

The Gaithersburg Upcounty

 **NEWS**
May 2014



Gaithersburg Upcounty Senior Center ♦ 80A Bureau Drive ♦ Gaithersburg, MD 20878-1431

6th Annual
Active Aging Expo

Presented by Adventist HealthCare

Monday, May 5, 9 a.m. – 2 p.m.

Activity Center at Bohrer Park, 506 S. Frederick Ave., Gaithersburg

Join us for the best day of the year!

At this year's Active Aging Expo we will have educational talks, booths with information about products and services, exciting demonstrations such as ballet, belly dancing, Boomer Boot Camp, Nia and more!

A delicious pizza lunch will be provided to all attendees. Come prepared to be pampered! We will have massage therapists, facials, manicures, a caricature artist, a tattoo artist and more!

Parking is free at the Activity Center, but if you would prefer to ride the shuttle bus from the Senior Center to the Expo, please be at the Center by 10 a.m.

Lots of FUN!!!

Dinner Dance Featuring the Music of Matt Hutchison
Thursday, June 19, 6 – 9 p.m.

Fee: \$20 (dinner & entertainment)

First we will dine on a delicious dinner prepared by Chef Sia. After dinner we will dance and sing along with Matt Hutchison, an up and coming artist from the Baltimore Area. He is working on his second solo album, but is excited to take a break and entertain us with his vast knowledge of Rock & Roll and Country Western music. You will definitely want to see him before he is famous! All are welcome!

Minimum: 25

Maximum: 75

Let Us Entertain You!

- ♪ **Doo Wop Party** – Come boogie down to doo wop music provided by a DJ on Tuesday, May 6 at 12:45 p.m.
- ♪ **Phoenix Arts Concert** – Join us for a wonderful performance of classical music! Thursday, May 8 at 12:45 p.m.
- ♪ **Rearview Mirror** – Don't miss this dynamic duo performing a wide variety of music on Wednesday, May 28 at 12:45 p.m.

301-258-6380
www.gaithersburgmd.gov
The Senior Center is open
Monday – Friday
8:30 a.m. – 4 p.m.
Closed May 5 & 26



Beautiful Things
Travel Video by Latha
Tuesday, May 6 at 11 a.m.

Pick Your Flavor
of Quiche Breakfast

Tuesday, May 13

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Yum, yum, yum! Bring your friends and join us for Chef Sia's famous quiche! Choose from Spinach Quiche or Quiche Lorraine. You will not be disappointed. Make sure you sign-up on the program sheet. The last time we had quiche, we sold out!



Happy Birthday!

Celebrate

Tuesday, May 27 at 12:30 p.m.

Sponsored by
Kentlands Manor

May Birthdays

- 1 Maria Albarracin
John Small
- 7 Pamela Belmes
- 9 Joanne Villforth
- 10 Mary Kurian
- 15 Shanti Dhir
Surraya Shadikhan
- 18 Anne Byrd
- 19 Sharon Freedman
Sharon Benson
- 25 George Heckman
- 27 Mary Shay
- 28 Olga Sisson



Sympathy is extended
to the friends and family of
Marvin Kahn
who recently passed away.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms! Sponsored by the Montgomery County Department of Health and Human Services. For an appointment call 301-258-6380.

Member Orientation

Monday, May 12 at 1 p.m.

Come learn the ins and outs of the Senior Center from a member of the Welcome Committee. Call the front desk at 301-258-6380 to sign up and don't forget to bring your Welcome Packet with you.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS!™ Program.

GRACE'S UPDATE



Dear Friends,

With the help of our partners and members of the Senior Advisory Committee, we have been busy planning the 6th Annual Active Aging Expo since September of 2013. You deserve a special day of fun, education and fitness - we believe you will not be disappointed!

This year the Expo will offer portraits by a caricaturist, airbrush tattoos, a photo booth, massage, Roling, facials and manicures. There will be an excellent variety of talks including "Growing Older, But Not Old," "Mistakes to Avoid During Retirement," "The Healing Power of Laughter," and several more. There will be demonstrations of Ballet, Boomer Boot Camp, Belly Dancing, Nia, and Smart Strength Training. Also, please plan on visiting a variety of businesses and agencies that are bringing valuable information on products, program and services.

The day is open to everyone. Please mark your calendars AND BRING YOUR FRIENDS, Monday, May 5, 9 a.m. – 2 p.m. The day will include a small lunch including a slice of pizza, bottle of water, apples and energy bar, without charge to all!

See you there -
6th Annual Active Aging Planning Committee

Non-Member Program Attendance Cost and Annual Membership

If a person wants to go on a trip or attend a program and is not a member, they may join the Senior Center for a 30-day period (City residents: \$10, nonresidents: \$25). During the period they have all the privileges of a member, and if they decide to join for a year during the first 30 days, the cost of their 30-day trial will be applied toward an annual membership. Please note that accumulative one-month membership fees will not apply.

Annual Senior Center Membership Fees

City Residents \$40/Spouse \$30	Nonresidents \$120/Spouse \$60 (outside the corporate City limits)
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WELLNESS/LECTURES

Community Health Screenings by Adventist HealthCare

Wednesday, May 14

10 a.m. – noon

In compliance with Maryland regulations you will be able to have private medical consultations on site by either a Nurse Practitioner, Physician Assistant or Physician. You'll be able to ask questions and they will assist you in choosing and writing a prescription for your tests.

