



Monthly

August 2015

NEWS

80A Bureau Drive • Gaithersburg, MD 20878-1431 • 301-258-6380 • gaithersburgmd.gov

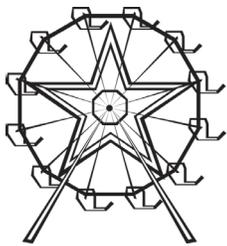


Tropical Picnic at the Water Park at Bohrer Park Tuesday, September 1 10 a.m. – 2 p.m.

Pet Rock Performs at 12:15 p.m.
Lunch: 11:30 a.m. – 12:30 p.m.
Fee: \$20(lunch and fun) / \$5 (fun only)
Deadline: Friday, August 28

Minimum: 50
Maximum: 150

Join us at the beautiful Water Park for a day of relaxation and fun! You can play miniature golf, join in on games in the shade, or dance to your favorite party songs. Bring a bathing suit so you can swim, or just take off your shoes and wade up to your ankles in the shallows. Don't miss the hottest event of the year! Sign up for a BBQ lunch from Famous Dave's featuring chicken and beef or a vegetarian lunch of veggie pizza. The Suburban HeartWell Nurse will be on hand to provide blood pressure and tips for having fun in the sun!



Senior Day at the Fair Gaithersburg, MD

Date: Tuesday, August 18
Depart: 9:45 a.m.
Return: 2 p.m.
Fee: \$2
Deadline: Friday, August 14

Fair Admission, breakfast and entertainment are free for seniors this one day only! Bring water and dress for hot and humid weather. There are a few air conditioned areas at the fairgrounds if you need to go inside and cool off. We will run a shuttle back and forth from the fairgrounds leaving the Center at 9:45, 10:45, 11:45 a.m., and 12:45 p.m. and picking up at the fairgrounds at 11 a.m., Noon, 1, and 1:45 p.m. You must register on the program sheet if you want to ride the Benjamin Gaither Center bus.

Minimum: 30 **Maximum: 80**

Benjamin Gaither Center
is open
Monday – Friday
8:30 a.m. – 4 p.m.

Great American Breakfast Tuesday, August 11, 9 – 10:30 a.m.

\$3 Members/\$5 Non-members
Bacon, potatoes, scrambled eggs, oh my! Join us for this delicious, most important meal of the day. Sign-up on the program sheet and invite your friends.

The Windtalker Experience Tuesday, August 11 at 12:45 p.m.

Randy "Windtalker" Motz presents "The Windtalker Experience," a breathtaking photo journey along the Appalachian Trail set to the haunting sounds of live Native American flute. For years, "Windtalker" has been bringing this unique and captivating show to facilities throughout Montgomery and Frederick counties. This is an amazing show that you will not want to miss.

Farmers Market Gaithersburg, MD

Thursday, August 6
Depart: 12:50 p.m.
Return: 1:50 p.m.
Fee: \$2

Bring your Farmers Market Coupons and your grocery bags as we take a quick trip to the Fulks Corner Farmers Market in Olde Towne for some delicious fresh fruits and vegetables.

Minimum: 6 **Maximum: 13**

FROM OUR STAFF

Birthday Celebration

Thursday, August 27 at 12:30 p.m.

Sponsored by Kentlands Manor

August Birthdays

- 1 Elaine Workinger, Thanh Du
- 2 Henry Harris
- 5 Carol Baker
- 7 Althea Nottingham
- 10 Vinette Walker
- 12 Tara Singh, Veronica Nzams
- 13 Thich Du
- 14 Douglas Newton
- 15 Hemalatha Katragadda
- 16 Donald Thompson
- 19 Alice Macynski
- 24 Harriet Gyalpo
- 26 Rosa Carrion
- 30 Gopal Bhatnagar



Sympathy is extended to the friends and family of Karen Podojil and Margaret Simmons who recently passed away.

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.

