



Monthly

October 2015

# NEWS

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

## Power Stretching

Taught by Robert Williams

Tuesdays at 3 p.m. beginning October 6

Drop in fee of \$1

A stretching program designed to burn calories, elongate muscle fibers for better performance, and increase flexibility, agility and dexterity.



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

## Saturday Fitness Center Hours

9 – 11:45 a.m.



## Appraisal Roadshow

Tuesday, October 13 at 12:45 p.m.

The Appraisal Roadshow is back! Join us for this entertaining, interactive and educational program sponsored by Paradigm Experts. Everyone is welcome to attend the event, but if you would like an object appraised, you must register with Charlyn Simpson at 301-258-6380. A limited number of appraisal slots are available.

## “It’s a Wonderful Life” at Toby’s Dinner Theatre

Columbia, MD

Date: Wednesday, December 16

Depart: 9:45 a.m.

Return: 4:30 p.m.

Fee: \$65

Deadline: Monday, November 2

Toby’s adaptation breathes musical life into a familiar story, while retaining the warmth and humor of the original. A new holiday classic for all. An early buffet lunch will be served before the show.

Minimum: 20

Maximum: 33



## Belgian Waffle Breakfast

Tuesday, October 20

9 – 10:30 a.m.

\$4 Members/\$6 Non-members

Crisp on the outside and light as a feather inside, these waffles are not to be missed! Join us for this delicious, most important meal of the day. Sign-up on the program sheet and invite your friends.

## Harp Happy! Performs

Monday, October 19

at 12:45 p.m.

• • •

## Musical Performance

by Will

Wednesday, October 21

at 12:45 p.m.

## Personal Training

There are many to benefits working out with a personal trainer, including motivation, support, injury prevention and injury rehabilitation and goal-specific training. Our certified trainers have the credentials, skills and experience to create a safe program specific to your needs and goals.

All appointments will be at the Benjamin Gaither Center and made at the convenience of the member and personal trainer’s schedule.

\$50/per hour

# FROM OUR STAFF

## Birthday Celebration

Thursday, October 29  
at 12:30 p.m.

*Sponsored by Kentlands Manor*

### October Birthdays

- 2 Brian Coyle
- 3 Kathleen Valeda
- 4 Ruth Phillips, Dan Fried
- 5 Joyce Stohlman
- 7 Nancy Lamanna  
Arthur Rogers
- 8 Rose Dyer
- 9 Edward An
- 18 Bertha Mazuelos
- 19 Keebyung Suh
- 20 Susan Gruen
- 24 Anna Carroll  
Evelyn Metropolski  
Sandra Solomon
- 25 Joan Thomas
- 28 Hai Li
- 31 Jane Farfan



Sympathy is extended  
to the friends and family of  
Elaine Workinger  
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,

Has your doctor encouraged you to start exercising but you don't know how to start? Do you have an injury or physical condition that could benefit from the right program under the guidance of a trained instructor? Or are you a person who exercises regularly but feel you have reached a plateau and are challenged to reach the next level?

Several have asked about the Center offering personal training. We are fortunate to have two excellent trainers who are looking forward to working with you to create a program that would be unique to your goals, needs and limitations.

Occasionally I have heard members comment that seniors are too old to exercise – this is not true. As a matter of fact, diabetes, loss of bone density, cardiovascular disease, depression and some forms of cancer are just a few of the many diseases that can be improved or avoided through exercise. And we are never too old to start.

Because personal training is very specific to each individual, everyone will be required to complete paperwork that will provide information to help the trainer create the most effective and safe workout for you. If you have questions about personal training and its benefits, please feel free to talk with me or with either of the trainers.

Grace  
Community Facility Manager



## Travel the World with Latha

**Monday, October 26 at 11 a.m.**

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

## 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.



## Aromatherapy & Skin Care Workshop

**Tuesday, October 6 at 12:45 p.m.**

**Fee: \$2**

Essential oils and their uses is one of the fastest growing health movements today! In this workshop you will learn the many ways aromatherapy and essential oils can help with skin care. Did you know lavender essential oil can help

relieve sunburn and eczema? Lemon essential oil can address varicose veins and cellulite. Carrot Seed essential oil is recommended for wrinkles and age spots. In this class we will discuss essential oils for the skin and demonstrate how to make an exfoliant for the shower using essential oils (everyone will receive a sample).

