



City of Gaithersburg Press Release

Contact: Public Information Director
City of Gaithersburg
301-258-6310
cityhall@gaitthersburgmd.gov

For Immediate Release

Cool Off in August with Family Programs & Classes at Casey Community Center

Gaithersburg, MD – (July 9, 2019) Escape the summer heat at Casey Community Center this August with family-friendly programs and recreation classes for all ages. With relaxing movie nights, professional cooking classes, and several recreation opportunities, there is something for all to enjoy. Casey Community Center is located in a uniquely restored dairy barn at 810 S. Frederick Avenue, just north of Shady Grove Road. For more information and to register for the programs below, visit www.gaitthersburgmd.gov.

Movie Night: *Captain Marvel*

Friday, August 9, 7 p.m.
\$2

Enjoy an indoor screening of *Captain Marvel*. Bring a cushion or blanket to get cozy. Light concessions are available for purchase. Recommended for ages three and older.

If you are interested in sponsoring future movie nights, please contact Sponsorship Coordinator Elissa Taylor at 240-805-1635 or e-mail elissa.taylor@gaitthersburgmd.gov.

Hatha Yoga

Fridays, August 2 – 23
9 – 10 a.m.
\$36 (Residents) / \$43 (Nonresidents)

In this class, yoga poses (asanas) are moved through and held to align, strengthen and promote flexibility in the body.

Stretch and Balance

Fridays, August 2 – 23
10:15 – 11:15 a.m.
\$36 (Residents) / \$43 (Nonresidents)

Increase flexibility, joint mobility and standing balance through improved alignment and balancing the functional muscles of the body. Relax and let go of stress to balance the mind as well.

Cardio Dance and Tone

Saturdays, August 3 – 24

9 – 10 a.m.

\$21 (Residents) / \$24 (Nonresidents)

Take part in an energy-boosting workout with easy dance moves set to a lovingly curated soundtrack, including 60s Motown, 80s favorites, 90s jams, and current hits. All fitness levels are welcome.

STRONG by Zumba

Tuesdays, August 6 – 20

7:35 – 8:35 p.m.

\$24 (Residents) / \$31 (Nonresidents)

This is a high-intensity interval workout geared to motivate you to crush your fitness goals. It combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music.

Farm to Table Cooking Class

Friday, August 16, 7 p.m.

\$55

Join Chef Wendy Bazil for this hands-on class and learn how to turn your CSA box, farmers market haul, or grocery cart into a delicious vegetarian meal. Discover professional techniques for preparing fresh, local produce (including how to wash, store, and avoid waste) with a seasonal menu of three dishes: Ratatouille, Tomato and Peach Salad with Burrata Cheese, and Green Beans with Preserved Lemon Vinaigrette.

Call to Chefs

Casey Community Center is seeking professional chefs to develop and lead recreational programming in its licensed commercial kitchen as a part of a new suite of activities. Formal culinary training (or equivalent work experience) and a valid Food Manager card are required. Selected instructors will be compensated and their names will be included in the City of Gaithersburg's "Let's Cook@Casey" marketing materials.

Proposals are being accepted for engaging new culinary topics for the winter and spring program sessions. Chef instructors will develop and present class curricula. Themes may cover any topic related to food and beverage preparation and may be formatted as hands-on, demonstration, or lecture-style presentations. Proposals will be considered and approved on an ongoing basis until all available positions are filled. Find the online submission form and a list of requirements [here](#).

About Casey Community Center

Built in 1938 by Eugene B. Casey, the property initially functioned as a dairy farm. In 1949, it was rented to the National Institutes of Health for animal trials of the Salk Polio vaccine. It was known as "NIH Farm" from 1949 to 1960. The property was donated to the City of Gaithersburg in 1971, and opening as Casey Community Center in 1977. It has been renovated several times since, and today [Casey Community Center](#) is home to the City's Creative Tot Time Preschool program, family programming, and a series of cooking classes. It also hosts more than 200 recreation classes for all ages throughout the year. The facility is available to rent for meetings, weddings, birthday parties and other social activities. For information visit www.gaithersburgmd.gov, call 301-258-6366, or follow on [Facebook](#).