

The Gaithersburg Upcounty

# Senior NEWS

July 2014



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



## Meet our Families Ice Cream Social

Wednesday, July 9, 6 – 8 p.m.

Adults \$1 / Children are free.

Pay at the door.

Invite your family and join us for tattoos, tunes and treats! We will share our talent with karaoke, get temporary tattoos and indulge in a bowl of ice cream piled high with toppings! What could be better on a hot summer night?

Please register at the front desk with the number you anticipate coming so we will have ample supplies for the event.

301-258-6380

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

The Senior Center is open

Monday – Friday

Closed July 4

## The Reginald F. Lewis Museum of Maryland African American History & Culture

Baltimore, MD

**Date:** Thursday, July 31

**Depart:** 8:30 a.m.

**Return:** 3 p.m.

**Fee:** \$18 (transportation & admission)

**Deadline:** Wednesday, July 23

We will be visiting the Special Exhibit, "For Whom It Stands," ranked a "Top 10 Must-See Exhibit this Summer" by USA Today, which explores the history of the nation's first flag and the hands that worked on it. We will have a docent-led tour of the museum's permanent collection, a gateway to the history and living culture of Maryland African Americans. Lunch is on your own in the museum's café.

**Minimum:** 20

**Maximum:** 33

## Mt. Airy Shopping and Lunch

Mt. Airy, MD

**Date:** Friday, July 11

**Depart:** 10:15 a.m.

**Return:** 3:30 p.m.

**Fee:** \$10

**Deadline:** Wednesday, July 9

Join us as we spend the day in lovely Mt. Airy. Explore the shops along Main Street, including "Patches", which specializes in quilting, sewing and embroidery supplies. Dine on your own at one of the many nearby restaurants.

**Plenty of Walking.**

**Minimum:** 20

**Maximum:** 33



## National Museum of the American Indian

Washington, DC

**Date:** Tuesday, July 22

**Depart:** 9:30 a.m.

**Return:** 4 p.m.

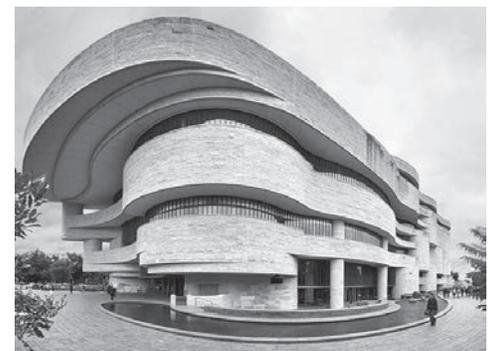
**Fee:** \$12 (transportation)

**Deadline:** Thursday, July 17

The National Museum of the American Indian houses one of the world's largest and most diverse collections of its kind. The museum's sweeping curvilinear architecture, its indigenous landscaping, and its exhibitions, all designed in collaboration with tribes and communities from across the hemisphere, combine to give visitors from around the world the sense and spirit of Native America. Lunch is on your own in the museum café.

**Minimum:** 20

**Maximum:** 33





**Celebrate**  
**Monday, July 28 at 12:30 p.m.**

### July Birthdays

- 1 Valentine Avanesian  
Jawahar Choudhry
- 4 Peggy Rothrock
- 6 Len Taylor  
Cheryl Delts
- 7 Dhanraj Mathur  
Robert Hoes
- 17 Arnold Gant
- 19 Annette Thompson
- 22 Evelyn Hatch  
Richard Murphy
- 26 Palmyra Kimbrough  
Maria Mazariego
- 28 Peg Williams
- 29 Carol Ann Mullins

### 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, September 8 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,

Please remember the Center anticipates the facility renovations to begin in July or August and to be completed within approximately three months. In order to keep the Center operational during this time, the work will be completed in phases; however we will continue to re-evaluate and make adjustments as needed.

Farmers Market Coupons will be given out to all qualifying seniors over the age of 60 on Wednesday, July 2, starting at 10:30 a.m. The Gaithersburg Senior Center serves as a County distribution site, so the coupons we receive are not intended for our membership exclusively. In the past several years individuals have arrived very early in order to receive the coupons. A new process is being mandated by the State of Maryland requiring all sites to use a lottery system. This means it does not matter what time an individual arrives as long as there are still coupons available. However, because of the high volume of seniors who participate in the program, I recommend arriving earlier. You may need to wait for your number to be called, but it will help ensure (not guarantee) you receive coupons.

