



THE CENTER POST

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

TUESDAY, MAR 3 • 4 PM

HAPPY HOUR

Enjoy a deluxe dining experience at Cooper's Hawk Winery & Restaurant, located at 1403 Research Blvd. in Rockville. Savor popular dishes such as Chicken Francese, Napa chicken salad, blackened ahi tuna, and soy-glazed salmon. Pay on your own.

FRIDAY, MAR 13 • 8:30 AM

BREAKFAST CLUB

Join us at Barking Mad, 239 Spectrum Ave., an establishment known for its vibrant "chic" atmosphere and extensive menu. Crowd favorites include chicken and jalapeño waffles, beignets, and carnitas eggs Benedict. Pay on your own.

TUESDAY, MAR 17 • 12:30 – 1:45 PM

ST. PATRICK'S DAY CELEBRATION

Celebrate St. Patrick's Day with us! Enjoy light refreshments and a lively, festive performance by The Mighty Kelltones. Come for the fun, stay for the music, don't miss this cheerful afternoon!

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



WOMEN'S HISTORY MONTH

FRIDAY, MAR 20 • 11 AM – 2 PM

SPRING SOCIAL LUNCH & DANCE PARTY

Join us for a lively lunch and dance at Sunrise Montgomery Village! Enjoy smoked salmon, vegetarian, and pulled brisket sliders with fresh sides, a spring salad bar, assorted desserts, and a signature mocktail. After lunch, we'll dance the afternoon away to tunes of Motown with Jumpin' Joe! Transportation will be provided for members - great food, great music, and great company. Don't miss it!

Fee { \$18 for Members; \$28 Nonmembers } ... Deadline { Mar 12 }

TUESDAY, MAR 24 • 12:30 – 1:30 PM

"I AM NOT CONTENT": AN HOUR WITH FRANCES PERKINS

Join Kathie Mack and Steve Rocque from the Montgomery History Speaker Bureau as they present the life and work of Frances Perkins at our Center. Ms. Perkins was the first woman to serve in a U.S. Presidential cabinet and a driving force behind FDR's New Deal. As secretary of labor, she helped create Social Security and championed fair wages and safer working conditions. **Fee { Free for Members; \$5 Nonmembers }**

BENJAMIN GAITHER CENTER

opens

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

FITNESS CENTER

hours

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

FROM OUR STAFF

WEDNESDAY, MAR 18 • 12:45 PM

BIRTHDAY PARTY

- 1 Gunjana Giri
- 3 Michael Dennis
- 5 Susie Jones, Valerie Haber
- 6 Marie Rose Paul
- 7 Joseph Girouard
- 14 Sylvia Craig, Stewart Lloyd
- 18 Richard Mann, Eric Zatman
- 22 Toby Markus
- 24 Leslie Shapiro
- 25 Zoila Bejarano Ramirez
- 27 Joseph DePhillips, Joan Baptiste
- 29 Margaret Sherry
- 31 Marthe Gaba, Gordy Lehr

Free. Sign up required at the front desk or 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 March! This month is Women's History Month. Check out the "I am Not Content" presentation to learn more about Frances Perkins. Don't forget to send in your recipe as we celebrate America's 250th Birthday through food and stories!

The St. Patrick's Day Parade at the rio is Saturday, March 14. If you would like to march in the parade, reach out to Lori. If not, come cheer for the BGC as we take to the streets of Gaithersburg.

I'll BGC-ing you!

