

The Gaithersburg Upcounty

GAITHERSBURG NEWS

May 2015



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



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!



Senior Prom

Damascus, MD

Date: Friday, May 15

Depart: 5:30 p.m.

Return: 8:30 p.m.

Fee: \$5 (transportation)
\$5 Prom Fee (pay at the door)

Deadline: Tuesday, May 12

Dress to impress because we are heading to Damascus Senior Center for the Senior Prom. Join us for a night of food, fun and dancing! Register on the program sheet to ride the bus (\$5) and bring \$5 to pay for the prom. Or you can drive yourself and pay the door.

Minimum: 20

Maximum: 33

SAVE THE DATE!

Our Grand Opening Celebration will be Thursday, June 11, 2015.

301-258-6380

www.gaithersburgmd.gov

The Senior Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed May 4 & 25

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.

Rearview Mirror Performs

Tuesday, May 12 at 12:45 p.m.

Let's get together and cut loose to the groovy sounds of Rearview Mirror!

Cheese Omelet Breakfast

Tuesday, May 12

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

Thursday, May 21
at 12:30 p.m.

Sponsored by Kentlands Manor

May Birthdays

- 1 Maria Albarracin
John Small
John McGuire
Mark Getzin
- 2 Patrick Houchens
- 3 Camilla Morton
- 7 Pamela Belmes
- 9 Joanne Villforth
- 10 Mary Kurian
Merrick Stewart
- 15 Shanti Dhir
Elizabeth Tuel
- 16 Nancy Palker
- 18 Anne Byrd
- 19 Sharon Freedman
Sharon Benson
- 31 Olga Thelwell



Sympathy is extended
to the friends and family of
Mrudula Parekh
and Sudha Mittal
who recently passed away.

Member Orientation

Monday, May 11 at 1 p.m.

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

Annual Senior Center Membership Fees

City Residents \$40/Spouse \$30
Nonresidents \$120/Spouse \$60
(outside the corporate City limits)

MISSION STATEMENT

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

GRACE'S UPDATE

Dear Members,



Please mark your calendars for **Monday, May 4, 9 a.m. – 2 p.m. for the City of Gaithersburg Active Aging Expo presented by Adventist HealthCare! The event will be at the Activity Center at Bohrer Park, 506 S. Frederick Avenue (next to Gaithersburg High School).**

The day will be open to everyone without charge and will offer educational talks including 'You Can Paint!', 'Healthy Habits for a Healthier You',

'Theater Games', 'Are Naps Right for You?' and several more. There will also be fitness demonstrations including **Barre Fit, Posture=Performance, Tai Chi and Zumba!** We will be entertained by two Gaithersburg High School Dance Teams - Unique Image Dance Team and the African Dance Team! In addition, you may want to take advantage of a variety of preventive health screenings.

Plan to get a facial, massage, have your picture taken, get an air-brush tattoo or have a caricature of yourself drawn. And, if you are looking for services, products or specialized programs there will be more than 80 businesses and agencies on hand with valuable information on what is available and how to access them.

The City extends its appreciation to **Holy Cross Hospital Germantown** and **Asbury Methodist Village** for being this year's Lunch Sponsors and **Wegmans, Potomac Pizza and Drink More Water** are donating food so all attending can enjoy lunch without charge. Please feel free to bring your own lunch if you wish to do so.

The renovation is very close to being completed. The fitness equipment will be delivered the second week of May. Trainers have been hired and will be prepared to provide orientations by early June.

Please plan to attend the official Grand Opening, Thursday, June 11, 2015. Lunch will be served at noon (reservations required); entertainment will start at about 12:45 p.m. The official ribbon cutting will be about 1:00 p.m. and the new sign unveiling will be at 1:15 p.m. Plan to stay because the entertainment will continue – this will truly be a time for celebration!

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.

WELLNESS

Caregivers Support Group

Thursday, May 7 & 21

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, May 19 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.

Lifestyle Changes – Ask the Real Estate Specialists

Wednesday, June 3 at 11 a.m.

Come and participate in a discussion on lifestyle changes with Sherri Earman and Karen Eaton, Senior Real Estate Specialists with Long & Foster Realtors. They will be here to answer all your questions and give practical advice on how to accomplish these changes step by step. Changes can be so overwhelming and having concerns such as: when should I downsize, how do I decide where is the best community for me, who will help me, what to take with me, what to give away, how do I approach my real estate sale and how do I coordinate all of this? Sherri and Karen would love to share with you their own personal experiences helping others. Please register to reserve your spot!

