

The Gaithersburg Upcounty

Senior NEWS

November 2014



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



Thanksgiving Celebration

Enjoy a traditional holiday feast with your friends.

Wednesday, Nov. 26 at 12 p.m.

Please sign up before 2 p.m. on Tuesday, Nov. 25 through the nutrition program. During lunch you will have an opportunity to share what you are thankful for.

Veterans Day

Wednesday, Nov. 12 at 11 a.m.

Come honor our Veterans who have fought for our freedom. At 11 a.m. we will host speaker Senior Chief Petty Officer John Flanagan of the U.S. Navy. At noon we will have lunch through the nutrition program. Order your lunch before 2 p.m. on Monday, November 10 and let us know if you are a Veteran. Veterans eat free. After lunch join us for Seniorita Sunshine as she performs her U.S.O. Show.



Beautiful Things
Travel Video by Latha
Monday, Nov. 3 at 11 a.m.

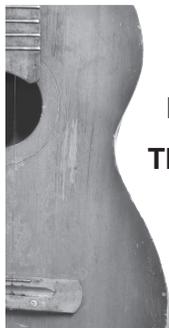
Bagels & More Breakfast

Tuesday, Nov. 4

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Bagels, sausage, fruit, and more, it doesn't get any better than that! Come eat our breakfast so you don't have to do the work. Make sure you sign-up on the program sheet and invite your friends.



Songs and History

Part 3: Songs of Thanksgiving & Gratitude
Presented by Dr. Yonina Foster

Thursday, Nov. 20 at 12:45 p.m.

Fee: \$1

Join us for the third installment of a 4 part series as Dr. Foster, a lifelong musician and historian, delivers a fun, musical presentation. Whether you are a singer or a listener, this presentation will entertain, enlighten, and perhaps evoke musical memories from your past. Come lend your voice and your stories. Dr. Foster recently founded Music and Memories, where through music and conversations, memories of long ago come to light and bring happiness and healing. **Register on the Program Sheet.**

Max: 30



Birthday Celebration

Tuesday, Nov. 25
at 12:30 p.m.

November Birthdays

- 1 Rita Chaudhary
- Mary Hoferek
- 2 Aziza Yaphet
- 4 Carolina Tello
- 12 Balwant Singh
- 13 Jeffry Gibson
- 18 Dorothy Brown
- 19 Jean Esquivel
- Isabel Manzanares
- 20 Ruth Perez
- 22 Mary Barovian
- 28 Kathryn Deuser
- 29 Laura Tapia
- 30 Luftus Salam
- Stephen Fisher

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)

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,



Our very respected and loved Mayor Sidney Katz will soon be leaving his position to serve our greater community as the County Councilman for District 3. It is a position he well deserves, and having been a lifelong resident of Montgomery County, he brings the experience to build upon its strengths and find solutions for its challenges.

The Gaithersburg Council conditionally appointed Council Member Jud Ashman to fill the Mayoral position based on Mayor Katz being elected in the November 4 election. Council Member Ashman will then serve as Mayor until the next municipal election on November 3, 2015. Ashman has many accomplishments, including bringing the vision and oversight for the City's highly successful Book Festival.

Just a reminder, the renovation project is underway. Although we do not have workmen on site at the time of this writing, much has been done behind the scenes including selection of the contractor, securing permits, choosing flooring, paint and other finishes. When actual construction begins, we plan to maintain the Center's schedule, but we beg your patience and flexibility in the event we need to temporarily cancel or relocate programming.

Our staff wishes everyone a very wonderful Thanksgiving holiday!

Grace



Inclement Weather and Emergency Closing Policy

- If Montgomery County Public Schools are closed due to inclement weather, the Senior Center will be closed.
- If Montgomery County Public Schools have a delayed opening, the Senior Center will open at 10 a.m.; classes and programs scheduled before 10 a.m. will be canceled, classes and programs scheduled at 10 a.m. and later will run; the Nutrition Program lunch will be served; City transportation will be provided with pick-ups starting at 10 a.m.; transportation on the County bus will be canceled.
- If Montgomery County Public Schools have an early dismissal, afternoon and evening classes and programs are canceled; City transportation will be provided before the regular 2 p.m. departure time; County transportation will be provided at regular 2 p.m. departure time or earlier as available.
- In the event of inclement weather or an emergency on a weekend or holiday when Senior Center programming has been planned (example: a trip), please call 301-330-0050 or go to the City's website www.gaithersburgmd.gov to learn about cancellations.

