

The Gaithersburg Upcounty

# Senior NEWS

August 2014



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



## Tropical Picnic

~ Catered by Famous Dave's~

**Wednesday, August 27**

10 a.m. – 2 p.m.

Water Park at Bohrer Park

Lunch: 11:30 a.m. – 12:30 p.m.

\$19 Lunch and Fun/\$5 Fun Only

Deadline: Friday, August 22

**Join us at the beautiful Water Park for a day of relaxation and fun!**

You can play miniature golf, join in on games in the shade, or dance to your favorite party songs. Bring a bathing suit so you can swim, or just take off your shoes and wade up to your ankles in the shallows. Don't miss the hottest event of the year! Sign up for a BBQ lunch featuring chicken and beef or a vegetarian lunch of veggie pizza. Please indicate meat or vegetarian when registering if you are signing up for lunch. All are welcome to attend.

**Minimum: 50**

**Maximum: 150**

301-258-6380

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

The Senior Center is open

Monday – Friday

Closed August 12



## Belgian Waffle Breakfast

**Tuesday, August 19**

**9 – 10:30 a.m.**

\$3 Members/\$5 Non-members

Now that the World Cup is over, we can eat Belgian Waffles again! Don't miss this delicious breakfast with your choice of toppings. Make sure you sign-up on the program sheet and invite your friends.

## Senior Day at the Fair

Gaithersburg, MD

Tuesday, August 12

9:45 a.m. – 2 p.m.

Free

**Deadline: Friday, August 8**

Fair Admission, breakfast and entertainment are free for seniors this one day only! Drive on your own, take a shuttle from Lakeforest Mall, or sign up for transportation from the Senior Center. The Senior Center will be closed that day, so join us at the Fair! Bring water and dress for hot and humid weather. There are a few air conditioned areas at the fairgrounds if you need to go inside and cool off. **You must register if you want to ride the Senior Center Bus.**





### Celebrate

Tuesday, August 26 at 12:30 p.m.

#### August Birthdays

- 1 Elaine Workinger
- 2 Henry Harris
- 4 Mrudula Parekh
- 5 Carol Baker
- 7 Frances Lish
- 11 Louise Likins
- 12 Tara Singh
- 15 Hemalatha Katragadda
- 16 Martha Faith
- 18 Sandy Rutkowski
- 19 Alice Macynski
- 24 Harriet Gyalpo
- 25 Betty McNeil
- 30 Gopal Bhatnagar

### 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:



We are proud of the large selection of activities offered at our Senior Center. So many of you have expressed appreciation for the variety of fitness classes, day trips, educational talks and special events – THANK YOU!

Staff is always researching new trends in programming to satisfy the varied interests of a membership that is both very multi-cultural and spans more than 40 years in age. And it should be noted some of our best offerings have originated from your suggestions, including programs led by members themselves.

Change is upon us! We are very much looking forward to the Center's renovation that is planned to start late this summer and be completed by late fall. With our updated facility we would like to introduce programs and activities that reflect your changing interests. Please do not hesitate to talk with any staff and offer your ideas. We cannot guarantee every idea is possible to implement, but we would love to hear your thoughts and discuss the options.

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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**Congratulations to John Benvegar,  
the winner of our  
2014 Annual Pool Tournament!**

# WELLNESS

## Caregivers Support Group

Thursdays, August 7 & 21

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?

Presented by Mutual of Omaha

Wednesday, August 20 at 11 a.m.

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

## Diabetic Shoes

Wednesday, August 6 at 11 a.m.

Join Susan Karami, Board Certified Diabetic Shoe Fitter, as she discusses the importance of diabetic shoes for persons with diabetes and how they can help prevent amputations.



*“What good is the warmth of summer,  
without the cold of winter to give it  
sweetness.”*

John Steinbeck

*Travels with Charley: In Search of America*



## 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!**



## Blood Pressure Check

Wednesday, August 27

9:30 – 11:30 a.m.

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

## Farmers Market

Gaithersburg, MD

Thursday, 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 Fulks Corner Farmers Market in Olde Towne for some delicious fresh fruits and vegetables.

Minimum: 6

Maximum: 13

## Montgomery Village Healthcare Presents

Tuesday, August 19 at 11 a.m.

