



Monthly

November 2015

# NEWS

80A Bureau Drive • Gaithersburg, MD 20878-1431 • 301-258-6380 • [gaithersburgmd.gov](http://gaithersburgmd.gov)



## The Windtalker Experience

**Tuesday, November 17 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.

## Diwali Celebration

**Friday, November 6 at Noon**

Diwali is the Indian Festival of Lights. Join us for a special luncheon provided through the nutrition program. Please sign-up before 2 p.m. on Thursday, Nov. 5. After lunch we will have a cultural program to celebrate and entertain!



## Veteran's Day Luncheon

**Thursday, November 12 at Noon**

Come honor our Veterans who have fought for our freedom. At noon we will have lunch through the nutrition program. Order your lunch before 2 p.m. on Tuesday, November 10 and let us know if you are a Veteran. Veterans eat free. After lunch join us for a Patriotic Program from Activities To Go.

Benjamin Gaither Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

**Closed November 11, 26 & 27**

## Saturday Fitness Center Hours

9 – 11:45 a.m.

**Closed November 28**

## Quiche Breakfast

**Tuesday, November 17**

**9 – 10:30 a.m.**

**\$4 Members/\$6 Non-members**

Join us for Chef Sia's world famous quiche! Sign-up on the program sheet and invite your friends.

## Name Tag November!

On select days throughout the month of November, members will be encouraged to wear a nametag and say hello to someone they don't know.

## Inclement Weather and Emergency Closing Policy

- If Montgomery County Public Schools are closed due to inclement weather, the Benjamin Gaither Center will be closed.
- If Montgomery County Public Schools have a delayed opening, the Benjamin Gaither Center will open at 10 a.m.; classes and programs scheduled before 10 a.m. will be canceled, classes and programs scheduled at 10 a.m. or later will run; the Nutrition Program lunch will be served; City transportation will be provided with pick-ups starting at 10 a.m.; transportation on the County bus is canceled.
- If Montgomery County Public Schools have an early dismissal, afternoon and evening classes and programs are canceled; City transportation will be provided before the regular 2 p.m. departure time; County transportation will be provided at regular 2 p.m. departure time or earlier as available.
- In the event of inclement weather or an emergency on a weekend or holiday please call 301-330-0050 ext. 2441 or go to the City's website [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) to learn about cancellations and closures.



# FROM OUR STAFF

## Birthday Celebration

Thursday, November 30  
at 12:30 p.m.

*Sponsored by Kentlands Manor*

### November Birthdays

- 1 Rita Chaudhary  
Mary Hoferek
- 2 Aziza Yaphet
- 3 Sarah Pope
- 4 Carolina Tello
- 7 Betty Ankrapp  
Socorro Perez
- 8 Gwen Martin
- 12 Balwant Singh
- 13 Kishore Gokhale
- 15 Peter Ciullio
- 18 Dorothy Brown
- 19 Jean Esquivel  
Isabel Manzanaras
- 22 Mary Barovian
- 28 Kathryn Deuser
- 29 Laura Tapia
- 30 Luftus Salam  
Stephen Fisher



Sympathy is extended  
to the friends and family of  
Arashalous Aghamalian  
who recently passed away.

### 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,

Working out with a friend can improve motivation, and because someone else is counting on you to show up, you are less likely to find an excuse not to. Friends provide each other with support, and because it is more fun, those who exercise together often push themselves a little bit harder.

Take the 'work' out of the workout and even make new friends by signing up for a group personal training class. New this month is the opportunity to meet with a personal trainer and 'share' the hour as well as the cost with others. A personal trainer can help you improve your health and reach your personal best effectively and safely.

It is that time of year to review the inclement weather policy. Please note that if Montgomery County schools are closed due to inclement weather **during the week, Monday - Friday**, the Center will be closed that day. If there is a two hour delay, the center will open and transportation pick-ups will begin at 10 a.m. If schools close early, the Center's afternoon programs will be canceled. **On the weekends the Center will follow the City of Gaithersburg weather policy, not the Montgomery County school weather policy. If in doubt due to bad weather**, please call the Center's emergency hotline, 301-330-0050 ext. 2441 or visit the website at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) to learn whether the Center will be open or closed.