Our Mission

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,

Members sometimes ask about staff responsibilities. The most honest answer is staff works as a unit and each assists the other to provide our members with the most positive recreation experience possible. However each does have their own area of expertise as listed below:

Grace Whipple, Facility Manager

Staff supervision, facility/budget management, programming, hiring, leading fitness classes, Senior Advisory Committee liaison, and participation on County and State committees

Charlyn Simpson, Recreation Program Supervisor

Programming trips, special events, educational talks, scheduling entertainers, leading fitness classes, Activities Committee liaison, participation on County and State committees

Olympia Huff, Nutrition Supervisor

Management of the daily Nutrition Program, supervise Fitness Center operations, programming, leading fitness classes, Welcome Committee liaison, Certified Translator/Interpreter

Yoland Bastian, Administrative Assistant III

Management of all front desk operations including staff, customer service, registration, cash receipting, reports, Senior Advisory Committee Secretary, Rentals

Theiry Polynice, Bus Driver/Recreation

Transportation, oversee daily runs, scheduling drivers for trips, customer service, program assistance, front desk support

Andres Castillo, Custodian

Set up for all programs, building and grounds cleanliness

Jerry Gagliano, Recreation Leader III

Front desk support, customer service and assistance with programming, special events, nutrition program and daily operations

Gloria Sichelman and Reina Young, Receptionist

Customer service, answering phones and processing registrations

Robert Williams, Anthony Nesperos, Israel Orellana

Fitness Instructors

All of us are very happy to assist you and are happy to do what we can to make membership at the Benjamin Gaither Center the best it can be.

Staff

Annual Membership and Fees

City Residents \$40/Spouse \$30

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

Fitness Center \$75 per year/\$15 per month for Benjamin Gaither Center Members Only

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.

Seven Questions to Consider when Creating your Estate Plan

Wednesday, August 19 at 12:45 p.m.

Christopher Martin, Esquire will address the issues people should consider when forming their estate plan. Topics include, goal setting, fiduciary selection, whether a will or a trust is an appropriate centerpiece document for your plan, and possible tax considerations. There will be a question and answer period after the presentation to address specific concerns. Please register on the Program Sheet.

Minimum: 10

Maximum: 30

Are You Prepared for the Crisis?

Wednesday, September 2 at 12:45 p.m.

Have you considered what kind of care you want when you can no longer communicate your preferences? Do you “think” you already have advance directives to address this for you? Or, have you not done it yet? M. Jane Markley, RN, MEd, FACHE, a sought-after speaker who has presented regionally, nationally, and internationally, will focus on the value of advance care plans and why every adult should have one that will work for them. She uses real-life stories to demonstrate the importance of advance care planning, how it works, and who benefits. Please register on the Program Sheet.

Minimum: 10

Maximum: 30



Coping with Change

Thursdays at 1 p.m.

Are you bouncing back like you used to? Learn how to roll with the punches by joining our group discussion. Facilitated by Ardelia Hayward, MA, LGPC from Seniors' Services at The Affiliated Santé Group. Drop-in. Free. Individual appointments available. Call 301-641-8924 for appointments.

Montgomery Village Healthcare Presents:

A Nutritional Workshop

Tuesday, August 11 at 11 a.m.



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, August 26

9:30 – 11:30 a.m.

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

Diabetes Support Group

Tuesday, September 15 at 12:45 p.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.

Caregivers Support Group

Thursday, August 6 & 20

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.



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.

No Nurse 8/4, 8/11, or 8/18

**Join Suburban HeartWell
for Healthy Tasty Tips**

Tuesday, August 25 at 1:15 p.m.



Travel the World with Latha

Friday, August 14th at 11 a.m.

Join Latha as she shows travel videos from her extensive world travels.

Member Orientation

Monday, August 10 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.

Galloping Gourmet to Olive Grove

Linthicum, MD

Date: Monday, August 24

Depart: 10:30 a.m.

Return: 2:30 p.m.

Fee: \$15

Deadline: Thursday, August 20

Delicious eatery and Center favorite that offers a renowned crab cake and straight forward Italian food. The Monday special is crab cakes! **Order** from the menu and pay in **cash**.

Minimum: 20 **Maximum:** 33

Diversity Program

Friday, August 28 at 11:15 a.m.

Education

Be a part of our award winning Diversity Program! What is the educational system like in your country? How is it structured? Is it different for boys and girls? Is there tuition involved? What works well and what doesn't work? Come prepared to answer these questions and more.

"The BEACH" at the National Building Museum

Washington, DC

Date: Tuesday, August 4

Depart: 9:30 a.m.

Return: 3:30 p.m.