## Memory Academy

**Thursdays, October 15 – November 12, 10 a.m. – Noon**

**Fee: \$20**

Presented by Holy Cross Senior Source, this five week course explains how memory works, offers quick strategies for remembering names, faces and numbers and provides basic memory tools such as linking ideas and creating visual images, maximizes the effectiveness of using memory aids such as lists. This program is not for people with Alzheimer's or other forms of dementia. **To register**, call 301-754-8800 or go online to [www.holycrosshealth.org](http://www.holycrosshealth.org)

## University of Maryland School of Pharmacy

### Outreach Event

**Wednesday, October 14 from 11 a.m. – 1 p.m.**

The students of the University of Maryland School of Pharmacy will be on hand to share the latest education on vaccines and medication, blood pressure monitoring, and exercise. Be sure and stop by their tables and test their knowledge!

## 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!**

## Montgomery Village Healthcare Presents

**Wednesday, October 14  
at 11 a.m.**

Join us for a presentation on a wide variety of topics.

## Blood Pressure Check

**Wednesday, October 28  
9:30 – 11:30 a.m.**

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

## Diabetes Support Group

**Tuesday, October 20, 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, October 1 & 15**

**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

### National Arboretum

Washington, DC

**Date:** Monday, October 5

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

**Return:** 4 p.m.

**Fee:** \$25

We will kick off our visit to the National Arboretum with a tram tour, then 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

### Tour of NPR Headquarters

Washington, DC

**Date:** Thursday, October 8

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

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

**Fee:** \$20

**Deadline:** Friday, October 2

Get an NPR experience from the two-story digital display walls of NPR content and NPR about the history, mission and their stations through interactive, museum-style exhibits and a guided tour. After the tour we will head to Union Station for lunch and shopping on your own. **Lots of walking!**

**Minimum:** 10      **Maximum:** 19

### Member Orientation

Monday, October 12 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.



### “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

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

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

Gaithersburg, MD

**Date:** Thursday, October 22

**Depart:** 10:50 a.m.

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

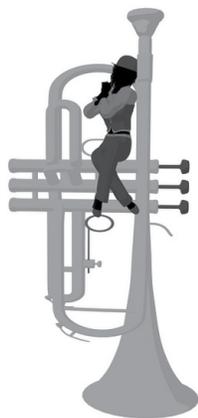
**Fee:** \$20 (drive yourself) / \$25 (ride the bus)

**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

“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

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



**Ballet Rehearsal  
at the Kennedy Center  
Washington, DC**

**Date:** Thursday, October 29  
**Depart:** 10:15 a.m.  
**Return:** 6:30 p.m.  
**Fee:** \$35  
**Deadline:** Friday, October 23

The Suzanne Farrell Ballet will be rehearsing their newest pieces, “Balanchine, Bejart, and the Bard” in preparation for their weekend performances. You will first be dropped off in Georgetown for lunch on your own. **Lots of walking.**

**Minimum:** 19      **Maximum:** 19

**“Time Travel with Emily Dickinson” at the Arts Barn  
Gaithersburg, MD**

**Date:** Thursday, November 19  
**Depart:** 10:50 a.m.  
**Return:** 2:30 p.m.  
**Fee:** \$20 (drive yourself) / \$25 (ride the bus)  
**Deadline:** Thursday, October 29

American poetry and history come to life in this one-woman play, written and performed by MiMi Zannino. Dressed in the authentic attire of the times, the show focuses on Dickinson’s relationship with Colonel Thomas Wentworth Higginson, commander of the First South Carolina Regiment. We will first stop for lunch at Thai Tanium, 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

**“Motown The Musical” at The National Theatre  
Washington, DC**



**Date:** Saturday, December 5  
**Depart:** 12:30 p.m.  
**Return:** 7:30 p.m.  
**Fee:** \$110  
**Deadline:** Friday, November 13

“Motown The Musical” is the true American dream story of Motown founder Berry Gordy’s journey from feather-

weight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more! After the 2 p.m. show, you are on your own for dinner before we head back to Gaithersburg. I heard it through the grapevine that this show will have you dancing in the street!