Join us for  
an informative lecture  
presented by an area Dietician.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

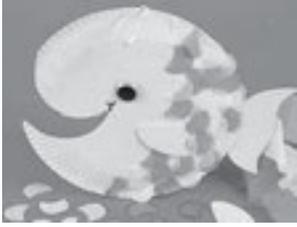
## HeartWell in Action

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



## Smiles for Children at NIH

**Tuesday, August 19 at 12:30 p.m.**

Join Laura Tapia to help make simple crafts designed to bring a smile to a child undergoing medical treatment. Materials will be provided.

## Socrates Roundtable

**Wednesday, August 20 at 1 p.m.**

**Topic: Immigration**

What do you see as the biggest issues to illegal immigration? Should illegal immigrants be able to earn citizenship if they are already in the country? Should the penalties be stiffer for employers that hire illegal immigrants? Should legal immigration be simpler? Do you think that would encourage students from foreign countries to stay and keep their math and science skills in the U.S.? Come share your thoughts and experiences.

## 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!



## “Peggy Lee” Performs!

**Tuesday, August 5 at 12:45 p.m.**

Join as we present Alexis Donnelly as Peggy Lee!

## Alexandria, VA

**Date:** Friday, August 8

**Depart:** 9 a.m.

**Return:** 4:30 p.m.

**Fee:** \$15 (transportation)

**Deadline:** Wednesday, August 6

Spend the day in beautiful, historic Alexandria. You will be dropped off at the Torpedo Factory on the waterfront and free to choose how to spend your day. Would you like to shop on Historic King Street where you can ride the free trolley, trace George Washington's footsteps, dine at top rated restaurants, or indulge in a locally brewed beer? The adventure is yours! **Lots of walking.**

**Minimum:** 20

**Maximum:** 33

## 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



## Cirque Du Soleil “AmaLūna”

**National Harbor, MD**

**Date:** Friday, August 22

**Depart:** 1 p.m.

**Return:** 8:30 p.m.

**Fee:** \$85 (transportation and ticket)

**Deadline:** Friday, August 15

AmaLūna invites the audience to a mysterious island governed by Goddesses and guided by the cycles of the moon.

When a storm causes a group of young men to land on the island, an epic, emotional story of love is triggered. Witness this story as only Cirque Du Soleil can tell it. We will stop for a late lunch / early dinner at National Harbor before our 4:30 p.m. show.

**Minimum:** 19

**Maximum:** 19



# TRIPS AND ACTIVITIES



## Galloping Gourmets to Olive Grove

Linthicum, MD

**Date:** Monday, August 25

**Depart:** 10:30 a.m.

**Return:** 3 p.m.

**Fee:** \$15 (transportation)

**Deadline:** Monday, August 18

Due to popular demand, we are making a return trip to Olive Grove! Famous for its crab cakes and large portions, this Italian restaurant has something for everyone. Order from the menu and pay in cash.

**Minimum:** 20

**Maximum:** 33

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## “Dirty Dancing” at The National Theatre

Washington, DC

**Date:** Saturday, September 6

**Depart:** 12:30 p.m.

**Return:** 7:30 p.m.

**Fee:** \$110 (transportation & ticket)

**Deadline:** Friday, August 22

This classic story on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance and sensational dancing. This worldwide smash hit tells the story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. After the 2 p.m. show, you are on your own for dinner before we head back to Gaithersburg. You'll have the time of your life!

**Minimum:** 19

**Maximum:** 19

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## “The Shoplifters” at Arena Stage

Washington, DC

**Date:** Wednesday, September 17

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

**Return:** 4 p.m.

**Fee:** \$52 (transportation & ticket)

**Deadline:** Wednesday, August 13

Meet Alma, a career shoplifter who prefers the “five-finger discount” over some lousy senior citizen deal, whose elaborate life of petty crime is halted by an overzealous rookie security guard and his affable mentor who's seen it all. With an expertly drawn cast of oddball characters, The Shoplifters is full of surprises surrounding a high-stakes battle of wills over increasingly thought-provoking issues. John Carroll Lynch (Fargo, The Drew Carey Show) makes his Arena debut in this world-premiere comedy about society's haves and have-nots and how much they might actually have in common. We will stay after the show if a post-show discussion is offered.

**Minimum:** 19

**Maximum:** 19

You can now register online!