Charlyn Simpson



THURSDAY, MAR 26 • 5 PM – 6:30 PM

NOWRUZ: A PERSIAN NEW YEAR CELEBRATION

Join us for a celebration of Nowruz, the Persian New Year, observed for centuries and embraced by cultures worldwide. Rooted in the spring equinox, Nowruz marks the first day of the Iranian calendar year. Co-sponsored by Benjamin Gaither Center and Asbury Methodist Village, this event offers a rich cultural experience with performances, artifacts, and a tasting of traditional Persian dishes. Plus, discover customs, traditions, and practices that make this holiday so special. **This event is held at BGC. Free event – Registration required.**

THURSDAY, MAR 5

11 AM – NOON

GRANDMA MOSES- LIFE AND FAMILY

Join Jeff Stuart as he shares the remarkable story of Grandma Moses, who began her celebrated art career at 76, and personal memories of his Aunt Beth, wife of Frank Moses. Stay for a raffle featuring a Grandma Moses tote bag, a tapestry, and two copies of Aunt Beth's memoir, "Remembering Grandma Moses". **Sign up at the front desk or call 301-258-6380.**

THURSDAY, MAR 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, MAR 3
WEDNESDAY, MAR 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, MAR 3
10:30 AM – NOON

BRAIN GAMES

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

TUESDAY, MAR 10
12:30 PM – 1:30 PM

“VISION 2030” INNOVATION IN HEALTH CARE

Join us for a conversation with John Sackett, president & CEO of Adventist Healthcare, as he shares his journey, insights on the changing health care landscape, and “Vision 2030”, a plan to transform care through key pillars. Sackett, who is managing cystic fibrosis himself, is a resilient leader with a bold vision for the future. **Sign up at the front desk or call 301-258-6380.**

MONDAY, MAR 30 • 11 AM – 12 PM
THE HEALTHY HACK
PROGRAM

Enjoy a hands-on cooking demo led by a professional chef! Learn to make a healthy, affordable recipe, taste the dish, and take home a complimentary cookbook to continue your wellness journey. Sponsored by Johns Hopkins Health Plan. **Sign up at the front desk or call 301-258-6380.**

MONDAY, MAR 30 • 9 AM – 4 PM
MOBILE DENTIST AT
THE BGC

Free dental exams, x-rays, cleaning, fillings or extractions for those who qualify. Sign up at the front desk and complete forms and bring it to your dental visit. For additional information please contact Lori Liceaga (240) 805-1576.

THURSDAY, APR 9 • 9 – 11 AM
PODIATRY CLINIC

Dr. Sharma of Maple Springs Foot Center will be seeing patients here at the BGC. This service is by appointment only, so please call 301-762-3338 and ask for Heather. You must contact the clinic directly to schedule your appointment and to verify insurance information prior to your appointment.

GENERATIONS CONNECT

WEDNESDAY, MAR 11
3:30 – 5:10 PM
ROCK CLIMBING WITH
GYC

Join us for an exciting afternoon of rock climbing at Robertson Park Youth Center alongside the middle schoolers! Please arrive by 3:30 pm to sign waivers, we'll depart promptly at 3:40 pm. Transportation, gear, and equipment are provided. Get ready to challenge yourself and have fun. **This event is free. Members only. Registration required.**

MARCH 2 – 27
CHILDREN'S BOOK
DRIVE

In honor of National Reading Month, we're collecting new or gently used children's books for elementary students! Drop off donations at the BGC.

TECH CORNER

TUESDAY, MARCH 10 • 11 AM
TECH TALK: INTRO TO
BOOKING VACATION
STAYS ONLINE

Love to travel but miss the comforts of home? Discover top vacation rental sites, learn how to find great deals, and choose wisely for a safe trip. We'll also explore budget-friendly options like home exchanges and housesitting. Your perfect home away from home is just a click away!

WEDNESDAYS, JAN 7 – MAR 11
11 AM – NOON
(MAKE UP 3/18)

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
(MAKE UP 3/25 & 4/1)

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@gathersburgmd.gov.

