



Monthly

January 2016

# NEWS

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



## Seniorita Sunshine Performs

Tuesday, January 5  
12:45 p.m.

*Kick off your New Year with a little bit of Sunshine, Seniorita Sunshine that is!*

Join us for this upbeat, popular entertainer who sings, dances and entertains!

## Mariinsky Ballet Open Rehearsal at the Kennedy Center Washington, DC



**Date:** Tuesday, February 23  
**Depart:** 9:15 a.m.  
**Return:** 5 p.m.  
**Fee:** \$35  
**Deadline:** Friday, February 12

Join dance scholars for an insider's look at the Mariinsky Ballet Company as members prepare for a performance of Petipa's "Raymonda." We will stop first for a delicious breakfast at Founding Farmers, where you can order from the menu and pay on your own.

**Minimum:** 20      **Maximum:** 24

## Rio at Washingtonian Center Gaithersburg

Wednesday, January 6, 11 a.m. – 1 p.m.  
Tuesday, January 19, 11 a.m. – 1 p.m.  
\$2

Local shopping trip for groceries and stuff or enjoy lunch on your own.

**Minimum:** 5      **Maximum:** 14



## Brainstorming Session

Wednesday, January 13  
11 a.m.

*We need your next great idea!*

Join us for a brainstorming session to share your ideas for the next classes, lectures, activities, and trips.

Benjamin Gaither Center is open  
Monday – Friday  
8:30 a.m. – 4 p.m.  
Closed January 1 & 18

Saturday  
Fitness Center Hours  
9 – 11:45 a.m.

Computer Lab Closed  
Friday, January 15  
Noon – 4 p.m.

## Member Orientation

Monday, January 11 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.

## Breakfast Burritos

Tuesday, January 12

9 – 10:30 a.m.

**\$4 Members/\$6 Non-members**  
Heat up your New Year with this South of the Border inspired breakfast!  
Sign-up on the program sheet and invite your friends.



## Book Discussion

"The Bones of Paris"  
by Laurie R. King

Thursday, January 14 at 2 p.m.  
**FREE**

# FROM OUR STAFF

## Birthday Celebration

Thursday, January 28  
at 12:30 p.m.

### January Birthdays

- 1 Ruth Berghers  
Barbara Fries
- 5 Roseanne Paulsen
- 6 Sheela Goel  
Ihuoma Madukwe
- 10 Lyndan Simpson
- 11 Kathleen Burns
- 13 Teresa Campozano
- 14 Manny Hersh,  
Afroditi Pieridou
- 16 Victoria Traficanti
- 18 Dorothy Brown
- 19 Gerard Traficanti
- 21 Patricia Calleja  
Beatriz Neira
- 23 Vandana Kharod
- 24 Bette Adam
- 26 Maya Kirk
- 28 Jo Owens
- 29 Donald Bambeck  
Del Johnson
- 30 Gunjana Giri



**Pickleball**  
**Wednesdays**  
**10 a.m. – Noon**  
**Activity Center**  
**at Bohrer Park**  
**\$3 Residents**  
**\$4 Nonresidents**

### 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:

In many ways 2015 has been a great year. We successfully completed a long renovation and now have a fully-staffed, beautiful, state-of-the-art fitness center as well as an enlarged ten-station computer lab. The old carpeting has been replaced, walls all freshly painted and rooms are filled with beautiful new furniture. Several of you have been kind enough to express your appreciation – we want to thank you for your patience.

Although having a nice facility is important, most important to any recreation center is its programming. Our staff strives to find innovative programs that meet the varied interests and needs of our membership. We periodically evaluate current programs and continually search out trends. If you have any ideas for trips, entertainment, classes or anything else – please do not hesitate to make your suggestion. Some of our best programs were originally introduced by members.

So as I look out my window on this glorious 66 degree December day, please know that spring is not that far off! And although 2015 was rewarding, we are looking forward to an even better 2016!

HAPPIEST OF NEW YEARS!

