



# THE CENTER POST

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

**TUESDAY, JAN 6 • 4 PM**

## HAPPY HOUR

Enjoy a relaxing Happy Hour at Mayan Monkey Brewing Company. Located in Olde Towne Gaithersburg at 227 E Diamond Avenue. Enjoy fresh Mexican flavors made from scratch and a refreshing house-brewed beer. Order from the menu and pay on your own.

**FRIDAY, JAN 16 • 8:30 AM**

## BREAKFAST CLUB

Start your morning at The Bench, located at 9751 Washingtonian Blvd., (Gaithersburg Marriott) where diners can enjoy a cozy, welcoming atmosphere and freshly made breakfast favorites. It's the perfect place to relax, dine, and savor the start of your day. Order from the menu and pay for yourself.

**FRIDAY, JAN 23 • 12:30 – 1:30 PM**

## FRIDAY RHYTHMS – BALLET FOR FITNESS

Get moving with Becci Kimm as she brings ballet moves to your day! Enjoy a lively afternoon with a total body work out that will engage your mind and have you moving to music. No ballet experience required. Just come and have fun. Popcorn will be served!

**Fee { \$2 for Members; \$5 Nonmembers }**



**WEDNESDAY, JAN 28 • 12:30 – 1:30 PM**

## MINUTE TO WIN IT

Join us for a fast-paced hour of fun and friendly competition! Participants will rotate through a series of quick “Minute to Win It” challenges that are simple, silly, high-energy games. Try your hand at pong, snowball scoop, sticky bandit, and more. Come ready to cheer each other on and jump right in! Sign up at the front desk or call 301-258-6380.

**FRIDAY, JAN 30 • 12:15 – 1:45 PM**

## KARAOKE & CROISSANTS PARTY

Two amazing things are happening at the BGC to celebrate the end of the first month of 2026! In honor of National Croissant Day, we'll be enjoying fresh, buttery croissants and hot cocoa, followed by a lively round of karaoke. Come celebrate with delicious treats, warm drinks, and joyful singing!

**Fee { Free for Members; \$8 Nonmembers }**  
**Deadline { Jan 26 }**

**BENJAMIN GAITHER CENTER**

# opens

MONDAY – THURSDAY 8:30 AM – 6 PM  
FRIDAY 8:30 AM – 4 PM  
SATURDAY CLOSED

**Closed:**

**January 1 & 19**

**FITNESS CENTER**

# hours

MONDAY – THURSDAY 8:30 AM – 6 PM  
FRIDAY 8:30 AM – 4 PM

# FROM OUR STAFF

WEDNESDAY, JAN 21 • 12:45 PM

## BIRTHDAY PARTY

- 1 Holly Eckard, Rosa Winston
- 3 Sylvia Cabrera
- 10 Marsha Sandler
- 12 Elvira Delgado
- 13 Teresa Campozano
- 18 Dorothy Brown
- 19 Janet Prouty, Martha Reyes
- 20 Carol Blackburn, Marcia York
- 23 Vandana Kharod
- 26 Maya Kirk
- 28 Jo Owens
- 29 Tom Palker

We are grateful to Phoenix Consulting LLC. for generously sponsoring our Birthday Party!

**Free. Sign up Required.**

**Call 301-258-6380 to reserve your space. Members Only.**



## ANNUAL MEMBERSHIP & FEES

### City Residents

\$50 Individual • \$80 Two Persons

### Nonresidents

\$125 Individual • \$195 Two Persons

### Fitness Center

(BGC Members only)

\$75 per year • \$15 per month

### Nonmember Program Attendance

#### Cost and Annual Membership:

Nonmembers may join the Center for 30 days (City residents: \$10, nonresidents: \$25) to attend trips or programs. This trial includes full member privileges, and if converted to an annual membership within the first 30 days, the trial fee will be applied. Please note: multiple one-month fees cannot be combined.

## FROM CHARLYN

Happy New Year! Let's get ready to make 2026 one of our best years yet! For the new year, let's try something new. Whether it be a new activity, class, trip, food, or meeting someone new, let's aim for newness this new year. Hopefully winter weather will not affect our programs and activities but take the time to review our weather policy.



Exercise classes and trips fill up quickly. Make sure you arrive early for your exercise class and be on alert for trip registration. Let me know if you have any suggestions for making the Benjamin Gaither Center the best senior center in Gaithersburg!

I'll BGC-ing you!

**Charlyn Simpson**

MONDAY, JAN 12 • 11 – NOON

## COZY CANDLE PAINTING

Create your own beautifully hand-painted tapered candles to brighten your home for the winter season. Add designs that reflect your creativity and happiness for the new year. All materials are provided, and you'll take home a unique piece to enjoy or gift to someone special. Led by Lilly.

**Fee { \$5 Members, \$10 Nonmembers }**

WEDNESDAY, JAN 21 • 4 – 5 PM

## HULA HANGOUT WITH GYC!

Enjoy a fun Hula workshop alongside the middle schoolers from the GYC, led by instructor Dawn Felsen. Learn simple moves and share a relaxing cultural afternoon together! Sign up at the front desk or call 301-258-6380.

