

The Gaithersburg Upcounty

 **Senior NEWS**  
April 2015



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



*Phoenix Arts Concert*

Monday, April 13 at 12:45 p.m.

Join us for a wonderful performance of classical music!

**Songs and History:  
Songs from the NPR 100 Top Songs**

Presented by Dr. Yonina Foster

Thursday, April 16 at 12:45 p.m.

Fee: \$2

Come discover one of the most delightful programs at the Senior Center! Singers and listeners, this monthly presentation will entertain, enlighten and perhaps evoke musical memories from your past. Come lend your voice and your stories.

301-258-6380

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

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

**Maryland Law Day**

Friday, May 1 from 10 a.m. – 2 p.m.

Meet with a lawyer who will help you prepare your Advanced Directives for FREE! Call 301-258-6380 to make an appointment.

**Socrates Roundtable**

Wednesday, April 15 at 1 p.m.

Topic: Aging Issues

What do you think is the biggest issue seniors face today? What kinds of services and programs would make your life better? What is your favorite activity to do since you have retired? What is one thing you have learned since retirement that you wish you would have known sooner? How is retirement different than you imagined? Come and share.



7th Annual  
**ACTIVE AGING EXPO**

Presented by Adventist HealthCare

Monday, May 4

9 a.m. – 2 p.m.

Activity Center at Bohrer Park  
506 S. Frederick Ave., Gaithersburg

Join us for the best day  
of the year!

The Active Aging Expo boasts educational talks, informational booths, exciting demonstrations, pampering services, a delicious pizza lunch, and fun activities.

Parking at the Activity Center is free.

If you would prefer to ride the shuttle bus from the Senior Center to the Expo, it will be available at 9 a.m., 10 a.m. and 11 a.m.

Lots of FUN!

**Eggs Benedict Breakfast**

Tuesday, April 14

9 – 10:30 a.m.



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

Join us for this rich and delicious breakfast. Yum! Make sure you sign-up on the program sheet and invite your friends.



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

*Sponsored by Kentlands Manor*

**April Birthdays**

- 2 Maakai Sirleaf
- 4 Tony On
- 5 Rene Teger  
Barbara Kreta
- 8 Abbas Jafri
- 11 Mina Parsont
- 14 Graceila Molina  
Victor Roman
- 15 Lila Alvarez  
Jim Ambot
- 16 Dieutran Nguyen  
Jean Bowen
- 17 Burnetta Washington
- 18 Jennie Cargill
- 20 Joan Cisz
- 21 Eloise Johnson
- 22 Laura Newton
- 24 Kathy Bennett
- 25 Mary Lou Thompson
- 29 Barbara Holzapfel

**Member Orientation**

**Monday, April 13 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,

Spring is here and not a moment too soon! There are so many great things to look forward to during the spring/summer months, and one of the most valued is the opportunity to be outside.

Natural daylight is important to our body's natural rhythms, including maintaining an upbeat mood, less desire for comfort foods and even enjoying better sleep. Natural light makes us feel better

and has even been credited with accelerating the healing process of those who are sick.

Staying hydrated during the warmer months is so important for everyone, but especially those of us who are on medications. Here are some tips for a safe and enjoyable summer outside:

- Allow yourself to become acclimated to warmer temperatures and higher humidity
- Sweating is how the body cools its temperature, but the body is also losing important fluids, so drink enough water to replace what you are losing
- Listen to your body - if you are feeling fatigued or dizzy from the heat, slow down and seek cool shelter
- Wear fabrics made to wick away moisture when possible
- Remember your sunscreen!

We are looking forward to the next several months and want to enjoy each day – see you outside!

Grace

**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.

**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

## Lymphedema

**Monday, April 27 at 11 a.m.**

Come learn about Lymphedema, swelling in an arm or leg caused by a lymphatic system blockage, and the ways it can be treated. Treatment can alleviate discomfort and help recover lost function and mobility. Presented by Rehab 1st. Please register to reserve your spot!

