



THE CENTER POST

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

WEDNESDAY, FEB 4 • 4 PM

HAPPY HOUR

Experience an upscale yet inviting afternoon at Firebirds Wood Fired Grill, located at 390 Spectrum Ave., where we'll enjoy a relaxing happy hour in the Firebar. Savor popular, specially priced "Bar Bites" such as their signature Prime Rib Sliders, Crispy Cauliflower with Thai chili sauce, and wood-grilled Steak Tacos. Order from the menu and pay on your own.

WEDNESDAY, FEB 11 • 8:30 AM

BREAKFAST CLUB

Start your day the local way at Gaithersburg's Village Green Restaurant, located at 120 N. Frederick Ave., a beloved diner serving generous, affordable breakfasts with friendly service. Order from the menu and pay on your own.

FRIDAY, FEB 27 • 12:30 – 1:30 PM

FRIDAY RHYTHMS – LINE DANCE

Join Robin, your favorite line dance instructor, for a fun afternoon. Enjoy your favorite dance steps or add new moves to show off at parties. Invite friends and have double the fun. Enjoy some popcorn too!

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



THURSDAY, FEB 12 • 11 AM – NOON

A CONVERSATION WITH JOHN KELLY

The Washington Post Metro section columnist (and rock band drummer) John Kelly, sometimes known as "The Answer Man," joins us for a discussion about his 34-year career as a journalist and the ongoing changes in the newspaper and media industry. Limited space available. Sign up at the front desk or call 301-258-6380.

TUESDAY, FEB 17 • 11 AM – NOON

BLACK HISTORY TALK WITH DR. TROY BODDY

Experience history brought to life by Dr. Troy Boddy, co-director of the Sandy Spring Slave Museum and Art Gallery, and co-author of "A Proud History for Alex". In this captivating program, Dr. Boddy unveils the rich and often overlooked stories of African American life in Montgomery County. Attendees will gain a deeper appreciation of the county's heritage and the lasting contributions of its African American communities. Author signed books will be available for sale. Please bring cash. Limited space available. Sign up at the front desk or call 301-258-6380.

BENJAMIN GAITHER CENTER
opens

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

Closed:
Feb 16

FITNESS CENTER
hours

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

• FROM OUR STAFF •

WEDNESDAY, FEB 18 • 12:45 PM

BIRTHDAY PARTY

- 1 Norma Graham
- 4 Denise Zeleski-Highland
- 8 Barbara Skelly
- 9 Susan Wilson
- 15 Mina Petrone
- 16 Gary Loomis
- 17 Betty Dooley, Heather Held
- 20 Belinda Adams
- 23 Joan Uhlig, Gladys Walker
- 26 Gail Hornig
- 28 Margaret Mann
- 29 Barbara Suhrie

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

February may be the shortest month of the year, but it is the month, I am most excited about so far. This month we are celebrating Black History Month and Healthy Heart Month. Join us for many exciting activities! Get your heart pumping with our Friday Rhythms monthly dance, spread the love at our Valentine's Day Celebration and learn more about Black History with our trip to White Oak Senior Center and the talk with author Dr. Troy Boddy. I can't wait! Come spend time this February at the BGC, it is not only good for your heart, but also for your brain too!



I'll BGC-ing you!

Charlyn Simpson

We extend our heartfelt sympathies to the families and friends of our members, Joseph Auguste, Pamela McHenry, and Kathy Prytherch, whose presence in our community will be deeply missed.

FRIDAY, FEB 13 • 11 AM – 1:30 PM

VALENTINE'S DAY CELEBRATION

Celebrate love with friends! Start with fun photos at a booth, then enjoy a delicious brunch at 11:30 a.m. featuring pinwheel sandwiches (chicken or vegetable), potato chips, fresh mixed salad, and sweet treats like cookies, chocolate-dipped strawberries, and Hershey's kisses, plus drinks!

After brunch, dance the afternoon away with live music from the Night & Day Band!