Thank you.  
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 Sonia Kolejian  
who recently passed away.

## Caregivers Support Group

Thursdays, July 3 & 17

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.

## Medicare Supplemental Insurance – What is it?

Tuesday, July 15 at 11 a.m.

Presented by Mutual of Omaha

Come learn all about Medicare Supplemental Insurance. What is it? How does it work? When is the best time to buy it? All of your questions will be answered. Please register to reserve your spot!

Minimum: 10

Maximum: 20

## The End of Life – It's not what it Used to Be

Presented by Thibadeau Mortuary

Wednesday, July 23 at 12:45 p.m.

Thibadeau Mortuary presents information about end of life topics. They will tell you about the many different types of funding available to help with costs, merchandise, services available and various options, and how and what you should talk to your loved ones about. Light refreshments will be provided. Please register to reserve your spot!

Minimum: 10

Maximum: 20



## Breakfast Burritos

Tuesday, July 15

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

As if July wasn't hot enough, we are turning up the heat with this delicious breakfast with a Tex-Mex flair! Make sure you sign-up on the program sheet and invite your friends.



## Farmers Market 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.



## Blood Pressure Check

Wednesday, July 23

9:30 – 11:30 a.m.

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

## 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!**



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

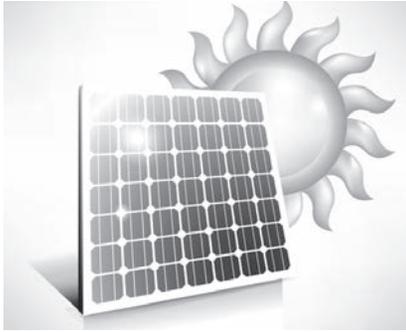
## HeartWell in Action

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



## Know Your Energy Bill Workshop

Tuesday, July 8 at 12:45 p.m.

Presented by Groundswell

Anyone who pays an electric bill has the right to choose where their electricity comes from. Bring your electric bill as Groundswell discusses the differences between using the default utility supplier versus exercising your Retail Choice and choosing your supplier. Learn how you can go green by using clean energy. Learn how to protect yourself from predatory tactics used by dubious suppliers. Please register to reserve your spot!

Minimum: 10

Maximum: 20



## Beautiful Things

Travel Video by Latha

Monday, July 14 at 11 a.m.

## Montgomery Village Healthcare Presents

Tuesday, July 8 at 11 a.m.

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

## 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

## Music and Memories

Thursday, July 10 at 12:45 p.m.

Presented by Dr. Yonina Foster

Memories light the corners of my mind. Come have fun with songs, whether you are a singer or a listener. Sing; lend your voice and your stories. What do songs evoke for you? We will sing songs from folk, musicals, popular, blues, and jazz. Paper will be provided for you to write, draw, record, the stories you recall as we wind our way down memory lane through music. Dr. Foster has an extensive background as a lifelong musician and historian. She has a Ph.D. in American Studies. She recently founded Music and Memories, where through music and conversations, memories of long ago come to light and bring happiness and healing.

## "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

You can now register online!

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

# TRIPS AND ACTIVITIES

## “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

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## Galloping Gourmets to The Kings Contrivance

**Columbia, MD**

**Date:** Tuesday, July 29

**Depart:** 10:45 a.m.

**Return:** 2:30 p.m.

**Fee:** \$55 (lunch, gratuity, and transportation)

The Kings Contrivance has been ranked as Howard County’s finest dining establishment for more than 20 consecutive years. Located in a stately Federal Mansion on what was a 370-acre farm, the restaurant is a beautiful setting for a wonderful meal. You will choose your lunch from a pre-fixed menu. Appetizer choices are Shellfish Bisque, Soup du Jour or House Salad. Entrée choices are Jumbo Lump Crab Cake, Beef Tenderloin Tips, Chicken Piccata, or Chesapeake Caesar Salad. Dessert choices are Chocolate Raspberry Cake, English Trifle or Key Lime Pie. A vegetarian option is available, call Charlyn for details.