Minimum: 10

Maximum: 20

Pet CPR/First Aid and Safety

Monday, May 11 at 11:15 a.m.

Join Marty Levin of Cold Nose Warm Hearts as she teaches you how to do a snout to tail assessment of your pet and discusses the importance of being certified in pet CPR and First Aid



Tuesdays at 1:15 p.m.

Join

Suburban HeartWell
for Healthy Tasty Tips

Blood Pressure Check

Wednesday, May 27

9:30 – 11:30 a.m.

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

HeartWell in Action Lecture

Tuesday, May 5 at 11 a.m.

Stroke Awareness

Join the Suburban Hospital Heart-Well Nurse in discussing the warning signs of stroke and how to respond. Learn strategies to prevent stroke through the choices you make daily.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

HeartWell in Action

Leni Barry, RN, MA

Tuesdays, 9:30 a.m. – 2 p.m.

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



Senior Nutrition Program

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

Guests younger than 60 must pay the full cost of the meal!

TRIPS/ACTIVITIES/LECTURES

“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

FULL

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

Socrates Roundtable

Wednesday, May 6 at 1 p.m.

Topic: Exercise

Do you exercise regularly? Have you been an active person your whole life? Or do you have to work to get enough exercise in each week? How has exercise changed your life? What is your favorite way to work out? Come pick up some new ideas and inspire others.



**FREE
Book
Discussion**

“Tenth of December”

by George Saunders

Thursday, May 14 at 2 p.m.

U.S. Supreme Court

Washington, DC

Date: Tuesday, May 5

Depart: 10:30 a.m.

Return: 4:30 p.m.

Fee: \$15

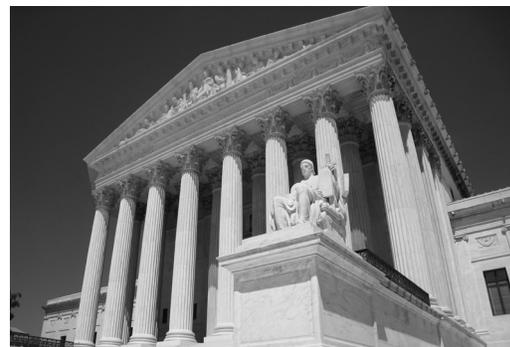
Deadline: Friday, May 1

We will stop for lunch at your choice of restaurants along Pennsylvania Avenue near the Supreme Court.

After lunch you will tour the Court House on your own. Visitors are encouraged to watch the Visitor’s film, attend a Courtroom Lecture and tour the exhibits. Security is tight, so please leave unnecessary items at home. Busses are not allowed near the Supreme Court, drop off and pick up will be a few blocks away. **Lots of walking!**

Minimum: 20

Maximum: 33



Arsenal of Democracy Flyover

Washington, DC

Date: Friday, May 8

Depart: 10:30 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Friday, May 1

Come and experience a once in a lifetime event as one of the most diverse arrays of World War II aircraft ever assembled will fly above the skies of Washington, DC on the 70th anniversary of Victory in Europe (VE) Day. The flyover will include dozens of World War II aircraft flying in historically sequenced warbird formations. We will journey to the National Mall to witness this amazing spectacle and then have a late lunch on your own at one of the nearby museums. **Lots of walking!**

Minimum: 20

Maximum: 33

Georgetown Garden Tour

Washington, DC

Date: Saturday, May 9

Depart: 9:30 a.m.

Return: 5 p.m.

Fee: \$50

Deadline: Friday, May 1

Get an insider’s look at the most intriguing gardens of Georgetown. Your tour will start at Christ Church, where you will be provided with information on the area and a map to the gardens.

Take your time and tour the gardens on your own in any order you please. Feel free to stop for lunch, but meet back at the church at 3 p.m. for a delectable afternoon tea. Tour is held rain or shine. **Lots of walking!**

Minimum: 20

Maximum: 33



TRIPS/ACTIVITIES/LECTURES

“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

Friday, May 15 at 11:15 a.m.

