



Monthly

December 2015

# NEWS

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



## Holiday Luncheon & Dance Party

**Friday, December 11**  
**Noon – 2:15 p.m.**

Let's celebrate together with a fine lunch prepared by our own Chef Sia. Order through the Nutrition Program before 2 p.m. on Thursday, December 10. After a delicious lunch, be prepared to party down with DJ Myra! If you would like to participate in a gift exchange, please bring a gift valued between \$5 – 10 that is suitable for both males and females.

Benjamin Gaither Center is open  
Monday – Friday  
8:30 a.m. – 4 p.m.  
**Closed Friday, December 25**

## Saturday Fitness Center Hours

9 – 11:45 a.m.  
**Closed Saturday, December 26**

## National Harbor

Oxon Hill, MD

**Date:** Friday, December 18  
**Depart:** 9:30 a.m.  
**Return:** 4 p.m.  
**Fee:** \$15  
**Deadline:** Wednesday, Dec. 16



Explore the National Harbor and all the shops and dining experiences it has to offer. The Gaylord National Resort is decorated for Christmas with its 60-foot glass tree, indoor holiday village and dancing fountains. You can ride the Capital Wheel. You can see "Ice!," which will feature "Santa Claus is Coming to Town." We will run a shuttle from the Tanger Outlets to the Gaylord. Whatever you choose to do, the National Harbor is sure to please! **Lots of walking!**

**Minimum:** 20      **Maximum:** 33

## Member Orientation

**Monday, December 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.

## All American Breakfast

**Tuesday, December 8**

**9 – 10:30 a.m.**

**\$4 Members/\$6 Non-members**  
Join us for eggs, meat, potatoes and more! Sign-up on the program sheet and invite your friends.



## "Home for the Holidays"

### Gaithersburg Chorus Winter Concert

Featuring holiday favorites and contemporary pieces

**FREE**

**Tuesday, December 8, 7:30 pm**

Asbury Rosborough Theatre  
Asbury Methodist Village  
201 Russell Ave.

**Saturday, December 12, 7:30 pm**

Gaithersburg High School  
101 Education Blvd.

# FROM OUR STAFF

## Birthday Celebration

Thursday, December 31  
at 12:30 p.m.

### December Birthdays

- 1 Jane Adams
- Anne Roesser
- 4 Shirley Shipe
- 5 Lorraine Walters
- Mario LaFaye
- 7 Chris Christakis
- 8 Wilda Knox
- 9 Restituta Shaw
- Terry Clark
- 13 Richard Bauer
- 14 Charles Ingram
- 15 Fahmida Khanam
- 17 Gary Hubler
- 18 George Baken
- 20 Dharam Mathur,
- Christa Harper
- 21 Carol Blongiewicz
- 22 Anita Jones
- 25 Sayeeda Karim
- 28 Sally Ricker
- Barbra Gary



Sympathy is extended  
to the friends and family of  
Joseph Kuzminski  
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,

This has been a great year! It has been filled with positive changes and numerous opportunities. There is so much to be grateful for and we would like to start by extending our appreciation to you. Thank you for your patience during the renovation, your support of our new offerings and your kind words about our freshly decorated facility.

Our staff would also like to extend our appreciation to the great number of individuals as well as businesses and agencies who provide volunteer hours and outreach programs benefitting our membership. We are proud of our offerings, but with your support, we can do so much more.

Please enjoy yourself during these upcoming holidays and spend bountiful time with family and friends. It is also good for us to keep in mind not everyone has someone to share the season. Sometimes the best gift we can give is our friendship.

From our staff to you – HAPPY HOLIDAYS!

Grace  
Community Facility Manager

## 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.

## Annual Membership and Fees

City Residents \$40/Spouse \$30

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

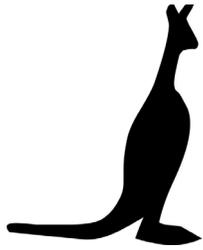
Fitness Center \$75 per year/\$15 per month for Benjamin Gaither Center Members Only

### 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.

## 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.

## Caregivers Support Group

Thursday, December 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.

