

The Gaithersburg Upcounty

GAITHERSBURG Senior NEWS

February 2015



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



“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)

“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. After the show we will walk next door to the Kentlands Mansion to tour the new vintage wedding gowns display. 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



Cherry Blossom Cruise

Washington, DC

Date: Thursday, Apr. 2

Depart: 10:30 a.m.

Return: 3:30 p.m.

Fee: \$80

Deadline: Monday, Mar. 2

Spring is in the air! Climb aboard the “Spirit of Washington” to enjoy an exciting afternoon of vibrant fun. The views are spectacular and the talented crew is prepared to entertain you. A delicious buffet lunch will be served and you can count on plenty of dancing and memorable moments. You won’t want to miss what many called “The best trip EVER!” If the trip is full, sign up for the waiting list and we will try and purchase more tickets.

Minimum: 19

Maximum: 19



Boys Night Out

Tuesday, Feb. 17 at 12:45 p.m.

Join us for the music Boys Night Out, a country, folk and bluegrass band. They are sure to get your toes tapping!

301-258-6380

www.gaithersburgmd.gov

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed February 16



Fat Tuesday Pancake Breakfast

Tuesday, Feb. 17

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Join us for our traditional Fat Tuesday pancake feast! Live it up with double syrup on this last day of the carnival season. Make sure you sign-up on the program sheet and invite your friends.

Songs and History: Women of the 1950's

Presented by Dr. Yonina Foster
Thursday, Feb. 19 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. Please register on the program sheet.



Birthday Celebration
Thursday, Feb. 26
at 12:30 p.m.

February Birthdays

- 1 Gloria Sichelman
Michael Mullins
Paramjeet Dugal
- 3 Angelique Jones
Amrik Singh
- 9 Dorene Dalessandro
- 14 Martha Diskin
- 16 Gary Loomis
- 17 Alice Haskins
- 18 Natalie Werber
- 20 Nitila Patel
- 21 Maria Castano
- 22 Felix Farfan
- 24 Lata Deheragoda
- 25 Phyllis Fix
Barbara Taylor



Sympathy is extended
to the friends and family of
Lina Flores
and Jim Beckette
who recently passed away.

Member Orientation
Monday, Feb. 9 at 1 p.m.

Come learn the ins and outs of the Senior Center from a member of the Welcome Committee. Call the front desk at 301-258-6380 to sign up and don't forget to bring your Welcome Packet with you.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS!™ Program.

GRACE'S UPDATE



Dear Members,

Our staff hopes each of you had a wonderful holiday and are now preparing for the new and exciting opportunities of 2015!

I would like to talk about a very important program at our Center, the Nutrition Program. The Nutrition Program dates back to the 1960's and is a part of the Older Americans Act. The program was es-

tablished to help ensure adults over the age of 60 will have at least one well balanced and highly nutritious meal a day. Our Center is fortunate to have been chosen as a distribution site.

Every year each distribution site is awarded a specific number of meals to be served. Once all the meals have been served, it is unlikely the site will be awarded more within that fiscal year. For the past three years our Center's need has been greater than what we were awarded, and if it was not for the City supporting the difference, there would not have been meals served for at least a portion of September. This problem may be even more serious in the next several years due to sequestration, which would mean each distribution site would be serving fewer meals.

Please consider this issue when staff gives reminders about ordering lunch and not cancelling when you are unable to make it to the Center. When this happens, it is one less meal that can be served that year, and for some individuals, it could be their main meal of the day.

Thank you.
Senior Center Staff

**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)

Osteoarthritis

Thursday, Feb. 5 at 11 a.m.

Join Dr. Weinberg of Rockville Pain Relief as he focuses on the causes of osteoarthritis, the long term consequences of living with pain and the new advances in the treatment of osteoarthritis of the knees, shoulders and hips. Discussion will cover a new treatment called Viscosupplementation; the research behind this new procedure, what patient types are candidates for this treatment and how other treatments compare. Please register to reserve your spot!

Minimum: 10

Maximum: 20

Healthy Heart and Mind Support Group

Tuesday, Feb. 24 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, Feb. 5 & 19

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.

