



THE CENTER POST

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

TUESDAY, APR 7 • 4 PM

HAPPY HOUR

Enjoy Happy Hour at Laredo Grill. 347 Muddy Branch Rd. This family-owned restaurant specializes in authentic Mexican and Salvadoran cuisine. Enjoy dishes like pupusas, sizzling fajitas, and fresh seafood specialties. Pay on your own.

TUESDAY, APR 14 • 8:30 AM

BREAKFAST CLUB

Join us for breakfast at La Madeleine. 242 Crown Park Ave. The menu includes French-inspired classics, ranging from the savory Country French Breakfast or indulge in their popular all-day brunch options like brioche French toast and sweet or savory crêpes. Pay on your own.

MONDAY, APR 6 • 11 AM – NOON

NCAA FINAL FOUR BASKETBALL ACTIVITIES

Engage in festive activities and celebrate the spirit of the 2026 NCAA women and men's basketball Final Four. College jersey arts and crafts, trivia, and low impact basketball games are on the agenda. **Sign up at the front desk or call 301-258-6380. Members only.**



THURSDAY, APR 30 • 4 PM – 6 PM

HIDDEN TREASURES & COLLECTIBLES

Join us for a free friendly and educational appraisal program where members can bring personal items to learn about their history, general value, and significance. Appraisers Chris Lancette and Steve Gouterman will offer live, conversational appraisals in areas such as sports memorabilia, vintage toys, historic autographs, advertising pieces, rare books, fine jewelry, coins, gold, and silver. **If you would like to have an item appraised, you must sign up in advance and submit a photo of your item at the time of registration – limited spots available, one item per person!** Items like china, Hummels, porcelain figurines, dolls, and collector plates will not be evaluated.

Fee { Free for Members; \$5 Nonmembers }

TUESDAY, APR 21 • 11 AM – NOON

TALKIN' TRASH: THE INSIDER GUIDE TO THE CITY'S RECYCLING AND COMPOST

Celebrate Green Month by turning your "trash" into treasure! Join us to learn the City's top recycling and composting hacks. We'll share insider performance stats and give out free starter tools to help you get started. Every small swap makes a difference; be part of the solution today! **Sign up at the front desk or call 301-258-6380. Members only.**

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, APR 15 • 12:45 PM

BIRTHDAY PARTY

- 2 Diane Paules
- 6 Janice Erickson, Krystina Gurstelle
- 7 Claudia Torres
- 11 Brett Webster
- 13 Linda Balon Stein
- 15 Henry Blue, Rochelle Gomes
- 16 Peter Wood
- 17 Patricia Lawrence
- 18 Jean Dinwiddie
- 22 Judy Ireland
- 24 Kathy Bennett
- 28 Sedigheh (Sedi) Dokhaei
- 29 Barbara Holzapfel

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

Spring has sprung! We are preparing to plant in our BGC and Gaithersburg Youth Club garden plot at Pleasant View Park. If you would like to help with weeding, watering, and maintenance on our garden, please let me know.



March Madness is wrapping up and Team BGC has some fun activities planned. So even if your bracket is busted, wear your favorite team gear and come prepared to have some fun! Join me at Happy Hour on April 7 at Laredo Grill. They don't typically have a happy hour, but they are giving us a 15% discount on all of our purchases!

April is green month. I challenge you to make a change in your life that benefits the Earth. Take shorter showers, eat less meat, adjust your thermostat, bring your own coffee cup, or any other change that reduces waste and conserves resources.

I'll BGC-ing you!

Charlyn Simpson

THURSDAY, APR 23

12:30 – 1:30 PM

TRIVIA WITH RUTH

Think you know it all? Come have some fun with Ruth as we dive into decades trivia – packed with surprising, obscure, and entertaining tidbits! **Free.**

Members only. Sign up at the front desk or call 301-258-6380 to participate. Others are welcome to drop in and cheer your friends!

THURSDAY, MAY 7 • 9 AM – 2 PM

ACTIVE AGING EXPO SAVE THE DATE!

