

The Gaithersburg Upcounty

Gaithersburg
NEWS

December 2014



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



Holiday Luncheon & Dance Party

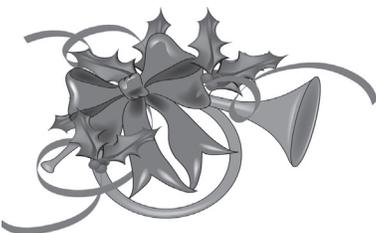
Tuesday, Dec. 16
Noon – 2:15 p.m.

First we will celebrate together with a fine lunch prepared by our own Chef Sia. Order through the Nutrition Program before 2 p.m. on Monday, Dec. 15. After lunch, be prepared to party down with DJ Lee!

Songs and History

Part 4: Holiday Songs
Presented by Dr. Yonina Foster

Thursday, Dec. 11 at 12:45 p.m.
Fee: \$1



Join us for the fourth and final installment of this 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

301-258-6380

www.gaithersburgmd.gov

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed December 25

Fabulous French Toast Breakfast

Tuesday, December 9
9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Ooo La La! French toast and more! 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.

In December ...

Wine Charms

Saturday, Dec. 6

1 p.m. at the Arts Barn

**"Sherlock Holmes and
the Christmas Goose"**

Sundays, Dec. 7, 14, 21

2 p.m. at the Arts Barn

Glass Fusing

Saturday, Dec. 13

1:30 p.m. at the Arts Barn

Creative Jewelry Making

Sunday, Dec. 14

1 p.m. at the Arts Barn

**Celtic Christmas with Seamus
Kennedy**

Sunday, Dec. 14

3 p.m. at Kentlands Mansion



Birthday Celebration

Wednesday, Dec. 31
at 12:30 p.m.

December Birthdays

- 1 Jane Adams
- 4 Shirley Shipe
- 5 Lorraine Walters
Mario LaFaye
- 8 Wilda Knox
- 9 Restituta Shaw
- 12 Fay Sutherland
- 14 Charles Ingram
- 15 Famida Khanam
- 16 Manjeet Kaur
- 18 George Baken
- 20 Carole Fried
Dharam Mathur
Alberto Silva
- 21 Carol Blongiewicz
- 25 Hilda Junquera
Sayeeda Karim
Carla Weinberg
- 28 Sally Ricker

Member Orientation

Monday, Dec. 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.

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,

Please join us in welcoming a new full-time member to the Senior Center staff, Theyry Polynice. Theyry will be overseeing the Center's transportation program. His responsibilities will include members' daily transportation needs to and from the Center in addition to driving the bus for day trips as necessary.

He will make certain vehicles are receiving proper preventive maintenance and those in need of repair are taken in for service.

I have asked Theyry to provide me with recommendations on the Center's current transportation policies. Our goal is to provide our membership with the safest possible transportation combined with the best customer service.

We are also very excited the renovation has begun! Work is being done in the Lecture Room and in the Craft Room, which will be our new Computer Lab. On or about November 17 the project will start on the front of the building, where the current lobby will be converted in a new Fitness Center. This will necessitate entry to our facility through the Diamond Square Apartment side of the building, through the doors between the old computer lab and the Alice Schultz Room. Please be patient during this time and we will provide guidance as the change draws near.

I am also proud to announce Olympia Huff will be overseeing the new Fitness Center. Her duties will include working closely with me to make certain we have trained staff to provide members with orientations on the safe and effective use of the equipment. We will be working together to develop policies and she will keep me informed of any issues.

So as we move toward a new year, there will be many wonderful changes! HAPPY HOLIDAYS from the Senior Center Staff!

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.

Cancer Presentation

Thursday, Dec. 4 at 11:15 a.m.

Cancer is one of the top 3 leading causes of all death in the United States every year. Despite the large amount of deaths associated with cancer, most are relatively simple to treat if caught during their early stages. Awareness and access to preventive care information are some of the most important ways to prevent or limit the spread of cancer in the body before it is too late. Three of the most prevalent cancers currently affecting seniors are colorectal, prostate and thyroid cancer. Join Adventist HealthCare's Center for Health Equity and Wellness to learn more.