THURSDAY, JAN 15 • 10:30 AM – 3:30 PM

## SENIOR INFORMATION AND ASSISTANCE

Need help with senior housing, financial aid, Medicare, Medicaid, or forms? Call 301-258-6380 to make an appointment with Tracy Carter from Montgomery County Health & Human Services.

## OUR MISSION

The Benjamin Gaither Center is dedicated to enriching the lives of adults 55 and better through engaging activities that promote fitness, wellness, lifelong learning, and meaningful social connections.

# WELLNESS

TUESDAY, JAN 6  
WEDNESDAY JAN 21  
10:30 AM – NOON

## BLOOD PRESSURE SCREENING

On-site blood pressure screening with Community Angels Nursing Services and nursing students from Montgomery College.

TUESDAY, JAN 6  
11 AM – NOON

## BRAIN GAMES

Screening appointments with Community Angels Nursing Services are available on-site.

THURSDAY, JAN 8  
11 AM – NOON

## STORYTELLING OF VAN MORRISON

This renewed interest in Van's career highlighted his wide range as both a songwriter and singer. Don't miss the creator of classics like "Gloria," "Crazy Love," and more. Presented by Sheldon Lehner.

MONDAY, JAN 12 • 12:30 – 2 PM

## MEMOIR WRITERS CLUB

If you've ever wanted to write your memoirs or family stories, join the Memoir Writers Club. Bring a notebook or device to capture your memories as we share ideas and prompts, no criticism, just creativity. Dr. Revathi Vikram, an experienced writer, will guide the group. Registration required.

**Fee { \$5 Members; \$10  
Nonmembers }**

TUESDAY JAN 20 • 11 AM – NOON

## MEDICATIONS UNPLUGGED: HITS, MISSES & MUST KNOWS

Join us for a very informative talk with Dr. Jean Dinwiddie about being your own advocate. You'll learn about supplements vs. medicines, keeping a list, safe ways to use medications, and more.

WEDNESDAY, JAN 21 & 28  
9 – 11 AM

## MEDICATION CHECK-UP

Schedule a 30-minute personal appointment with Dr. Jean Dinwiddie. Bring all your medications and supplements for a thorough review, help organizing and managing them, and to discuss possible cost-saving options. By appointment only. Sign up at the front desk or call 301-258-6380.

THURSDAY, JAN 22  
BY APPOINTMENT

## PODIATRIST SERVICE

Dr. Sharma of Maple Springs Foot Center will be hosting podiatry visit, from 9 to 11 a.m., at the BGC. Please contact Maple Springs Foot Center to sign up and reserve your spot. All new patients and current patients must contact the doctor's office to verify insurance information. Please contact Heather at (301) 762-3338.

FRIDAY, FEB 20 • 9 – NOON

## MINI HEALTH FAIR

Join CCACC Health for free glucose, blood pressure, BMI, and mental health screenings and social benefit enrollment. Light refreshments provided. For details, call 240-393-5950 or email [panasianclinic@ccacc-dc.org](mailto:panasianclinic@ccacc-dc.org).

# TECH CORNER

TUESDAY, JAN 13 • 11 AM

## ANTI-VIRUS & MALWARE REMOVAL PROGRAMS

Viruses are only one type of malware. Learn about different threats, how they work, and simple tools to protect and clean your device. Join us to keep your technology safe!

WEDNESDAYS, JAN 7 – MAR 11  
11 AM – NOON

## MONEY MATTERS WITH SENIOR PLANET

In this 10-week course, you'll learn about smart financial habits, use online resources to find benefits, and save money online. This course is much more than budgeting! By the end of this course, you will also know how to shop online to find the best deals, search for flights and hotels on the internet, access movies and music, and earn extra income. Prerequisites: You must have an email address that you use. You should also be comfortable navigating websites and searching for information on the internet. Sign up at the front desk or call 301-258-6380.

WEDNESDAY, JAN 7 – MAR 18  
9:30 – 10:45 AM (NO CLASS 2/18)

## SIMPLE WAYS TO STAY SOCIAL USING TECH WITH CCACC

Free tech skill course for adults. Explore easy tools to stay connected with friends and family online. Learn beyond the basics. To reserve a spot, call 301-620-1517 or email [Doris.zhao@ccacc-dc.org](mailto:Doris.zhao@ccacc-dc.org).

# TRIPS

## TRIPS AND CLASS CANCELLATIONS

All trip and class cancellations must be submitted in writing or email your request to BenjaminGaitherCenter@gaitthersburgmd.gov.

WEDNESDAY, JAN 7 • 10 AM – 3:30 PM  
BALTIMORE, MD

### THE WALTERS ART MUSEUM

Our visit to The Walters Art Museum will include two guided experiences: “Welcome to the Walters Tour” and “Extended Gallery Conversation.” Following the tours, explore the Latin American Art / Arte Latinoamericano exhibition on your own. This exhibit features more than 200 works spanning four millennia and representing 40 cultures across North, Central, and South America, as well as the Caribbean. Enjoy lunch on our own at the Walters Café, which offers a selection of salads, sandwiches, and local products.

**Fee { \$35 } ... Deadline { Jan 2 }**

FRIDAY, JAN 9 • 10:15 AM – 2:15 PM  
FREDERICK, MD

### GALLOPING GOURMETS TO OSCAR'S ALEHOUSE

Join us for lunch at Oscar's West Alehouse, the best kept secret in Frederick. Their scratch kitchen is unique with the use of a wood-burning grill, lending an oaky flavor and depth to the burgers, chicken, steak, and fish. Please bring cash.