1. Advance registration is required. Please call 800-542-5096 to register.
 2. On-site payment by cash or check only.
 3. Walk-ins will be accommodated, if time permits.
- The VAP (Vertical Auto Profile) test is an expanded cholesterol test. \$61
 - Lipid Profile: Twelve hours of fasting is recommended for the most accurate results. \$31
 - Homocysteine: Excess levels can be associated with heart disease and stroke. \$95
 - HsCRP: High sensitivity C-Reactive Protein can be an indicator of risk for cardiovascular disease in healthy people. \$45
 - Glucose screening for diabetes. Twelve hours of fasting is recommended. \$8
 - A1c for known diabetics. \$40
 - Prostate Specific Antigen prostate cancer-screening test for men. \$40
 - Body Fat Analysis. \$10
 - Blood Pressure. Free

“Coping: A Journey to Living Well”

Offered in Partnership with Holy Cross Hospital & the Maryland Department of Aging

Dates: Tuesdays, May 6 – June 10 (6 sessions)

Time: 1 – 3:30 p.m.

Fee: Free with 6 week commitment

This popular, life changing class is back! Learn how to maximize your potential even if a long-term health condition may require you to alter your activities. Discover new ways to break the “symptom cycle.” Living well means coping with an ongoing health problem such as: Parkinson’s, arthritis, heart disease, mild depression, asthma, obesity, cancer, and osteoporosis. Be prepared to change your outlook on life!

Minimum: 10

Maximum: 15

“Got In-Home Health Care?”

Thursday, May 8 at 11 a.m.

Presented by Star Medical Staffing LLC, In-Home Health Care & Concierge Services

How do you find the right In-Home Health Care Provider? The sooner you begin exploring your options, the greater the likelihood that you will be comfortable and satisfied with your decision – and have a say in that choice. It may be dark humor but, “Be kind to your children, they will select your nursing home!” is a call to action. Come learn about available resources to help you in your decision making. **Please register to reserve your spot!**

Minimum: 10

Maximum: 20



Blood Pressure Check

Wednesday, May 28

9:30 – 11:30 a.m.

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Caregivers Support Group

Thursday, May 1 & 15

2 – 3:30 p.m.

Caregivers face many challenges. A support group provides the opportunity to share experiences, learn about resources and strategies that have helped others, and gain emotional support. The Holy Cross Caregiver Resource Center is pleased to offer a support group led by licensed social workers Tammy Duell and Erin Howard.

For more information or to register for the group, please contact Tammy Duell, LCSW-C, at 301-754-7151.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

HeartWell in Action

Leni Barry, RN, MA

Tuesdays, 9:30 a.m. – 2 p.m.

A nurse educator from Suburban Hospital will be visiting us on Tuesdays. This program will focus on health promotion and include activities such as health screenings, counseling, seminars, and educational handouts.

TRIPS AND ACTIVITIES

Hillwood Estate, Museum & Gardens

Washington, DC

Date: Wednesday, May 7

Depart: 9:15 a.m.

Return: 4 p.m.

Fee: \$25 (transportation & tour)

Marjorie Merriweather Post's Hillwood is twenty-five acres of serene landscaped gardens, an impressive collection of Russian Imperial Art and a distinguished 18th century French decorative art collection. When we arrive we will watch the orientation video and tour the Visitor's Center. Then we will have a guided tour of the mansion and the "Passion of the Empress: Catherine the Great's Art Patronage" exhibit at 11:30 a.m. After the tour you are on your own. You can explore the gardens, bring a lunch and picnic (blankets are available at the Visitor's Center) or eat in the café (reservations: 202-686-5807). We will depart for home at 2:30 p.m. **Lots of walking!**

Senior Nutrition Program



Lunch is served at the Center at noon, Monday – Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed. The full cost of the meal is \$6. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible. **Guests younger than 60 must pay the full cost of the meal!**

History of Jazz at Strathmore

Part 3: From Basie to Bossa and from B.B. to Berry

Bethesda, MD

Date: Friday, May 16

Depart: 10:15 a.m.

Return: 1:15 p.m.

Fee: \$25 (transportation and show)

Deadline: Thursday, May 8

The third and final installment delves into some of the classic Blues and Jazz standards in the Great American Songbook, some Latin influences and may even touch on the red-headed stepchild and black sheep of the Jazz family, Rock'n'Roll.

Minimum: 20

Maximum: 24



Shortcut to Europe:

European Union Embassies' Open House

Washington, DC

Date: Saturday, May 10

Depart: 9 a.m.

Return: 5 p.m.

Fee: \$12 (transportation)

Deadline: Tuesday, May 6

Experience the best of European Culture without the jet lag! The European Union and EU Delegation to the United States will open their doors to the public for their annual open house. This will be a day of fun, food, culture and more as you get a rare chance to look inside the embassies and experience the cultural heritage and national traditions of the 28 member countries. You are on your own after you are dropped off on Massachusetts Avenue where you can ride the shuttle bus to the various embassies. **Lots of Walking!**

Minimum: 20

Maximum: 33

Sewall-Belmont House

Washington, DC

Date: Tuesday, May 20

Depart: 10 a.m.

Return: 3:30 p.m.