Healthy Heart and Mind Support Group

Tuesday, Dec. 23 at 11 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.

Caregivers Support Group

Thursdays, Dec. 4 & 18

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.



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 the 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.

Diabetes Support Group

Tuesday, Dec. 16 at 11 a.m.

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

Blood Pressure Check

Wednesday, Dec. 17

9:30 – 11:30 a.m.

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



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.

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!**

TRIPS/ACTIVITIES/LECTURES

“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

Christie Dashiell at Strathmore

Bethesda, MD

Date: Friday, Dec. 19

Depart: 1:15 p.m.

Return: 4:30 p.m.

Fee: \$26

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

FULL



The Senior Center Staff
would like to wish
you and your families
a joyful and prosperous
Holiday Season!

“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

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

First stop is the Delaplaine Arts Center, where you can visit the Local Color Artist Market, an annual event featuring a large variety of handcrafted works. While there, take a tour of the current exhibits. Afterwards, we will board the bus so that you can explore downtown Frederick, with lots of unique shopping and dining 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



You can now register online!
www.gaithersburgmd.gov

TRIPS/ACTIVITIES/LECTURES

National Harbor

Oxon Hill, MD

Date: Monday, Dec. 22

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Wednesday, Dec. 17

Explore the National Harbor and all the shops and dining experiences it has to offer. The Gaylord National Resort is decorated for Christmas with its 60-foot glass tree, indoor holiday village and dancing fountains. You can ride the Capital Wheel. You can see "ICE!," which is hand carved from two million pounds of ice and will feature "Frosty the Snowman." Tickets for ICE! can be purchased on your own at the event or pre-purchased online. Whatever you choose to do, the National Harbor is sure to please! **Tons of walking!**

Minimum: 20

Maximum: 33



U.S. State Department Tour & White House Visitor Center

Washington, DC

Date: Tuesday, Jan. 6

Depart: 8:30 a.m.

Return: 3:30 p.m.

Fee: \$16

Deadline: Wednesday, Dec. 31

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 we will stop for lunch at Hill Country BBQ, where you will order from the menu and pay on your own. After lunch you will tour the newly renovated White House Visitor Center on your own. Bring a government issued ID, no bags, or umbrellas allowed. Lots of walking! **If you were on the waiting list for the previous trip, you must still signup for this NEW trip.**

Minimum: 20

Maximum: 24

Baltimore Museum of Art

Baltimore, MD

Date: Wednesday, Jan. 14

Depart: 9 a.m.

Return: 3:30 p.m.

Fee: \$25

Deadline: Monday, Jan. 5

Come celebrate the BMA's 100th year with the reopening of the American Wing, East Wing Lobby and the historic Merrick Entrance. A docent-led tour will be provided and if you need to take a break, lunch is on your own at Gertrude's, which dishes up traditional Chesapeake cuisine with sophistication. Reservations are recommended at Gertrude's. Coordinate with your friends and make your own reservation at 410-889-3399. **Lots of walking.**

Minimum: 20

Maximum: 33



Estate Planning and Elder Law Essentials Workshop

Wednesday, Dec. 3

12:45 – 2:45 p.m.

Presented by Elville
and Associates, P.C.

The Estate Planning and Elder Law Essentials Workshop is an interactive workshop designed to explore many estate planning topics and thoroughly educate attendees about estate planning and incapacity planning issues. Some of the topics addressed are: understanding the planning process, including the reasons for estate planning; wills vs. trusts; probate vs. non-probate; planning for incapacity, Medicaid -- myths versus reality; estate tax planning in an uncertain environment including a discussion surrounding recent changes in the Maryland estate tax; asset protection and protecting shares for children and grandchildren-- and much more. Please bring your questions and **register to reserve your spot.**

Minimum: 8

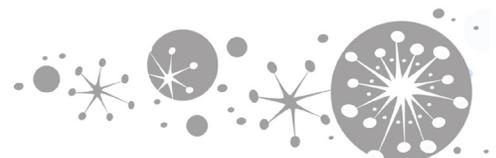
Maximum: 20

Socrates Roundtable

Wednesday, Dec. 10 at 1 p.m.

