

The Benjamin Gaither Center

Gaithersburg  
**NEWS**  
June 2015



Benjamin Gaither Center ♦ 80A Bureau Drive ♦ Gaithersburg, MD 20878-1431

**Grand Opening  
Celebration**

**Thursday, June 11**

The time has finally arrived to celebrate the official grand opening and renaming of our newly renovated Center!

Lunch will be served at noon through the Nutrition Program, reservations required no later than 2 p.m. on June 10.

We will kick off our celebration with an art show by our very own members.

**12:45 p.m. – Pet Rock Entertainment**  
**1 p.m. – Ribbon Cutting**

Plan to stay because the party will continue – this will truly be a time for celebration!



**SAVE THE DATE!**

Farmers Market Coupon Distribution is scheduled for Thursday, July 7. More details to follow in next month's newsletter.

301-258-6380  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)  
The Center is open  
Monday – Friday  
8:30 a.m. – 4 p.m.

**BLT Breakfast**

Tuesday, June 16  
9 – 10:30 a.m.

**\$3 Members/\$5 Non-members**  
Nothing beats a good and satisfying bacon, lettuce and tomato sandwich, BLT for those in the know. Why cook it yourself when Chef Sia could do it for you? Make sure you sign-up on the program sheet and invite your friends.



*What is one to say  
about June,  
the time of perfect young  
summer, the fulfillment of the  
promise of the earlier months,  
and with as yet no sign to  
remind one that its fresh young  
beauty will ever fade.*

~Gertrude Jekyll



## Birthday Celebration

Monday, June 29  
at 12:30 p.m.

*Sponsored by Kentlands Manor*

### June Birthdays

- 1 Lee Geismar
- 2 Ann Rita Davis
- 9 Nora Jarian
- 12 Bill Cross
- 14 Paulette Campbell
- 15 Lucine Terezian
- 19 Zita Tepie
- 29 Nina Baccanari
- 30 Barbara Hinson



Sympathy is extended  
to the friends and family of  
Nirmal Arora,  
Lilia Jacob  
and Aeirl Haggart  
who recently passed away.

### Member Orientation

Monday, June 8 at 1 p.m.

Come learn the ins and outs of the 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 Center Membership Fees

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

## MISSION STATEMENT

The Benjamin Gaither 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 join us on Thursday, June 11, for the Grand Opening of our newly renovated Center. If you would like to join us for lunch it will be served at noon, however you must make a reservation by Wednesday, June 10, at 2 p.m. in order to participate. Feel free to bring your own lunch or join us after. The schedule includes:

Noon	Lunch
12:45 p.m.	Entertainment
1 p.m.	Mayor and City Council - Ribbon Cutting Ceremony
1:15 p.m.	Entertainment and Party Continues

The renovation took longer than expected but it is better than we could have imagined. The new Fitness Center is beautiful and houses state of the art training equipment. The Computer Lab has been relocated and now has 10 computers for members to research, learn technology, email or enjoy games. The Lecture Room has been enlarged, a partition has been added to the back of the Founders Room to accommodate more programming, the walls have been painted and the flooring updated. We can't wait for you to see it!

Thank you for your support and patience!

The Staff

## 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 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, June 4 & 18  
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, June 16 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

## Montgomery Village Healthcare Presents

Wednesday, June 17 at 11 a.m.

Drop in for an interesting presentation, discussion and fellowship provided by Montgomery Village Healthcare.



## 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!**

## Blood Pressure Check

Wednesday, June 24  
9:30 – 11:30 a.m.

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



## HeartWell in Action Lecture

Tuesday, June 2 at 11:30 a.m.

### Bon Voyage!

When planning your travels and summer adventures, whether you're traveling the seven seas, visiting relatives or planning a local picnic, make sure you include these simple strategies to stay safe, healthy and happy.

Tuesdays at 1:15 p.m.

Join

Suburban HeartWell  
for Healthy Tasty Tips



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

## Diversity Program

Friday, June 9 at 11:15 a.m.

### *Crime and Punishment*

Be a part of our award winning Diversity Program! What are the most prevalent crimes in your country? How is law enforcement handled? Do you think the court system in your culture is fair and just? What is the prison system like? What works well and what needs improvement with the criminal justice system in your country. Come prepared to answer these questions and more.

