



Monthly

March 2016

NEWS

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

Spring Fling

Monday, March 28 at 12:45 p.m.

Let's welcome spring in with style!
Join us for some fun spring themed activities,
socializing and treats!



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

Saturday Fitness Center Hours

9 – 11:45 a.m.

Bring a Friend!

March is bring a friend month! All month long we are encouraging you to invite a friend to spend the day at the Benjamin Gaither Center and show them all we have to offer. Please stop by the front desk to introduce your friend to the staff and have them fill out a waiver. Your friends will thank you for letting them in on the best kept secret in Gaithersburg!

Sip & Paint Night

Friday, April 15, 5 – 8 p.m.

\$45

Join us for a fun evening of painting, sipping and munching. We provide the instruction, the supplies, the food and beverages; all you need to bring is the fun! Show off your creative side or tap into your undiscovered potential. All painting abilities are welcome!

Minimum: 15

Maximum: 45



Are You Tech Savvy?

Cell Phone Help

Are you using your smart phone to its greatest potential? Do you know how to change your settings?

If you need help learning how to use all of your features, or just have questions about best practices, sign-up on the program sheet and our very own Theyry Polynice will schedule a one-on-one appointment with you!

How to Drop Cable TV

Friday, April 1 at 11:15 a.m.

You might have heard that many people are dropping their cable television service and using services like Netflix and Hulu to watch TV. Learn what equipment you need to do this and decide if this is the right choice for you. Presented by Theyry Polynice.



Member Orientation

Monday, March 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.

BLT Breakfast

Tuesday, March 8

9 – 10:30 a.m.

\$4 Members/\$6 Non-members

The big and delicious bacon, lettuce and tomato is back! Enjoy this delicious breakfast sandwich made by our own Chef Sia! Sign-up on the program sheet and invite your friends.

Local Shopping Trips to

ALDI SUPERMARKET

Tuesday, March 8

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5 **Maximum:** 13

TRADER JOE'S SUPERMARKET

Friday, March 25

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5 **Maximum:** 13

FROM OUR STAFF

Birthday Celebration

Wednesday, March 30
at 12:30 p.m.



March Birthdays

- 1 Robert Behr
Gunjana Giri
Maria McBryde
Anand Goel
- 2 Ana Rojas
- 4 Loretta Martinsson
- 5 Carole Geronimo
- 6 MarieRose Paul
- 8 Clinton Thomas
- 10 Cay Savel
- 12 Saroj Garg
Alfe Geronimo
- 14 Beatrice Brittenham
- 19 Doris Frye
- 24 Leslie Shapiro
- 26 Doris Lizarraga
- 30 Pam McPherson



Sympathy is extended
to the friends and family
of Connie Choudhry,
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,

Many individuals do not realize the association with developing a major disease and poor dental health. Cardiovascular disease, diabetes, cancer, Alzheimer's, and dementia are just a few of the health conditions related to poor dental hygiene.

Taking good care of one's teeth can be challenging as we get older, and unfortunately Medicare does not cover dental care. Those on a fixed income may not have the necessary income to purchase dental insurance; however, the cost on our overall health can be even pricier.

Fortunately, through a State of Maryland grant, our facility will be hosting a mobile dentist one day a month starting in March and ending June 30. Funds will likely cover the cost for approximately 25 individuals, and services will be limited to teeth cleaning and x-rays. Those who qualify need to be residents of Montgomery County, over the age of 55, not have current dental insurance and whose income is not above \$29,425 for a one-person household or \$39,925 for a two-person household.

If you qualify and are interested in taking advantage of the service, please call me or Gerry Gagliano at 301-258-6380. We will provide an Income Affidavit for you to complete and place your name on the lists.

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)

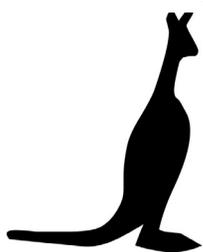
Fitness Center \$75 per year/\$15 per month for Benjamin Gaither Center Members Only

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, March 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, March 23

9:30 – 11:30 a.m.

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

Diabetes Support Group

Tuesday, March 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.

How Proper Diet Can Reduce the Risk of Cancer

Tuesday, March 22 at 11 a.m.