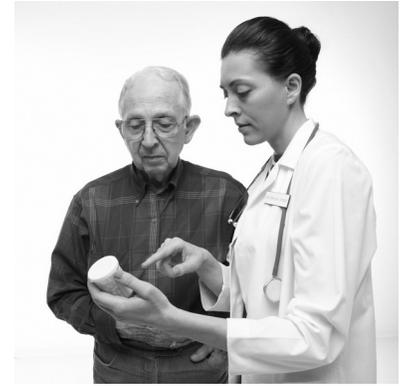
Senior Information and Assistance

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!**



Diabetes Support Group

Tuesday, Feb. 17 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, Feb. 25

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.

TRIPS/ACTIVITIES/LECTURES

ARTS ON THE GREEN

For tickets call 301-258-6394

BOEING BOEING

by Marc Camoletti

Montgomery Playhouse at Arts Barn

Feb. 13 – Mar. 1

Fridays & Saturdays 8 p.m.

Sundays 2 p.m.

\$20

Set in the 60's, farce follows the adventures of happy-go-lucky bachelor Bernard. He's got it all going on: a flat in Paris and three gorgeous stewardesses all engaged to him without knowing about each other. But Bernard's perfect life gets bumpy when his friend Robert comes to stay and a new and speedier Boeing jet throws off all of his careful planning. Soon all three stewardesses are in town simultaneously, timid Robert is forgetting which lies to tell to whom, and catastrophe looms. Recommended for ages 15 & up.

SINGER/SONGWRITER SERIES

Caitlin Canty

Thursday, Feb. 19

3 p.m. workshop, 7:30 p.m. concert

Arts Barn

\$45 workshop and concert

\$25 concert only

Caitlin Canty's intimate solo concert will feature songs from her just-released record, *Reckless Skyline*, as well as some of her original songs from previous records. Canty delivers her fine-edged songs with a 1930's Recording King guitar and a dusky alto cut with wild defiant sorrow.

Interested in learning about songwriting and the music business from an insider? Canty will present a 3 p.m. workshop, geared to the needs and interests of those attending. She will be ready to cover songwriting, performance, record production, and the business of being a full-time touring musician.

(continued on page 5)

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

(Rescheduled)

Washington, DC

Date: Tuesday, Feb. 10

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 near 7th & E Streets NW where you will be 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!**

Minimum: 20

Maximum: 24

Marian Koshland Science Museum

Washington, DC



Date: Friday, Feb. 13

Depart: 9:30 a.m.

Return: 3:30 p.m.

Fee: \$22

Deadline: Friday, Feb. 6

The Koshland Science Museum of the National Academy of Science invites adults to interact with issues in a thought-provoking setting. It offers unique interactive exhibits that let you

explore the causes of climate change, the science of healthy living, and how your brain works. Lunch is on your own at one of the many nearby restaurants of Penn Quarter. Come check out this Science Museum designed for adults and exercise your brain!

Minimum: 13

Maximum: 33

Movie, Lunch & Shopping

Reston, VA

Date: Wednesday, Feb. 25

Depart: 8:45 a.m.

Return: 3:30 p.m.

Fee: \$15

Deadline: Friday, Feb. 20

Join us as we head to Reston Town Center for Senior Movie Day. Our first stop will be Bow-Tie Cinema's presentation of "Still Mine." Free to those 55+, with refreshments and door prizes before the movie. Afterwards you are on your own to eat in one of the 30 available restaurants or visit one of the 50 shops in the area.

Minimum: 20

Maximum: 33



TRIPS/ACTIVITIES/LECTURES

Heurich House Museum

Washington, DC



Date: Tuesday, Mar. 3
Depart: 10:15 a.m.
Return: 3:30 p.m.
Fee: \$25
Deadline: Friday, Feb. 20

Explore "The Brewmaster's Castle," once the home of Christian Heurich, Washington's second largest landowner and the largest private employer in the nation's capital. The interior of

the house is a masterpiece of craftsmanship and design, with hand-carved wood, hand-painted ceilings, luxurious furnishings, and more! After our docent tour, lunch is on your own up the block at The Front Page or one of the other local restaurants.