WEDNESDAY, MAR 4 • 10:30 AM – 3:45 PM
FREDERICK, MD

LUNCH & SHOPPING AT BOSCOV'S

Let's have lunch at Golden Corral, then shop at Boscov's—our favorite store! Please bring cash.
Fee { \$20 } ... Deadline { Mar 3 }

FRIDAY, MAR 6 • 10 AM – 4:15 PM
BALTIMORE, MD

BALTIMORE MUSEUM OF ART

Join us for the "Amy Sherald: American Sublime" exhibit. This retrospective examines Sherald's artistic trajectory through 38 paintings executed between 2007 and the present, highlighting her commitment to documenting Black American identity, specifically through the lens of her Baltimore-based models. Lunch on your own at the R. House, a food court with 10 vendors representative of different culinary cuisines.
Fee { \$40 } ... Deadline { Mar 4 }

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

"CHEZ JOEY" AT ARENA STAGE - FULL

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

MONDAY, MAR 16 • 10 AM – 2:30 PM
GAINESVILLE, VA

YEAR OF THE DINER #8 GAINESVILLE DINER

Join us at the Gainesville Diner, a culinary haven for comfort food enthusiasts, voted twice as the Best Breakfast by Prince William Times. Indulge in a menu inspired by timeless American classics, infused by mediterranean & Latino culture. From fluffy pancakes to sizzling bacon, every dish is a celebration of comfort and flavor Please bring cash.
Fee { \$20 } ... Deadline { Mar 12 }

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

A DAY IN THE PARKS AT MAYDALE NATURE CLASSROOM

Enjoy a 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 bird trivia, and head indoors for two hands-on activities. Lunch included: choice of turkey & 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 }

MONDAY, MAR 23 • 10 AM – 2:30 PM
ANNAPOLIS, MD

GALLOPING GOURMETS TO JULEP

Julep is Annapolis' premiere spot for BBQ and creative southern comfort cuisine, with homemade desserts Please bring cash.
Fee { \$20 } ... Deadline { Mar 19 }

WEDNESDAY, MAR 25 • 9:30 AM – 4:15 PM
BALTIMORE, MD

MAKE YOUR OWN GLASS PIECE AND LUNCH

Join us for a glassblowing workshop at McFadden Art Glass where you will work with the resident glass artist to blow your own piece. Afterwards, we go to Estiatorio Plaka (Authentic Greek Cuisine) for a late lunch. Pay on your own for the glass piece and lunch. Closed-toed shoes are recommended. Make your own glass piece starts at \$25. The staff will pick up the finished products when ready. Please bring cash.
Fee { \$25 } ... Deadline { Mar 20 }

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

"YOUNG JOHN LEWIS" AT MOSAIC THEATER- FULL

Fee { \$47 } ... Deadline { Feb 26 }

SATURDAY, APR 18 • 11:30 AM – 5 PM
ARLINGTON, VA

"I PUT A SPELL ON YOU: NINA SIMONE" AT SIGNATURE THEATRE

Felicia Curry honors jazz icon Nina Simone and the women she inspired. From Nina's greatest songs such as "Mississippi Goddam" and "To Be Young, Gifted and Black" to Aretha Franklin's "Respect," Chaka Chan's "I'm Every Woman," and the songs of Tina Turner, Lauryn Hill and more. This dynamic cabaret will motivate you to rise. You can grab a light meal before the show from Ali's Bar located at the theatre. Featuring small plates, fresh salads, signature sandwiches, and more. Pay on your own.
Fee { \$65 } ... Deadline { Mar 16 }

TRIPS CONTINUED

FRIDAY, APR 24 • 10:20 AM – 4 PM
WASHINGTON, DC

“1776” AT FORD’S THEATRE

This popular American musical is an insightful, vibrant and humorous take on our founding fathers’ determination to do the right thing for their fledgling nation. As members of the Second Continental Congress struggle to reach consensus, John Adams, Benjamin Franklin, and Thomas Jefferson argue for independence from the British monarchy. The ensuing debates defined our country. As we explore this historical moment through the evolving identity of America today, this robust, award-winning musical boldly brings our country’s beginnings to life.