Jay Choudhry is back to share the tips and expert opinions he has discovered in his research. This presentation and a nutritious snack is being dedicated in memory to his beloved wife, Connie.

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!**

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.

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.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms. Sponsored by the Montgomery County Department of Health and Human Services. For an appointment call 301-258-6380.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

HeartWell in Action

Leni Barry, RN, MA

Tuesdays, 9:30 a.m. – 2 p.m.

A nurse educator from Suburban Hospital will be visiting us on Tuesdays. This program will focus on health promotion and include activities such as health screenings, counseling, seminars, and educational handouts.

TRIPS & ACTIVITIES

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

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



Book Discussion

"Perfect"

by Rachel Joyce

Thursday, March 24 at 2 p.m.

FREE

You can register online
at www.gaithersburgmd.gov

National Geographic Museum

Washington, DC

Date: Monday, March 7

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$30

Deadline: Thursday, March 3

Don't miss the three amazing exhibits at the National Geographic Museum! Sink your teeth into the amazing "Crocs" exhibit, which explores the fascinating history and biology of these ancient predators in a modern world. "PhotoArk" is a multiyear project with the goal of creating portraits of the world's species before they disappear. Journey across the world's oceans to "Pristine Seas: The Ocean's Last Wild Places" to explore remote areas untouched by human activity. Lunch is on your own at one of the nearby restaurants.

Minimum: 20

Maximum: 33



The Woodrow Wilson House

Washington, DC

Date: Wednesday, March 9

Depart: 9:45 a.m.

Return: 3 p.m.

Fee: \$25

Deadline: Monday, March 7

The President Woodrow Wilson House gives a special glimpse into the private life of Woodrow Wilson while preserving his important legacy for future generations. After serving as the 28th President of the United States, where he led the nation through World War I, won the Nobel Peace Prize and created the League of Nations, Woodrow Wilson moved to S Street in 1921 to reflect on his career as educator, president and world statesman. We will take a guided tour of this unique house and lunch is on your own in the Dupont Circle area. Lots of walking, elevator available.

Minimum: 20

Maximum: 33



National Portrait Gallery

Washington, DC

Date: Friday, March 18

Depart: 10:45 a.m.

Return: 4:30 p.m.

Fee: \$15

Deadline: Tuesday, March 15

There is always something new to see at the Portrait Gallery. Take a docent tour or spend time exploring. The museum is in the heart of the Gallery Place / Chinatown area of DC, which is always bustling! Lunch is on your own. Maps will be provided.

Minimum: 20

Maximum: 33

Library of Congress

Washington, DC

Date: Monday, April 4

Depart: 9:30 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Monday, March 28

Explore the Library of Congress with this guided one-hour walking tour of the historic Thomas Jefferson building to learn about its symbolic art and architecture. Volunteer docents tell the story of the Library, America's oldest cultural institution: its history, collections, and services for Congress and the nation. After our tour, lunch is on your own at the Library of Congress cafeteria.

Minimum: 20 **Maximum:** 24



"All the Way" at Arena Stage

Washington, DC

Date: Tuesday, April 19

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$55

Deadline: Monday, March 14

It's not personal, it's politics in this 2014 Tony Award-winning drama. President Lyndon Baines Johnson had a way about him. He could massage a victory with one hand and sell you down the river with the other, but brokering a deal is like playing with dynamite. With the country still reeling from President Kennedy's assassination, and a rising tide of bitterness over Civil Rights, it will take more than politicking to hold America together — it will take red, white and blue-blooded leadership. Go all the way with LBJ, Martin Luther King, J. Edgar Hoover and more in this "beautifully built dramatic piece" where the line between compromise and compromising your principles is as sharp as a knife. We will stop for breakfast on your own in Downtown Crown before the show.

Minimum: 19 **Maximum:** 19

"In the Mood: A 1940's Musical Revue"

at the Weinberg Center for the Arts

Frederick, MD

Date: Wednesday, April 20

Depart: 11 a.m.

Return: 6 p.m.