Minimum: 20 **Maximum:** 33

Baltimore Museum of Art - *Rescheduled

Baltimore, MD

Date: Wednesday, Mar. 11
Depart: 9 a.m.
Return: 3:30 p.m.
Fee: \$25

Deadline: Monday, Mar. 2

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



Socrates Roundtable

Wednesday, Feb. 11 at 1 p.m.

Topic: *Your Greatest Influences*

What have been some of the most influential forces in your life? Was it an experience? A person? A book? A place? Come and share.

*Our wisdom comes from our experience,
and our experience comes from our foolishness.*

- Sacha Guitry

You can now register online!
www.gaithersburgmd.gov

ARTS ON THE GREEN

For tickets call 301-258-6394

continued

GET IN THE ACT!

Broadway Sing-Along

Sunday, Mar. 1

3 p.m., Kentlands Mansion
\$10

Kentlands Community Chorus provides piano accompaniment, a song leader and lyric sheets; the audience provides vocal power and mounds of musical enthusiasm. Relax, enjoy refreshment and sing tunes from some of the best-loved Broadway shows, both old and new.

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

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



FREE

Book
Discussion

"The Art of Fielding"

by Chad Harbach

Thursday, Feb. 12 at 2 p.m.

The Gaithersburg Upcounty Senior Center



Gaithersburg

February 2015

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 11 am Church of the Epiphany 8:30 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 12:30 Bridge 12:30 Conv. English 12:30 Mah Jongg	4 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	5 8:30 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 10:30 Stability Ball @ BP 11 Osteoarthritis Lecture 11:15 Ritmo Latino 12:30 Bridge 12:45 Hispanic Book Club 2 Caregivers	6 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	7
8	9 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	10 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 Conv. English 12:30 Mah Jongg 2:30 Ballroom 4 AARP	11 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	12 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 2 Book Discussion	13 9:30 am Koshland Museum 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	14 8 pm Arts Barn Boeing Boeing

15

2 pm
Arts Barn
Boeing Boeing

16

PRESIDENTS DAY

SENIOR CENTER CLOSED

17

12:45 pm
Boys Night Out

8:30 Exercise Tape
9 Pancake Breakfast
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

18

10:45 am
Honest Abe

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

19

12:45 pm
Songs & History

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
2 Caregivers

3 pm Workshop
7:30 pm Concert
Caitlin Canty, Arts Barn

20

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
Boeing Boeing

21

8 pm
Arts Barn
Boeing Boeing

22

2 pm
Arts Barn
Boeing Boeing

23

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

24

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

25

8:45 am
Movie, Lunch & Shopping

8:30 Exercise Tape
9:15 50/50
9:30 BP Check
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

26

12:30 pm
Birthday Celebration

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

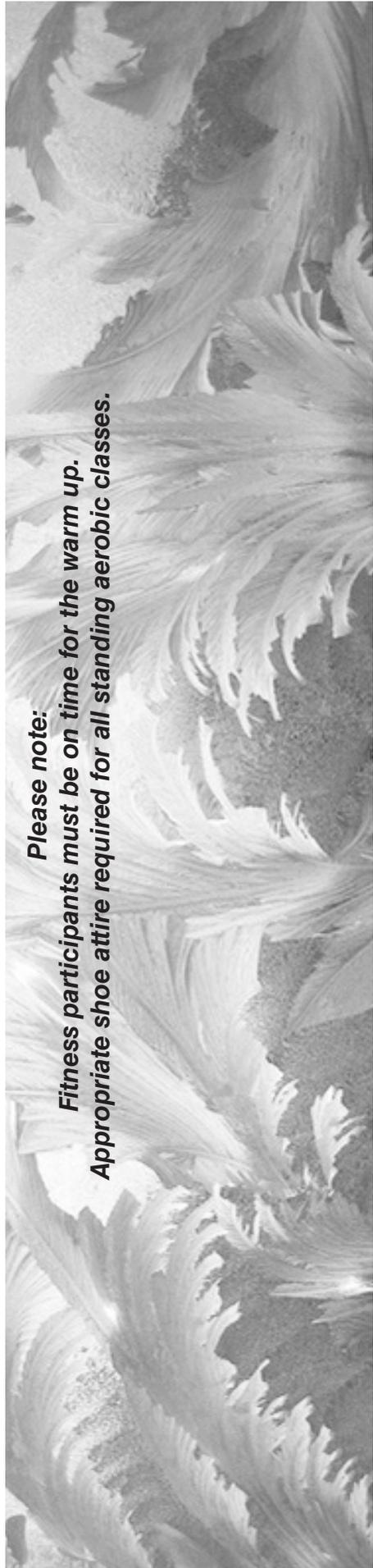
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8:30 Exercise Tape
9:15 High/Low
10:15 Fit 4 All
10:30 Mah Jongg
11:15 Strong & Balanced
12:15 Quilting
12:50 Bingo
1:15 Music Lessons
3 Core and More