**Maximum:** 27

**Diversity Program  
Wednesday, October 21  
at 11:15 a.m.**

Join our award winning Diversity Program as we celebrate CHARACTER COUNTS! month. We will be discussing the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Come share what these Pillars mean to you and examples of how following them has improved your life here in the United States or abroad.

**Bureau of Engraving  
and Printing  
Washington, DC**

**Date:** Monday, November 2  
**Depart:** 10:30 a.m.  
**Return:** 4 p.m.  
**Fee:** \$15  
**Deadline:** Friday, October 23

Enjoy a chance to meet Gaithersburg Youth Club members as we learn all about U.S. paper currency. You can see millions of dollars being printed as you walk along the gallery overlooking the production floor. After the tour, lunch is on your own nearby.

**Lots of walking.**

**Minimum:** 19      **Maximum:** 23

**Galloping Gourmet  
to the Bavarian Inn  
Shepherdstown, WV**

**Date:** Thursday, November 5  
**Depart:** 10:15 a.m.  
**Return:** 4 p.m.  
**Fee:** \$15

**Deadline:** Friday, Oct. 30

Let’s head west for a delicious lunch of German and American cuisine, with a little leaf peeping along the way. Pay on your own.

**Minimum:** 19      **Maximum:** 33



**Book Discussion**      **FREE**

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



Gaithersburg

The Benjamin Gaither Center

# October 2015

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

301-258-6380

## Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

**3**

Fitness Center  
Open  
9 – 11:45 a.m.

**2**

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

**1**

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  
1 Coping w/Change  
1 Hispanic Book Club  
2 Caregivers  
2 Ping Pong

4

**5**

8:30 am National Arboretum

8:30 Exercise Tape  
9:15 High/Low  
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

**6**

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 Mah Jongg  
12:45 Aromatherapy  
3 Power Stretching

**7**

8:30 Exercise Tape  
9:15 50/50  
10 Pickleball @ BP  
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

**8**

9:30 am Tour of NPR Headquarters

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  
1 Coping w/Change  
1 Hispanic Book Club  
2 Book Discussion  
2 Ping Pong

**9**

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

**10**

Fitness Center  
Open  
9 – 11:45 a.m.

HeartWell in Action

**11**

**12**

8:30 Exercise Tape  
 9:15 High/Low  
 10:15 Fit 4 All  
 11:15 Car Buying 101  
 11:15 Ping Pong  
 12:30 Embroidery  
 12:50 Bingo  
 1 Member Orientation  
 2 Learn Canasta  
 3 Core and More  
 3 Pin Busters

**13**

12:45 pm  
 Appraisal  
 Roadshow

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  
 3 Power Stretching  
 4 AARP

**14**

11 am  
 School of  
 Pharmacy

8:30 Exercise Tape  
 9:15 50/50  
 10 Pickleball @ BP  
 10:15 Fit 4 All  
 11 MV Healthcare  
 Presentis  
 11:15 Strong & Balanced  
 12:30 Weight Training  
 1 Crochet  
 1:15 Flexible Strength  
 1:15 Music Lessons  
 2 Drawing

**15**

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

**16**

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

**17**

Fitness Center  
 Open  
 9 – 11:45 a.m.

10:30 am  
 "At Wit's End"  
 Arena Stage

**18**

**19**

12:45 pm  
 Harp Happy!  
 Performs

8:30 Exercise Tape  
 9:15 High/Low  
 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

**20**

8:30 Exercise Tape  
 9 Belgian Waffle  
 Breakfast  
 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  
 12:45 Diabetes Support  
 3 Power Stretching

**HeartWell in Action**

**21**

12:45 pm  
 Will  
 Performs

8:30 Exercise Tape  
 9:15 50/50  
 10 Pickleball @ BP  
 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 Drawing

**22**

10:50 am  
 "Finding the Light"  
 Arts Barn

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

**23**

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

**24**

Fitness Center  
 Open  
 9 – 11:45 a.m.