## Blood Pressure Check

Wednesday, December 16

9:30 – 11:30 a.m.

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



## 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!**

## Diabetes Support Group

Tuesday, December 15 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.

## 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.



## 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 at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) to learn about cancellations and closures.



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

### Star Spangled Banner Flag House

Baltimore, MD

**Date:** Tuesday, December 1

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

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

**Fee:** \$25

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

### Ultramarathon Running Wednesday, December 2 at 11:15 a.m.

Join Yi Dang, an ultramarathon runner who runs "locally" (DMV), as he shares his running experience and describes the processes he uses to complete these long races. Topics will include why and how he started running at age of 49, training, fueling up for the race, description of the races and recovery time.



### 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!

### "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

"Motown The Musical" is the true American dream story of Motown founder Berry Gordy's journey from featherweight 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

### Renwick Gallery Washington, DC

**Date:** Tuesday, December 8

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

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Friday, Dec. 4

After a major two-year renovation, the Renwick Gallery is now open with its featured exhibit, "Wonder." After our visit, we will head over to the Chinatown area where lunch is on your own and you can tour the National Portrait Gallery or visit the Holiday Market located right outside. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33



### "It's a Wonderful Life" at Toby's Dinner Theatre Columbia, MD

**Date:** Wednesday, December 16

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

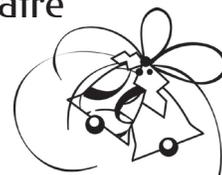
**Return:** 4:30 p.m.

**Fee:** \$65

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



### 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.



**Galloping Gourmet to Dutch's Daughter**

**Frederick, MD**

**Date:** Monday, Dec. 21  
**Depart:** 10:15 a.m.  
**Return:** 3 p.m.  
**Fee:** \$15  
**Deadline:** Wednesday, Dec. 16

Enjoy an elegant lunch at Dutch's Daughter. Order from a pre-fixe menu of either Atlantic Salmon, Dutch's Chicken or the Crab Cake Platter and **pay in cash**. Lunch includes salad, seasonal vegetable, twice baked potato, dessert and drink. Salmon or chicken is **\$23 cash** and crab cakes are **\$30 cash** including tax and tip.

**Minimum:** 20                      **Maximum:** 33

**"South Pacific" at Toby's Dinner Theatre**

**Columbia, MD**

**Date:** Wednesday, January 20  
**Depart:** 9:45 a.m.  
**Return:** 4:30 p.m.  
**Fee:** \$65  
**Deadline:** Monday, December 21

Warm up with this Rodgers and Hammerstein classic featuring some of the most beautiful music ever composed for theatre. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won a Pulitzer Prize and 10 Tonys. "South Pacific" features illustrious songs such as "Gonna Wash That Man Right Outa My Hair", "Some Enchanted Evening", and "Bali Hai." An early buffet lunch will be served before the show.

**Minimum:** 20                      **Maximum:** 33

**"The City of Conversation" at Arena Stage**

**Breakfast at Downtown Crown**

**Washington, DC**

**Date:** Wednesday, February 10  
**Depart:** 9 a.m.  
**Return:** 4 p.m.  
**Fee:** \$55  
**Deadline:** Friday, January 8

First we will stop for breakfast in Downtown Crown, where breakfast is on your own, then to Arena Stage for "The City of Conversation." In 1979, Washington D.C. was a place where adversaries fought it out on the Senate floor and then smoothed it out over drinks and hors d'oeuvres. In this play spanning 30 years and six presidents, we follow savvy and elegant Hester Ferris, the hostess of Georgetown dinner parties whose influence in liberal politics is legendary. But when her beloved son suddenly turns up with an ambitious Reaganite girlfriend and a shocking new conservative world view, Hester must choose between preserving her family and defending the causes she's spent her whole life fighting for. We will stay for the after-show discussion.

**Minimum:** 19                      **Maximum:** 19

**Walmart**

**Wednesday, December 9**

11 a.m. – 1 p.m.

**Tuesday, December 22**

11 a.m. – 1 p.m.