Grace, Community Facility Manager  
and Benjamin Gaither Center Staff

## 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

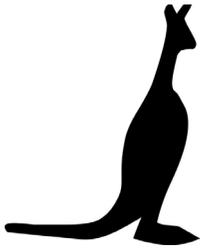
Nonresidents \$120/Spouse \$60 (outside the corporate City limits)

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, January 7 & 21**  
**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, January 27**  
**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, January 19 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

## Happy New Year!

- Cambodian: Soursdey Chhnam Tmei
- Chinese: Xin Nian Kuai Le
- Croatian: Sretna Nova godina!
- Czech: Stastný Novy Rok
- Danish: Godt Nytar
- Dutch: GELUKKIG NIEUWJAAR!
- Eskimo: Kiortame pivdluaritlo
- Estonian: Head uut aastat!
- Finnish: Onnellista Uutta Vuotta
- French: Bonne Annee
- Gaelic: Bliadhna mhath ur
- German: Prosit Neujahr
- Greek: Kenourios Chronos
- Hawaiian: Hauoli Makahiki Hou
- Hebrew: L'Shannah Tovah
- Hindi: Naye Varsha Ki Shubhkamanyen
- Hong Kong (Cantonese): Sun Leen Fai Lok
- Hungarian: Boldog Uj Evet Kivanok
- Indonesian: Selamat Tahun Baru
- Iraqi: Sanah Jadidah
- Irish: Bliain nua fe mhaise dhuit
- Italian: Felice anno nuovo
- Japan: Akimashite Omedetto Gozaimasu
- Korea: Saehae Bock Mani ba deu sei yo!
- Latvian: Laimigo Jauno Gadu!
- Lithuanian: Laimingu Naujuju Metu
- Macedonian: Srekjna Nova Godina
- Madagascar: Tratry ny taona
- Maltese: Is-Sena t-Tajba
- Norwegian: Godt Nyttar
- Persian: Sal -e- no mobarak
- Philippines: Manigong Bagong Taon!
- Polish: Szczesliwego Nowego Roku
- Portuguese: Feliz Ano Novo
- Romanian: AN NOU FERICIT
- Russian: S Novim Godom
- Samoa: Manuia le Tausaga Fou
- Slovak: Stastny Novy rok
- Somali: Iyo Sanad Cusub Oo Fiican!
- Spanish: Feliz Año Nuevo
- Swahili: Heri Za Mwaka Mpya°
- Swedish: GOTT NYTT AR! /Gott nytt ar!
- Sudanese: Warsa Enggal
- Tibetan: Losar Tashi Delek
- Thai: Sawadee Pee Mai
- Turkish: Yeni Yiliniz Kutlu Olsun
- Ukrainian: Shchastlyvoho Novoho Roku
- Uzbek: Yangi Yil Bilan
- Vietnamese: Chuc Mung Tan Nien

## Drug Enforcement Administration

### Washington, DC

**Date:** Friday, January 8

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Tuesday, January 5

You hear about drugs on television and in the movies, on the radio, in books and magazines on the internet and in daily conversations. Some information is accurate, but a lot of it is not. Join us to learn about the modern history of illegal drugs, law enforcement and the consequences of drug abuse. After the guided tour you will be on your own for lunch and shopping at Crystal City Mall. **Lots of walking!**

**Minimum:** 19

**Maximum:** 19



## Pennsylvania Dutch Market

### Hagerstown, MD

**Date:** Thursday, January 14

**Depart:** 10 a.m.

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

**Fee:** \$15

**Deadline:** Monday, January 11

Anybody hungry? There are numerous vendors selling crafts, fine wood work and an abundance of food choices. There is a butcher meats section, cheese, bakery, German market and numerous ready to eat food stands. All the food is made locally or in-house by the Dutch Amish community. The quality of their food is top notch. The baked goods are amazing! Come travel with us over the hills and through the mountains to the friendly Amish market located in Hagerstown.

**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

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

## National Museum of Women in the Arts

Washington, DC

**Date:** Tuesday, January 26

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Friday, January 15

The National Museum of Women in the Arts is the only major museum in the world solely dedicated to recognizing women's creative contributions. Join us as we explore highlights spanning more than six centuries from the Renaissance to today. The NMWA's collection includes works by over 1,000 nationally and internationally renowned artists. After our guided tour, lunch is on your own at the Museum's Dirty South Deli or at one of the nearby restaurants. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33

## H.P. Rawlings Conservatory & Botanic Gardens

Baltimore, MD

**Date:** Friday, January 29

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

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Friday, January 22

Leave your coats on the bus and warm up with a guided tour of the Rawlings Conservatory. You will see the Palm House, the orchid room, the Mediterranean House, the Tropical House, the Desert House collections and more! Afterwards we will stop for lunch on your own in the Hampden Neighborhood of Baltimore. **Lots of walking!**

**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

## In Concert:

Redhot & Blue of Yale

at the Arts Barn

Gaithersburg, MD

**Date:** Wednesday, March 16

**Depart:** 10:40 a.m.

**Return:** 2:45 p.m.

**Fee:** \$20, drive yourself  
\$25, ride the bus

**Deadline:** Friday, February 26

We will first stop for lunch at Red Hot & Blue on Crabbs Branch Way. Lunch is on your own. Then we are off to the show! Redhot & Blue is an a cappella group that has won national recognition for its innovative arrangements and a repertoire that includes a wide variety of genres from jazz and Broadway hits to the Beatles. Don't miss this tour that blends American songbook classics with the fresh, upbeat flair of the collegiate a cappella tradition.

