference Room****: Quilting Club, Needlecraft Club, Reader's Theater*
• ***Hobby/Craft Room****: Paper Crafting Club, Drawing Club, Watercolor, Mosaics,*
• ***Social Hall****: Rummikub Club, Senior Nutrition Program, and our fun rotating programs (The Monday Mind, The Tuesday Talk, The Wednesday Watch & Wow, The Thursday Thrill, and Friday Faceoff)*
• ***Outdoors/Grounds****: Trail Walking Club, Walking Club, and all trips*
• ***Small Meeting Room****: American Mah Jongg Club, Canasta Club, and Coping with Change*

We truly have the best jobs in the world because we get to serve this incredible community and now, we get to welcome you back into a center that's ready for many more years of connection, friendship, and fun. We can't wait to see you there. Welcome home!

Warmly,
The Damascus Senior Center Team

Active MONTGOMERY

MONTGOMERY COUNTY Recreation

Use this form to register for both Montgomery Parks and Montgomery County Recreation activities.*

* Required Info

REGISTRATION FORM

☐ Check here if this is a new address, phone number or email address since your last registration. Please print or type. This form may be copied.

Head of Household or Organization

Last Name*	First Name *	Email *		
Address *		City *	State *	ZIP *
Home Phone *	Work Phone	Cell Phone	Birthday (mm/dd/yy) *	

EMERGENCY CONTACT
For participants under 18

Name	Relationship	Phone

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Gender	Activity Name	Activity Number	Fees *
☐ *Non-County residents include an additional $15 per participant, per activity for Montgomery County Recreation activities (not applicable for Parks activities)				**Total Program Fees:**	

To which race do you identify most?

- ☐ Asian or Pacific Islander
- ☐ Black or African American
- ☐ White
- ☐ Other
- ☐ Prefer Not to Answer/ Organization Account

PAYMENT OPTIONS*

Total Programs Fees $_____ Cash $_____

Non-Resident/Other Fees $_____ Check # _____ $_____

Total Fees Due $_____

Make checks and money orders payable to: ActiveMONTGOMERY. Mail checks to: 2425 Reedie Drive, 10th Floor, Wheaton, MD 20902

Are you Hispanic or Latino? ☐ Yes ☐ No ☐ Prefer Not to Answer/Organization Account

Is there another language other than English spoken at home? ☐ Yes ☐ No ☐ Prefer Not to Answer/Organization Account

Will you need an ADA (Americans with Disabilities Act) disability accommodation (trained support staff, sign language interpreters, companion, Braille/large print, adaptive equipment, assistive listening/auxiliary devices, and/or audio description?)

☐ Yes ☐ No

If YES, please see below:

ADA Requests for Montgomery Parks

To request an accommodation for M-NCPPC, Montgomery Parks programs you must contact the Program Access Office at 301-495-2581 or email ProgramAccess@montgomeryparks.org.

ADA Requests for Montgomery County Recreation

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

IMPORTANT: Request should be made before the program begins.

SIGNATURE IS REQUIRED

Participant or Parent/Guardian Signature_____ Date _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Damascus Senior Center 2027 Winter

✓	$	T	Activity Name	Activity #		Dates	Time	M	T	W	Th	F
	Free	♣	American Mah Jongg Club	R07047	262	12/1- 2/23	11:30 am – 3 pm		*			
	Free	♡	Blood Pressure Screening	R07108	235	12/9, 1/13, 2/10	10:30 – 11:30 am			*		
	Free	♣	Canasta Club	R07112	213	12/3- 2/25	12:30 pm - 3:30 pm				*	
	Free	👥	Cardboard Boat Build	R07107	245	1/7 – 3/4	10:30 am – 1 pm			*		*
	Free	♡	Chair Yoga w/ Karen	R07029	225	12/7- 2/22	10 – 10:45 am	*				
	Free	♡	Chairobics Tu	R07066	213	12/1- 2/23	10 – 10:45 am		*			
	Free	♡	Chairobics Wed	R07066	214	12/2- 2/24	10 – 10:45 am			*		
	Free	♡	Chairobics Th	R07066	215	12/3 –2/25	10 – 10:45 am				*	
	Free	♡	Chairobics Fri	R07066	216	12/4 –2/26	10 – 10:45 am					*
	Free	👥	Coffee Social	R07092	218	12/1 –2/26	9 – 11 am	*	*	*	*	*
	Free	👥	Coping with Change	R07076	208	12/3 –2/25	11 am - Noon				*	
	Free	👥	Dance Social	R07129	211	12/4 –2/26	1 pm – 2 pm					*
	Free	🎨	Drawing Club	R07321	201	12/2- 2/24	2:00 – 3:30 pm			*		
	Free	♡	Fit Boot Camp w/ Imani	R07039	222	12/2- 2/24	2:45 – 3:45 pm			*		
	Free	♡	Fitness Room Orientation	R07060	251	12/14	11 am - Noon	*				
	Free	♡	Fitness Room Orientation	R07060	252	1/11	11 am - Noon	*				
	Free	♡	Fitness Room Orientation	R07060	253	2/8	11 am - Noon	*				
	$5	🎨	Mosaic Mural Making	R07095	277	12/1- 2/23	9:30 am - Noon		*			
	Free	🎨	Needlecraft Club	R07053	220	12/3 –2/25	10:30 am - 12:30 pm				*	
	Free	🎨	Paper Crafting Club	R07322	201	1/6- 2/17	10 am– Noon			*		
	Free	🎨	Quilting Club	R07316	215	12/7- 2/22	10 am – Noon	*				
	Free	🎨	Reader's Theater	R07056	204	12/7- 2/22	2- 3 pm	*				
	Free	♣	Rummikub Club	R07086	252	12/1 –2/26	9 am - Noon	*	*	*	*	*
	Free	♡	Strength Resistance Bands	R07060	292	12/7- 2/22	11 – 11:45 am	*				
	Free	♡	Tai Chi w/ Charles	R07025	230	12/1- 2/23	12:15 pm – 1 pm		*			
	$25	🎨	Tap Dance w/ Martha	R07007	222	12/7- 2/22	Noon – 1:30 pm	*				
	Free	👥	The Monday Mind	R07318	201	12/7- 2/22	1 - 2 pm	*				
	Free	👥	The Tuesday Talk	R07319	202	12/1- 2/23	1 - 2 pm		*			
	Free	👥	The Wednesday Watch & Wow	R07106	213	12/2- 2/24	1 - 2 pm			*		
	Free	👥	The Thursday Thrill	R07089	214	12/3 –2/25	1 - 2 pm				*	
	Free	👥	The Friday Faceoff	R07320	205	12/4 –2/26	1 - 2 pm					*
	Free	♡	Trail Walking Club	R07035	222	12/2- 2/24	9:15 - 10:45 am			*		
	Free	♡	Walking Circuit Club	R07035	221	12/1- 2/23	9:15 – 9:45 am		*			
	$5	🎨	Watercolor Basics	R07095	263	1/7 – 2/4	10 am – 12:30 pm				*	
	Free	♡	Yoga w/ Shannon B	R07029	216	12/2- 2/24	11 am - Noon			*		
	Free	♡	Yoga w/ Susan	R07029	218	12/4 –2/26	11 am - Noon					*
	Free	♡	Zumba w/ Shannon F	R07070	224	12/1- 2/23	11 am - Noon		*			
	Free	♡	Zumba Gold w/ Carrie	R07070	228	12/3 –2/25	5 - 6 pm				*	