Fee: \$25

Every summer the National Building Museum creates a one-of-a-kind destination for visitors when it unveils an interactive architectural installation. This year the National Building Museum is bringing the BEACH to Washington, D.C. You can tour the BEACH and all exhibits on your own. Lunch is on your own at any of the nearby restaurants, including the Gallery Place / China Town area which is two blocks away. **Lots of walking!**

Minimum: 20

Maximum: 33



Madame Tussauds

Wax Museum

Washington, DC

Date: Wednesday, August 12

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$30

Deadline: Friday, August 7

Meet all 44 U.S. Presidents, Famous Civil Rights Activists, Hollywood A-list celebrities, Sports Greats, and many more at the world famous Madame Tussauds wax museum! After you tour the museum, you are on your own to explore and eat lunch. Maps will be provided. **Lots of walking!**

Minimum: 20

Maximum: 33

Gettysburg Visitor's Center

Gettysburg, PA

Date: Wednesday, August 26

Depart: 9 a.m.

Return: 4:30 p.m.

Fee: \$26

Deadline: Wednesday, August 19

The Battle of Gettysburg was a turning point in the Civil War. Gettysburg was the Civil War's bloodiest battle and the inspiration for President Abraham Lincoln's immortal "Gettysburg Address." Join us and be part of the Gettysburg Museum Experience. We will view the film "A New Birth of Freedom" narrated by Morgan Freeman, as well as the Gettysburg Cyclorama program and the rest of the Visitor's Center. After the Visitor's Center you will have lunch on your own at one of the many area restaurants. **Lots of walking!**

Minimum: 20

Maximum: 33

You can register online at www.gaithersburgmd.gov

“Mark Twain and Mr. Clements, Tonight!” at the Arts Barn

Gaithersburg, MD

Date: Wednesday, September 16

Depart: 11:15 a.m.

Return: 2:30 p.m.

Fee: \$20 – Drive Yourself or \$25 – Ride the bus

Deadline: Friday, September 4

Audience members will be presented with the opportunity for participation in the singing and music of Clemens’ time period, while enjoying Twain’s hilarious tall tales and witty humor. An intriguing approach to this American literary icon featuring Kurt Sutton in the title role, and a wonderful afternoon of theatre! We will first stop for lunch at Not Your Average Joe’s where you can order from the menu and pay on your own. Lunch is at 11:30 a.m. The show starts at 1 p.m.

Minimum: 10 **Maximum:** 33

Cruise to St. Michaels

Annapolis, MD

Date: Monday, September 28

Depart: 8:15 a.m.

Return: 7 p.m.

Fee: \$77

Deadline: Thursday, August 27

Let’s have one last summer get away! We will cruise from Annapolis to St. Michaels where we will be dropped off at the Chesapeake Bay Maritime Museum. You will be on your own for lunch, exploring, and shopping. After we have seen all there is to see, it is back on the boat for the voyage home. Dress for the weather. **Lots of walking!**

Minimum: 30 **Maximum:** 33



“Destiny of Desire” at Arena Stage

Washington, DC

Date: Wednesday, September 30

Depart: 9:30 a.m.

Return: 3:30 p.m.

Fee: \$55

Deadline: Friday, August 21

Music, high drama and burning passion make for a fast-paced modern comedy in “Destiny of Desire.” On a stormy night in Mexico, two baby girls are born – one into a life of privilege and one into a life of poverty. When the newborns are swapped by a former beauty queen with an insatiable lust for power, the stage is set for two outrageous misfortunes to grow into one remarkable destiny. We will stop on the way for breakfast on your own at First Watch.

Minimum: 19 **Maximum:** 19



Book Discussion

“Blind Descent”

by Nevada Barr

Thursday, August 13 at 2 p.m.

FREE

“Erma Bombeck: At Wit’s End” at Arena Stage

Washington, DC

Date: Saturday, October 17

Depart: 10:30 a.m.

Return: 5 p.m.

Fee: \$85

Deadline: Friday, September 4

From the writers of the smash hit “Red Hot Patriot” comes a look at one of our country’s most beloved voices, who captured the frustrations of her generation by asking, “If life is a bowl of cherries, what am I doing in the pits?” Discover the story behind the award-winning humorist who championed women’s lives with wit that sprang from the most unexpected place of all – the truth. We will stop on the way for lunch on your own in the Downtown/Penn Quarter area of DC.

