



THE CENTER POST

80A BUREAU DRIVE • GAITHERSBURG, MD 20878-1431 • 301.258.6380 • GAITHERSBURGM.D.GOV

TUESDAY, JAN 14 ~ 9-10 AM

ALL AMERICAN BREAKFAST

Nothing beats our All American Breakfast of eggs, meat, and more. Don't miss out on this delicious breakfast experience made by our own Chef Sia.

Members { \$6 } Non-members { \$7 }

WEDNESDAY, JAN 22 ~ 12:45 PM

TRIVIA

FRIDAY, JAN 24 ~ 12:30-2 PM

QUILLING WORKSHOP

Quilling, or paper filigree, is an art form involving the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Check out an example at the front desk. All supplies provided. Taught by Ana Maria.

MONDAY, JAN 27 ~ 5 PM

HAPPY HOUR

Join us for a fun time at Ruth's Chris Steak House in Downtown Crown, 106 Crown Park Ave., Gaithersburg.



TUESDAY, JAN 14 ~ 12:45 PM

PIRATES OF THE CARIBBEAN PARTY

Dress in your finest Caribbean or pirate attire for our first ever Pirates of the Caribbean Party! There'll be jokes that make you say arrrgh, great music and delicious snacks to warrmm up your winter.

JAN 2 - FEB 29

WINTER FITNESS CHALLENGE

Embrace the New Year with our Winter Fitness Challenge! During January and February we will track how many times each member uses the Fitness Center and/or attends a fitness class. Each time will earn you an entry into the drawing. In March we'll draw names for our Winter Fitness Challenge winners!

BENJAMIN GAITHER CENTER

opens

MONDAY - FRIDAY
8:30 AM - 4 PM

FITNESS CENTER

hours

MONDAY-THURSDAY 8:30 AM - 8 PM
FRIDAY 8:30 AM - 4 PM
SATURDAY 9 AM - NOON

CLOSED
JAN 1 & 20

FROM OUR STAFF

FROM SMITTY



THURSDAY, JAN 30 ~ 12:30 PM

BIRTHDAY PARTY

- 1 Barbara Fries
- 2 Maria Escobar
- 6 Sheela Goel
- 11 Mark Deuser, Minerva Morana
- 18 Dorothy Brown
- 21 Patricia Calleja
- 23 Vandana Kharod
- 24 Bette Adam
- 26 Maya Kirk
- 29 Donald Bambeck,
Thomas Palker

ANNUAL MEMBERSHIP & FEES

City Residents

\$50 Individual ~ \$80 Two Persons

Nonresidents

\$125 Individual ~ \$195 Two Persons

Fitness Center (BG Center Members only)

\$75 per year ~ \$15 per month

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 cumulative one-month membership fees will not apply.

Baby It's Cold Outside!

A few days ago, I woke up with a light snow on my car; it was a brutal reminder that winter is here. If you are like me, the older I get the less and less I like cold weather. When it is cold outside, the temptation is to just stay home. But socialization and exercise are very important for good health, especially as we grow older. So make sure you get to your exercise class, your bridge group, or meet up with your friends for lunch. You might be colder, but you will be healthier and happier in the end.



Winter Fitness Challenge

During January and February, Robert will be tracking how many times each member makes use of the Fitness Center and/or attends fitness classes. In March, we'll have a drawing for our "Winter Fitness Challenge" winners!

Spanish and French Conversation Groups

Now that the holidays are past, French and Spanish conversation groups will begin meeting again on a regular basis. Look for dates in the monthly calendar.

Winter Weather

Just a reminder to read our inclement weather policy on page 10.

Beat the Winter Blues at our Pirates of the Caribbean Party on January 14!

Argh! Here's your chance to dance, have snacks, talk like a pirate, and have some fun with your fellow "seafarers" at the BGC.

Have a wonderful 2020! - **Smitty**

Sympathy is extended to the friends and family of Helen Perdue and Hamida Bashir who recently passed away.

SENIOR INFORMATION AND ASSISTANCE

Do you need information on senior housing, financial assistance, Medicare, Medicaid, or help filling out forms? Call 301.258.6380 to set up an appointment with Carol Smith of the Montgomery County Department of Health and Human Services.

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.