**Fee { \$20 } ... Deadline { Jan 7 }**

WEDNESDAY, JAN 14 • 9:30 AM – 4:30 PM  
COLUMBIA, MD

### “ROCK OF AGES” AT TOBY’S – FULL

Buffet lunch, dessert, tea or coffee, and tip included.

**Fee { \$95 } ... Deadline { Dec 15 }**

THURSDAY, JAN 22 • 10:15 AM – 4 PM  
CHANTILLY, VA

### STEVEN F. UDVAR – HAZY SPACE CENTER

We will visit the Steven F. Udvar-Hazy Center, which offers an incredible up-close look of 200 aircrafts and spacecrafts. This museum is a must see for aviation and space history buffs. Upon arrival, we will be led on a guided tour facilitated by experienced volunteer docents. After the tour, grab a delicious lunch at Shake Shack right on-site, where burgers and shakes provide the perfect refuel before heading back to see more exhibits. Pay for your meal on your own.

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

TUESDAY, JAN 27 • 10 AM – 2:30 PM  
GAINESVILLE, VA

### YEAR OF THE DINER #6 GAINESVILLE DINER

A culinary haven for comfort food enthusiasts, that was voted twice as the Best Breakfast by Prince William Times. Indulge in a menu inspired by timeless American classics, infused by mediterranean and Latino culture. From fluffy pancakes to sizzling bacon, every dish is a celebration of comfort and flavor. Please bring cash.

**Fee { \$20 } ... Deadline { Jan 22 }**

THURSDAY, JAN 29 • 10:30 AM – 4:30 PM  
BALTIMORE, MD

### VISIONARY ART MUSEUM AND LUNCH

We will stop for lunch first on your own at Little Havana known for its authentic food, vintage style decor, fantastic water view, and comfortable atmosphere. Then let's get on the bus to visit the American Visionary Art Museum, known as one of the most fantastic museums anywhere in America. The museum specializes in original thematic exhibitions that seamlessly combine art, science, philosophy, humor and, especially, social justice and betterment. Please bring cash for lunch.

**Fee { \$35 } ... Deadline { Jan 26 }**

TUESDAY, FEB 3 • 10:30 AM – 4:30 PM  
HANOVER, MD

### MARYLAND LIVE! CASINO AND SHOPPING

Visit the casino for fun. You're also welcome to visit Arundel Mills Mall for shopping. Lunch on your own at one of the many eateries.

**Fee { \$20 } ... Deadline { Jan 29 }**

THURSDAY, FEB 5 • 9:45 AM – 4:30 pm  
WASHINGTON, DC

### NATIONAL LAW ENFORCEMENT MUSEUM AND LUNCH

First, we will take a guided tour of the National Law Enforcement Museum given by one of the resident museum guides, hailing from a law enforcement background. You will be taken around the museum to explore the complex history of American law enforcement, focusing on five highlighted stories throughout American history. After the tour you will have time to explore the museum on your own before boarding the bus to go for a late lunch at one of the

## TRIPS CONTINUED

many eateries at Union Station. Pay for the meal on your own. Please have your government issued ID for check-in.

**Fee { \$45 } ... Deadline { Jan 26 }**

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**SATURDAY, MARCH 21 • 12:30 PM – 6:30 PM**  
**TYSONS, VA**

### **“TINA – THE TINA TURNER MUSICAL”** **AT CAPITOL ONE HALL**

An uplifting comeback story like no other, TINA – The Tina Turner Musical is the inspiring journey of a woman who broke barriers and became the Queen of Rock n’ Roll. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters.

**Fee { \$110 } ... Deadline { Feb 20 }**

## ACTIVITIES

**MONDAYS & FRIDAYS • 12:30 PM**

### **BINGO**

\$2 buys two cards for every game.

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**TUESDAYS & THURSDAYS • 12:30 PM**

### **CONTRACT BRIDGE**

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**WEDNESDAYS • 1 PM**

### **CROCHET AND KNIT BABY BLANKETS FOR CHARITY**

Chat and share while working on blankets. Yarn is provided by Christ Child Society in return for completed blankets. Crochet or knitting proficiency required.

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**FRIDAYS • 12:30 PM**

### **QUILTING & DIY CRAFTS**

Quilt or craft with others while socializing and sharing. All skill levels welcome!

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**TUESDAYS • 11:15 AM – NOON**

### **PLAY PING-PONG!**

Join us for some ping-pong fun! Enjoy friendly matches, practice your best shots, and have fun rallying with friends. All skill levels welcome!

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**BY APPOINTMENT**

### **CANASTA LESSONS**

Free lessons with Annette Thompson by appointment, Mon–Fri, 1–3 PM. Call 301-938-0893. Nonmembers \$3.

**FRIDAY, JAN 2 • 11:15 AM – NOON**

### **POOL TOURNAMENT**

Join us for a friendly pool tournament celebrating skill, camaraderie, and healthy competition. All experience levels are welcome so come enjoy fun, fellowship, and impressive shots! Certificates will be awarded. Sign up at the front desk or call 301-258-6380.

