



Monthly

September 2015

# NEWS

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



## National Arboretum

Washington, DC

**Date:** Monday, October 5

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

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Monday, September 14

We will kick off our visit to the National Arboretum with a tram tour. After the tour you are on your own to visit any of the many gardens, including the Bonsai Garden and the world class viewing stones exhibit. We will leave at 1 p.m. and stop for a late lunch on your own on 8th St SE in the Capitol Hill Neighborhood. **Lots of walking.**

**Minimum:** 20      **Maximum:** 33

## Pentagon 9/11 Memorial

Arlington, VA

**Date:** Friday, September 25

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

**Return:** 2:30 p.m.

**Fee:** \$15

**Deadline:** Tuesday, September 22

We will be dropped off at Pentagon City Mall, where you can walk to the Memorial. You can visit the Memorial on your own or bring your cell phone for a narrated tour. Lunch is on your own at the mall. **Lots of walking.**

**Minimum:** 20      **Maximum:** 33



Benjamin Gaither Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed September 7

## New Fitness Center Hours!

Saturdays beginning September 12, the Benjamin Gaither Fitness Center will be open from 9 – 11:45 a.m.

## Great American Breakfast

Tuesday, September 15

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.

## Jeff Levin Performs

Tuesday, September 8 at 12:45 p.m.

Join us as Jeff Levin performs a variety of songs from the American Songbook, Jazz and Broadway classics as well as contemporary ballads. He promises that you will be entertained!

## Retirement Party!

Monday, September 21  
at 12:30 p.m.

Join us in honoring

**Gloria Sichelman,**

our recently retired receptionist, who has given the Senior Center 17 years of dedicated service.



## Walk with the Surgeon General

Washington, DC

**Date:** Friday, September 18

**Depart:** Noon

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

**Fee:** \$2

**Deadline:** Wednesday, September 16

September is Go4Life Month and in celebration we are joining people from across the area to walk with the Surgeon General. **Lots of walking.**

**Minimum:** 20      **Maximum:** 33

## Birthday Celebration

Wednesday, September 23  
at 12:30 p.m.

*Sponsored by Kentlands Manor*

### September Birthdays

- 1 Joanne Johansen  
Barbara Jackson
- 2 Elaine Reed
- 8 Jim Harris
- 12 Judith Persensky
- 16 Barbara Lima
- 17 Thomas Travis
- 20 Maria Daca
- 22 Nancy Mulholland  
Ammini Mathews
- 23 Norma Leon
- 30 Judith Steckel



Sympathy is extended  
to the friends and family of  
Carlota Martinez  
and Jose Valdes  
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,

We are excited to announce that the Benjamin Gaither Fitness Center will be open on Saturday mornings from 9 to 11:45 a.m. starting September 12. The Center will not be open for other activities at this time with the exception of City community recreation programs, which require prior registration. This will be the first step in expanding our hours, and further expansion, including evening hours, are likely in the future.

One-on-one personal training will be offered starting in October. Personal training is very different from the equipment orientations provided when first joining the fitness center. A personal trainer is a certified fitness professional possessing the knowledge, skills and abilities to design a safe and effective fitness program specific to reaching your personal health and fitness goals. It is very important that the trainer is aware of any medical conditions when designing an individual's unique program, and therefore may determine it necessary for individuals to have a physician's release form completed.

After working for the City more than 17 years, Ms. Gloria Sichelman has decided it is time to write more chapters to her fun-loving and joyful life by starting her well-deserved retirement this month. She is held deeply in our hearts and we hope you will join us on Monday, September 21st at 12:30 p.m. to acknowledge her years of service and honor her many contributions.

Thank you –

The Benjamin Gaither 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.

## Preventing Falls in Your Home

**Tuesday, September 15 at 11 a.m.**

**September is Falls Prevention Month!**

Join Steve Hage of Strategies for Independent Living, LLC as he explains common hazards in your home that can increase your risk of falling and how to make changes to your environment so that you feel safer and decrease your risk of falling.

## Maryland Relay Presentation

**Monday, September 14 at 11 a.m.**

Maryland Relay is part of the State of Maryland's Department of Information Technology. It is a free public service for people who are unable to use a standard telephone. With Maryland Relay, people can make their own calls without relying on someone else to place calls for them. Come learn about the many services offered by Maryland Relay, including Captioned Telephone.