MONDAYS ~ BY APPOINTMENT

PODIATRIST SERVICES

Sign up at the front desk for an appointment with one of the doctors from Maple Springs Foot Center. Most insurances are accepted, including Medicare.

TUESDAYS ~ 10 AM-2 PM

HEARTWELL IN ACTION

Leni Barry, RN, MA

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.

WEDNESDAY MORNINGS

MEDICATION CHECK-UP

Sign up to meet with Geriatric Pharmacist, Dr. Dinwiddie, for a one-on-one medication consultation. Bring all your medicines, including those purchased over the counter. Dr. Dinwiddie will review any medication-related problems, discuss the possibility of cost effective alternatives, and, if needed, help you develop a medication list. Sign up on the program sheet for an appointment time.

THURSDAYS ~ 11 AM

COPING WITH CHANGE

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.

WEDNESDAY, JAN 22

~ 9:30-11:30 AM

BLOOD PRESSURE

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

THURSDAY, JAN 2 & 16 ~ 2-3:30 PM

CAREGIVERS SUPPORT GROUP

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.

FRIDAYS, JAN 10-31 ~ 10-11 AM

BRAIN GAMES

Join others and learn to cross train your brain with Brain Games. The areas of the brain that decay slightly with normal aging are memory, word recall (language), attention, visual and spatial awareness, brain speed and reflex, recognition, and intellect (learning). We cover them all and we have fun! Offered by Rika Granger, LCSW-C, Aspire Counseling.

MONDAY TO FRIDAY ~ NOON

NUTRITION PROGRAM

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 \$7.10. For people age 60 and over and spouses of any age, 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.

WEDNESDAYS, JAN 8-29 ~ 2:30 PM

MY MYSTERIOUS ADULT CHILDREN

"I used to know my children so well. Then they grew up and started their own families". Many are saddened that their adult children are so busy, they rarely call, they don't visit regularly, and their kids don't send thank you notes. This psychoeducational support group addresses parent/adult child stages of life and how parenting and communication styles differ throughout. It will also introduce strategies for strengthening those relationships. Led by Rika Granger, from Aspire Counseling.

**ACTIVITY CENTER AT
BOHRER PARK FITNESS CENTER**
hours

MONDAY-FRIDAY 6 AM - 10 PM
SATURDAY 8 AM - 10 PM
SUNDAY 8 AM - 5 PM

TRIPS

MONDAY, JAN 6 ~ 10 AM – 2:30 PM
~ LEESBURG, VA

GALLOPING GOURMETS TO TUSCARORA MILL

Great service and delicious food – join us for one of our favorite restaurant experiences. Please bring cash.

Fee { \$17 } ... Deadline { Jan 2 }



NATIONAL ARCHIVES

THURSDAY, JAN 9 ~ 8:30 AM –
3 PM ~ WASHINGTON, DC

NATIONAL ARCHIVES

Take a guided tour of the National Archives, where you'll see the Declaration of Independence, U.S. Constitution, Bill of Rights, and more. Afterwards we stop for lunch in Penn Quarter.

Fee { \$20 } ... Deadline { Jan 6 }

MONDAY, JAN 13 ~ 10:30 AM –
3 PM ~ WASHINGTON, DC

GALLOPING GOURMETS TO DC RESTAURANT WEEK

Restaurant Week is famous for great deals at the finest restaurants. We are going! Restaurant choices are TBA. Check back with the front desk in early January.

Fee { \$17 } ... Deadline { Jan 9 }

WEDNESDAY, JAN 15 ~ 9:45 AM –
4:30 PM ~ COLUMBIA, MD

"KINKY BOOTS" AT TOBY'S DINNER THEATRE

The exhilarating true story that will lift your spirits to high-heeled heights! Inheriting his father's bankrupt shoe factory, Charlie Price finds inspiration in Lola, a fabulous entertainer with wild ideas. Working together, they turn the factory around, embrace their differences and discover that you change the world when you change your mind! Buffet lunch included.

Fee { \$75 } ... Deadline { Dec 16 }



THURSDAY, JAN 23 ~ 9:30 AM –
3:30 PM ~ WASHINGTON, DC

THE FBI EXPERIENCE

The FBI Experience is a self-guided tour that features interactive multimedia exhibits, content, and artifacts—including a number of items from notable cases on display for the very first time—that help illustrate the importance of the Bureau's work to protect the nation. We will stop for lunch on your own at District Chop House. The FBI will need your full name, social security number, date of birth, country of birth and citizenship status – be prepared to provide this info upon registration.

