

FROM OUR STAFF

Birthday Celebration



Friday
October 28
at 12:30 p.m.

OCTOBER BIRTHDAYS

- 2 Brian Coyle
- 4 Ruth Phillips
- 5 Joyce Stohlman
- 6 Linda Wylie
- 7 Nancy Lamanna
Arthur Rogers
- 8 Rose Dyer
- 15 Florence Steinberg
- 19 Keebyung Suh
- 20 Susan Gruen
- 24 Anna Carroll
Evelyn Metropolski
Sandra Solomon
- 25 Joan Thomas
- 27 Alise Stewart
Zoila Roman
- 31 Jane Farfan



Sympathy is extended
to the friends and family of
Linus Klitsch
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!TM
Program, celebrating its 20th
anniversary in Gaithersburg
in 2016.**

Grace's Update



Dear Members,

Believe it or not, we are in the kick-off to the holidays starting with Halloween followed by Thanksgiving, Hanukkah, Christmas, Kwanzaa and New Year's! Talking about the holidays now may seem a bit premature, but they are right around the corner.

Did you know the average person gains between five and ten pounds, over the holidays, with the average weight gain just under seven? So why not start now and get into training to be in the best fighting shape to beat 'the battle of the bulge'?

Staying active is one of the best ways to maintain our independence and to enjoy the highest quality of life possible as we age. The Benjamin Gaither Center offers 30 fitness classes each week and there is one to meet most everyone's goals. We also have personal trainers on staff who are available to create a unique program for you, whether you are an athlete or a newbie to fitness. Just ask the front desk for information.

A reminder – we have extended hours in the new Fitness Center now and are open Monday – Thursday evenings until 8 p.m. and on Saturdays from 9 a.m. – 11:45 a.m.

Grace, Community Facility Manager
and Benjamin Gaither Center Staff

Member Orientation

Monday, October 10 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.

Annual Membership and Fees

City Residents	\$45/\$30 Spouse
Nonresidents	\$125/\$70 Spouse (outside the corporate City limits)
Fitness Center	\$75 per year/\$15 per month (Benjamin Gaither Center Members Only)

Nonmember Program Attendance Cost and Annual Membership

If a person wants to go on a trip or attend a program and is not a member, they may join the Center for a 30-day period (City residents: \$10, nonresidents: \$25). During the period they have all the privileges of a member, and if they decide to join for a year during the first 30 days, the cost of their 30-day trial will be applied toward an annual membership. Please note that accumulative one-month membership fees will not apply.



Caregivers Support Group
Thursdays, October 6 & 20
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.

Coping with Change
Thursdays at 11 a.m.

Are you not 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.



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.

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. Everyone 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.

Blood Pressure Check
Wednesday, October 26

9:30 – 11:30 a.m.

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

Diabetes Support Group
Tuesday, October 18 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 third 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.



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 focuses on health promotion and includes health screenings, counseling, seminars, and educational handouts.

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.



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!**

TRIPS & ACTIVITIES

White House

Washington, DC

Date: Tuesday, December 6
(*Tentative*)

Depart: TBD

Return: TBD

Fee: \$25

FULL

DC Duck Tour

Washington, DC

Date: Monday, October 17

Depart: 9:15 a.m.

Return: 3:30 p.m.

Fee: \$55

Deadline: Wednesday, October 12

See Washington, DC on the land and from the water with the most unique adventure of all the DC tours. This 90 minute tourexcursion will take you through the city before splashing down in the Potomac River for a most unique ride. After our tour, lunch is on your own at Union Station.

Minimum: 20

Maximum: 24

Galloping Gourmets to

Russia House Restaurant

Herndon, VA

Date: Thursday, November 3

Depart: 10:45 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Monday, October 31

Experience fine dining in the charming Russia House Restaurant, where you can order from the menu and pay in cash. The food is described as Traditional Russian, French and Modern.

Minimum: 20

Maximum: 33



Book Discussion

FREE

“Colorless Tsukuru Tazaki and His Years of Pilgrimage”
by Haruki Murakami

Thursday, October 13 at 2 p.m.

Hillwood Estate, Museum and Garden

Washington, DC

Date: Thursday, October 6

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$30

Deadline: Tuesday, October 4

Explore the beautiful estate of Marjorie Merriweather Post at your leisure.