The annual Active Aging Expo at the Activity Center at Bohrer Park. 506 S Frederick Ave. features class demos, health screenings, hands on activities, entertainment, resource tables, food trucks, giveaways and more. Free admission. Food donations for Gaithersburg HELP are encouraged.

THURSDAY, APR 16 • 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, APR 7
WEDNESDAY, APR 15
10:30 AM – NOON

BLOOD PRESSURE SCREENING

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

TUESDAY, APR 7
10:30 AM – NOON

MEMORY CARE

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

THURSDAY, APR 9 • 9 – 11 AM

PODIATRY CLINIC

Dr. Sharma from Maple Springs Foot Center will be seeing patients at the BGC by appointment only. **Please call 301-762-3338** and ask for Heather to schedule. Be sure to contact the clinic directly to verify your insurance before your visit.

TUESDAY, APR 14
11:30 AM – 12:30 PM

PRESCRIPTION TAKE BACK EVENT

Officer Kramer will be at the Center to collect all your unused and expired prescription medications. Only pills will be accepted, not liquids!

GENERATIONS CONNECT

WEDNESDAY, APR 8
3:40 – 5:30 PM

PARK CLEAN UP WITH GYC

Join us for a Nature Clean-up at Victory Farm Park, 401 Victory Farm Dr. We'll team up with the middle schoolers from the Gaithersburg Youth Center to care for the trails near the stream basin and then take time to reflect on the impact of our efforts. All supplies will be provided, and participants will sign a waiver on the day of the clean-up. Transportation provided to and from the park. Limited space available. **Members only.**

Registration required.

WEDNESDAY, APR 1

HELP US HOST THE GYC AMAZING RACE!

We are excited to share that the Youth Center will be stopping at our Center as part of their inaugural "GYC Amazing Race" on Wednesday, April 1! During their visit, students will take part in two quick and fun game challenges hosted right here at the Center.

We are looking for members who would like to volunteer to help run the games and cheer on the students! **If you are interested in volunteering, sign up at the front desk or call 301-258-6380.**

THURSDAY, APR 2
12:45 – 1:45 PM

EASTER DECOR

Join students from Covenant Life School for an Easter-themed project with terracotta pots! Bunnies or chicks, it's up to you. All materials will be provided including sweet treats. Have fun and enjoy your creation! **Members only. Sign up at the front desk or call 301-258-6380.**

TECH CORNER

TUESDAY, APR 14 • 11 AM

TECH TALK: PASSWORDS, PASSKEYS, & MORE

Protecting your online accounts starts with strong password habits. This session introduces password basics and simpler, safer tools like single sign-on, passkeys, multi-factor authentication, and password managers to help keep your information secure.

WEDNESDAYS, APR 8 – JUN 10
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.**

WEDNESDAYS, APR 15 – JUN 17
9:30 – 10:45 AM

CONNECTIONS & DIGITAL DISCOVERY WITH CCACC

Free tech skills course for adults to help you stay connected with friends and family online. Explore easy tools and 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@gaithersburgmd.gov.

**FRIDAY, APR 10 • 10:15 AM – 2:30 PM
MIDDLETOWN, MD**

GALLOPING GOURMETS TO THE MAIN CUP

A historic American restaurant in a renovated 100-year-old building, serving classic dishes with gourmet twists using locally sourced ingredients. Please bring cash.

Fee { \$20 } ... Deadline { Apr 7 }

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

“YOUNG JOHN LEWIS” AT MOSAIC THEATER – FULL

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

**MONDAY, APR 13 • 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 { Apr 9 }

**THURSDAY, APR 16 • 10:20 AM – 3 PM
POOLESVILLE, MD**

WHITE'S FERRY WALK AND LUNCH

Nature lovers, this one's for you! We'll take a 1.5 mile walk on the C&O Canal trail starting from White's Ferry, followed by lunch at Bassetts in Poolesville. Dress for the weather, wear walking shoes, and bring a water bottle. Lunch is on your own. Please bring cash.

Fee { \$12 } ... Deadline { Apr 13 }

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

“I PUT A SPELL ON YOU: NINA SIMONE” AT SIGNATURE THEATRE – FULL

You can grab a light meal before the show from Ali's Bar located at the theatre. Pay on your own.