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



**Beautiful Things**  
**Travel Video by Latha**  
**Monday, August 11 at 11 a.m.**

## Holocaust Museum

Washington, DC

**Date:** Wednesday, September 3

**Depart:** 9 a.m.

**Return:** 4:30 p.m.

**Fee:** \$15 (transportation)

**Deadline:** Thursday, August 28

Located among our national monuments to freedom on the National Mall, the Museum provides a powerful lesson in the fragility of freedom, the myth of progress, and the need for vigilance in preserving democratic values. With unique power and authenticity, the Museum teaches millions of people each year about the dangers of unchecked hatred and the need to prevent genocide. After your self-guided tour of the museum, we will stop for a late lunch at DGS Delicatessen, where you can order from the menu and pay on your own.

**Minimum:** 20

**Maximum:** 33

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## E-reader Petting Zoo

Presented by

Quince Orchard Library

**Thursday, August 14**  
**at 11 a.m.**

Are you curious about e-readers and what the differences are between each brand?

Come to our “petting zoo” where you can check out the iPad, Nook, and Kindle.

You will also learn how to download library e-books.



# August 2014

## Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**3**

**4**

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

**5**

8:30 Exercise Tape  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 12:30 Bridge  
 12:45 "Peggy Lee"  
 12:30 Mah Jongg  
 1 Get With the Flow  
 2:30 Ballroom

**HeartWell in Action**

**6**

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

**7**

**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  
 2 Caregivers

**8**

**9 am  
Alexandria, Va**

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

**9**

**1**

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

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

**2**

10

11

8:30 Exercise Tape  
 9:15 High/Low  
 10:15 Fit 4 All  
 10:45 Chorus Practice  
 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

12

**SENIOR DAY  
 AT THE FAIR**  
 SENIOR CENTER  
 CLOSED

13

10 am  
 "The Lion King"  
 at Kennedy Center

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

14

8:30 Exercise Tape  
 9:15 HIT @ BP  
 10 Computer Help  
 10:15 Stretch & Strengthen  
 11 E-reader Lecture  
 11:15 Ritmo Latino  
 12:30 Bridge  
 12:30 Ping Pong  
 12:45 Hispanic Book Club  
 2 Book Discussion

15

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

16

17

18

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

19

8:30 Exercise Tape  
 9 Waffle Breakfast  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11 MV Healthcare  
 Lecture  
 12:30 Bridge  
 12:30 Smiles for Children  
 12:30 Mah Jongg  
 1 Get With the Flow  
 2:30 Ballroom  
 4 AARP

**HeartWell in Action**

20

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

21

9 am  
 Sailing on the  
 Chesapeake

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

22

1 pm  
 Cirque Du Soleil

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

23

24

25

10:30 am  
 Galloping  
 Gourmets

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

26

12:30 pm  
 Birthday  
 Celebration

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**

27

10 am  
 Tropical Picnic

8:30 Exercise Tape  
 9:15 50/50  
 9:30 BP Check  
 11 Computer Help  
 11:15 Strong & Balanced  
 12:30 Weight Training  
 12:45 Bridge  
 1:15 Flexible Strength  
 1:15 Music Lessons  
 2 Watercolor

28

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

29

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

30

31

# 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



## 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!

*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.

**No class August 27**

## 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 Denis Mornini

**Tues. and Thurs. at 9:15 a.m. at Bohrer Park**

A one hour class for the athletic adult featuring 30 minutes of Tabata-style interval training, followed by a variety of strength, balance, flexibility, and core work. 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 – September 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, August 5 – 26  
**No class August 12**  
**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.

## Watercolor

**Dates:** Wednesdays  
 August 20 – October 15  
**No Class September 10**  
 (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

## 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.



## Learn to Play Bridge

Wednesdays at 12:45 p.m.  
 Taught by Gopa

## Learn Canasta

Mondays from 2 – 4 p.m.



## Free Computer Help

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



Book Discussion

**FREE**

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

by Cokie Roberts  
 Thursday, August 14 at 2 p.m.