Minimum: 19 **Maximum:** 19



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!

The Benjamin Gaither Center



Gaithersburg

August 2015

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:30 Exercise Tape 9:15 High/Low 10 Stepping On 10:15 Fit 4 All 11:15 Ping Pong 12:30 Embroidery 12:50 Bingo 2 Learn Canasta 3 Core and More 3 Pin Busters	4 9:30 am "THE BEACH" National Building Museum 8:30 Exercise Tape 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Stretch & Strengthen 12:30 Bridge 12:30 Mah Jongg 2:30 Ballroom	5 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 Water Color	6 12:50 pm Farmers Market Olde Towne 8:30 Exercise Tape 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Ritmo Latino 12:30 Bridge 1 Coping w/Change 2 Caregivers 2 Ping Pong	7 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	8
9	10 8:30 Exercise Tape 9:15 High/Low 10 Stepping On 10:15 Fit 4 All 11:15 Ping Pong 12:30 Embroidery 12:50 Bingo 1 Member Orientation 2 Learn Canasta 3 Core and More 3 Pin Busters	11 12:45 pm The Windtalker Experience 8:30 Exercise Tape 9 Great American Breakfast 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Nutritional Workshop 11:15 Stretch & Strengthen 12:30 Bridge 12:30 Mah Jongg 4 AARP	12 10 am Madame Tussauds Wax Museum 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 Water Color	13 8:30 Exercise Tape 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Ritmo Latino 12:30 Bridge 1 Coping w/Change 2 Book Discussion 2 Ping Pong	14 8:30 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 10:30 Mah Jongg 11 Travel the World 11:15 Strong & Balanced 12:15 Quilting 12:50 Bingo 3 Core and More	15

16

17

8:30 Exercise Tape
 9:15 High/Low
 10 Stepping On
 10:15 Fit 4 All
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

18

9:45 am
 Senior Day
 at the Fair

8:30 Exercise Tape
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg

19

8:30 Exercise Tape
 9:15 50/50
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 12:45 Creating Your
 Estate Plan
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons

20

8:30 Exercise Tape
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 1 Coping w/Change
 2 Caregivers
 2 Ping Pong

21

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

22

23

24

10:30 am
 Galloping
 Gourmet

8:30 Exercise Tape
 9:15 High/Low
 10 Stepping On
 10:15 Fit 4 All
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

25

HeartWell in Action

8:30 Exercise Tape
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11 Origami
 Workshop
 11:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 1:15 Healthy Tasty Tips
 2:30 Ballroom

26

9 am
 Gettysburg
 Visitor's Center

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 Water Color

27

12:30 pm
 Birthday
 Celebration

8:30 Exercise Tape
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 1 Coping w/Change
 2 Ping Pong

28

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

29

30

31

8:30 Exercise Tape
 9:15 High/Low
 10 Stepping On
 10:15 Fit 4 All
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters



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

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 Benjamin Gaither Center

Dates: Wednesdays
July 1 – September 30

Time: 1:15 p.m.

Fee: \$15

Blend strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 9 **Maximum:** 20

Weight Training Benjamin Gaither Center

Dates: Wednesdays
July 1 – September 30

Time: 12:30 p.m.

Fee: \$15

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20

Benjamin Gaither Fitness Center

\$75 per year/\$15 per month

Individuals must have a current Benjamin Gaither Center membership in order to join the Fitness Center. All individuals joining the Fitness Center must complete a health survey. Anyone who has had surgery, an injury or major illness within the past six months will be required to provide a signed Physician's Consent. Orientations on equipment use will be required, and will be provided to all new Fitness Center members at no cost.

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.

***New Class – Tues. at 11:15 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
September 1 – December 17
No class on November 26

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.



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.

Walking Tape

8:30 a.m.
Every Day
 Wake up with a brisk 2 mile workout.