Fee { \$65 } ... Deadline { Mar 16 }

**MONDAY, APR 20 • 10 AM – 2:30 PM
HAGERSTOWN, MD**

YEAR OF THE DINER #9 HAGERSTOWN FAMILY DINER

A spacious, family-friendly spot known for classic American comfort food and great desserts. Bring cash!

Fee { \$20 } ... Deadline { Apr 16 }

**WEDNESDAY, APR 22 • 10:45 AM – 5 PM
BALTIMORE, MD**

AMAZON TOUR AND LUNCH

Come explore the Amazon distribution center with a 60-to-90-minute walking tour where you'll see how items smaller than a microwave are processed alongside robots. The tour includes about a mile of walking and at least one flight of stairs. Flat, closed toe and closed heel shoes are required, and please bring a government ID. After the tour, we will have lunch at Squires Italian Restaurant, a neighborhood favorite since 1920. Please bring cash.

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

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

“1776” AT FORD'S THEATRE - FULL

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

**WEDNESDAY, APR 29 • 9:30 AM – 3:30 PM
WASHINGTON, DC**

“GRANDMA MOSES: A GOOD DAY'S WORK” EXHIBIT AT SMITHSONIAN AMERICAN ART MUSEUM

Enjoy a docent led tour at the Smithsonian American Art Museum and explore the exhibition “Grandma Moses: A Good Day's Work,” celebrating Anna Mary Robertson “Grandma” Moses. Lunch is on your own at the Courtyard Café or a nearby eatery.

Fee { \$20 } ... Deadline { Apr 24 }

**FRIDAY, MAY 1 • 9:15 AM – 3:15 PM
WASHINGTON, DC**

NATIONAL CATHEDRAL FLOWER MART

The National Cathedral's beloved spring festival is a place to purchase spring plants for your garden, find treasures, and shop for a wide array of merchandise at over 65 boutique booths. Do not forget to explore the international floral display inside the Great Hall. Enjoy the entertainment and have lunch on your own on site.

Fee { \$20 } ... Deadline { Apr 28 }

TRIPS CONTINUED

FRIDAY, MAY 29 • 10:15 AM – 4 PM
WASHINGTON, DC

WASHINGTON DC SIGNATURE LUNCH CRUISE

Join us for an unforgettable afternoon on the Potomac River. Chef-prepared buffet with complimentary water, iced tea, hot tea and coffee. Sweeping views of DC's iconic landmarks while enjoying freshly prepared meals served onboard. This laid back dining cruise is complete with live DJ entertainment, a fully stocked cash bar, dancing, and games on the open-air decks and cozy indoor spaces. Set sail for a one-of-a-kind afternoon that is as scenic as it is delicious!

Fee { \$95 } ... Deadline { May 4 }

WEDNESDAY, JUN 3 • 9:30 AM – 4:30 PM
COLUMBIA, MD

"WIZARD OF OZ" AT TOBY'S

L. Frank Baum's beloved story of a Kansas farm girl who travels over the rainbow to the Land of Oz has thrilled audiences for generations. This delightful musical adaptation of the classic tale features the iconic score from the MGM film. Follow Dorothy, Toto, and friends down the yellow brick road to Emerald City. Buffet lunch, dessert, tea or coffee, and tip included.

Fee { \$99 } ... Deadline { Apr 30 }

WEDNESDAY, JUN 10 • 10:30 AM – 4:30 PM
WASHINGTON, DC

"THE MOTION" AT ARENA STAGE

A heated intellectual debate pulls four scholars into a surreal journey where memory, identity, and belief begin to unravel. As reality shifts around them, they discover unexpected connections and confront profound questions about purpose and morality. "The Motion" emerges as an intense, thought-provoking exploration of vulnerability, conviction, and the essence of being human. Show only.

Fee { \$68 } ... Deadline { May 6 }

FRIDAY, MAY 22 • 10 AM – 2 PM

WELCOME TO CARFIT!

