Benjamin Gaither Center 55+
Fitness . Travel . Recreation . Education

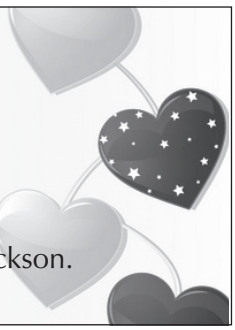
Monthly NEWS

February 2016

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

Valentine's Jazz Tea

Friday, February 12 at 12:45 p.m.
Fee: $15
Deadline: Wednesday, February 10
Love is in the air! Grab your sweetie or your best friends and join us for an elegant tea, delicious delights and heartwarming, soul moving jazz performed by Karlton Jackson.
Minimum: 35 **Maximum:** 70

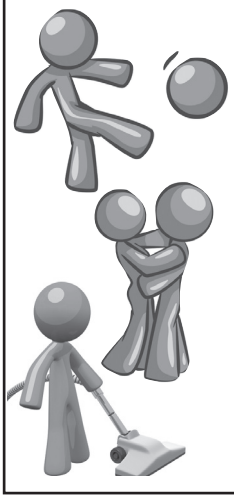


Leap Day Social!

Monday, February 29
11 a.m.
Join us for some fun activities that will get your brain leaping, your smile jumping, and just might add a hop to your step! Refreshments will be served.

AARP Smart Driver Course

Friday, March 18, 9:45 a.m. – 3 p.m.
$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. Register on the Program Sheet.
Minimum: 10 Maximum: 16



1200 Minute Challenge

Monday, February 1 – Friday, April 29

You can do it! Over the next 12 weeks accumulate 1,200 minutes of activity (walk, take a class, do housework, dance, run, lift weights, stretch) and be entered into a lottery to win one of three prizes: $75 Visa Gift Card, $25 Giant Food Card or a $10 Starbucks Card.

Pick up a calendar at the front desk to track your minutes, mark your time each day, and turn in your completed calendar by Friday, April 29. The drawing will be held on Monday, May 2 at the 8th Annual Active Aging Expo held at Bohrer Park. Good luck and good health!

Benjamin Gaither Center is open
Monday – Friday
8:30 a.m. – 4 p.m.
Closed February 15

Saturday Fitness Center Hours

9 – 11:45 a.m.

Member Orientation

Monday, February 8 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.

Fat Tuesday Pancake Breakfast

Tuesday, February 9
9 – 10:30 a.m.
$4 Members/$6 Non-members
Come celebrate Fat Tuesday, the last day of Mardi Gras, with a delicious pancake breakfast made by our own Chef Sia! Sign-up on the program sheet and invite your friends.

Local Shopping Trips to Walmart

Germantown
11 a.m. – 1 p.m.
Tuesday, February 9 and
Wednesday, February 24
$2
Minimum: 5 **Maximum:** 14

Birthday Celebration

Friday, February 26
at 12:30 p.m.

February Birthdays

1 Gloria Sichelman
Paramjeet Dugal
3 Angelique Jones
Katherine Suh
9 Dorene Dalessandro
Anna McNamara
14 Martha Diskin
16 Gary Loomis
17 James Kelley
18 Natalie Werber
20 Nitila Patel
Belinda Adams
23 Avis Duncan
24 Lata Deheragoda
25 Phyllis Fix
Judith Harley
Barbara Taylor

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:

The membership at the Benjamin Gaither Center is growing, but more importantly the participation in the Center's programs continues to increase significantly. This is great news! It means that the membership enjoys the Center's activities and is getting a good value for their investment.

Charlyn conducted the first of several upcoming sessions asking what you enjoy and where there might be gaps in our current list of activities. Several said one of the most important reasons they joined the Center is to meet others. They would like more opportunities to make new friends and expand their socialization.

We think this is a great idea, especially considering we have many new members and hope to have more. In addition to adding new programs, if you see someone you don't know, please consider introducing yourself. It could be the beginning of a wonderful new chapter for both of you! Also, our staff always welcomes your ideas. Sometimes an idea cannot be implemented for various reasons, but all thoughts are worth discussion.

Our staff hopes your year is off to a healthy and prosperous start and that coming to the Benjamin Gaither Center is contributing to that success.

Sincerely,

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.

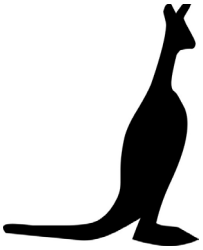
Annual Membership and Fees

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, February 4 & 18
2 – 3:30 p.m.