Fee { \$20 } ... Deadline { Dec 24 }

You can register online
at gaitersburgmd.gov

HIRSHHORN

Smithsonian

TUESDAY, JAN 28 ~ 9 AM – 4 PM
~ WASHINGTON, DC

THE HIRSHHORN MUSEUM

Go on a guided highlights tour of the exhibits Pat Steir: Color Wheel, Mark Bradford: Pickett's Charge, What Absence is Made Of, and more. There will be time after the tour to see other exhibits. Afterwards we stop for lunch at Chef José Andrés' Oyamel Cocina Mexicana for lunch on your own.

Fee { \$17 } ... Deadline { Jan 21 }

TUESDAY, FEB 4 ~ 10:30 AM –
4:30 PM ~ WASHINGTON, DC

"A THOUSAND SPLENDID SUNS" AT ARENA STAGE

In the war-ravaged Kabul, Miriam and Laila become unlikely allies in the face of the insurmountable odds of a brutal and oppressive way of life. Hopes of a new life lead to an unselfish and shocking decision, changing the course of their futures forever. Called "emotionally stirring," this gripping and heart-rending fight for survival will keep you on the edge of your seat from start to finish.

Fee { \$55 } ... Deadline { Jan 4 }

All trip and class cancellations must be submitted in writing, or e-mail your requests to BenjaminGaitherCenter@gaitersburgmd.gov

BOOK DISCUSSIONS

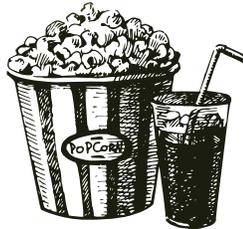
Thursday, January 9 ~ 2 PM
 "The Space Between Us"
 by THIRTY UMRIGAR

Thursday, February 13 ~ 2 PM
 "My Beloved World"
 by SONIA SOTOMAYOR

MOVIE AFTERNOONS

THURSDAYS AT 1 PM

Enjoy and discuss a newly released movie every week. Call ahead to find out what movie will be playing.



SOCIAL SYMPOSIUM

Friday, January 3 ~ 11 AM
 Topic: Current Events

MEMBER ORIENTATION

Monday, January 6 ~ 11 AM

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 bring your Welcome Packet with you.

GAITHERSBURG SENIOR PIN BUSTERS

BOWL AMERICA

1101 Clopper Rd. Gaithersburg, MD

MONDAYS 3-5 PM { \$9.70 }

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!

BINGO Mondays & Fridays ~ 12:45 PM

\$1 buys two cards for every game

MAH JONGG Tuesdays & Fridays ~ 12:30 PM

CONTRACT BRIDGE

Tuesdays & Thursdays ~ 12:30 PM

POKER Most afternoons. Come check it out!

LEARN CANASTA Call Annette 301.938.0893

LEARN MAH JONGG WITH SANDY

Fridays ~ 10:30 AM. Call Charlyn 240.805.1578

PING PONG Tuesdays ~ 2-3:45 PM

LEARN TO PLAY BRIDGE WITH GOPA

Tuesdays ~ 11:15 AM - NOON

January 2020

The Benjamin Gaither Center
gaithersburgmd.gov | 301.258.6380

Sunday

Monday

E-MAIL LIST

Do you receive e-mail updates and reminders from the Benjamin Gaither Center? If not, please sign up on gaithersburgmd.gov

Tuesday

Wednesday

1

Happy New Year

Closed

Thursday

2

- 9 Bone Builders
- 9:15 HIT @ BP
- 10:15 Stretch & Strengthen
- 11 Coping w/Change
- 12:30 Bridge
- 1 Movie Afternoons
- 1 El Club de la Amistad
- 2 Caregivers

Friday

3

- 8:35 Exercise Tape
- 9:15 ZenFlex
- 10:15 Fit 4 All
- 11 Social Symposium
- 11:15 Strong & Balanced
- 12:15 Quilting
- 12:30 Mah Jongg
- 12:50 Bingo
- 3 Core and More