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**WEDNESDAY, JAN 7 - 28 • 12:30 – 1:30 PM**

### **BILLIARDS FOR BEGINNERS – NEW!**

Come to the pool tables at BGC and learn the basics of shooting pool. Ladies, especially welcome! You will learn the basics and the rules of playing pool. No experience necessary. All you need is a desire to learn something new, and to have FUN! This is one of those activities where women can be just as good, (or better) than men. Classes will be taught by Raymond "Ray" Hood. FREE! Sign up at the front desk or call 301-258-6380.

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**THURSDAY, JAN 15 • 11 AM – NOON**

### **MUNCH AND CHAT – FAVORITE TELEVISION SHOWS**

Grab a snack, pull up a seat, and let’s munch and chat about our all-time favorite television shows. From classic sitcoms to today’s binge-worthy dramas, there’s always something worth savoring and sharing.

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**TUESDAY, JAN 20 • 12:30 – 1:30 PM**

### **MEMBER ORIENTATION**

Learn about the Center and pick up your member packet!

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**WEDNESDAY, JAN 21 • 11:15 AM – NOON**

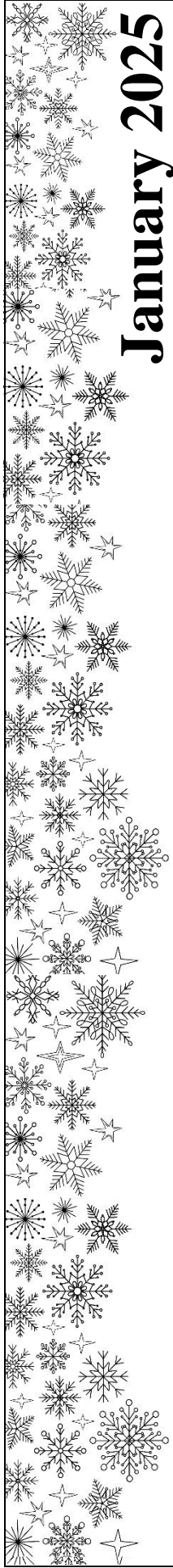
### **LOTERÍA**

A fun, easy-to-learn Mexican game similar to bingo, played with colorful cards instead of numbers. All are welcome! \$2.

### **BOOK DISCUSSION**

Thursday, Jan 8 • 2 PM  
**“The Old Man and the Sea”**  
**By Ernest Hemingway**

Thursday, Feb 12 • 2 PM  
**“Along the Infinite Sea”**  
**By Beatriz Williams**



# January 2025

THE BENJAMIN GAITHER CENTER  
gaithersburgMD.gov | 301.258.6380

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				<b>1</b>	<b>2</b>	<b>3</b>
				<b>CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	10:15 Fit 4 All <b>11:15 Pool Tournament</b> 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo	Fitness Center Closed
					<b>8</b>	<b>9</b>
					8:45 Bone Builders 10:15 Stretch & Strengthen <b>11 Storytelling of Van Morrison</b> 11:15 Ballet for Fitness 11:15 Club de la Amistad 12:30 Broadway Beats 12:30 Bridge 2 Book Discussion	10:15 Fit 4 All <b>10:15 Galloping Gourmets to Oscar's Alehouse</b> 11 Chair Yoga 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo
					<b>7</b>	<b>8</b>
					9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech <b>10 The Walters Art Museum</b> 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Billiards for Beginners 1 Crochet	10:15 Stretch & Strengthen <b>10 AARP Smart Driver Course</b> <b>10:30 Blood Pressure</b> <b>11 Brain Games</b> 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge <b>2 Spanish Conversation Pre-Test</b> <b>4 Happy Hour Mayan Monkey Brewing</b>
					<b>6</b>	<b>7</b>
					8:45 Bone Builders 10:15 Fit 4 All 11:15 Power Stretch 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics	10:15 Stretch & Strengthen <b>10 AARP Smart Driver Course</b> <b>10:30 Blood Pressure</b> <b>11 Brain Games</b> 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge <b>2 Spanish Conversation Pre-Test</b> <b>4 Happy Hour Mayan Monkey Brewing</b>
					<b>5</b>	<b>6</b>
					8:45 Bone Builders 10:15 Fit 4 All 11:15 Power Stretch 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics	8:45 Bone Builders 10:15 Fit 4 All 11:15 Power Stretch 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics
					<b>4</b>	<b>5</b>
					Ground Beef Stroganoff Recipe By: Britta Monaco This simple recipe is one of the first ones my mother, who is a fantastic cook, taught me how to make. I was probably about 10 years old. I remember she cooked it in an avocado-colored electric skillet (who remembers those?). It's not fancy, it's homey. And for me, the taste reminds me of my mother's kitchen. <b>Ingredients (Serves 4)</b> 1 pound ground beef, ½ cup chopped onion, 1 can (4-oz) of sliced mushrooms - drained, ½ tsp garlic powder, ½ tsp dry mustard, ½ cup sour cream, ½ cup beef bouillon, salt and pepper to taste <b>Directions</b> In a large skillet, sauté the first five ingredients until beef is browned and onions are tender. Drain fat. In a bowl, combine the mayonnaise, sour cream and bullion. Stir into cooked meat mixture. Simmer over low heat for about 10 to 15 minutes. You can put this over rice, noodles, or any other base. I've even put it over boiled pierogies. Yum!	Ground Beef Stroganoff Recipe By: Britta Monaco This simple recipe is one of the first ones my mother, who is a fantastic cook, taught me how to make. I was probably about 10 years old. I remember she cooked it in an avocado-colored electric skillet (who remembers those?). It's not fancy, it's homey. And for me, the taste reminds me of my mother's kitchen. <b>Ingredients (Serves 4)</b> 1 pound ground beef, ½ cup chopped onion, 1 can (4-oz) of sliced mushrooms - drained, ½ tsp garlic powder, ½ tsp dry mustard, ½ cup sour cream, ½ cup beef bouillon, salt and pepper to taste <b>Directions</b> In a large skillet, sauté the first five ingredients until beef is browned and onions are tender. Drain fat. In a bowl, combine the mayonnaise, sour cream and bullion. Stir into cooked meat mixture. Simmer over low heat for about 10 to 15 minutes. You can put this over rice, noodles, or any other base. I've even put it over boiled pierogies. Yum!