Fee { \$10 for Members; \$18 Nonmembers } Deadline { Feb 9 }

THURSDAY, FEB 19 • 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, FEB 3
WEDNESDAY, FEB 18
10:30 AM – NOON

BLOOD PRESSURE SCREENING

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

TUESDAY, FEB 3
10:30 AM – NOON

MEMORY CARE

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

FRIDAY, FEB 6 • 2 – 4 PM

WINTER OLYMPICS WATCH PARTY

Join us for a fun afternoon watching the 2026 Winter Olympics opening ceremony live from Milan, Italy. Sign up at the front desk or by calling 301-258-6380.

MONDAY, FEB 9 • 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 }

FRIDAY, FEB 20 • 9 AM – 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.

TUESDAY, FEB 24 • 11 AM – NOON

TAX SEASON: DO'S AND DON'TS

Join the Gaithersburg Financial Empowerment Center (FEC) and expert partners for a presentation on making the most of this tax filing season. The Montgomery County Community Action Agency's VITA staff will share how to claim county, state, and federal earned income tax credits and access free tax prep services. Housing Initiative Partnership will cover Maryland renters and homeowners' tax credits, eligibility, and how to apply. The FEC will offer tips on using your refund to boost financial wellness. Refreshments provided.

WEDNESDAY, MAR 11 – APR 29
2 – 4 PM

A MATTER OF BALANCE

This nationally recognized eight-session program helps adults reduce fear of falling and stay active, independent, and confident. Each two-hour session includes discussion, problem-solving, gentle exercises, and practical tips for everyday life. Ideal for anyone concerned about falls, has fallen before, or wants to improve strength and balance. Sign up at the front desk or by calling 301-258-6380. Space is limited. You will receive a brief screening call from Oasis before being officially enrolled in this program.

MONTHLY MOVIE

Thursday, Feb 5 • 12:30 PM

Call ahead to find out what movie will be playing at the Center.



TECH CORNER

TUESDAY, FEB 10 • 11 AM

TECH TALK: DIGITAL TOOLS FOR BRAIN HEALTH

Stay sharp with technology! Explore digital tools like wearables, websites, and podcasts that support healthy habits and boost cognitive well-being. Discover practical resources to keep your mind active in today's digital world.

WEDNESDAYS, JAN 7 – MAR 11
11 AM – NOON

SMARTPHONE PHOTOGRAPHY WITH SENIOR PLANET

This course teaches the essentials of using your smartphone camera. Learn how to take photos, store and delete them, capture selfies and videos, share your images, and apply basic photography principles like composition and lighting. Prerequisites: email address and a smartphone with IOS 10+ or android OS 6+. Sign up at the front desk or by calling 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.

TRIPS

TRIPS AND CLASS CANCELLATIONS

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

**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

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 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 }

**MONDAY, FEB 9 • 10:20 AM – 2:15 PM
FREDERICK, MD**

GALLOPING GOURMETS TO CAFÉ BUENO

Come enjoy authentic Mexican food at Café Bueno, recognized by the Food Network as serving the Best Burritos in the Country. Please bring cash.

Fee { \$20 } ... Deadline { Feb 5 }

**THURSDAY, FEB 19 • 9:30 AM – 4:15 PM
COLUMBIA, MD**

2ND AVENUE THRIFT STORE & LUNCH

Come and enjoy some good ol' thrifting and maybe find some hidden treasures. Afterwards lunch on your own at Columbia Mall.

Fee { \$20 } ... Deadline { Feb 17 }

**MONDAY, FEB 23 • 10 AM – 2:30 PM
MARTINSBURG, WV**

YEAR OF THE DINER #7 SPRING MILL DINER

Come and enjoy home-made classic American favorites with friendly service and an atmosphere that makes you feel right at home. Please bring cash.

Fee { \$20 } ... Deadline { Feb 19 }

**WEDNESDAY, FEB 25 • 8:45 AM – 4 PM
SILVER SPRING, MD**

BLACK HISTORY CELEBRATION AT WHITE OAK SENIOR CENTER & LUNCH

We will be joining the White Oak Senior Center community to honor achievements from Africa to America with Mr. Darrin Carter, founder and director of Ordinary People, vocalist, and pianist. We'll also celebrate Black women in literature with wonderful cultural performances. Health screenings will be provided by the African American Health Program. After the event, we'll head out for a late lunch on your own at Mid Atlantic Seafood in Takoma Park, MD.