Ballroom Dance

Date: Tuesdays, August 4 & 25
Time: 2:30 – 4 p.m.
Fee: \$5 for Center Members
 \$7 for City Residents
 \$9 for Nonresidents

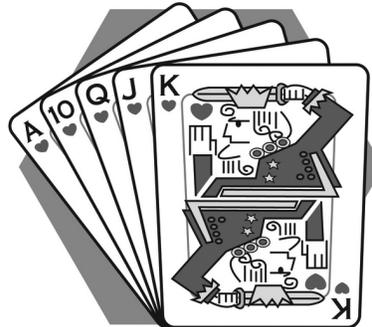
Join anytime! This class is for beginners as well as intermediate dancers and includes a lesson, individual instruction and dancing.

Ritmo Latino

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



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



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

Poker

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

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.

Mah Jongg

Tuesdays & 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.

Congratulations to Bill Shelley, winner of our 2015 Pool Tournament!

Ping Pong
 Mondays

11:15 a.m. – Noon
Thursdays, 2 – 4 p.m.
 Contact Charlyn at 301-258-6380 if you want to play but need a partner.

Watercolor

Dates: Wednesdays,
 August 5 – October 7
(No Class 8/19 or 9/9)
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

Origami Workshop

Date: Tuesday, August 25
Time: 11 a.m. – Noon
Fee: \$5
Deadline: Friday, August 21

Join longtime member Josephine Wang as she guides you through the ancient art of paper folding, teaching you how to make simple origami animals. All supplies will be provided. This workshop will cover beginning origami techniques.

Minimum: 10 **Maximum:** 20



CLASSES & ACTIVITIES

AARP Smart Driver Course

Date: Friday, August 21
Time: 10 a.m. – 2:30 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:** 20

Stepping On

Dates: Mondays, August 3 – September 28, (No Class September 7 & 14)
Booster Session: December 14
Time: 10 a.m. – 12:15 p.m.
Fee: Free with 7 Week Commitment

The Stepping On Program is one of the most effective falls prevention programs available. Working in a small group, participants will build strength and increase knowledge of ways to reduce and/or eliminate falls through presentations by guest experts, discussion and exercise. Participants will practice balance and strength exercises 10-15 minutes in each class. Who is this class for? Adults who walk unassisted, use a cane or use a walker outside only; who have fallen one or more times; who limit their activities because of a fear of falling; who are cognitively intact; who live in their own home or other independent living facility; or who are known to be at risk of falling may register.

Minimum: 9 **Maximum:** 15

AARP, Gaithersburg Chapter #5358

AUGUST 2015 ACTIVITIES

Tuesday, August 11

4 p.m. Community Service

Fill 80 back packs with school supplies for students at four local elementary Title 1 schools.

5:30 p.m. Dinner

Chef Sia will serve Penne Pasta Alfredo with or without grilled chicken, salad, vegetables, and garlic bread. Drinks and desserts made by our volunteers. \$10

6:10 p.m. Business Meeting

Election of Secretary; 50-50 raffle; door prizes

6:40 p.m. Program

Steven Gellman will entertain with an "Unplugged" performance with humor and a sonorous tenor voice. Free

Members of the Benjamin Gaither 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 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.

COMMUNITY SERVICE

School Supplies Drive for Needy Children, July – August

Help shop for school supplies, fill back packs, and deliver them to schools.

CHAT AND CHEW

Tuesday, August 18 – Lunch at Union Jack's – Rio (9811 Washingtonian Blvd, Gaithersburg). British pub and restaurant fare at reasonable prices. Drive yourself to the restaurant by 12:30 p.m. or meet at Noon to carpool from the Gaither Center. Order and pay on your own. Sign up with Nancy Dols at (301-946-6034) or Annette Thompson at (301-977-7936) so we can make reservations and arrange 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).

TOURS

West Virginia Adventure October 27– 30. Travel via Fallingwater, PA to Frank Lloyd Wright's home; enjoy two "Branson" type shows at the American Mountain Theater, and two exciting train rides into the high country wilderness of Cheat Mountain on the Durbin Rocket Train and on the Old #3 Climax logging locomotive. The trip home includes a stop at the Charlestown Casino. Three nights, transportation, baggage handling, 3 breakfasts, 3 dinners, taxes and gratuities: \$655-\$736 (per person, double occupancy) depending on number of participants. Single supplement \$210. Deposit \$150 by August 7. Final payment by September 7. Contact Nancy Dols (301-946-6034) or Annette Thompson (301-977-7936) for information and reservations.