**Minimum: 10**

**Maximum: 20**

## Healthy Heart and Mind Support Group

**Tuesday, April 28 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, April 2 & 16**

**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, April 21 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.

## Montgomery Village Healthcare Presents

**Tuesday, April 14 at 11 a.m.**

*Join us for an informative lecture on a variety of helpful and interesting topics.*

## Blood Pressure Check

**Wednesday, April 22**

**9:30 – 11:30 a.m.**

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



## Senior Nutrition Program

Lunch is served at the Center at noon, Monday – Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed. The full cost of the meal is \$6. For those age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible. **Guests younger than 60 must pay the full cost of the meal!**



**SUBURBAN HOSPITAL**

JOHNS HOPKINS MEDICINE

## HeartWell in Action

**Leni Barry, RN, MA**

**Tuesdays, 9:30 a.m. – 2 p.m.**

A nurse educator from Suburban Hospital will be visiting us on Tuesdays. This program will focus on health promotion and include activities such as health screenings, counseling, seminars, and educational handouts.

**Tuesdays at 1:15 p.m.**

Join

**Suburban HeartWell  
for Healthy Tasty Tips**

## 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**



**FREE**

**Book  
Discussion**

**"Tenth of December"**

by George Saunders

**Thursday, April 9 at 2 p.m.**

# TRIPS/ACTIVITIES/LECTURES

## Cherry Blossom Cruise

Washington, DC

**Date:** Thursday, April 2

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

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

**Fee:** \$80

**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 to purchase more tickets.

## "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

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

## Heurich House Museum

Washington, DC

**Date:** Tuesday, April 7

**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

**RESCHEDULED**

## Theodore Roosevelt Island

Washington, DC

**Date:** Tuesday, April 14

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Friday, April 10

Come visit this fitting memorial to our 26th president, Theodore Roosevelt, an active and enthusiastic outdoorsman. You can hike the island's trails, bird watch or just soak in the beauty of the natural environment. Dress for the weather, it can be cool on the water, and bring plenty of water. After our visit to the island, we will stop for lunch on your own in Cabin John.

**Minimum:** 20      **Maximum:** 33



## Department of the Interior

Washington, DC

**Date:** Thursday, April 16

**Depart:** 10 a.m.

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

**Fee:** \$15

**Deadline:** Monday, April 13

Welcome to the Department of the Interior! We will take a walking tour that focuses on the history of the building via a selection of more than 40 New Deal-era painted murals, plus photographic murals by Ansel Adams. We will also visit the Interior Museum and their current exhibit "POSTERity: WPA's Art Legacy & America's Public Lands." After our tours, we will stop for lunch in the Department of the Interior's cafeteria. Lunch is on your own. **Lots of walking!**

**Minimum:** 20      **Maximum:** 33



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

# TRIPS/ACTIVITIES/LECTURES

## Ladew Topiary Gardens

Monkton, MD

**Date:** Friday, April 24

**Depart:** 9 a.m.

**Return:** 4 p.m.

**Fee:** \$45

**Deadline:** Thursday, April 16

Ladew Topiary Gardens is considered "the most outstanding topiary garden in America" by the Garden Club of America, with 15 thematic gardens on 22 acres. The circa 1747 Manor House is filled with English antiques and fox hunting memorabilia and the oval library is listed as one of the "most beautiful rooms in America." We will have a guided tour of the Manor House and a self-guided tour of the gardens. Lunch is at noon in the Ladew Café and included in the trip fee. Lunch includes a beverage and dessert, you choose on the program sheet if you would like a Strawberry Salad, a Chicken Salad Croissant, a Veggie Wrap, or a Classic Turkey Sandwich. Dress for the weather. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33



## DC Design House Tour

McLean, VA

**Date:** Tuesday, April 28

**Depart:** 10 a.m.

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

**Fee:** \$40 (transportation & ticket)

**Deadline:** Tuesday, April 21

Do you love seeing professionally decorated houses? Each year a new house is designated as the DC Design House to showcase the area's finest designers, all for the benefit of Children's National Medical Center. We will take a guided tour of the almost 9,000 square foot house. After our tour, we will stop for lunch in Tyson's Corner. **Lots of walking and some stairs!**