Fee { \$73 } ... Deadline { Mar 20 }

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SATURDAY, MAR 28 • 11:45 AM – 2:30 PM

HATS OFF TO SPRING! HAT DECORATING SOCIAL AND LUNCH

Join us for a spring celebration at the Center featuring a fun icebreaker, creative hat decorating, and a photo session! There will be prizes! Enjoy a delicious lunch with mixed greens and berry salad, spanakopita, tea sandwiches (egg, chicken, vegetarian), and mini quiche, followed by fruit tarts and mini fruit and chocolate dessert bars. Drinks include water, iced tea, soft drinks, coffee, and hot tea. Co-sponsored by Sunrise at Montgomery Village and the Benjamin Gaither Center. All materials will be provided for hat decorating.

Fee { \$18 Members only } ... Deadline { Mar 26 }

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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.

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.

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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!

.....
BY APPOINTMENT

CANASTA LESSONS

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

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SATURDAY, MAR 14 • 9 AM

ST. PATRICK’S DAY PARADE

Join us at rio for the St. Patrick’s Day Parade! March with us to represent our Center. Interested? **Call Lori at 240-805-1576 to sign up!**

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WEDNESDAY, MAR 18 • 11:15 AM – NOON

LOTERÍA

Enjoy a fun Mexican game like bingo, played with colorful cards! All are welcome. Led by Lilly. \$2.

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MONDAY, MAR 23 • 11 AM – NOON

MEMBER ORIENTATION

Learn about the Center and pick up your member packet!

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TUESDAY, MAR 31 • 11 AM – NOON

MUNCH AND CHAT – BEST JOB

What was your best job and why? Join us for a discussion on the roles that gave you the most satisfaction, impact, and balance. Come ready to share your “why.”

HAPPY SAINT PATRICK'S DAY!



March 2026

THE BENJAMIN GAITHER CENTER
gaithersburgMD.gov | 301.258.6380

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|----------|--|--|--|--|--|---|
| 1 | 2 8:45 Bone Builders 10:15 Fit 4 All 11 Gardening 101 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics (Make-up) 1 Senior Advisory Committee Meeting | 3 10 AARP Smart Driver Course 10:15 Stretch & Strengthen 10:30 Blood Pressure 10:30 Brain Games 11:15 Play Ping Pong 12:30 Hatha Yoga (Make-up) 12:30 Bridge 2 AARP Board Meeting 2 Beyond Basics Spanish Conversation (Make-up) 3 Basic Spanish Conversation (Make-up) 4 Happy Hour – Cooper's Hawk | 4 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All 10:30 Lunch and Shopping at Boscov's 11 Smartphone Photography with Senior Planet 11:15 Core & Stretch 12:30 Line Dance (Make-up) 1 Crochet | 5 8:45 Bone Builders 10:15 Stretch & Strengthen 11 Grandma Moses – Life and Family 11:15 Club de la Amistad 11:15 Ballet for Fitness (Make-up) 12:30 Broadway Beats (Make-up) 12:30 Monthly Movie at BGC 12:30 Bridge | 6 Personal Training 10 Baltimore Museum of Art 10:15 Fit 4 All 11 Chair Yoga (Make-up) 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo | 7 9 – 11 AM Fitness Center |
| 8 | 9 8:45 Bone Builders 10:15 Fit 4 All 11 Garden Pot Painting 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics | 10 10:15 Stretch & Strengthen 11 Intro to Booking Vacation Stays Online 11:15 Play Ping Pong 12:30 Vision 2030 12:30 Hatha Yoga 12:30 Bridge 5 AARP General Meeting | 11 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 Matter of Balance 3:30 Rock Climbing with GYC | 12 8:45 Bone Builders 10:15 Stretch & Strengthen 10:30 “Chez Joey” at Arena Stage 11 Hooray For Hoops 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 2 Book Discussion | 13 8:30 Breakfast Club – Barking Mad 10:15 Fit 4 All 11 Anyone Can Grow Potatoes 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo | 14 9 – 11 AM Fitness Center 9 St. Patrick's Day Parade at rio |