PICNIC TROPICAL

Lugar: Parque de agua "Bohrer"
Día: martes 1 de septiembre
Hora: 10am – 2 pm
Costo: \$20 (almuerzo y diversión)
\$5 (solamente la diversión)
Fecha de vencimiento: viernes 28 de agosto

El almuerzo será proveído por el restaurante "Del Famoso David" y se servirá de 11:30 a 12:30.

Únase a nosotros en este hermoso parque de agua a disfrutar de un buen día divertido y relajante. Usted podrá jugar golfo en miniatura, juegos en la sombra, o bailar al ritmo de sus canciones favoritas. Lleve con usted su traje de baño, por si desea nadar en la piscina o quitarse los zapatos, caminar o mojarse los pies. No se lo pierda este gran y divertido evento anual. Regístrese en la hoja del programa y déjenos saber si desea almorzar pollo a la barbacoa, carne de res o pizza vegetariana.

GRAN DESAYUNO AMERICANO

Día: martes 11 de Agosto
Hora: 9 a 10:30 am
Costo: \$3 para miembros
\$5 para no-miembros

Tocino, papas, huevos revueltos, oh mí! Únase a nosotros para disfrutar de un delicioso desayuno, que es la comida más importante del día. Regístrese en la hoja del programa y no se olvide de invitar a sus amigos.

LA EXPERIENCIA DE LO QUE EL VIENTO NOS DICE

Día: martes 11 de agosto
Hora: 12:45pm

Randy "El experto de conversar con el aire" Motz presentará "La Experiencia del Sonido de la Conversación". También compartirá un álbum de fotos impresionantes que fueron tomadas a lo largo de viajes en el sendero de los Apalaches, donde se establecen los sonidos inquietantes y en vivo de la flauta nativo Americana. Durante muchos años, Randy, ha estado llevando este espectáculo único y cautivante a las instalaciones en los condados de Montgomery y Frederick. Este es un espectáculo increíble, no se lo pierda!

DIA DE LA FERIA PARA PERSONAS DE MAYOR EDAD

Gaithersburg, MD
Día: martes 18 de agosto
Salida: 9:45 am
Retorno: 2 pm
Costo: \$2

La admisión a la feria, entretenimiento y desayuno serán gratis para las personas de mayor edad. Vístase apropiadamente para el clima y lleve agua con usted. Si usted desea podrá manejar su propio vehículo ó tomar el bus del Centro a la feria que saldrá a las: 9:45, 10:45, 11:45 y 12:45. Regresando de la feria hacia el Centro a las: 11am, 12m, 1pm y 1:45pm. Si va hacer uso del bus, por favor regístrese en la hoja del programa.

GALOPEANDO CON ELEGANCIA

Linthicum, MD
Día: lunes 24 de agosto
Salida: 10:30 am
Regreso: 2:30pm
Costo: \$15

Fecha de vencimiento: jueves 20 de agosto Este es un restaurante de popularidad y preferido por muchos miembros del Centro. Una de sus especialidades que ofrece los lunes es: Pasteles de cangrejos y también comida Italiana. Usted podrá pagar en efectivo por su almuerzo ese día.

CELEBRACIÓN DE CUMPLEAÑOS

Día: jueves 27 de agosto
Hora: 12:30 pm

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

PROGRAMA DE DIVERSIDAD

Día: viernes 28 de agosto
Hora: 11:15 am
Tema: La educación

Venga a compartir sus experiencias personales. Se conversara sobre: Cual es el sistema educativo en nuestros países de origen, como es su estructura, es diferente para niñas y niños, se paga una cuota para estudiar, que cree usted funciona y no funciona? Este programa estará muy interesante, no se lo pierda!

CRUCERO A LA ISLA DE SAN MIGUEL

Annapolis, MD
Día: lunes 28 de septiembre
Salida: 8:15am
Retorno: 7pm
Costo: \$77

Fecha de vencimiento: jueves 30 de agosto Vamos a despedir este caluroso verano con un fantástico crucero saliendo desde Annapolis hasta la isla de San Miguel. El barco nos dejara frente al museo de la bahía marítima donde podremos hacer compras, pasear por la isla y almorzar en el restaurante de nuestro agrado. Póngase zapatos cómodos porque se caminara bastante y no se olvide de vestirse apropiadamente para la temperatura ese día.