Fee: \$20 (transportation & tour)

Deadline: Tuesday, May 13

Take a guided tour of one of the premier women's history sites in the country. The Sewall-Belmont House & Museum maintains an extensive collection of suffrage banners, archives and artifacts documenting the continuing effort by women and men of all races, religions and backgrounds to win voting rights and equality for women under the law. After our tour you will be on your own to lunch and roam about the U.S. Capitol area. **Lots of walking!**

Minimum: 20

Maximum: 33



TRIPS AND ACTIVITIES

“Hank Williams: The Lost Highway”

by the Infinity Theatre Company

Annapolis, MD

Date: Thursday, June 26

Depart: 10 a.m.

Return: 6 p.m.

Fee: \$40 (ticket & transportation)

Deadline: Thursday, May 29

“Lost Highway” is the spectacular musical biography of the legendary singer-songwriter, following Williams’ rise from his beginnings on the Louisiana Hayride to his triumphs at the Grand Ole Opry, to his self-destruction at twenty-nine. Songs included are “I’m So Lonesome I Could Cry,” “Move It on Over,” and “Hey, Good Lookin’.” We will first stop for lunch on your own at Annapolis Mall, where you will have many different restaurants to choose from.

Minimum: 20

Maximum: 25

National Gallery of Art

Washington, DC

Date: Thursday, May 29

Depart: 9:15 a.m.

Return: 4 p.m.

Fee: \$12 (transportation)

Deadline: Friday, May 23

Come see the special exhibits of “Modern German Prints and Drawings from the Kainen Collection,” “Andrew Wyeth: Looking Out, Looking In,” and “Degas/Cassatt.” You will be on your own to tour the exhibits and eat lunch.

At 1 p.m. we will have a Slide Lecture. **Lots of walking!**

Minimum: 20

Maximum: 33



Frederick Shopping Day

Frederick, MD

Date: Friday, May 30

Depart: 10 a.m.

Return: 3:30 p.m.

Fee: \$12 (transportation)

Deadline: Friday, May 23

Join us for a fun day in Frederick, Maryland. We will shop, dine and stroll through its historic streets. Shop at stores such as: Evangeline, Flights of Fancy, and Needles & Pins. The Knot House and Needles & Pins will be offering discounts to our members that day. Lunch is on your own at any of the fine cafes and restaurants on North Market Street or the Shab Row area.

Lots of walking!

Minimum: 20

Maximum: 33

You can now register online!

www.gaithersburgmd.gov

Diversity Program

12 Months of Holidays &

Celebrations from Around the World

Tuesday, May 27 at 11 a.m.

Join us as we continue this exciting year for our Diversity Program. Each month we will learn about, share and discuss the month’s different holidays and celebrations from cultures and religions found all over the world. This month will feature holidays such as Beltane, Theravadin New Year, and Ascension of Jesus

Socrates Roundtable

Wednesday, May 14 at 1 p.m.

Topic: Isolationism

Should the United States change to the foreign policy of isolationism, seeking to avoid all international entanglements? Should we stop being the de facto world police? Or would our withdrawal from the world stage create disorder? Would our economy based on free trade diminish in an isolationist society? Is it morally wrong for the U.S. to withdraw from the international stage? Come share your thoughts and experiences.

National Zoo

Washington, D.C

Date: Tuesday, June 3

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$12 (transportation)

Deadline: Wednesday, May 28

Get in touch with your wild side at the National Zoo! You will be set free at the top of the hill and on your own to see the zoo. You can bring your own lunch or eat at one of the many concession stands located throughout the park. As you are checking out the wildlife, you will be working your way down the hill where you will be picked up at the end of the day.

Lots of walking!

Minimum: 20

Maximum: 33



The Gaithersburg Upcounty Senior Center



Gaithersburg

May 2014

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

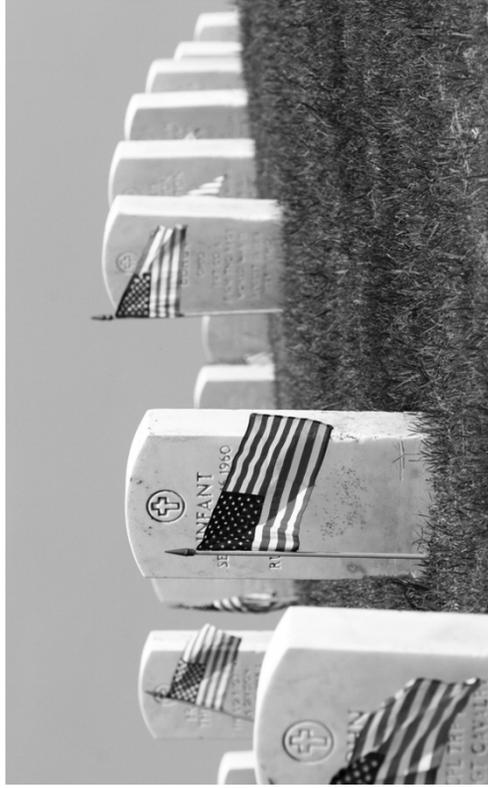
Tuesday

Wednesday

Thursday

Friday

Saturday



Please note:
Fitness participants must be on time for the warm up.
Appropriate shoe attire required for all standing aerobic classes.