**Minimum:** 20

**Maximum:** 33

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## Sailing on the Chesapeake

**Annapolis, MD**

**Date:** Thursday, August 21

**Depart:** 9 a.m.

**Return:** 5 p.m.

**Fee:** \$55 (transportation & cruise)

**Deadline:** Wednesday, August 6

We are setting sail out of Annapolis on the 74-foot schooner Woodwind. Come along for this relaxing 2 hour cruise as we sail past the Naval Academy, Annapolis Harbor and the scenic Severn River. After our cruise you will be on your own for lunch and exploring. Make sure you dress for the weather and wear soft soled shoes.

**Minimum:** 20

**Maximum:** 33



## Socrates Roundtable

**Wednesday, July 9 at 1 p.m.**

**Topic: Global Warming**

Is the world getting hotter? While North America experienced an unusually cold winter this year, globally this winter ranked as the 8th hottest on the record books. Is the world experiencing global warming or is this heating up of the planet just part of the natural cycle? Does global warming alarm you? What changes have you noticed in the past several years? Come share your thoughts and experiences.

## Diversity Program

**12 Months of Holidays &**

**Celebrations from Around the World**

**Wednesday, July 21 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 Obon, Lalat al Kadr, and Pioneer Day.

## Farmers Market

**Gaithersburg, MD**

**Thursday, July 24 or August 7**

**Depart:** 12:50 p.m.

**Return:** 1:50 p.m.

**Fee:** \$2 (transportation)

Bring your Farmers Market Coupons and your grocery bags as we take a quick trip to the Gaithersburg Farmers Market for some delicious fresh fruits and vegetables.

**Minimum:** 6

**Maximum:** 13

# The Gaithersburg Upcounty Senior Center



Gaithersburg

# July 2014

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

301-258-6380

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p>8:30 Exercise Tape 9:15 HIT @ BP 10 Computer Help 10:15 Stretch &amp; Strengthen 12:30 Bridge 12:30 Mah Jongg</p> <p><b>HeartWell in Action</b></p>	<p><b>2</b></p> <p>10:30 am Farmers Market Coupons 8:30 Exercise Tape 9:15 50/50 10 Computer Help 11:15 Strong &amp; Balanced 12:30 Weight Training 1 Crochet 1:15 Flexible Strength 1:15 Music Lessons 2 Pastel</p>	<p><b>3</b></p> <p>10:30 am Folklife Festival 8:30 Exercise Tape 9:15 HIT @ BP 10 Computer Help 10:15 Stretch &amp; Strengthen 11:15 Ritmo Latino 12:30 Bridge 12:30 Ping Pong 12:45 Hispanic Book Club 2 Caregivers</p>	<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b> <b>SENIOR CENTER CLOSED</b></p>	<p><b>6</b></p>
<p><b>6</b></p>	<p><b>7</b></p> <p>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</p>	<p><b>8</b></p> <p>8:30 Exercise Tape 9:15 HIT @ BP 10 Computer Help 10:15 Stretch &amp; Strengthen 11 MV Healthcare Lecture 12:30 Bridge 12:30 Mah Jongg 12:45 Groundswell Workshop 4 AARP</p> <p><b>HeartWell in Action</b></p>	<p><b>9</b></p> <p>6 pm Ice Cream Social 8:30 Exercise Tape 9:15 50/50 10 Computer Help 10:15 Fit 4 All 11:15 Strong &amp; Balanced 12:30 Weight Training 1 Crochet 1 Socrates Roundtable 1:15 Flexible Strength 1:15 Music Lessons 2 Pastel</p>	<p><b>10</b></p> <p>12:45 pm Music &amp; Memories 8:30 Exercise Tape 9:15 HIT @ BP 10 Computer Help 10:15 Stretch &amp; Strengthen 11:15 Ritmo Latino 12:30 Bridge 12:30 Ping Pong 12:45 Hispanic Book Club 2 Book Discussion</p>	<p><b>11</b></p> <p>10:15 am Mt. Airy Shopping and Lunch 8:30 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 10:30 Mah Jongg 11:15 Strong &amp; Balanced 12:15 Quilting 12:50 Bingo 1:15 Music Lessons 3 Core and More</p>	<p><b>12</b></p>