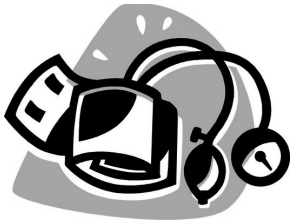
Caregivers face many challenges. A support group provides the opportunity to share experiences, learn about resources and strategies that have helped others, and gain emotional support. The Holy Cross Caregiver Resource Center is pleased to offer a support group led by Registered Nurse Anna Roberts.

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

Blood Pressure Check

Wednesday, February 24
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, February 16 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 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.

Ping Pong

Thursdays, 2 – 3:45 p.m.
Contact Charlyn at 301-258-6380 if you want to play and need a partner.

Legislative Session

Annapolis, MD
Date: Wednesday, February 3
Depart: 7 a.m.
Return: 3 p.m.
Fee: Free

Maryland AARP would like to invite you to Rally Day at the state capital. Lunch and breakfast are provided and briefings with legislators have been scheduled. Come see our government in action. Sign-up with Annette Thompson, our AARP Chapter President.

Galloping Gourmets to Alexanders

Buckeystown, MD
Date: Thursday, February 4
Depart: 11:15 a.m.
Return: 3 p.m.
Fee: $15
Deadline: Tuesday, February 2

Alexanders is modern southern comfort food at its flavorful best! The menu features both timeless favorites and unique dishes prepared with the freshest ingredients. Chef Smallwood prepares the barbecue on site and makes the house specialty dessert, nutella ice cream. Order from the menu and pay on your own.

Minimum: 20 **Maximum:** 33

Book Discussion

"Perfect"
by Rachel Joyce
Thursday, February 11 at 2 p.m.
FREE

"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

FULL

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.

The Delaplaine Arts Center

Frederick, MD
Date: Wednesday, February 17
Depart: 9:45 a.m.
Return: 4 p.m.
Fee: $15
Deadline: Thursday, February 12

The Delaplaine Visual Arts Education Center was established in 1993. Located in the heart of historic downtown Frederick, the building began as a whiskey rectifying house in the 1850s, and later was converted to a steam flourmill. Come learn about the rich history of this historical building as we tour the galleries, then take a stroll through downtown Frederick for lunch on your own. Don't forget to peek in some of the wonderful stores for a little shopping. **Lots of walking.**

Minimum: 20 **Maximum:** 33

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

FULL

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.

President Lincoln's Cottage

Washington, DC
Date: Thursday, February 25
Depart: 9:15 a.m.
Return: 3 p.m.
Fee: $30
Deadline: Monday, February 22

Come join us as we take a guided tour of President Lincoln's Cottage. Learn about Abraham Lincoln's little known immigration policies. Abraham Lincoln signed into law An Act to Encourage Immigration. This legislation cemented Lincoln and the Republican Party's platform pledging that immigration "should be fostered and encouraged by a liberal and just policy." These are the very principles that continue to draw immigrants to the United States 150 years later. After our tour, we will stop for lunch at The Hitching Post Restaurant, which features homestyle Southern Soul food. Order from the menu and pay in cash. **Lots of walking**

Minimum: 15 **Maximum:** 23

Visionary Art Museum

Baltimore, MD
Date: Thursday, March 3
Depart: 9:30 a.m.
Return: 3:30 p.m.
Fee: $25
Deadline: Monday, February 29

The Visionary Art Museum has been described as one of the most exciting and unique museums in the world. Don't miss its newest exhibit celebrating its 20th Anniversary: "The Big Hope Show" – the most unabashedly idealistic exhibit ever. And if you think the museum is great, the gift shop at this museum is superb! Not only is it chocked full of unique gifts, but it is also affordably priced. Lunch is on your own at one of the nearby restaurants. Maps will be provided. **Lots of walking**

Minimum: 20 **Maximum:** 33

Pentagon Tour

Washington, DC
Date: Tuesday, April 5
Depart: 8:45 a.m.
Return: 4 p.m.
Fee: $20
Deadline: Friday, February 12

Come take a guided tour of one of the largest office buildings in the world. The tour is approximately one hour long and 1.5 miles through long corridors and staircases (wheel chairs are available). Expect to walk at a quick pace. For security reasons, all participants must provide their full name, email, date of birth, gender, phone number, Social Security number or passport number, current city, and state of residence. No cameras, weapons, food, or large bags are permitted. Must bring a government issued photo ID. After our tour, lunch is on your own at Pentagon City Mall. **Lots of walking.**

Minimum: 20 **Maximum:** 33

You can register online at www.gaithersburgmd.gov

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

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!