**Fee:** \$2

Local shopping trip for groceries, gifts, etc.

**Minimum:** 5

**Maximum:** 14



**Ping Pong**

**Thursdays, 2 – 4 p.m.**

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



**Pickleball**

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

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



**The Benjamin Gaither Center  
Staff**

would like to wish  
you and your families  
a joyful and prosperous  
Holiday Season!

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



Gaithersburg

The Benjamin Gaither Center

# December 2015

www.gaithersburgmd.gov

301-258-6380

## Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**

9:45 am  
Star Spangled  
Banner Flag House

- 8:25 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**

**2**

- 8:25 Exercise Tape
- 9:15 50/50
- 10 Pickleball @ BP
- 10:15 Fit 4 All
- 11 Ultramarathon
- Running
- 11:15 Strong & Balanced
- 12:30 Weight Training
- 1 Crochet
- 1:15 Flexible Strength
- 1:15 Music Lessons
- 2 Watercolor

**3**

- 8:25 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

**4**

- 8:25 Exercise Tape
- 9:15 High/Low
- 10 AARP Safe Driver
- 10:15 Fit 4 All
- 10:30 Learn Mah Jongg
- 11:15 Strong & Balanced
- 12:15 Quilting
- 12:30 Mah Jongg
- 12:50 Bingo
- 3 Core and More

**5**

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

12:30 p.m.  
Motown  
The Musical!

*Please note:*

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

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

**6**

**7**

- 8:25 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

**8**

9:30 am  
Renwick Gallery  
Washington, DC

- 8:25 Exercise Tape
- 9 All American
- 9:05 Breakfast
- 9:15 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

**HeartWell in Action**

**10**

- 8:25 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
- 2 Ping Pong

**11**

Noon  
Holiday Lunch  
& Party

- 8:25 Exercise Tape
- 9:15 High/Low
- 10:15 Fit 4 All
- 10:30 Learn Mah Jongg
- 11:15 Strong & Balanced
- 12:15 Quilting
- 12:30 Mah Jongg
- 12:50 Bingo
- 3 Core and More

**12**

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

13

14

8:25 Exercise Tape  
 9:15 High/Low  
 10 Stepping On  
 10:15 Fit 4 All  
 12:30 Embroidery  
 12:50 Bingo  
 1 Member Orientation  
 2 Learn Canasta  
 3 Core and More  
 3 Pin Busters

15

8:25 Exercise Tape  
 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**

16

9:45 am  
It's a Wonderful Life  
at Toby's

8:25 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

17

8:25 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

18

9:30 am  
National Harbor  
Oxon Hill

8:25 Exercise Tape  
 9:15 High/Low  
 10:15 Fit 4 All  
 10:30 Learn Mah Jongg  
 11:15 Strong & Balanced  
 12:15 Quilting  
 12:30 Mah Jongg  
 12:50 Bingo  
 3 Core and More

19

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

20

21

10:15 am  
Galloping Gourmet  
to Dutch's Daughter

8:25 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

22

11 am  
Walmart  
Shopping

8:25 Exercise Tape  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Mah Jongg  
 3 Power Stretching

**HeartWell in Action**

27

28

8:25 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

29

8:25 Exercise Tape  
 10:15 Stretch & Strengthen  
 12:30 Bridge  
 12:30 Mah Jongg  
 3 Power Stretching

**HeartWell in Action**

23

8:25 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

24

8:25 Exercise Tape  
 10:15 Stretch & Strengthen  
 11:15 Ritmo Latino  
 12:30 Bridge  
 1 Coping w/Change  
 2 Ping Pong

25

**CHRISTMAS  
HOLIDAY  
CENTER CLOSED**

26

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

30

8:25 Exercise Tape  
 9:15 50/50  
 10 Pickleball @ BP  
 10:15 Fit 4 All  
 11:15 Strong & Balanced  
 1 Crochet  
 1:15 Music Lessons

31

12:30 pm  
Birthday  
Celebration

8:25 Exercise Tape  
 10:15 Stretch & Strengthen  
 11:15 Ritmo Latino  
 12:30 Bridge  
 1 Coping w/Change  
 1 El Club de la Amistad  
 2 Ping Pong

*Happy Holidays!*



*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  
Jan. 6 – Mar. 30  
**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  
Jan. 7 – Mar. 31  
**Time:** 10:30 a.m.  
**Fee:** \$15

Bring your own mat and ball.