13

14

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

15

**9 am  
Breakfast Burritos**

8:30 Exercise Tape  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11 Supplemental  
 Insurance  
 Lecture  
 12:30 Bridge  
 12:30 Mah Jongg

**HeartWell in Action**

16

**9:45 am  
Pirates of Penzance  
at Toby's**

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 Pastel

17

**10 am  
"I Do! I Do!"  
Annapolis**

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

18

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

19

20

21

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

22

**9:30 am  
American Indian  
Museum**

8:30 Exercise Tape  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Mah Jongg  
 1 Get With the Flow  
 2:30 Ballroom

**HeartWell in Action**

23

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 End of Life Planning  
 1 Crochet  
 1:15 Flexible Strength  
 1:15 Music Lessons  
 2 Pastel

24

**12:50 pm  
Farmers Market**

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

25

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

26

27

28

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

29

**10:45 am  
Galloping  
Gourmets**

8:30 Exercise Tape  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Mah Jongg  
 1 Get With the Flow  
 2:30 Ballroom

**HeartWell in Action**

30

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 Pastel

31

**8:30 am  
The Reginald F.  
Lewis Museum**

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

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

# FITNESS

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.

## Flexible Strength

Senior Center

**Dates:** Wednesdays  
July – September

**Time:** 1:15 p.m.

**Fee:** \$15

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

**Minimum:** 9      **Maximum:** 20

## Weight Training

Senior Center

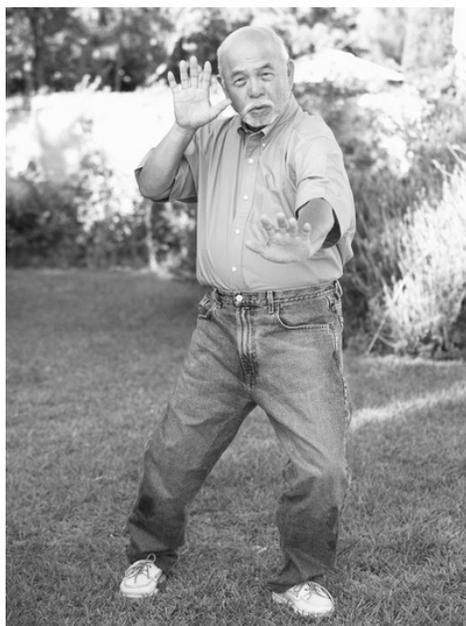
**Dates:** Wednesdays  
July – September

**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.

## 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.

## Get With the Flow

**Dates:** Tuesdays, July 22 – Sept. 2

**No class August 12**

**Time:** 1 p.m.

**Fee:** \$30

A great woman once said "You've got to want it to get it." Well if you want it, this is the class for you. Get With the Flow blends moves from Pilates, Yoga, Piloxing and more to bring you a class that strengthens your core, improves your balance, increases your flexibility and range of motion. This class taught by Jeanne has you flowing from one move to the next as she teaches you combinations of moves to improve your whole body.

**Minimum:** 6      **Maximum:** 16

# CLASSES AND ACTIVITIES

## Ballroom Dance

**Date:** Tuesdays, July 22 – 29  
**Time:** 2:30 – 4 p.m.  
**Fee:** \$5 for SC 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

## Music Lessons

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



**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.

## 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!



Book Discussion

**FREE**

## "Founding Mothers: The Women Who Raised Our Nation"

by Cokie Roberts

Thursday, July 10 at 2 p.m.

## Learn Canasta

Mondays from 2 – 4 p.m.



## Computer Help

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

## 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



# AARP, Gaithersburg Chapter #5358

## JULY 2014 ACTIVITIES

### MONTHLY MEETING:

**Tuesday, July 8, 2014**

#### **4 p.m. "Family Feud"**

Teams will match answers given in surveys; team prizes; \$2.

#### **5:30 p.m. Dinner**

Summer Picnic organized by board; 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**

Nora Miller, Maryland State Delegate, will talk about legislative accomplishments and other issues relating to seniors. Free.