Be a part of our award winning Diversity Program! Come share and discuss your culture. What culture besides your own do you admire? Would you ever consider marrying or dating someone from another culture? What about when you were younger? Come prepared to answer these questions and more.

MusicalTea at Strathmore

Bethesda, MD

Date: Wednesday, May 27

Depart: 10:30 a.m.

Return: 1 p.m.

Fee: \$10

Deadline: Wednesday, May 20

Let's enjoy performances by the Levine School of Music's students and faculty, followed by a reception with the performers that includes tea and sweets.

Minimum: 20

Maximum: 24

Galloping Gourmet to Ananda

Fulton, MD

Date: Thursday, May 28

Depart: 10:45 a.m.

Return: 2 p.m.

Fee: \$15

Deadline: Thursday, May 21

One of the DC area's best restaurants according to the Washingtonian. Ananda is an Indian restaurant with a contemporary twist and uses locally sourced, organic ingredients. Please look at the menu at anandarestaurant.net and let the front desk know your choices when you sign-up (by request of the restaurant). Order from the menu and **pay in cash**.

Minimum: 20

Maximum: 33



The Mormon Tabernacle Choir at Strathmore

Bethesda, MD

Date: Thursday, June 25

Depart: 10 a.m.

Return: 3:30 p.m.

Fee: \$105

Deadline: Wednesday, June 3

Hailed as “America's Choir,” this fabled ensemble includes 360 singers and a superb 68-piece orchestra. The Choir's first time in the area in more than a decade, Strathmore is one of only five stops on their summer tour. The Choir's repertoire will cover everything from Bach and Broadway to American folk hymns and spirituals. We will first stop for lunch on your own at the Black Market Bistro, where you can order from the menu and **pay in cash**.

Minimum: 20

Maximum: 24

The Royal Ballet Open Rehearsal at the Kennedy Center

Washington, DC

Date: Tuesday, June 9

Depart: 10 a.m.

Return: 5 p.m.

Fee: \$35

Deadline: Monday, June 1

Join dance scholars for an insider's look at the Royal Ballet Company as they prepare for a performance of the new full-length ballet, “Don Quixote.” We will stop first for a delicious lunch at one of the hottest new restaurants in DC, Beefsteak. Where you can order from the menu and pay on your own.

Minimum: 20

Maximum: 24

You can register online at www.gaithersburgmd.gov

The Gaithersburg Upcounty Senior Center



Gaithersburg

May 2015

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

1	8:30 Exercise Tape 9:15 High/Low 10 Learn to Play Bridge 10 Maryland Law Day 10:15 Fit 4 All 10:30 Mah Jongg 11:15 Strong & Balanced 12:15 Quilting 12:50 Bingo 3 Core and More
2	

3	
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4	ACTIVE AGING EXPO 9 am – 2 pm Bohrer Park at Summit Hall Farm SENIOR CENTER CLOSED
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5	10:30 am Supreme Court 8:30 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Stroke Awareness Lecture 12:30 Bridge 12:30 Conv. English 12:30 Mah Jongg 2:30 Ballroom
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6	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
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7	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
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8	10:30 am World War II Aircraft Flyover 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
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9	9:30 am Georgetown Garden Tour
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HeartWell in Action

10

11

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

12

12:45 pm
Rearview Mirror
Performs

8:30 Exercise Tape
 9 Omelet Breakfast
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Conv. English
 12:30 Mah Jongg
 2:30 Ballroom
 4 AARP

HeartWell in Action

13

9 am
"Blood Quilt"
at Arena Stage

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

14

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

15

5:30 pm
Senior Prom
Damascus

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

16

17

18

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

19

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

HeartWell in Action

20

10:45 am
"Dolley Madison"
at Arts Barn

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

21

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
 2 Caregivers

22

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

23

24

25

MEMORIAL DAY
SENIOR CENTER
CLOSED

26

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 2:30 Ballroom

HeartWell in Action

27

10:30 am
MusicalTea at
Strathmore

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

28

10:45 am
Galloping Gourmet

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

29

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

30

31

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

AARP Smart Driver Course

Date: Friday, June 19
Time: 11 a.m. – 3:30 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. Please arrive 15 minutes early. Register on the Program Sheet.

Minimum: 10 **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.