11	12	13	14	15	16	17
	8:45 Bone Builders 10:15 Fit 4 All <b>11 Cozy Candle Painting</b> 11:15 Power Stretch <b>12:30 Memoir Writers Club</b> 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics	10:15 Stretch & Strengthen <b>11 Anti-Virus &amp; Malware Removal Programs</b> 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech <b>9:30 "Rock of Ages" at Toby's</b> 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Billiards for Beginners 1 Crochet	8:45 Bone Builders 10:15 Stretch & Strengthen <b>10:30 Senior Information</b> <b>11 Munch and Chat Favorite TV Shows</b> 11:15 Ballet for Fitness 11:15 Club de la Amistad <b>12:45 Farmers Market</b> <b>12:30 Monthly Movie at BGC</b> 12:30 Broadway Beats 12:30 Bridge	<b>Personal Training</b> <b>8:30 Breakfast Club The Bench</b> 10:15 Fit 4 All 11 Chair Yoga <b>11 Nature Club</b> 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo	9 – 11 am Fitness Center
18	19	20	21	22	23	24
	<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	10:15 Stretch & Strengthen <b>11 Medications Unplugged</b> 11:15 Play Ping Pong 12:30 Bridge <b>12:30 Member Orientation</b> 12:30 Hatha Yoga 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	<b>9 Medication Check-Up</b> 9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All <b>10:30 Blood Pressure</b> 11 Money Matters with Senior Planet <b>11:15 Lotería</b> 11:15 Core & Stretch 12:30 Billiards for Beginners <b>12:45 Birthday Party</b> 1 Crochet <b>4 Hula Hangout with GYC</b>	<b>Podiatrist Today</b> 8:45 Bone Builders 10:15 Stretch & Strengthen <b>10:15 Steven F. Udvar-Hazy Space Center</b> <b>11 Medications Unplugged</b> 11:15 Ballet for Fitness 11:15 Club de la Amistad 12:30 Broadway Beats 12:30 Bridge	10:15 Fit 4 All 11 Chair Yoga 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo <b>12:30 Friday Rhythms Ballet for Fitness</b>	9 – 11 am Fitness Center
25	26	27	28	29	30	31
	8:45 Bone Builders 10:15 Fit 4 All <b>11 Winter Walk at Bohrer Park</b> 11:15 Power Stretch 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics	<b>10 Year of Diner Gainesville Diner</b> 10:15 Stretch & Strengthen 11:15 Play Ping Pong 12:30 Bridge 12:30 Hatha Yoga 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	<b>9 Medication Check-Up</b> 9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Billiards for Beginners <b>12:30 Minute To Win It</b> 1 Crochet	8:45 Bone Builders 10:15 Stretch & Strengthen <b>10:30 Visionary Art Museum</b> 11:15 Ballet for Fitness 11:15 Club de la Amistad 12:30 Broadway Beats 12:30 Bridge	<b>Personal Training</b> 10:15 Fit 4 All 11 Chair Yoga 11:15 Power Stretch <b>12:15 Karaoke &amp; Croissants Party</b> 12:30 Quilting & Crafts 12:30 Bingo	9 – 11 am Fitness Center

# FITNESS

**MONDAY & THURSDAY, JAN 5 – MAR 30**  
**8:45 – 9:45 AM (NO CLASS 1/19 & 2/16)**

## BONE BUILDERS

Bone Builders is a free, volunteer-led exercise program for ages 55+ in partnership with the Montgomery County Departments of Recreation and Health and Human Services and the RSVP volunteer program. Free.

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**THURSDAYS, JAN 8 – FEB 26 • 11:15 AM – 12:05 PM**

## BALLET FOR FITNESS

This unique exercise class uses ballet moves to improve strength and conditioning. The class is a total body workout that will engage your mind and have you moving to music. Join instructor Becci Kimm as she leads you through your workout. No previous ballet experience is required.

**Fee { \$70 Members, \$90 Nonmembers }**

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**THURSDAYS, JAN 8 – FEB 26 • 12:30 – 1:20 PM**

## BROADWAY BEATS

This class teaches various forms of dance to popular music. Jazz, tap, modern, and lyrical dance are all incorporated. We will visit many of your favorite Broadway shows throughout the years. This class is for everyone to dance and have fun! No prior dance experience is necessary. Just bring your sneakers and enjoy! Taught by Becci Kimm.