There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat. At the CarFit Event at BGC, trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. **Sign up at the front desk or call 301-258-6380 to reserve your appointment. Free.**

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

(NO PING-PONG 4/28)

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.

WEDNESDAY, APR 15 • 11:15 AM – NOON

LOTERÍA

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

TUESDAY, APR 21 • 12:30 – 1:30 PM

MEMBER ORIENTATION

Learn about the Center and pick up your member packet!

TUESDAY, APR 28 • 12:30 PM – 1:30 PM

MUNCH AND CHAT

The 2026 Rock & Roll Hall of Fame induction cycle highlights a diverse ballot of 17 nominees. Join a discussion on which acts should get in as we relive music history.

FRIDAY, MAY 22 • 11 AM – 1:30 PM

BOOK AND MOVIE MEETUP:

"CRAZY RICH ASIANS"

We'll discuss "Crazy Rich Asians" by Kevin Kwan and watch the film adaptation together! Please read the book ahead of time! No sign up required.



APRIL 2026

THE BENJAMIN GAITHER CENTER
gaithersburgMD.gov | 301.258.6380

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT					
<p>Grandma Moses Sugar Cookies By Jeff Stuart</p> <p>Grandma Moses was an accomplished cook and baker. She learned these skills from her mother and refined them when she worked as a "hired girl," for 15 years, living in other people's homes.</p> <p>Ingredients 3 c. flour, 1 tsp. baking soda, 1 c. sugar, 3 eggs, well beaten, 1 tsp. vanilla, 2 tsp. cream of tartar, 1 c. shortening</p> <p>Directions Sift dry ingredients together. Cream shortening and sugar until light and fluffy. Add eggs and vanilla. Add to dry ingredients. Chill dough. Roll out dough on floured surface to about 1/4-inch thickness, cut with cookie cutters. Bake on greased cookie sheet at 425 degrees for about 5-6 minutes. Cool and decorate.</p>	<p>1</p> <p>10:15 Fit 4 All 11:15 Core & Stretch GYC Amazing Race TBD 12:30 Line Dance 1 Crochet 2 Matter of Balance</p>	<p>2</p> <p>8:45 Bone Builders (Make-up) 10:15 Stretch & Strengthen 11:15 Club de la Amistad 12:30 Monthly Movie at BGC 12:30 Bridge 12:45 Easter Decor</p>	<p>3</p> <p>10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo</p>	<p>4</p> <p>Fitness Center Closed</p>	<p>5</p> <p>8:45 Bone Builders (Make-up) 10:15 Fit 4 All 11 NCAA Final Four Basketball Activities 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics</p>	<p>6</p> <p>10:15 Stretch & Strengthen 10:30 Blood Pressure Screenings 10:30 Memory Care 10:30 AARP: We Need to Talk 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 AARP Board Meeting 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 4 Happy Hour: Laredo Grill</p>	<p>7</p> <p>10:15 Stretch & Strengthen 10:30 Blood Pressure Screenings 10:30 Memory Care 10:30 AARP: We Need to Talk 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 AARP Board Meeting 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 4 Happy Hour: Laredo Grill</p>	<p>8</p> <p>10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 2 Matter of Balance 3:40 Park Clean Up with GYC</p>	<p>9</p> <p>Podiatrist Today 10:15 Stretch & Strengthen 11 Cathedral, Castle, Cuisine & Curiosities 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 2 Book Discussion</p>	<p>10</p> <p>Personal Training 10:15 Fit 4 All 10:15 Galloping Gourmets: Main Cup 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo</p>	<p>11</p> <p>Fitness Center Closed 1:15 "Young John Lewis" at Mosaic Theater</p>