The estate is featuring two special exhibits, “Four Seasons,” is the first ever installation of art in the gardens, and “Deco Japan: Shaping Art and Culture” explores how the Japanese interpreted the art deco style. You may bring your lunch to eat in the gardens, or buy lunch on your own at the Hillwood Café. Make sure to explore the gardens, the mansion, and the greenhouse. Wear comfortable shoes and dress for the weather. **Lots of walking!**

Minimum: 20

Maximum: 33



Eastern Market

Washington, DC

Date: Saturday, October 15

Depart: 9:30 a.m.

Return: 2:30 p.m.

Fee: \$15

Deadline: Thursday, October 13

Located in the Capitol Hill neighborhood, the Eastern Market hosts indoor and outdoor vendors selling everything from prepared foods, meats and vegetables to flowers and crafts. Come scoop up the best of fall produce and the last of the summer! **Lots of walking.**

Minimum: 20

Maximum: 33



Alexandria: Mercy Street Tour

Alexandria, VA

Date: Tuesday, October 25

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$25

Deadline: Monday, October 17

Walk in the footsteps of history and the PBS original drama, “Mercy Street,” which is inspired by real events from Alexandria’s Civil War history. Your day will include two guided tours. You will tour Carlyle House, a mansion owned by the Green family during the Civil War, which still stands on the grounds of the Mansion House Hospital. You will also tour the Stabler-Leadbeater Apothecary Museum, which was open and operational throughout the Civil War. After our tours, you are on your own to explore downtown Alexandria and eat lunch. **Lots of walking.**

Minimum: 20

Maximum: 33



**“An Evening with Edgar Allan Poe”
at the Arts Barn**

Gaithersburg, MD

Date: Thursday, October 20
Depart: 11:15 a.m.
Return: 3:15 p.m.
Fee: \$25
Deadline: Friday, October 14

Enter the wonderfully creepy world of Edgar Allan Poe with six faithful adaptations of some of his most haunting works. From old favorites such as “The Cask of Amontillado” and “The Tell-Tale Heart” to lesser known gems like “The Oblong Box” and “The System of Dr. Tarr and Professor Fether,” this collection of short plays represents Poe at his most horrifying. But first we will stop for lunch at Not Your Average Joe's in the Kentlands, where you can order from the menu and pay in cash. Please indicate on the program sheet whether you will be joining us for lunch or meeting us at the theatre.

Minimum: 10 **Maximum:** 33



“Carousel” at Arena Stage

Washington, DC

Date: Tuesday, November 15
Depart: 9:30 a.m.
Return: 4:30 p.m.
Fee: \$55

Deadline: Monday, October 17

“Carousel” was named the best musical of the 20th Century by Time Magazine. With dazzling lights, swinging songs and a bad boy to melt your heart, come see why Rodgers and Hammerstein’s “Carousel” is a classic. We will first stop for breakfast on your own in Downtown Crown, where you can choose from Ted’s Bulletin or La Madeline.

Minimum: 20 **Maximum:** 24

Shopping at Boscov’s

Frederick, MD

Dates: Tuesday, November 1
Depart: 9:45 a.m.
Return: 4 p.m.
Fee: \$15
Deadline: Friday, October 28

We are heading north for a shopping trip at Boscov’s, an upscale department store known for its competitive pricing of top-name brands. After our shopping trip, we will stop for a late lunch at the Olive Garden, where you can order from the menu and pay in cash.

Minimum: 20 **Maximum:** 33

Smart 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 They Polynice will schedule a one-on-one appointment with you!

AARP Smart Driver Course

Friday, November 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

**“The Year of Magical Thinking”
at Arena Stage**

Washington, DC

Date: Saturday, November 5
Depart: 10:30 a.m.
Return: 5:30 p.m.
Fee: \$75
Deadline: Friday, October 7

There is no way to avoid tragedy, loss or their aftermath. Yet we still hope that when faced with inescapable grief, something miraculous can emerge to ease our pain and guide us back to the joy of life. Few writers have experienced loss so suddenly and profoundly — or chronicled it as beautifully — as Joan Didion. Based on her award-winning memoir, "The Year of Magical Thinking" follows the iconic American author, portrayed by Kathleen Turner, as she learns to reconcile the natural instincts that drive us to bargain with the universal forces that giveth and taketh away. We will first stop for lunch/brunch on your own in Georgetown.

