



THE CENTER POST

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

TUESDAY, FEB 11 ~ 9-10 AM

EGGS BENEDICT BREAKFAST

Don't be a traitor! (That's a Benedict Arnold reference.)

Join us for a delicious breakfast experience made by our own Chef Sia.

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

WEDNESDAY, FEB 12 ~ 12:45 PM

TRIVIA



BARKING MAD CAFE
COFFEE, FIRE & SPIRITS

TUESDAY, FEB 18 ~ 5 PM

HAPPY HOUR

Join us for a fun time at Barking Mad Café in Spectrum Town Center, 239 Spectrum Ave., Gaithersburg.



FRIDAY, FEB 14 ~ 12:45 PM

VALENTINE'S LOVE-IN

We love our members and we are not afraid to show it! Celebrate with us as we shower you with music, fun, and chocolate.

TUESDAY, FEB 25 ~ NOON

MARDIS GRAS LUNCH

Let the good times roll, or as they say in French, laissez les bons temps rouler! Enjoy a pancake lunch and celebrate with us on this traditional last day of Mardi Gras excess, known as Fat Tuesday. Bring your own lunch or sign-up through the Nutrition Program before 2 p.m. on Monday, February 24.

BENJAMIN GAITHER CENTER

opens

MONDAY - FRIDAY
8:30 AM - 4 PM

FITNESS CENTER

hours

CLOSED
FEB 17

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

FROM OUR STAFF

FROM SMITTY



WEDNESDAY, FEB 26 ~ 12:30 PM

BIRTHDAY PARTY

- 3 Angelique Jones, Vilma Beckman
- 7 Dena Horton
- 9 Dorene Dalessandro
- 14 Martha Diskin
- 15 Mina Petrone
- 16 Gary Loomis
- 18 Richard Foster
- 20 Belinda Adams
- 21 Agnes Johnson
- 24 Lata Deheragoda
- 25 Barbara Taylor
- 26 Gail Hornig

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.

On behalf of the staff, I would like to thank all those who gave us gifts for the holidays. I personally gained 15 pounds from all the candy! I think I need a new belt, lol. Thanks again. We really enjoy our jobs here at the BGC and are thankful for all of you.



Donations

Recently I was asked if members could donate money to the Center, and the answer is yes! We use monies donated to the Ager Fund to purchase things for the Center and for special parties/events. In the past, donations have paid for all the tables and chairs in the dining room and one of the pieces of equipment in the Fitness Center. If you are interested in making a donation, speak with Yoland at the front desk.

February is Heart Health Month!

Keep up the good work at the Fitness Center and in the classes! Robert and Anthony are telling me great stories about how folks are beating the winter blues and getting out and working off the pounds! Remember, we're having our drawing in March for the top five exercisers in January and February.

Another way to keep the heart healthy is by dancing! Come get the heart rate up at our Valentine's Day Party on February 14. We always have a good time at our parties!

See you soon at the BGC! - **Smitty**

Sympathy is extended to the friends and family of Carole Geronimo, Loretta Martinsson and Mike Trilling 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, FEB 26

~ 9:30-11:30 AM

BLOOD PRESSURE

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

THURSDAY, FEB 6 & 20 ~ 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, FEB 14-28 ~ 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.

ACTIVITY CENTER AT BOHRER PARK FITNESS CENTER

hours

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



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, STARTING FEB 5

~ 2:30 PM

SELF-ADVOCACY

Advocating for oneself in the senior stage of life can be both challenging and unique. This group will address how to self-advocate as you navigate the challenges that are sure to arise with healthcare providers, attorneys, adult children, spouse, and other providers one will encounter. Led by Rika Granger, LCSW-C, Aspire Counseling.

**CLOSED
FEB 17**

TRIPS

FULL

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 { Feb 4 }

FRIDAY, FEB 7 ~ 10 AM – 3 PM ~ MT AIRY & FREDERICK, MD

QUILTERS QUEST

First stop: Patches Quilting and Sewing in Mt. Airy. Second stop: Mamma Angela in Mt. Airy for lunch on your own. Third stop: Charlotte's Cottage in Frederick.

Fee { \$17 } ... Deadline { Feb 4 }

TUESDAY, FEB 11 ~ 12:30 – 6 PM ~ WASHINGTON, DC

WORKING REHEARSAL: AMERICAN BALLET THEATRE

Watch the rehearsal at the Kennedy Center while dance scholars provide commentary via wireless headsets.