Topic: *Death with Dignity*

Brittany Maynard has brought national attention to the nation's right-to-die debate and brought the issue to light for many young adults. What is your opinion on "Death with Dignity?" Do you think "assisted suicide" should be legalized nationwide, only on a state by state basis, or not at all? Does the "right to die" movement cause you to have any ethical or moral concerns? Come share your thoughts.





December 2014

Calendar of Events

Sunday

1

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

Monday

2

9 am
Five Guys Named Moe
 8:30 Exercise Tape
 9:10 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Conv. English
 12:30 Mah Jongg
 2:30 Ballroom

HeartWell in Action

8

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

Tuesday

3

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

Wednesday

4

8:30 Exercise Tape
 9:10 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 10:30 Stability Ball @ BP
 11:15 Cancer Information
 11:15 Ritmo Latino
 12:30 Bridge
 12:45 Hispanic Book Club
 2 Caregivers

Thursday

5

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

Friday

6

10:15 am
 Artist Market
 in Frederick

1:30 pm
 Arts Barn
 Wine Charms

Saturday

7

2 pm
 Arts Barn
Sherlock Holmes and the Christmas Goose

9

10:30 am
 Kreeger Museum
 8:30 Exercise Tape
 9 French Toast
 Breakfast
 9:10 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Conv. English
 12:30 Mah Jongg
 2:30 Ballroom
 4 AARP

10

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

11

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

12

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

13

1:30 pm
 Arts Barn
 Glass Fusing

14

1 pm
Arts Barn
Creative Jewelry
Making

2 pm
Arts Barn
Sherlock
Holmes and the
Christmas Goose

3 pm
Kentlands Mansion
Celtic Christmas
with Seamus
Kennedy

15

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

16

Noon
Holiday Luncheon
& Party

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

HeartWell in Action

17

8:30 Exercise Tape
9:30 BP Check
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

18

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

19

1:15 pm
Christie Dashiell
Strathmore

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

20

21

2 pm
Arts Barn
Sherlock
Holmes and the
Christmas Goose

22

9:30 am
National Harbor

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

23

8:30 Exercise Tape
10:15 Stretch & Strengthen
11 Healthy Heart and
Mind
12:30 Bridge
12:30 Mah Jongg

HeartWell in Action

24

8:30 Exercise Tape
9:15 50/50
10:15 Fit 4 All

25

**CHRISTMAS
HOLIDAY
SENIOR CENTER
CLOSED**

26

8:30 Exercise Tape
9:15 High/Low
10:15 Fit 4 All
10:30 Mah Jongg
12:15 Quilting
12:50 Bingo
1:15 Music Lessons

27

28

29

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

30

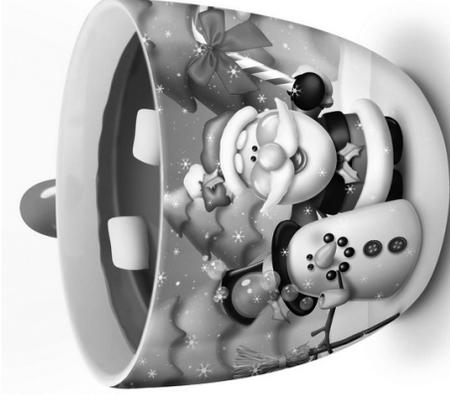
8:30 Exercise Tape
10:15 Stretch & Strengthen
12:30 Bridge
12:30 Mah Jongg

HeartWell in Action

31

12:30 pm
Birthday
Celebration

8:30 Exercise Tape
9:15 50/50
10:15 Fit 4 All



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
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



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!

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.

No Class Dec. 26

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

No Class Dec. 23 & 30

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.

No Class Dec. 26 & 31

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

CLASSES AND ACTIVITIES

Ballroom Dance

Date: Tuesdays, Dec. 2, 9 & 16
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.

