

The Gaithersburg Upcounty

GAITHERSBURG NEWS

January 2015



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



Warm Up Your Winter!

Tuesday, Jan. 13 at 12:45 p.m.

Join us for the music of Pet Rock, where you can sing-along and dance the chill away! Hot and spicy snacks will be provided for an extra dose of warmth.

“Honest Abe: The Wit and Wisdom of Abraham Lincoln” at the Arts Barn

Gaithersburg, MD

Date: Wednesday, Feb. 18

Depart: 10:45 a.m.

Return: 3:15 p.m.

Fee: \$20 (drive yourself) or \$25 (ride the bus)

Deadline: Friday, Jan. 30

“Honest Abe” is an original one-man play starring award-winning actor, Bill Spitz. It is 1863 and you have arrived to spend an evening with President Lincoln as he talks about the important events of his life with insight, wit and humor. “Honest Abe” is a rare glimpse into the man whose mission was to reunite the nation and end slavery. A question-and-answer session with the actor will take place after the performance. We will first eat lunch at Bonefish Grill in the Kentlands, where you can order from the menu and pay on your own. Drive on your own or ride the bus. It is your choice. Lunch is at 11 a.m. The show starts at 1 p.m.

Minimum: 13

Maximum: 33

“Book of Mormon” at the Kennedy Center

Washington, DC



Date: Wednesday, Jul. 1

Depart: 10:30 a.m.

Return: 5:30 p.m.

Fee: \$120

Deadline: Monday, Feb. 2

The smash musical and nine-time Tony award winner has been heralded as “the best musical of this century” and “God’s favorite musical” by critics. This tongue-in-cheek musical is outrageous, funny and shocking with foul language and off color jokes. We will stop for lunch on your own before the show in Georgetown.

Maximum: 24

301-258-6380

www.gaithersburgmd.gov

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed January 1 & 19



Great American Breakfast

Tuesday, Jan. 13

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

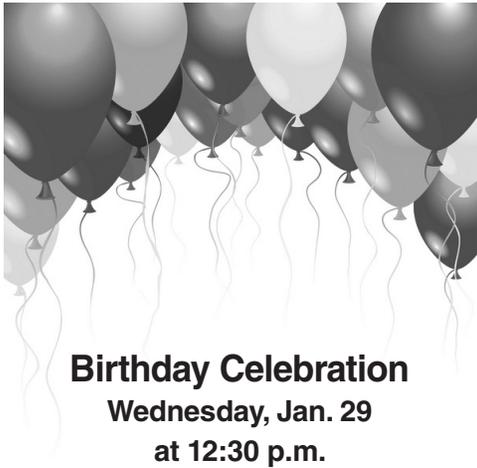
Eggs, toast, bacon and potatoes, it doesn’t get any better than that! Come eat our breakfast so you don’t have to do the dishes! Make sure you sign-up on the program sheet and invite your friends.

What’s Up at the Senior Center

Thursday, Jan. 8 at 1 p.m.

WHAT’S UP INFORMATION EXCHANGE

– Construction updates and more. Then it is your turn to talk to your advocates on the Senior Advisory Committee. Come prepared to share your suggestions, needs and matters of interest so we can work for you.



Birthday Celebration
Wednesday, Jan. 29
at 12:30 p.m.

January Birthdays

- 1 Ruth Berghers
Barbara Fries
- 6 Sheela Goel
Ihuoma Madukwe
- 13 Teresa Campozano
- 14 Manny Hersh
- 15 Paul Noonan
- 16 Victoria Traficanti
- 18 Dorothy Brown
- 19 Gerard Traficanti
- 21 Valentine Lewis-Coker
Patricia Calleja
Beatriz Neira
- 23 Vandana Kharod
- 24 Bette Adam
- 26 Maya Kirk
- 30 Jim Beckette
Miriam LaFaye
Gunjana Giri

Member Orientation

Monday, Jan. 5 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,

Happy Holidays!



Things have been buzzing (literally) at the Senior Center. We want to thank you for your patience during the renovations and are pleased that at the time of this writing, everything has been transitioning smoothly. Most of the programs have continued to run, and we are hopeful the computer lab will be reopening within a few weeks.