Fee { \$30 } ... Deadline { Feb 7 }

THURSDAY, FEB 13 ~ 10:30 AM – 2:30 PM ~ FALLS CHURCH, VA

GALLOPING GOURMETS TO PEKING GOURMET INN

Peking Gourmet prides itself in offering something for every taste and making every entrée fresh to order. That must be why Presidents and celebrities eat there. Order from the menu and **pay in cash.**

Fee { \$17 } ... Deadline { Feb 10 }

MONDAY, FEB 24 ~ 10 AM – 2:30 PM ~ COLUMBIA, MD

GALLOPING GOURMETS TO PAPPAS RESTAURANT

Home of Oprah's favorite crab cake. Order from the menu and **pay in cash.**

Fee { \$20 } ... Deadline { Feb 14 }

THURSDAY, FEB 27 ~ 10 AM – 3:30 PM ~ WASHINGTON, DC

U. S. BOTANIC GARDEN

Steeped in history, rich with tradition, the United States Botanic Garden is a living plant museum that informs visitors about the importance, and often irreplaceable value, of plants to the well-being of humans. Stop for lunch on your own at NuVegan Café after our visit.

Fee { \$17 } ... Deadline { Feb 24 }

TUESDAY, MAR 3 ~ 10 AM – 4 PM ~ BALTIMORE, MD

AMERICAN VISIONARY ART MUSEUM

Explore the Visionary Art Museum's newest exhibits, "The Secret Life of Earth: Alive! Awake! (and Possibly Really Angry!)," which focuses on the environment, and "Esther and the Dream of One Loving Human Family," which features Esther Krinitz's Holocaust survival story. Lunch is on your own at the nearby Rusty Scupper.

Fee { \$30 } ... Deadline { Feb 21 }

WEDNESDAY, MAR 11 ~ 10:45 AM – 4 PM ~ WASHINGTON, DC

"THE WANDERERS" AT THEATER J

This funny, insightful, and moving new play is about two couples who couldn't be more different; but the hidden connections between these seemingly disparate people draw the audience into an intriguing puzzle and a deeply sympathetic look at modern love.

Fee { \$50 } ... Deadline { Feb 10 }

TUESDAY, FEB 25 ~ 1 PM

AMERICAN MINORITY VETERANS RESEARCH PROJECT

Learn about the efforts of Dr. Elwood Gray as he strives to uncover, document and celebrate the accomplishments of minority veterans across our country.

You can register online at gaithersburgmd.gov

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

ACTIVITIES

BOOK DISCUSSIONS

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

Thursday, March 12 ~ 2 PM
"The Twisted Root"
by ANNE PERRY

GAITHERSBURG SENIOR PIN BUSTERS

BOWL AMERICA

1101 Clopper Rd. Gaithersburg, MD

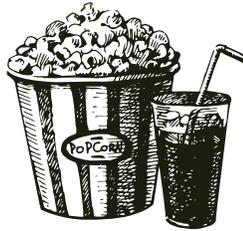
MONDAYS 3-5 PM { \$9.70 }

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!

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

Tuesday, February 18 ~ 11 AM

Topic: Current Events

MEMBER ORIENTATION

Monday, February 10 ~ 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.

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

February 2020

The Benjamin Gaither Center
gaithersburgmd.gov | 301.258.6380

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

2

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

3

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

4

- 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

5

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

6

- 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

7

8

Fitness Center

Open
9AM - Noon

9	<p>8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 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</p>	10	<p>8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 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</p>	11	<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 12:30 Ballet Rehearsal 12:45 Healthy Heart Talk 2 Ping Pong 4 AARP</p>	12	<p>8:35 Exercise Tape 9:15 Zumba 10:15 Fit 4 All 11 Spanish Conv. 11:15 Strong & Balanced 12:30 Weight Training 12:45 Trivia 1 Crochet 1:15 Flexible Strength</p>	13	<p>9 Bone Builders 9:15 HIT @ BP 10 Galloping Gourmets 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad 2 Book Discussion</p>	14	<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 12:45 Valentines Party 3 Core and More</p>	15	<p>Fitness Center Open 9AM – Noon</p>
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16	<p>Presidents Day Closed</p>	17	<p>HeartWell in Action 9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Social Symposium 11:15 Hatha Yoga 12:30 Bridge & Mah Jongg 12:30 English Conversation 12:45 Memory Loss 2 Ping Pong 5 Happy Hour</p>	18	<p>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</p>	19	<p>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</p>	20	<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>	21	<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>	22	<p>Fitness Center Open 9AM – Noon</p>
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23	<p>8:35 Exercise Tape 9:15 High/Low 10 Galloping Gourmets 10:15 Fit 4 All 11 Coloring Book 11:15 Qi Gong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters</p>	24	<p>8:35 Exercise Tape 9:15 High/Low 10 Galloping Gourmets 10:15 Fit 4 All 11 Coloring Book 11:15 Qi Gong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters</p>	25	<p>HeartWell in Action 9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12 Fat Tuesday Lunch 12:30 Bridge / Mah Jongg 12:30 English Conversation 1 Minority Veterans Research Project 2 Ping Pong</p>	26	<p>8:35 Exercise Tape 9:15 Zumba 9:30 BP Check 10:15 Fit 4 All 11 Spanish Conv. 11:15 Strong & Balanced 12:30 Weight Training 12:30 Birthday Party 1 Crochet 1:15 Flexible Strength</p>	27	<p>9 Bone Builders 9:15 HIT @ BP 10 US Botanic Gardens 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad</p>	28	<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>	29	<p>Fitness Center Open 9AM – Noon</p>
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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, FEB 28 – APR 17 ~ 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, MAR 4-APR 22 ~ 2-4 PM