Saturday

4

Fitness Center

Open
9AM – Noon

5

6

- 8:35 Exercise Tape
- 9:15 High/Low
- 10:15 Fit 4 All
- 10 Galloping Gourmets
- 11 Coloring Book
- 11 Member Orientation
- 11:15 Qi Gong Tai Chi
- 12:30 Embroidery
- 12:45 Bingo
- 2 Core and More
- 3 Pin Busters

7

- 9 Bone Builders
- 9:15 HIT @ BP
- 10:15 Stretch & Strengthen
- 11:15 Hatha Yoga
- 12:30 Bridge
- 12:30 Mah Jongg
- 12:30 English Conversation
- 12:45 Aging: Perception
- 2 Ping Pong

8

- 8:35 Exercise Tape
- 9:15 Zumba
- 10:15 Fit 4 All
- 11 French Conversation
- 11:15 Strong & Balanced
- 12:30 Weight Training
- 1 Crochet
- 1:15 Flexible Strength
- 2:30 Adult Children

9

- 8:30 National Archives
- 9 Bone Builders
- 9:15 HIT @ BP
- 10:15 Stretch & Strengthen
- 11 Coping w/Change
- 12:30 Bridge
- 1 Movie Afternoons
- 1 El Club de la Amistad
- 2 Book Discussion

10

- 8:35 Exercise Tape
- 9:15 ZenFlex
- 10 Brain Games
- 10:15 Fit 4 All
- 11:15 Strong & Balanced
- 12:15 Quilting
- 12:30 Mah Jongg
- 12:45 Bingo
- 3 Core and More

11

Fitness Center

Open
9AM – Noon

<p>12</p>	<p>8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 10:30 Galloping Gourmets 11 Coloring Book 11:15 Qi Gong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters</p>	<p>14</p> <p>9 Bone Builders 9 Breakfast 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12:30 Bridge & Mah Jongg 12:30 English Conversation 12:45 Pirates of the Caribbean Party 2 Ping Pong</p>	<p>15</p> <p>8:35 Exercise Tape 9:15 Zumba 9:45 Kinky Boots 10:15 Fit 4 All 11 Spanish Conv. 11:15 Strong & Balanced 12:30 Weight Training 1 Crochet 1:15 Flexible Strength 2:30 Adult Children</p>	<p>16</p> <p>9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad 2 Caregivers</p>	<p>17</p> <p>8:35 Exercise Tape 9:15 ZenFlex 10 Brain Games 9:45 AARP Smart Driver 10:15 Fit 4 All 11:15 Strong & Balanced 12:15 Quilting 12:30 Mah Jongg 12:45 Bingo 3 Core and More</p>	<p>18</p> <p>Fitness Center</p> <p>Open 9AM – Noon</p>
<p>19</p>	<p>20</p> <p>MLK Day</p> <p>Closed</p>	<p>HeartWell in Action</p> <p>21</p> <p>9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12:30 Bridge & Mah Jongg 12:30 English Conversation 12:45 Bonus Bingo 12:45 Decision Making 2 Ping Pong</p>	<p>22</p> <p>8:35 Exercise Tape 9:15 Zumba 9:30 BP Check 10:15 Fit 4 All 11 French Conversation 11:15 Strong & Balanced 12:30 Weight Training 12:45 Trivia 1 Crochet 1:15 Flexible Strength 2:30 Adult Children</p>	<p>23</p> <p>9 Bone Builders 9:15 HIT @ BP 9:30 FBI Experience 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad</p>	<p>24</p> <p>8:35 Exercise Tape 9:15 ZenFlex 10 Brain Games 10:15 Fit 4 All 11:15 Strong & Balanced 12:15 Quilting 12:30 Mah Jongg 12:30 Birthday Party 12:30 Quilting 12:45 Bingo 3 Core and More</p>	<p>25</p> <p>Fitness Center</p> <p>Open 9AM – Noon</p>
<p>26</p>	<p>27</p> <p>8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 11 Coloring Book 11:15 QiGong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters 5 Happy Hour</p>	<p>HeartWell in Action</p> <p>28</p> <p>9 Bone Builders 9 Hirshhorn 9:15 HIT @ BP 10:15 Stretch & Strengthen 12:30 Bridge / Mah Jongg 12:30 English Conversation 12:45 Warrior Canine 2 Ping Pong</p>	<p>29</p> <p>8:35 Exercise Tape 9:15 Zumba 10:15 Fit 4 All 11 Spanish Conv. 11:15 Strong & Balanced 12:30 Weight Training 1 Crochet 1:15 Flexible Strength 2:30 Adult Children</p>	<p>30</p> <p>9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 12:30 Birthday Party 1 Movie Afternoons 1 El Club de la Amistad</p>	<p>31</p> <p>8:35 Exercise Tape 9:15 ZenFlex 10 Brain Games 10:15 Fit 4 All 11:15 Strong & Balanced 12:15 Quilting 12:30 Mah Jongg 12:45 Bingo 3 Core and More</p>	<p>31</p> <p>8:35 Exercise Tape 9:15 ZenFlex 10 Brain Games 10:15 Fit 4 All 11:15 Strong & Balanced 12:15 Quilting 12:30 Mah Jongg 12:45 Bingo 3 Core and More</p>