**Minimum:** 20

**Maximum:** 33

## "Dolley Madison, Presidentess"

Arts Barn, Gaithersburg, MD

**Date:** Wednesday, May 20

**Depart:** 10:45 a.m.

**Return:** 3 p.m.

**Fee:** \$20 Drive yourself / \$25 Ride the bus

**Deadline:** Friday, May 8

"Dolley Madison, Presidentess" is a one-woman play about the wife of James Madison, president of the United States from 1809-1817, starring award-winning actress Mara Bayewitz. Dolley was a woman who experienced the highs and lows of life and persevered through her humor, intelligence and strength. Many may know that she saved the oil painting of George Washington as the British were about to burn the White House during the War of 1812. Few may be aware that she was the First Lady for two presidents, or how she influenced Washington society. We will first eat lunch at Brasserie Beck in the Kentlands, where you can order from the menu and pay on your own. Lunch is at 11 a.m. The show starts at 1 p.m.

**Minimum:** 13

**Maximum:** 33



## Diversity Program

**Monday, April 20 at 11:15 a.m.**

Be a part of our award winning Diversity Program! Come share and discuss your culture. What do you think is interesting about your culture? What do you like or don't like about your culture? What are some things that define your culture (music, food, etc.)?

## ARTS ON THE GREEN

For tickets call 301-258-6394

### Open Mic @ The Mansion

**Friday, April 3, 8 – 11 p.m.**

\$10 Cover charge

### World Music

**Alif Laila—Sensational Sitar**

**Saturday, April 4 at 8 p.m.**

Arts Barn

25/\$12 for age 18 and under

### Next to Normal

**April 10 – 26**

Friday & Saturday at 8 p.m.

Sunday at 2 p.m.

Arts Barn

\$22

### Singer/Songwriter Series

**Peter Mulvey**

**Thursday, April 16**

3 p.m. Workshop

7:30 p.m. Concert

Arts Barn

\$45 Workshop and Concert

\$25 Concert Only

### Spotlight Series:

**Tales of Wonder**

**"The Cave Dwellers"**

Montgomery Playhouse

**Sunday, April 19 at 7:30 p.m.**

Arts Barn

\$10

### Broadway Sing-Along

**Sunday, April 26 at 1:30 p.m.**

Kentlands Mansion

\$10 (all ages welcome)

# The Gaithersburg Upcounty Senior Center



Gaithersburg

# April 2015

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

301-258-6380

## Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**1**

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 Pastel

**2**

10:30 am  
Cherry Blossom  
Cruise  
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**

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  
3 Core and More

**4**

**5**

**6**

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

**7**

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

**8**

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 Pastel

**9**

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

**10**

8:30 Exercise Tape  
9 AARP Smart Driver  
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  
3 Core and More

**11**

12

**11 am**  
**Classical Concert**

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

14

**10 am**  
**Theodore Roosevelt Island**

8:30 Exercise Tape  
9 Eggs Benedict  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 MV Healthcare  
Lecture  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
2:30 Ballroom  
4 AARP

**HeartWell in Action**

21

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**

28

**10 am**  
**DC Design House**

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:45 Connect-a-Ride  
11 Healthy Heart & Mind  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
2:30 Ballroom

**HeartWell in Action**

15

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 Pastel

16

**10 am**  
**Department of the Interior**

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  
12:45 Songs & History  
2 Caregivers

17

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  
3 Core and More

18

19

20

8:30 Exercise Tape  
9:15 High/Low  
10 Computer  
Troubleshooting  
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

21

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

22

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 Pastel

23

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

24

**9 am**  
**Ladew Gardens**

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  
3 Core and More

25

26

27

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

28

**10 am**  
**DC Design House**

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:45 Connect-a-Ride  
11 Healthy Heart & Mind  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
2:30 Ballroom

29

**12:30 pm**  
**Birthday Celebration**

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

30

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

**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  
April 1 – June 24

**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,  
April 2 – June 25

**Time:** 10:30 a.m.

**Fee:** \$15

Bring your own mat and ball.

