

The Gaithersburg Upcounty

 **Senior NEWS**
June 2014



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



Farmers Markets Coupon Distribution
Wednesday, July 2 at 10:30 a.m.

Coupon books will be distributed using a lottery system to ensure an equal chance for all. When you arrive to the Center, you will receive a number. If your number is called, you will be given a coupon book worth \$30. Bring your government issued ID and proof of income. There are strict criteria for eligibility. Call 301-258-6380 if you have any questions.

301-258-6380
www.gaithersburgmd.gov
The Senior Center is open
Monday – Friday

Senior Center Chorus Performance

Monday, June 2 at 11 a.m.

They have been practicing for months! Come support and enjoy the Senior Center's Chorus as they serenade us.

Day at the Beach

Chesapeake Beach, MD

Date: Thursday, June 12

Depart: 9:30 a.m.

Return: 5 p.m.

Fee: \$12 (transportation)

Deadline: Monday, June 9

Come explore the town of Chesapeake Beach. You will be dropped off to do as you please. Visit the Railway Museum for free; eat lunch at the Rod and Reel or any of the other restaurants in the area. Stroll along the Chesapeake Beach Railway Trail, a boardwalk nature trail that traverses critical bay areas, offers scenic views of Fishing Creek, and abundant wildlife sightings. Dress for the weather and be prepared for **lots of walking!**

Minimum: 20 Maximum: 33

Galapagos

Wednesday, June 25 at 12:45 p.m.

Join Paul Newman as he gives an informative and interesting pictorial presentation of his trip to the Galapagos Islands.



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

PRIMARY ELECTION

EARLY VOTING

June 12 - 19, 10 a.m. – 8 p.m.

Activity Center at Bohrer Park
506 S. Frederick Avenue

Happy Birthday!

Celebrate

Wednesday, June 25 at 12:30 p.m.

June Birthdays

- 1 Lee Geismar
- 2 Ann Rita Davis
- 3 Girish Patel
- 9 Nora Jarian
- 14 Paulette Campbell
- 15 Harriet Maier, Lucine Terezian
- 18 Phyllis Henderson
- 19 Zita Tepie
- 25 Anna Fraker
- 29 Nina Baccanari

Montgomery Village Healthcare Presents

Wednesday, June 11 at 11 a.m.

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

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, June 9 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 Members,

We have great news to share. The Senior Center renovation will begin this July or August! The largest project will be the conversion of the front lobby area into a 1,000 square foot fitness center. The Fitness Center will hold up to 14 pieces of equipment including treadmills, recumbent bikes, crosstrainers and strength training machines.

The Center's entrance will be relocated and the check-in area will be redesigned to promote secure facility access. Membership fees to the Senior Center will not be increased; however individuals who wish to join the new Fitness Center will pay an additional \$75 per year.

In order to provide you with different types of programming, the current Lecture Room will be enlarged. Lastly, the Craft Room will be redesigned into a Computer Lab, allowing usage of up to eight computers in a space that is quieter for better concentration.

The renovation project is expected to continue through September. We are planning to stay operational; however we will reevaluate and make changes as necessary. Staff will do our best to keep everyone informed of the project's progress. If you have questions, please do not hesitate to call me at 301-258-6380.

Sincerely,
Grace

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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Sympathy is extended to the friends and family
of Abe Schneider
who recently passed away.

WELLNESS/LECTURES

“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

World Elder Abuse Awareness Day – Senior Safety

Rockville, MD

Date: Wednesday, June 11

Depart: 10 a.m.

Return: 12:15 p.m.

Fee: Free

We will be traveling to the Rockville Senior Center to participate in World Elder Abuse Awareness Day activities. There will be speakers on Elder Abuse & Exploitation and Emergency Preparedness & Home Safety. There will be demonstrations by Fire and Rescue and the MCPD K-9 Unit, blood pressure checks, musical entertainment, refreshments, and door prizes.

Minimum: 8

Maximum: 33

Socrates Roundtable

Wednesday, June 11 at 1 p.m.

Topic: Genetically Modified Food

Genetically modified (GMO) crops are being banned by countries around the world. Do you think the U.S. should follow suit? Are GMO crops the reason for the rise in the number of people with gluten sensitivity? Are you concerned that the pollen from GMO crops will contaminate non-GMO crops and forever change them? Do you think foods made with GMO crops should be labeled? Come share your thoughts.