Thank you.

Grace  
Community Facility Manager

## 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.

## Caregivers Support Group

Thursday, November 5 & 19

2 – 3:30 p.m.

Caregivers face many challenges. A support group provides the opportunity to share experiences, learn about resources and strategies that have helped others, and gain emotional support. The Holy Cross Caregiver Resource Center is pleased to offer a support group led by Registered Nurse Anna Roberts.

For more information or to register for the group, please call 301-754-7151.

## Diabetes Support Group

Tuesday, November 17 at 11 a.m.

Nurse Leni will facilitate a group focused on supporting each other and sharing tips on how to live well with diabetes. Meets the 3rd Tuesday of every month.

## 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 Senior Services at The Affiliated Santé Group. Drop-in. Free. Individual appointments available by calling 301-641-8924.

## Power Stretching

Taught by Robert Williams

Tuesdays at 3 p.m.

Drop in fee of \$1

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



## 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 \$6.50. 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!**



## Walking Tape

8:30 a.m. - Every Day

Wake up with a brisk 2 mile workout.

## Brain Teasers

12:45 – 1:15 p.m.

Tuesday, November 3 (in Español)

Tuesday, November 10 (in English)

Join Nurse Leni of the Suburban HeartWell Program as she challenges your mind.

## Blood Pressure Check

Wednesday, November 18

9:30 – 11:30 a.m.

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

## 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.



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.

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

## TRIPS & ACTIVITIES

### 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

### Member Orientation

Monday, November 9 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 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.



### Museum Shop Around & More

Bethesda, MD

**Date:** Friday, November 13

**Depart:** 9:45 a.m.

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Tuesday, November 10

Our first stop will be the Annual Museum Shop Around at Strathmore Mansion. Strathmore has invited 18 Mu-

seum gift shops to set up shop in one place for your shopping and gift giving convenience. After that, we will head to Montgomery Mall, where the shopping spree continues! Lunch is on your own at the mall. **Lots of walking.**

**Minimum:** 20

**Maximum:** 33



### "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

### Walters Art Museum

Baltimore, MD

**Date:** Friday, November 20

**Depart:** 9:45 a.m.

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Tuesday, November 17

The Walters Art Museum is internationally renowned for its collection of art that includes Egyptian, Greek sculpture, and European and American masterpieces. We will have a guided highlights tour and then you are on your own to continue to explore and eat lunch. **Lots of walking.**

**Minimum:** 20

**Maximum:** 33

### AARP Craft and Jewelry Sale

Monday, November 16 – Friday, November 20

9 a.m. – 3:30 p.m. in the Lecture Room

## The Jewish Museum of Maryland

**Baltimore, MD**

**Date:** Monday, November 23

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

**Return:** 3 p.m.

**Fee:** \$20

**Deadline:** Wednesday, November 18

We will be visiting the Rock and Roll Hall of Fame's exhibit, "Paul Simon: Words and Music," on its first stop of a nationwide tour. We will also take a guided tour of the 1845 Lloyd Street Synagogue. After the tours, lunch is on your own at one of the delis on Baltimore's Corned Beef Row. **Lots of walking.**

**Minimum:** 20      **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

## "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



**Book Discussion**

**FREE**

**"Life of Pi"**  
by Yann Martel  
**Thursday, November 12 at 2 p.m.**



## Diversity Program

**Wednesday, November 25**

**at 11:30 a.m.**

Join our award winning Diversity Program as we discuss and celebrate Thanksgiving and Feasts from around the world. Our Thanksgiving luncheon will be held right after at Noon. Sign-up through the Nutrition Program by 2 p.m., Tuesday, November 24.

## Star Spangled Banner

**Flag House**

**Baltimore, MD**

**Date:** Tuesday, December 1

**Depart:** 9:45 a.m.

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

**Fee:** \$25

**Deadline:** Monday, November 23

Explore the story behind the War of 1812 and immerse yourself in one of the most riveting tales in our nation's history – the creation of the American flag. After our guided tours of the house and the museum, lunch is on your own in Baltimore's Little Italy.