**25**

**26**

11 am  
 Travel the World  
 with Latha

8:30 Exercise Tape  
 9:15 High/Low  
 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

**27**

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  
 3 Power Stretching

**HeartWell in Action**

**28**

9:45 am  
 "Ragtime"  
 at Toby's

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

**29**

10:15 am  
 Ballet Rehearsal  
 Kennedy Center

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

**30**

8:30 Exercise Tape  
 9 AARP Smart  
 Driver  
 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

**31**

Fitness Center  
 Open  
 9 – 11:45 a.m.

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.

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.



*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.



### Conversational English

Tuesdays at 12:30 p.m.  
(No class October 6)

Join instructor Susan Bradley as you learn and build your English conversation skills.

### 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.

### Ritmo Latino

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

### 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.

### 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.

### 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.

### 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.

### Computer Help

Thursdays, 10 a.m. – 2 p.m.



### Pickleball

Wednesdays,  
10 a.m. – Noon  
beginning October 7  
at Bohrer Park  
Activity Center.

\$3 Residents  
\$4 Nonresidents

### Drawing on the Right Side of the Brain

Dates: Wednesdays  
October 14 – 28  
Time: 2 – 4 p.m.  
Fee: \$35

This class will focus on the essentials of drawing, such as composition, perspective, volume and form. Lessons from the book "Drawing on the Right Side of the Brain" will be incorporated to help build confidence in your abilities. Supply lists available at the front desk.

Minimum: 8                      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!

# CLASSES & ACTIVITIES

## 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



## Car Buying 101

**Monday, October 12 at 11:15 a.m.**

Take the confusion out of car shopping with help from local sales professional Anna Harriger. What types of vehicles are available? What should I be looking for when shopping for a new or used car? What is a certified vehicle? How does the financing process work? Get these questions answered and more when Anna walks you through purchasing a vehicle from the first step of gathering information to driving away in your new car. Make your next car shopping experience pleasant and confusion free!

## AARP, Gaithersburg Chapter #5358

### OCTOBER 2015 ACTIVITIES

#### Tuesday, October 13

##### 4 p.m. "LCR"

A dice game played at tables of 5-7 people for fun or for money. \$1 per game.

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

Chef Sia will serve a turkey dinner with all the fixings: sweet potatoes, veggies, rolls, cranberry sauce, salad and choice of drinks. Choice of desserts provided by our sweet volunteers. \$10.

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

Election of Officers and confirmation of Committee chairs to complete 2015-2016 terms of retired members. Report of year's activities. 50-50 raffle and door prizes.

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

Dale Jarrett will entertain us with piano and song. Send in requests. 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** was a great success! As part of AARP's National Day of Service on September 11 our chapter collected more than 275 lbs of food supplies and monetary donations totaling \$553.

**Thank you to all who contributed!**

#### Clothing Drive: October 6 – 16

Check your closets for clothes you no longer need. Clothes will be given to men and women residing at Wells-Robertson House in Gaithersburg. This is a transition to work program for those recovering from chemical ediction; they need work-appropriate clothing for job interviews and work. Contact Elaine Huey, (301-972-1056).

#### CHAT AND CHEW: Tuesday, October 20

Join us for lunch at Not Your Average Joe's in Kentlands (245 Kentlands Blvd, Gaithersburg). Enjoy the unique menu of this moderately priced restaurant. Be at the restaurant by 12:30 pm or meet at noon to carpool from the Benjamin Gaither 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).

#### TOURS: West Virginia Adventure October 27– 30

Final Payment of \$736 (per person, double occupancy – less any deposit paid) is due by September 23. We match roommates so you can avoid the \$210 single supplement cost. We need four more people to avoid trip cancellation. Contact Nancy Dols (301-946-6034) or Annette Thompson (301-977-7936) for more information.

## VIAJE AL ARBORETUM

Washington, DC

**Día:** lunes 5 de octubre

**Salida:** 8:30 am

**Retorno:** 4pm

**Costo:** \$25

Vamos a disfrutar de un buen viaje visitando el Arboretum 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 caminara bastante.