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 those 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!**



Pancake Breakfast

Tuesday, June 17

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Treat yourself to some mouthwatering, warm, fluffy goodness! People just flip over Chef Sia’s pancake breakfast. Make sure you sign-up on the program sheet and invite your friends

Blood Pressure Check

Wednesday, June 25

9:30 – 11:30 a.m.

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

Caregivers Support Group

Thursdays, June 5 & 19

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

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

Cylburn Arboretum

Baltimore, MD

Date: Wednesday, June 18

Depart: 9 a.m.

Return: 4:30 p.m.

Fee: \$12 (transportation only)

Deadline: Friday, June 13

You won't want to miss this historical park with more than 20 themed gardens. During our visit, you can tour the gardens, the Cylburn Mansion, the Vollmer Visitor and Education Center and the 207 acre park and surrounding forest. After our morning outdoors, we will break for lunch on your own in the Mt. Washington area of Baltimore. Bring water and dress for the weather. **Lots of walking!**

Minimum: 20

Maximum: 33



Capital Wheel at National Harbor

Washington, DC

Date: Friday, June 6

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$12 (transportation)

Deadline: Wednesday, June 4

The Capital Wheel is a brand new, 180-foot-tall observation wheel based at the end of a new pier overlooking the Potomac River with views of the Capitol, National Mall and Arlington National Cemetery. Ride the wheel, visit the shops, and eat lunch on your own. Tickets to ride the Capital Wheel cost \$15. **Pay on your own. Lots of walking!**

Minimum: 20 **Maximum:** 33



“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)

“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 “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 have many different restaurants to choose from.

FULL

Galloping Gourmets to Hickory Bridge Farm

Ortanna, PA

Date: Monday, June 30

Depart: 10 a.m.

Return: 3:30 p.m.

Fee: \$35 (transportation, lunch, and gratuity)

We are headed north to the famous Hickory Bridge Farm for a Hot Farmer’s Lunch. The food is served family style and includes a Pennsylvania Dutch Lettuce Salad, Oven Fried Chicken, Baked Ham, Crab Imperial, potatoes, vegetables, corn fritters, stewed apples, beverage and choice of dessert. After lunch you will have time to visit the farm museum, old time country store and the bed and breakfast.

Minimum: 28

Maximum: 33

Jeff Levin Performs

Thursday, June 5 at 12:45 p.m.

Join us as Jeff Levin performs a variety of songs from the American Songbook, Jazz and Broadway classics as well as contemporary ballads. He promises that you will be entertained!

TRIPS AND ACTIVITIES

Smithsonian Folklife Festival

Washington, DC

Date: Thursday, July 3

Depart: 10:30 a.m.

Return: 4:30 p.m.

Fee: \$12 (transportation only)

Deadline: Monday, June 30

The focus of this year's festival is *China: Tradition and the Art of Living* and *Kenya: Mambo Poa*. This outdoor festival is full of music, entertainment, ethnic food vendors and special events. We will provide you with a map of the area, and you will be dropped off and picked up at the same location. Bring water and dress for hot and humid weather. There are air conditioned museums all around the Mall any time you want to go inside and cool off.

Lots of walking!

Minimum: 20

Maximum: 33

"The Pirates of Penzance" at Toby's Dinner Theatre

Columbia, MD

Date: Wednesday, July 16

Depart: 9:45 a.m.

Return: 4:30 p.m.

Fee: \$56 (transportation, lunch, show, and gratuity)

Deadline: Friday, June 13

This updated version of Gilbert and Sullivan's most popular musical took New York by storm. Wacky, irreverent and entertaining, *The Pirates of Penzance* is a hilarious musical farce of sentimental pirates, bumbling policemen, dim-witted young lovers, dewy-eyed daughters and an eccentric Major-General, all morally bound to the often ridiculous dictates of honor and duty.

Minimum: 20

Maximum: 33

"I Do! I Do!" by the Infinity Theatre Company



Annapolis, MD

Date: Thursday, July 17

Depart: 10 a.m.

Return: 6 p.m.

Fee: \$40 (ticket & transportation)

Deadline: Friday, June 27

"I Do! I Do!" is a delightful musical led by two powerhouse performers exploring fifty years' worth of love and change as they display life in its most concentrated form – marriage! We will first stop for lunch on your own at Annapolis Mall, where you have many different restaurants to choose from.