Fee { \$20 } ... Deadline { Feb 19 }

**THURSDAY, FEB 26 • 10 AM – 4 PM
WASHINGTON, DC**

AMERICAN DREAM EXHIBIT & LUNCH

We will discover the tools to unlock your potential at the American Dream Experience in Washington, D.C., where interactive exhibits on education, health, and entrepreneurship bring big ideas to life. Visitors engage with lifelike holograms of inspiring leaders and contribute their own story to the stunning three-story Tree of Generations. We will have a late lunch on our own at a nearby eatery after exploring the exhibit.

Fee { \$20 } ... Deadline { Feb 23 }

**THURSDAY, MAR 12 • 10:30 AM – 4:30 PM
WASHINGTON, DC**

"CHEZ JOEY" AT ARENA STAGE

The year is 1940-something, and Chicago's night scene is sizzling. Enter Joey Evans. A slick-talking, velvet-voiced songster with dreams bigger than the bandstand. But in a city where the right connections mean everything, he is caught between a bright-eyed chorus girl and a wealthy baroness who can bankroll his big break for a price. As the lights dim and the music swells, Joey's got a choice to make: play it straight or risk it all for the spotlight.

Fee { \$68 } ... Deadline { Feb 11 }

TRIPS CONTINUED

THURSDAY, MAR 19 • 10 AM – 2:30 PM
COLESVILLE, MD

A DAY IN THE PARKS AT MAYDALE NATURE CLASSROOM

Enjoy a relaxed morning outdoors at Maydale Nature Classroom with a guided nature walk, cozy campfire, and bird-themed fun. We'll explore the trail along the pond, test our knowledge with campfire bird trivia, and head indoors for two hands-on activities: a Leaf & Bark Texture Bookmark inspired by trees along the trail, and a Bird Forage Mix you can take home to attract local birds. Lunch included with a choice of Turkey Breast & Swiss, Roast Beef & Provolone or Mediterranean Veggie sandwich from Potbelly with chips and a cookie.
Fee { \$42 } ... Deadline { Feb 26 }

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

“TINA – THE TINA TURNER MUSICAL” AT CAPITOL ONE HALL- FULL

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

SATURDAY, APR 11 • 1:15 PM – 6 PM
WASHINGTON, DC

“YOUNG JOHN LEWIS” AT MOSAIC THEATER

Focusing on the Congressman’s formative years of ages 18-28, “Young John Lewis: Prodigy of Protest” reveals the humanity and heart of this mighty historic figure. The musical explores how the murder of Emmett Till motivated Lewis to pursue a life of service, including leading the Student Nonviolent Coordinating Committee, fighting for Civil Rights with the Rev. Dr. Martin Luther King, Jr., and working for nearly two decades in Congress
Fee { \$47 } ... Deadline { Feb 26 }

ACTIVITIES

MONDAYS & FRIDAYS • 12:30 PM

BINGO

\$2 buys two cards for every game.

TUESDAYS & THURSDAYS • 12:30 PM

CONTRACT BRIDGE

WEDNESDAYS • 1 PM

CROCHET AND KNIT BABY BLANKETS

Create blankets with yarn provided for charity. Crochet or knitting skills required.

FRIDAYS • 12:30 PM

QUILTING & DIY CRAFTS

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

TUESDAYS • 11:15 AM – NOON

PLAY PING-PONG!

BY APPOINTMENT

CANASTA LESSONS

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

FRIDAY, FEB 6 • 11:15 AM – NOON

POOL TOURNAMENT

Celebrate skill, fun, and friendly competition. All levels welcome! Certificates awarded. Sign up at the front desk or call 301-258-6380.

