

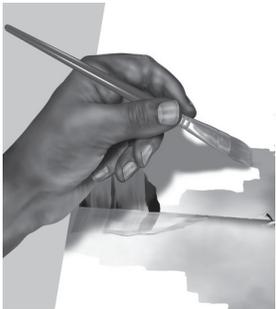
The Gaithersburg Upcounty

# GAITHERSBURG NEWS

March 2015



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



## You Can Paint!

**Date:** Thursday, March 26  
**Time:** 12:30 – 2 p.m.  
**Fee:** \$5  
**Deadline:** Monday, March 23

Join Mike Mathis of Kentlands Manor as he guides you through painting techniques, much like The Joy of Painting's Bob Ross. Kentlands Manor will provide the supplies, acrylic paints and canvases and

Mike will provide the instruction. Each participant will leave with their very own masterpiece!

**Minimum:** 10

**Maximum:** 20

301-258-6380

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

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

## The Windtalker Experience

**Tuesday, March 10 at 12:45 p.m.**

Randy "Windtalker" Motz presents "The Windtalker Experience," a breathtaking photo journey through the Southwest set to the haunting sounds of live Native American flute. This is an amazing show that you will not want to miss.

## Songs and History:

### Swing & Dance of the 1930's – 50's

Presented by Dr. Yonina Foster

Thursday, March 12 at 12:45 p.m.

**Fee:** \$2

Singers and listeners, this monthly presentation will entertain, enlighten and perhaps evoke musical memories from your past. Come lend your voice and your stories. Register on the program sheet.



## Beef & Cheddar Quiche Breakfast

**Tuesday, March 10**

**9 – 10:30 a.m.**

**\$3 Members/\$5 Non-members**

Join us for Chef Sia's famous quiche! He is jazzing it up with beef and cheddar cheese and a side of fruit salad. Yum! Make sure you sign-up on the program sheet and invite your friends.



## Westminster Peep Show

Westminster, MD

**Date:** Tuesday, March 31

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$16

**Deadline:** Thursday, March 26

You will be dropped off on Westminster's Main Street where you are on your own to eat, shop and



check out the Peep Show at the Carroll County Arts Council. The Peep Show consists of hundreds of marshmallow masterpieces created by local artists and groups made entirely out of the marshmallow treat Peeps. You will be provided with a map of the area. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33



**Birthday Celebration**  
**Wednesday, March 25**  
**at 12:30 p.m.**

*Sponsored by Kentlands Manor*

**March Birthdays**

- 1 Robert Behr, Gunjana Giri  
 Maria McBryde, Anand Goel
- 2 Ana Rojas
- 4 Loretta Martinsson
- 5 Leonor Bikle  
 Carole Geronimo
- 6 MarieRose Paul
- 8 Clinton Thomas
- 12 Saroj Garg
- 14 Beatrice Brittenham
- 16 Dolores Gherna
- 17 Mae Bowman
- 19 Doris Frye
- 24 Leslie Shapiro
- 30 Pam McPherson
- 31 Robert Anderson



Sympathy is extended  
to the friends and family of  
Zoila Flores  
and Martha Udaeta  
who recently passed away.

**Member Orientation**  
**Monday, March 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,

It has been a while since we provided an update on the Center's renovation. Although the weather has contributed to a delay in construction, things are moving along well and as of this writing, we are planning the Fitness Center to be completed in mid-March. Staff needs to be hired and trained, so its opening will be a few weeks later.

We are very happy the new Computer Lab has opened and now accommodates 10 computer stations. The room is brighter and quieter, allowing for better concentration and learning.

The Lecture Room is completed but will serve as the Center's Administrative Office until the front offices are ready. This area is under a major redesign for better efficiency of facility access and program registration.

Some have asked if there will be places to sit in addition to the Founders Room (lunch area). There will be seating just beyond the front entry and outside of the Fitness Center and the Founders Room. There will also be seating in the billiard area and another near the library.

You have been very patient during this process, thank you. We believe it will be worth the wait and hope you do also.

Gaithersburg 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)
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# WELLNESS

## Long Term Care – Optimizing Your Options

Wednesday, March 4 at 12:45 p.m.

Join Linda Brennan for delicious desserts and an informational talk about Long Term Care. There will be a special raffle for all attendees. Please register on the Program Sheet.

Minimum: 6                      Maximum: 20

## Healthy Heart and Mind Support Group

Tuesday, March 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, March 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.

## Diabetes Support Group

Tuesday, March 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.

## 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!**



## AARP Smart Driver Course

Date: Friday, April 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

## Blood Pressure Check

Wednesday, March 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



## Book Discussion

FREE

### "Tenth of December"

by George Saunders

Thursday, March 12 at 2 p.m.