12	13	14	15	16	17	18
	8:45 Bone Builders 10:15 Fit 4 All 10:30 MID LIVE! Casino & Shopping 11:15 Everyday Agility 12:30 Bingo 12:30 Memoir Writers 12:30 Basic English Conversation 1 Drawing Beyond Basics	8:30 Breakfast Club: La Madeleine 8:45 SAIL 10:15 Stretch & Strengthen 11 Teck Talk: Passwords, Passkeys, & More 11:15 Play Ping Pong 11:30 Prescription Take Back 12:30 Hatha Yoga 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 5 AARP General Meeting	9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 10:30 Blood Pressure 11:15 Loteria 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:45 Birthday Party 1 Crochet 2 Matter of Balance 2 Watercolor	8:45 Bone Builders 10:15 Stretch & Strengthen 10:20 White's Ferry Walk and Lunch 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	8:45 SAIL 10:15 Fit 4 All 11 Chair Yoga 11 Nature Club 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo 12:30 Friday Rhythms Line Dance	Fitness Center Closed 11:30 "I Put a Spell on You: Nina Simone" Signature Theater
19	20	21	22	23	24	25
	8:45 Bone Builders 10 Year of Diner: Hagerstown Family Diner 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics	8:45 SAIL 10:15 Stretch & Strengthen 11 Talkin' Trash: City's Recycling and Compost 11:15 Play Ping Pong 12:30 Member Orientation 12:30 Hatha Yoga 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation	9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 10:45 Amazon Tour & Lunch 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 2 Matter of Balance 2 Watercolor	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 12:30 Trivia with Ruth	Personal Training 8:45 SAIL 10:15 Fit 4 All 10:20 "1776" at Ford's Theater 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo	9 – 11 AM Fitness Center
26	27	28	29	30	30	
	8:45 Bone Builders 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics (Make-up)	8:45 SAIL 10:15 Stretch & Strengthen 11:15 Self Defense Demo 12:30 Hatha Yoga 12:30 Bridge 12:30 Munch & Chat 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation	9:30 CCACC Connections & Digital Discovery 9:30 Grandma Moses Exhibit at Smithsonian American Art Museum 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 2 Matter of Balance 2 Watercolor	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 4 Hidden Treasures and Collectibles Appraisal Event		BOOK DISCUSSION Thursday, Apr 9 • 2 PM "The Night She Disappeared" By Lisa Jewell ----- Thursday, May 14 • 2 PM "Live Right and Find Happiness (Although Beer is Much Faster)" By Dave Barry

FITNESS

MONDAYS & THURSDAYS, APR 13 – JUL 2
(NO CLASS 5/7 & 5/25)

BONE BUILDERS

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

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

BALLET FOR FITNESS

This exercise class uses ballet-inspired movements to improve strength and conditioning. Enjoy a full-body workout with music as instructor Becci Kimm guides you. No ballet experience needed.

Fee { \$62 Members, \$82 Nonmembers }

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

BROADWAY BEATS

This class teaches a mix of dance styles, including jazz, tap, modern and lyrical, all set to popular music. We will also explore movements inspired by favorite Broadway shows. It is a fun and welcoming class for all levels. No experience needed. Just bring your sneakers. 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 build mobility and strength, stretch the body, reduce stress and pain, and help clear the mind. This class uses the support of a chair to move, breathe, and feel good.

Fee { \$55 Members, \$65 Nonmembers }

TUESDAYS, MAR 10 – APR 28 • 12:30 – 1:20 PM

HATHA YOGA

This class blends yoga, somatic breathing, back therapy, and meditation, with alignment-focused guidance and modifications for all abilities. Bring a mat or use one of ours. Taught by Jane Stelboun.

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

MONTHLY MOVIE

Thursday, Apr 2 • 12:30 PM

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

WEDNESDAY, MAR 11 – APR 29 • 12:30 – 1:20 PM
(NO CLASS 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 }

WEDNESDAY, MAR 11 – APR 29
2 – 4 PM

MATTER OF BALANCE – FULL

TUESDAYS & FRIDAYS, APR 14 – JUL 7 • 8:45 – 9:45 AM
(NO CLASS 4/3)

STAY INDEPENDENT AND ACTIVE FOR LIFE (SAIL) – NEW

Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL meets the highest-level criteria for an evidence-based program. This class led by volunteers in partnership with Montgomery County Health and Human Services. **Free.**

TUESDAY, APR 28 • 11:15 – NOON

SELF DEFENSE DEMO – FREE!