## 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 its 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

*"A truly rich man is one  
whose children  
run into his arms  
when his hands are empty."*

-- Unknown

*Happy Father's  
Day!*

## 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.

**FULL**

## Galloping Gourmets

### to Miss Shirley's

Baltimore, MD

**Date:** Monday, June 15

**Depart:** 10 a.m.

**Return:** 2 p.m.

**Fee:** \$15

**Deadline:** Wednesday, June 10

Voted Maryland's Favorite Restaurant of 2015, Miss Shirley's Café is celebrating its 10 year anniversary. It is Zagat rated and is famous for its beautiful presentation, service and award winning dishes. This famous Maryland restaurant is sure to be a treat! You can order from the menu and at this restaurant, you **must**

**pay in cash!**

**Minimum:** 20

**Maximum:** 29



## National Festival Orchestra

### Open Rehearsal

College Park, MD

**Date:** Friday, June 19

**Depart:** 8:30 a.m.

**Return:** 3 p.m.

**Fee:** \$15

**Deadline:** Monday, June 15

The finest musicians from around the country gather at The Clarice at the University of Maryland for a month-long festival of electrifying performances. Come listen to their preparations for Brahms Second Symphony. After the show, we will stop for lunch on your own at the Carolina Kitchen.

**Minimum:** 20

**Maximum:** 33



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

# TRIPS/ACTIVITIES/LECTURES

## George C. Marshall House

### Tour

Leesburg, VA

**Date:** Monday, June 22

**Depart:** 9:15 a.m.

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Monday, June 15

The Marshall House, formerly known as Dodona Manor, was the Marshalls' beloved home in Leesburg, Virginia for many years. General Marshall lived there during the period of his greatest achievements. Take a guided tour of the house with time to explore the grounds. After our tour, lunch is on your own in Leesburg. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33



## FREE Book Discussion

**"The Turnaround"**

by George Pelecanos

**Thursday, June 25 at 2 p.m.**

## Springfield Manor Winery and Lavender Field

Thurmont, MD

**Date:** Thursday, July 9

**Depart:** 11 a.m.

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Thursday, July 2

Come and enjoy a unique experience of an outdoor wine tasting in a bucolic setting of mountains and streams amongst vineyard and lavender fields. Taste seven different wines next to a historic manor built in 1765. Walk the grounds where a restored barn houses a distillery. At the winery you may purchase delicious hors d'oeuvres and lavender products from their very own fields. After your tasting we will go to downtown Frederick for a late lunch on your own. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33

## Smithsonian Folklife Festival

Washington, DC

**Date:** Wednesday, July 1

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

**Return:** 4:30 p.m.

**Fee:** \$15

**Deadline:** Monday, June 29

The theme of this year's festival focus is Peru: Pachamama. This outdoor festival is full of music, entertainment, ethnic food vendors and special events. We will provide you with a map of the area, and you will be dropped off and picked up at the same location. Bring water and dress for hot and humid weather. There are air conditioned museums all around the mall any time you want to go inside and cool off. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33



## "Baby" The Musical by the Infinity Theatre Company

Annapolis, MD

**Date:** Thursday, July 23

**Depart:** 10 a.m.

**Return:** 6 p.m.

**Fee:** \$45

**Deadline:** Friday, June 26

Is there anything more exciting, frightening and transformational than impending parenthood? Travel back to a university campus in the 1980's, where three couples receive some unexpected news – all set to a tuneful score made of stunning pop songs by Broadway veterans. We will first stop for lunch on your own at Annapolis Mall where you will have many different restaurants to choose from.

**Minimum:** 20

**Maximum:** 24



# The Benjamin Gaither Center



Gaithersburg

# June 2015

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

301-258-6380

## Calendar of Events

**Sunday**

**1**

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

**Monday**

**2**

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:00 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:30 Bon Voyage!  
 Lecture  
 12:30 Bridge  
 12:30 Mah Jongg

**Tuesday**

**3**

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

**Wednesday**

**4**

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  
 2 Caregivers

**Thursday**

**5**

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

**Friday**

**6**

**7**

**8**

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

**9**

**10 am**  
**Royal Ballet**  
**Kennedy Center**

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Diversity Program  
 12:30 Bridge  
 12:30 Mah Jongg  
 4 AARP

**HeartWell in Action**

**10**

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

**11**

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 10:30 Stability Ball @ GC  
 11:15 Ritmo Latino  
 2 You Can Paint!