## TALLER DE AROMATERAPIA Y EL CUIDADO DE LA PIEL

**Día:** martes 6 de octubre

**Hora:** 12:45 pm

**Costo:** \$2

El uso de los aceites esenciales es un método que está creciendo, rápidamente, en el mundo de la salud. Durante este taller usted podrá aprender muchas maneras de como la aromaterapia y los aceites pueden ayudar al cuidado de su piel. ¿Sabía usted que el aceite de lavanda puede ayudar a aliviar las quemaduras del sol y el eczema? El aceite de limón se usa para tratar venas varicosas y celulitis. El aceite de semilla de zanahoria es bueno para eliminar arrugas y manchas de la edad. Ud. aprenderá sobre cómo hacer un exfoliante para la ducha y también recibirá una muestra. ¡No se lo pierda!

## ESCUELA DE FARMACÉUTICOS DE LA UNIVERSIDAD DE MARYLAND

**Día:** miércoles 14 de octubre

**Hora:** 1 pm

Los estudiantes de la sección Farmacéutica de la Universidad de Maryland estarán a su disposición para compartir sobre las últimas noticias acerca de las vacunas, medicamentos, control de presión arterial y ejercicio. Asegúrese de pasar por sus mesas y así poner a prueba su conocimiento.

## CONVERSACIÓN EN INGLES

**Todos los martes**

**Hora:** 12:30 pm

(No habrá clases el día 6 de octubre)

Únase a la instructora Susan Bradley para mejorar su conversación en Ingles.

## ACADEMIA PARA LA MEMORIA

**Días:** jueves 15 de octubre  
al 12 de noviembre

**Hora:** 10am – 12m

**Costo:** \$20

Presentado por La Santa Cruz y Fuente Para Personas de Mayor Edad. Durante estas cinco semanas aprenderán como la memoria funciona usando estrategias rápidas para recordar nombres, caras y números. También les proporcionaran herramientas de memoria básica como la vinculación de ideas y la creación de imagines visuales, incrementado la eficacia de la utilización de ayuda de memoria, tales como listas. Este programa no es para personas con enfermedad de Alzheimer o demencia. Para inscribirse, por favor llame al 301-754-8800 o visite la página web: [www.holycrosshealth.org](http://www.holycrosshealth.org)

## CONCIERTO “ARPA FELIZ”

**Día:** lunes 19 de octubre

**Hora:** 12:45 pm

¡No se lo pierda!

## DESAYUNO – BELGIAN WAFFLES

**Día:** martes 20 de octubre

**Hora:** 9 - 10:30 am

**Costo:** \$4 para miembros  
y \$6 no-miembros

Los waffles son unas galletas crujientes por fuera y ligeras como una pluma en el interior. Venga y traiga a sus amigos/as a compartir de un delicioso desayuno, que es la comida más importante del día. No se olvide de registrarse en la hoja del programa.

## ACTUACIÓN MUSICAL CON GUITARRA

Por el estudiante de George Mason: “Will”

**Día:** miércoles 21 de octubre

**Hora:** 12:45pm

## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** jueves 29 de octubre

**Hora:** 12:30 pm

## RITMO LATINO

Todos los jueves de 11:15 am – 12 m

## PROGRAMA DE DIVERSIDAD

**Día:** miércoles 21 de octubre

**Hora:** 11:15 am

Únase a nuestro galardonado Programa de Diversidad celebrando el mes de Los Valores. Conversaremos sobre los seis pilares característicos; los cuales son: confianza, respeto, responsabilidad, justicia, solidaridad y civismo. Compartiremos el significado de esos pilares y daremos ejemplos de cómo seguirlos para mejorar su vida en los Estados Unidos o en cualquier otro país del extranjero.