Join us for an engaging self-defense demo with Mark O'Connor, Master Instructor and founder of Traveling Dojo. This upbeat, hands-on session gives you a chance to try practical techniques, build confidence, and get a taste of what's coming in the full six-week program. No experience needed - just come ready to move and have fun. **Sign up at the front desk or by calling 301-258-6380.**

FRIDAY, APR 17 • 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 }

FITNESS

MONDAY – FRIDAY • APR 6 – MAY 1

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, APR 10 & 24

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 (MAKE UP 4/27)

DRAWING BEYOND BASICS - FULL

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

MONDAYS, APR 13 & MAY 11

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 { \$10 Members; \$20 Nonmembers }

WEDNESDAYS, 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@gaitthersburgmd.gov for the supply list.

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

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 }

WEDNESDAY, MAY 6 • 2 – 4 PM

JEWELRY MAKING

Discover your creative spark in this session, beginning with a fun icebreaker focused on exploring creativity. Then enjoy a jewelry-making activity 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 }

CELEBRATING AMERICA'S 250TH

SUBMIT BY MONDAY, APR 6

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@gaitthersburgmd.gov **no later than Monday, Apr 6.**

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

THURSDAY, APR 9 • 11 AM – NOON

CATHEDRAL, CASTLE, CUISINE & CURIOSITIES

Explore the beauty and majesty of Budapest, Vienna, Prague, and Frankfurt. Nick and Britta Monaco spent 16 glorious days traveling through the heart of central Europe. See the world through their eyes and stay for some fun door prizes at the end. **Sign up at the front desk or call 301-258-6380.**

NATURE CLUB CONT.

FRIDAY, APR 17 • 11 AM – NOON
NATURE CLUB –
MONTHLY MEETING

AARP

Tuesday, Apr 7, 2 p.m. – Board Meeting at the Center.

Tuesday, Apr 14, 5 p.m. – General meeting at BGC – Nina Uzich on AARP Safe Driving.
5:45 p.m. Business meeting
6 p.m. – Dinner – Ledo Pizza, spaghetti, and meatballs. Cost is \$15. Please email mary.hoferek@gmail.com to reserve by April 12.

Tuesday, Apr 21, 1 p.m. – Chat and chew at Dogfish.
All meetings are available in person and on zoom.

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

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TUESDAY, APR 7 • 10:30 AM – NOON
AARP, WE NEED TO
TALK

How do we know if someone is "too old" to drive? Is there a test? Is it automatic that everyone must stop driving? Some people will be able to drive their entire lives, and for many reasons, some will need to limit or stop driving. This seminar addresses multiple issues and helps both the driver and the caregiver to make informed decisions about how to remain safe on the road for as long as possible. We will talk about how to structure conversations, address the meaning of driving as it affects each person, warning signs of unsafe driving, the economics of driving, and alternatives to driving. Conducted by Nina Uzick.

EN ESPAÑOL

MARTES, APR 28 • 11:15 – NOON
DEFENSA PERSONAL –
DEMO GRATIS

Acompáñenos para una demostración de defensa personal dirigida por Mark O'Connor un instructor Máster y fundador de Viajes Dojo. La demostración va a ser muy dinámica, va a practicar lo que está aprendiendo y así probar un poco de lo que se viene en un programa de 6 semanas. No se requiere de experiencia- solo venga a moverse y divertiste. Inscríbese en la recepción o llamando al 301-258-6380.

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JUEVES APR 16 • 10:20 AM – 3 PM
POOLESVILLE, MD

CAMINATA Y ALMUERZO
A WHITE'S FERRY

¡Para los amantes de la naturaleza, esta actividad es para usted!
Caminaremos 1.5 millas del canal C&O comenzando en White Ferry. Seguido de un almuerzo en el restaurante Bassetts ubicado en Poolesville. Vístase conforme al clima, traiga zapatos para caminar y una botella de agua. Almuerzo por su cuenta. Traiga efectivo.
Costo (\$12) ... Fecha límite (April 13)

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VIERNES, MAYO 1 • 11 AM – 2 PM
MERCADO DE FLORES
EN LA CATEDRAL
NATIONAL