The Benjamin Gaither Center

February 2016

Gaithersburg

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	**2** 8:25 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Stretch & Strengthen 11:30 Bridge 12:30 Conv. English 12:30 Mah Jongg 3 Power Stretching **HeartWell in Action**	**3** **7 am Legislative Session Annapolis** 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	**4** **11:15 am Galloping Gourmets to Alexanders** 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 las Amistad 2 Caregivers 2 Ping Pong 4 Power Stretching	**5** 8:25 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 10:30 Learn Mah Jongg 11:15 Strong & Balanced 11:45 Pharmacy Benefits Lecture 12:15 Quilting 12:30 Mah Jongg 12:50 Bingo 3 Core and More	**6** Fitness Center Open 9 – 11:45 a.m.
7	**8** 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	**9** **11 am Walmart Germantown** 8:25 Exercise Tape 9 Fat Tuesday Pancake Breakfast 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Stretch & Strengthen 12:30 Bridge 12:30 Conv. English 12:30 Mah Jongg 3 Power Stretching 4 AARP **HeartWell in Action**	**10** **9 am "City Of Conversation" Arena Stage** 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	**11** 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 las Amistad 2 Book Discussion 2 Ping Pong 4 Power Stretching	**12** **12:45 pm Valentines Tea** 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	**13** Fitness Center Open 9 – 11:45 a.m.

14

15

PRESIDENTS DAY

CENTER CLOSED

16

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10 Memory Academy
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

17 **9:45 am The Delaplaine Arts Center**

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

18 **11 am Community Building**

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

19

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

20

Fitness Center Open
9 – 11:45 a.m.

21

22

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

23 **9:15 am Ballet Rehearsal Kennedy Center**

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10 Memory Academy
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

24 **11 am Walmart Germantown**

8:25 Exercise Tape
9:15 50/50
9:30 BP Check
10 Pickleball @ BP
10:15 Fit 4 All
11:15 Learn with the Librarian
11:15 Strong & Balanced
12:30 Weight Training
1 Crochet
1:15 Flaxible Strength
1:15 Music Lessons
2 Watercolor

25 **9:15 am Lincoln's Cottage**

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

26 **12:30 pm Birthday Celebration**

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

27

Fitness Center Open
9 – 11:45 a.m.

28

29 **11 am Leap Day Social**

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

Please note:

Fitness participants must be on time for the warm up.

Appropriate shoe attire required for all standing aerobic classes.

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 Robert
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.

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.

Bone Builders

Dates: Tuesdays & Thursdays, January 12 – May 26
Time: 9:05 – 10:05 a.m.
Fee: Free

FULL

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.

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.

Quilting

Date: Fridays
Time: 12:15 p.m.
Come work on your project and make friends in the process.

Computer Help

Tuesdays, 10 a.m. – 2 p.m.
Thursdays, 10 a.m. – 2 p.m.
Fridays, 11 a.m. – 2 p.m.

Contract Bridge

Tuesdays & Thursdays at 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.

Learn Canasta

Mondays from 2 – 4 p.m.

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.

Poker

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

Small Group Personal Fitness Training

Fee: $90 Fitness Center Members/$120 Non-Members

Tuesdays	February 23 – March 29	10:30 – 11:30 a.m.
Wednesdays	February 3 – March 9	10:30 – 11:30 a.m.
Wednesdays	February 10 – March 16	3 – 4 p.m.
Thursdays	February 11 – March 17	10:30 – 11:30 a.m.
Thursdays	February 18 – March 24	2:30 – 3:30 p.m.
Fridays	February 5 – March 11	2:30 – 3:30 p.m.
Saturdays	February 6 – March 12	9:30 – 10:30 a.m.
Saturdays	February 6 – March 12	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.

The Coloring Book Club

Mondays, 11 a.m. – Noon
$1 Drop in Fee

Coloring books for adults are the latest trend and an 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 gives you a chance to express your originality. All supplies will be provided.

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 Fry, 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

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.

Conversational English

Tuesdays at 12:30 p.m.
Join instructor Susan Bradley as you learn and build your English conversation skills.