## Socrates Roundtable

Wednesday, March 18 at 1 p.m.

Topic: *Technology*

Technology is changing every day. How has technology changed your life? Has it made it better or worse? What kind of technology are you waiting to be invented? Does technology intimidate you? Come and share.

## Pool Tournament at Damascus

### Senior Center

Monday, March 30

10 a.m. – 2 p.m.

Fee: \$5

Show off your skills and represent the Senior Center at this 8-Ball tournament. Call 240-777-6995 to reserve your spot. If you would like lunch, let them know. Lunch is \$7 or a donation if over 60 years of age. Sign up by March 20. Transportation is on your own.

## Diversity Program

Monday, March 30 at 11:15 a.m.

Our award winning Diversity Program is back! Come share and discuss how young people today are different than the young people of the past from your culture. Are today's young people carrying on traditions that are important to you? Or are they becoming too global or similar to the youth in many other countries?

## Heurich House Museum

Washington, DC

Date: Tuesday, March 3

Depart: 10:15 a.m.

Return: 3:30 p.m.

Fee: \$25

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, March 11

Depart: 9 a.m.

Return: 3:30 p.m.

Fee: \$25

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



## Visionary Art Museum

Baltimore, MD

Date: Thursday, March 19

Depart: 8:45 a.m.

Return: 3:30 p.m.

Fee: \$26

Deadline: Thursday, March 12

The Visionary Art Museum has been described as one of the most exciting and unique museums in the world.

Don't miss their newest exhibit: "The Visionary Experience: Saint Francis to Finster." Come soar the uncharted skies of boundless inspiration and discover the many pathways that lead us there. And if you think the museum is great, the gift shop at this museum is superb! Not only is it chocked full of unique gifts, but also affordably priced. Lunch is on your own at one of the nearby restaurants. Maps will be provided. **Lots of walking!**

Minimum: 20

Maximum: 33



# TRIPS/ACTIVITIES/LECTURES



## IBERIAN SUITE: GLOBAL ARTS REMIX at the Kennedy Center

Washington, DC

**Date:** Monday, March 16

**Depart:** 9:30 a.m.

**Return:** 4 p.m.

**Fee:** \$16

**Deadline:** Wednesday, March 11

Continuing the Kennedy Center's exploration of international arts, we will be visiting the IBERIAN SUITE installations which highlight the many cultures that comprise the Portuguese and Spanish speaking people and the impact they have had throughout the world. The highlight of our visit will be "Picasso Ceramist and the Mediterranean," a carefully curated selection of more than 140 of Pablo Picasso's ceramic pieces. After our visit, we will stop for lunch on your own at the Shops of 2000 Penn, where there are several restaurants to choose from. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33

## The House of the Temple

Washington, DC

**Date:** Tuesday, March 24

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$16

**Deadline:** Thursday, March 19

We will take a guided tour of the House of the Temple, which opened to great fanfare on October 18, 1915. It is the headquarters of the Supreme Council, 33°, Scottish Rite of Freemasonry, Southern Jurisdiction, USA. The building is architectural magnificence and the intense attention to detail continues on the inside. After our tour, lunch is on your own in the Dupont Circle area. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33

## Cherry Blossom Cruise

Washington, DC

**Date:** Thursday, April 2

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

**Return:** 3:30 p.m.

**Fee:** \$80

**Deadline:** Monday, March 2

**FULL**

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.



## 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!

## "Blood Quilt" at Arena Stage / Breakfast at Downtown Crown

Washington, DC

**Date:** Wednesday, May 13

**Depart:** 9 a.m.

**Return:** 4 p.m.

**Fee:** \$55

**Deadline:** Thursday, March 26

First we will stop for breakfast in the new Downtown Crown where you can choose your restaurant and order from the menu and pay on your own. Then to Arena Stage for the world premiere of "Blood Quilt." Welcome to the Jernigan Gals' Quilting Corner. Gathering at their childhood island home off the coast of Georgia, four disconnected sisters meet to create a family quilt to honor their recently deceased mother. When their reunion turns into a reading of their mother's will, everyone must grapple with a troubling inheritance. Stitched with history and ritual, laughter and tears, will their "blood quilt" bind the family together or tear them apart forever?