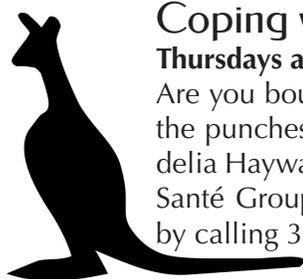
## Are You Prepared for the Crisis?

**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 by calling 301-641-8924.

## 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!**

## Flu Shot Clinics

**Thursday, September 10**

**10 a.m. – Noon**

A Safeway Pharmacist will be on hand to give you your Flu Shot or Prevna-13 Shot (the "new" pneumonia shot). Both are free with Medicare Part B.

**Wednesday, September 16**

**11 a.m. – 2 p.m.**

A K-Mart Pharmacist will be on hand to give you your Flu Shot. Free with Medicare Part B.

## Diabetes Support Group

**Tuesday, September 15, 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, September 3 & 17**

**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.

## TRIPS & ACTIVITIES

### Diversity Program

Wednesday, September 23  
at 11:15 a.m.

#### Fashion

How does fashion differ in your country compared to the United States? How does the fashion of today compare to the fashion of several years ago? Are the styles racier? What about makeup and hair styles? Come prepared to answer these questions and more.

### Razzle Dazzle Yard Sale at the Mansion on O Street

Washington, DC

**Date:** Thursday, September 3

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Wednesday, September 2

The Mansion on O Street is opening all five floors and filling them with one-of-a-kind items for you to browse and buy. Bring your own shopping bags. Lunch is on your own at one of the nearby restaurants. **Lots of walking.**

**Minimum:** 20      **Maximum:** 33

### Galloping Gourmet to Mt. Washington Tavern

Baltimore, MD

**Date:** Wednesday, September 9

**Depart:** 10 a.m.

**Return:** 2:30 p.m.

**Fee:** \$15

**Deadline:** Friday, September 4

Join us for lunch at this beautiful restaurant known for its mouth-watering menu and stellar service. Order from the menu and **pay in cash.**

**Minimum:** 20      **Maximum:** 33

### Member Orientation

Monday, September 14 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.



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

**Rearview Mirror Performs at 12:15 p.m.**  
**Lunch: 11:30 a.m. – 12:30 p.m.**  
**Fee: \$20(lunch and fun) / \$5 (fun only)**

**Minimum: 50**  
**Maximum: 150**

### “Mark Twain and Mr. Clemens, 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

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.

FULL

### Cruise to St. Michaels

Annapolis, MD

**Date:** Monday, September 28

**Depart:** 8:15 a.m.

**Return:** 7 p.m.

**Fee:** \$77

Let's have one last summer getaway! 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!**



FULL

**“Destiny of Desire” at Arena Stage**

**Washington, DC**

**Date:** Wednesday, September 30  
**Depart:** 9:30 a.m.  
**Return:** 3:30 p.m.  
**Fee:** \$55

FULL

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.

**“Finding the Light” at the Arts Barn**

**Gaithersburg, MD**

**Date:** Thursday, October 22  
**Depart:** 10:50 a.m.  
**Return:** 2:30 p.m.  
**Fee:** \$20 (drive yourself) / \$25 (ride the bus)  
**Deadline:** Friday, October 9

Using photographs from prize-winning photographer Marissa Roth’s exhibit “One Person Crying: Women and War,” actress Lisa Hayes portrays Roth, sharing the stories behind the photos of women from Cambodia, Vietnam, Bosnia, Albania, Germany, Afghanistan, and the United States. We will first stop for lunch at the Boulevard Tavern, 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:** 10      **Maximum:** 33

**“Ragtime” at Toby’s Dinner Theatre**

**Washington, DC**

**Date:** Wednesday, October 28  
**Depart:** 9:45 a.m.  
**Return:** 4:30 p.m.  
**Fee:** \$65  
**Deadline:** Friday, September 25

“Ragtime” is a world and a society encapsulated in the three families of E.L. Doctorow’s 1975 tale. This acclaimed musical is filled with pageantry, emotion and hope that bursts onto the stage like no other musical! The show will be preceded by a delicious buffet lunch.