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

**Weight Training  
Benjamin Gaither Center**

**Dates:** Wednesdays  
Jan. 6 – Mar. 30  
**Time:** 12:30 p.m.  
**Fee:** \$15

Build bones and become stronger using hand weights.

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



**Walking Tape**

**8:25 a.m. - Every Day**

Wake up with a brisk 2 mile workout.

*These fitness classes, taught by nationally certified instructors, have a \$1 charge:*



**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.

**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.

**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.

**High/Low**

**Taught by Grace Whipple  
Mon. and Fri. at 9:15 a.m.**

Vigorous low-impact aerobics and strength training.

**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.  
Tues. at 11:15 a.m.**

*No 11:15 am class on December 22 & 29*  
For those of any ability who want to tone their muscles and strengthen their heart and lungs.

**Bone Builders**

**Dates:** Tuesdays & Thursdays, January 12 – May 26  
**Time:** 9:05 – 10:05 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 places 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!

**Minimum:** 10 **Maximum:** 20



**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.

**Embroider with Jane**

**Date:** Mondays  
**Time:** 12:30 p.m.

Free help with your project.

**Quilting**

**Date:** Fridays  
**Time:** 12:15 p.m.

Come work on your project and make friends in the process.

**Conversational English**

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

Join instructor Susan Bradley as you learn and build your English conversation skills. **No class on December 22 & 29.**

**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.

**Bingo**

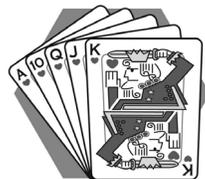
**Mondays & Fridays at 12:50 p.m.**

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

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

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

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



**Computer Help**  
**Tuesdays, 10 a.m. – 2 p.m.**  
**Wednesdays, 10 a.m. – 12 p.m.**  
**Thursdays, 10 a.m. – 2 p.m.**  
**Fridays, 11 a.m. – 2 p.m.**

**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.

**Watercolor**

**Dates:** Wednesdays  
January 6 – February 24  
**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

**Small Group Personal Training**

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

Tuesdays	January 5 – February 9	10:30 – 11:30 a.m.
Wednesdays	January 6 – February 10	10:30 – 11:30 a.m.
Wednesdays	January 6 – February 10	3 – 4 p.m.
Thursdays	January 7 – February 11	10:30 – 11:30 a.m.
Thursdays	January 7 – February 11	3 – 4 p.m.
Fridays	January 8 – February 12	9 – 10 a.m.
Saturdays	January 9 – February 13	9:30 – 10:30 a.m.
Saturdays	January 9 – February 13	10:45 – 11:45 a.m.

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

**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.

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

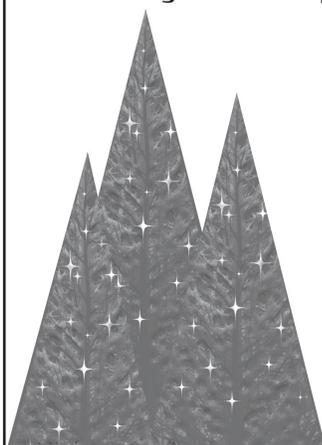
Friday, December 4, 10 a.m. – 2:30 p.m.

**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

Celebrating 20 Years of Enchantment



### WINTER LIGHTS

Seneca Creek State Park  
11950 Clopper Road

Open Nightly

November 27 - December 31 (closed December 25)

6 - 9 pm Daily

Open until 10 pm on Fridays & Saturdays

Admission

Monday – Thursday/\$12 per car

Friday – Sunday/\$15 per car

## AARP, Gaithersburg Chapter #5358

### DECEMBER 2015 ACTIVITIES

#### MONTHLY MEETING:

**Tuesday, December 8, 2015**

#### 4 p.m. Community Service

Package gifts to residents of 4 nursing homes and assisted living facilities.