Drawing

Dates: Wednesdays, Jan. 7 – 28
(4 Sessions)
Time: 2 – 4 p.m.
Fee: \$45

Learn to draw or improve your skills while drawing from still life and photographic images and learn to draw in 3-D. Instructor Valthea Frye will guide you through techniques such as size, proportion, overlapping, shading, values, and linear perspective. A variety of mediums will be used, including pencils, vine charcoal and pastel. Come learn a new way of seeing your artwork. Supply lists are available at the front desk.

Minimum: 8 **Maximum:** 16

Watercolor

Dates: Wednesdays
Oct. 22 – Dec. 17
(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

Conversational English

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

Music Lessons

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



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.



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/ACTIVITIES

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.

Technology Troubleshooting

Monday, Dec. 15

1- a.m. – Noon

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



AARP, Gaithersburg Chapter #5358

DECEMBER 2014 ACTIVITIES

MONTHLY MEETING:

Tuesday, Dec. 9, 2014

4 p.m. Bingo

Package Holiday gifts for residents of Nursing Homes and Assisted Living Facilities.

5:15 p.m. Holiday Grab Bag

Bring a wrapped \$5 gift and select a wrapped gift of similar value.

5:30 p.m. Dinner

Chef Sia will prepare our Holiday Ham dinner with sweet potatoes, vegetable, salad, big biscuits, and choice of drinks plus cheesecake or Tiramisu for dessert. A vegetarian alternative is available upon request. \$10.

6:10 p.m. Brief Business

Chapter annual awards; 50-50 and door prizes.

6:40 Program

Chyp Davis and Andrea Romero will provide a musical treat for our holiday party. Come ready to dance or to sing along. Free.

CHAT AND CHEW

Join us for our Holiday get together on **Monday, Dec. 15 at the Golden Bull Grand Cafe** (7 Dalmar St., Gaithersburg) at 4:30 p.m. for their early bird special. For \$14.99 you can have the 75 item salad bar, a choice of three entrees (prime rib, salmon or chicken) with a side, a dessert, and coffee or tea. If you don't want the early bird special, choose from the menu. Order and pay on your own. Drive yourself to the restaurant by 4:30 p.m. or meet at 4 p.m. to carpool from the Senior Center. Please sign up by phone with Annette (301-977-7936) so she can make reservations and arrange the car pools.

CASINO TRIPS

On most Wednesdays and some Fridays in December 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

Wednesdays, Nov. 26 & Dec. 3, and Monday, Dec. 8

10 a.m. – Noon and 1 – 3 p.m. at the Senior Center

Gifts for Residents of Nursing Homes and Assisted Living Facilities

We will make gifts, including faux flower corsages, small holiday faux flower arrangements, and decorate and fill small stockings. All materials provided. New craft ideas wanted now to add variety to the gifts we make. Shoppers for small gift items also needed (time tbd). Contact Annette Thompson (301-977-7936) or Margaret Fisher (301-947-1835) to help us bring some joy to those who live in these facilities.

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 17605 Parkridge Drive, Gaithersburg, MD 20878. If you have any questions, please contact Annette by phone at 301-9777-7936 or by e-mail at annettethompsonphd@yahoo.com.

Noticias de Mucho Interés para los Seniors de Habla Hispana

VIAJE AL MERCADO LOCAL DE COLOR DEL ARTISTA

En el Centro de artes de Deplaine
Frederick, MD

Día: sábado 6 de diciembre

Salida: 10:15 am

Retorno: 4 p.m.

Costo: \$15 (solamente la transportación)

Fecha de vencimiento: lunes 1 de diciembre

La primera parada será en el Centro de Artes Delaplaine donde usted podrá visitar el mercado local en color del artista, que es un evento anual y ofrece una gran variedad de trabajos de artesanía. Haremos un recorrido por las exposiciones actuales. Después tomaremos el autobús para que pueda ir a explorar el centro de Frederick donde hay muchas tiendas y restaurantes. Ahí usted podrá almorzar por su cuenta. Durante este viaje se caminará bastante.