👥 = Community & Learning ♡ = Health & Fitness 🎨 =Creativity & Arts ♣ = Games

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Home Phone *	Work Phone	Cell Phone	Birthday (mm/dd/yy) *	

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For participants under 18

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- ☐ Other
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Total Programs Fees $_____ Cash $_____

Non-Resident/Other Fees $_____ Check # _____ $_____

Total Fees Due $_____

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Damascus Senior Center 2027 Winter

✓	$	C	Activity Name	Activity #		Dates	Time	M	T	W	Th	F
Special Trips, Activities, and Events												
	Free		Watercolor Workshop Holidays Cards	R07095	265	12/3	10 am - Noon				*	
	Free		Cookies & Carols	R07107	299	12/ 17	12:15 pm – 2 pm				*	
	Free		Delaplaine Arts Center	R07101	295	1/15	9:15 am - Noon					*
	Free		Damascus Senior Center Art Show	R07107	283	2/3	10 am – 2 pm			*		
	Free		Robinson Nature Center & Planteriarum Show	R07101	298	2/ 12	9:15 am – Noon					*
Mini Trips												
	Free		Damascus Shopping Center	R07101	275	12/ 4	9:30 - 11:30 am					*
	Free		Milestone Shopping Center	R07101	222	12/ 7	9:30 - 11:30 am	*				
	Free		India Bazaar	R07101	243	12 /9	9:30 - 11:30 am			*		
	Free		Mt. Airy Walmart	R07101	230	12/ 14	9:30 - 11:30 am	*				
	Free		Dutch Market	R07101	203	12/ 18	9:30 – 11:30 am					*
	Free		Milestone Shopping Center	R07101	223	12/ 21	9:30 - 11:30 am	*				
	Free		Mt. Airy Walmart	R07101	231	12/ 28	9:30 - 11:30 am	*				
	Free		Milestone Shopping Center	R07101	224	1/ 4	9:30 - 11:30 am	*				
	Free		Damascus Shopping Center	R07101	276	1/ 8	9:30 - 11:30 am					*
	Free		Mt. Airy Walmart	R07101	232	1/ 11	9:30 - 11:30 am	*				
	Free		India Bazaar	R07101	244	1/ 13	9:30 - 11:30 am			*		
	Free		Milestone Shopping Center	R07101	227	1/ 19	9:30 - 11:30 am		*			
	Free		Dutch Market	R07101	205	1/ 22	9:30 – 11:30 am					*
	Free		Mt. Airy Walmart	R07101	233	1/ 25	9:30 - 11:30 am	*				
	Free		Harwood House	R07101	278	1/29	9:45 – 11 am					*
	Free		Milestone Shopping Center	R07101	228	2/ 1	9:30 - 11:30 am	*				
	Free		Damascus Shopping Center	R07101	277	2/5	9:30 - 11:30 am					*
	Free		Mt. Airy Walmart	R07101	234	2/ 8	9:30 - 11:30 am	*				
	Free		Milestone Shopping Center	R07101	229	2/ 16	9:30 - 11:30 am		*			
	Free		Mt. Airy Walmart	R07101	241	2/ 22	9:30 - 11:30 am	*				
	Free		India Bazaar	R07101	247	2/ 24	9:30 - 11:30 am			*		
	Free		Dutch Market	R07101	219	2/ 26	9:30 - 11:30 am					*

= Bus Trips = Celebrations ★ = Special Activities