**12:45 pm**

**GRAND OPENING**



**12**

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

**13**

14

15

**10 am**  
**Galloping Gourmets**  
**to Miss Shirley's**

8:30 Exercise Tape  
9:15 High/Low  
10 Pool Tournament  
10:15 Fit 4 All  
12:30 Embroidery  
12:50 Bingo  
2 Learn Canasta  
3 Core and More  
3 Pin Busters

16

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

**HeartWell in Action**

17

8:30 Exercise Tape  
9:15 50/50  
10:15 Fit 4 All  
11 Mont. Village  
Healthcare Lecture  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
1:15 Music Lessons  
2 Watercolor

18

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ GC  
11:15 Ritmo Latino  
12:30 Bridge  
2 Caregivers

19

**8:30 am**  
**National Festival**  
**Orchestra**

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

20

21

22

**9:15 am**  
**George C. Marshall**  
**House Tour**

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

23

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

**HeartWell in Action**

24

8:30 Exercise Tape  
9:15 50/50  
9:30 BP Check  
10 Ride Smart  
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

25

**10 am**  
**Mormon**  
**Tabernacle Choir**

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ GC  
11:15 Ritmo Latino  
12:30 Bridge  
2 Book Discussion

26

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

27

28

29

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

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

30

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**

28

29

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

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

30

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**

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

**GC – Benjamin Gaither Center**



# 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

Gaither 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

\* Gaither Center: June 18 & 25

**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

Gaither 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.

## Computer Help

Thursdays, 10 a.m. – 2 p.m.

*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**

\* **June 2 class will start at 9am**

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



## You Can Paint!

**Date:** Thursday, June 11

**Time:** 2 – 4 p.m.

**Fee:** \$5

**Deadline:** Monday, June 8

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

## 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.

## Poker

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

## Ritmo Latino

**Date:** Thursdays

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

Move to Latin rhythms.

## Ballroom Dance

**Date:** Tuesdays, June 16, 23 & 30

**Time:** 2:30 – 4 p.m.

**Fee:** \$5 for Center 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.

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

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

## Bingo

**Mondays & Fridays at 12:50 p.m.**

Come play as many games as you can in an hour for the chance to win prizes. \$1 buys two cards for every game.

## 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.

**POOL**

## Tournament

**Monday, June 15 at 10 a.m.**

**\$5**



## AARP Smart Driver Course

**Date:** Friday, June 19

**Time:** 11 a.m. – 3:30 p.m.

**Fee:** \$15 AARP Members

\$20 Nonmembers

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



## 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

### JUNE 2015 ACTIVITIES

#### MONTHLY MEETING:

Tuesday, June 9, 2015

#### 4 p.m. Bingo

\$2, choice of prizes

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

Summer Picnic organized by Robbie; baked and/or fried chicken, baked beans, salads, choice of drinks, and 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

Tammy Schmidt from the Mental Health Association of Montgomery County will speak about "Causes / Remedies for Depression in Seniors" and about a community service opportunity called the Friendly Visitor Program. Free.

#### COMMUNITY SERVICE

#### Clothing Drive: June 2 – 12

Check your closets for clothes you no longer need. Suitable donations will be given to men and women at Wells/Robertson House in Gaithersburg who are in need of clothing to wear to work. Other clothing will go to Goodwill or the Salvation Army. Collection boxes will be in the lobby of the Benjamin Gaither Center. Contact Elaine Huey (301-972-1056) for information and to help.

#### CHAT AND CHEW

#### Tuesday, June 16

Early Dinner at Mama Lucia in Fallsgrove (14921 Shady Grove Rd, Unit J, Rockville, MD 20850). Order from menu with a wide variety of Italian cuisine. Drive yourself to the restaurant by 4:30 p.m. or meet at 4 p.m. 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

#### Wednesday Casino Trips to Maryland Live!

The cost is \$22. You will receive \$50 to play the slots. Departure time at 9 a.m.; return around 4 p.m. If there is interest there will be a Friday departure at 10 a.m., returning at 5 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).

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 [annetthompsonphd@yahoo.com](mailto:annetthompsonphd@yahoo.com).

## GRAN CELEBRACIÓN DE APERTURA



**Nuevo nombre: Benjamín Gaither Center**

**Día:** jueves 11 de junio

Finalmente ha llegado la fecha de celebrar la inauguración oficial de nuestro Centro que recientemente ha sido renovado! El almuerzo será servido a través del Programa de Nutrición, y se requiere que haga su reservación antes de las 2pm, el día 10 de junio. Se iniciará la celebración con un show de arte hecho por nuestros propios miembros. A partir de las 12:45 pm habrá entretenimiento por la banda: "Roca de Animal". El corte oficial de la cinta será alrededor de la 1 pm y se descorrerá el velo del rotulo con el nuevo nombre del Centro. Este evento será verdaderamente una buena celebración, no se lo pierda!



## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** lunes 29 de junio

**Hora:** 12:30 pm

## AVISO DE INTERES

La distribución de los cupones para comprar frutas y verduras frescas de las fincas locales será el día jueves 7 de julio. Se les proporcionará más información en el boletín del próximo mes.