WELLNESS

Diabetes – Surviving the Holidays

Tuesday, Nov. 4 at 11 a.m.

Join the HeartWell nurse to discuss strategies for living well with diabetes during the holidays. Recipes and strategies for entertaining as well as stress management techniques will be included.

Healthy Heart and Mind Support Group

Tuesday, Nov. 25 at 11:30 a.m.

Join us for a cardiovascular support group for individuals and their family members who have heart disease or have experienced a cardiac event or stroke. This informal, small group setting provides support through open discussions. Meets the 4th Tuesday of every month.

Can You Spot Skin Cancer?

Wednesday, Nov. 26 at 12:45 p.m.

Join Dr. Sherry L.H. Maragh, MD, a Board Certified Dermatologists and recognized as Top Doctor by Washingtonian Magazine as she discusses skin cancer detection, treatment and prevention. **Please register to reserve your spot!**

Minimum: 10 Maximum: 20

Preventing Falls in Your Home

Wednesday, Nov. 19 at 11 a.m

Join Steve Hage of Strategies for Independent Living, LLC as he explains common hazards in your home that can increase your risk of falling and how to make changes to your environment so that you feel safer and decrease your risk of falling.

Caregivers Support Group

Thursdays, Nov. 6 & 20

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.



Blood Pressure Check

Wednesday, Nov. 19

9:30 – 11:30 a.m.

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

Diabetes Support Group

Tuesday, Nov. 18 at 11:30 a.m.

Nurse Leni will facilitate a group focused on supporting each other and sharing tips on how to live well with diabetes. **Meets on the 3rd Tuesday of every month.**

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.



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!**



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

MusicaliTEA at Strathmore

FULL

Bethesda, MD

Date: Wednesday, Nov. 5

Depart: 10:30 a.m.

Return: 1:45 p.m.

Fee: \$10

Let's enjoy performances by the Levine School of Music's students and faculty, followed by a reception with the performers that includes tea and sweets.

Fall Social

Montgomery Village, MD

Date: Friday, Nov. 7

Time: 6 – 9 p.m.

Fee: \$5

Join us in celebrating the beauty and excitement of fall with music, games, festive foods and great company as we partner with Montgomery Village Seniors in Action. The Social begins at 6 p.m. at the North Creek Community Center, 20125 Arrowhead Road, Montgomery Village, MD.

Socrates Roundtable

Wednesday, Nov. 19 at 1 p.m.

Topic: Water

Water is a precious resource. Just ask people around the world and our friends in California. The United States has the cheapest water prices of any developed country. Does the U.S. need to increase the price of water so that repairs and upgrades can be made to our water plants and pipes? Should the price of water vary with the amount of water available? What do you think about watering lawns? Wasteful practice or American right? Come share your thoughts and experiences.



Tysons Galleria

McLean, VA

Date: Monday, Nov. 10

Depart: 10 a.m.

Return: 3:30 p.m.

Fee: \$15

Deadline: Thursday, Nov. 6

Get ready to shop 'til you drop! We are heading to Tysons Corner to capitalize on the Veterans Day Sales. **Lots of walking!**

Minimum: 20

Maximum: 33



Galloping Gourmet

to Fitzgerald's Shamrock Restaurant

Thurmont, MD

Date: Tuesday, Nov. 18

Depart: 10:30 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Wednesday, Nov. 12

From sandwiches to seafood, this Irish restaurant has something to please every stomach and budget. Order from the menu and pay on your own.

Minimum: 20

Maximum: 33

U.S. State Department

Tour & White House

Visitor Center

Washington, DC

Date: Friday, Nov. 21

Depart: 7:30 a.m.

Return: 3:30 p.m.

Fee: \$16

Deadline: Thursday, Nov. 6

First stop is a guided tour of the

State Department's Diplomatic Reception Rooms with an emphasis on art & history. The tour highlights the architectural and decorative highlights of each room. Then you will tour the newly renovated White House Visitor Center on your own. Last stop is lunch at Hill Country BBQ where you will order from the menu and pay on your own. Bring a government issued ID, no bags, or umbrellas allowed. **Lots of walking!**

Minimum: 20

Maximum: 24



Book

Discussion

FREE

"Caleb's Crossing"

by Geraldine Brooks

Thursday, Nov. 20 at 2 p.m.

Proclaim Performance

Thursday, Nov. 6

at 11 a.m.