**Lots of walking.**

**Minimum:** 20

**Maximum:** 33



**Travel the World with Latha**

**Monday, November 16 at 11 a.m.**

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



Gaithersburg

# The Benjamin Gaither Center November 2015

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

301-258-6380

## Calendar of Events

**Sunday**

**1**

**Monday**

**2**

10:30 am  
Bureau of  
Engraving & Printing

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

**Tuesday**

**3**

7 am - 8 pm  
City of Gaithersburg  
Election

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  
12:45 Brain Teasers  
3 Power Stretching

**Wednesday**

**4**

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

**Thursday**

**5**

10:15 am  
Galloping Gourmet  
to Bavarian Inn

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 El Club de la Amistad  
2 Caregivers  
2 Ping Pong

**Friday**

**6**

Noon  
Diwali  
Celebration

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

**Saturday**

**7**

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

**8**

**9**

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

**10**

8:30 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Stretch & Strengthen  
11:15 Understanding  
Mediation  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
12:45 Brain Teasers  
3 Power Stretching  
4 AARP

**11**

VETERANS DAY  
HOLIDAY  
CENTER CLOSED

**12**

Noon  
Veterans Day  
Lunch & Program

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 El Club de la Amistad  
2 Book Discussion  
2 Ping Pong

**13**

9:45 am  
Museum Shop  
Around

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

**14**

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

**HeartWell in Action**

**HeartWell in Action**

15

16

11 am  
Travel the World  
with Latha

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

17

12:45 pm  
The Windtalker  
Experience

8:30 Exercise Tape  
9 Quiche Breakfast  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 Diabetes Support  
11:15 Stretch & Strengthen  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
3 Power Stretching

**HeartWell in Action**

18

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 Watercolor

19

10:50 am  
Emily Dickinson  
at Arts Barn

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

20

9:45 am  
Walters Art Museum  
Baltimore

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

21

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

22

23

9:15 am  
Jewish Museum  
of Maryland

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

24

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**

25

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

26

THANKSGIVING DAY  
HOLIDAY  
CENTER CLOSED

27

THANKSGIVING DAY  
HOLIDAY  
CENTER CLOSED

28

Fitness Center  
CLOSED  
Activity Center  
at Bohrer Park  
is open to  
Fitness Center  
Members  
(Bring your  
membership  
card)

29

30

12:30 pm  
Birthday  
Celebration

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

*Please note:*

*Fitness participants must be on time  
for the warm up.*

*Appropriate shoe attire  
required for all  
standing aerobic classes.*



JEWELRY, CRAFT & GIFT SALE

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

**Personal Training**

Reap the benefits of working out with a personal trainer! Our certified trainers have the credentials, skills and experience to create a safe program specific to your needs and goals. Schedule your training session at the Benjamin Gaither Center. \$50 per hour.

*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.

**Small Group Personal Training (six sessions)**

**Fee:** \$90 (Fitness Center Members) /\$120 (Non-Fitness Center Members)

Tuesdays	Nov. 3 – Dec. 8	10:30 – 11:30 a.m.	
Wednesdays	Nov. 4 – Dec. 16	10:30 – 11:30 a.m.	(no class 11/11)
Wednesdays	Nov. 4 – Dec. 16	3 – 4 p.m.	(no class 11/11)
Thursdays	Nov. 5 – Dec. 17	10:30 – 11:30 a.m.	(no class 11/26)
Thursdays	Nov. 5 – Dec. 17	3 – 4 p.m.	(no class 11/26)
Fridays	Nov. 6 – Dec. 18	9 – 10 a.m.	(no class 11/27)
Saturdays	Nov. 7 – Dec. 19	9:30 – 10:30 a.m.	(no class 11/28)
Saturdays	Nov. 7 – Dec. 19	10:45 – 11:45 a.m.	(no class 11/28)

Take your workouts to the next level with coaching and personalized attention from our staff Trainers. Small group training sessions not only provide individualized attention and personalized workouts, but the increased energy and motivation that comes from working with a group. The focus will be on strength training. **Great for beginners!**

**Minimum:** 4 **Maximum:** 6

### Conversational English

**Tuesdays at 12:30 p.m.**

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.