**Minimum:** 19

**Maximum:** 19

You can register online at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

# The Gaithersburg Upcounty Senior Center



Gaithersburg

# March 2015

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

301-258-6380

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 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	<b>3</b> 10:15 am Heurich House 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	<b>4</b> 8:30 Exercise Tape 9:15 50/50 10:15 Fit 4 All 11:15 Strong & Balanced 12:30 Weight Training 12:45 Long Term Care Lecture 1 Crochet 1:15 Flexible Strength 1:15 Music Lessons 2 Watercolor	<b>5</b> 8:30 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 10:30 Stability Ball @ BP 12:30 Bridge 2 Caregivers	<b>6</b> 8:30 Exercise Tape 9:15 High/Low 10 Learn to Play Bridge 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	<b>7</b>
<b>8</b>	<b>9</b> 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	<b>10</b> 12:45 pm The Windtalker Experience 8:30 Exercise Tape 9 Beef & Cheddar 9:05 Quiche Breakfast 9:15 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 12:30 Bridge 12:30 Conv. English 12:30 Mah Jongg 4 AARP	<b>11</b> 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 Watercolor	<b>12</b> 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 12:30 Bridge 2 Book Discussion	<b>13</b> 8:30 Exercise Tape 9:15 High/Low 10 Learn to Play Bridge 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	<b>14</b>

15

16 9:30 am  
Kennedy Center

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

17

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**

18

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

19

8:45 am  
Visionary Art  
Museum

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BP  
12:30 Bridge  
2 Caregivers

20

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

21

22

23

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

24

10 am  
House of the  
Temple

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

**HeartWell in Action**

25

12:30 pm  
Birthday Celebration

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

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BP  
12:30 Bridge  
12:30 You Can Paint!

27

8:30 Exercise Tape  
9:15 High/Low  
10 Learn to Play  
Bridge  
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

28

29

30

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

31

10 am  
Westminster  
Peep Show

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10 Pool Tournament  
at Damascus SC  
10:15 Stretch & Strengthen  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
2:30 Ballroom

**HeartWell in Action**



**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  
January 7 – March 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,  
January 8 – March 26  
**Time:** 10:30 a.m.  
**Fee:** \$15

Bring your own mat and ball.

**Minimum:** 9 **Maximum:** 20

## Weight Training

### Senior Center

**Dates:** Wednesdays  
January 7 – March 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, January 6 – June 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

## MUSIC

### Music Lessons

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

### Ballroom Dance

**Date:** Tuesdays, March 3 – 31  
*No Class March 10*  
**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.



### 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.

### 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.

### Learn Canasta Mondays from 2 – 4 p.m.

### 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.

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

### Learn to Play Bridge

**Dates:** Fridays, (8 sessions)  
February 20 – April 10  
**Time:** 10 a.m. – Noon  
**Fee:** \$16  
What is bridge? It is a card game played by 4 players. Bridge is about rules, mental challenge, concentration, sociability, friendships, skill, addiction and fun. Each class is a learning experience with rules explained and the game played. Taught by Linus Klitsch.  
**Minimum: 6 Maximum: 12**



### Poker

*Do you love to play poker?  
We have a group that plays  
most afternoons.  
Come check it out!*

### Computer Help

**Thursdays, 10 a.m. – 2 p.m.**



### Technology Troubleshooting

**Monday, March 16  
10 a.m. – Noon**

They are back to help you! 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**

### Conversational English Tuesdays, March 3 – 31 12:30 p.m.

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

### Watercolor

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

**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](http://www.gaithersburgmd.gov) to learn about cancellations.

## AARP, Gaithersburg Chapter #5358

### MARCH 2015 ACTIVITIES

#### MONTHLY MEETING:

**Tuesday, March 10, 2015**

#### 4 p.m. Community Service

Prepare "Literacy Bags" for Head Start children at four area schools. We need donations of new or almost new books for children ages 4 – 6 to put in our literacy bags

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

Chef Sia will serve Chicken Parmesan or Vegetarian Quiche with sides, salad, garlic bread, and hot or cold drinks; choice of desserts made by members of our chapter. \$10.

**6:10 p.m. Brief Business Meeting**  
50-50 raffle and door prizes.

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

Dale Jarrett will provide a musical treat; come sing, dance, and enjoy. 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](mailto:annettethompsonphd@yahoo.com).

#### CHAT AND CHEW

Join us on Tuesday, March 17 at 4:30 p.m. at Quincy's (616 Quince Orchard Rd.) for our St. Patrick's Day get-together and some Irish inspired food and drink. Drive yourself to the restaurant by 4:30 p.m. or meet at 4 p.m. to car-pool from the Senior Center. Order and pay on your own. Please sign up with Nancy Dols at (301-946-6034) or Annette Thompson at (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, Hyannis 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.