Minimum: 20

Maximum: 25

You can now register online!
www.gaithersburgmd.gov



Bingo at Kentlands Manor Gaithersburg, MD

Tuesdays, June 10 or June 24

10 a.m. – 11:45 a.m.

Free

Our friends at Kentlands Manor are hosting us for Bingo! If Bingo is your game, or you want to meet some new people, sign-up for one or both days on the program sheet.

Maximum: 21

Diversity Program

12 Months of Holidays &

Celebrations from Around the World

Wednesday, June 18 at 11:15 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 All Saints Day, Ramadan, Shavuot, and Litha.

Pool Tournament

Monday, June 16 at 10 a.m.

It is time once again to find out who is the best billiards player in the land. Entry is \$5 - to be paid the day of play. Pre-register on the Tournament Sign-Up sheet in the Pool Room. A hearty breakfast will be provided to all participants. Fame and fortune for the winner!





Calendar of Events

Sunday

1

Monday

2

11 am
SC Chorus Performs

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

Tuesday

3

9 am
National Zoo

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

HeartWell in Action

Wednesday

4

8:30 Exercise Tape
9:15 50/50
10 Computer Help
10:15 Fit 4 All
11:15 Strong & Balanced
12:30 Weight Training
12:45 Computers Lecture
1 Crochet
1:15 Flexible Strength
1:15 Music Lessons
2 Watercolor

Thursday

5

12:45 pm
Jeff Levin Performs

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

Friday

6

9:30 am
National Harbor

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

Saturday

7

8

9

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

10

8:30 Longevity Stick @ BP
8:30 Exercise Tape
9:15 HIT @ BP
10 Bingo at Kentlands
10 Computer Help
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

11

10 am
Senior Safety

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

12

9:30 am
Day at the Beach

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 Book Discussion

13

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

14

15

16 10 am Pool Tournament

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

17

9 am Pancake Breakfast

8:30 Exercise Tape
9:15 HIT @ BP
10:15 Stretch & Strengthen
11 Wealth Management Lecture
12:30 Bridge
12:30 Mah Jongg
2 Ballroom

HeartWell in Action

22

23

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

24

8:30 Exercise Tape
9:15 HIT @ BP
10 Bingo at Kentlands
10:15 Stretch & Strengthen
11 Bingo y Su Salud Mental
12:30 Bridge
12:30 Mah Jongg
12:45 Computers Lecture
2 Ballroom

HeartWell in Action

29

30

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

18

9 am Cylburn Arboretum

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

19

6 pm Dinner Dance w/ Matt Hutchinson

8:30 Exercise Tape
9:15 HIT @ BP
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

20

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

21

26

10 am Hank Williams Lost Highway

8:30 Exercise Tape
9:15 HIT @ BP
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

25

12:30 pm Birthday Celebration

8:30 Exercise Tape
9:15 50/50
9:30 BP Check
10 Computer Help
10:15 Fit 4 All
11:15 Strong & Balanced
12:30 Weight Training
12:45 Galapagos
1 Crochet
1:15 Flexible Strength
1:15 Music Lessons

26

10 am Hank Williams Lost Highway

8:30 Exercise Tape
9:15 HIT @ BP
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

27

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

28

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



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

Senior Center: June 19 & 26

Dates: Thursdays
April – June

Time: 10:30 a.m.

Fee: \$15

Minimum: 9 Maximum: 20

Flexible Strength

Senior Center

Dates: Wednesdays
April – June

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
April – June

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. Last class is June 12.

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. Please bring a yoga mat.

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



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.

Ballroom Dance

Date: Tuesdays, Jun. 3 – 24
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.

Ritmo Latino

Date: Thursdays
Time: 11:15 a.m.
Move to Latin rhythms.

Pastel Workshop

Dates: Wednesdays, July 2 - 30
(5 classes)
Time: 2 – 4 p.m.
Fee: \$60

Learn to paint in a new medium. We will discuss techniques, composition, getting light and color in your work of art. For the watercolorist we will have one class on combining watercolor and pastels. Come and explore this delightful medium with us. It will enliven your artwork by bringing new colors and techniques to your art. Taught by Valthea Fry. Supply list available at the front desk.

Minimum: 8 **Maximum:** 16

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.

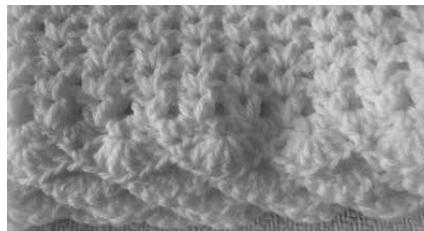
Embroider with Jane

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.