Free Preview FEB 5th!

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 }

TUESDAYS ~ 12:30 PM

CONVERSATION ENGLISH

WEDNESDAYS, FEB 5 & 19 ~ 11 AM

CONVERSATION FRENCH

WEDNESDAYS, FEB 12 & 26 ~ 11 AM

CONVERSATION SPANISH

TUESDAY, FEB 4 ~ 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, FEB 11 ~ 12:45 PM

A HEALTHY HEART FOR HEART HEALTH MONTH

February is Heart Health Month. Nurse Leni Barry shows you how to keep your heart in excellent condition for a long and fulfilling life.

TUESDAY, FEB 18 ~ 12:45 PM

WHAT TO DO WHEN SOMEONE HAS MEMORY LOSS

Colleen Kemp of the Jewish Council for the Aging will help you learn how to identify someone with memory loss, help them cope with daily activities, and encourage their continued socialization.

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, FEB 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, FEB 11

BINGO ~ 4 PM

2 cards, \$2, choice of prizes

DINNER ~ 5:30 PM ~ \$12

Pizza, subs, salads, drinks and desserts.

BRIEF BUSINESS MEETING

~ 6:10 PM 50-50 raffle and door prizes.

PROGRAM ~ 6:45 PM

The Office of Consumer Protection presents on scams targeting seniors, including telemarketing, issues with auto buying, and home repairs/improvements.

TUESDAY, FEB 18 ~ 12:30 PM

CHAT AND CHEW

Lunch at Not Your Average Joe's (245 Kentlands Blvd., Gaithersburg). Drive yourself to the restaurant or meet at 12 p.m. to carpool from the Center. Sign up with Nancy Dols (301-946-6034; nancydols17@gmail.com) for reservations and carpooling.

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.

FEB 4-14

COMMUNITY SERVICE - FOOD DRIVE FOR MANNA

Donate non-perishable staples and foods; boxes are in back lobby of BGC. Contact Karen Mason (301-972-3392) for more information. We also collect Money for Manna; each Friday they use monetary donations to fill backpacks with weekend food for children in need.

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 \$2,865-\$5,065 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.

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).

FIRST & THIRD WEDNESDAYS ~ 9 AM-4 PM

CASINO & SHOPPING TRIPS

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

INCLEMENT WEATHER

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.

FRIDAY, MAR 13 ~ 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 }



MARTES 14 DE FEB. ∞ 12:45 PM

ENVEJECIMIENTO Y PERCEPCIÓN

Robert Williams hablara 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.

MARTES 18 DE FEB. ∞ 12:45 PM

QUÉ HACER CUANDO ALGUIEN TIENE PÉRDIDA DE MEMORIA

Colleen Kemp del Consejo Judío para el Envejecimiento compartirá cómo identificar a alguien con pérdida de memoria y así poder ayudarlo/a para que pueda continuar con su vida social y las actividades diarias.

MARTES 11 DE FEB. ∞ 12:45 PM

UN CORAZÓN SALUDABLE EN EL MES DE CORAZONES SANOS

Durante el mes de febrero se celebrarán los corazones saludables. La enfermera Leni Barry le enseñará cómo mantener su corazón en excelente condición para disfrutar de una vida larga y satisfactoria.

MARTES 25 DE FEB. ∞ 1 PM

PROYECTO DE INVESTIGACIÓN PARA VETERANOS DE LA MINORÍA AMERICANA

Conozca los esfuerzos del Doctor Elwood Gray mientras descubre, documenta y celebra los méritos de los Veteranos de la minoría en todo el país.