## AARP Smart Driver Course

Friday, September 26  
 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



## Getting All Around the County: Transportation Focus Group

Thursday, September 4, 10 a.m. – Noon

We are looking for up to 15 people who are interested in participating in a focus group aimed at increasing awareness and improving transportation options for Montgomery County seniors and people with disabilities. Light snacks will be provided and participants will receive a Giant gift card for their time. **Please register to reserve your spot!**

**Minimum:** 8      **Maximum:** 15

# CLASSES AND LECTURES



## Lifestyle Adjustments

**Thursday, August 28 at 11 a.m.**

Come and participate in a discussion on lifestyle changes with Sherri Earman and Karen Eaton, Senior Real Estate Specialists with Long & Foster Realtors. They will be here to answer all your questions and give practical advice on how to accomplish these changes step by step. Changes can be so overwhelming with such concerns as: when should I downsize, how do I decide where is the best community for me, who will help me, what to take with me, what to give away, how do I approach my real estate sale and how do I coordinate all of this? Sherri and Karen would love to share with you their own personal experiences! **Please register to reserve your spot!**

**Minimum: 10**

**Maximum: 20**

## AARP, Gaithersburg Chapter #5358

### AUGUST 2014 ACTIVITIES

#### MONTHLY MEETING:

**Tuesday, August 12, 2014**

#### 4 p.m. Community Service

Fill 80 backpacks with school supplies for needy students at four local elementary schools.

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

Chef Sia will serve chicken parmesan with pasta, vegetables, salad, and garlic bread; choice of hot or cold drinks and desserts provided by our chapter's sweet volunteers. \$10.

#### 6:10 p.m. Brief Business Meeting

Announcement of slate of officers and committee chairs for 2015-2016; 50-50 and door prizes.

#### 6:40 p.m. Program

Jeff Levin will play piano and sing for us; emphasis on songs from the 60's. Free.



#### CHAT AND CHEW

Join us for lunch at 12:30 p.m. on Monday, August 18 at the Golden Bull (7 Dalamar St., Gaithersburg) for quality food, including a fantastic salad bar, at reasonable luncheon 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 car pools.

#### CASINO TRIPS

**On Wednesdays in August we will go to Maryland Live!** The cost is \$22 and you will receive \$40 to play the slots and half off the cost of the buffet. We now have one departure time, 9 a.m., but will schedule as many dates as we have participants. 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 trip has only 6 spaces left. Check flyers under our bulletin board. 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 backpacks 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.

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)

# Noticias de Mucho Interés para los Seniors de Habla Hispana

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

**Fechas:** 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

## VIAJE A ALEXANDRIA, VA

**Día:** viernes 8 de agosto

**Salida:** 9 am

**Retorno:** 4:30 pm

**Costo:** \$15 (solamente la transportación)

**Fecha de vencimiento:** miércoles 6 de agosto

Disfrute de un día precioso en la vieja ciudad de Alexandria, VA. El bus los dejara frente a la Factoría de Torpedo y por la tarde los recogerá en el mismo lugar. Usted podrá pasear, almorzar, tomarse una buena cerveza fría, hecha locamente, y hacer sus compras por las calles históricas del Rey. Para este viaje póngase zapatos cómodos porque se caminará bastante.

## DÍA DE LA FERIA PARA PERSONAS DE MAYOR EDAD

Gaithersburg, MD

**Día:** martes 12 de agosto

**Salida:** 9:45 am

**Retorno:** 2 pm

**Costo:** gratis

**Fecha de vencimiento:** viernes 8 de agosto

La admisión a la feria, entretenimiento y desayuno serán gratis para las personas de mayor edad. Usted podrá manejar su propio vehículo, si lo desea. Tomar el bus desde el Centro a la feria o también el bus del Condado desde el centro comercial de Lakeforest. Vístase apropiadamente para el clima y lleve agua con usted. Ese día el Centro estará cerrado.

## DESAYUNO – WAFFLES DE BELGICA

**Día:** Martes 19 de agosto

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

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

Ahora que la copa mundial ha terminado, invite a sus amigos, venga y celebremos saboreando de un delicioso desayuno de waffles de Belgica hecho por nuestro cocinero Sia. Por favor inscribese en la hoja del programa.

## EL CENTRO DE SALUD DE MONTGOMERY VILLAGE PRESENTA

**Día:** martes, 19 de agosto

**Hora:** 11 am

Únase a nosotros a escuchar una charla informativa presentada por una Dietista del área.

## SONRISAS PARA LOS NINÓS DE NIH

**Día:** martes 19 de agosto

**Hora:** 12:30 pm

Únase a la Coordinadora, Laura Tapia, y colabore haciendo artesanía para obsequiarle a los niños de NIH que están recibiendo tratamiento médico. Se proveerá instrucciones y materiales para este programa.