3

2
 8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 1:15 Music Lessons
 3 Core and More

1
 10 am - 2 pm Maryland Law Day
 8:30 Exercise Tape
 10 Computer Help
 10:15 Stretch & Strengthen
 10:30 Stability Ball @ SC
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club
 2 Caregivers

4

5
ACTIVE AGING EXPO AT BOHRER PARK 9 AM - 2 PM
SENIOR CENTER CLOSED

6
 12:45 pm Doo Wop Party
 8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10 Cross Stitch/Knit
 10:15 Stretch & Strengthen
 11 Beautiful Things
 12:30 Bridge
 12:30 Conv. English
 12:30 Mah Jongg
 1 Living Well
 1 Pilates/Yoga Fusion
 2 Ballroom

7
 9:15 am - 4 pm Hillwood
 8:30 Exercise Tape
 9:15 50/50
 10 Computer Help
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

8
 12:45 pm Phoenix Arts Concert
 8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10:15 Stretch & Strengthen
 11 In-Home Care
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club
 2 Book Discussion

9
 8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 1:15 Music Lessons
 3 Core and More

10
 9 am European Union Embassies' Open House

HeartWell in Action

11

12

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:45 SC Chorus
 11 Ping Pong
 12 Computer Help
 12:30 Embroidery
 12:50 Bingo
 1 Member Orientation
 1:15 Music Lessons
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

13

11 am
Montgomery Village
Healthcare Presents

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9 Quiche Breakfast
 9:15 HIT @ BP
 10 Cross Stitch/Knit
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 1 Living Well
 1 Pilates/Yoga Fusion
 2 Ballroom
 4 AARP

HeartWell in Action

14

10 am – Noon
Community Health
Screenings

8:30 Exercise Tape
 9:15 50/50
 10 Computer Help
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1 Socrates
 Roundtable
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

15

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club
 2 Caregivers

16

10:15 am
History of Jazz
at Stratmore

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 1:15 Music Lessons
 3 Core and More

17

18

19

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:45 SC Chorus
 11 Ping Pong
 12 Computer Help
 12:30 Embroidery
 12:50 Bingo
 1:15 Music Lessons
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

20

10 am
Sewall-Bellmont
House

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10 Cross Stitch/Knit
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 1 Living Well
 1 Pilates/Yoga Fusion
 2 Ballroom

HeartWell in Action

21

8:30 Exercise Tape
 9:15 50/50
 10 Computer Help
 10:15 Fit 4 All
 11 Long Term Care
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

22

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club

24

23

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 1:15 Music Lessons
 3 Core and More

25

26

MEMORIAL DAY
SENIOR CENTER
CLOSED

27

12:30 pm
Birthday
Celebration

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Cross Stitch/Knit
 10:15 Stretch & Strengthen
 11 Diversity Program
 12:30 Bridge
 12:30 Mah Jongg
 1 Living Well
 1 Pilates/Yoga Fusion
 2 Ballroom

HeartWell in Action

28

12:45 pm
Rearview Mirror
Performs

8:30 Exercise Tape
 9:15 50/50
 9:30 BP Check
 12:30 Conv. English
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

29

9:15 am
National
Gallery

8:30 Longevity Stick @ BP
 8:30 Exercise Tape
 9:15 HIT @ BP
 10 Computer Help
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club

30

10 am
Frederick
Trip

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:00 AARP Smart Driver
 12:15 Quilting
 12:50 Bingo
 1:15 Music Lessons
 3 Core and More

31

CLASSES

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program

Classes are taught by certified personal trainer Matt Rundell. Fee paid to Suburban Hospital.

All forms are available at the front desk. To register by phone call 301-896-3689.

Stability Ball

Bohrer Park

Dates: Thursdays
Apr. – Jun.

Time: 10:30 a.m.

Fee: \$15

Minimum: 9 **Maximum:** 20

Flexible Strength

Senior Center

Dates: Wednesdays
Apr. – Jun.

Time: 1:15 p.m.

Fee: \$15

Blend strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 9 **Maximum:** 20

Weight Training

Senior Center

Dates: Wednesdays
Apr. – Jun.

Time: 12:30 p.m.

Fee: \$15

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20

These fitness classes, taught by nationally certified instructors, have a \$1 charge:

Core and More

Taught by Grace Whipple
Mon. and Fri. at 3 p.m.

Concentrated intense toning of abdominals and back muscles performed on floor mats, as well as progressive use of free weights for select muscle groups.

Fit 4 All

Taught by Charlyn Simpson
Mon., Wed., Fri. at 10:15 a.m.

Low or no-impact aerobics appropriate for those who prefer a seated workout, as well as those wanting moderate standing exercise.

High/Low

Taught by Grace Whipple
Mon. and Fri. at 9:15 a.m.

Vigorous low-impact aerobics and strength training.

Vietnamese

Longevity Stick

Taught by Denise Mornini
Tues. & Thurs. at 8:30 a.m.
at Bohrer Park

Longevity Stick is back! New participants are welcome and sticks are provided. **No class May 1.**

HIT

(High Intensity Interval Training)
Taught by Denise Mornini
Tues. and Thurs. at 9:15 a.m.
at Bohrer Park

Interval endurance training for the athletic senior. Weights and band work included. **No class May 1.**

50/50

Taught by Grace Whipple
Wed. at 9:15 a.m.

Get the best of both worlds with this workout that combines cardio and strength training that benefits your heart and lungs and strengthens your muscles.

Stretch & Strengthen

Taught by Olympia Huff
Tues. and Thurs. at 10:15 a.m.

For those of any ability who want to tone their muscles and strengthen their heart and lungs.

Strong & Balanced

Taught by Noelle
Wed. and Fri. at 11:15 a.m.