The largest part of the renovation is the addition of the new Fitness Center and the redesign of the front office area. If weather cooperates and materials arrive as planned, the majority of the work should be completed by mid-February. Once the new Fitness Center opens, staff will be hired and trained to provide orientations to members who choose to join. Your Senior Center membership will be separate from your Fitness Center membership and each will have a different renewal date. All who join the Fitness Center must be members of the Senior Center, and the Fitness Center membership is completely optional.

Our staff wishes each of you a very joyous, happy and fulfilled holiday season followed by a healthful and prosperous New Year!

The Senior Center Staff



Songs and History:

Songs of the 1960's

Presented by Dr. Yonina Foster

Thursday, Jan. 15 at 12:45 p.m.

Fee: \$2

Singers and listeners, this presentation will entertain, enlighten and perhaps evoke musical memories from your past. Come lend your voice and your stories.

**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.

WELLNESS

Can You Spot Skin Cancer? – Rescheduled!

Wednesday, Jan. 21 at 12:45 p.m.

Join Dr. Sherry L.H. Maragh, MD, a Board Certified Dermatologist 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

Know the 10 Signs: Early Detection Matters

Presented by the Alzheimer's Association

Wednesday, Jan. 7 at 12:45 p.m.

You will view video footage of real people who are living with the early stages of dementia and their families addressing fears and myths associated with Alzheimer's disease. The workshop will cover the 10 warning signs, a basic overview of Alzheimer's disease, the risk factors, getting diagnosed, and the benefits of early detection. This workshop will provide you with an understanding of the difference between age-related memory loss and Alzheimer's. Please register to reserve your spot!

Minimum: 10

Maximum: 20

Healthy Heart and Mind Support Group

Tuesday, Jan. 27 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.

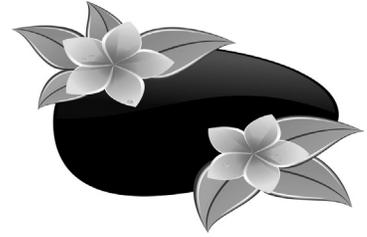
Caregivers Support Group

Thursday, Jan. 15

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 Registered Nurse Anna Roberts.

For more information or to register for the group, please call 301-754-7151.



Aromatherapy

Thursday, Jan. 15 at 11 a.m.

Fee: \$2

Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. Join us as Adrienne Hausman demonstrates and teaches the benefits of aromatherapy. Registration is required.

Maximum: 16

Diabetes Support Group

Tuesday, Jan. 20 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, Jan. 28

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 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!

TRIPS/ACTIVITIES/LECTURES

ARTS ON THE GREEN

For tickets call 301-258-6394

THE 39 STEPS

Jan. 9 – 25

Fridays & Saturdays 8 p.m.

Sundays 2 p.m., Arts Barn

\$20

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have one intriguing, thrilling and riotous comedy. A cast of four plays more than 150 characters in this fast-paced tale of an ordinary man on an extraordinarily entertaining adventure.

Sfz SALON SERIES

Shostakovich Project II: Piano

Saturday, Jan. 17

8 p.m., Kentlands Mansion

\$25

Award-winning pianist Jessica Osborne plays music of the Great War by Prokofiev and Shostakovich. The music is paired with a film scored by Shostakovich, and the evening's curator, Alex Peh, provides fascinating background on the era and music. Enjoy it all with fine wine and lively conversation!

RICK WHITEHEAD TRIO

Saturday, Jan. 31

8 p.m., Arts Barn

\$25

This jazz guitar trio offers an exceptional jazz experience! Enjoy traditional standards, progressive jazz and high energy contemporary sounds.

MAGIC WORKSHOP

Saturday, Jan. 31

1-3 p.m., Arts Barn

\$25

Here's a unique opportunity for adults and older teens: magician David London's workshop will explore both magic and magic tricks—two very different things. Participants go home with three tricks that will amaze family and friends!

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

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!

FULL

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



Galloping Gourmets to Blue Ridge Grill

Leesburg, VA

Date: Friday, Jan. 16

Depart: 10:30 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Tuesday, January 13

Come try this delicious restaurant famed for its hospitality and excellent food. Order from the menu and pay in cash.

Minimum: 20

Maximum: 33

You can now register online!
www.gaithersburgmd.gov

TRIPS/ACTIVITIES/LECTURES



U.S. Supreme Court

Washington, DC

Date: Thursday, Jan. 22

Depart: 10:30 a.m.

Return: 4:30 p.m.