**Minimum:** 20

**Maximum:** 33

## Ping Pong

Thursdays, 2 – 4 p.m.

Contact Charlyn at 301-258-6380

if you want to play and need

a partner.



## 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!



Gaithersburg

The Benjamin Gaither Center

# January 2016

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

301-258-6380

## Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**1**

**NEW YEAR'S DAY  
CENTER CLOSED**

**2**

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

*Please note:*

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

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

**3**

**4**

8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12:30 Embroidery  
12:50 Bingo  
2 Learn Canasta  
3 Core and More  
3 Pin Busters

**5**

**12:45 pm  
Seniorita Sunshine  
Performs**

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

**6**

**11 am  
Rio at  
Washingtonian Ctr.**

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  
2 Watercolor

**7**

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 Caregivers  
2 Ping Pong  
4 Power Stretching

**8**

**10 am  
Drug Enforcement  
Administration**

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

**9**

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

**HeartWell in Action**

10

11

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

12

8:25 Exercise Tape  
 9 Breakfast Burritos  
 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**

13

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

14

10 am  
Pennsylvania  
Dutch Market

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 Book Discussion  
 2 Ping Pong  
 4 Power Stretching

15

8:25 Exercise Tape  
 9:15 High/Low  
 9:30 Writing Workshop  
 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

16

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

17

18

**MARTIN LUTHER  
 KING JR. DAY  
 CENTER CLOSED**

19

11 am  
Rio at  
Washingtonian Ctr.

8:25 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 11:15 Stretch & Strengthen  
 11 Diabetes Support  
 12:30 Bridge  
 12:30 Conv. English  
 12:30 Mah Jongg  
 3 Power Stretching

20

9:45 am  
"South Pacific"  
at Toby's

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  
 12:30 Weight Training  
 1:15 Music Lessons  
 2 Watercolor

21

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 Power Stretching

22

8:25 Exercise Tape  
 9:15 High/Low  
 9:30 Writing Workshop  
 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

23

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

24

25

8:25 Exercise Tape  
 9:15 High/Low  
 10:15 Fit 4 All  
 11 Coloring Book  
 12:30 Embroidery  
 12:50 Bingo  
 2 Learn Canasta  
 3 Core and More  
 3 Pin Busters

26

10 am  
National Museum  
of Women in the Arts

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**

27

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

28

12:30 pm  
Birthday  
Celebration

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 Ping Pong  
 4 Power Stretching

29

9:30 am  
Conservatory &  
Botanic Gardens

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

30

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

31

*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.**

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

**FULL**

## Power Stretching

Taught by Robert Williams  
**Tuesdays at 3 p.m. and Thursdays at 4 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.



### Conversational English

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

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

### 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.

### Quilting

**Date:** Fridays

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

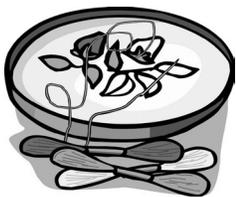
Come work on your project and make friends in the process.

### Embroider with Jane

**Date:** Mondays

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

Free help with your project.



**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!

**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.

**Computer Help**  
Tuesdays, 10 a.m. – 2 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

## Writing Workshop – *Telling Our Stories*

**Dates:** Fridays, January 15 & 22

**Time:** 9:30 – 11:30 a.m.

**Fee:** Free!

Have you ever wanted to write but didn't know how to get started? Perhaps a memoir, a journal or short story is inside of you wanting to get out. Or maybe you want to connect with other local writers. Join us for a free 2-part "hands-on" workshop with members of a local writing group, where you'll receive ideas on how to start, continue and share your writing. Plus, the act of writing has been associated with improved mood, thinking abilities and social relationships!



## The Coloring Book Club

**Mondays, 11 a.m. – Noon**

**\$1 Drop in Fee**

Coloring books for adults are the latest trend and the activity is actually very good for you! Coloring is relaxing, gives you a chance to be social, reduces stress and anxiety, trains your brain to focus, helps your fine motor skills and vision, and it gives you a chance to express your originality. All supplies will be provided.