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](mailto:ajaguesaarp@aol.com).

### CHAT AND CHEW

Join us for lunch at 12:30 p.m. on Monday, July 21 at Hershey's Restaurant, 17030 Oakmont Ave, Gaithersburg for a variety of moderately priced family recipe choices. 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 so we can make reservations and arrange our car pools.

### CASINO TRIPS

**On Wednesdays in July 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. We now have one departure time – 10:30 a.m.; but will schedule as many dates as we have participants. Departure dates, registration and payment is required with Dale Batchelder at the Center or at 301-983-0104, or with Margaret Fisher at 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. Total cost is \$642 with 40 guests - \$794 with only 25. \$50 deposit is due. Call Annette (301-977-7936) for more information and to register.

### COMMUNITY SERVICE

School Supplies for Needy Children. Help shop for supplies from our list when they go on sale in July and August. Buy 80 supplies at the low prices indicated and you will be reimbursed. We will fill back packs at our August meeting and deliver 20 to each of four area Title I elementary schools. Counselors give them to children whose parents cannot afford to purchase supplies needed at the start of the school year. Help us help the children. Call Annette (301-977-7936) to help.

***Thanks to all who participated in our Spring Jewelry, Craft and Gift Sale. We raised \$500 to be given as an unrestricted gift to the Senior Center and \$104 to support our August community service project.***



Join friends and family for the City of Gaithersburg's

### INDEPENDENCE DAY CELEBRATION

featuring live music, food, activities,  
and spectacular fireworks on

**Friday, July 4**

at the Montgomery County Fairgrounds.

Gates open at 5 p.m.

# Noticias de Mucho Interés para los Seniors de Habla Hispana

## EL CENTRO DE SALUD DE MONTGOMERY VILLAGE PRESENTARA

Una charla informativa sobre una variedad de temas útiles e interesantes sobre la salud, y será el día martes 8 de julio a las 11am. No se la pierda!

## EVENTO SOCIAL PARA CONOCER A NUESTRAS FAMILIAS

**Día:** miércoles 9 de julio  
**Hora:** 6 a 8 pm  
**Costo:** Adultos \$1  
Niños: gratis

Invite a su familia a pasar unos agradables momentos compartiendo su talento con Karaoke y disfrutando de deliciosos helados. También podrá ponerse tatuajes temporales. Regístrese en la hoja del programa para estar preparados con suficiente helados.

## VIAJE DE COMPRAS Y ALMUERCE EN MT. AIRY

**Mt. Airy, Md**  
**Fecha:** viernes 11 de julio  
**Salida:** 10:15 am  
**Retorno:** 3:30 pm  
**Costo:** \$ 10

**Fecha de vencimiento:** miércoles 9 de julio  
Únase a nosotros a pasar un buen día en el precioso pueblo de Mt. Airy. Durante este viaje usted podrá explorar las tiendas que hay a lo largo de la calle central. Entre esas tiendas se encuentra "Patches", que se especializa en vender materiales para costura y bordado. También podrá almorzar en cualquiera de los restaurantes que hay en el área. Póngase zapatos cómodos porque se caminará bastante.

**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.

## QUE ES SEGURO SUPLEMENTARIO DE MEDICARE?

**Presentado por Mutual of Omaha**

**Fecha:** martes 15 de julio

**Hora:** 11 am

Venga a esta charla y aprenderá acerca del Seguro Suplementario de Medicare. ¿Qué es, cómo funciona, cuándo es el mejor momento para comprarlo? Ese día, todas sus preguntas le serán contestadas.

Si está interesado/a, por favor regístrese, en la hoja del programa, para reservar su lugar!