FITNESS

MONDAYS ~ 2 PM & FRIDAYS ~ 3 PM

CORE AND MORE

Concentrated intense toning of abdominals and back muscles performed on floor mats, as well as progressive use of free weights for select muscle groups.

MON, WED, FRI ~ 10:15 AM

FIT 4 ALL

Low or no-impact aerobics appropriate for those who prefer a seated workout as well as those wanting moderate standing exercise.

MONDAYS ~ 9:15 AM

HIGH / LOW

Vigorous low-impact aerobics and strength training.

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

TUESDAYS & THURSDAYS ~ 9:15 AM at Bohrer Park

HIT

High-intensity Interval Training taught by Denise Mornini

A one hour class featuring 30 minutes of Tabata-style interval training followed by a variety of strength, balance, flexibility, and core work. Bring a yoga mat.

TUESDAYS & THURSDAYS ~ 10:15 AM

STRETCH & STRENGTHEN

Taught by Olympia Kozielski For those of any ability who want to tone their muscles and strengthen their heart and lungs.

WEDNESDAYS & FRIDAYS ~ 11:15 AM

STRONG & BALANCED

Good balance and a strong core go hand in hand. This is a seated class for all fitness levels.

WEDNESDAYS ~ 9:15 AM

ZUMBA

Move and shake your way through a cardio workout.

TUESDAYS, JAN 7 – FEB 25 ~ 11:15 AM

HATHA YOGA WITH JANE STELBOUM

Learn how yoga can help you feel better in mind, body and spirit. Learn yoga poses, breathing techniques and meditation using proper and safe alignment with modifications to suit your own body and ability. Open to all levels. Dress to move comfortably. Bring your own yoga mat (recommended) or use the Center's exercise mats.

Fee { \$65 }

FRIDAYS, JAN 3 – FEB 21 ~ 9:15 AM

ZENFLEX: POWER STRETCHING

One of the benefits to stretching is improved flexibility, which enhances your ability to move more freely and efficiently. Power Stretching is comfortable and requires minimal exertion, giving your body and brain a chance to relax. This class will also address muscular imbalances, body alignment, proper breath control, range of motion and poor posture. The class is low impact, meditative and very Zen.

Fee { \$32 }

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

WEDNESDAYS, JAN 8 – MAR 25 ~ 12:30 PM

WEIGHT TRAINING

Build bones and become stronger using hand weights. Fee { \$40 }

WEDNESDAYS, JAN 8 – MAR 25 ~ 1:15 PM

FLEXIBLE STRENGTH

Blend strength with flexibility, endurance, balance, coordination, and concentration. Fee { \$40 }

THURSDAYS, JAN 9 – MAR 26 ~ 10:30 AM

STABILITY BALL ~ at Bohrer Park

Bring your own mat and ball. Fee { \$40 }

MON, WED, & FRI ~ 8:35 AM

WALKING TAPE

Wake up with a brisk two mile workout.

BY APPOINTMENT

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.

Fee { \$20 } { 30 minutes }

CLASSES & LECTURES

BY APPOINTMENT

SMART PHONE HELP

Are you using your smart phone to its greatest potential? Learn how to use all of its features, or learn about best practices. Sign up on the program sheet and our very own Theyry Polynice will schedule a one-on-one appointment with you!