Good balance and a strong core go hand in hand. This is a seated class for all fitness levels.



Mondays 11 a.m. – 12:30 p.m.
Thursdays 12:30 – 3:30 p.m.

Check out the paddles and balls at the front desk and enjoy your game.

Pilates/Yoga Fusion

Dates: Tuesdays, May 6 – Jun. 10 (6 weeks)

Time: 1 p.m.

Fee: \$25 (6 classes)

Pilates and Yoga are soul mates. Both improve flexibility, strength and balance through a mind-body approach to fitness and conditioning. Pilates helps to build abdominal strength to support our skeletons and Yoga helps expand our range of motion and flexibility. This fusion class taught by Donna is not only challenging but rejuvenating as well and is appropriate for all fitness levels, including beginners.

Minimum: 6

Maximum: 15

CLASSES AND ACTIVITIES

Watercolor

Dates: Wednesdays
Apr. 16 – Jun. 4
(8 sessions)

Time: 2 – 4 p.m.

Fee: \$90

Do you enjoy the beauty and magic of watercolor painting? This class, taught by Valthea Frye, is for watercolorists of any experience who will learn to refine their skills and add drama to their work. Bring your own materials.

Minimum: 8 **Maximum:** 16

Senior Center Chorus

Mondays at 10:45 a.m.

Warm up your vocal chords and come share the joy of music with our choral group. New faces are welcome any time!

Music Lessons

Mondays, Wednesdays or Fridays
\$20 for a 45 min. lesson. Call 301-258-6380 to schedule a lesson.

Ritmo Latino

Date: Thursdays

Time: 11:15 a.m.

Move to Latin rhythms.

Ballroom Dance

Date: Tuesdays, May 13 – 27

Time: 2:30 – 4 p.m.

Fee: \$5 for Senior Center Members
\$7 for City Residents
\$9 for Nonresidents

Join anytime! This class is for beginners as well as intermediate dancers and includes a lesson, individual instruction and dancing.



Quilting

Date: Fridays

Time: 12:15 p.m.

Come learn how to make beautiful quilts and quilted decorations for your home. You might even make a few new friends in the process! Warmth for your home and your heart.

Embroider with Jane

Date: Mondays

Time: 12:30 p.m.

Free help with your project.

Crochet Baby Blankets with Elizabeth

Date: Wednesdays

Time: 1 p.m.

Be creative for a good cause. Come chat while you crochet baby blankets for local newborns. Yarn will be provided.

Knitting and Cross-Stitching

Date: Tuesdays

Time: 10 a.m.

Bring your own materials and share your tips and conversation.



Gaithersburg Senior "Pin Busters"

Bowl America

1101 Clopper Rd., Gaithersburg, MD

Date: Mondays

Time: 3 – 5 p.m.

Fee: \$8.60 each time paid to Bowl America

Ahhh, the familiar sounds of the bowling alley. Come strut your stuff and have tons of fun with a great group of people. Shoe rental and refreshing drinks are included in the price. Come once or come every week. Newcomers are always welcome!



Computer Help

Mondays, Noon – 2 p.m.
Tuesdays, 10 a.m. – Noon
Wednesdays, 10 a.m. – Noon
Thursdays, 10 a.m. – 2 p.m.

Learn Canasta

Mondays from 2 – 4 p.m.

AARP Smart Driver Course

Friday, May 30, Noon – 4 p.m.

Fee: \$15 AARP Member
\$20 Nonmember

Payable by check to the instructor. AARP's new and improved driver safety program will help you increase your confidence, your overall safety, self-policing behaviors, and reduce driving errors. Many auto insurance companies will give you a discount for completing the course. Register on the Program Sheet.

Minimum: 10 **Maximum:** 16

Conversational English

Tuesday, May 6 at 12:30 p.m.

Experienced instructor Susan Bradley helps you perfect your English.
Free!



Book
Discussion

FREE

"The Beginner's Goodbye"

by Anne Tyler

**Thursday, May 8
at 2 p.m.**

CLASSES AND LECTURES

Montgomery Village Healthcare Presents

Tuesday, May 13 at 11 a.m.

Join us for an informative lecture on a variety of helpful and interesting topics.

Maryland Law Day

Thursday, May 1

10 a.m. – 2 p.m.

Come talk to a lawyer about Advanced Directives for FREE!

To make an appointment call 301-258-6380.

Long Term Care:

Planning for Tomorrow, Today

Wednesday, May 21 at 11 a.m.

Presented by Karen Purisch, Long Term Care Insurance Specialist

Chances are you are going to live a long life. But at some point, if you're like most Americans, you may need Long Term Care. Statistics show at least 70% of people over 65 will need Long Term Care Services at some point. If you do need care, do you have a plan? This power packed workshop will review what Medicare covers, how to protect your nest egg, your alternatives, and more! **Please register to reserve your spot!**

Minimum: 10

Maximum: 20



AARP, Gaithersburg Chapter #5358

MAY 2014 ACTIVITIES

MONTHLY MEETING:

Tuesday, May 13, 2014

4 p.m. Community Service

Prepare gifts for nursing home residents.

5:30 p.m. Dinner

Chef Sia will serve salmon cakes with potatoes au gratin, vegetables, salad, and rolls; choice of soft drinks; choice of desserts made by members of our chapter. A vegetarian alternative can be made with your reservation. \$10.