## Memory Academy

**Dates:** Tuesdays, February 16 – March 15

**Time:** 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, provides basic memory tools such as linking ideas and creating visual images and 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)

## AARP, Gaithersburg Chapter #5358

### JANUARY 2016 ACTIVITIES

#### BOARD RETREAT

**Tuesday, January 12, 2016**

**10 a.m. – 3:30 p.m.**

il Porto Italian Restaurant

245 Muddy Branch Rd.

Gaithersburg, MD 20878

For Officers and Committee Chairs,  
and Assistant Officers and Committee  
Chairs

**10 a.m. – Noon**

Review Annual Report and Budget;  
Begin Planning Programs & Meals for  
Year

**Noon – 1 p.m.**

Lunch. Order and pay on your own

**1 – 3:30 p.m.**

Continue Planning Activities for the  
Year: Games, Community Service,  
Trips, etc.

#### CHAT AND CHEW

**Tuesday, January 19** at the Hibachi Sushi & Supreme Buffet (2 Bureau Drive, Gaithersburg). \$9 includes all you can eat buffet and soft drinks. 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. Sign up with Nancy Dols at 301-946-6034 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 3 p.m. To register and pay in advance, call Dale Batchelder (301-983-0104) or Margaret Fisher (301-947-1835) or see them at the Center.

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

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

Deposit \$575 per person. Final payment due no later than January 4. For more information on cabin locations, rates and reservations contact Annette Thompson (301-977-7936; [annettethompsonphd@yahoo.com](mailto:annettethompsonphd@yahoo.com)) or Nancy Dols (301-946-6034; [nancydols17@gmail.com](mailto:nancydols17@gmail.com)). Travel insurance strongly recommended.

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 Annette Thompson, 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).

## FIESTA

### Con la Señorita “Rayito de Sol”

**Día:** martes 5 de enero

**Hora:** 12:45 pm

Acompañemos a celebrar el principio de un nuevo Año bailando y disfrutando de buena música con la señorita “Rayito de Sol” quien es una artista que canta, baila, entretiene y llena de entusiasmo.

## DESAYUNE BURRITOS

**Día:** martes 12 de enero

**Hora:** 9 a 10:30 a.m.

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

Comencemos este nuevo año disfrutando de un delicioso desayuno con sabor del Sur de la Frontera. Invite a sus amigos/as y regístrese en la hoja del programa.

## VIAJE AL MERCADO HOLANDES, “PENNSYLVANIA”

**En Hagerstown, MD**

**Día:** Jueves 14 de enero

**Salida:** 10 a.m.

**Regreso:** 3:30 pm

**Costo:** \$15

**Fecha de vencimiento:** lunes 11 de enero  
¿Alguien tiene hambre? En ese mercado hay numerosos vendedores de artesanía, trabajos en madera fina y una gran cantidad de opciones de comida. También tienen una sección de carnes, quesos, panadería, mercado alemán y varios puestos de comidas. Ahí, toda la comida que ofrecen es hecha a nivel local por la comunidad Amish. Por esa razón, usted podrá experimentar que la calidad de la comida es de primera clase. Los productos horneados son increíblemente deliciosos! Únase a nosotros para irnos de viaje sobre las colinas y montañas hacia el mercado Amish que se encuentra en Hagerstown.

**Mínimo:** 20

**Máximo:** 33

## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** jueves 28 de enero

**Hora:** 12:30 pm

## H.P. RAWLINGS, CONSERVATORIO Y JARDINES BOTÁNICOS

**Baltimore, MD**

**Día:** viernes 29 de enero

**Salida:** 9:30 am

**Regreso:** 5 pm

**Costo:** \$25

**Fecha de vencimiento:** viernes 22 de enero  
Deje sus abrigos en el autobús y disfrute de una visita con un guía turístico, en el Conservatorio Rawlings. Ahí podrá visitar la Casa de las Palmeras, la sala de orquídeas, la Casa del Mediterráneo, la Casa Tropical, las colecciones de la Casa del Desierto y mucho más! Después haremos una parada para almorzar, por su cuenta, en el Barrio, Hampden, de Baltimore. Durante este viaje se caminará bastante!