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!



AARP Smart Driver Course

Friday, July 25, 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



Free Computer Help

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

Learn Canasta Mondays from 2 – 4 p.m.



Book
Discussion

FREE

"The Middlesteins"

by Jami Attenberg
Thursday, June 12
at 2 p.m.

CLASSES AND LECTURES

Simplifying and Demystifying Computers

Wednesday, June 4, 12:45 p.m., or Tuesday June 24, 12:45 p.m.

Join Eileen Gannon of Adult Computer Tutor as she discusses basic computer literacy. Topics include computer safety with information on safe surfing, phishing emails, creating unique passwords, and the information you need to purchase a new computer.



Where to Begin? Estate/Wealth Management

Tuesday, June 17 at 11 a.m.

Presented by Linda Brennan and Chris Teter of Baltimore Life

Managing your assets can be overwhelming. There are so many choices.

Join us as we explain several tools that can help you. Lunch will be provided for attendees. Please register to reserve your spot!

Minimum: 10

Maximum: 20

AARP, Gaithersburg Chapter #5358

JUNE 2014 ACTIVITIES

MONTHLY MEETING:

Tuesday, June 10, 2014

4 p.m. Bingo

2 cards, \$2, choice of prizes

5:30 p.m. Dinner

Summer Picnic organized by Meg and Robbie; choice of drinks; choice of desserts made by members of our chapter. \$10.

6:10 p.m. Brief Business Meeting

50-50 and door prizes.

6:40 p.m. Program

Sandra Davis from Bank of America will speak on "Savvy Saving Seniors – Steps to Avoiding Scams." Free.

COMMUNITY SERVICE:

Clothing Drive: June 2 – 12

Check your closets for clothes you no longer need. Suitable donations will be given to men and women in need of clothing to wear to work at Wells/Robertson House in Gaithersburg. Other clothing will go to Goodwill or the Salvation Army.

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 ajaguesaarp@aol.com.

CHAT AND CHEW

Join us for lunch on Monday, June 16 at 12:30 p.m. at the Silver Diner in Lakeforest Mall, Gaithersburg, for a wide variety of moderately priced meals – breakfasts – dinners. Drive yourself to the restaurant by 12:30 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.

CASINO TRIPS

Wednesday, June 18, 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.

Monday, June 23, 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).

TOUR NASHVILLE AND MEMPHIS, TN

September 18 – 23. Our 6-day and 5-night package includes round-trip motor coach transportation, all hotel accommodations (including 2 nights in Nashville, 1 night in Memphis), 3 dinners and 5 breakfasts, city tours of Nashville and Memphis, admissions to the "Grand Ole Opry," the "Country Music Hall of Fame" and Graceland, visits to Beale St and Opry Mills, plus room taxes, tips and baggage handling. Cost is \$642 with 40 guests, \$794 with only 25. \$50 dollar deposit due by June 15. Call Annette (301-977-7936) for more information and to register.

SPRING JEWELRY, CRAFT AND GIFT SALE

June 10 – 13, 9 a.m. – 3:30 p.m. We are now collecting jewelry, small gifts (never used), and hand-made crafted items. Proceeds will be given as an unrestricted gift to the Senior Center and some will be used to support our community service projects. Volunteers are needed to set up on June 9, 2 – 4 p.m., sell on June 10 – 13, and pack up on June 13, 1:30 – 3:30 p.m. We also need people to buy items for themselves or as gifts for others. Cash only. Contact Margaret (301-947-1835) or Annette (301-977-7936) for more information. Let's work to make this a great success!

Noticias de Mucho Interés para los Seniors de Habla Hispana

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.

ATRACCIÓN DEL CORO DEL SENIOR CENTER

Día: lunes 2 de junio

Hora: 11am

Este fantástico coro ha estado practicando por muchos meses. Venga, anime y disfrute de una buena serenata.

BINGO EN EL CENTRO DE KENTLANDS MANOR

Gaithersburg, MD

Día: martes 10 o 24 de junio

Salida: 10am

Retorno: 11:45

Costo: gratis

Si disfruta jugar bingo y conocer nuevas amistades, vamos a Kentlands Manor porque ahí nuestros amigos están organizando bingo.

