



THE CENTER POST

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

MONDAY, MAY 4 • 8:30 AM

BREAKFAST CLUB

At Panera Bread, 285 Kentlands Blvd., enjoy a "New Era" breakfast menu that focuses on fresh, high-quality ingredients and chef-driven recipes. Enjoy favorites like the Chipotle Chicken, Avo & Egg Sandwich and Four Cheese Soufflé. Pay on your own.

THURSDAY, MAY 14 • 4 PM

HAPPY HOUR

Yard House, 211 Rio Blvd, a high-energy upscale eatery offers a vast selection of over 100 American fusion dishes, ranging from signature poke nachos and street tacos to high-quality steaks and burgers. Pay on your own.

MONDAY, MAY 11 • 12:30 – 1:45 PM

MOTHER'S DAY HARP CONCERT

Enjoy a global Harp Concert with Judy Mostyn White, featuring songs from 14 countries celebrating mothers — from the tender to the delightfully wicked. A charming musical journey around the world! Light refreshments will be served.

Fee { Free Members; \$8 Nonmembers }

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

MAY



FRIDAY, MAY 8 • 12:30 – 2 PM

WEDDING TRADITIONS OF INDIA

Let's celebrate Asian American Heritage with a vibrant cultural experience featuring the states of Andhra Pradesh, Bengal, Gujarat, and Punjab. Together, we'll explore the unique customs, rituals, and fun facts that make each region's wedding traditions special — while discovering the beautiful similarities they share. Enjoy learning a few Garba steps to groove to lively music and delight in a traditional food tasting prepared by our wonderful volunteer committee. **Free. Registration Required.**

SATURDAY, MAY 30 • 1 – 3 PM

BREWED ELEGANCE: CEYLON TEA AND DANCE SHOWCASE

Dress up, pop on your favorite hat and join us for a charming afternoon tea at the Center! Relax, unwind, and enjoy friendly conversation as we sip the world-famous flavors of Ceylon tea with smoked salmon, chicken, and veggie sandwiches, spanakopita, spring rolls, mini quiches, and assorted desserts. Plus, you'll be treated to an engaging introduction to traditional Sri Lankan dance. The event is co-sponsored by Benjamin Gaither Center and Sunrise at Montgomery Village.

Fee { \$20 Members; \$30 Nonmembers } ... Deadline { May 21 }

BENJAMIN GAITHER CENTER

opens

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

Center Closed
Thursday, May 7 &
Monday, May 25

FITNESS CENTER

hours

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

FROM OUR STAFF

WEDNESDAY, MAY 20 • 12:45 PM

BIRTHDAY PARTY

- 1 Gail Gouvea
- 4 Joyce Bowman
- 7 Terry Vann
- 8 Jerry Allen, Keith Jordan,
Martin Haber
- 9 Randall Adams, Elaine Sullivan
- 13 Mary Wykes
- 14 George Fitel
- 16 Nancy Palker
- 18 Anne Byrd
- 19 Sharon Freedman, June Prisk
- 22 Pat Martz
- 25 Elizabeth Hurtado
- 28 Karen Gillis
- 29 Nick Monaco

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

It's Active Aging Expo time!! Join us on Thursday, May 7 at Bohrer Park, 506 S. Frederick Ave. from 9 a.m. - 2 p.m. Drop by for an hour or stay the whole day. We have over 60 vendors, sharing information about services, programs, products and more. Check out the schedule and make sure to attend one of the many demonstrations and activities available throughout the day. Help us spread the word! Invite your friends or neighbors. We will once again have food trucks on site for lunch. You will not want to miss this event!



May is Older Americans Month. This year's theme is "Champion Your Health." It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions to lead a healthy life. I'll BGC-ing you!

Charlyn Simpson

FRIDAY, JUN 5 • 9 AM – 3 PM

CAMP DAY AT BOHRER PARK!

Join us at Bohrer Park, 506 S. Frederick Ave., for a daylong experience of fun and connection with Rockville Senior Center members. Enjoy mini golf, a guided history walk, nature crafts, indoor games, and a drum circle to wrap us up! Light breakfast and lunch provided with turkey, chicken salad, or roasted veggie sandwich options. Transportation on your own.

**Fee { \$30 Members; \$40 Nonmembers }
... Deadline { May 27 }**

SATURDAY, JUN 20
1 – 3 PM

SAVE THE DATE: MYSTERY AUTHOR PANEL

Join us for an afternoon with mystery authors for a lively literary conversation. Light refreshments will be provided.

THURSDAY, MAY 21 • 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, MAY 5
10:30 AM – NOON

BLOOD PRESSURE SCREENING

On-site blood pressure screening with Community Angels Nursing Services.



TUESDAY, MAY 5
10:30 AM – NOON

BRAIN GAMES

Community Angels Nursing Services are available on-site.

MONDAY, MAY 11
11 AM – NOON

BIRD HOUSE PAINTING

Join us for a delightful craft painting a bright little birdhouse. This session will have your neighborhood birds chirping with joy. A quick, colorful way to welcome spring.

Fee { \$5 Members; \$8 Nonmembers }

WEDNESDAY, MAY 13
1:30 – 3 PM

RENTERS' RIGHTS AND RESOURCES

The Renters Alliance invites you to an informative presentation and discussion of renters' rights and resources, with a special focus on the needs and concerns of the growing number of seniors who rent their home.

THURSDAYS, STARTING MAY 14
12:30 PM

FARMERS MARKET

Casey Farmers Market where you will find fresh produce and other goodies. Free transportation to the market for members only.