Join local area students as they perform their spoken word pieces for your entertainment.

TRIPS AND ACTIVITIES

“Five Guys Named Moe” at Arena Stage with Breakfast at Founding Farmers

Washington, DC

Date: Tuesday, Dec. 2

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$52

First we will fuel up with a hearty breakfast at Founding Farmers, order from the menu and **pay in cash**. Then... do you need to chase the blues away? Pull up a seat at the Funky Butt Club to celebrate the fresh, feel-good music of “The King of the Jukebox,” Louis Jordan. You’ll be leaping out of your seat and dancing in the aisles with Big Moe, Four-Eyed Moe, Eat Moe, No Moe, and Little Moe, better known as Five Guys Named Moe!

FULL

“Fiddler on the Roof” at Arena Stage with Breakfast at Founding Farmers

Washington, DC

Date: Wednesday, Dec. 10

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$52

First we will fuel up with a hearty breakfast at Founding Farmers, order from the menu and **pay in cash**. Then... we are off to see the classic “Fiddler on the Roof!”

FULL

Local Color Artist Market at the Delaplaine Arts Center

Frederick, MD

Date: Saturday, Dec. 6

Depart: 10:15 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Monday, Dec. 1

We will first stop at the Delaplaine Arts Center where you can visit the Artist Market and tour the current exhibits. Afterwards, we will bus you up the street so that you can explore downtown Frederick and dine on your own.

Lots of walking!

Minimum: 20

Maximum: 33



Kreeger Museum

Washington, DC

Date: Tuesday, Dec. 9

Depart: 10:30 a.m.

Return: 4 p.m.

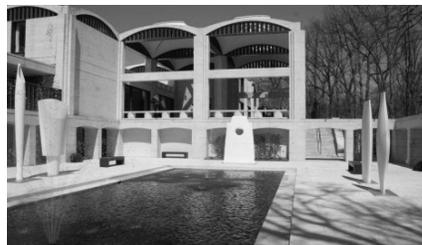
Fee: \$23

Deadline: Friday, Nov. 14

First we will stop for lunch on your own at the newly renovated Chevy Chase Pavilion in Friendship Heights. After lunch we will have a guided tour of the Kreeger’s permanent collection and of the special exhibit, *The Lure of the Forest*, by Emilie Brzezinski. **Some walking!**

Minimum: 20

Maximum: 33



Christie Dashiell at Strathmore

Bethesda, MD

Date: Friday, Dec. 19

Depart: 1:15 p.m.

Return: 4:30 p.m.

Fee: \$26

Deadline: Friday, Nov. 21

This concert is sure to put you in the spirit of the season. All rendered in a timeless jazz style, the show will feature holiday classics including “Silent Night” and “My Favorite Things.” Join the Christie Dashiell Quartet and celebrate the joy of the holidays!

Minimum: 15

Maximum: 18

Insurance 101

Wednesday, Nov. 5

at 12:45 p.m.

Confused about rate increases or billing notices? Policy cancelled or non-renewed and you don’t understand why? Concerned about the insurance company’s handling of your claim? The Maryland Insurance Administration is a state agency that can help you!

Member Orientation

Monday, Nov. 10 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.



The Gaithersburg Upcounty Senior Center



Gaithersburg

November 2014

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

1

2

3

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

4

9 am
Bagels & More
Breakfast

8:30 Exercise Tape
 9:10 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11 HeartWell Lecture
 12:30 Bridge
 12:30 Conv. English
 12:30 Mah Jongg

HeartWell in Action

5

10:30 am
MusicalTEA at
Strathmore

8:30 Exercise Tape
 9:15 50/50
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 12:45 Insurance 101
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

6

8:30 Exercise Tape
 9:10 Bone Builders
 9:15 HIT @ BP
 10 Computer Help
 10:15 Stretch & Strengthen
 10:30 Stability Ball @ BP
 11 Proclaim
 Performance
 11:15 Ritmo Latino
 12:30 Bridge
 12:30 Ping Pong
 12:45 Hispanic Book Club
 2 Caregivers

7

6 pm
Fall Social
Montgomery Village

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

8

9

10 am
Tysons
Galleria

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

11

VETERANS DAY
SENIOR CENTER
CLOSED

12

11 am
Veterans
Day

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

13

8:30 Exercise Tape
9:10 Bone Builders
9:15 HIT @ BP
10 Computer Help
10:15 Stretch & Strengthen
10:30 Stability Ball @ SC
11:15 Ritmo Latino
12:30 Bridge
12:45 Hispanic Book Club