Mínimo: 20

Máximo: 33

DISFRUTE DE UN DESAYUNO FABULOSO Tostada Francesa

Día: martes 9 de diciembre

Hora: 9 - 10:30 am

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

Ooo La La! Pan Francés y mucho más! Invite a sus amigos y vengan a disfrutar de un buen desayuno sin tener que lavar los platos. Por favor inscribese en la hoja del programa.

ALMUERZO NAVIDEÑO Y BAILE

Día: martes 16 de diciembre

Hora: 12m.

Primero disfrutaremos de un delicioso almuerzo navideño preparado por nuestro cocinero Sia. Después bailaremos con buena música navideña por el DJ Lee.

AVISO

Cuotas para la membresía del Senior Center:

Residente: \$40

Esposo/a del residente: \$30

Non-residente: \$120

Esposo/a del non-residente: \$60

VIAJE AL NATIONAL HARBOR

Puerto Nacional, En Oxon Hill, MD

Día: lunes, 22 de diciembre

Salida: 9:30 am

Retorno: 4 p.m.

Costo: \$15

Fecha de vencimiento: miércoles 17 de diciembre

Vamos a disfrutar del Puerto Nacional (Nacional Harbor), sus tiendas y restaurantes. El Resorte Nacional de Gaylord estará decorado por la Navidad con un árbol precioso de Crystal que mide 60 pies de alto. Este es un bello centro para vacacionar y tiene un interior de fuentes danzantes. Usted podrá subir a la rueda de Capital y ver el hielo que es tallado a mano usando dos millones de libras de hielo formando la escultura de "Frosty the Snowman." Las entradas para ver el hielo se pueden comprar por separado el día del viaje o sea antes en línea de computadora. Durante este viaje se caminará bastante.

Mínimo: 20

Máximo: 33

VIAJE AL DEPARTAMENTO DE ESTADO Y EL CENTRO DE VISITAS DE LA CASA BLANCA

Washington, DC

Día: martes 6 de enero

Salida: 8:30 am

Retorno: 3:30 pm

Costo: \$16

Fecha de vencimiento: miércoles 31 de diciembre

Tendremos un recorrido por un guía turístico del Departamento de Recepciones Diplomáticas con énfasis en la historia y arte, destacando los aspectos de arquitectura y decoración de cada habitación. Después iremos almorzar al restaurante de barbacoa "Hill Country", donde usted podrá ordenar del menú y pagar por su cuenta. Si desea visitar el centro de visitantes de la Casa Blanca que recientemente ha sido renovado, lo podrá hacer por su cuenta después del almuerzo. No se olvide de llevar con usted una identificación emitida por el gobierno y no se permiten bolsas y paraguas. Se caminará bastante.



CELEBRACIÓN DE CUMPLEAÑOS

Día: miércoles 31 de diciembre

Hora: 12:30 pm

VIAJE AL MUSEO DE ARTE EN BALTIMORE, MD

Día: miércoles 14 de enero

Salida: 9 am

Regreso: 3:30 pm

Retorno: \$25

Fecha de vencimiento: lunes 5 de enero
Vamos a disfrutar de la celebración de los 100 años de BMA con una apertura al estilo Americano que se llevara a cabo en el Este del vestíbulo y entrada de Merrick. Un guía turístico nos dará un recorrido. Si desea almorzar en el restaurante Gertrude, que ofrece un delicioso menú con platos de cocina tradicional y sabor del puerto de Chesapeake, haga su reservación con anticipación llamando al teléfono: 410-889-3399. Durante este viaje se caminará bastante.

Mínimo: 20

Máximo: 33

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

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.
Neil Harris
Cathy Drzyzgula
Council Members

Jud Ashman
Mayor

GAITHERSBURG CITY OFFICIALS



GAITHERSBURG UPCCOUNTY SENIOR CENTER

Grace Whipple
Community Facility Manager
Staff:
Charlyn Simpson, Olympia Huff, Yoland Bastian
Gerald Gagliano, Gloria Sichelman
Andres Castillo, Theiry Polynice



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@gaitHERSBURGMD.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: _____