Minimum: 19 **Maximum:** 19



You can register online at
www.gaithersburgmd.gov

The Benjamin Gaither Center



Gaithersburg

October 2016

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

2

Monday

3

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

Tuesday

4

8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 1 Ping Pong

HeartWell in Action

11

10:30 am DC Design House
 8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 12:30 Bridge
 12:30 Mah Jongg
 1 Ping Pong
 4 AARP

HeartWell in Action

Wednesday

5

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

Thursday

6

10 am Hillwood Estate

8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 10:30 Stability Ball @ BP
 11 Coping w/Change
 11:15 Ritmo Latino
 12:30 Bridge
 1 El Club de las Amistad
 2 Caregivers

Friday

7

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

Saturday

1

Fitness Center Open
 9 – 11:45 a.m.

8

Fitness Center Open
 9 – 11:45 a.m.

9

10

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
 3 Core and More
 3 Pin Busters

12

8:25 Exercise Tape
 9:15 Power Stretch
 10 Pickleball @ BP
 10:15 Fit 4 All
 11 Medicare & Medicaid Review
 11:15 Strong & Balanced
 12:30 Weight Training
 1:15 Flexible Strength
 1:15 Music Lessons
 1 Crochet
 2 Watercolor

13

8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 10:30 Stability Ball @ BP
 11 Coping w/Change
 11:15 Ritmo Latino
 12:30 Bridge
 1 El Club de las Amistad
 2 Book Discussion

14

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

15

Fitness Center Open
 9 – 11:45 a.m.

9:30 am Eastern Market

16

17

9:15 am
DC Duck
Tour

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

18

4 – 6 pm
Game Night

8:25 Exercise Tape
9 Breakfast
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
11 Diabetes Support
12:30 Bridge
12:30 Mah Jongg
1 Ping Pong

HeartWell in Action

19

8:25 Exercise Tape
9:15 Power Stretch
10 Pickleball @ BP
10 Pharmacy Outreach
10:15 Fit 4 All
11:15 Strong & Balanced
12:30 Weight Training
1:15 Flexible Strength
1:15 Music Lessons
1 Crochet
2 Watercolor

20

11:15 am
"An Evening with
Edgar Allan Poe"

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
10:30 Stability Ball @ BP
11 Coping w/Change
11:15 Ritmo Latino
12:30 Bridge
1 El Club de la Amistad
2 Caregivers

21

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

22

Fitness Center
Open
9 – 11:45 a.m.

23

24

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

25

9 am
Mercy Street
Alexandria

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
12:30 Bridge
12:30 Mah Jongg
1 Ping Pong

26

8:25 Exercise Tape
9:15 Power Stretch
9:30 BP Check
10 Pickleball @ BP
10:15 Fit 4 All
11:15 Strong & Balanced
12:30 Weight Training
1:15 Flexible Strength
1:15 Music Lessons
1 Crochet

27

12:45 pm
The Windtalker
Experience

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Stretch & Strengthen
10:30 Stability Ball @ BP
11 Coping w/Change
11:15 Ritmo Latino
12:30 Bridge

28

12:30 pm
Birthday
Celebration

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

29

Fitness Center
Open
9 – 11:45 a.m.

30

31

10:30 am
Trick or Treat

8:25 Exercise Tape
9:15 High/Low
10:15 Fit 4 All
11 Coloring Book
12:30 Embroidery
12:50 Bingo
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
Oct. 5 – Dec. 21
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
Sep. 8 – Dec. 15
Time: 10:30 a.m.
Fee: \$40

Bring your own mat and ball.

Minimum: 9 **Maximum:** 20

Weight Training

Benjamin Gaither Center

Dates: Wednesdays
Oct. 5 – Dec. 21
Time: 12:30 p.m.
Fee: \$40

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20



Pickleball

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

\$3 Residents
\$4 Nonresidents

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 Williams
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.

Stretch & Strengthen

Taught by Olympia Huff
Tues. and Thurs. at 10:15 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 Nonmembers (6 one-hour sessions)
Minimum: 4 **Maximum:** 6

Tuesdays	September 20 – October 25	10:30 – 11:30 a.m.
Wednesdays	September 28 – November 2	10:15 – 11:15 a.m.
Wednesdays	October 5 – November 9	3 – 4 p.m.
Thursdays	October 6 – November 10	10:30 – 11:30 a.m.
Thursdays	October 6 – November 10	2:30 – 3:30 p.m.
Fridays	October 7 – November 18	1 – 2 p.m.
Saturdays	October 1 – November 5	9:30 – 10:30 a.m.
Saturdays	October 1 – November 5	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!**

**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. 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!

Bone Builders

Dates: Tuesdays & Thursdays,
May 31 – December 22
Time: 9:05 – 10:05 a.m.
Fee: Free

FULL

ZenFlex: Power Stretching

Wednesdays, October 19 – November 23
Time: 9:15 a.m.
Fee: \$25

One of the benefits to stretching is improved flexibility. Flexibility refers to the range of motion around a joint that can increase the flexibility of your knee, hip, shoulder, and ankle joints. Enhancing your flexibility will allow you to move more freely and efficiently. Relaxing, both physically and mentally, Power Stretching is comfortable and requires minimal exertion giving your body and brain a chance to relax. This class will also address such issues as muscular imbalances, body alignment, proper breath control, range of motion and poor posture. The class is low impact, meditative and very Zen.