WEDNESDAYS ~ 1 PM

CROCHET BABY BLANKETS WITH ELIZABETH

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

MON, WED, FRI ~ 1:15 PM OR 2 PM

MUSIC LESSONS

Learn to play or restart your lessons on the piano, guitar or ukulele. Sign up at the front desk.

Fee { \$20 per lesson }

MONDAYS ~ 12:30 PM

EMBROIDER WITH JANE

Come knit, sew, crochet, etc. Free help with your project.

FRIDAYS ~ 12:15 PM

QUILTING

Work on your project and make friends in the process.

MONDAYS ~ 11 AM - NOON

THE COLORING BOOK CLUB

Coloring books for adults are a popular trend and the activity is actually good for you. Coloring is relaxing, 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.

Fee { \$1 Drop-in }

WEDNESDAYS, FEB 5-MAR 25 ~ 2-4 PM

WATERCOLOR CLASS

Discover the joy of painting with watercolors and learn basic concepts like composition, color harmony and movement. Explore color mixing, splattering, wet into wet, and other watercolor techniques with new instructor Marta Lautz. Bring your own supplies.

Fee { \$100 }

WEDNESDAYS, JAN 8 & 22 ~ 11 AM

CONVERSATION FRENCH

TUESDAYS ~ 12:30 PM

CONVERSATION ENGLISH

WEDNESDAYS, JAN 15 & 29 ~ 11 AM

CONVERSATION SPANISH

TUESDAY, JAN 7 ~ 12:45 PM

AGING AND PERCEPTION

Robert Williams explores how aging can change the way you perceive and interact with your environment. Changes in attitudes, memory, beliefs, and relationships are presented in the context of growing older.

TUESDAY, JAN 21 ~ 12:45 PM

DECISION MAKING AND CHOICE

Despite the existence of frequent and often new obstacles in the senior stage of life, choice remains. This psychoeducational presentation addresses how we can more efficiently, effectively, and often collaboratively make decisions based on our choices and the opinions of loved ones. Presented by Rika Granger, LCSW-C, Aspire Counseling.

TUESDAY, JAN 28 ~ 12:45 PM

AMERICORPS: WARRIOR CANINE CONNECTION

Warrior Canine Connection uses a Mission Based Trauma Recovery model to help recovering Warriors reconnect with life, their families, their communities, and each other. Meet the service dogs that provide great support to our veterans. Presented by Katherine Kane.

MONDAYS ~ 11:15 AM

QI GONG & TAI CHI PRINCIPLES

Qi Gong is an internal exercise from China that focuses on consciously moving Qi through the meridians of the body using meditative methods of physical movement and breathing. These gentle routines emphasize strengthening the body internally while harmonizing it externally with nature. It utilizes static postures, moving forms and self-massage. The aim of Qi Gong is to accumulate, circulate and harmonize Qi. Taught by Robert Williams.

Fee { \$2 per class drop in }

TUESDAYS & THURSDAYS, JAN 3-APR 7 ~ 9-10 AM

BONE BUILDERS

Bone Builders is a free, evidence-based, volunteer-led exercise program for people over the age of 55. Participants use ankle and hand weights to increase bone density. It is offered in partnership with the Montgomery County Department of Health and Human Services, Recreation, and the RSVP volunteer program.

GAITHERSBURG CHAPTER

TUESDAY, JAN 14 ~ 10 AM-3:30 PM

BOARD RETREAT

Il Porto Italian Restaurant (245 Muddy Branch Rd., Gaithersburg)

TUESDAY, JAN 21 ~ 12:30 PM

CHAT AND CHEW

Enjoy lunch at Hibachi Sushi Supreme Buffet (8 Bureau Dr., Gaithersburg). Drive yourself to the restaurant or meet at Noon to carpool from the Center. Sign up with Nancy Dols (301-946-6034; nancydols17@gmail.com) for reservations and carpooling.

JAN 2, 4, 6 & 9 ~ 10 AM-NOON & 1-4 PM

COMMUNITY SERVICE

Make gifts for residents of nursing homes / assisted living facilities. Sign up with Annette.

MAY 18-22, 2020

OCEAN CITY, ASSATEAGUE ISLAND AND VIRGINIA BEACH

Cost of \$480 - \$580 (depending on participation).