Mínimo: 30

Máximo: 33

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

CURRENT RESIDENT OR

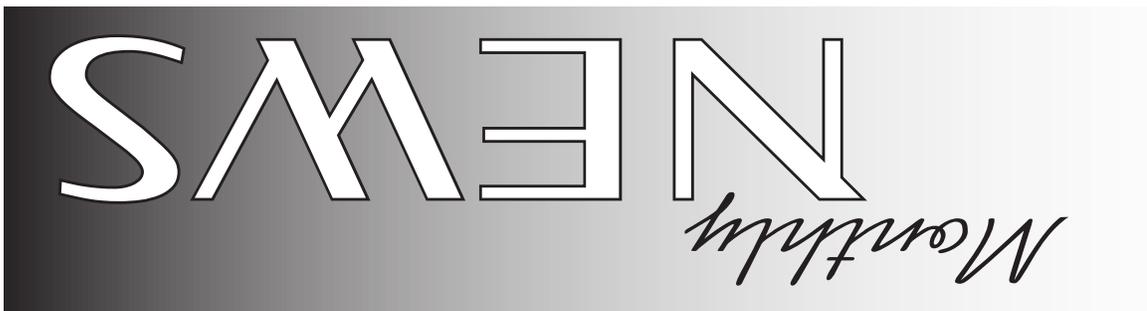
City Manager
Tony Tomaseillo

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

Cathy Drzygula
Neil Harris
Council Members

Mayor
Jud Ashman

GAITHERSBURG CITY OFFICIALS



AUGUST 2015

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Benjamin Gaither Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/State/Zip _____

**Registration is first come first served, Monday – Friday, 9 a.m. – 3:30 p.m.
or on the internet at www.gaithersburgmd.gov**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		Classes/Lectures			
	42502	Stepping On (No class Sept 7 and 14)	Aug 3 – Sept 28	Mon	N/A
	42949	Watercolor (No class Aug 19 or Sept 9)	Aug 5 – Oct 7	Wed	\$90
	42953	Seven Questions for Creating Your Estate Plan	Aug 19	Wed	N/A
	42951	Origami Workshop	Aug 25	Tue	\$5
	42501	AARP Smart Driver Course	Aug 21	Fri	N/A
	42950	Bone Builders (No class Nov 26)	Sep 1 – Dec 17	Tu/Th	N/A
	42952	Are You Prepared for the Crisis?	Sep 2	Wed	N/A
		Activities/Trips			
	42948	Breakfast <input type="checkbox"/> Members \$3 <input type="checkbox"/> Non Members \$5	Aug 11	Tue	\$3/\$5
	42946	Tropical Picnic <input type="checkbox"/> Fun Only \$5 Lunch: <input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian <input type="checkbox"/> Transportation	Sep 1	Tue	\$5/\$20
	42557	"The BEACH" at the National Building Museum	Aug 4	Tue	\$25
	42560	Farmers Market	Aug 6	Thu	\$2
	42958	Madame Tussauds Wax Museum	Aug 12	Wed	\$30
	42947	Senior Day at the Fair	Aug 18	Tue	\$2
	42959	Galloping Gourmet to Olive Grove	Aug 24	Mon	\$15
	42960	Gettysburg	Aug 26	Wed	\$26
	42955	"Mark Twain" at the Arts Barn <input type="checkbox"/> Drive Yourself \$20 <input type="checkbox"/> Ride the Bus \$25	Sep 16	Wed	\$20/\$25
	42956	"Destiny of Desire" at Arena Stage	Sep 30	Wed	\$55
	42954	St. Michaels Cruise	Sep 28	Mon	\$77
	62957	"Erma Bombeck" at Arena Stage	Oct 17	Sat	\$85

Please arrange for your transportation to and from the Center when you take trips. Do not rely on riding the daily bus.

 Gaithersburg	Amount Paid \$ _____ Cash <input type="checkbox"/> Check# _____ Visa/MC/Discover/AmEx # _____ CVC # _____ Signature/Name on card _____ Exp. Date ___/___
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BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

When participating in on-site activities at the Benjamin Gaither Center, I agree to the following:

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@gaitersburgmd.gov**

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

Do we have your updated Emergency Contact Information?

Name: _____

Phone: _____

Signature: _____

Date: _____