6:10 p.m. Brief Business Meeting

50-50 and door prizes.

6:40 p.m. Program

Richard Ernst will entertain us as Elvis with rock and roll music. Free.

CHAT AND CHEW

Join us for lunch at 12:30 p.m. on Monday, May 19 at La Mexicana (16143 Shady Grove Rd, Gaithersburg) for a sit down meal with great service and "quality food at fast food prices." Drive yourself to the restaurant by 12:30 p.m. or meet at noon to carpool from the Senior Center. Order and pay on your own. Please sign up by phone with Annette (301-977-7936) or at the Center so we can make reservations and arrange our carpools.

COMMUNITY SERVICE

Wednesday, April 30 and May 7 from 10 a.m. – 3 p.m.: Mother's Day Gifts for Nursing Home & Assisted Residents. We will make small faux flower arrangements and corsages and any new easy-to-make crafted gifts from ideas submitted. All materials will be provided. Drop in for any or all of the times each session. Contact Annette (301-977-7936).

CASINO TRIPS

On Wednesday May 21 we will go to Maryland Live!; the cost is \$22 and you will receive \$40 to play the slots and half off cost of the buffet. There are two departure times (if we have 20-26 people) – 10 a.m. and noon. On Monday, May 26 we will go to Harrington, DE; we will leave the Senior Center at 10:30 a.m. and return around 7 p.m. The cost is \$27 with a \$15 rebate to play the slots and a free buffet. We need 10 people for a bus pickup at the Center. Registration and payment is required with Dale Batchelder at the Center or at 301-983-0104 or with Margaret Fisher (301-947-1835).

Members of the Senior Center are invited to join us in all our activities. You may also register a relative or friend. We can help with rides to the meeting. Pay in advance by cash or check at the Senior Center or mail your check (made payable to Gaithersburg Chapter #5358 of AARP) to 307 Carr Ave, Rockville, MD 20850. If you have any questions, please contact Al Jaques by phone at 301-762-5981 or by e-mail at ajaquesaarp@aol.com.

Noticias de Mucho Interés para los Seniors de Habla Hispana

6ª EXPOSICIÓN ANUAL PARA PERSONAS DE LA TERCERA EDAD

Auspiciado por el cuidado de salud Adventista

Lunes, Mayo 5 de 9a.m. a 2p.m.

En el Centro de Actividades de Bohrer Park

506 S. Frederick Avenue., Gaithersburg

Únase a nosotros a celebrar y disfrutar del mejor día del año. En esta interesante exposición tendremos charlas educativas y mesas donde podrá obtener información sobre los productos y servicios que existen y ofrece el Condado de Montgomery. También habrán demostraciones de ballet, danza Árabe, campamento Nía, tratamientos faciales, masajes, manicuras, caricaturas, tatuajes y muchas otras cosas más. Durante el almuerzo se les proporcionará pizza, una manzana, una barra energética y una bebida gratis. Este parque tiene un amplio parqueo, pero si desea, puede estacionar su vehículo en el Centro y desde ahí tomar el ómnibus (gratis) para el parque. Inscríbase cuanto antes posible.

FIESTA

Déjenos entretenerlo

Día: martes 6 de mayo

Hora: 12:45pm

Fiesta, Doo, Wop- venga a disfrutar, a bailar y a escuchar boogie con un buen DJ que nos deleitará con buena música, el día martes 6 de mayo. ¡No se lo pierda!

VIAJE

Aceso directo a Europa. La Embajada de la Unión Europea abrirá sus puertas para el público.

Día: sábado 10 de mayo

Salida: 9am

Retorno: 5pm

Costo: \$12 (solamente la transportación)

Fecha de vencimiento: martes 6 de mayo

Durante este viaje usted podrá disfrutar y aprender sobre la cultura Europea sin necesidad de subirse a un avión. La Unión Europea y Delegación de los Estados Unidos abrirán sus puertas al público para que podamos visitar su Embajada. Esta única oportunidad y viaje será un día de diversión, comida y cultura. También usted podrá observar el interior de la Embajada y experimentar el patrimonio cultural y sus tradiciones nacionales de miembros de 28 países. El ómnibus del Centro lo dejará en la Avenida Massachusetts y ahí usted podrá tomar otro ómnibus para poder visitar diferentes embajadas.

Mínimo: 20

Máximo: 33

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

Venga y disfrute junto al grupo Hispano bailando música con sabor Latino. Esta es una hora dinámica de baile en donde usted se sentirá libre de moverse a su propio estilo y ritmo.

DESAYUNO DE QUICHE

Día: martes 13 de mayo

Hora: 9am – 10:30am

Costo: \$3 para miembros
\$5 para no-miembros

Yum, Yum, Yum! Venga y traiga a sus amigos para disfrutar de un delicioso quiche preparado por nuestro Cocinero Sia. Cuando se registre en la hoja del programa, usted podrá elegir quiche de espinaca o quiche Lorraine. ¡No se lo pierda!

CENA Y BAILE CON EL GRUPO MÚSICAL DE MATT HUTCHISON

Día: jueves 19 de junio

Hora: 6pm a 9pm

Costo: \$20 (cena y entretenimiento)

Primero, disfrutaremos de una deliciosa cena preparada por nuestro cocinero Sia. Después, cantaremos y bailaremos con el grupo musical de Matt Hutchison, quien es un gran artista que viene desde Baltimore y está trabajando en su segundo CD musical, pero ha decidido tomar un descanso para venir y entretenernos con su buena música de Rock & Roll y música de campo. ¡Todos son bienvenidos!