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|--|--|---|--|--|---|-----------|
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 8:45 Bone Builders 10 Year of Diner #8 Gainesville Diner 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics | 10:15 Stretch & Strengthen 11:15 Play Ping Pong 12:30 St. Patrick's Day Celebration 12:30 Hatha Yoga 12:30 Bridge | 9:30 CCACC Simple Ways to Stay Social Using Tech 10:15 Fit 4 All 10:30 Blood Pressure 11:15 Loteria 11 Smartphone Photography with Senior Planet (Make up) 11:15 Core & Stretch 12:45 Birthday Party 1 Crochet 2 Matter of Balance | 8:45 Bone Builders 10 Day in the Parks Maydale Nature Classroom 10:15 Stretch & Strengthen 10:30 Senior Information 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 12:30 Farmers Market | Personal Training 10:15 Fit 4 All 11 Spring Social Lunch and Dance Party 11 Chair Yoga 11 Nature Club 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo | 9 – 11 AM Fitness Center 12:30 Tina Turner Musical | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 8:45 Bone Builders 10 Galloping Gourmets to Julep 10:15 Fit 4 All 11 Member Orientation 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics | 10:15 Stretch & Strengthen 11:15 Play Ping Pong 12:30 "I Am Not Content" An Hour with Frances Perkins 12:30 Hatha Yoga 12:30 Bridge | 9:30 CCACC Simple Ways to Stay Social Using Tech (Make-up) 9:30 Make Your Own Glass Piece and Lunch 10:15 Fit 4 All 11:15 Core & Stretch 1 Crochet 2 Matter of Balance | 8:45 Bone Builders 10:15 Stretch & Strengthen 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 5 Nowruz: A Persian New Year Celebration | 10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo 12:30 Friday Rhythms Salsa | 9 – 11 AM Fitness Center 11:45 Hats off to Spring! Social & Lunch | |
| 29 | 30 | 31 | Asparagus Casserole By Charlyn Simpson This is a dish my family has eaten every Thanksgiving as long as I can remember. The recipe is on an index card in the handwriting of my great-grandmother. Nothing compares to the flavor of this dish, and it reminds me of my family even if I can't be with them. Ingredients 3 (15 ounce) cans asparagus drained, 2 (10.5 ounce) cans condensed cream of mushroom soup, 4 large, hard-boiled eggs, sliced, 2 cups crushed Ritz crackers, 4 ounces shredded sharp cheddar cheese Directions Preheat oven to 350 degrees F. Grease a 2-quart casserole dish. Layer in prepared dish 1 ½ cans of asparagus, top with 1 can mushroom soup, half the sliced hard-boiled eggs, and 1 cup of crushed Ritz crackers. Repeat layers with remaining asparagus, soup, eggs, and crackers. Cook until bubbly. Add cheese to the top and bake an additional 5 minutes. *Steamed fresh asparagus can be substituted for canned asparagus. | | | |
| 8:45 Bone Builders 9 Mobile Dentist 11 The Healthy Hack Program 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo | 10:15 Stretch & Strengthen 11 Munch & Chat – Best Job 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 12:30 Introducción A Telefonos Inteligentes 2 Spanish Conversation Pre-Test | | | | | |

FITNESS

MONDAY & THURSDAY, JAN 5 – MAR 30
8:45 – 9:45 AM (MAKE UP 4/2, 4/6)

BONE BUILDERS – FULL

THURSDAYS, MAR 12 – APR 30 • 11:15 AM – 12:05 PM
(NO CLASS 4/2)

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 { \$62 Members, \$82 Nonmembers }

THURSDAYS, MAR 12 – APR 30 • 12:30 – 1:20 PM
(NO CLASS 4/2)

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 { \$63 Members, \$73 Nonmembers }