Minimum: 5 **Maximum:** 12

Walking Tape

8:25 a.m. - Every Day

Wake up with a brisk 2 mile workout.



**Crochet Baby Blankets
with Elizabeth**

Dates: Wednesdays
Time: 1 p.m.

Be creative for a good cause. Come chat while you crochet baby blankets for local newborns. Yarn will be provided.

Embroider with Jane

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

Free help with your project.

Quilting

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

Work on your project and make friends in the process.



Watercolor Class

Dates: Wednesdays
September 14 – November 9
No class October 26

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: 9 **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.

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 Mah Jongg with Sandy

Fridays at 10 a.m.
Please call Charlyn at 301-258-6380 to reserve your spot.

Mah Jongg

Tuesdays & Fridays at 12:30 p.m.

Learn Canasta

Call Annette 301-938-0893.

Bingo

Mondays & Fridays at 12:50 p.m.
Play as many games as you can in an hour for the chance to win prizes. \$1 buys two cards for every game.



Ritmo Latino

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

Music Lessons

Mondays, Wednesdays or Fridays
1:15 or 2 p.m.
\$20 per lesson
Learn to play or restart your lessons on the piano or the guitar. Sign up at the front desk.

Ping Pong

Tuesdays, 1 – 2:45 p.m.

Computer Help

Mondays and Thursdays
10 a.m. – 2 p.m.
Fridays, 11 a.m. – 2 p.m.

CLASSES & ACTIVITIES



Pharmacy Outreach

by University of Maryland Pharmacy School at Shady Grove

Wednesday, October 19

10 – 12:30 p.m.

Join the future Pharmacists as they present signs of stroke, diabetes and nutrition education, flu and shingles shots education, and medication brown bag review. The students will also be doing blood pressure screenings. Bring your medications and your questions.

Medicare & Medicaid Review

Presented by Montgomery Village Healthcare

Wednesday, October 12

11 a.m.

AARP, Gaithersburg Chapter #5358

OCTOBER 2016 ACTIVITIES

Tuesday, October 11, 2016

4 p.m. Bingo

2 cards, \$2, choice of money or prizes

5:30 p.m. Dinner

Chef Sia will serve a turkey dinner with all the fixings (sweet potatoes, veggies, rolls cranberry sauce, salad and choice of drinks). Choice of desserts provided by our sweet volunteers. \$10

6:10 p.m. Annual Business Meeting

Election of Officers and confirmation of Committee chairs. Discussion of policies and practices of chapter. Input wanted on our service and social activities, Chat and Chew destinations, etc. 50-50 raffle and door prizes.

6:40 p.m. Program

Dale Jarrett will entertain us with piano and song. Send in requests. Free

COMMUNITY SERVICE

Clothing Drive: Wells/Robertson October 4 – 13

Check your closets for clothes you no longer need. Clothes will be given to men and women residing at Wells/Robertson House in Gaithersburg. This is a transition to work program for those recovering from chemical addiction; they need work-appropriate clothing for job interviews and work. Men's clothing is especially needed. Other clothing will be donated to Goodwill, the Salvation Army, or a shelter for abused women. Contact Elaine Huey (301-216-4873) or Karen Mason (301-972-3392) for details on what to donate and how you can help.

CHAT AND CHEW

Chat and Chew – Tuesday, October 18

Lunch at Vasilis Mediterranean Grill, family owned and operated restaurant in Kentlands (705 Center Point Way, Gaithersburg). Order from an extensive selection of moderately priced Greek and Mediterranean entrees. 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 carpools.

TRIPS

Casino and Shopping

Wednesdays 10 a.m. – 5:30 p.m. & Saturdays 9 a.m. – 4 p.m. at Maryland Live! and Arundel Mills Shopping Center. Cost \$22. You will receive \$25 to play the slots. To register and pay in advance, phone Dale Batchelder (202-236-8418) or Mary Lou Vlahakis (301-417-9654) or see them at the Center.