Mínimo: 25

Máximo: 75

PROGRAMA DE DIVERSIDAD

12 meses de celebraciones sobre los días festivos alrededor del mundo

Día: martes 27 de mayo

Hora: 1pm

Únase a nosotros a medida que el año avanza para celebrar, compartir, conversar y aprender sobre diferentes fiestas y celebraciones culturales y religiosas que se celebran alrededor del mundo. Durante este mes compartiremos sobre los días festivos de Beltane, Theravadin, Año Nuevo y la Ascensión de Jesús. ¡No se lo pierda porque estará muy interesante!



CELEBRACIÓN DE CUMPLEAÑOS:

día martes 27 de mayo a las 12:30 pm.

DÍA DE COMPRAS EN EL CENTRO DE LA CIUDAD DE FREDERICK, MARYLAND

Fecha: viernes 30 de mayo

Salida: 10am

Regreso: 3:30pm

Costo: \$12 (solamente la transportación)

Fecha de vencimiento: viernes 23 de mayo

Únase a nosotros a pasar un día de diversión paseando por las calles históricas, haciendo compras o almorzando en cualquier restaurante de su agrado que están localizados en la calle del Mercado Norte o la zona de Shab Row. En ese Centro de Frederick hay tiendas, como: Evangelina, Vuelos de la elegancia, Agujas y alfileres y muchas más. Para este viaje, póngase zapatos cómodos porque se caminará bastante.

Mínimo: 20

Máximo: 33

VIAJE AL ZOOLOGICO NACIONAL DE WASHINGTON, DC

Fecha: martes 3 de junio

Salida: 9am

Regreso: 4pm

Costo: \$12 (solamente la transportación)

Fecha de vencimiento: miércoles 28 de mayo

Póngase en contacto con su lado salvaje en el Zoológico Nacional. Cuando lleguemos, el ómnibus lo dejará por la colina y también, por la tarde, al término de su recorrido, lo recogerá en el mismo lugar. Tendrá tiempo libre para caminar por el zoológico por su propia cuenta. Si desea puede traer su almuerzo o comprar en cualquiera de las cafeterías localizadas dentro del parque del Zoológico.

Mínimo: 20

Máximo: 33

CLASES DE CONVERSACIÓN EN INGLES

Días: martes

Hora: 12:30 pm

La instructora Susan Bradley tiene amplia experiencia en enseñar Ingles para aquellos que desean mejorar su conversación. Gratis.

Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431

CURRENT RESIDENT OR

Tony Tomasello
City Manager

Ryan Spiegel
Michael A. Sesma
Henry F. Marratta, Jr.
Cathy C. Drzyzgula
Jud Ashman
Council Members

Sidney A. Katz
Mayor

GAITHERSBURG CITY OFFICIALS



GAITHERSBURG UPCOUNTY SENIOR CENTER
Grace Whipple
Community Facility Manager
Staff:
Charlyn Simpson, Olympia Huff, Yoland Bastian
Gerald Gagliano, Gloria Sichelman
Andres Castillo, Dan Ratliff
Crystal Cosby



GAITHERSBURG UPCOUNTY SENIOR CENTER ACTIVITY RELEASE FOR MEMBERS

When participating in on-site activities, at the Senior Center, I agree:

1. I am aware that while participating in a recreation activity or program offered by the City of Gaithersburg Department of Parks, Recreation and Culture, certain risks and dangers may be present, including, but not limited to, the hazards of traveling public highways, of accidents, of injury, of illness and the forces of nature.
2. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in the same.
3. In consideration of the right to participate in the above referenced activities or programs and in further consideration of the arrangements made for me by the City of Gaithersburg through its Department of Parks, Recreation and Culture, I do hereby, on behalf of myself, my heirs, executors, administrators, and assigns, assume the above mentioned and all other risks, and do further release and hold harmless and indemnify the City of Gaithersburg and the Mayor and City Council of Gaithersburg and all of the City's agents, officers and employees from any and all claims for injuries or loss to my person or property or to the person or property of third parties which may arise out of or result from my participation in the above referenced program or activity.
4. I further grant permission for a doctor to administer emergency treatment to me in the event that a medical emergency requires such treatment.
5. I consent to the City's use of photographs taken or videotapes made of program participants.
6. The City reserves the right to rescind the membership of individuals incapable of complying with the Senior Center policies due to medical conditions beyond the individual's control as observed by the Center staff.

When participating in any off-site activities I also agree:

1. To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
2. That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
3. To inform staff prior to the activity or trip if I have any problems meeting the physical requirements necessary for participation in the activity.
4. I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation from the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

Please call 301-258-6380 if you need special accommodations.

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program. Please indicate what accommodations are needed:

Do we have your updated Emergency Contact Information?

Name: _____ Phone: _____

Signature: _____ Date: _____



ACTIVE AGING EXPO 2014

LECTURE AND DEMONSTRATION

9:15 a.m. Gym *"Get Moving in the Morning!"*

Join us for a safe, fun and moving experience that you can use every morning to get going! Learn proper breathing, stretching and postural positioning for improved overall function with Dave Reynolds and Associates.