## OBRA TEATRAL EN EL TEATRO NACIONAL “Danza Sucia”

**Día:** sábado 6 de septiembre

**Salida:** 12:30pm

**Retorno:** 7:30pm

**Costo:** \$110 (transportación y entrada)

Esta historia clásica, en el escenario, es una experiencia en directo y sin precedentes, con explosión de música palpitante, apasionado romance y baile sensacional. Esta obra es de gran éxito en todo el mundo y cuenta la historia de Baby y Johnny, quienes son dos espíritus jóvenes ferozmente independientes y de mundos diferentes que se reúnen para pasar un verano desafiante y triunfante en sus vidas. Después del show y antes de regresar al Centro, usted podrá cenar por su propia cuenta. No se lo pierda porque usted lo disfrutará!



## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** martes 26 de agosto

**Hora:** 12:30 pm

## PICNIC TROPICAL

**Lugar:** Parque de agua “Bohrer”

El almuerzo será proveído por el restaurante “Del Famoso David” y se servirá de 11:30 a 12:30 pm

**Día:** miércoles 27 de agosto

**Hora:** 10 am – 2 pm

**Costo:** \$19 (almuerzo y diversión)  
\$5 (solamente la diversión)

Fecha de vencimiento: viernes 22 de agosto  
Únase a nosotros en este hermoso parque de agua a disfrutar de un buen día divertido y de relajamiento. Usted podrá jugar golfo en miniatura, juegos en la sombra, o bailar al ritmo de sus canciones favoritas. Lleve con usted su traje de baño, por si desea nadar en la piscina o quitarse los zapatos y caminar o mojarse los pies. No se pierda este gran y divertido evento anual. Regístrese en la hoja del programa y déjenos saber si desea almorzar pollo a la barbacoa, carne de res o pizza vegetariana.

**Minima:** 50

**Maximo:** 150

## 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.

## AVISO

Cuotas para la membresía del Senior Center:

Residente: \$40

Esposo/a del residente: \$30

Non-residente: \$120

Esposo/a del non-residente: \$60

## 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.

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

# AUGUST 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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✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		<b>Classes/Lectures</b>			
	40369	AARP Smart Driver Course	Sep 26	Fri	N/A
	40368	Watercolor <b>No class 9/10</b>	Aug 20 – Oct 15	Wed	\$90
	39901	Get With the Flow <b>No class 8/12</b>	Jul 22 – Sep 2	Tue	\$30
	40375	Medicare Supplemental Insurance – What is it?	Aug 20	Wed	N/A
	40370	Lifestyle Adjustments	Aug 28	Thu	N/A
	40371	Getting All Around the County: Transportation Focus Group	Sep 4	Thu	N/A
		<b>Activities/Trips</b>			
	40367	Belgian Waffle Breakfast <input type="checkbox"/> Members \$3 <input type="checkbox"/> Non-Members \$5	Aug 19	Tue	\$3/\$5
	40366	Senior Day at the Fair Transportation <input type="checkbox"/> Yes <input type="checkbox"/> No	Aug 12	Tue	N/A
	40365	Tropical Picnic <input type="checkbox"/> Fun only \$5 Lunch & Fun \$19 <input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian Transportation <input type="checkbox"/> Yes <input type="checkbox"/> No	Aug 27	Wed	\$5/\$19
	39895	Farmers Market	Aug 7	Thu	\$2
	40377	Trip to Alexandria, VA	Aug 8	Fri	\$15
	38995	“The Lion King” at the Kennedy Center <b>Full</b>	Aug 13	Wed	\$102
	39900	Sailing on the Chesapeake	Aug 21	Thu	\$55
	40372	Cirque Du Soleil “AmaLuna”	Aug 22	Fri	\$85
	40378	Gallopig Gourmets to Olive Grove	Aug 25	Mon	\$15
	40376	Holocaust Museum	Sep 3	Wed	\$15
	40373	“Dirty Dancing” at The National Theatre	Sep 6	Sat	\$110
	40374	“The Shoplifters” at Arena Stage	Sep 17	Wed	\$52

**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.

**If you need special accommodations  
please call 301-258-6380, or email [csimpson@gaitthersburgmd.gov](mailto:csimpson@gaitthersburgmd.gov)**

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.

## Do we have your updated Emergency Contact Information?

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_