El festival de primavera de la Catedral Nacional es el lugar para adquirir plantas de primavera para su jardín y también adquirir una gran variedad de mercancía ya que habrá mas de 65 puestos para escoger. No se olvide de explorar la exhibición internacional de flores en el pasillo principal de la catedral. Disfrute del entretenimiento y almuerce por su cuenta.
**Costo {\$20} ...
Fecha límite {abril 29}**

JUEVES, APR 2 • 12:45 – 1:45 PM
DECORACIONES DE
PASCUA

Acompañe a los estudiantes de la Escuela Covenant Life para una actividad relacionada con la pascua. Creando conejos y pollitos usando macetas de barro, usted escoge uno de los dos. Todo el material será proporcionado, incluso un dulcecillo. ¡Diviértase y disfrute de su creación! Inscríbese en la recepción o llamado al 301-258-6380

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MIÉRCOLES, APR 8 • 3:40 – 5:30 PM
LIMPIEZA DEL PARQUE
CON GYC

Acompáñenos para una limpieza del parque Victory ubicado en 401 Victory Farm Dr. Nos unimos con los estudiantes de secundaria del centro juvenil de Gaithersburg. Juntos vamos a limpiar de los caminos que están cerca de la cuenca de agua. Todo el material para la limpieza será proporcionado, se requerirá que firme de una exención el día de la limpieza. Habrá transporte para el parque y de regreso al centro. Cupo limitad. inscríbese en la recepción o llamado al 301-258-6380

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MARTES, APR 14
11:30 AM – 12:30 PM
RECOLECTA DE
PRESCRIPCIONES

La oficial Kramer estará en el centro para recolectar todos aquellos medicamentos que usted ya no use o que estén expirados. ¡Únicamente pastillas, no líquidos!

**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

APRIL 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
		Classes/Lectures			
	19806	Drawing Beyond Basics (Make Up 4/27)	Mar 9 – Apr 20	Mon	\$75
	19801	Hatha Yoga	Mar 10 – Apr 28	Tue	\$75
	19804	Line Dance – Party Favorites (No Class: 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
	19865	Bone Builders (No Class: 5/7 & 5/25)	Apr 13 – Jul 2	M & Thu	N/A
	19864	Hybrid Exercise Package	Apr 6 – May 1	Mon–Fri	\$25
	19867	Stay Independent and Active for Life (SAIL) - <i>NEW</i> (No Class: 4/3)	Apr 14 – Jul 7	Tu & Fri	N/A
	19805	Watercolor	Apr 15 – Jun 3	Wed	\$98
		Activities			
	19875	Park Clean Up with GYC	Apr 8	Wed	N/A
	19868	Memoir Writer Club	Apr 13 & May 11	Mon	\$10
	19862	Friday Rhythms – Line Dance	Apr 17	Fri	\$2
	19869	Jewelry Making	May 6	Wed	\$18
		Trips			
	19852	Galloping Gourmets to the Main Cup	Apr 10	Fri	\$20
	19741	“Young John Lewis” at Mosaic Theater – <i>FULL</i>	Apr 11	Sat	\$47
	19853	Maryland LIVE! Casino & Shopping	Apr 13	Mon	\$20
	19854	White’s Ferry Walk and Lunch	Apr 16	Thu	\$12
	19811	“I Put a Spell on You: Nina Simone” at Signature Theatre - <i>FULL</i>	Apr 18	Sat	\$65
	19855	Year of the Diner #9 Hagerstown Family Diner	Apr 20	Mon	\$20
	19857	Amazon Tour and Lunch	Apr 22	Wed	\$20
	19817	“1776” at Ford’s Theatre – <i>FULL</i>	Apr 24	Fri	\$73
	19861	Grandma Moses: A Good Day’s at Work at Smithsonian American Art Museum	Apr 29	Wed	\$20
	19858	National Cathedral Flower Mart	May 1	Fri	\$20
	19859	Washington DC Signature Lunch Cruise	May 29	Fri	\$95
	19860	“Wizard of Oz” at Toby’s	Jun 3	Wed	\$99
	19866	The Motion at Arena Stage	Jun 10	Wed	\$68

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: _____