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

## Weight Training

Senior Center

**Dates:** Wednesdays  
April 1 – June 24

**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.

## Music Lessons

Mondays and Wednesdays

\$20 for a 45 minutes lesson.

301-258-6380 to schedule.

*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.

**FULL**

# CLASSES AND ACTIVITIES

## Poker

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

## 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  
12:30 p.m.**  
Drop in and play!

## Learn to Play Bridge

**Dates:** Fridays, (8 sessions)  
May 1 – June 19

**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:** 8 **Maximum:** 12

## Conversational English

**Tuesdays, April 7 – 28  
12:30 p.m.**

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

## Pastel Workshop

**Dates:** Wednesdays, April 1 – 29  
(5 classes)

**Time:** 2 – 4 p.m.

**Fee:** \$50

Learn to paint in a new medium or refine your skills. We will discuss techniques, composition, getting light and color in your work of art. For the watercolorist we will have one class on combining watercolor and pastels. Come and explore this delightful medium with us. It will enliven your art work by bringing new colors and techniques to your art. Taught by Valthea Fry. Supply list available at the front desk.

**Minimum:** 9 **Maximum:** 16

## 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.



## 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!

## Ritmo Latino

**Date:** Thursdays

**Time:** 11:15 a.m.

Move to Latin rhythms.

## Ballroom Dance

**Date:** Tuesdays, April 7 – 28

**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.

## Technology Troubleshooting

**Monday, April 20, 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



**Computer Help – Thursdays, 10 a.m. – 2 p.m.**

# ACTIVITIES/LECTURES

## **Insurance Help for Maryland Consumers** **Wednesday, April 29 at 11 a.m.**

The Maryland Insurance Administration is a state agency that can help you! Learn about and receive help comparing insurance rates on auto, home and Medicare supplement policies. We can help you understand your coverage, investigate the handling of a claim settlement on your behalf, and ensure that the actions taken by your insurance company are in compliance with Maryland law.

## **JCA Connect-A-Ride**

**Tuesday, April 28 at 10:45 a.m.**

A FREE Presentation about transportation options in Montgomery County. When you no longer drive, it is important to know what transportation options are available. Whether you can travel independently or need assistance, attend this session to learn more about your community's transportation options, public and private transportation programs, volunteer organizations, subsidized programs, and more. Call N Ride and Metro Access program applications will be available for those who are interested and eligible. You will also hear about Ride Smart, a free two-part workshop on how to use public transportation. Ride Smart will be held at the Gaithersburg Upcounty Senior Center on June 23 and 24. Register on the Program Sheet.



## **AARP, Gaithersburg Chapter #5358**

### **APRIL 2015 ACTIVITIES**

#### **MONTHLY MEETING:**

**Tuesday, April 14, 2015**

#### **4 p.m. Games**

LCR – a dice game played in groups of 5 – 7 people for fun or for prizes. (\$1 per game if played for prizes; play 2 – 3 games; free if only for fun)

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

Chinese Buffet provided by Cafe Hong Kong and organized by Robbie Burleson; choice of cold drinks and 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**

Mohsin Sheikh, M.D., Medical Director of Pain, Spine & Rehab Associates, will speak on "Understanding Pain" – prevention and non-invasive treatments. 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 301-977-7936 or by e-mail at [annettethompsonphd@yahoo.com](mailto:annettethompsonphd@yahoo.com).

#### **CHAT AND CHEW**

Join us Tuesday, April 21 at 12:30 p.m. at Noodles & Co (177 Kentlands Blvd #100, Gaithersburg for a variety of low-cost international noodle dishes with choice of shrimp, chicken, beef, or veggies added. Drive yourself to the restaurant by 12:30 p.m. or meet at Noon to carpool from the Senior Center. Order and pay on your own. Please sign up with Nancy Dols at (301-946-6034) or Annette Thompson at (301-977-7936) 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 now. Contact Nancy Dols (301-946-6014) or Annette Thompson (301-977-7936) for additional details and to register.