## RITMO LATINO

Todos los jueves de 11:15 am – 12 n

## GALOPEANDO CON ELEGANCIA A UN ALMUERZO EN GRUPO

**Restaurante "Señorita Shirley"**

**Baltimore, MD**

**Fecha:** lunes 15 de junio

**Salida:** 10 am

**Regreso:** 2 pm

**Costo:** \$15

**Fecha de vencimiento:** miércoles, 10 de junio

Este restaurante ha sido elegido como uno de los favoritos de Maryland desde el año 2015. El Café de la señorita Shirley está celebrando su décimo aniversario. Ellos son clasificados Zagat y es famoso por su hermosa presentación, servicio y platos de galardón. Puede ordenar del menú y pagar en efectivo por su almuerzo!

**Mínimo:** 20

**Máximo:** 29

## DESAYUNO "BLT"

**Día:** martes 16 de junio

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

**\$3 Miembros y \$5 No-miembros**

No hay nada mejor que disfrutar de un buen desayuno que consistirá de un delicioso sándwich "BLT" con tocino, lechuga y tomate ¿Para qué cocinar, cuando Chef Sia podría hacerlo por usted? Asegúrese de inscribirse en la hoja de programa. Invite a sus amigos.

## FESTIVAL NACIONAL

**ENSAYO: ORQUESTA ABIERTA**

**Día:** viernes 19 de junio

**Salida:** 8:30 am

**Retorno:** 3 pm

**Costo:** \$15

**Fecha de vencimiento:** lunes 15 de junio  
Los mejores músicos de todo el país se reunirán en la Universidad de Maryland y estarán, por un mes, en el Teatro Clarice presentando sus electrizantes actuaciones. Iremos a escucharlos cómo se preparan para la segunda Sinfonía de Brahms. Después del espectáculo almorzaremos en la cocina de Carolina. Pueda ordenar del menú y pagar en efectivo por su almuerzo.

**Mínimo:** 20

**Máximo:** 33

## PROGRAMA DE DIVERSIDAD

**Día:** martes 30 de junio

**Time:** 11:15 am

**Tema:** Crimen y Castigo

Venga y sea parte de nuestro programa de Diversidad.

¿Cuáles son los delitos que se comenten con más frecuencia en su país? ¿Cómo se maneja la aplicación de ley? ¿Cree usted que el sistema judicial en su cultura es justo y equitativo? ¿Cómo es el sistema penitenciario? ¿Cuál es lo que funciona bien y lo que necesita mejorar el sistema de justicia penal en su país de origen? Venga, comparta y responda a estas preguntas de interés.

## VIAJE AL SMITHSONIAN/FESTIVAL "VIDA FOLKLORICA"

**Washington, DC**

**Día:** miércoles 1 de julio

**Salida:** 10:30 am

**Regreso:** 4:30 pm

**Costo:** \$15

**Fecha de vencimiento:** lunes 29 de junio  
El tema de enfoque para este año es: Perú, Pachamama (madre tierra). Este festival es al aire libre y ofrece música, entretenimiento, vendedores de alimentos típicos del Perú y otros países y eventos especiales. Le proporcionaremos un mapa de la zona para que usted pueda visitar. Se le dejara, como recogerá en el mismo lugar asignado por su acompañante. Lleve agua y vístase apropiadamente para el clima caliente y húmedo. En esa área hay museos con aire acondicionado por si desea visitar y refrescarse. Se caminará bastante.

**Mínimo:** 20

**Máximo:** 33

## INFORMACIÓN SOBRE TODA CLASE DE ASISTENCIA PARA PERSONAS DE MAYOR EDAD

Carol Smith, Trabajadora Social, está en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de viviendas, medicare y medicaid. Este Programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea más información o hacer una cita previa, por favor llame al 301-258-6380.

Benjamin Gaither Center  
80A Bureau Drive  
Gaithersburg, MD 20878-1431

CURRENT RESIDENT OR

City Manager  
Tony Tomaseillo

Council Members  
Cathy Drzyzgula  
Neil Harris  
Henry F. Marratta, Jr.  
Michael A. Sesma  
Ryan Spiegel

Mayor  
Jud Ashman

GAITHERSBURG CITY OFFICIALS



The Benjamin Gaither Center

Staff:  
Charlyn Simpson, Olympia Huff, Yoland Bastian  
Gerald Gagliano, Gloria Sichelman  
Andres Castillo, Theiry Polynice

Community Facility Manager  
Grace Whipple

BENJAMIN GAITHER CENTER





# BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

**When participating in on-site activities, at the Benjamin Gaither 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 Benjamin Gaither 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 Benjamin Gaither 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@gaithersburgmd.gov](mailto:csimpson@gaithersburgmd.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:** \_\_\_\_\_