FRIDAYS, MAR 13 – APR 24 • 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 { \$55 Members, \$65 Nonmembers }

TUESDAY, MAR 10 – APR 28 • 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, MAR 11 – APR 29 • 12:30 – 1:20 PM
(NO CLASS 3/18, 3/25, 4/15)

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 { \$35 Members, \$45 Nonmembers }

BOOK DISCUSSION

Thursday, Mar 12 • 2 PM
“The Martian Contingency”
By Mary Robinette Kowal

Thursday, Apr 9 • 2 PM
“The Night She Disappeared”
By Lisa Jewell

MONTHLY MOVIE

Thursday, Mar 5 • 12:30 PM

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



FRIDAY, MAR 27 • 12:30 – 1:30 PM

FRIDAY RHYTHMS SALSA

Join our beginner-friendly Salsa class - learn steps, timing, and rhythm. No experience needed! We'll have popcorn afterwards.

Fee { \$2 Members, \$5 Nonmembers }

INCLEMENT WEATHER 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, 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 to learn about cancellations and closures.

FITNESS

MONDAY – FRIDAY • MAR 2 – APR 3

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 |
|-----------|------------------|----------------------|----------------|----------------------|------------------|
| 10: 15 AM | Fit 4 All | Stretch & Strengthen | Fit 4 All | Stretch & Strengthen | Fit 4 All |
| 11:15 AM | Everyday Agility | | Core & Stretch | | Everyday Agility |



Photo: 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

EVERYDAY AGILITY

Mobility, strength, and flexibility class designed to support healthy aging by enhancing joint range of motion, functional strength, and balance. Gentle, intentional movements help reduce stiffness and improve stability, empowering participants to feel stronger, more flexible, and confident in everyday life.

TUESDAYS & THURSDAYS • 10:15 AM

STRETCH & STRENGTHEN

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

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, MAR 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

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

CLASSES & LECTURES

MONDAYS • 12:30 – 1:20 PM

BASIC ENGLISH CONVERSATION

Practice English through pictures, games, and puzzles while learning together. Facilitated by Patty Bronson. **Free. Drop-in. Members only.**

MONDAYS, MAR 9 – APR 20
1 – 3 PM (NO CLASS 3/30)

DRAWING BEYOND BASICS

For returning Drawing Beyond Basics students only. Deadline for registering is Mar 9.

Fee { \$75 Members; \$95 Nonmembers }

MONDAY, MAR 9
11 AM – NOON

GARDEN POT PAINTING

Welcome spring by painting a garden pot to take home. All materials provided plus seeds to plant in your pot! Led by Lori Liceaga.

Fee { \$6 Members; \$12 Nonmembers }

THURSDAY, MAR 12 • 11 AM – NOON

HOORAY FOR HOOPS

Join Sheldon Lehner for entertaining tales from 50 years as a basketball referee and a review of The Basketball 100 ahead of the NCAA and NBA championships.

WEDNESDAY, APR 15 – JUN 3
2 – 4 PM

WATERCOLOR

Learn watercolor techniques with artist Susan Herron! Beginners build skills, intermediates find creative challenges. Bring your own supplies. Email

BenjaminGaitherCenter@gaitersburgmd.gov for the supply list.

Fee { \$98 Members, \$118 Nonmembers }

TUESDAY, MAR 31 • 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 may leave. **Please DO NOT sign up for a class without taking the pre-test first. Sign up at the front desk or call 301-258-6380.**

TUESDAYS, APR 7 – APR 28
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 { \$24 Members; \$34 Nonmembers }

TUESDAYS, APR 7 – APR 28
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 { \$24 Members; \$34 Nonmembers }

CELEBRATING AMERICA'S 250TH

SUBMIT BY MONDAY, MAR 9

CELEBRATE AMERICA'S 250TH THROUGH FOOD & STORY

Celebrate America's 250th anniversary by sharing the stories that shape our community through food! Submit a meaningful recipe, its story, and a photo (you have taken) if possible. One recipe will be featured monthly in our newsletter, with some in our e-blasts, depending on how many we receive. Every story matters! Send your story, recipe, and photo to lilly.najafzadeh@gaitersburgmd.gov **or no later than Monday, Mar 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

MONDAY, MAR 2 • 11 AM – NOON

GARDENING 101

Join master gardener Meipo Martin for "Things you wish you knew as a novice gardener," covering site assessments, biennials, perennials, sun and shade conditions, fertilizers, and more.