SEP 13-20, 2020

MISSISSIPPI RIVERBOAT CRUISE

Cruise the upper Mississippi River with optional pre- and post-stays in St. Louis and Minneapolis. Cost varies from \$2685 - \$5065 depending on cabin choice. Includes, cruise, round trip air fare from BWI, port taxes, transfers to and from ship, shore excursions, all on ship meals, and WiFi. Deposit of \$980 due by Nov. 15, 2019.

For a flyer, further information, and reservations contact Annette Thompson (301-977-7936; 301-938-0893, annettethompsonphd@yahoo.com) or Nancy Dols (301-946-6034, nancydols17@gmail.com). If sending an e-mail, put the trip title in the subject line. Travel insurance strongly recommended for trips. We use NTA as our insurer.

FIRST & THIRD WEDNESDAYS ~ 9 AM-4 PM

CASINO & SHOPPING TRIPS

Cost \$20; you will receive \$25 to play the slots. You must contact Dale Batchelder (202-236-8418) or see him at the Center to register and pay in advance.



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 the 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 301-258-6380 or go to the City's website gaithersburgmd.gov to learn about cancellations and closures.

Members of the Benjamin Gaither Center are invited to join AARP 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.

FRIDAY, JAN 17 ~ 9:45 AM-3 PM
AARP SMART DRIVER COURSE
 AARP's driver safety program will help you increase your confidence, your overall safety, self-policing behaviors, and reduce driving errors. Register on the program sheet. Fee is due to the instructor payable by check on the day of the class.
 {\$15 AARP Member}
 {\$20 Nonmember}

HOLA QUE TAL

2 DE ENE. - 29 DE FEB.
 ~ 10 AM - 3 PM

DESAFÍO A LOS CAMBIOS DEL FRÍO INVERNAL

¡Reciba el Año Nuevo con una positiva aptitud mientras hace ejercicios en el gimnasio! Durante los meses de enero y febrero haremos un seguimiento de cuántas veces cada miembro visita el gimnasio y asiste a una clase de acondicionamiento físico. ¡Cada vez que haga uso del gimnasio tendrá la oportunidad de obtener una entrada al sorteo y en el mes de marzo sortearemos los nombres para los ganadores del desafío del invierno!

MARTES 7 DE ENE. ~ 12:45 PM

ENVEJECIMIENTO Y PERCEPCIÓN

Robert Williams nos hablará sobre cómo el envejecimiento puede cambiar la forma en que percibimos e interactuamos con nuestro entorno. Los cambios en actitudes, memoria creencias y relaciones se presentan en el contexto del envejecimiento.

JUEVES, 9 DE ENE. ~ 8:30-3 PM
 ~ WASHINGTON, DC

PASEO AL ARCHIVO NACIONAL

Durante este viaje haremos un recorrido en la compañía de un guía turístico, incluyendo la Declaración de Independencia, la Constitución de los Estados Unidos, la Declaración de Derechos y más. Seguidamente iremos a almorzar a Penn Quarter.

Costo { \$20 } ... Cierre { 6 de ene. }

LUNES 13 DE ENE. ~ 10:30 AM - 3 PM ~ WASHINGTON, DC

GALOPANDO CON ELEGANCIA A LA SEMANA DE RESTAURANTES EN WASHINGTON

Este restaurante ofrece un buen servicio y comida deliciosa. Por favor lleve dinero en efectivo para pagar su almuerzo.

Costo { \$17 } ... Cierre { 9 de ene. }

MARTES 14 DE ENE. ~ 12:45 PM

FIESTA: "PIRATAS DEL CARIBE"

Vístase con su mejor traje caribeño o de pirata para nuestra primera fiesta de Piratas del Caribe y así prepararnos para el invierno! Habrá buena música y deliciosos bocadillos.

MARTES 14 DE ENE. ~ 9-10 AM

DESAYUNO AL ESTILO AMERICANO

Únase a nosotros a disfrutar de un delicioso desayuno al estilo americano con huevos, carne y otras cosas más. Hecho por Cocinero Sia. ¡No se lo pierda!