14

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

15

16

17

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

18

10:30 am
Galloping
Gourmet

8:30 Exercise Tape
9:10 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
11:30 Diabetes Support
Group
12:30 Bridge
12:30 Conv. English
12:30 Mah Jongg
2:30 Ballroom
4 AARP

HeartWell in Action

19

8:30 Exercise Tape
9:15 50/50
9:30 BP Check
11 Preventing Falls
11:15 Strong & Balanced
12:30 Weight Training
1 Crochet
1 Socrates Roundtable
1:15 Flexible Strength
1:15 Music Lessons
2 Watercolor

20

8:30 Exercise Tape
9:10 Bone Builders
9:15 HIT @ BP
10 Computer Help
10:15 Stretch & Strengthen
10:30 Stability Ball @ BP
11:15 Ritmo Latino
12:30 Bridge
12:30 Ping Pong
12:45 Hispanic Book Club
12:45 Songs and History
2 Book Discussion
2 Caregivers

21

7:30 am
U.S. State
Department Tour

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

22

23

24

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

25

12:30 pm
Birthday
Celebration

8:30 Exercise Tape
9:10 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
11:30 Healthy Heart
Lecture/
Cardiovascular
Support Group
12:30 Bridge
12:30 Conv. English
12:30 Mah Jongg
2:30 Ballroom

HeartWell in Action

26

Noon
Thanksgiving
Celebration

8:30 Exercise Tape
9:15 50/50
11:15 Strong & Balanced
12:30 Weight Training
12:45 Skin Cancer
Lecture
1 Crochet
1:15 Flexible Strength
1:15 Music Lessons
2 Watercolor

27

THANKSGIVING
HOLIDAY
SENIOR CENTER
CLOSED

28

THANKSGIVING
HOLIDAY
SENIOR CENTER
CLOSED

29

30

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
Oct. 1 – Dec. 17

Time: 1:15 p.m.

Fee: \$15

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

Minimum: 9 **Maximum:** 20

Stability Ball

Bohrer Park

Dates: Thursdays,
Sept. 11 – Dec. 18

Time: 10:30 a.m.

Fee: \$20

Minimum: 9 **Maximum:** 20

Weight Training

Senior Center

Dates: Wednesdays
Oct. 1 – Dec. 17

Time: 12:30 p.m.

Fee: \$15

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20



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.

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

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.



Bone Builders

Dates: Tuesdays & Thursdays, Oct. 7 – Dec. 18

Time: 9:10 -10:10 a.m.

Fee: Free

Bone Builders is a free, evidence-based, volunteer-led exercise program for people over the age of 55. Participants use ankle weights and hand weights to increase bone density. It is offered in partnership with the Montgomery County Department of Health and Human Services, Recreation, and the RSVP volunteer program. Bone Builders has a strict attendance policy: participants must consistently attend

both days to maintain their places in class. Hand weights and exercise balls will be provided, but participants must bring their own leg cuffs after the 2nd class. Dress comfortably, wear supportive shoes and bring a bottle of water. Come prepared to make great friends!

CLASSES AND ACTIVITIES



Watercolor

Dates: Wednesdays
Oct. 22 – Dec. 17
No Class Nov. 26
(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

Ballroom Dance

Date: Tuesdays, Nov. 18 & 25
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.

Music Lessons

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

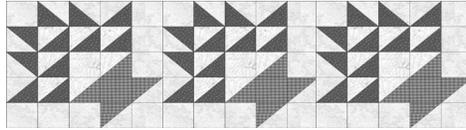
Conversation English

Tuesdays at 12:30 p.m.
Join the wonderful Susan Bradley to practice and perfect your English.

Quilting

Date: Fridays
Time: 12:15 p.m.

Come work on your project and make friends in the process.



Embroider with Jane

Date: Mondays
Time: 12:30 p.m.

Free help with your project.

Crochet Baby Blankets

with Elizabeth
Dates: 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.

Learn Canasta

Mondays from 2 – 4 p.m.

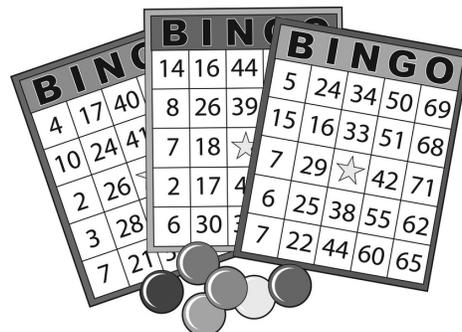
Contract Bridge

Tuesdays & Thursdays
at 12:30 p.m.
Drop in and play!