VIERNES, 7 DE FEB. ∞ 10 AM – 3 PM ∞ MT AIRY & FREDERICK, MD

VIAJE DE COMPRAS A QUILTERS QUEST

Primera parada de compras: Patches Quilting and Sewing en Mt. Airy. Segunda parada: Será para almorzar, por su cuenta, en el restaurante, Mamma Ángela. Tercera parada de compras: Charlotte's Cottage en Frederick.

Costo { \$17 } ... Cierre { 4 de feb. }

MARTES, 11 DE FEB. ∞ 12:30 – 6 PM ∞ MT AIRY & FREDERICK, MD

ENSAYO EN EL TEATRO AMERICANO DE BALLET

Durante este viaje podremos disfrutar del ensayo, en el Kennedy Center, mientras los académicos de danza brindan comentarios a través de auriculares inalámbricos.

Costo { \$30 } ... Cierre { 7 de feb. }

JUEVES, 13 DE FEB. ∞ 10 AM – 2:30 PM ∞ FALLS CHURCH, VA

GALOPANDO CON ELEGANCIA AL RESTAURANTE PEKING GOURMET INN

El restaurante Peking Gourmet se enorgullece en ofrecer algo para todos los gustos y hace que cada plato sea fresco, al pedido. Es por eso que los presidentes y celebridades comen allí. Ordene del menú y pague en efectivo.

Costo { \$17 } ... Cierre { 10 de feb. }

LUNES, 24 DE FEB. ∞ 10 AM – 2:30 PM ∞ GLEN BURNIE, MD

GALOPANDO CON ELEGANCIA AL RESTAURANTE DE PAPPAS

Este restaurante es reconocido como el hogar del pastel de cangrejo favorito de Oprah Winfrey. Ordene del menú y pague en efectivo.

Costo { \$20 } ... Cierre { 14 de feb. }

JUEVES, 27 DE FEB. ∞ 10 AM – 3:30 PM ∞ WASHINGTON, DC

VIAJE AL JARDÍN BOTÁNICO

El Jardín Botánico de los Estados Unidos es un museo de plantas vivas que informa a los visitantes sobre la importancia y, a menudo, el valor insustituible de las plantas para el bienestar de los humanos. También ofrece una excelente historia y es rico en tradición. Seguidamente, iremos a almorzar (por su cuenta) en el café "NuVegan".

Costo { \$17 } ... Cierre { 24 de feb. }

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

CURRENT RESIDENT OR

**City Manager
Tony Tomassello**

**Council Members
Neil Harris
Laurie-Anne Sayles
Michael A. Sesma
Ryan Spiegel
Robert T. Wu**

**Mayor
Jud Ashman**

GAITHERSBURG CITY OFFICIALS

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

THE CENTER POST



FEBRUARY 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>			
	9788	Cell Phone Help	By Appointment	Any Day	N/A
	9789	Medication Check-up	By Appointment	Wed	N/A
	9490	Bone Builders - FULL	Dec 3 – Apr 7	Tue/Thu	N/A
	9565	ZenFlex: Power Stretching	Jan 3 – Feb 21	Fri	\$32
	9564	Hatha Yoga	Jan 7 – Feb 25	Tue	\$65
	9791	Free Preview – Watercolor Class	Feb 5	Wed	N/A
	9790	Member Orientation	Feb 10	Mon	N/A
	9792	ZenFlex: Power Stretching	Feb 28 – Apr 17	Fri	\$32
	9793	AARP Smart Driver	Mar 13	Fri	N/A
	9566	Watercolor Class	Mar 4 – Apr 22	Wed	\$100
		<u>Activities/Trips</u>			
	9794	Eggs Benedict Breakfast <input type="checkbox"/> Members \$6 <input type="checkbox"/> Non-Members \$7	Feb 11	Tue	\$6/\$7
	9489	“A Thousand Splendid Suns” at Arena Stage FULL	Feb 4	Tue	\$55
	9795	Quilters Quest	Feb 7	Fri	\$17
	9796	Working Rehearsal: American Ballet Theatre	Feb 11	Tue	\$30
	9798	Galloping Gourmets to Peking Gourmet Inn	Feb 13	Thu	\$17
	9799	Galloping Gourmets to Pappas Restaurant	Feb 24	Mon	\$20
	9800	U.S. Botanic Garden	Feb 27	Thu	\$17
	9801	American Visionary Art Museum	Mar 3	Tue	\$30
	9802	“The Wanderers” at Theater J	Mar 11	Wed	\$50



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:** _____