FRIDAY, MAR 20 • 11 AM – NOON

NATURE CLUB – MONTHLY MEETING

NATURE CLUB CONT.

FRIDAY, MAR 13 • 11 AM – 1 PM

ANYONE CAN GROW POTATOES

Join master gardener Suji Singh to learn how, when, and where to grow potatoes, the versatile crop that thrives anywhere with sunlight, even on decks or patios! The first hour covers growing techniques and joys, followed by a Q&A in the second hour.

AARP

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

Tuesday, Mar 10, 10, 5 p.m. – General meeting at BGC - Election Volunteers by Dr. Gilberto Zelaya. Meetings are planned to be in-person and by Zoom.

5:45 p.m. Business meeting
6 p.m. – Mission BBQ. Cost is \$15. Please email mary.hoferek@gmail.com to reserve by Mar 7.

Tuesday, Mar 17, 1 p.m.: Chat and chew at Quincy's – Location TBD.

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

MIÉRCOLES MAR 4 • 10:30 – 3:45 PM
FREDERICK, MD

ALMUERZO Y COMPRAS A BOSCOV'S

Almuerzo en Golden Corral y después de compras a Boscov's. ¡Nuestra tienda departamental favorita! Traer efectivo
Costo { \$20 } ...
Fecha límite { mar 3 }

MARTES, MAR 17 • 12:30 – 1:45 PM

CELEBRACIÓN DE SAN PATRICIO

¡Celebre el día de San Patricio con nosotros! Tendremos ligeros refrigerios y una actuación musical del grupo The Mighty Kelltones.
Costo {Gratis para miembros \$5 no miembros}

VIERNES, MAR 20 • 11 AM – 2 PM

ALMUERZO EN SUNRISE Y BAILE

¡Acompáñenos para un almuerzo y baile en Sunrise de Montgomery Village! Disfrute de un Salmon Ahumado, Mini sándwiches Vegetarianos o carne desmenuzada; ensalada, una variedad de postres y un coctel no alcohólico. ¡Después vamos a bailar con las melodías de Motown de Jumpin' Joe! Se contará con transporte para miembros.
Costo { \$18 para miembros; \$28 no miembros } ...
Fecha límite { mar 12 }

SABADO, MAR 14 • 9 AM – 10:30 AM

DESFILE DE SAN PATRICIO EN RIO

Únase a nosotros en RIO para el desfile anual de San Patricio y represente al Centro. Inscribbase en la recepción o comuníquese con Lori para más detalles.

LUNES, MAR 30 • 9 AM – 4 PM

CLINICA DENTAL MOVIL

Examen dental gratis, incluyendo limpieza, rellenos y/o extracciones para quienes califiquen. Inscribbase en la recepción, complete los formularios y tráigalos a su cita. Para más información, comuníquese con Lori al (240) 805-1576.

LUNES, MAR 30 • 9 AM – 4 PM

INTRODUCCIÓN A TELÉFONOS INTELIGENTES

Si le da curiosidad saber cómo funcionan los teléfonos inteligentes, venga a esta presentación. Aprenderá sobre los teléfonos inteligentes más populares en el mercado, y algunas de sus ventajas y desventajas. También vamos a comparar y contrastar el Android con el iOS de Apple. Presentación en español.