Fee: \$15

Deadline: Friday, Jan. 16

We will stop for lunch at your choice of restaurants along Pennsylvania Avenue near the Supreme Court. After lunch you will tour the Courthouse on your own. Visitors are encouraged to watch the Visitor's film, attend a Courtroom Lecture and tour the exhibits. Security is tight, so please leave unnecessary items at home. Busses are not allowed near the Supreme Court. Drop off and pick up will be a few blocks away. **Lots of walking!**

Minimum: 20

Maximum: 33

Mariinsky Ballet Open Rehearsal at the Kennedy Center

Washington, DC

Date: Tuesday, Jan. 27

Depart: 9 a.m.

Return: 4:30 p.m.

Fee: \$33

Deadline: Thursday, Jan. 15

Join dance scholars for an insider's look at the Mariinsky Ballet Company as they prepare for a performance of four dances from four different Russian choreographers. We will stop first for a delicious breakfast at Founding Farmers, where you can order from the menu and pay on your own.

Minimum: 20

Maximum: 24

Lorton Workhouse Arts Center

Lorton, VA

Date: Friday, Jan. 30

Depart: 10 a.m.

Return: 4:15 p.m.

Fee: \$15

Deadline: Tuesday, Jan. 27



We will begin our day in historic Occoquan, where you will be on your own to shop and dine. After lunch, we will visit the Workhouse Arts Center. A former prison that infamously housed incarcerated members of the National Women's Party, the Workhouse Arts Center now houses studios, exhibits and performance space for local artists. **Lots of walking!**

Minimum: 20

Maximum: 33



Book
Discussion

FREE

"The Art of Fielding"

by Chad Harbach

Thursday, Jan. 8 at 2 p.m.

Tuesday Concert Series at the Church of the Epiphany

Washington, DC

Date: Tuesday, Feb. 3

Depart: 11 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Thursday, Jan. 29

On this Tuesday, the weekly concert series will feature soprano Brooke Evers, harpist Stephanie Gustafson, and pianist Jeremy Filsell. After the concert, you are on your own to eat lunch at one of the many restaurants in the area.

Minimum: 20

Maximum: 33

Socrates Roundtable

Wednesday, Jan. 28 at 1 p.m.

Topic: *Sex in Advertising*

Do you think America is becoming too sexual? Are ads too racy? Are Americans too prudish? Do television shows portray too many sexual situations? Does the news share too many details? Should we shield children from this bombardment of sex in advertising? Or do all of these advertisements make it easier to talk about delicate issues? Come share your thoughts.

Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

– Eric Zorn

The Gaithersburg Upcounty Senior Center



Gaithersburg

January 2015

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
NEW YEAR'S DAY

SENIOR CENTER
CLOSED

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

2
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

3

4

5
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

6
8:30 am
US State Department
8:30 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
12:30 Bridge
12:30 Mah Jongg

7
8:30 Exercise Tape
9:15 50/50
10:15 Fit 4 All
11:15 Strong & Balanced
12:30 Weight Training
12:45 Know the 10 Signs
Lecture
1 Crochet
1:15 Flexible Strength
1:15 Music Lessons
2 Drawing

8
8:30 Exercise Tape
9:05 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
1 What's Up at SC
2 Book Discussion

9
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

10

8 pm
Arts Barn
The 39 Steps

8 pm
Arts Barn
The 39 Steps

HeartWell in Action

11

2 pm
Arts Barn
The 39 Steps

12

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

13

12:45 pm
Warm Up Your Winter!

8:30 Exercise Tape
9 Great American
Breakfast
9:05 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

14

9 am
Baltimore Museum
of Art

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 Drawing

15

8:30 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
10:30 Stability Ball @ BP
11 Aromatherapy
11:15 Ritmo Latino
12:45 Songs and History
12:30 Bridge
12:45 Hispanic Book Club
2 Caregivers

16

10:30 am
Galloping Gourmets to
Blue Ridge Grill

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 pm
Arts Barn
The 39 Steps

17

8 pm
Arts Barn
The 39 Steps

8 pm
Kentlands
Mansion
Sfz Salon Series

18

2 pm
Arts Barn
The 39 Steps

19

**MARTIN LUTHER
KING JR
DAY**

**SENIOR CENTER
CLOSED**

20

8:30 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
11 Diabetes Support
12:30 Bridge
12:30 Conv. English
12:30 Mah Jongg
2:30 Ballroom