Máximo: 21

DIA EN LA PLAYA

Playa de Chesapeake, MD

Día: jueves 12 de junio

Salida: 9:30am

Regreso: 5pm

Costo: \$12 (solamente la transportación)

Fecha de vencimiento: lunes 9 de junio

Durante este viaje y donde el ómnibus lo deje, usted podrá explorar la bahía como lo desee en su tiempo libre. Visitar (gratis) el Museo de Ferrocarril, pasear a lo largo del camino del ferrocarril con sus vistas panorámicas de pesca y faunas silvestres - y almorzar en el restaurante "Caña y Carrete", o cualquiera de los otros restaurantes que hay alrededor de la bahía. Vístase apropiado para el clima y póngase zapatos cómodos porque se caminará bastante.

Mínimo: 20 **Máximo:** 33

DÍA MUNDIAL PARA COMO ESTAR SOBRESABIDO ACERCA DEL ABUSO QUE EXISTE CONTRA PERSONAS DE MAYOR EDAD Rockville, MD

Día: miércoles 11 de junio

Salida: 10am

Regreso: 12:15pm

Costo: gratis

Viajaremos al Centro de Rockville para participar de las actividades del día mundial y aprender como estar consiente sobre el maltrato que existe hacia personas de mayor edad. Habrá entretenimiento, música, premios, refrescos, demostraciones de bomberos y rescates, unidad K-9 MCPD, control de presión arterial y conferencias sobre la explotación y preparación de emergencias de seguridad en el hogar.

Mínimo: 8 **Máximo:** 33

TORNEO DE BILLAR

Día: lunes 16 de junio

Hora: 10am

Ya es tiempo de saber quién es el mejor jugador de billar, en el Centro. ¡Fama y fortuna para el ganador! El costo de entrada es de \$5. Si está interesado en participar en la competencia, por favor regístrese en la hoja del programa. Se les proporcionará un delicioso desayuno a todos los participantes.

DESAYUNO DE PANCAKES

Día: martes 17 de junio

Hora: 9 a 10:30am

\$3 para los miembros/\$5 no-miembros

Venga y disfrute de unos deliciosos y calientes pancakes hechos por nuestro Cocinero Sia. Si desea participar, asegúrese de inscribirse en la hoja del programa.

BINGO Y SU SALUD MENTAL

Auspiciado por el servicio para personas de mayor edad, Grupo Afiliado, "Santé"

Día: martes 24 de junio

Hora: 11am

¿Quiere superar los retos que se presentan viviendo la tercera edad? Les invitamos a jugar bingo y escuchar una conversación informativa sobre los servicios gratuitos para personas de mayor edad. Habrá premios.



CELEBRACIÓN DE CUMPLEAÑOS:

día miércoles 25 de junio a las 12:30 pm.

DISTRIBUCIÓN DE CUPONES

GRATIS PARA COMPRAR

PRODUCTOS FRESCOS DE LAS FINCAS LOCALES

Día: miércoles 2 de julio

Hora: 10:30 am

Para poder garantizar las mismas oportunidades a todos, los cupones se distribuirán por medio de un sistema de lotería. Al llegar al Centro, usted recibirá un número. Si llaman su número, recibirá un libro de cupones por un valor de \$30. Traiga su identificación y comprobante de ingresos. Si necesita más información, puede llamar al: 301-258-6380

FESTIVAL FOLKLÓRICO EN EL SMITHSONIAN

Washington, DC

Día: jueves 3 de julio

Salida: 10:30am

Retorno: 4:40pm

Costo: \$12 (solamente la transportación)

Fecha de vencimiento: lunes 30 de junio
El tema del festival de este año estará enfocado sobre el país de China con su tradición, el arte de vivir en Kenia y el Mambo Poa. Este festival es al aire libre y ofrece música, entretenimiento, eventos especiales y venta de alimentos típicos. El ómnibus lo dejara en un lugar específico y lo recogerá de ahí mismo, por la tarde. Le proporcionaremos un mapa del lugar para que le sirva de guía. Lleve agua, póngase zapatos cómodos y vístase apropiado para el clima.

Mínimo: 20 **Máximo:** 33

AVISO

Les compartimos que desde el 1 de julio del 2012 las cuotas para la membresía del Senior Center serán:
Residente: \$40
Esposo/a del residente: \$30
Non-residente: \$120
Esposo/a del non-residente: \$60

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: _____