Fee: \$55

Deadline: Friday, April 8

Celebrate America's Greatest Generation with the music that moved the nation's spirit! "In the Mood" features the timeless melodies and rhythms of the Big Band era, including "Tuxedo Junction," "Sing, Sing, Sing," "Boogie Woogie Bugle Boy," and many more. With authentic arrangements, costumes and choreography, the fabulous String of Pearls Big Band orchestra and "In the Mood" singers and dancers will have audiences cheering for more! We will stop first for lunch on your own in downtown Frederick.

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

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: 15 **Maximum:** 19

Ping Pong

Thursdays, 2 – 3:45 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

March 2016

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

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

Monday

Tuesday

1
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

Wednesday

2
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

Thursday

3
9:30 am
Visionary Art
Museum
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

Friday

4
8:25 Exercise Tape
9:15 High/Low
10 Pickleball @ BP
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

Saturday

5
Fitness Center
Open
9 – 11:45 a.m.

6

**9:30 am
National
Geographic**

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

8

**11 am
Aldi
Supermarket**

8:25 Exercise Tape
9 BLT 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

9

**9:45 am
Woodrow Wilson
House**

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

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
1 El Club de las Amistad
2 Ping Pong
4 Power Stretching

11

8:25 Exercise Tape
9:15 High/Low
9:30 Writing Workshop
10 Pickleball @ BP
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
 10:15 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

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 Mah Jongg
 3 Power Stretching

HeartWell in Action

16

10:40 am
Redhot & Blue
of Yale

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

17

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

18

10:45 am
National Portrait
Gallery

8:25 Exercise Tape
 9:15 High/Low
 9:30 Writing Workshop
 9:45 Smart Driver Course
 10 Pickleball @ BP
 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

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

22

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

HeartWell in Action

23

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

24

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

25

11 am
Trader Joe's
Supermarket

8:25 Exercise Tape
 9:15 High/Low
 10 Pickleball @ BP
 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

26

Fitness Center
 Open
 9 – 11:45 a.m.

27

28

12:45 pm
Spring Fling

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

29

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

30

12:30 pm
Birthday
Celebration

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

31

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 Ping Pong
 4 Power Stretching



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
April 6 – June 29
Time: 1:15 p.m.
Fee: \$40

Blend strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 9 **Maximum:** 20

Stability Ball

Bohrer Park
Dates: Thursdays
April 7 – June 30

Time: 10:30 a.m.
Fee: \$40

Bring your own mat and ball.

Minimum: 9 **Maximum:** 20

**Weight Training
Benjamin Gaither Center**

Dates: Wednesdays
April 6 – June 29
Time: 12:30 p.m.
Fee: \$40

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20

**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.



**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.

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

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.

Small Group Personal Fitness Training

Fee: \$90 Fitness Center Members/\$120 Non-Members (6 sessions)

Wednesdays	March 9 – April 13	10 – 11 a.m.
Wednesdays	March 9 – April 13	3 – 4 p.m.
Thursdays	March 10 – April 14	10:30 – 11:30 a.m.
Thursdays	March 10 – April 14	2:30 – 3:30 p.m.
Fridays	March 11 – April 15	2:30 – 3:30 p.m.
Saturdays	March 5 – April 9	9:30 – 10:30 a.m.
Saturdays	March 12 – April 16	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

Poker

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

Contract Bridge

Tuesdays & Thursdays at 12:30 p.m.
Drop in and play!

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.

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.

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.

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.



**Watercolor: Spring Flowers
& Landscapes**

Dates: Wednesdays
March 9 – April 27
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

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 gives you a chance to express your originality. All supplies will be provided.

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



Pickleball

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

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

Rescheduled:

**Writing Workshop –
Telling Our Stories**

Dates: Fridays, March 11 & 18
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!

Conversational English

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

Ritmo Latino

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

Walking Tape 

8:25 a.m. - Every Day
Wake up with a brisk 2 mile workout.

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.

CLASSES & ACTIVITIES

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!

Pentagon Tour

Washington, DC

Date: Tuesday, April 12
Depart: 9:45 a.m.
Return: 4:30 p.m.
Fee: \$20

FULL



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 (wheelchairs 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

AARP, Gaithersburg Chapter #5358

MARCH 2016 ACTIVITIES

Tuesday, March 8, 2016

4 p.m. Community Service

Prepare "Literacy Bags" for Head Start children at four area schools.