Learn with the Librarian

Wednesday, February 24 at 11:15 a.m.

Come learn about the many and varied resources available from your Montgomery County Public Libraries, information that you can access online or at your local branch. The librarian will also have library cards that you can sign-up for!

Community Building

Thursday, February 18 at 11 a.m.

Join Nouf Bazaz of the International Culture Center as she gives a presentation on the Muslim Faith, community strategies to make people feel more welcome, and answers your questions.

Maximize Your Medicare Pharmacy Benefits

Friday, February 5 at 11:15 a.m.

Studies have shown that as few as 12% of people with Medicare have the lowest possible plan cost for their prescription drug coverage. Come learn the 3 keys maximizing your pharmacy benefits and meet with a Walgreens Pharmacist.

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

AARP, Gaithersburg Chapter #5358

FEBRUARY 2016 ACTIVITIES

Tuesday, February 9, 2016

4 p.m. Bingo
2 cards, $2, choice of prizes

5:30 p.m. Dinner
Pizza, subs and salads, drinks and desserts. $10

6:10 p.m. Business Meeting
Review actions of Board from Retreat; 50-50 and door prizes.

4 p.m. Bingo
Gary Coley, Montgomery College Speakers Bureau, will speak and play musical selections: "The Lives and Contribution of Past and Present Jazz Greats." 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 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.

CHAT AND CHEW

Tuesday, February 16 at Café Hong Kong (13038 Middlebrook Road, Germantown, Germantown Commons Shopping Center). A buffet lunch with four items ($6.95) or order from menu. 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.

COMMUNITY SERVICE

We are collecting children's books in good condition for our Literacy Bag Project in early March. Books should be for kids ages 4 – 6. Bring donations to Annette or Gloria at the Center.

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 (11days/10 nights)

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

The cost for this cruise, including all food and entertainment on board, airfare, transfers, port charges and taxes varies from $2284 - $2834 (per person, double occupancy; single supplement varies) with cabin choice. 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). Full payment due with reservation. Travel insurance is strongly recommended.

CELEBRACIÓN DE CUMPLEAÑOS
Día: viernes 26 de febrero
Hora: 12:30 pm

GALOPEANDO CON ELEGANCIA AL RESTAURANTE "ALEJANDRO"
Buckeystown, MD
Día: jueves 4 de febrero
Salida: 11:15 a.m.
Retorno: 3 p.m.
Costo: $15
Fecha de vencimiento: martes 2 de febrero
El restaurante, "Alejandro", es moderno, cómodo y ofrece una deliciosa comida con su mejor sabor del Sur! En el menú encontrara platos favoritos, intemporales y únicos que son preparados con ingredientes frescos. Chef Smallwood prepara la barbacoa en ese restaurante y también ofrecen una especialidad de postres hechos en casa y helados de nutell. Ordene del menú y pague su almuerzo por su cuenta.
Mínimo: 20 **Máximo:** 33

BENEFICIOS FARMACÉUTICOS A LO MAXIMO
Día: viernes 5 de febrero
Hora: 11:15 a.m.
Los estudios demuestran que sólo el 12% de las personas con Medicare tienen el costo más bajo y posible cobertura para su plan de medicamentos recetados. Venga y aprenda a través de un farmacéutico representante de la farmacia de Walgreens sobre las tres claves para poder obtener los mejores beneficios que existen en todas las farmacias.

MARTES GORDO – DESAYUNO DE PANQUEQUES
Día: martes 9 de febrero
Hora: 9 - 10:30 a.m.
Costo: $4 para Miembros y $6 No-miembros
Celebremos el martes gordo, que es el último día de carnaval, disfrutando de un delicioso desayuno de panqueques hecho por nuestro cocinero, Sia! Regístrese en la hoja de programa y no se olvide de invitar a sus amigos.

CELBRANDO EL DÍA DE SAN VALENTÍN CON UN DELICIOSO TE Y ESCUCHANDO MÚSICA DE JAZZ
Día: viernes 12 de febrero
Hora: 12:45 pm
Costo: $15
¡El amor está en el aire! Venga acompañada/o de su pareja o sus mejores amigos/as a deleitar de un delicioso y elegante té y armonía entre amigos/as; y al mismo tiempo reconfortar el alma moviéndose al compás de la música de Jazz, presentada por Karlton Jackson.
Mínimo: 35 **Máximo:** 70

DÍA SOCIAL AL SALTO!
Día: lunes 29 de febrero
Hora: 11 a.m.
Únase a nosotros para disfrutar de algunas actividades que serán muy divertidas y lo harán sonreír mientras salta. También su corazón y cerebro se llenaran de alegría saltando! Se servirán refrescos!