9:45 a.m. Room A *"Share Your Life Story"*

Louis P. Solomon, President of LifeECHOES, educates on methods to organize events gleaned from a lifetime of memories. It will provide guidance on how to review and select pertinent family photos and integrate the important documents into a final product that will last for decades.

9:45 a.m. Room B *"Ethical Driving"*

Join social worker Beth Shapiro in a lively discussion that will highlight some of the ethical issues surrounding older adult driving.

9:45 a.m. Room C *"Laughter and Happiness"*

Louise Stewart discusses how to have more laughter in your life and the benefits. She also talks about comedians who have had terrible childhoods and how they turned things around.

10 a.m. Gym *Ballet Demonstration & Performance*

View a sampling of traditional barre exercises and center combinations followed by a solo performance.

10:30 a.m. Room A *"Be Strong, Stay Vertical!"* by Noelle Ronald Heyman

Falls are the number one cause of injury for people 65 and older. This practical program shows you how to build strength and balance (seated or standing) while providing no or low-cost tips to enhance the safety and comfort of your home.

10:30 a.m. Room B *"Understanding Your Pain"*

Dr. Mohsin S. Sheikh will uncover the reasons behind many common conditions, including cause of neck and back pain. See how you can control your pain and enhance your quality of life without surgery.

10:30 a.m. Room C *Ballet Class Sampler* by Solange Meetze

Participate in a beginning ballet class including barre exercises and center work. No experience necessary.

10:45 a.m. Gym *Boomer Bootcamp* with Deborah Moran

Focuses on functional movement for daily living while promoting weight loss and stress reduction. Class demonstration will highlight high energy strength, core stabilization and cardio segments typical in a 45-minute class using light weights, resistance bands, stability balls and the student's own body.



Gaithersburg

Monday, May 5
9 a.m. – 2 p.m.

Activity Center at
Bohrer Park
506 South Frederick Ave.
Gaithersburg, MD

FREE

For information call
301-258-6380



ACTIVE AGING EXPO 2014

Monday, May 5, 9 a.m. – 2 p.m.

Activity Center at Bohrer Park
506 South Frederick Ave., Gaithersburg, MD



11:15 a.m. Room A *“Write Your Memoir Essay”*

Edgar Allen Poe should have written a memoir essay to define himself as a person. Instead, his memory was denigrated by a defamatory notice of his passing by an erstwhile friend. Avoid Poe’s unfortunate omission. Write a memoir essay to leave some written record, however brief, of your life and time. We seem to know too little about preceding generations within our family. You can avoid Poe’s consequences in spite of your doubts about your writing ability. The memoir’s substance, not its style, is the goal. Essayist and columnist Walt Sonnevile will distribute a free copy of his latest book at the conclusion of this presentation. The book is entitled: *Opinion Essays for Seasoned Citizens and Their Elders*.

11:15 a.m. Room B *“Senior Advocacy”*

Is it important to share your opinions with your elected representatives in Maryland or Congress? If so, how can you do so effectively? Are senior organizations truly representing you? Stuart Rosenthal, chair of the Maryland Commission on Aging and publisher of *The Beacon*, discusses senior advocacy, how it affects you, and how you can affect it.

11:15 a.m. Room C *“Work Smart Strength Training”* with Kim Thompson

Work smarter, not harder with a dynamic whole-body workout. Learn how to attend to subtle alignment for safety and leave with exercises you can do for a great 4-minute workout at home.

12:30 p.m. Room A *“Growing Older, But Not Old”*

Since 1962, the month of May has been designated as “Older Americans Month”—not “Old-Americans Month.” George Burns was right when he observed: “You can’t help getting older, but you don’t have to grow old.” This presentation is a look at how younger and older Americans have different views on aging. When does old age begin? What evidence is there that our advanced ages truly can be “The Golden Years?” Essayist and columnist Walt Sonnevile will distribute a free copy of his latest book at the conclusion of this presentation. The book is entitled: *Opinion Essays for Seasoned Citizens and Their Elders*.

12:30 p.m. Room C *Ease Pain* with Kim Thompson

Learn strategies for everyday activities to reduce strain on vulnerable joints. Learn tips to release stiffness and chronic muscle tension. Cultivate ways of being and moving that leave you more relaxed and comfortable.

12:30 p.m. Gym *Belly Dancing* with Basane’

Middle Eastern Dance is an expressive, exciting and energetic activity with movements based on ancient dances of North Africa, the Middle East and the Mediterranean. Belly Dance is a low impact form of exercise that can improve balance, posture, and flexibility. It is suitable for all ages and body types.

12:45 p.m. Room B *“Mistakes to Avoid in Retirement”*

Join Dan Fried, CPA and retired investment advisor, as he discusses the mistakes that he has seen his clients and friends make over his 40+ year professional career. He will point out common errors and the steps that you should take to avoid them. Some of these tips could save you quite a bit of time and money, so make this lecture a priority for you.

1:15 p.m. Room A *“Stay Young at Heart with Healthy Eating”*

Join Krystal Register, Wegmans Nutritionist and Registered Dietitian, to learn about everyday tips for heart health. Lower blood pressure and improve your health in many ways with quick, easy, affordable suggestions. This session will include a daily meal planning guide, great tasting recipe ideas, potassium power foods and “fresh” cooking tips to reduce salt and sodium to help you stay young at heart with healthy eating!

1:15 p.m. Room C *“The Nia Technique”* with Amy Liss

Nia is a sensory-based movement practice that leads to health, wellness, and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live.
