



THE CENTER POST

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

**THURSDAYS, SEP 10 & SEP 24,
12 – 1 PM**

OUTDOOR MEET UPS

Come to the Park Pavilion at Bohrer Park and let's get together. Bring your lunch and a drink and we can chat and eat together, socially distanced of course! You must wear your mask at all times, unless you are eating. If all goes well, we will schedule discussion groups, bingo, and more in the coming weeks. Space is limited! Sign up online or call the BGC to make your reservation.

THURSDAY, SEP 17, 10 AM – NOON

DRIVE THRU FLU SHOTS

Get your flu shot from our local Safeway Pharmacist at the Benjamin Gaither Center. Bring your Medicare, Medicaid, or other insurance cards. Make sure to wear your mask and you can get your vaccine from the comfort of your car, or in our outdoor tent.

TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 PM. These virtual programs give you a chance to connect with others, laugh, and have a little fun twice a week. The links are emailed out every week, or you can use your phone to call in and participate.



MONDAY - FRIDAY, AUG 31 – SEP 25

VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price.

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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	Weight Training

WEDNESDAY, SEP 9, 1 – 2 PM

FALL PREVENTION

Adventist HealthCare presents a Fall Prevention virtual presentation. Learn the latest information and tips to prevent falls. The link will be emailed out in the weekly e-newsletter.

• SEPTEMBER 2020 •



TUESDAY, SEP 22, 11 AM – NOON

BLOOD PRESSURE 101

Join Adventist HealthCare for the first presentation in its Blood Pressure series. This high level overview will cover what blood pressure numbers mean, the effects of high blood pressure on the body, risk, and lifestyle factors.

- Blood Pressure Number
- High Blood Pressure & Body
- Smoking, Alcohol & Caffeine
- Diet & Sodium
- Monitoring & Support
- Sleep (sleep apnea)
- Next 3-Session Overview

The link will be emailed out in the weekly e-newsletter.

WEDNESDAY, SEP 16, 12 – 1 PM

VIRTUAL COOKING CLASS WITH CHEF ALBA

Chef Alba is a personal chef, cooking instructor, cookbook writer and editor, recipe tester, and food blogger. Born in Naples, Italy and raised in Tunisia, North Africa, she gained a practical understanding of the ingredients and basic techniques, which she shares with her students and clients. Alba has taught cooking classes for more than 18 years. She has been on Fox TV DC, PBS VA, and CBS 9 in DC. Her winning style is full of captivating vibrant and aromatic rustic dishes that she loves to share with her viewers. Register online for this FREE sample class. We will be making Croissant-French Toast with Ricotta-Strawberries. Once registered, you will receive the recipe and the Zoom link to the class.

INTERNET ACCESS

You may qualify for the Comcast Internet Essentials Program if you are a senior or veteran on a limited income. Call 1-855-846-8376 to learn more and see if you qualify. (We are not promoting Comcast or its' services, just passing along the information.)

VOTING BY MAIL

If you would prefer not to vote in person on Election Day, November 3, you can visit the Voter Registration and Mail-in Ballot Request page on the Maryland State Board of Elections website to request a mail-in ballot. For your convenience, the site offers step by step instructions. You must provide your complete information so they can verify your voter registration before mailing you a ballot. It is recommended that you vote as soon as possible once you receive your ballot. Postage is prepaid, so you can return it by mail, or you can take it to an official Board of Elections dropbox. One will be located at the Activity Center at Bohrer Park. DO NOT wait until Election Day. Request your mail-in-ballot EARLY, it's important now more than ever.

Make sure to check www.gaithersburgmd.gov often to stay up to date on the latest offerings. 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, as always reach out to us at the BGC – 301.258.6380 or BenjaminGaitherCenter@gaithersburgmd.gov.

We check the messages and emails daily.