### Computer Help

**Tuesdays, 10 a.m. – 2 p.m.**  
**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 on fridays at 10:30 a.m.

### Ping Pong

**Thursdays, 2 – 4 p.m.**

Contact Charlyn at 301-258-6380 if you want to play and need a partner.

### Watercolor

**Dates:** Wednesdays  
November 4 & 18  
December 2 & 16

**Time:** 2 – 4 p.m.

**Fee:** \$45

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



**Pickleball**  
**Wednesdays,**  
**10 a.m. – Noon**  
**at Bohrer Park**  
**Activity Center.**

**\$3 Residents**  
**\$4 Nonresidents**



**Gaithersburg**  
**Senior**  
**“Pin Busters”**

### Bowl America

1101 Clopper Rd., Gaithersburg, MD

**Date:** Mondays

**Time:** 3 – 5 p.m.

**Fee:** \$9 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!

### 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.

Participation in Benjamin Gaither Center programs by groups or organizations other than City of Gaithersburg officials, departments or committees does not constitute City of Gaithersburg endorsement.

# CLASSES & ACTIVITIES

## AARP Smart Driver Course

Friday, December 4, 10 a.m. – 2:30 p.m.

**Fee:** \$15 AARP Member  
\$20 Nonmember

Payable by check to the instructor. AARP's driver safety program will help you increase your confidence, your overall safety, self-policing behaviors, and reduce driving errors. Many auto insurance companies will give you a discount for completing the course. Please arrive 15 minutes early. Register on the Program Sheet.

**Minimum:** 10      **Maximum:** 16

## Understanding Mediation in Conflict Resolution

Tuesday, November 10 at 11:15 a.m.

Today more and more individuals and families, courts, businesses, institutions and government agencies use mediation and its techniques to resolve all types of disputes relatively quickly and inexpensively. Discussion of mediation facilitated by Ed Ketchen, a mediator and Benjamin Gaither Center member, will help explain the theory of mediation, describe the facilitative mediation process, including the role of the mediator, and review how mediation fits into our legal and other systems in helping to resolve sometimes seemingly insurmountable conflicts. Discussion will include review of several typical cases.

## AARP, Gaithersburg Chapter #5358

### NOVEMBER 2015 ACTIVITIES

**Tuesday, November 10**

#### 4 p.m. Bingo

2 cards, \$2, choice of prizes.

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

Chinese Buffet provided by the Oriental Cafe and organized by Robbie Bureson; choice of cold drinks and desserts made by members of our chapter. \$10.

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

Organize winter jewelry, craft and gift sale; plan shopping and craft sessions for nursing home gifts; 50-50 and door prizes.

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

Lindsey Vajpeyi from the Alzheimer's Association will speak on "Healthier Habits for a Healthier You" including warning signs of Alzheimer's. 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.

**CHAT AND CHEW: Tuesday, November 17**

Lunch at Vasilis Mediteranean Grill in Kentlands (353 Main Street, Gaithersburg). Enjoy authentic Greek and Mediteranean food in family run restaurant that is a hidden gem in our area. Be at the restaurant by 12:30 p.m. 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.

#### COMMUNITY SERVICE

**Monday, November 30, 10:30 a.m. – 2 p.m.**

Make gifts for residents of nursing homes and assisted living facilities.

**Wednesday, December 2 and Friday, December 4, 10 p.m. – 3 p.m.**

Make faux flower arrangements and corsages and other easy to make gifts.

#### 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).

#### WINTER JEWELRY, CRAFT AND GIFT SALE

**Monday – Friday, November 16 – 20, 9 a.m. – 3:30 p.m.**

*Seniors purchase gifts at a low cost.*

This event raises money for the Benjamin Gaither Center. Please donate jewelry or hand-made crafts (knitted, crocheted, or other stitched items), faux flower arrangements or pottery. Crafters: get busy and make interesting items for this sale. If you have new but unwanted gift or household items, consider donating them. We are **not** accepting used clothing. Please bring donations to the Center between November 9 – 13. Volunteer to help in any capacity (pricing, donations, selling, making crafts and homemade treats, and buying). Contact Margaret Fisher (301-947-1835) or Annette Thompson (301-977-7936) for additional information and to help. Let's make this sale even more successful than past sales. ***We can do it with your help!***