Miembros { \$6 } ... No-miembros { \$7 }

MARTES 21 DE ENE. ~ 12:45 PM

TOMA DE DECISIONES Y OPCIONES

A pesar de que con frecuencia nos encontramos con nuevos obstáculos en la tercera etapa de la vida, afortunadamente sigue habiendo otras opciones. Esta presentación psicoeducativa nos enseñará cómo poder tomar otras decisiones de manera más eficiente y a menudo con la colaboración en base a nuestras elecciones y las opiniones de nuestros seres queri-

dos. Presentado por Rika Granger, LCSW-C, y el Centro de consejería "Aspire".

MIÉRCOLES 22 DE ENE. ~ 12:45 PM

DÍA DE TRIVIA

VIERNES, 24 DE ENE. ~ 12:30-2 PM

TALLER DE QUILLING

Quilling o filigrana de papel es una forma de arte que implica el uso de tiras de papel enrollados, formados y pegados para crear diseños decorativos. Si esto le interesa, podrá ver un ejemplo en la oficina del Centro. Se les proveerá los materiales. Líder: Ana Maria.

Costo { \$5 }

LUNES 27 DE ENE. ~ 5 PM

HORA FELIZ

Únase a nosotros para pasar un rato súper divertido en el restaurante "Ruth 's Chris Steak House" que está ubicado en el centro de Crown, 106 Crown Park Ave., Gaithersburg.

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

CURRENT RESIDENT OR

**Tony Tomassello
City Manager**

**Robert T. Wu
Ryan Spiegel
Michael A. Sesma
Laurie-Anne Sayles**

**Neil Harris
Council Members**

**Jud Ashman
Mayor**

GAITHERSBURG CITY OFFICIALS

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THE CENTER POST



JANUARY 2020

(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 to Friday 9 a.m. to 3:30 p.m.
Or on the internet at gaithersburgmd.gov. Please arrange for your transportation to
and from the Center when you take trips. Do not rely on riding the daily bus.**

✓	ACTIVITY #	CLASS / ACTIVITY / TRIP	DATE	DAY	FEE
		<u>Classes/Lectures</u>			
	9568	Cell Phone Help	By Appointment	Any Day	N/A
	9567	Medication Check-up	By Appointment	Wed	N/A
	9490	Bone Builders (No Class Dec 24 – Jan 3)	Dec 3 – Apr 7	Tue/Thu	N/A
	9565	ZenFlex: Power Stretching	Jan 3 – Feb 21	Fri	\$32
	9569	Member Orientation	Jan 6	Mon	N/A
	9564	Hatha Yoga	Jan 7 – Feb 25	Tue	\$65
	9491	AARP Smart Driver	Jan 17	Fri	N/A
	9560	Quilling Workshop	Jan 24	Fri	\$5
	9566	Watercolor Class	Feb 5 – Mar 25	Wed	\$100
		<u>Activities/Trips</u>			
	9559	All American Breakfast <input type="checkbox"/> Members \$6 <input type="checkbox"/> Non-Members \$7	Jan 14	Tue	\$6/\$7
	9483	Galloping Gourmets to Tuscarora Mill	Jan 6	Mon	\$17
	9561	National Archives	Jan 9	Thu	\$20
	9562	Galloping Gourmets to DC Restaurant Week	Jan 13	Mon	\$17
	9487	“Kinky Boots” at Toby’s Dinner Theatre	Jan 15	Wed	\$75
	9488	The FBI Experience	Jan 23	Thu	\$20
	9563	Hirshhorn Museum	Jan 28	Tue	\$17
	9489	“A Thousand Splendid Suns” at Arena Stage	Feb 4	Tue	\$55



Gaithersburg

Amount Paid \$ _____ Cash Check# _____

Visa/MC/Discover/AmEx # _____

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 e-mail charlyn.simpson@gaitthersburgmd.gov**

Describe any physical, psychiatric, behavioral or other concerns for which you will make a special request for a change/adaptation as a reasonable accommodation. The City is committed to making reasonable accommodations as required by the Americans with Disabilities Act and other applicable law. Requests must be made two weeks prior to the start of the program. Program entry may be delayed/denied if the request does not allow the City sufficient time to consider/arrange for the accommodations.

Do we have your updated Emergency Contact Information?

Name: _____ Phone: _____

Signature: _____ **Date:** _____