**Minimum:** 20      **Maximum:** 33



**Eastern Market**

**Washington, DC**

**Date:** Saturday, September 19  
**Depart:** 9:30 a.m.  
**Return:** 2:30 p.m.  
**Fee:** \$15

**Deadline:** Thursday, September 17  
 Located in the Capitol Hill neighborhood, the Eastern Market hosts indoor and outdoor vendors selling everything from prepared foods, meats and vegetables to flowers and crafts. **Lots of walking.**

**Minimum:** 20      **Maximum:** 33

**“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



**Book Discussion**

**FREE**

**“Outlander”**  
 by Diana Gabaldon  
**Thursday, October 8 at 2 p.m.**

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



Gaithersburg

The Benjamin Gaither Center

# September 2015

www.gaithersburgmd.gov

301-258-6380

## Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1**

<b>10 am Tropical Picnic</b>	
8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
10:15	Stretch & Strengthen
11:15	Stretch & Strengthen
12:30	Bridge
12:30	Conv. English
12:30	Mah Jongg

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

**2**

8:30	Exercise Tape
9:15	50/50
10:15	Fit 4 All
11:15	Strong & Balanced
12:30	Weight Training
12:45	Advanced Care
	Planning
1	Crochet
1:15	Flexible Strength
1:15	Music Lessons
2	Water Color

**3**

<b>10 am Razzle Dazzle Yard Sale</b>	
8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
10:15	Stretch & Strengthen
11:15	Ririmo Lafino
12:30	Bridge
1	Coping w/Change
1	Hispanic Book Club
2	Caregivers
2	Ping Pong

**4**

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

**5**

**6**

LABOR DAY	
HOLIDAY	
Benjamin Gaither Center	
CLOSED	

**8**

<b>12:45 pm Jeff Levin Performs</b>	
8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
10:15	Stretch & Strengthen
11:15	Stretch & Strengthen
12:30	Bridge
12:30	Conv. English
12:30	Mah Jongg
4	AARP

**9**

<b>10 am Galloping Gourmet</b>	
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

**10**

8:30	Exercise Tape
9:05	Bone Builders
9:05	Stability Ball @ BP
9:15	HIT @ BP
10	Flu Shot Clinic
10:15	Stretch & Strengthen
11:15	Ririmo Lafino
12:30	Bridge
1	Coping w/Change
1	Hispanic Book Club
2	Book Discussion
2	Ping Pong

**11**

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

**12**

13

14

8:30 Exercise Tape  
 9:15 High/Low  
 10:15 Fit 4 All  
 11 Maryland Relay  
 Presentation  
 Ping Pong  
 11:15  
 12:30 Embroidery  
 12:50 Bingo  
 1 Member Orientation  
 2 Learn Canasta  
 3 Core and More  
 3 Pin Busters

15

8:30 Exercise Tape  
 9 Great American  
 Breakfast  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11 Preventing Falls  
 11:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Conv. English  
 12:40 Mah Jongg  
 12:45 Diabetes Support  
 2:30 Ballroom

**HeartWell in Action**

16

11:15 am  
 "Mark Twain"  
 at the Arts Barn

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

17

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:05 Stability Ball @ BP  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Ritmo Latino  
 12:30 Bridge  
 1 Coping w/Change  
 1 Hispanic Book Club  
 2 Caregivers  
 2 Ping Pong

18

Noon  
 Walk with the  
 Surgeon General

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

19

9:30 am  
 Eastern  
 Market  
 Washington,  
 DC

20

21

12:30 pm  
 Retirement  
 Party

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

22

11 am  
 "Five Biggest Things"  
 Estate Planning

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Conv. English  
 12:30 Mah Jongg  
 2:30 Ballroom

**HeartWell in Action**

23

12:30 pm  
 Birthday  
 Celebration

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

24

8:30 Exercise Tape  
 9:05 Bone Builders  
 9:05 Stability Ball @ BP  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Ritmo Latino  
 12:30 Bridge  
 1 Coping w/Change  
 1 Hispanic Book Club  
 2 Ping Pong