**Fee { \$72 Members, \$82 Nonmembers }**

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**FRIDAYS, JAN 9 – FEB 27 • 11 – 11:55 AM**

## CHAIR YOGA

Instructor Archana Gupta will teach yoga poses that help increase mobility and strength, stretch the body, reduce stress and pain, and clear the mind. This class is designed to use the support of a chair to perform yoga poses, move, breathe, and ultimately feel good.

**Fee { \$63 Members, \$73 Nonmembers }**

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**TUESDAY, JAN 6 – FEB 24 • 12:30 – 1:20 PM**

## HATHA YOGA

This class combines yoga poses, somatic breathing, back therapy, and meditation. It focuses on proper alignment with modifications for all abilities. Dress comfortably and bring your mat or use one of ours.

Taught by Jane Stelbourn.

**Fee { \$75 Members, \$85 Nonmembers }**

**WEDNESDAY, FEB 4 – 25 • 12:30 – 1:20 PM**  
**(NO CLASS 2/18)**

## LINE DANCE – PARTY FAVORITES

Are you ready for the next social gathering? Learn classic party line dances and the latest contemporary favorites. No dance experience is needed. Robin Marshall teaches the class.

**Fee { \$21 Members, \$31 Nonmembers }**



- 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, and classes and programs scheduled at 10 a.m. or later will run. City transportation will be provided with pickups starting at 10 a.m. Transportation on the County bus will be 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](http://gaithersburgMD.gov) to learn about cancellations and closures.

## MONTHLY MOVIE

Thursday, Jan 15 • 12:30 PM

Call ahead to find out what movie will be playing at the Center.  
301-258-6380



# FITNESS

MONDAY – FRIDAY • JAN 5 – JAN 30  
(NO CLASS 1/19)

## HYBRID EXERCISE CLASSES PACKAGE

Take one class or take them all! Register 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
9:15 AM			Dance Rhythm		
10:15 AM	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11:15 AM	Power Stretch		Core & Stretch		Power Stretch



Photo: NIA/NIH

These fitness classes, taught by nationally certified instructors, have a \$2 charge.

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 & FRIDAYS • 11:15 AM

### POWER STRETCH

This class addresses muscular imbalances, body alignment, proper breath control, range of motion, elongation, and posture.

TUESDAYS & THURSDAYS • 10:15 AM

### STRETCH & STRENGTHEN

Tone muscles while strengthening heart and lungs. All abilities welcome.

WEDNESDAYS • 9:15 AM

### DANCE RHYTHM

A fun cardio dance class that tones your whole body with easy-to-follow, low-impact moves for all fitness levels. Safe, intense, and satisfying.

WEDNESDAYS • 11:15 AM

### CORE & STRETCH

After a warm-up, the class alternates between Pilates-inspired toning exercises and Yoga-inspired stretches, using chairs and light hand weights.

FRIDAY, JAN 16 & 30

### PERSONAL TRAINING

Certified personal trainer Sandy Menzies is offering 30-minute, one-on-one training sessions tailored for our members in our fitness room. Sessions available at 9:00, 9:30, 10:10, & 10:40 AM. Sign up is required at the front desk. New clients must complete a client intake form and sign a waiver at registration. Wear safe, supportive shoes and comfortable clothes. Bring a water bottle.

Fee {\$30 Members only • In-person payment required}

### DID YOU KNOW?

When you purchase a fitness center membership at the BGC, you also get access to the gym at the Activity Center at Bohrer Park!

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

Closed  
1/1 & 1/19

MONDAY – FRIDAY 8 AM – 10 PM  
SATURDAY 8 AM – 5 PM  
SUNDAY 8 AM – 5 PM

# CLASSES & LECTURES

MONDAYS • 12:30 – 1:20 PM  
(NO CLASS 1/19)

## BASIC ENGLISH CONVERSATION

Practice speaking and writing in English using pictures, games, puzzles, and more. We will learn from and with each other. Patty Bronson will facilitate the class. **Free. Drop-in. Members only.**

MONDAYS, JAN 5 – FEB 23  
1 – 3 PM (NO CLASS 1/19 & 2/16)

## DRAWING BEYOND BASICS

Participants build on their drawing fundamentals through studio practice using their own photos of landscapes, still life, or portraits. The class features demos and individualized instruction. Bring your supplies. **This class is for returning students of Drawing Beyond Basics. Spots are limited, deadline to register is Jan 5. Fee { \$75 Members; \$95 Nonmembers }**

WEDNESDAY, FEB 4 • 2 – 4 PM

## JEWELRY MAKING

Discover your creative spark in this jewelry-making class inspired by “The Artist’s Way.” Design earrings or a bracelet using silver, surgical-steel, or gold-plated components while exploring color and self-expression. Materials provided. Led by Michele Muise. **Fee { \$18 Members; \$25 Nonmembers }**

TUESDAY, JAN 6 • 2 – 2:50 PM

## SPANISH CONVERSATION PRE - TEST

All NEW students must complete a brief pre-test, including a short multiple-choice section and an individual oral check-in with Spanish teacher Karla Lovato. Once finished, you’re welcome to head out. **Please do not sign up for a class without taking the pre-assessment first. Sign up at the front desk or call 301-258-6380.**