## OBRA MUSICAL EN EL TEATRO NACIONAL “Motown”

Washington, DC

**Día:** Sábado 5 de diciembre

**Salida:** 12:30 pm

**Retorno:** 7:30 pm

**Costo:** \$110

**Fecha de vencimiento:** viernes 25 de septiembre

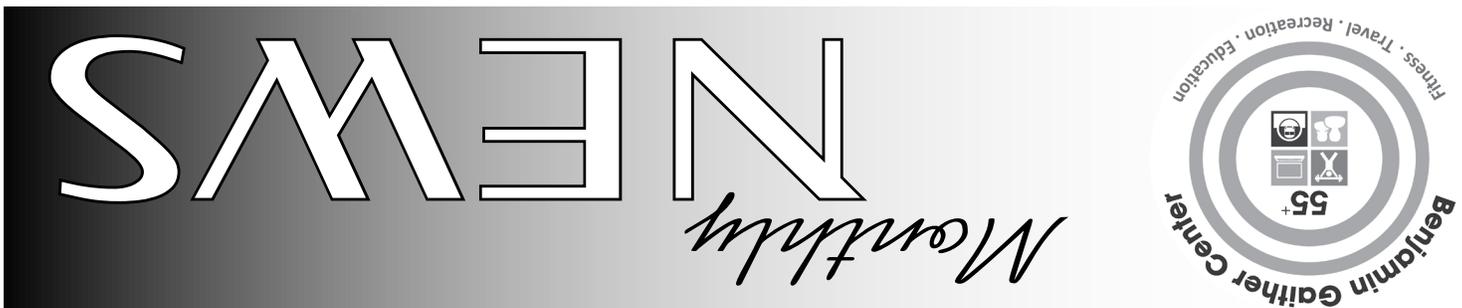
Esta preciosa obra musical es una historia verdadera del sueño americano sobre el viaje del fundador de Motown, Berry Gordy, quien es un boxeador de peso de pluma hacia la trayectoria de música de peso ligero y que lanzo las carreras de Diana Ross, Michael Jackson, Smokey Robinson y muchos más! Cuando el show termine (2 pm), y antes de regresar a Gaithersburg, usted tendrá tiempo libre para cenar por su propia cuenta. Se escuchan rumores que después de disfrutar de esta obra teatral, usted bailara en la calle!

**Máximo:** 27

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

CURRENT RESIDENT OR

GAITHERSBURG CITY OFFICIALS  
Mayor  
Jud Ashman  
Council Members  
Cathy Drzygula  
Neil Harris  
Henry F. Marraffa, Jr.  
Michael A. Sesma  
Ryan Spiegel  
City Manager  
Tony Tomaseillo



# OCTOBER 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
	42949	Watercolor (No class Sep 9)	Aug 5 – Oct 7	Wed	\$90
	42950	Bone Builders (No class Nov 26) <i>Full</i>	Sep 1 – Dec 17	Tu/Th	N/A
	43088	Aromatherapy & Skin Care Workshop	Oct 6	Tue	\$2
	43097	Drawing on the Right Side of the Brain	Oct 14 – 28	Wed	\$35
	42999	AARP Smart Driver Course	Oct 30	Fri	N/A
		<b>Activities/Trips</b>			
	43092	Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non-Members \$6	Oct 20	Tue	\$4/\$6
	42995	Pentagon 9/11 Memorial	Sept 25	Fri	\$15
	43001	National Arboretum	Oct 5	Mon	\$25
	43091	NPR Tour	Oct 8	Thu	\$20
	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
	43093	Ballet Rehearsal at Kennedy Center	Oct 29	Thu	\$35
	43089	Bureau of Engraving and Printing	Nov 2	Mon	\$15
	43087	Bavarian Inn Galloping Gourmet	Nov 5	Thu	\$15
	43095	“Time Travel with Emily Dickinson” at the Arts Barn <input type="checkbox"/> Drive Yourself \$20 <input type="checkbox"/> Ride the Bus \$25 Lunch at Thai Tanium <input type="checkbox"/> Yes or <input type="checkbox"/> No	Nov 19	Thu	\$20/\$25
	43096	“Motown The Musical” at the National Theatre	Dec 5	Sat	\$110
	43090	“It’s a Wonderful Life” at Toby’s Dinner Theatre	Dec 16	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 ___/___
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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](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: \_\_\_\_\_