25

9:30 am  
 Pentagon 9/11  
 Memorial

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

26

27

28

8:15 am  
 Cruise to  
 St. Michaels

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

29

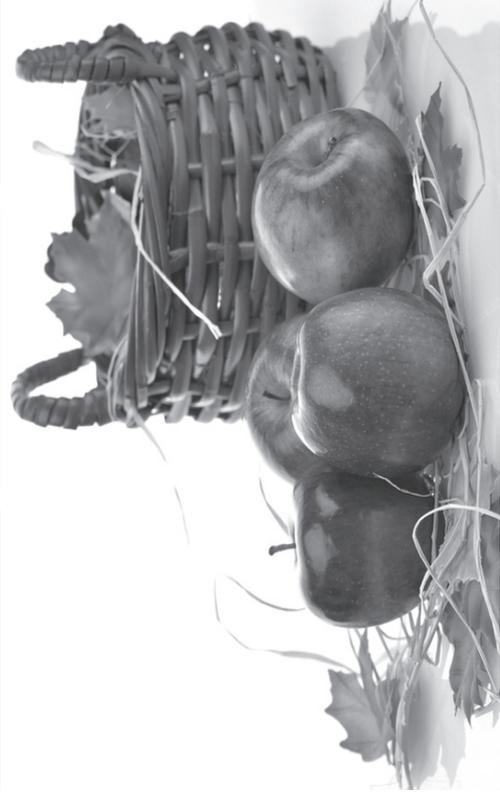
8:30 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Conv. English  
 12:30 Mah Jongg  
 2:30 Ballroom

**HeartWell in Action**

30

9:30 am  
 "Destiny of Desire"  
 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



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  
Oct. 7 – Dec. 23

**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  
Sept. 10 – Dec. 17

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

**Fee:** \$20

Bring your own mat and ball.

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

## Weight Training

Benjamin Gaither Center

**Dates:** Wednesdays  
Oct. 7 – Dec. 23

**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.

## Blood Pressure Check

**Wednesday, September 23**

**9:30 – 11:30 a.m.**

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

*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.

**FULL**





### Music Lessons

Have you ever wanted to learn how to play the piano, guitar or ukulele? Join Dan for a 45 minute lesson for \$20. Call 301-258-6380 to schedule a time.

### Ballroom Dance

**Date:** Tuesdays, Sept. 15 & 29  
**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.

### 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.

### 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.

### 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.**

### 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.

### Ping Pong

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

### Watercolor

**Dates:** Wednesdays,  
 August 5 – October 7  
*(No Class 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

### Computer Help

**Thursdays, 10 a.m. – 2 p.m.**

### AARP Smart Driver

**Date:** Friday, October 30  
**Time:** 9 a.m. – 1:30 p.m.  
 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



### 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!

# CLASSES & ACTIVITIES

## “Five Biggest Things You Need to Know to Protect Your Loved Ones”

By Mindy Felinton, JD of Felinton Elder Law and Estate Planning

Tuesday, September 22 at 11 a.m.

Attend this seminar and immediately discover how you can avoid 5 mistakes in these key areas:

1. **Divorce:** How to safeguard your children’s inheritance if they get divorced.
2. **Remarriage:** What blended families must do now to avoid disinherit each other.
3. **Incapacity:** Avoid a guardianship proceeding if you become legally incapacitated or disabled.
4. **Family Worries:** How to plan for special needs and how to bulletproof your children’s inheritances from debts, taxes, lawsuits, medical expenses, and irresponsible lifestyles.
5. **Probate:** How to avoid potential delays of one year or more.

Learn how to bulletproof, what you have today and what you leave to your kids and grandkids tomorrow, from lawsuits, nursing homes, divorce, death taxes, debts, your not-quite-perfect daughter-in-law and that over-controlling son-in-law. Please register on the Program Sheet.

Minimum: 10

Maximum: 30

## AARP, Gaithersburg Chapter #5358

### SEPTEMBER 2015 ACTIVITIES

Tuesday, September 8

#### 4 p.m. “Family Feud” with Annette

Groups play at tables to earn the most points by matching answers to questions in a “survey of 100 people.” Prizes to winning teams.

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

Free pasta dinner for members who pay their dues by September 7. For all others the cost is \$10. Come with a food staple or donation of \$5 or more for Manna.

#### 6:10 p.m. Business Meeting

50-50 raffle; door prizes.

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

Clarence Hickey portraying Dr. Stonestreet, a physician in Montgomery County in the 1860’s. An educational and entertaining look at the history of local medical practices. 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](mailto:annettethompsonphd@yahoo.com).