5:30 p.m. Dinner

Chef Sia will serve Ground beef or Vegetarian Lasagna with sides, tossed salad and garlic bread, and hot or cold drinks; choice of desserts made by members of our chapter. \$10

6:10 p.m. Business Meeting

50-50 and door prizes.

6:40 p.m. Program

Dale Jarrett will provide a musical treat; come sing, dance, and enjoy. Free

Members of the Senior 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 Benjamin Gaither 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, March 15 at 4:30 p.m. Dinner at Quincy's (616 Quince Orchard Rd., Gaithersburg). A St. Patrick's Day preview and Irish inspired food and drink. Be at the restaurant by 4:30 p.m. or meet at 4 p.m. to carpool from the 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 children 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.

Senior Rally Day in Annapolis, Thursday, March 31

Free transportation provided by Maryland AARP. The bus leaves the Benjamin Gaither Center at 7 a.m. (be there by 6:50 a.m.). Breakfast and lunch provided. Return by 3 p.m. See your state government in action. Briefings with legislators have been scheduled; let them know the issues that concern seniors. Provide support for the Care Act. Sign up with Henry Harris (301-977-7132) or Annette Thompson (301-977-7936). Registration is required.

Cruise to Aruba, Colombia, the Cayman Islands, Costa Rica, and the Panama Canal on the Coral Princess, April 15 – 25, 2016 (11 days/10 nights)

It's not too late to join! 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.

INVITE UN AMIGO

Marzo es el mes de invitar amigos. Todo el mes nosotros vamos a animar que usted inviten un amigo para pasar el día y mostrarles a ellos que ofrecemos en el Benjamin Gaither Center. Por favor pase por recepción presente su a amigo y llene el formulario. Sus amigos le van a agradecer por enseñarles el mejor centro en Gaithersburg!

NATIONAL GEOGRAPHIC

Washington, DC

Día: Lunes 7 de marzo

Salida: 9:30 a.m.

Retorno: 4 p.m.

Costo: \$30

No se pierda 3 exposiciones fantásticas que están en el museo de National Geographic. Una exposición muestra cocodrilos. Exploran la historia y la biología de este animal que se considera un depredador que existía en la antigüedad y hasta la fecha se encuentran con nosotros! "PhotoArk" es otra exposición que se configura de un proyecto. El proyecto es te tomar fotos de cada especie del mundo antes que se desaparezcan. La última exposición es de cruzar los océanos del mundo y se titula "Pristine Seas: The Oceans Last Wild Places." Es de explorar el océano y entender que el océano es uno de los últimos lugares en el mundo que es salvaje. Almuerzo no se va a proveer. Ay muchos restaurants cerca del museo si gusta comer.

Mínimo: 20

Máximo: 33

GALERÍA NACIONAL DE RETRATOS

Washington, DC

Día: Viernes 18 de marzo

Salida: 10:45 a.m.

Retorno: 4:30 p.m.

Costo: \$15

Siempre hay algo nuevo para ver en la Galería de Retratos. Puedes recorrer la galería o puedes explorar las maravillas de los retratos a su propio paso. La Galería está en el medio de la capital Washington DC cerca de Chinatown. Ay mucho que ver! Almuerzo no se va proveer. Mapas si se van a proveer.

Mínimo: 20

Máximo: 33

RITMO LATINO

Todos los jueves de 11:15 am – 12 m

FIESTA DE LA PRIMAVERA

Lunes 28 de marzo a las 12:45 p.m.

Vamos a celebrar el regreso de la primavera con estilo! Únete a nosotros para gozar con actividades, bocadillos y conversar! No te lo pierdas!

"EN EL ESTADO DE ÁNIMO: 1940'S MUSICAL REVUE" EN WEINBERG EL CENTRO DE ARTES

Frederick, MD

Día: Miércoles, el 20 de abril

Salida: 11 a.m.

Retorno: 6p.m.