##### Wednesdays Casino Trips to Maryland Live!

The cost is \$22. You will receive \$40 to play the slots. Departure time is at 9 a.m., return around 4 p.m. For more details about parking restrictions, to register and pay in advance, see Dale Batchelder (301-983-0104) or Margaret Fisher (301-947-1835).

##### Senior Rally Day in Annapolis: March 18, 9 a.m. – 1 pm.

Maryland AARP will have a bus pick-up in Montgomery County. There will be a bus stop at the Senior Center if we have 10 or more people signed up to attend. A continental breakfast and a box lunch will be provided, as well as a chance to hear from some of our government officials. Everything is free! Non-AARP members are invited to attend, just sign up with Annette (301-977-7936).

# Noticias de Mucho Interés para los Seniors de Habla Hispana

## DESAYUNO

### PASTEL DE CARNE DE RES CON QUESO CHEDDAR

**Día:** Martes 10 de marzo

**Hora:** 9 to 10:30 am

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

Invite a sus amigos/as y venga a disfrutar de un delicioso desayuno hecho por nuestro chef Sia. Este desayuno es un delicioso pastel de carne de res con queso cheddar, y por supuesto acompañado de un plato de fruta fresca. Por favor regístrese en la hoja del programa.

## CHARLA EN MESA REDONDA

**Día:** miércoles 18 de marzo

**Hora:** 1pm

**Tema:** La Tecnología

La tecnología cambia todos los días. Como la tecnología ha cambiado su vida, le ha mejorado o empeorado? La tecnología le intimida? Qué tipo de tecnología está esperando que inventen? Venga, aprenda y comparta sobre la tecnología.

## VIAJE A LA CASA DEL TEMPLO

### Washington, DC

**Día:** martes 24 de marzo

**Salida:** 10 am

**Retorno:** 4pm

**Costo:** \$16

**Fecha de vencimiento:** jueves 24 de marzo  
Durante este viaje un guía turístico nos dará un recorrido por la Casa del Templo que se inauguró el día 18 de octubre de 1915. Esta es la sede del Consejo Supremo, 33 °, Rito Escocés de la Masonería en la Jurisdicción del Sur de USA. Este edificio tiene una arquitectura magnífica y la intensa atención al detalle continúa en el interior. Después del recorrido, usted podrá almorzar por su propia cuenta en el are de Dupont Circle. Se caminará bastante!

**Mínimo:** 20      **Máximo:** 33

## TORNEO DE BILLAR EN EL CENTRO DE DAMASCUS

**Día:** lunes 30 de marzo  
10 am – 2pm

**Costo:** \$5

Vamos a compartir con nuestros amigos del Centro de Damascus. Demuestre sus habilidades y represente a nuestro Centro de Gaithersburg. Para reservar su lugar, por favor llame al 240-777-6995 y si desea almorzar, hágales saber. El precio del almuerzo es de \$7 o una donación, si es mayor de 60 años. El transporte es por su propia cuenta.

## PROGRAMA DE DIVERSIDAD

**Día:** lunes 30 de marzo

**Hora:** 11:15 am

Nuestro programa de diversidad regresa. Venga a compartir su punto de vista sobre como los jóvenes de hoy están creciendo diferentes a los del pasado y su cultura. Usted cree que la juventud de hoy día ya no honran las tradiciones de los padres? Se están volviendo demasiado global o similar a la juventud de otros países? Venga y participe en esta interesante conversación.

## VIAJE A WESTMINSTER "PEEP SHOW"

### Westminster, MD

**Día:** martes 31 de marzo

**Salida:** 10 am

**Retorno:** 4pm

**Costo:** \$16

**Fecha de vencimiento:** jueves 26 de marzo  
El ómnibus los dejara en la calle principal de Westminster donde usted podrá hacer compras, almorzar, y disfrutar del show "Peep" que ofrece el Consejo de Artes del Condado de Carroll y consiste de cientos de obras maestras hechas con dulces de malvaviscos creadas por artistas y grupos locales. Le proveeremos un mapa del área. Póngase zapatos cómodos porque se caminará bastante.

**Mínimo:** 20      **Máximo:** 33



## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** miércoles 25 de marzo

**Hora:** 12:30 pm

## CONVERSACIÓN EN INGLÉS

**Días:** martes marzo 4 al 25

## AYUDA EN EL LABORATORIO DE LAS COMPUTADORAS

**Días:** jueves de 10 am a 2 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

## 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](http://www.Gaithersburmd.gov)

## JUEGO DE POKER

Le gustaría aprender a jugar póker? Tenemos un grupo que juega póker todas las tardes. Venga y disfrute junto a ellos.

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](mailto:csimpson@gaitthersburgmd.gov)**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program.

## Do we have your updated Emergency Contact Information?

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

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