#### **Wednesday Casino Trips to Maryland Live!**

The cost is \$22. You will receive \$25 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).

#### **COMMUNITY SERVICE: Food Drive for Manna, April 7 – 17**

Help the needy in our community by donating canned fruit and vegetables, juices, soups, macaroni and cheese, coffee, tea, evaporated milk, canned meat or fish, packaged cereals, rice, pasta, flour, sugar, instant oatmeal, breakfast bars, infant formula, baby food, and nutritional supplements. Monetary donations to our chapter for Manna are greatly appreciated. They will help to fill backpacks of needy children with food for the weekend. Collection boxes will be in the lobby.

# Noticias de Mucho Interés para los Seniors de Habla Hispana

## CONVERSACIÓN INGLÉS

**Días:** martes, abril 7 al 28

## DESAYUNO/HUEVOS BENEDICT

**Día:** Martes 14 de abril

**Hora:** 9 a 10:30 am

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

Únase a nosotros a disfrutar de un delicioso desayuno. Yum! Invite a sus amigos/as y asegúrese de inscribirse en la hoja del programa.

## SOCRATES – MESA REDONDA

**Día:** miércoles 15 de abril

**Hora:** 1 pm

**Tema:** Preguntas y respuestas relacionadas sobre el envejecimiento.

Actualmente cuál cree usted que es la dificultad más grande de enfrentar cuando se llega a la tercera edad? Qué tipo de programas y servicios beneficiarían cuando se llega a esa edad? Cuáles son las actividades favoritas cuando se retiran? Cuáles son las cosas nuevas que ha aprendido desde que se retiró que hubiera deseado haber aprendido más antes? Es la jubilación diferente a lo que se imaginaba? Venga y comparta con nosotros sus ideas y experiencias.

## VIAJE AL MINISTERIO DEL INTERIOR

**Washington, DC**

**Día:** 16 de abril

**Salida:** 10 am

**Retorno:** 3:30 pm

**Costo:** \$15

**Fecha de vencimiento:** 13 de abril

Bienvenido/a al Departamento del Interior! Haremos un recorrido enfocado sobre la historia del edificio con una selección de más de 40 murales nuevos y pintados. También visitaremos los murales fotográficos de Ansel Adams, el Museo del Interior y sus actuales exposiciones, tales como: "La Posteridad, WPA's, Arte Legado y los terrenos públicos de América. Después del recorrido almorzaremos en la cafetería del Departamento del Interior. Prepárese para caminar bastante.

**Mínimo:** 20 **Máximo:** 33

## EXPOSICIÓN ANUAL Y ACTIVA PARA PERSONAS DE MAYOR EDAD

**Auspiciado por El Cuidado de Salud Adventista**

**Día:** lunes 4 de mayo

**Hora:** 9am – 2pm

**Lugar:** Centro de Actividad, Parque Bohrer, 506 S. Frederick Avenue

Únase a nosotros a disfrutar del mejor día del año! Durante esta exposición habrá charlas educativas, emocionantes demostraciones, servicios de cuidado para el cuerpo, actividades divertidas y deliciosa pizza para el almuerzo. El parqueo es gratis. Pero si desea viajar en el autobús del Centro, por favor inscribese en la hoja del programa.

## PROGRAMA DE DIVERSIDAD

**Día:** lunes 20 de abril

**Hora:** 11:15 am

Sea parte de nuestro programa de diversidad. Venga y comparta sobre su cultura como por ejemplo lo que usted piensa es interesante y cuáles son las cosas que la define, tales como la música, danzas, comidas, creencias, etc.