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 301-938-0893 or by e-mail at annettethompsonphd@yahoo.com.

DESEA VOTAR TEMPRANO?

Octubre 27 a noviembre 3

El ómnibus del centro los transportara hacia el parque Bohrer. Durante la primera semana de octubre anunciaremos los días y hora de salida y regreso.

VIAJE AL MUSEO Y JARDIN DE HILLWOOD ESTATE Washington DC

Día: jueves 6 de octubre

Salida: 10 am

Retorno: 4 pm

Costo: \$30

Fecha de vencimiento: martes 4 de octubre

Durante este viaje usted tendrá tiempo libre para poder explorar la hermosa finca de Marjorie Merriweather. En esta temporada, la finca, está ofreciendo dos exposiciones especiales de "cuatro estaciones", y es la primera vez que el arte esta instilado en los jardines, "Deco Japonés, conformación de arte y cultura. También podremos apreciar cómo los Japoneses interpretaron el estilo art deco. Si desea, puede llevar su almuerzo para comer en los jardines, o comprarlo por su cuenta en el café de Hillwood. Asegúrese de visitar los jardines, la mansión y el efecto invernadero. Póngase zapatos cómodos porque se caminara bastante y vístase apropiadamente con ropa para el clima.

Mínimo: 20 **Máximo:** 33

LA MEJOR CASA DECORADA EN DC

Washington, DC

Día: Martes 11 de octubre

Salida: 10:30 am

Retorno: 4pm

Costo: \$45

Fecha de vencimiento: viernes 7 de octubre

Le encantaría ver como otras personas decoran sus casas? Cada año, una casa nueva es elegida para ser presentada al público como la mejor casa decorada de Washington, DC y por los mejores diseñadores de la zona. Todo esto en beneficio al Centro Médico Nacional Infantil. Un guía turístico/a nos ayudara a recorrer la casa y mide más de once mil pies cuadrados y también cuenta con siete dormitorios y tres cocinas. Antes de llegar a dicha casa podremos almorzar (por su propia cuenta) en Wagshal.

Mínimo: 20 **Máximo:** 33

CONVERSACIÓN EN INGLES

Todos los martes

Hora: 12:30 pm

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

VIAJE DE COMPRAS AL MERCADO DEL ESTE

Washington, DC

Día: sábado 15 de octubre

Salida: 9:30 am

Retorno: 2:30 pm

Costo: \$15

Fecha de vencimiento: jueves 13 de octubre

Este mercado oriental está situado en el área del Capitolio y tiene variedad de ventas que están ubicadas adentro y fuera del edificio. Ofrece productos y alimentos ya preparados, carnes, vegetales, flores, artesanías y lo último de los productos del verano.

Mínimo: 20 **Máximo:** 33

VIAJE RECORRIENDO WASHINGTON, DC EN UN AUTOMOVIL ACUATICO

Día: lunes 17 de octubre

Salida: 9:15 am

Retorno: 3:30 pm

Costo: \$55

Fecha de vencimiento: miércoles 12 de octubre
Este será un recorrido espectacular y de aventura por tierra y agua. Por hora y media recorreremos (por tierra) todo Washington y después salpicando en el agua hacia abajo en el río Potomac. Después de este fantástico recorrido usted podrá almorzar, por su propia cuenta, en cualquiera de los restaurantes de su agrado que hay en la Estación de la Unión.

Mínimo: 20 **Máximo:** 24

DESAYUNO

Waffles Belgas

Día: martes 18 de octubre

Hora: 9 – 10:30 am

Costo: \$4 para miembros

\$6 para los no-miembros

Algunos dicen que los waffles Belgas son simplemente unos panqueques glorificados. Venga con sus amigos/as a disfrutar de un buen desayuno.

Por favor regístrese en la hoja del programa.

NOCHE DE JUEGOS

Día: martes 18 de octubre

Hora: 4 a 6 pm

El Centro estará abierto hasta las 7pm para que pueda conocer personas nuevas y jugar! Si desea hacer planes con sus amigos después de los juegos puede traer su cena y así disfrutarla. Podrán jugar scrabble, Mah Jong, billar, puente y mucho más. Haga su reservación en la hoja de programa.

CELEBRACIÓN DE CUMPLEAÑOS

Día: viernes 28 de octubre

Hora: 12:30 pm

LA EXPERIENCIA DE LO QUE EL VIENTO NOS DICE

Día: jueves 27 de octubre

Hora: 12:45 pm

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

DÉA DE LAS BRUJAS

Adultos pidiendo dulces – (trick or treating)

Día: lunes 31 de octubre

Hora: 10:30 am

Vístase con su mejor disfraz y lo llevaremos en al autobús a pedir dulces a las oficinas de la ciudad de Gaithersburg! El autobús saldrá a las 10:30 de la mañana. No se olvide que si usted no tiene disfraz, no podrá participar del viaje.