## **POLIZA DE EMERGENCIA DURANTE EL INVIERNO**

Si las escuelas del Condado de Montgomery están cerradas, el Centro también estará cerrado. Si las escuelas abren tarde, el Centro se abrirá a las 10am. Las clases programadas antes de las 10am se cancelaran y las de las 10am en adelante se llevaran a cabo. El almuerzo se servirá a la misma hora. La transportación de Gaithersburg comenzara a las 10am y la de Montgomery County se cancelara. Si las escuelas anuncian la salida temprana, las clases y programas por la tarde y noche serán canceladas. La transportación de la Ciudad de Gaithersburg departirá antes de las 2pm; y la de Montgomery County a las 2pm o antes si es posible. En caso de mal tiempo o emergencia durante el fin de semana o un día festivo, puede llamar al 301-330-0050 x2441 o conectándose al web-site [www.Gaithersburgmd.gov](http://www.Gaithersburgmd.gov)

## **NOVIEMBRE, MES DE LA IDENTIFICACION**

Durante el mes de noviembre se seleccionaran algunos días para usar su identificación y saludar a nuevos miembros o que usted no conoce.

## **ROMPECABEZA**

**Días:** martes 3 de noviembre en Español y  
10 de noviembre en Ingles

Únase a la enfermera Leni, del Hospital de Suburban, quien estará presentando el Programa "Corazón Saludable" y les hará preguntas interesantes para desafiar su mente.

## **CELEBRACIÓN DE LUCES – "DIWALI"**

**Día:** viernes 6 de noviembre

**Hora:** 12 m.

Diwali es un festival Hindú de luces, y al mismo tiempo usted podra disfrutar de un delicioso almuerzo con sabor del país de India. No se olvide de hacer su reservación para el almuerzo, un día antes del festival. Después del almuerzo habrá un programa de entretenimiento cultural.

## **CELEBRACIÓN EN HONOR A LOS VETERANOS**

**Día:** jueves 12 de noviembre

**Hora:** 12 m.

Venga a honrar a los Veteranos que han luchado por nuestra libertad. El almuerzo se servirá a las 12m., y es a través del Programa de Nutrición. Por favor déjenos saber si usted es Veterano porque ese día el almuerzo para los Veteranos será gratis. Después del almuerzo habrá un programa Patriótico. ¡No se lo pierda!

## **LA EXPERIENCIA DE LO QUE**

### **EL VIENTO NOS DICE**

**Día:** martes 17 de noviembre

**Hora:** 12:45 pm

Randy "El experto de conversar con el aire" presentara "La Experiencia del Sonido de la Conversación". También compartirá un álbum de fotos impresionantes que fueron tomadas a lo largo de sus viajes en el sendero de los Apalaches, donde se establecen los sonidos inquietantes y en vivo de la flauta nativo Americana. Este es un espectáculo increíble, no se lo pierda!

## **CELEBRACIÓN DE CUMPLEAÑOS**

**Día:** jueves 30 de noviembre

**Hora:** 12:30 pm

## **CONVERSACIÓN EN INGLES**

**Todos los martes**

**Hora:** 12:30 pm

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

## **RITMO LATINO**

Todos los jueves de 11:15 am – 12 m

## **VIAJE AL MUSEO JUDIO DE MARYLAND**

**Baltimore, MD**

**Día:** lunes 23 de noviembre

**Salida:** 9:15 am

**Regreso:** 3 pm

**Costo:** \$20

Fecha de vencimiento: miércoles 18 de noviembre

Durante este viaje visitaremos el salón de Rock and Roll y la exhibición de la fama, "Paul Simón: Palabras y Música", en su primera parada de una gira nacional. También tendremos un recorrido con un guía turístico en la Sinagoga 1845 y calle de Lloyd. Después de este recorrido, usted podrá almorzar en cualquiera de los delis que ofrecen sándwiches de corned beef. Durante este viaje se caminara bastante.