HeartWell in Action

21

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

22

10:30 am
U.S. Supreme Court

8:30 Exercise Tape
9:05 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

23

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 pm
Arts Barn
The 39 Steps

24

8 pm
Arts Barn
The 39 Steps

25

2 pm
Arts Barn
The 39 Steps

26

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

27

9 am
Open Rehearsal
at the Kennedy Center

8:30 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
11 Healthy Heart &
Mind
12:30 Bridge
12:30 Conv. English
12:30 Mah Jongg

HeartWell in Action

28

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 Socrates Roundtable
1:15 Flexible Strength
1:15 Music Lessons
2 Drawing

29

12:30 pm
Birthday
Celebration

8:30 Exercise Tape
9:5 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

30

10 am
Lorton Workhouse
Arts Center

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

31

1 pm
Arts Barn
*Magic
Workshop*

8 pm
Arts Barn
*Rick Whitehead
Trio*

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
Jan. 7 – Mar. 25
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,
Jan. 8 – Mar. 26
Time: 10:30 a.m.
Fee: \$15

Bring your own mat and ball.

Minimum: 9 **Maximum:** 20

Weight Training

Senior Center

Dates: Wednesdays
Jan. 7 – Mar. 25
Time: 12:30 p.m.
Fee: \$15

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20

Walking Tape

8:30 a.m. Every Day

Wake up with a brisk 2 mile workout.

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, Jan. 6 – Jun. 25

Time: 9:05 a.m. **(NEW)**

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 place 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



Ballroom Dance

Date: Tuesdays, Jan. 13 & 20
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.

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.

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

Conversational English

Tuesdays, Jan. 13 – 27
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.

Happy New Year!
You off to a good start
this New Year.

Research shows that adults who participate in Senior Center programs are healthier physically, socially, spiritually, emotionally, mentally and economically.

Keep up the good work!



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!

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.

ACTIVITIES



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.

AARP, Gaithersburg Chapter #5358

JANUARY 2015 ACTIVITIES

BOARD RETREAT

Mandatory Meeting for Officers and Committee Chairs, Assistant Officers and Assistant Committee Chairs

Tuesday, January 13, 2015

10:30 a.m. – 3:30 p.m.

Buca di Beppo

122 Kentlands Blvd., Gaithersburg

10:30 a.m. – 12:30 p.m.

Review Annual Report and Budget

Begin Planning Programs & Meals for Year

12:30 – 1:30 p.m.

Lunch - Order and Pay on your own

1:30 – 3:30 p.m.

Continue Planning Activities for the Year:

Games, Community Service, Trips, etc.

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 301-977-7936 or by e-mail at annettethompsonphd@yahoo.com.

CHAT AND CHEW

Tuesday, Jan. 20 at Hibachi Sushi & Supreme Buffet (2 Bureau Drive, Gaithersburg). \$9 includes all you can eat buffet and drinks. Order and pay on your own. Drive yourself to the restaurant by 12:30 p.m. or meet at noon 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 January 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 vary between two departure times – 9 a.m. and Noon. We will schedule as many dates and times as we have participants. For more details, to register and pay see Dale Batchelder (301-983-0104) or Margaret Fisher (301-947-1835).

A mid-May 6-day trip to Cape Cod including all breakfasts and dinners is in the planning stages (stops at Foxwoods Casino, Mystik Seaport, the mansions of Newport, Hyannis Port, the JFK Museum, and visits to Nantucket and Martha's Vineyard). If you are interested in learning more contact Annette Thompson (301-977-7936) or Nancy Dols (301-946-6014).

COMMUNITY SERVICE

Gifts for Residents of Nursing Homes and Assisted Living Facilities

Thanks to all who helped us bring some joy to those who live in these facilities. We gave 102 gifts to each of 4 locations, including 36 corsages, 25 small flower arrangements, 26 handmade, decorated and filled stockings and 15 treat bags.

Help Feed the Hungry

We collected \$140 dollars for Manna to help them fill the backpacks of needy kids with food for the weekend and to provide perishable foods for the holiday season. If you would like to donate, it is not too late. Contact Annette Thompson (301-977-7936) or Elaine Huey (301-972-1056).