#### COMMUNITY SERVICE: Food and Money Drive for Manna, September 2 – 11

Help the needy in our community with food and money. Part of AARP’s National Day of Service on September 11. Contact Elaine Huey (301-972-1056) for information and to help. Free t-shirts to the top ten donors.

#### CHAT AND CHEW: Hershey’s Restaurant, Tuesday, September 15

An early bird dinner at Hershey’s (17030 Oakmont Ave, Gaithersburg). A variety of moderately priced family recipe choices including fried chicken (specialty). Be at the restaurant by 4:30 p.m. or meet at 4 p.m. to carpool from the Benjamin 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 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).

#### 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 Hollywood Casino in Charles Town. 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 \$10. Payment by September 7. Contact Nancy Dols (301-946-6034) or Annette Thompson (301-977-7936) for information and reservations.

## RAZZLE DAZZLE – VENTA DE ARTICULOS DE SEGUNDA MANO EN LA MANSIÓN DE LA CALLE “O”

Washington, DC

**Día:** jueves 3 de septiembre

**Salida:** 10 am

**Retorno:** 4 pm

**Costo:** \$15

**Fecha de vencimiento:** miércoles 2 de septiembre

Esta mansión que está localizada en la calle “O” abrirá cinco plantas que estarán llenas de toda clase de artículos para que usted se divierta y compre. Lleve con usted bolsas para hacer las compras. Después podrá almorzar, por su propia cuenta, en cualquiera de los restaurantes que están ubicados en esa zona.

**Mínimo:** 20 **Máximo:** 33

## ENTRETENIMIENTO POR JEFF LEVINE

**Día:** martes 8 de septiembre

**Hora:** 12:45 pm

Venga y disfrute de una variedad de música, tal como: jazz, clásica de Broadway, baladas contemporáneas y otras más. No se lo pierda!

## GALOPEANDO CON ELEGANCIA AL RESTAURANTE

“TAVERNA EN MT. WASHINGTON”

Baltimore, MD

**Día:** miércoles 9 de septiembre

**Salida:** 10am

**Retorno:** 2:30 pm

**Costo:** \$15

**Fecha de vencimiento:** viernes 4 de septiembre

Únase a nosotros para ir a disfrutar de un almuerzo al restaurante conocido por su delicioso menú y servicio espectacular. Podrá ordenar del menú y pagar en efectivo.

**Mínimo:** 20 **Máximo:** 33

## EL GIMNASIO ESTARA ABIERTO LOS SABADOS

Desde el 12 de septiembre, el gimnasio de Benjamín Gaither estará abierto los sábados de 9 – 11:45 am.

## GRAN DESAYUNO AMERICANO

**Día:** martes 15 de septiembre

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

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

Tocino, papas, huevos revueltos y café – oh mí! Únase a nosotros para disfrutar de un delicioso desayuno que en realidad se sabe es la comida más importante del día. Regístrese en la hoja del programa y venga con sus amigos.

## CELEBRANDO EL RETIRO DE “GLORIA”

**Día:** lunes 21 de septiembre

**Hora:** 12:30 pm

Esta celebración será en honor a Gloria Sichelman, quien delicadamente trabajó en el Centro como recepcionista por 18 años y recientemente se retiró.

## MERCADO ORIENTAL

Washington, DC

**Día:** sábado 19 de septiembre

**Salida:** 9:30 am

**Retorno:** 2:30 pm

**Costo:** \$15

**Fecha de vencimiento:** jueves 17 de septiembre

Este mercado Oriental está situado en el área del Capitolio. Ahí podrá hacer sus compras de alimentos preparados, carnes, verduras, flores y artesanías. Hay vendedores dentro del mercado y al aire libre. Póngase zapatos cómodos porque se caminará bastante.