Bingo

Mondays & Fridays
at 12:50 p.m.

Come play as many games as you can in an hour for the chance to win prizes. \$1 buys two cards for every game.



Free Computer Help

Thursdays, 10 a.m. – 2 p.m.

AARP Smart Driver Course

Friday, Dec. 5

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

Walking Tape

8:30 a.m. Every Day
Wake up with
a brisk 2 mile workout.



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!

LECTURES

The History of Rockville Pike: A 300 Year Journey

Friday, November 14 at 11 a.m.

Using historic and contemporary photographs, local historian Eileen McGuckian presents a tour of Rockville Pike from its beginnings as a Native American path to the "Golden Mile." **Please register to reserve your spot!**

Minimum: 10

Maximum: 20

Technology Troubleshooting

Monday, November 17 at 11 a.m.

Are you having trouble with your laptop, e-reader or mobile device? Join Monica Louzon of the Quince Orchard Library as she gives you one-on-one help. She can help you with your email, Facebook, updating software and installing antivirus or spybot-removal programs. **Please register to reserve your spot!**

Minimum: 5

Maximum: 10



You can now register online!

www.gaithersburgmd.gov

AARP, Gaithersburg Chapter #5358

NOVEMBER 2014 ACTIVITIES

MONTHLY MEETING:

Tuesday, Nov. 18, 2014

4 p.m. Bingo

2 cards, \$2, choice of prizes

5:30 p.m. Dinner

Members of the Chapter Board will provide a planned favorite foods dinner buffet, choice of drinks and desserts. Let us know if you would like to provide a dish to share. \$10.

6:10 p.m. Brief Business

Organize winter jewelry, craft and gift sale; plan shopping and craft sessions for nursing home gifts; 50-50 and door prizes.

6:40 Program

Michael Conrad, volunteer with the Montgomery County Police Dept., will speak on "Keeping Seniors Safe." The talk will include topics such as: safe shopping habits, parking lot safety, home safety, emergency preparedness, and who to call for emergency and non-emergency needs. Free.

CHAT AND CHEW

Join us for lunch on **Monday, Nov. 17 at Vasilis Grill** (353 Main St., Gaithersburg) at 12:30 p.m. for low cost, home-made Greek and Mediterranean meals at a family-owned restaurant in Kentlands. 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 most Wednesdays and some Fridays in November 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 have two departure times – 9 a.m. and Noon. We will schedule as many dates as we have participants. Check with Dale or on the AARP Bulletin for details. Registration and payment is required with Dale Batchelder at the Center or at 301-983-0104 or with Margaret Fisher (301-947-1835).

COMMUNITY SERVICE

November 3 – 14: Food Drive for Manna. Help the needy in our community. Foods to donate include: canned fruit and vegetables, juices, soups, tomato products, macaroni and cheese, coffee, tea, evaporated milk, canned meat or fish, packaged cereals, rice, pasta, flour, sugar, instant oatmeal, breakfast bars, infant formula, baby food, and nutritional supplements such as Boost or Ensure. Monetary donations to our chapter would be greatly appreciated and will be donated to Manna to help them fill backpacks of needy kids with food for the weekend. Collection boxes will be in the lobby of the Gaithersburg Senior Center. Contact Elaine Huey (301-972-1056) for more information and to help out.

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.

Noticias de Mucho Interés para los Seniors de Habla Hispana

CLASES DE CONVERSACION EN INGLES

Día: martes a las 12:30 pm
Únase a la profesora Susan Bradley para practicar y mejorar su inglés.

COMO SOBREVIVIR CON DIABETES, ESPECIALMENTE, DURANTE LOS DIAS FESTIVOS

Día: martes 4 de noviembre
Hora: 11 a.m.
Únase a la enfermera de corazones saludables para conversar sobre estrategias para vivir bien con diabetes especialmente durante los días festivos. Se incluirán recetas, estrategias para el entretenimiento, y técnicas para manejar el estrés.