**Mínimo:** 20

**Máximo:** 33

## EL CLUB DE LIBROS PARA COLOREAR

**Días:** lunes

**Hora:** 11 am – al medio día

**Costo:** \$1 (pague a la entrada)

Los libros para colorear y especialmente para adultos son la última tendencia y realmente es algo muy bueno porque mientras usted colorea, se relaja, tiene la oportunidad de socializar, reducir el estrés, la ansiedad, entrena su cerebro a obtener una mejor concentración, ayuda a sus habilidades de motricidad fina, visión, y le da la oportunidad de poder expresar su originalidad. Se le proporcionará todo el material.

# ¡FELIZ AÑO!

## RITMO LATINO

Todos los jueves de 11:15 am – 12 m

## VIAJE AL CENTRO COMERCIAL “RIO” Washingtonian Center

**Días:** miércoles 6 y 19 de enero

**Hora:** 11 am -1 pm

**Costo:** \$2

Viaje al supermercado local para hacer sus compras o almorzar en cualquiera de los restaurantes del centro comercial.

**Mínimo:** 5

**Máximo:** 14

## CONVERSACIÓN EN INGLES

**Todos los martes**

**Hora:** 12:30 pm

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

## 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 cancelarán y las de las 10am en adelante se llevarán a cabo. El almuerzo se servirá a la misma hora. La transportación de Gaithersburg comenzará a las 10am y la de Montgomery County se cancelará. 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 partirá 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



# JANUARY 2016

(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 Full	Jan 12 – May 26	Tu/Th	N/A
	43854	Watercolor	Jan 6 – Feb 24	Wed	\$90
	43868	Writing Workshop – Telling Our Stories	Jan 15 & Jan 22	Fri	N/A
		<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>			
	43867	Breakfast Burrito <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non Members \$6	Jan 12	Tue	\$4/\$6
	43872	Rio Washingtonian Shopping Center	Jan 6	Wed	\$2
	43869	Drug Enforcement Administration	Jan 8	Fri	\$15
	43876	Pennsylvania Dutch Market	Jan 14	Thu	\$15
	43873	Rio Washingtonian Shopping Center	Jan 19	Tue	\$2
	43839	“South Pacific” at Toby’s Dinner Theatre	Jan 20	Wed	\$65
	43870	National Museum of Women in the Arts	Jan 26	Tue	\$25
	43875	H.P. Rawlings Conservatory & Botanic Gardens	Jan 29	Fri	\$25
	43837	“The City of Conversation” at Arena Stage	Feb 10	Wed	\$55
	43871	Mariinsky Ballet Rehearsal at Kennedy Center	Feb 23	Tue	\$35
	43874	Redhot & Blue of Yale at the Arts Barn <input type="checkbox"/> Drive Yourself \$20 <input type="checkbox"/> Ride the Bus \$25 Lunch at Red Hot & Blue <input type="checkbox"/> Yes or <input type="checkbox"/> No	Mar 16	Wed	\$20/\$25

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

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



# BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

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

1. I am aware that while participating in a recreation activity or program offered by the City of Gaithersburg Department of Parks, Recreation and Culture, certain risks and dangers may be present, including, but not limited to, the hazards of traveling public highways, of accidents, of injury, of illness and the forces of nature.
2. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in the same.
3. In consideration of the right to participate in the above referenced activities or programs and in further consideration of the arrangements made for me by the City of Gaithersburg through its Department of Parks, Recreation and Culture, I do hereby, on behalf of myself, my heirs, executors, administrators, and assigns, assume the above mentioned and all other risks, and do further release and hold harmless and indemnify the City of Gaithersburg and the Mayor and City Council of Gaithersburg and all of the City's agents, officers and employees from any and all claims for injuries or loss to my person or property or to the person or property of third parties which may arise out of or result from my participation in the above referenced program or activity.
4. I further grant permission for a doctor to administer emergency treatment to me in the event that a medical emergency requires such treatment.
5. I consent to the City's use of photographs taken or videotapes made of program participants.
6. The City reserves the right to rescind the membership of individuals incapable of complying with the Benjamin Gaither Center policies due to medical conditions beyond the individual's control as observed by the Center staff.

## When participating in any off-site activities, I also agree:

1. To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
2. That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
3. To inform staff prior to the activity or trip if I have any problems meeting the physical requirements necessary for participation in the activity.
4. I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Benjamin Gaither Center and return to the said location with the group. Any deviation from the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

**If you need special accommodations  
please call 301-258-6380, or email [csimpson@gaitersburgmd.gov](mailto:csimpson@gaitersburgmd.gov)**

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

### Do we have your updated Emergency Contact Information?

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_