PROCEDIMIENTOS DE INCLEMENCIAS DEL TIEMPO

Si MCPS cierra por mal tiempo, el Centro Benjamin Gaither también estará cerrado. Si hay retraso en la apertura, el Centro abrirá a las 10 a.m. Clases y programas antes de esa hora se cancelan; los de 10 a.m. en adelante se realizan normalmente. Transporte de la Ciudad desde las 10 a.m.; transporte del Condado cancelado. Si hay salida temprana, se cancelan las clases y programas de la tarde/noche. Transporte de la Ciudad saldrá antes de las 2 p.m.; transporte del Condado se ofrecerá 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 visite 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



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THE CENTER POST

MARCH 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 – <i>FULL</i> | Jan 5 – Mar 30 | M & Thu | N/A |
| | 19799 | Hybrid Exercise Package | Mar 2 – Apr 3 | Mon–Fri | \$25 |
| | 19806 | Drawing Beyond Basics (No Class 3/30) | Mar 9 – Apr 20 | Mon | \$75 |
| | 19801 | Hatha Yoga | Mar 10 – Apr 28 | Tue | \$75 |
| | 19804 | Line Dance – Party Favorites (No Class: 3/18, 3/25 & 4/15) | Mar 11 – Apr 29 | Wed | \$35 |
| | 19803 | Ballet for Fitness (No Class: 4/2) | Mar 12 – Apr 30 | Thu | \$62 |
| | 19802 | Broadway Beats (No Class: 4/2) | Mar 12 – Apr 30 | Thu | \$63 |
| | 19800 | Chair Yoga | Mar 13 – Apr 24 | Fri | \$55 |
| | 19819 | Basic Spanish Conversation | Apr 7 – Apr 28 | Tue | \$24 |
| | 19820 | Beyond Basics Spanish Conversation | Apr 7 – Apr 28 | Tue | \$24 |
| | 19805 | Watercolor | Apr 15 – Jun 3 | Wed | \$98 |
| | | <u>Activities</u> | | | |
| | 19829 | Garden Pot Painting | Mar 9 | Mon | \$6 |
| | 19827 | Rock Climbing with GYC | Mar 11 | Wed | N/A |
| | 19823 | St. Patrick’s Day Celebration | Mar 17 | Tue | N/A |
| | 19821 | Spring Social Lunch and Dance Party *Bus: Yes <input type="checkbox"/> No <input type="checkbox"/> | Mar 20 | Fri | \$18 |
| | 19576 | “I Am Not Content: An Hour with Frances Perkins” | Mar 24 | Tue | N/A |
| | 19818 | Nowruz (Persian New Year Celebration) | Mar 26 | Thu | N/A |
| | 19828 | Friday Rhythms - Salsa | Mar 27 | Fri | \$2 |
| | 19826 | Hats off to Spring! Social and Lunch | Mar 28 | Sat | \$18 |
| | | <u>Trips</u> | | | |
| | 19807 | Lunch & Shopping at Boscov’s | Mar 4 | Wed | \$20 |
| | 19822 | Baltimore Art Museum | Mar 6 | Thu | \$40 |
| | 19738 | “Chez Joey” at Arena Stage - Full | Mar 12 | Thu | \$68 |
| | 19808 | Year of the Diner #8 Gainesville Diner | Mar 16 | Mon | \$20 |
| | 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 |
| | 19809 | Galloping Gourmets to Julep | Mar 23 | Mon | \$20 |
| | 19810 | Make Your Own Glass Piece and Lunch | Mar 25 | Wed | \$25 |
| | 19741 | “Young John Lewis” at Mosaic Theater | Apr 11 | Sat | \$47 |
| | 19811 | “I Put a Spell on You: Nina Simone” at Signature Theatre | Apr 18 | Sat | \$65 |
| | 19817 | “1776” at Ford’s Theatre | Apr 24 | Fri | \$73 |

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@gaitersburgmd.gov

**If you need special accommodations please call 301-258-6380,
or e-mail BenjaminGaitherCenter@gaitersburgMD.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: _____