Noticias de Mucho Interés para los Seniors de Habla Hispana

DIES SEÑALES PARA DETECTAR LA DEMENCIA Y ALZHEIMERS

Presentado por la Asociación de Alzhéimer

Día: miércoles 7 de enero

Hora: 12:45pm

Durante este taller usted podrá ver imágenes de video de personas reales que viven en las primeras etapas de demencia, como también a sus familiares que sienten temor acerca de los mitos asociados con la enfermedad de Alzheimer, los factores de riesgo, ser diagnosticado/a y los beneficios de la detección temprana. Este taller le proporcionará una comprensión de la diferencia entre la pérdida de memoria relacionada con la edad y la enfermedad de alzhéimer. Si desea participar, por favor regístrese en la hoja del programa.

Mínimo: 10 **Máximo:** 20

SUPERANDO LOS CAMBIOS EN LA TERCERA EDAD

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

Día: jueves 8 de enero

Hora: 12:30pm

Quiere superar los retos que se presentan viviendo la tercera edad? Le invitamos a escuchar a la señora Alma Jean Zaki, Terapista especializada para personas de mayor edad. Esta charla será interesante, informativa y educacional. También compartirá acerca de los servicios gratuitos para personas de mayor edad.

AROMATERAPIA

Día: jueves 15 de enero

Hora: 11 am

Costo: \$2

La aromaterapia es el arte y ciencia de la utilización de esencias aromáticas extraídas naturalmente de las plantas para equilibrar, armonizar y promover la salud del cuerpo, mente y espíritu. Adrienne Hausman demostrará y enseñará los beneficios de la aromaterapia. Por favor regístrese en la hoja del programa.

Máximo: 16



CELEBRACIÓN DE CUMPLEAÑOS

Día: miércoles 29 de enero

Hora: 12:30 pm

GALOPEANDO CON ELEGANCIA A UN ALMUERZO EN GRUPO

Leesburg, VA

Día: viernes 16 de enero

Salida: 10:30am

Regreso: 3pm

Costo: \$15

Fecha de vencimiento: martes 13 de enero

Este restaurante es popular por su deliciosa comida y excelente hospitalidad. Usted podrá ordenar del menú y pagar por su almuerzo en efectivo.

Mínimo: 20 **Máximo:** 33

COMO DETECTAR EL CANCER DE LA PIEL

Día: miércoles 21 de enero

Hora: 12:45 pm

La Doctora Sherry LH Maragh, MD, Dermatóloga certificada, como también reconocida por la revista "Washingtonian" discutirá métodos de como poder detectar el cáncer en la piel, tratamiento y prevención. Si está interesado/a por favor regístrese en la hoja del programa.

Mínimo: 10 **Máximo:** 20

VIAJE A LA CORTE SUPREMA DE LOS ESTADOS UNIDOS

Washington, DC

Día: jueves 22 de enero

Salida: 10:30 am

Regreso: 4:30 pm

Costo: \$15

Fecha de vencimiento: viernes 16 de enero
Primero almorzaremos cerca de la Corte Suprema (Avenida Pennsylvania), en cualquiera de los restaurantes que hay en el área. Después visitaremos el Palacio de Justicia donde podremos ver la película de visitantes, asistir a una conferencia en la sala tribunal y ver las exposiciones. Por motivo de seguridad, el bus no está permitido cerca de la Corte, así que nos dejara a unas cuantas cuerdas de distancia. Prepárese para caminar bastante!

Mínimo: 20 **Máximo:** 33

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

SERIE DE CONCIERTOS EN LA IGLESIA DE LA EPIFANIA

Los martes en Washington, DC

Día: martes 3 de febrero

Salida: 11 am

Retorno: 4pm

Costo: \$15

Fecha de vencimiento: jueves 29 de enero

Este martes, en particular, la serie de conciertos semanales contará con la soprano Brooke Evers, arpista Stephanie Gustafson, y el pianista Jeremy Filsell. Después del concierto, usted podrá almorzar, por su propia cuenta, en cualquiera de los restaurantes que hay en el área y sea de su agrado.

Mínimo: 20 **Máximo:** 33

AVISO

Cuotas para la membrecía del

Sénior Center:

Residente: \$40

Esposo/a del residente: \$30

Non-residente: \$120

Esposo/a del non-residente: \$60

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 cancelarán y de las 10am en adelante se llevarán a cabo. El almuerzo se servirá a la misma hora. La transportación de Gaithersburg comenzará a las 10am y la de Montgomery County se cancelará. 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, Yolanda 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@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: _____