Costo: \$55

Celebra la generación más grande de Estados Unidos con la música que movió el espíritu de la nación! "En el estado de ánimo" cuenta con las melodías y los ritmos intemporales de la era con las grandes bandas. Con arreglos auténticos, trajes y coreografía, la fabulosa cadena de perlas gran orquesta y banda de "In the Mood" cantantes y bailarines serán aplaudido por el público por más! Haremos una parada para el almuerzo en primer lugar por su cuenta en el centro de Frederick.

Mínimo: 19

Máximo: 19

BEBER & PINTAR EN LA NOCHE

Viernes el 15 de abril, 5 - 8 p.m.

\$45

Les invitamos que nos acompañen por una tarde pintando, bebiendo, y un bocadillo. Nosotros vamos a suplir las instrucciones, la comida y las bebidas. Solo tiene que venir a para divertirnos. Enséñenos su creatividad o encentre por primera vez un talento que tal vez tiene escondido. Todos los niveles de pintores son bienvenidos.

Mínimo: 15

Máximo: 45

CELEBRACIÓN DE CUMPLEAÑOS

Día: miércoles 30 marzo

Hora: 12:30 pm

CUIDADO DENTAL

Gracias por el estado de Maryland por otorgar finanzas para el cuidado dental. El Benjamin Gaither Center va traer un dentista móvil un día durante los meses de marzo y junio. La donación cubre servicios para 25 personas aproximadamente. Servicios son limitados e incluyen limpieza de dentadura y rayos x. Para calificar tiene que ser residente de Montgomery County, tener 55 años o más, actualmente no tener seguro dental, y su finanzas no pueden sobre pasar los \$29,425 por un hogar con una persona o \$39,925 por dos personas en un hogar. Si está interesado y califica, por favor hable con Jerry Gagliano. Se encuentra en el centro al entrar o puede llamar al 301-258-6380 para recibir declaración jurada de ingresos.

CONVERSACIÓN EN INGLES

Todos los martes

Hora: 12:30 pm

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

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.

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

CURRENT RESIDENT OR

City Manager
Tony Tomaseillo

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

Mayor
Jud Ashman

GAITHERSBURG CITY OFFICIALS



MARCH 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**

✓ ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
	Classes/Lectures			
43853	Bone Builders Full	Jan 12 – May 26	Tu/Th	N/A
44559	Cell Phone Help	By Appointment		N/A
44560	Watercolor: Spring Flowers and Landscapes	Mar 9 – Apr 27	Wed	\$90
44561	Writing Workshop – Telling Our Stories	Mar 11 & 18	Fri	N/A
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
44562	Wednesdays @ 10 a.m.	Mar 9 – Apr 13	Wed	\$90/\$120
44563	Wednesdays @ 3 p.m.	Mar 9 – Apr 13	Wed	\$90/\$120
44564	Thursdays @ 10:30 a.m.	Mar 10 – Apr 14	Thu	\$90/\$120
44569	Thursdays @ 2:30 p.m.	Mar 10 – Apr 14	Thu	\$90/\$120
44565	Fridays @ 2:30 p.m.	Mar 11 – Apr 15	Fri	\$90/\$120
44566	Saturdays @ 9:30 a.m.	Mar 5 – Apr 9	Sat	\$90/\$120
44567	Saturdays @ 10:45 a.m.	Mar 12 – Apr 16	Sat	\$90/\$120
	Activities/Trips			
44557	BLT Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non Members \$6	Mar 8	Tue	\$4/\$6
44145	1200 Minute Challenge	Feb 1 – Apr 29		N/A
44558	Sip & Paint Night	Apr 15	Fri	\$45
44138	Visionary Art Museum	Mar 3	Thu	\$25
44555	National Geographic Museum	Mar 7	Mon	\$30
44553	Aldi Supermarket	Mar 8	Tue	\$2
44545	Woodrow Wilson House	Mar 9	Wed	\$25
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
44548	National Portrait Gallery	Mar 18	Fri	\$15
44554	Trader Joe's Supermarket	Mar 25	Fri	\$2
44556	Library of Congress	Apr 4	Mon	\$15
44141	Pentagon Tour Full	Apr 5	Tue	\$20
44546	"All the Way" at Arena Stage	Apr 19	Tue	\$55
44547	"In the Mood" at the Weinberg Center	Apr 20	Wed	\$55

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 <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**

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: _____