8 pm
Arts Barn
Boeing Boeing

28

8 pm
Arts Barn
Boeing Boeing



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
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.

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! Please register on the program sheet.

CLASSES AND ACTIVITIES

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.

Mah Jongg

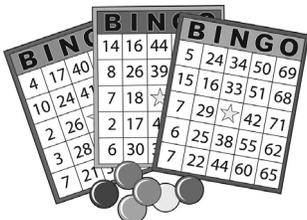
Tuesdays and Fridays at 12:30 p.m.
If you are interested in learning how to play Mah Jongg, please contact Charlyn at 301-258-6380 to arrange a lesson.

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

Date: Friday, Apr. 10
Time: 9 – 1:30 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



Music Lessons

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

Ritmo Latino

Date: Thursdays
Time: 11:15 a.m.
Move to Latin rhythms.

Ballroom Dance

Date: Tuesdays, Feb. 10 & 17
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.

Conversational English

Tuesdays, Feb. 3 – 24
12:30 p.m.

Join the wonderful Susan Bradley to practice and perfect your English.



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!

Watercolor

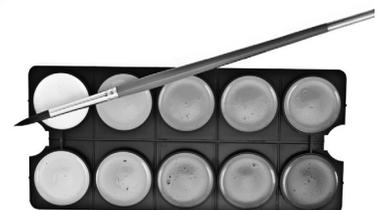
Dates: Wednesdays,
Feb. 4 – Mar. 25
(8 sessions)

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



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

FEBRUARY 2015 ACTIVITIES

MONTHLY MEETING: Tuesday, Feb. 10, 2015

4 p.m. Bingo

2 cards, \$2, choice of prizes.

5:30 p.m. Dinner

Pizza, subs, sandwiches, and salads, drinks and desserts. \$10.

6:10 p.m. Brief Business

Review Board Decisions from January Retreat, 50-50 and door prizes.

6:40 Program

Robert Benz, Coach/Facilitator from The Clearfocus Strategy Group, will give "A Memorable Talk: Strategies to Improve Memory." Free.

Members of the Senior Center are invited to join us in all our activities. You may also register a relative or friend. We can help with rides to the meeting. Pay in advance by cash or check at the Senior Center or mail your check (made payable to Gaithersburg Chapter #5358 of AARP) to 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.

CHAT AND CHEW

Join us for lunch **Tuesday, Feb. 17 at Café Hong Kong** (13038 Middlebrook Road, Germantown) for a buffet or lunch specials for \$7– \$9. 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. Sign up by phone with Nancy Dols (301-946-6034) or Annette Thompson (301-977-7936 or 301-938-0893) or at the Center so we can make reservations and arrange our car pools.

TRIPS

Cape Cod and the Islands Plus - May 17 – 22

A six-day trip with stops at Foxwoods Casino, Mystik Seaport, the mansions of Newport, Hyanis Port, the JFK Museum, and visits by ferry to Nantucket and Martha's Vineyard. The cost is \$788 – \$910 depending on number of participants; the single supplement is \$230. The fee covers all transportation, accommodations, breakfasts and dinners (including a lobster feast and two buffets), plus taxes and meal gratuities. A \$60 deposit is needed by March 17. Contact Nancy Dols (301-946-6014) or Annette Thompson (301-977-7936) for additional details and to register.

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).

COMMUNITY SERVICE

We need **donations of new or almost new books for children ages 4 – 6** to put in our literacy bags in March. You will be reimbursed for suitable low cost books you buy at a library outlet or thrift shop. You may have grandchildren who have outgrown books from when they were younger; encourage them to donate those books to our literacy project, which benefits needy youngsters.