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

Chef Sia's Holiday Ham Dinner with all the fixings. Choice of drinks and desserts made by members of our social committee. A vegetarian alternative is available upon request. \$10.

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

Chapter Awards; 50-50 raffle and door prizes.

#### 6:45 p.m. Program

Chyp Davis and Andrea Romero will provide a musical treat for our holiday party; come sing, dance and enjoy. 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, December 15**

Holiday Dinner at the Golden Bull Golden Grand Cafe (7 Dalmar St., Gaithersburg). Come for their early bird special. You can have the 75 item salad bar, a choice of entrees (prime rib, salmon, crab cakes, or pasta with chicken) with a side, a dessert, and coffee or tea for \$14.99. If you don't want the early bird special, choose from a wide variety of delicious items on the menu. Be at the restaurant by 4:30 p.m. or 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) 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, 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).

**April 15 – 25, 2016 (11days/10 nights)**

**Cruise to Aruba, Colombia, the Cayman Islands, Costa Rica, and the Panama Canal on the Coral Princess.**

Deposit \$575 per person due by December 1. Final payment due no later than December 31. For more information on cabin locations, rates and reservations contact Annette Thompson (301-977-7936; annettethompsonphd@yahoo.com) or Nancy Dols (301-946-6034; nancydols17@gmail.com). Travel insurance strongly recommended.

## DESAYUNO AL ESTILO AMERICANO

**Día:** martes 8 de diciembre  
**Hora:** 9 - 10:30 am  
**Costo:** \$4 para miembros  
 \$6 no-miembros

Únase a nosotros a disfrutar de un delicioso desayuno de huevos, carne y papas! Si desea participar, por favor regístrese en la hoja de programa y puede invitar a sus amigos.

## ALMUERZO NAVIDEÑO, FIESTA Y BAILE

**Día:** viernes 11 de diciembre  
**Hora:** 12m a 2:15pm

Venga a celebrar las fiestas navideñas disfrutando de un buen almuerzo preparado por nuestro Cocinero, Sia. Si va a participar del almuerzo no se olvide ordenarlo el día anterior, no más tarde de las 2 pm. Después del almuerzo habrá entretenimiento por el DJ Myra! Y también si desea participar de un intercambio de regalos, por favor traiga uno valorado entre \$5 y \$10 que sea adecuado para hombres y mujeres.

## VIAJE AL PUERTO NACIONAL

**Oxon Hill, MD**

**Día:** viernes 18 de diciembre  
**Salida:** 9:30 am  
**Regreso:** 4 p.m.  
**Costo:** \$15

**Fecha de vencimiento:** miércoles 16 de diciembre

Durante este viaje podrá explorar el Puerto Nacional, todas las tiendas y restaurantes que hay en el área. El centro turístico, "Gaylord Nacional", estará decorado por la festividad navideña, con un árbol de vidrio que mide 60 pies de alto, un nacimiento navideño y fuentes danzantes. También podrá subirse a la rueda de Chicago; ver hielo y Santa Claus llegando a la ciudad. Si desea irse de compras, el puerto ofrece un servicio de transporte hacia las tiendas de descuento (Outlets Tanager a Gaylord) Póngase zapatos cómodos porque se caminará bastante.

**Mínimo:** 20

**Máximo:** 33

## RITMO LATINO

Todos los jueves de 11:15 am – 12 m

## GALOPEANDO CON ELEGANCIA

**AL RESTAURANTE: "Hija del Holandés"**

**Frederick, MD**

**Día:** lunes 21 de diciembre  
**Salida:** 10:15 am  
**Regreso:** 3 p.m.  
**Costo:** \$15

**Fecha de vencimiento:** miércoles 16 de diciembre

Disfrute de un elegante almuerzo en el restaurante, "La hija del Holandés". Puede ordenar del menú, salmón del Atlántico, pollo al estilo Holandés o pastel de cangrejo y pagar en efectivo, ese día, por su almuerzo. El almuerzo incluye: ensaladas, verduras de la temporada, papas, postre y bebida. El precio del salmón o pollo es más o menos \$23 y cangrejo alrededor \$30. Incluyendo impuestos y propina.