DESAFIO DE 1,200 MINUTOS
Días: lunes 1 de febrero a viernes 29 de abril
¡Usted si lo podrá hacer, si se propone y se dispone! Durante esas 12 semanas, que se aproximan, usted podrá acumular 1,200 minutos de actividad (caminando, tomado una clase, haciendo las tareas domésticas, bailando, corriendo, levantando pesas, y haciendo estiramiento) y tendrá la oportunidad de entrar a un sorteo para ganarse uno de los tres siguientes premios, tales como: $75 Tarjeta de Regalo Visa; $25 Tarjeta de Giant Food o una tarjeta de $10 de Starbucks.

Recoja un calendario en la recepción para el seguimiento de sus minutos y ahí marque su tiempo de actividad, todos los días. Después entregue su calendario completo, antes del viernes 29 de abril. El sorteo se llevara a cabo el día lunes 2 de mayo en la 8 Exposición Anual para personas de mayor edad, que se celebra en el parque Bohrer. Le deseamos buena suerte y al mismo tiempo buena salud!

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

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 proporcionara todo el material.

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

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

CURRENT RESIDENT OR

Benjamin Gaither Center
55+
Fitness . Travel . Recreation . Education

Monthly NEWS

GAITHERSBURG CITY OFFICIALS

Mayor
Jud Ashman

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

City Manager
Tony Tomasello

FEBRUARY 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/Sate/Zip**_____

Registration is first come first served, Monday – Friday, 9 a.m. – 3:30 p.m. or online at www.gaithersburgmd.gov

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		Classes/Lectures			
	43853	Bone Builders ***Full***	Jan 12 – May 26	Tu/Th	N/A
	43854	Watercolor	Jan 6 – Feb 24	Wed	$90
	44135	AARP Smart Driver Course	Mar 18	Fri	N/A
		Small Group Personal Training			
	44127	Tuesdays @ 10:30 a.m.	Feb 23 – Mar 29	Tue	$90/$120
	44128	Wednesdays @ 10:30 a.m.	Feb 3 – Mar 9	Wed	$90/$120
	44129	Wednesdays @ 3 p.m.	Feb 10 – Mar 16	Wed	$90/$120
	44130	Thursdays @ 10:30 a.m.	Feb 11 – Mar 17	Thu	$90/$120
	44131	Thursdays @ 2:30 p.m.	Feb 18 – Mar 24	Thu	$90/$120
	44132	Fridays @ 2:30 p.m.	Feb 5 – Mar 11	Fri	$90/$120
	44133	Saturdays @ 9:30 a.m.	Feb 6 – Mar 12	Sat	$90/$120
	44134	Saturdays @ 10:45 a.m.	Feb 6 – Mar 12	Sat	$90/$120
		Activities/Trips			
	44136	Fat Tuesday Pancake Breakfast ❑ Members $4 ❑ Non Members $6	Feb 9	Tue	$4/$6
	44145	1200 Minute Challenge	Feb 1 – Apr 29		N/A
	44137	Valentine's Jazz Tea	Feb 12	Fri	$15
	44143	Galloping Gourmets to Alexanders	Feb 4	Thu	$15
	44139	Walmart	Feb 9	Tue	$2
	43837	"The City of Conversation" at Arena Stage ***Full***	Feb 10	Wed	$55
	44142	Delaplaine Arts Center	Feb 17	Wed	$15
	43871	Mariinsky Ballet Rehearsal at Kennedy Center ***Full***	Feb 23	Tue	$35
	44140	Walmart	Feb 24	Wed	$2
	44144	President Lincoln's Cottage	Feb 25	Thu	$30
	44138	Visionary Art Museum	Mar 3	Thu	$25
	43874	Redhot & Blue of Yale at the Arts Barn ❑ Drive Yourself $20 ❑ Ride the Bus $25 Lunch at Red Hot & Blue ❑ Yes or ❑ No	Mar 16	Wed	$20/$25
	44141	Pentagon Tour	Apr 5	Tue	$20

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

Gaithersburg

Amount Paid $ _____ Cash ❑ 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@gaithersburgmd.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:** _____