TUESDAY, FEB 17 • 12:30 – 1:30 PM

MEMBER ORIENTATION

Learn about the Center and pick up your member packet!

WEDNESDAY, FEB 18 • 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.

TUESDAY, FEB 24 • 12:30 – 1:30 PM

MUNCH AND CHAT – SUPERBOWL

Bring a snack, pull up a seat, and let’s talk all things Super Bowl, favorite teams, epic plays, and halftime highlights. Come for the conversation, stay for the fun!



February 2026

THE BENJAMIN GAITHER CENTER
gaithersburgMD.gov | 301.258.6380

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	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 1 Senior Advisory Committee Meeting	10:15 Stretch & Strengthen 10:30 MD LIVE Casino and Shopping 10:30 Blood Pressure 10:30 Memory Care 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 AARP Board Meeting 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All 11 Smartphone Photography with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 2 Jewelry Making 4 Happy Hour - Firebirds	8:45 Bone Builders 9:45 National Law Enforcement Museum 10:15 Stretch & Strengthen 11:15 Ballet for Fitness 11:15 Club de la Amistad 12:30 Broadway Beats 12:30 Monthly Movie at BGC 12:30 Bridge	Personal Training 10:15 Fit 4 All 11 Chair Yoga 11:15 Pool Tournament 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo 2 Winter Olympics Watch Party	9 – 11 AM Fitness Center
8	9	10	11	12	13	14
	8:45 Bone Builders 10:15 Fit 4 All 10:20 Galloping Gourmets to Café Bueno 11:15 Power Stretch 12:30 Bingo 12:30 Memoir Writers Club 12:30 Basic English Conversation 1 Drawing Beyond Basics	10:15 Stretch & Strengthen 11 Digital Tools for Brain Health 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 12:30 Carnival of Flowers in Photos 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation 5 AARP General Meeting	8:30 Breakfast Club - Village Green Restaurant 9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech 10 Volunteer Bag Stuffing 10:15 Fit 4 All 11 Smartphone Photography with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 4 HEXBUG Maze Challenge with GYC	8:45 Bone Builders 10:15 Stretch & Strengthen 11 Conversation with John Kelly 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 11 Chair Yoga 11 Valentines Day Celebration 11:15 Power Stretch 12:30 Quilting & Crafts	9 – 11 AM Fitness Center

15	16	17	18	19	20	21
	CLOSED IN OBSERVANCE OF PRESIDENTS' DAY	10:15 Stretch & Strengthen 11 Black History Talk: Dr. Troy Boddy 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Member Orientation 12:30 Bridge 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	9:15 Dance Rhythm 10:15 Fit 4 All 10:30 Blood Pressure 11 Smartphone Photography with Senior Planet 11:15 Loteria 11:15 Core & Stretch 12:45 Birthday Party 1 Crochet	8:45 Bone Builders 9:30 2nd Ave Thrift Store and Lunch 10:15 Stretch & Strengthen 10:30 Senior Information 11:15 Ballet for Fitness 11:15 Club de la Amistad 12:30 Broadway Beats 12:30 Bridge 12:30 Farmers Market	Personal Training 9 Mini Health Fair 10:15 Fit 4 All 11 Chair Yoga 11 Nature Club 11:15 Power Stretch 12:30 Quilting & Crafts 12:30 Bingo	9 – 11 AM Fitness Center
22	23	24	25	26	27	28
8:45 Bone Builders 10 Year of the Diner - Spring Mill Diner 10:15 Fit 4 All 11:15 Power Stretch 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics	10:15 Stretch & Strengthen 11 Tax Season: Do's and Don'ts 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 12:30 Munch and Chat Superbowl 2 Beyond Basics Spanish Conversation 3 Basic Spanish Conversation	8:45 Black History Celebration at White Oak Senior Center 9:15 Dance Rhythm 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All 11 Smartphone Photography with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet	8:45 Bone Builders 10 American Dream Exhibit and Lunch 10:15 Stretch & Strengthen 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 12:30 Friday Rhythms Line Dance	9 – 11 AM Fitness Center	

Lorena's Favorite Dish

By Anna Segura

I made this dish and my daughter, Lorena, said, "this is my favorite dish", and that is why we name it Lorena's Favorite Dish.