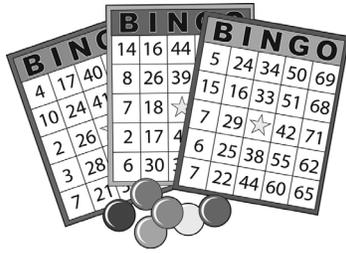
Be creative for a good cause. Come chat while you crochet baby blankets for local newborns. Yarn will be provided.

Watercolor

Dates: Wednesdays, May 6 – June 24
(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



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.

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.

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

Ritmo Latino

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

Ballroom Dance

Date: Tuesdays, May 5, 12 & 26
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.

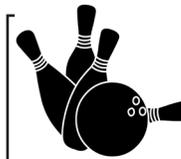
Conversational English

**Tuesdays, May 5 & 12
12:30 p.m.**

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

Computer Help

Thursdays, 10 a.m. – 2 p.m.



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!

ACTIVITIES/LECTURES

RIDE SMART - Go Where Life Takes You!

Tuesday, June 23, 10 a.m. – 1:30 p.m. & Wednesday, June 24, 10 – 11:15 a.m.

A **FREE** public transportation training program sponsored by JCA Connect-A-Ride and Montgomery County. Learn to travel independently and safely to your destinations. Enjoy the flexibility of bus, rail transit, and more! Learn about discounts and special services offered when using public transit. These training workshops are specifically designed to help adults, age 50+, navigate the transit systems in the D.C. metropolitan region.

- Day 1: 3.5 hour classroom session starts at 10 a.m. Lunch provided.
- Day 2: 3 hour group trip starts at 10 a.m. Helps familiarize with transit options.



Free Group Rides

Minimum of 25 attendees needed for group rides on June 24.

Receive a SmarTrip® card or Senior SmarTrip® card on Day 2-Free (For those who do not already have a card) Register on the program sheet. If you have questions about the program, call Connect-A-Ride at 301-738-3252.

AARP, Gaithersburg Chapter #5358

MAY 2015 ACTIVITIES

MONTHLY MEETING:

Tuesday, May 12, 2015

4 p.m. Community Service

Prepare gifts for delivery to nursing home residents.

5:30 p.m. Dinner

Chef Sia will serve Lasagna (meat and vegetarian), vegetables, salad, and garlic bread. Choice of hot and cold drinks and desserts made by sweet volunteers. \$10

6:10 p.m. Brief Business Meeting

50-50 raffle and door prizes.

6:40 p.m. Program

Seniorita Sunshine will entertain us. 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 301-977-7936 or by e-mail at annettethompsonphd@yahoo.com.

CHAT AND CHEW

Tuesday, May 26 – lunch at First Watch (802 Muddy Branch Rd, Gaithersburg). Order from menu (breakfast, brunch or lunch). 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 carpools.

TRIPS

Wednesday Casino Trips to Maryland Live!

The cost is \$22. You will receive \$25 to play the slots. Departure time 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).

Cape Cod and the Islands Plus, May 17 – 22

“Meet and Greet” Meeting Friday, May 1, 2 - 4 p.m. for those who registered for trip. Pick up parking and hotel information and a complete itinerary. Q & A. Snacks and soft drinks will be served. RSVP to Nancy Dols (301-946-6034).

COMMUNITY SERVICE

Gifts for Nursing and Assisted Living Facility Residents

Craft Sessions for Mother’s Day Gifts at the Gaithersburg Upcounty Senior Center on:

Wednesday, May 6	1 – 4 p.m.
Friday, May 8	10:30 a.m. – 3 p.m.

We will be making faux flower corsage, small faux flower arrangements and other craft items suggested by members. All materials provided.

Noticias de Mucho Interés para los Seniors de Habla Hispana

VIAJE A LA CORTE SUPREMA DE LOS ESTADOS UNIDOS Washington, DC

Día: martes 5 de mayo
Salida: 10:30 am
Regreso: 4:30 pm
Costo: \$15.00

Fecha de vencimiento: viernes 1º de mayo
Se hará una parada en los restaurantes ubicados en la Avenida Pensilvania, cerca de la Corte, para almorzar. Después del almuerzo podrá visitar, por su cuenta, la Corte de Justicia y disfrutar de una película para los visitantes, asistir a una conferencia en una de las salas del tribunal o visitar las exposiciones. La seguridad es estricta. No está permitido llevar bolsos grandes. También, los autobuses no están permitidos a parar cerca de la Corte Suprema y por esa razón los dejarán y recogerán a unas cuerdas de distancia. Póngase zapatos cómodos porque se caminará bastante.