**Mínimo:** 10 **Máximo:** 20

## DESAYUNO DE BURRITOS, EN EL CENTRO

**Día:** martes 15 de julio

**Hora:** 9 a 10:30 am

**Costo:** Miembros \$3  
No-miembros \$5

Julio es un mes con temperaturas muy calientes; entonces invite a sus amigos/as a combatir ese calor disfrutando de un delicioso desayuno con sabor "Tex-Mex. Si está interesado, por favor regístrese en la hoja del programa

## MUSEO NACIONAL DE LOS INDIOS AMERICANOS

**Washington, DC**

**Fecha:** martes 22 de julio

**Salida:** 9:30 am

**Retorno:** 4 pm

**Costo:** \$12 (solamente la transportación)

**Fecha de vencimiento:** jueves 17 de julio  
El Museo Nacional de las casas indias americanas tienen una de las colecciones más grandes y diversas del mundo. La arquitectura del museo con su paisaje y sus exposiciones, están diseñados en colaboración con las tribus y comunidades de todo el hemisferio; y se combinan para ofrecer a los visitantes de todas partes del mundo con un sentido y espíritu de los mismos nativos de América. Usted podrá almorzar por su propia cuenta en la cafetería del museo.

**Mínimo:** 20 **Máximo:** 33



## CELEBRACIÓN DE CUMPLEAÑOS:

día lunes 28 de julio  
a las 12:30 pm.



## VIAJE A COMPRAR PRODUCTOS FRESCOS DE LAS FINCAS LOCALES Gaithersburg, MD

**Fechas:** jueves 24 de julio y 7 de agosto

**Salida:** 12:50 pm

**Retorno:** 1:50 pm

**Costo:** \$2 (transportación)

Este será un viaje corto, de una hora, a las tiendas de las fincas locales en Gaithersburg. Lleve con usted su libro de cupones y bolsas para hacer sus compras de frutas y vegetales frescos.

**Mínimo:** 6 **Máximo:** 13

## INFORMACIÓN SOBRE TODA CLASE

### ASISTENCIA PARA PESONAS DE MAYOR EDAD

Carol Smith se encuentra en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de viviendas, medicare y medicad. Este programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea más información ó hacer una cita previa, por favor llame al 301-258-6380.

## AVISO

Les compartimos que desde el 1 de julio del 2012 las cuotas para la membresía del Sénior 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

# JULY 2014

(For Office Use Only)

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_

**Registration is first come first served, Monday – Friday, 9 a.m. – 3:30 p.m.  
or on the internet at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
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		<b>Classes/Lectures</b>			
	39824	AARP Smart Driver Course	Jul 25	Fri	N/A
	39825	Pastel Workshop	Jul 2 – 30	Wed	\$60
	39901	Get With the Flow No class 8/12	Jul 22 – Sept 2	Tue	\$30
	39902	Know Your Energy Bill Workshop	Jul 8	Tue	N/A
	39903	The End of Lif - It's not what it Used to Be	Jul 23	Wed	N/A
		<b>Activities/Trips</b>			
	39904	Breakfast Burritos <input type="checkbox"/> Members \$3 <input type="checkbox"/> Non Members \$5	Jul 15	Tue	\$3/\$5
	39875	Ice Cream Social: Number of Guests _____ \$1 Pay at the door	Jul 9	Wed	
	39822	Smithsonian Folklife Festival	Jul 3	Thu	\$12
	39892	Mt. Airy Shopping and Lunch	Jul 11	Fri	\$10
	39817	"The Pirates of Penzance" at Toby's Dinner Theatre	Jul 16	Wed	\$56
	39818	"I Do! I Do! By the Infinity Theatre Company	Jul 17	Thu	\$40
	39891	National Museum of the American Indian	Jul 22	Tue	\$12
	39894	Farmers Market	Jul 24	Thu	\$2
	39899	Galloping Gourmets to The Kings Contrivance	Jul 29	Tue	\$55
	39893	The Reginald F. Lewis Museum	Jul 31	Thu	\$18
	39895	Farmers Market	Aug 7	Thu	\$2
	38995	"The Lion King" at the Kennedy Center <b>Full</b>	Aug 13	Wed	\$102
	39900	Sailing on the Chesapeake	Aug 21	Thu	\$55

**Please arrange for your transportation to and from the Senior Center when you take trips. Do not rely on riding the daily bus.**

 <b>Gaithersburg</b>	Amount Paid \$ _____ Cash <input type="checkbox"/> Check# _____ Visa/MC/Discover# _____ Exp. Date ____/____ Signature/Name on card _____
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# 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: \_\_\_\_\_