TUESDAYS, JAN 13 – FEB 24  
2 – 2:50 PM

## BEYOND BASICS SPANISH CONVERSATION

Continue building your Spanish skills through vocabulary, pronunciation, grammar, and real-life conversation. This relaxed and supportive class expands on previous knowledge with more practice speaking and using everyday expressions. **New students must complete a pre-test on January 6. Spots are limited.** **Fee { \$42 Members; \$52 Nonmembers }**

TUESDAYS, JAN 13 – FEB 24  
3 – 3:50 PM

## BASIC SPANISH CONVERSATION

Start learning Spanish in a friendly setting focused on vocabulary, pronunciation, greetings, and practical conversation skills. Explore culture through music, food, and traditions while building confidence from the beginning. **New students must complete a pre-test on January 6. Spots are limited.** **Fee { \$42 Members; \$52 Nonmembers }**

# CELEBRATING AMERICA’S 250TH

SUBMIT BY FRIDAY, JAN 9

## CELEBRATE AMERICA’S 250TH THROUGH FOOD & STORY

As we approach America’s 250th anniversary, we’re celebrating the stories that shape our community through food! We invite members to share a recipe that holds special meaning in their life, along with the story behind it and, if possible, a photo you’ve taken of the dish. Whether it’s a family favorite, a dish from your heritage, or a recipe tied to a special memory, we’d love to feature it. Starting in January, one submission will be highlighted each month in our newsletter, and up to three additional submissions will be featured in our e-blasts. Every story matters, and we’ll do our best to include them all! Submit your story recipe, and photo to [lilly.najafzadeh@gaitthersburgmd.gov](mailto:lilly.najafzadeh@gaitthersburgmd.gov) **or no later than Friday, Jan 9.**

**Please format your submission with:**

- A short 3–4 sentence story explaining why the recipe is meaningful.
  - An ingredient list using standard measurements (cups, tablespoons, teaspoons, etc.)
  - Simple step-by-step directions.
- If you’d like to see an example before submitting, just email Lilly at the email mentioned above.

# NATURE CLUB

FRIDAY, JAN 16 • 11 AM – NOON

## NATURE CLUB – MONTHLY MEETING

## NATURE CLUB CONT.

MONDAY, JAN 26 • 11 AM – NOON

### WINTER WALK AT BOHRER PARK

Bundle up and be ready for an invigorating walk around Bohrer Park at Summit Hall Farm. The paved 1.3-mile path leads you past fields steeped in history, including an 18th century smokehouse. Meet at the Activity Center front entrance, 506 S. Frederick Ave., at 11 AM. Please follow inclement weather policy for winter weather advisory and call 301-258-6380 for cancelation information.

## AARP

Tuesday, Jan 13 • 10:30 AM – Board Meeting at Il Porto on 245 Muddy Branch Rd. to plan the year.

For more information about AARP programs please email Robert Stone at [stoner9599@verizon.net](mailto:stoner9599@verizon.net)

TUESDAY, JAN 6 • 10 AM – 3 PM

### AARP SMART DRIVER COURSE

This class is designed to help refresh your safe driving knowledge. There will be a break for lunch. Check with your insurance provider to find any discount from the certificate earned in this class. Sign up at the front desk or call 301-258-6380 to reserve your seat. \$20 for AARP members and \$25 for nonmembers, payable to instructor Nina Uzick at the class. Cash or check only.

## EN ESPAÑOL

JUEVES • 11:15 – MEDIODÍA

### CLUB DE LA AMISTAD

Estrenando nuevo horario.

**Solo para miembros.**

MIÉRCOLES, JAN 7 • 10 AM – 3:30 PM

BALTIMORE, MD

### EL DE ARTE MUSEO WALTERS

La visita al museo de arte incluirá dos experiencias guiadas: “Bienvenido al tour Walters” y “Conversaciones extendidas de la Galería” seguido de los tours, explore el arte Latinoamericano por su cuenta. Con más de 200 obras representado 40 culturas de Norteamérica, Centroamérica y Suramérica, así como también del Caribe. Disfrute de un almuerzo en la cafetería Walters que ofrece una variedad de ensaladas, sándwiches y productos locales. Pague por su cuenta.

**Costo {\$35} ...**

**Fecha límite enero 2**

MIÉRCOLES, ENE 21  
11:15 AM – MEDIODÍA

### LOTERÍA

\$2. ¡Tendremos premios!

MIÉRCOLES, ENE 28  
12:30 – 1:30 PM

### ¡MINUTO PARA GANAR!

¡Acompáñenos para una competencia amistosa y divertida! Participantes se rotarán en una serie de juegos rápidos. Tendremos ping pong de mano, bandido pegajoso, y mucho más. Venga a jugar. Inscríbese en la recepción o llamando al 301-258-6380.

VIERNES, ENE 30 • 12:15 – 1:45 PM

### FIESTA KARAOKE Y CROISSANTS

¡Dos cosas maravillosas van a pasar en el centro para celebrar el primer

fin de mes del nuevo año 2026! En honor al día nacional de croissants, vamos a disfrutar de unos deliciosos croissants con chocolate caliente. seguido en una ronda y divertida sesión de karaoke. Venga a celebrar y disfrutar de unos ricos premios, bebidas calientes y un gusto por cantar.