SEGUROS DE TODA CLASE - 101

Día: miércoles 5 de noviembre
Hora: 2 4:45 pm
Alguna vez se ha sentido usted confundido y frustrado acerca de aumentos de las tasas en las facturas? La póliza ha sido cancelada y no renovada- y no entiendes el por qué? Le preocupa el manejo de un reclamo a la compañía de seguros? La Administración de Seguros de Maryland es una agencia estatal que puede ayudarle.
Por favor regístrese en la hoja del programa para reservar su lugar
Mínimo: 10 **Máximo:** 20

VIAJE A LA GALERIA DE TYSONS

McLean, VA
Día: lunes 10 de noviembre
Hora: 10 am
Regreso: 3:30 pm
Costo: \$15 (solamente la transportación)
Fecha de vencimiento: jueves 6 de noviembre
Nos dirigiremos a Tysons Corner para hacer nuestras compras, hasta que nos cansemos, logrando los grandes descuentos por la celebración de la fiesta en honor a los Veteranos.
Póngase zapatos cómodos porque se caminara 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.

CELEBRACION EN HONOR A LOS VETERANOS

Día: miércoles 12 de noviembre
Hora: 11 a.m.
Únase a nosotros a honrar a los veteranos que han luchado por nuestra libertad. A las 11am escucharemos al conferencista, Mayor, John Flanagan, de la Marina de los Estados Unidos de América. Después tendremos el almuerzo a través del programa de Nutrición. Si desea almorzar en el Centro, por favor haga su reservación antes de las 2 pm, el lunes 10 de noviembre y háganos saber si usted es un veterano porque el almuerzo para los Veteranos será gratis. Después del almuerzo disfrutaremos del show de la Señorita "Sol Brillante."

TOMAR LA PRESION ARTERIAL

Día: miércoles 19 de noviembre
Hora: 9:30 am

GALOPANDO EN ELEGANCIA

Al Restaurante "Shamrock" Gourmet de Fitzgerald Thurmond, MD
Día: martes 18 de noviembre
Salida: 10:30 am
Regreso: 3pm
Costo: \$15 (solamente la transportación)
Fecha de vencimiento: miércoles 12 de noviembre
Este excelente restaurante Irlandés ofrece en su menú desde deliciosos sándwiches hasta mariscos para complacer su paladar y presupuesto. También puede ordenar para llevar a casa puré de manzana fresca, hecha en casa y pasteles de manzanas y otros frutas más.
Mínimo: 20 **Máximo:** 34

CORAZON Y MENTE SALUDABLE

Grupo de apoyo
Día: martes 25 de noviembre
Hora: 11:30 a.m.
Únase a un grupo de apoyo cardiovascular de pacientes y sus familiares que tienen enfermedad cardiaca, que han sufrido un evento cardiaco o un derrame cerebral. Este será un pequeño e informal contexto que ofrecerá apoyo a través de charlas abiertas. Se reunirán el cuarto martes de cada mes.



CELEBRACIÓN DE CUMPLEAÑOS

Día: martes 25 de noviembre
Hora: 12:30 pm

POLIZA DE EMERGENCIA DURANTE EL INVIERNO

Si las escuelas del Condado de Montgomery están cerradas, el Centro también estará cerrado. Si las escuelas abren tarde, el Centro se abrirá a las 10am. Las clases programadas antes de las 10am se cancelaran y de las 10am en adelante se llevaran a cabo. El almuerzo se servirá a la misma hora. La transportación de Gaithersburg comenzara a las 10am y la de Montgomery County se cancelara. Si las escuelas anuncian la salida temprana, las clases y programas por la tarde y noche serán canceladas. La transportación de la Ciudad de Gaithersburg partirá antes de las 2 pm; y la de Montgomery County a las 2pm o antes si es posible. En caso de mal tiempo o emergencia durante el fin de semana o un día festivo, pueda llamar al 301-330-0050 o conectándose al web-site www. Gaithersburmd.gov

CELEBRACION DEL DIA DE ACCION DE GRACIAS

Día: miércoles 26 de noviembre
Hora: 12m
Venga y disfrute de una fiesta tradicional y festiva junto con sus amigos/as.
Si desea almorzar en el Centro, por favor regístrese en la hoja del programa antes de las 2 pm, el día martes 25 de noviembre. Durante el almuerzo, tendrá la oportunidad de compartir por lo que está agradecido.

AVISO

El programa, "Sonrisas Para Los Niños de NIH", se suspenderá por unos meses hasta que se termine la reconstrucción del Centro.

AVISO

Cuotas para la membrecía del Senior Center:
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



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**

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: _____