**Mínimo:** 20

**Máximo:** 33

## RITMO LATINO

Todos los jueves de 11:15 am – 12 m

## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** miércoles 23 de septiembre

**Hora:** 12:30 pm

## PICNIC TROPICAL

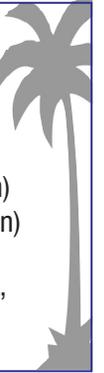
**Lugar:** Parque de agua “Bohrer”

**Día:** martes 1 de septiembre

**Hora:** 10am – 2 pm

**Costo:** \$20 (almuerzo y diversión)  
\$5 (solamente la diversión)

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



## MEMORIAL 9/11 EN EL PENTAGONO

Arlington, VA

**Día:** viernes 25 de septiembre

**Salida:** 9:30 am

**Retorno:** 2:30 pm

**Costo:** \$15

**Fecha de vencimiento:** martes 22 de septiembre

Por la mañana el ómnibus los dejara en el Centro Comercial de la Ciudad del Pentágono y de ahí podrá caminar, por su propia cuenta, hasta el Memorial. Lléve su celular para que pueda escuchar el recorrido que será narrado. Después, si lo desea, podrá almorzar en el Centro Comercial. Se caminará bastante.

**Mínimo:** 20

**Máximo:** 33

## VIAJE AL ARBORETUM

Washington, DC

**Día:** lunes 5 de octubre

**Salida:** 8:30 am

**Retorno:** 4pm

**Costo:** \$25

**Fecha de vencimiento:** lunes 14 de septiembre

Vamos a disfrutar de un buen viaje visitando el Arboetum nacional (jardín de árboles). Después del recorrido, tendrá tiempo libre y por su propia cuenta poder continuar el paseo por los bellos jardines, incluyendo el jardín de bonsáis y la clase mundial de piedras de visualización para exposiciones. Saldremos de los jardines a la 1pm para ir a almorzar en cualquiera de los restaurantes de su agrado que están localizados en la calle 8, SE (área del Capitolio). Se caminará bastante.

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



# SEPTEMBER 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](http://www.gaithersburgmd.gov)**

✓ ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
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	<b>Classes/Lectures</b>			
42502	Stepping On (No class Sept 7 or Sept 14) <b>Full</b>	Aug 3 – Sept 28	Mon	N/A
42949	Watercolor (No class Sept 9)	Aug 5 – Oct 7	Wed	\$90
42950	Bone Builders (No class Nov 26) <b>Full</b>	Sept 1 – Dec 17	Tu/Th	N/A
42952	Are You Prepared for the Crisis?	Sept 2	Wed	N/A
43000	Five Biggest Things You Need To Know	Sept 22	Tue	N/A
42999	AARP Smart Driver Course	Oct 30	Fri	N/A
	<b>Activities/Trips</b>			
42998	Breakfast <input type="checkbox"/> Members \$3 <input type="checkbox"/> Non-Members \$5	Sept 15	Tue	\$3/\$5
42946	Tropical Picnic <input type="checkbox"/> Fun Only \$5    Lunch: <input type="checkbox"/> Regular \$20 <input type="checkbox"/> Vegetarian \$20 <input type="checkbox"/> Transportation	Sept 1	Tue	\$5/\$20
42996	Razzle Dazzle Yard Sale at the Mansion on O Street	Sept 3	Thu	\$15
42997	Galloping Gourmet to Mt. Washington Tavern	Sept 9	Wed	\$15
42955	“Mark Twain” at the Arts Barn <b>Full</b> <input type="checkbox"/> Drive Yourself \$20 <input type="checkbox"/> Ride the Bus \$25	Sept 16	Wed	\$20/\$25
43002	Walk with Surgeon General	Sept 18	Fri	\$2
42992	Eastern Market	Sept 19	Sat	\$15
42995	Pentagon 9/11 Memorial	Sept 25	Fri	\$15
42954	St. Michaels Cruise <b>Full</b>	Sept 28	Mon	\$77
42956	“Destiny of Desire” at Arena Stage <b>Full</b>	Sept 30	Wed	\$55
43001	National Arboretum	Oct 5	Mon	\$25
42957	“Erma Bombeck” at Arena Stage	Oct 17	Sat	\$85
42993	“Finding the Light” at the Arts Barn <input type="checkbox"/> Drive Yourself \$20 <input type="checkbox"/> Ride the Bus \$25	Oct 22	Thu	\$20/\$25
42994	“Ragtime” at Toby’s Dinner Theatre	Oct 28	Wed	\$65

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

 <b>Gaithersburg</b>	Amount Paid \$ _____ Cash <input type="checkbox"/> Check# _____
	Visa/MC/Discover/AmEx # _____ CVC # _____
	Signature/Name on card _____ Exp. Date ___/___



# 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](mailto: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: \_\_\_\_\_