CONVERSACIÓN EN INGLÉS

Días: martes, 3 de febrero al 24

VIAJE AL DEPARTAMENTO DE ESTADO Y CENTRO DE VISITANTES DE LA CASA BLANCA

Washington, DC

Día: Martes 10 de febrero

Salida: 8:30 am

Regreso: 3:30 pm

Costo: \$16

Fecha de vencimiento: miércoles 28 de enero

Primero tendremos un guía turístico que nos dará un recorrido por las salas de recepciones Diplomáticas del Departamento de Estado, con énfasis en el arte y la historia. Esta interesante visita se destacará en los aspectos de la arquitectura y decoración de cada salón. Luego haremos una parada para almorzar cerca de la calle séptima y E, en NW, donde usted podrá almorzar por su cuenta. Después del almuerzo, usted podrá visitar el recientemente renovado Centro de visitantes de la Casa Blanca. Lleve con usted una identificación emitida por el Gobierno. No se permiten bolsas, carteras o paraguas. Durante este viaje se caminará bastante.

Mínimo: 20 Máximo: 24

ORIENTACIÓN PARA NUEVOS MIEMBROS

Día: lunes 9 de febrero

Hora: 1pm

Lugar: Senior Center

CONFERENCIA A MESA REDONDA

Día: miércoles 11 de febrero

Hora: 1pm

El tema que se discutirá será sobre las influencias más grandes en su vida. ¿Cuáles han sido algunos acontecimientos más influyentes en su vida? ¿Cómo fue su experiencia? Fue una Persona, un libro, un lugar que usted visitó o vivió? Venga a compartir!

MARTES GORDO

Desayuno de panqueques

Día: martes 17 de febrero

Hora: de 9am a 10:30am

Costo: \$3 para los miembros y \$5 para los no-miembros

Únase a nosotros para celebrar la tradicional fiesta de panqueques que se llama, el martes gordo y se hace el último día de la temporada de carnaval. Invite a sus amigos y regístrese en la hoja del programa.

NOCHE AFUERA

POR EL GRUPO "LOS CABALLEROS"

Día: martes 17 de febrero

Hora: 12:45pm

Únase a nosotros a disfrutar de buena música interpretada por el grupo "Caballeros De Afuera", quienes les deleitarán con música de campo, y grama azul, (blue grass).

SEA PARTE DEL ACTO

Cantando junto al grupo de Broadway

Día: domingo 1o. de marzo

Hora: 3pm

Lugar: La Mansión de Kentlands

Costo: \$10

El coro de la Comunidad de Kentlands ofrece acompañamiento de piano, un Director de cantos líricos y hojas. La audiencia proporcionará la potencia vocal y un entusiasmo musical. Relájese, disfrute de refrescos y cante canciones de algunos de los más queridos de Broadway, tanto antiguos como nuevos.



CELEBRACIÓN DE CUMPLEAÑOS

Día: jueves 26 de febrero

Hora: 12:30 pm

AVISO

Cuotas para la membresía del Senior Center:

Residente: \$40

Esposo/a del residente: \$30

Non-residente: \$120

Esposo/a del non-residente: \$60

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

CRUCERO PARA DISFRUTAR DE LAS FLORES DE CEREZA

Washington, DC

Día: jueves 2 de abril

Salida: 10:30 am

Regreso: 3:30

Costo: \$ 80

Fecha de vencimiento: lunes 3 de marzo
Ya se acerca la Primavera! Suba a bordo del "Espíritu de Washington" para disfrutar de una tarde emocionante de diversión. Las vistas son espectaculares y el talentoso equipo del barco está preparado para ofrecer un buen entretenimiento para que usted pase de unos momentos memorables e inolvidables. También disfrutará de un delicioso almuerzo/buffet. No se pierda este espectacular viaje que muchas personas llaman: "El mejor viaje de sus vida!" Si el viaje se completa, tendremos una lista de espera y trataremos de comprar más boletos.

Mínimo: 19 Máximo: 19

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 Tomaselio
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@gaitersburgmd.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: _____