



THE CENTER POST

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JERRY IS BACK!

Jerry is back and leading a revamped **Social Symposium on Tuesdays at 11 a.m.** and the **BGC Social Hour on Fridays at 1 p.m.** Keep an eye out for fresh new “**Hey, Jerrys!**” and new content on our [BGCTV YouTube page](#).

I WANT MORE!

Registration for fall outdoor & virtual recreation classes will start in late August. We at the BGC are looking into adding more than just exercise programming.

Make sure to check www.gaithersburgmd.gov

often to stay up to date on the latest offerings, and if you have not been receiving the weekly Benjamin Gaither Center emails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, you can always reach out to us at the BGC – **301.258.6380** or **seniorcenter@gaithersburgmd.gov**. We’d love to chat with you.



MONDAY - FRIDAY, AUG 3 – AUG 28

MOSTLY VIRTUAL EXERCISE CLASSES

Our first month of virtual exercise classes was a success! We are lowering the price for August, but we need you to advertise and spread the word to your friends. If we get more participants, we are hoping to lower the price again in September! Take one class or take them all. Register online and receive a Zoom link that lets you participate in a month’s worth of classes for one price. New this month: Water Walking at the Gaithersburg Water Park. Make sure to reserve your water walking spot on the RecXpress website (see “Get Wet” on the back).

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 11 a.m.	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	

AUGUST 2020



GET WET!

The Gaithersburg Water Park is open for exercise and enjoyment. Benjamin Gaither Center members can participate in lap swimming and water walking during lap swimming hours, or just go to cool off and splash around during open swim hours.

Day	Lap Swimming	Open Swim
Mon & Wed	8:30 – 11 a.m.	Noon – 6 p.m.
Tue, Th & Fr	8:30 – 11 a.m.	Noon – 7 p.m.
Saturday	No lap swim	Noon – 7 p.m.
Sunday	7 – 9:30 a.m.	Noon – 7 p.m.

Reservations are required for Lap Swimming and Water Walking. Visit the RecXpress website at www.gaithersburgmd.gov/recxpress.

BGC members with a membership card get the City Resident rate of \$5 per swim. If you have any questions, call the Water Park at **301.258.6445**.

THURSDAY, AUG 13

MOBILE DENTIST

The Mobile Dentist is accepting appointments for those who do not have dental insurance and are low income.

Please schedule your appointment with Jerry by email at Jerry.Gagliano@gaitersburgmd.gov or by calling **301.258.6380** and leaving a message.

The Mobile Dental vans will be located at Bohrer Park, 506 S. Frederick Ave., Gaithersburg, 20877 on August 13.

MEMBER SURVEY

Take our member survey and let us know how we can serve you better.

English:

https://www.surveymonkey.com/r/COVID-19_BGC

Spanish:

https://www.surveymonkey.com/r/COVID-19_BGC_Espanol