## **PROGRAMA DE DIVERSIDAD**

**Día:** miércoles 25 de noviembre

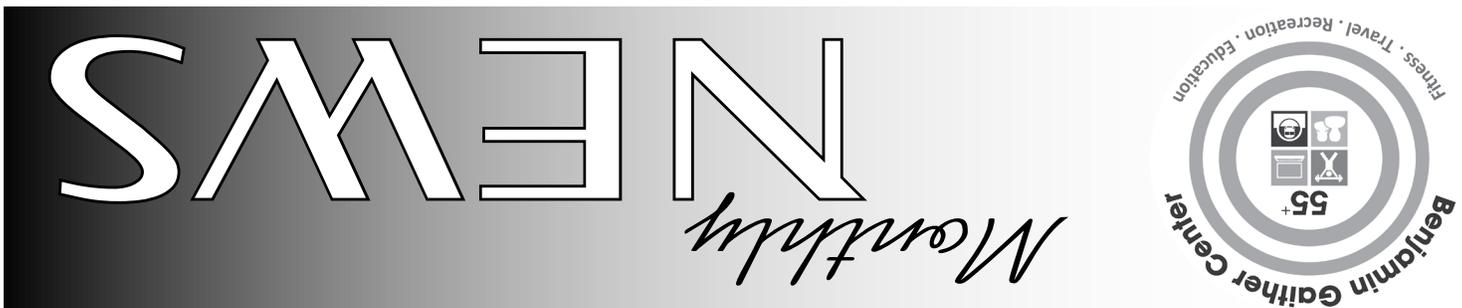
**Hora:** 11:30 am

Únase a nuestro galardonado Programa de Diversidad celebrando el mes de Acción de Gracias y otros días festivos en el mundo. El almuerzo de Acción de Gracias se servirá a las 12m. Si está interesado en reservar el almuerzo, por favor hágalo antes del 24 de noviembre.

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



# NOVEMBER 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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		<i>Classes/Lectures</i>			
	42950	Bone Builders (No class Nov 26) <span style="float: right;"><b>Full</b></span>	Sep 1 – Dec 17	Tu/Th	N/A
	43194	Watercolor (No class Nov 11 & 25, Dec 9)	Nov 4 – Dec 16	Wed	\$45
	43195	AARP Smart Driver Course	Dec 4	Fri	N/A
		<b>Small Group Personal Training</b>			
	43186	Tuesdays @ 10:30 a.m.	Nov 3 – Dec 8	Tue	\$90/\$120
	43187	Wednesdays @ 10:30 a.m. (No class Nov 11)	Nov 4 – Dec 16	Wed	\$90/\$120
	43188	Wednesdays @ 3 p.m. (No class Nov 11)	Nov 4 – Dec 16	Wed	\$90/\$120
	43189	Thursdays @ 10:30 a.m. (No class Nov 26)	Nov 5 – Dec 17	Thu	\$90/\$120
	43190	Thursdays @ 3 p.m. (No class Nov 26)	Nov 5 – Dec 17	Thu	\$90/\$120
	43191	Fridays @ 9 a.m. (No class Nov 27)	Nov 6 – Dec 18	Fri	\$90/\$120
	43192	Saturdays @ 9:30 a.m. (No class Nov 28)	Nov 7 – Dec 19	Sat	\$90/\$120
	43193	Saturdays @ 10:45 a.m. (No class Nov 28)	Nov 7 – Dec 19	Sat	\$90/\$120
		<b>Activities/Trips</b>			
	43198	Quiche Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non-Members \$6	Nov 17	Tue	\$4/\$6
	43089	Bureau of Engraving and Printing	Nov 2	Mon	\$15
	43087	Bavarian Inn Galloping Gourmet <span style="float: right;"><b>Full</b></span>	Nov 5	Thu	\$15
	43200	Museum Shop Around & More	Nov 13	Fri	\$25
	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
	43199	Walters Art Museum	Nov 20	Fri	\$25
	43196	Jewish Museum of Maryland	Nov 23	Mon	\$20
	43197	Star Spangled Banner Flag House	Dec 1	Tue	\$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

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**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: \_\_\_\_\_