VIAJE DE COMPRAS A LA TIENDA DE BOSCOV

Lugar: Frederick, MD

Día: martes 1 de noviembre

Salida: 9:45 am

Retorno: 4 pm

Costo: \$15

Fecha de vencimiento: viernes 28 de octubre

Nos dirigiremos hacia el norte en viaje de compras a la tienda "Boscov". Esta tienda es conocida y de prestigio. Ofrece precios competitivos en los artículos de calidad y marcas reconocidos/as por los mejores diseñadores. Después de hacer sus compras iremos almorzar al restaurante "Jardín de Olivo" (Olive Garden), donde usted podrá ordenar del menú y pagar en efectivo.

Mínimo: 20 **Máximo:** 33

GALOPEANDO CON ELEGANCIA AL RESTAURANTE GOURMET "CASA DE RUSIA"

Lugar: Herndon, VA

Día: jueves 3 de noviembre

Salida: 10:45 am

Retorno: 3 pm

Costo: \$15

Fecha de vencimiento: martes 31 de octubre
Iremos a deleitarnos de una buen almuerzo al encantador restaurante, "Casa de Rusia", donde usted podrá ordenar del menú y pagar en efectivo. Este restaurante ofrece comida tradicional de Rusia, Francia y moderna.

Mínimo: 20 **Máximo:** 33

RITMO LATINO

Todos los jueves de 11:15 am – 12 m

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



OCTOBER 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
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✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		Classes/Lectures			
	45707	Cell Phone Help	By Appointment		N/A
	44973	Bone Builders <i>Full</i>	May 31 – Dec 22	Tu/Th	N/A
	45700	Watercolor <i>(no class 10/26)</i>	Sep 14 – Nov 9	Wed	\$90
	45776	ZenFlex: Power Stretching	Oct 19 – Nov 23	Wed	\$25
	45789	AARP Smart Driver Course	Nov 18	Fri	N/A
		Small Group Personal Training			
	45691	Tuesdays @ 10:30 a.m.	Sep 20 – Oct 25	Tue	\$90/\$120
	45692	Wednesdays @ 10:15 a.m.	Sep 28 – Nov 2	Wed	\$90/\$120
	45770	Wednesdays @ 3 p.m.	Oct 5 – Nov 9	Wed	\$90/\$120
	45771	Thursdays @ 10:30 a.m.	Oct 6 – Nov 10	Thu	\$90/\$120
	45772	Thursdays @ 2:30 p.m.	Oct 6 – Nov 10	Thu	\$90/\$120
	45773	Fridays @ 1 p.m.	Oct 7 – Nov 18	Fri	\$90/\$120
	45774	Saturdays @ 9:30 a.m.	Oct 1 – Nov 5	Sat	\$90/\$120
	45775	Saturdays @ 10:45 a.m.	Oct 1 – Nov 5	Sat	\$90/\$120
		Activities/Trips			
	45787	Belgian Waffle Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non-Members \$6	Oct 18	Tue	\$4/\$6
	45788	Game Night	Oct 18	Tue	N/A
	45777	Hillwood Estate, Museum and Garden	Oct 6	Thu	\$30
	45781	DC Design House	Oct 11	Tue	\$45
	45782	Eastern Market	Oct 15	Sat	\$15
	45786	DC Duck Tour	Oct 17	Mon	\$55
	45779	“An Evening with Edgar Allan Poe” <input type="checkbox"/> Lunch	Oct 20	Thu	\$25
	45778	Alexandria: “Mercy Street” Tour	Oct 25	Tue	\$25
	45785	Shopping at Boscov’s	Nov 1	Tue	\$15
	45780	Galloping Gourmets to Russia House Restaurant	Nov 3	Thu	\$15
	45784	“The Year of Magical Thinking” at Arena Stage	Nov 5	Sat	\$75
	45783	“Carousel” at Arena Stage	Nov 15	Tue	\$55
	45681	White House <i>Full</i>	TBD	TBD	\$25

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 # _____ Signature/Name on card _____ Exp. Date ___/___
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BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

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

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

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

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

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

**If you need special accommodations
please call 301-258-6380, or email csimpson@gaitersburgmd.gov**

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: _____