**Costo { Gratis para Miembros \$8 No Miembros} ...**

**Fecha limite enero 26**

### PROCEDIMIENTOS DE INCLEMENCIAS DEL TIEMPO

- Si las Escuelas Públicas del Condado de Montgomery (MCPS) cierran por mal tiempo, el Centro Benjamin Gaither estará cerrado.
- Si las escuelas tienen un retraso en la apertura, el Centro abrirá a las 10 a.m.; las clases y programas antes de esa hora se cancelarán, mientras que los programados para las 10 a.m. o después se realizarán normalmente. Habrá transporte de la Ciudad a partir de las 10 a.m., pero el transporte del Condado será cancelado.
- Si las escuelas tienen una salida temprana, las clases y programas de la tarde y noche se cancelarán. El transporte de la Ciudad saldrá antes de las 2 p.m., y el del Condado se proporcionará a las 2 p.m. o antes si está disponible.
- En caso de mal tiempo o emergencia en fines de semana o días festivos, llame al 301-258-6380 o visite el sitio web de la Ciudad: [gathersburgmd.gov](http://gathersburgmd.gov) para actualizaciones.

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

**CURRENT RESIDENT OR**

**City Manager**  
Tamisha Briley

**Council Members**  
Neil Harris  
Lisa Henderson  
Yamil Hernandez  
Jim McNulty  
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

(For Office Use Only) Processed \_\_\_\_\_

JANUARY 2025

If you plan to attend any activity, function, or class, please preregister by returning this form to the Benjamin Gaither Center, 80A Bureau Dr., Gaithersburg, MD 20878, in person or by mail. If a fee applies, include payment with the form. Make checks payable to the City of Gaithersburg (unless noted). Check the box next to the activities you wish to attend.

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Registration is first come, first served, Monday–Friday, 8:30 a.m.–3:30 p.m., or online at gaithersburgMD.gov. Please arrange your transportation to and from the Center when you take trips. Do not rely on the daily bus.

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		<b><u>Classes/Lectures</u></b>			
	19463	Hybrid Exercise Package	Jan 5 – Jan 30	Mon–Fri	\$25
	19458	Bone Builders (No class 1/19 & 2/16)	Jan 5 – Mar 30	M & Thu	N/A
	19464	Drawing Beyond Basics (No class 1/19 & 2/16)	Jan 5 – Feb 23	Mon	\$75
	19461	Hatha Yoga	Jan 6 – Feb 24	Tue	\$75
	19457	Ballet for Fitness	Jan 8 – Feb 26	Thu	\$70
	19459	Broadway Beats	Jan 8 – Feb 26	Thu	\$72
	19460	Chair Yoga	Jan 9 – Feb 27	Fri	\$63
	19488	Basic Spanish Conversation	Jan 13 – Feb 24	Tue	\$42
	19487	Beyond Basics Spanish Conversation	Jan 13 – Feb 24	Tue	\$42
	19462	Line Dance – Party Favorites	Feb 4 – Feb 25	Wed	\$21
		<b><u>Activities</u></b>			
	19497	Memoir Writers Club	Jan 12	Mon	\$5
	19513	Cozy Candle Painting	Jan 12	Wed	\$5
	19519	Friday Rhythms – Ballet for Fitness	Jan 23	Fri	\$2
	19512	Karaoke & Croissants Party	Jan 30	Fri	N/A
	19498	Jewelry Making	Feb 4	Wed	\$18
		<b><u>Trips</u></b>			
	19510	Walters Art Museum	Jan 7	Wed	\$35
	19481	Galloping Gourmets to Oscar’s Alehouse	Jan 9	Fri	\$20
	19265	“Rock Of Ages” At Toby’s - <i>Full</i>	Jan 14	Wed	\$95
	19482	Steven F. Udvar-Hazy Space Center	Jan 22	Thu	\$20
	19483	Year of the Diner #6 Gainesville Diner	Jan 27	Tue	\$20
	19484	Visionary Art Museum and Lunch	Jan 29	Thu	\$35
	19485	Maryland Live! Casino and Shopping	Feb 3	Tue	\$20
	19511	National Law Enforcement Museum and Lunch	Feb 5	Thu	\$45
	19486	“The Tina Turner Musical” at Capitol One Hall	Mar 21	Sat	\$110

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.

**Trip & Class Cancellations**

1. Trips and classes will be cancelled if the minimum number of registrants has not been met by the deadline. If this occurs, a full refund will be issued to all registrants.
2. If the details of a trip or class change, all participants will be notified and given the option to withdraw with a full refund.
3. If a registrant cancels before the posted deadline, a \$2 processing fee will be charged and a refund will be issued.
4. If a registrant cancels after the deadline, efforts will be made to sell your seat, if not, a refund will not be issued.
5. No refunds will be issued after the program start date.
6. All trip and class cancellations must be submitted in writing. You can email your requests to BenjaminGaitherCenter@gaitthersburgmd.gov

**If you need special accommodations please call 301-258-6380,  
or e-mail [BenjaminGaitherCenter@gaitthersburgMD.gov](mailto:BenjaminGaitherCenter@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.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_