**Mínimo:** 20

**Máximo:** 33



## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** jueves 31 de diciembre

**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.

## ENTRENAMIENTO PERSONAL EN PEQUE OS GRUPOS

**Fechas y horarios:**

Martes	5 de enero al 9 de febrero	de 10:30 a 11:30 am
Miércoles	6 de enero al 10 de febrero	de 10:30 a 11:30 am
Miércoles	6 de enero al 10 de febrero	de 3 a 4 pm
Jueves	7 de febrero al 11 de febrero	de 10:30 a 11:30 am
Jueves	7 de enero al 11 de febrero	de 3 a 4 pm
Viernes	8 de enero al 12 de febrero	de 9 a 10 am
Sábados	9 de febrero al 13 de febrero	de 9:30 a 10:30 am
Sábados	9 de febrero al 13 de febrero	de 10:45 a 11:45 am

**Costo:** \$90 para los miembros del gimnasio y \$120 para los no miembros – 6 sesiones  
 Con la atención personalizada de nuestro personal capacitado, usted podrá llevar su entrenamiento a un nivel avanzado.

Pequeñas sesiones de formación en grupo, no solo le proporcionara atención y entrenamiento individualizado, pero también le aumentara energía y motivación que se siente al poder trabajar en grupo. La atención se centrara en el entrenamiento de fortaleza. Esto es ideal para los principiantes!

**Mínimo:** 4

**Máximo:** 6

## 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)

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

CURRENT RESIDENT OR

City Manager  
Tony Tomaseillo

Council Members  
Neil Harris  
Henry F. Marratta, Jr.  
Michael A. Sesma  
Ryan Spiegel  
Robert T. Wu

Mayor  
Jud Ashman

GAITHERSBURG CITY OFFICIALS



# DECEMBER 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 online at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		<b>Classes/Lectures</b>			
	43853	Bone Builders	Jan 12 – May 26	Tu/Th	N/A
	43854	Watercolor	Jan 6 – Feb 24	Wed	\$90
	43195	AARP Smart Driver Course	Dec 4	Fri	\$15/\$20
		<b>Small Group Personal Training</b>			
	43845	Tuesdays @ 10:30 a.m.	Jan 5 – Feb 9	Tue	\$90/\$120
	43846	Wednesdays @ 10:30 a.m.	Jan 6 – Feb 10	Wed	\$90/\$120
	43847	Wednesdays @ 3 p.m.	Jan 6 – Feb 10	Wed	\$90/\$120
	43848	Thursdays @ 10:30 a.m.	Jan 7 – Feb 11	Thu	\$90/\$120
	43849	Thursdays @ 3 p.m.	Jan 7 – Feb 11	Thu	\$90/\$120
	43850	Fridays @ 9 a.m.	Jan 8 – Feb 12	Fri	\$90/\$120
	43851	Saturdays @ 9:30 a.m.	Jan 9 – Feb 13	Sat	\$90/\$120
	43852	Saturdays @ 10:45 a.m.	Jan 9 – Feb 13	Sat	\$90/\$120
		<b>Activities/Trips</b>			
	43844	All American Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non Members \$6	Dec 8	Tue	\$4/\$6
	43197	Star Spangled Banner Flag House	Dec 1	Tue	\$25
	43096	“Motown The Musical” at the National Theatre	Dec 5	Sat	\$110
	43842	Renwick Gallery	Dec 8	Tue	\$15
	43840	Walmart	Dec 9	Wed	\$2
	43090	“It’s a Wonderful Life” at Toby’s Dinner Theatre	Dec 16	Wed	\$65
	43838	National Harbor	Dec 18	Fri	\$15
	43843	Dutch’s Daughter	Dec 21	Mon	\$15
	43841	Walmart	Dec 22	Tue	\$2
	43839	“South Pacific” at Toby’s Dinner Theatre	Jan 20	Wed	\$65
	43837	“The City of Conversation” at Arena Stage	Feb 10	Wed	\$55

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