Ingredients (Serves 4)

1 lb. of ground beef, 2 carrots, 1 big potato, one 14 oz can of tomatoes, 1 small onion, 1 small green pepper, 1 teaspoon salt, 1/4 teaspoon black pepper.

Directions

Brown the beef in a pan. Peel carrots and potatoes, cut into small pieces. Cut green pepper and onion and put it in a blender with the can of tomato. Pour over the meat, let it cook for 5 minutes. Then add salt and pepper and the carrots and potatoes, cook for 15 minutes or until carrots are soft. Serve over white rice.

GENERATIONS CONNECT

WEDNESDAY, FEB 11 • 4 – 5 PM

HEXBUG MAZE CHALLENGE WITH

GYC

Team up with middle schoolers from the GYC to design and build the most creative maze for HEXBUG robots. Then watch them race through your creation! It's all about problem-solving, teamwork, and fun. You'll get to vote for the most creative course – winners get a prize! Don't miss this chance to connect, laugh, and show off your creativity! Sign up at the front desk or by calling 301-258-6380.

FITNESS

MONDAY & THURSDAY, JAN 5 – MAR 30
8:45 – 9:45 AM (NO CLASS 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.

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 }

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 }

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

(MAKE-UP CLASS 3/6)

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 }

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 gathersburgMD.gov to learn about cancellations and closures.

BOOK DISCUSSION

Thursday, Feb 12 • 2 PM

“Along the Infinite Sea”

By Beatriz Williams

Thursday, Mar 12 • 2 PM

“The Martian Contingency”

By Mary Robinette Kowal

FITNESS

MONDAY – FRIDAY • FEB 2 – FEB 27
(NO CLASS 2/16)

HYBRID EXERCISE CLASSES PACKAGE

Take one class or take them all! Register and you will receive a Teams 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, FEB 6 & 20

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 a.m. 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
2/16

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 2/16)

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 2/16)

DRAWING BEYOND BASICS - FULL

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 }**

WEDNESDAY, FEB 11
10 AM - NOON

VOLUNTEERS NEEDED FOR TOILETRY BAGGING!

Join Marissa Young in bagging toiletry items for Meals on Wheels. If you’re available, we’d love for you to help us make a difference for our community! Sign up at the front desk or by calling 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.

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.

Fee { \$42 Members; \$52 Nonmembers }

SATURDAY, MAR 14

ST. PATRICK’S DAY PARADE

Join us at the Rio for the St. Patrick’s Day Parade! March with us to represent and cheer for our Center! Interested? Call Lori Liceaga at 240-805-1576 to sign up and for more details.

CELEBRATING AMERICA’S 250TH

SUBMIT BY MONDAY, FEB 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 **or no later than Monday, Feb 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, email Lilly at the email mentioned above.

NATURE CLUB

FRIDAY, FEB 20 • 11 AM – NOON

NATURE CLUB – MONTHLY MEETING

NATURE CLUB CONT.

TUESDAY, FEB 10 • 12:30 – 1:30 PM CARNIVAL OF FLOWERS IN PHOTOS

Nature Club members will share their favorite flower images from near and far. Find out the story behind the photo while engaging in a lively discussion. A fantastic way to overcome the winter blues!

AARP

Tuesday, Feb. 3, 2 p.m. – Board Meeting at the Center.

Tuesday, Feb. 10, 5 p.m. – General meeting at BGC - Dr. Gillen from LiveBetterHearing will present her experiences as an audiologist.

6 p.m. – pizza and sides for dinner. Cost is \$15. Please call Claudette Lease at 301-793-1872 to reserve by Feb. 7

Tuesday, Feb. 17, 1 p.m.: Chat and chew at Woodside Deli at 13048 Middlebrook Road, Germantown, M.D. 20874.