## VIAJE A LOS JARDINES

**LADREW TOPIARY**

**Monkton, MD**

**Día:** viernes 24 de abril

**Salida:** 9am

**Retorno:** 4pm

**Costo:** \$45

**Fecha de vencimiento:** jueves 16 de abril  
Estos jardines están considerados como los Jardines topiarios y mejor destacados en América por el Club de Jardines de América. Los 15 jardines temáticos están sembrados en 22 acres de terreno. El circa 1747, que es la casa manor, está llena de antigüedades inglesas y memorabilia de zorros caseros. La biblioteca ovalada está catalogada como una de las más bellas habitaciones en Estados Unidos. Tendremos un recorrido turístico de la casa y sus jardines. El almuerzo será al medio día en el Ladew Café y está incluido en el costo del viaje. El almuerzo será de una bebida, postre y puede elegir en la hoja del programa una ensalada de fresas, o una ensalada de pollo en crois-sant, o un sándwich clásico de pavo, o un wrap vegetariano. Vístase apropiadamente para el clima y póngase zapatos cómodos porque se caminará bastante.



## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** miércoles 29 de abril

**Hora:** 12:30 pm

## VIAJE A DC A VISITAR LA MEJOR CASA DISEÑADA DEL AÑO

**McLean, VA**

**Día:** martes 28 de abril

**Salida:** 10 am

**Retorno:** 3:30 pm

**Costo:** \$40 (transportación y boleto de entrada)

**Fecha de vencimiento:** martes 21 de abril  
Le encanta ver casas que han sido profesionalmente decoradas? Pues esta es su oportunidad. Cada año una casa es asignada para mostrar lo mejor de los diseñadores del área y para beneficio del Centro Médico Nacional de Niños. Tendremos un recorrido con un guía turístico de más o menos unos 9,000 metros cuadrados. Después del recorrido almorzaremos en el Centro comercial de Tyson Corner. Prepárese para caminar bastante y quizás tendrá que subir escalones.

**Mínimo:** 20

**Máximo:** 33

## RITMO LATINO

Todos los jueves de 11:15 am – 12 n

## AVISO

Cuotas para la membresía del Senior Center:

Residente: \$40

Esposo/a del residente: \$30

Non-residente: \$120

Esposo/a del non-residente: \$60

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

CURRENT RESIDENT OR

Tony Tomasello  
City Manager

Ryan Spiegel  
Michael A. Sesma  
Henry F. Marratta, Jr.  
Neil Harris

Cathy Drzyzgula  
Council Members

Jud Ashman  
Mayor

GAITHERSBURG CITY OFFICIALS



GAITHERSBURG UPCCOUNTY SENIOR CENTER

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





# GAITHERSBURG UPCOUNTY SENIOR CENTER ACTIVITY RELEASE FOR MEMBERS

## When participating in on-site activities, at the Senior Center, I agree:

1. I am aware that while participating in a recreation activity or program offered by the City of Gaithersburg Department of Parks, Recreation and Culture, certain risks and dangers may be present, including, but not limited to, the hazards of traveling public highways, of accidents, of injury, of illness and the forces of nature.
2. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in the same.
3. In consideration of the right to participate in the above referenced activities or programs and in further consideration of the arrangements made for me by the City of Gaithersburg through its Department of Parks, Recreation and Culture, I do hereby, on behalf of myself, my heirs, executors, administrators, and assigns, assume the above mentioned and all other risks, and do further release and hold harmless and indemnify the City of Gaithersburg and the Mayor and City Council of Gaithersburg and all of the City's agents, officers and employees from any and all claims for injuries or loss to my person or property or to the person or property of third parties which may arise out of or result from my participation in the above referenced program or activity.
4. I further grant permission for a doctor to administer emergency treatment to me in the event that a medical emergency requires such treatment.
5. I consent to the City's use of photographs taken or videotapes made of program participants.
6. The City reserves the right to rescind the membership of individuals incapable of complying with the Senior Center policies due to medical conditions beyond the individual's control as observed by the Center staff.

## When participating in any off-site activities I also agree:

1. To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
2. That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
3. To inform staff prior to the activity or trip if I have any problems meeting the physical requirements necessary for participation in the activity.
4. I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation from the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

**If you need special accommodations  
please call 301-258-6380, or email [csimpson@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: \_\_\_\_\_