BAILE DE GRADUACIÓN

Lugar: Damascus Senior Center
Día: viernes 15 de mayo
Salida: 5:30 pm
Regreso: 8:30 pm
Costo: \$5 por la transportación y \$5 a la entrada del salón de baile
Fecha de vencimiento: martes 12 de mayo
Vístete elegante y vamos a disfrutar al Centro de Damascus de un buen baile de graduación, comida y diversión. Si está interesado, por favor regístrese en la hoja del programa.
Mínimo: 20 **Máximo:** 33

CONFERENCIA EN ACCIÓN PARA TENER UN CORAZÓN SALUDABLE

Día: martes 5 de mayo
Hora: 11am
Señales o advertencia sobre un derrame cerebral
Únase a la enfermera del Hospital de Suburban en la discusión y como responder a las señales o advertencia de un derrame cerebral. Aprenderá estrategias para prevenir un derrame a través de decisiones que se pueden tomar diariamente.

Nota de Importancia:
“Benjamin Gaither Center”
Nuestra celebración de gran apertura será el día jueves 11 de junio.

PASEANDO POR LOS JARDINES DE GEORGETOWN

Washington, DC
Día: sábado 9 de mayo
Salida: 9:30 am
Regreso: 5pm
Costo: \$50
Fecha de vencimiento: viernes 1º de mayo
Durante este viaje, usted podrá disfrutar de una vista maravillosa paseando por los jardines más interesantes que hay en Georgetown, comenzando por la iglesia de Cristo, donde se les compartirá información sobre la zona y un mapa de los jardines. Usted podrá decidir por su propia cuenta en qué orden quiere visitarlos.

Podrá almorzar en cualquiera de los restaurantes de su elección. El autobús estará estacionado en la zona de parqueo de la iglesia donde los dejo por la mañana. El viaje se llevará a cabo aunque llueva. Se caminará bastante.

MESA REDONDA/SOCRETES

Día: miércoles 6 de mayo
Hora: 1pm
Tema: Ejercicio
¿Hace ejercicio regularmente? ¿Durante su vida ha sido una persona activa o tiene que esforzarse para poder hacer ejercicio semanal mente? ¿Cómo ha cambiado su vida el ejercicio? ¿Cuál es la forma favorita de hacer ejercicio? Venga y comparta sus ideas para inspirar a otros.

PROGRAMA DE DIVERSIDAD

Día: viernes 15 de mayo
Hora: 11:15 am
Sea parte de nuestro galardonado programa de diversidad donde compartiremos sobre la cultura. Que cultura además de la suya usted admira? Cuando usted fue joven, alguna vez considero contraer matrimonio con una persona de otra raza o cultura? Venga y comparta sobre este interesante tema.



CELEBRACIÓN DE CUMPLEAÑOS

Día: jueves 21 de mayo
Hora: 12:30 pm

“CONSEJOS SALUDABLES”

Día: martes 26 de mayo
Hora: 11:15am
Conversación con la enfermera del Hospital de Suburban sobre ideas para vivir una vida feliz y saludable.

CONVERSACIÓN INGLÉS

Días: martes, mayo 5 al 12

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

DESAYUNO/Tortilla de Queso

Día: artes 12 de mayo
Hora: 9 am
Costo: \$3 Miembros
\$ 5 No-miembros
Invite a sus amigos y únase a nosotros para disfrutar de un delicioso desayuno. Yum! Asegúrese de inscribirse en la hoja del programa.

GALOPEANDO CON ELEGANCIA A UN ALMUERZO EN GRUPO

Restaurante “Ananda”
Fulton, MD
Día: jueves 28 de mayo
Salida: 10:45 am
Regreso: 2pm
Costo: \$15 (solamente la transportación)
Fecha de vencimiento: jueves 21 de mayo
Ananda está entre uno de los mejores restaurantes en la zona de DC y ofrece deliciosa comida con sabor de la India y su toque contemporáneo usando ingredientes orgánicos. Si está interesado en ir, por favor lea el menú, haga su elección, indíquenos sus opciones y ese día podrá pagar por su almuerzo en el restaurante.

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**

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: _____