For more information about AARP programs please email Robert Stone at stoner9599@verizon.net

TUESDAY, MAR 3 • 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

MARTES • 11:15 – MEDIODÍA JUEGUE PING-PONG

MARTES, FEB 3 • 10:30 – 4:30 PM

¡MARYLAND LIVE! CASINO Y COMPRAS

Visite el casino por diversión, pero igualmente puede irse de compras al centro comercial de Arundel Mills. Almuerzo por su cuenta en uno de los varios restaurantes.

Costo \$20

Fecha límite enero 29

VIERNES, FEB 13 • 12:45 PM CELEBRACIÓN DE SAN VALENTÍN

¡El Día de San Valentín está más cerca de lo que uno piensa! Y es un buen momento para compartir el amor mutuamente. Comenzando con capturar momentos con amistades en la nuestra cabina fotográfica. Seguido de un almuerzo unos ricos sándwiches de molinete con opción de pollo o de huevo, unas crujientes papitas fritas y ensalada mixta. De postre unas galletas, fresas cubiertas de chocolate y Hersey kisses. también habrá bebidas. ¡Finalmente también habrá baile! Entretenimiento proporcionado por la Banda Night & Day. El almuerzo brunch se servirá a las 11:30 am.

Costo {\$10 para miembros \$18 no miembros} ...

Fecha límite febrero 9

MIÉRCOLES, FEB 18
11:15 AM – MEDIODÍA

LOTERÍA

\$2. ¡Tendremos premios!

VIERNES, FEB 20
9 – 12 PM

MINIFERIA DE SALUD

Acompañe a la organización CCACC de Salud para un monitoreo gratuito de glucosa, presión arterial, BMI, monitoreo de salud mental entre otros. Se servirán bebidas ligeras.

Para más detalles llamar al 240-393-5950 o correo electrónico panasianclinic@ccacc-dc.org

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: gaithersburgmd.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

FEBRUARY 2026

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
		<u>Classes/Lectures</u>			
	19458	Bone Builders (No class 2/16)	Jan 5 – Mar 30	M & Thu	N/A
	19464	Drawing Beyond Basics (No class 2/16) - <i>FULL</i>	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 (Make-up 3/6)	Jan 9 – Mar 6	Fri	\$63
	19488	Basic Spanish Conversation	Jan 13 – Feb 24	Tue	\$42
	19487	Beyond Basics Spanish Conversation	Jan 13 – Feb 24	Tue	\$42
	19727	Hybrid Exercise Package	Feb 2 – Feb 27	Mon–Fri	\$25
	19462	Line Dance – Party Favorites	Feb 4 – Feb 25	Wed	\$21
		<u>Activities</u>			
	19498	Jewelry Making	Feb 4	Wed	\$18
	19726	Memoir Writers Club	Feb 9	Mon	\$5
	19717	Valentine’s Day Celebration (Chicken)	Feb 13	Fri	\$10
	19723	Valentine’s Day Celebration (Vegetable)	Feb 13	Fri	\$10
	19725	Friday Rhythms – Line Dance	Feb 27	Fri	\$2
		<u>Trips</u>			
	19485	Maryland Live! Casino and Shopping	Feb 3	Tue	\$20
	19511	National Law Enforcement Museum	Feb 5	Thu	\$45
	19729	Galloping Gourmets to Café Bueno	Feb 9	Mon	\$20
	19730	2 nd Avenue Thrift Store and Lunch	Feb 19	Fri	\$20
	19732	Year of the Diner #7 Spring Mill Diner	Feb 23	Mon	\$20
	19734	Black History Celebration at White Oak Senior Center and Lunch	Feb 25	Wed	\$20
	19786	American Dream Exhibit & Lunch	Feb 26	Thu	\$20
	19738	“Chez Joey” at Arena Stage	Mar 12	Thu	\$68
	19740	A Day in the Parks at Maydale Nature Classroom	Mar 19	Thu	\$42
	19486	“The Tina Turner” at Capitol One Hall- Full	Mar 21	Sat	\$110
	19741	“Young John Lewis” at Mosaic Theater	Apr 11	Sat	\$47

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**

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: _____