TUESDAY, MAY 19 • 11 AM

GETTING YOUR FINANCIAL HOUSE IN ORDER

Dave Walker from Kendall Capital will share common mistakes in setting up financial accounts and how to make sure your assets are distributed as you intended.

THURSDAY, JUNE 11

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.

MONTHLY MOVIE

Thursday, May 21 • 12:30 PM

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



TECH CORNER

TUESDAY, MAY 12 • 11 AM – NOON

TECH TALK: GOOGLE WORKSPACE

Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.

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

NATIONAL CATHEDRAL FLOWER MART – FULL

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

TUESDAY, MAY 5 • 10:30 AM – 3 PM
BALTIMORE, MD

GALLOPING GOURMETS TO SABATINO'S

Located in the heart of Baltimore's famous Little Italy, Sabatino's has been serving the best Italian cuisine since 1955. This multi-award-winning restaurant is the place for classic Italian dining for all! Please bring cash.

Fee { \$20 } ... Deadline { May 1 }

SATURDAY, MAY 9 • 10 AM – 4 PM
WASHINGTON, DC

KENILWORTH PARK AND AQUATIC GARDENS

First, we will stop for lunch on your own at the Shops at Dakota Crossing. Then we will head to Kenilworth Park & Aquatic Gardens for a ranger-led talk. This is a place where beavers build their homes and turtles sleep on logs. Kenilworth is a true oasis, hidden behind trees and cattails. We will be walking outdoors. Please dress for the weather, wear comfortable shoes, and bring plenty of water to stay hydrated.

Fee { \$20 } ... Deadline { May 6 }

FRIDAY, MAY 15 • 11:15 AM – 1:30 PM
GERMANTOWN, MD

MINI – TRIP TO WALMART SUPERCENTER

Let's go shopping! The Germantown Walmart Super Store has it all. It is the place to do all your shopping. Do not miss it!

Fee { \$5 } ... Deadline { May 14 }

MONDAY, MAY 18 • 10 AM – 4:30 PM
MOUNT AIRY, MD

LINGANORE WINECELLARS

First, we will have lunch featuring Thai + American Fare at Lu and Joe's in Mount Airy. Please bring cash. Then we will visit Linganore Winery and Vineyard located on a scenic, 230-acre family farm where visitors can enjoy guided tastings in their rustic barrel room or on a fire-pit-studded patio, featuring knowledgeable educators

who share the history of this long-standing Maryland winery. Fee includes the tasting.

Fee { \$36 } ... Deadline { May 13 }

THURSDAY, MAY 21 • 10 AM – 2:30 PM
BALTIMORE, MD

YEAR OF THE DINER #10 PAPERMOON DINER

The Papermoon Diner has been a Baltimore favorite since 1994. This beloved Baltimore spot is renowned for its eclectic décor and welcoming atmosphere. It continues to be a really great place to share delicious comfort food with friends. Please bring cash.

Fee { \$20 } ... Deadline { May 18 }

TUESDAY, MAY 26 • 10 AM – 5 PM
SANDY SPRING, MD

SANDY SPRING SLAVE MUSEUM

The visit features the Sandy Spring Slave Museum & African Art Gallery in Maryland, a volunteer-led site that highlights Black history from the Middle Passage and Underground Railroad to the civil rights era. Exhibits include authentic slave cabins, a replica ship, and African art with a focus on Montgomery County's heritage. After the tour, the group will have lunch at the newly restored Olney Ale House, known for classic American comfort food like burgers, steaks, and oysters. Please bring cash.

Fee { \$33 } ... Deadline { May 20 }

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

WASHINGTON DC SIGNATURE LUNCH CRUISE – FULL

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 }

TRIPS CONTINUED

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 }

SUNDAY, JUN 28 • 12:15 PM – 6 PM
WASHINGTON, DC

“SUFFS” AT THE NATIONAL THEATER

Tony Award-winning musical “Suffs” talks about the brilliant, passionate, and funny American women who fought tirelessly for the right to vote. Created by Shaina Taub, the first woman to ever independently win Tony Awards for Best Book and Best Score in the same season, this “thrilling, inspiring and dazzlingly entertaining” (Variety) new musical boldly explores the triumphs and failures of a struggle for equality that’s far from over.
Fee { \$120 } ... Deadline { May 22 }

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.**

FRIDAY, MAY 22 • 12:30 – 1:30 PM

FRIDAY RHYTHMS BELLY DANCE

Sophianna is a DC – based Greek American professional belly dancer who performs across the area. Her style of teaching blends Egyptian and Greek belly dance with a focus on technique, musicality, and expressive movement. This beginner-friendly demo offers a lively full-body workout as you shimmy, shake, and undulate.
Fee { \$2 for Members; \$5 Nonmembers }

ACTIVITIES

MONDAYS & FRIDAYS • 12:30 PM (EXCEPT 5/8)

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.

THURSDAY, MAY 14 • 12:30 PM – 1:30 PM

MUNCH AND CHAT

"School Daze" - Memories of favorite teachers, subjects, and fashion trends of your school era. Bring your tea or coffee, and we will provide treats.

TUESDAY, MAY 19 • 12:30 – 1:30 PM

MEMBER ORIENTATION

Learn about the Center and pick up your member packet!

WEDNESDAY, MAY 20 • 11:15 AM – NOON

LOTERÍA

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

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.

Happy Mother's Day



MAY 2026

THE BENJAMIN GAITHER CENTER
gaithersburgMD.gov | 301.258.6380

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>3</p> <p>Poulet Yassa from Senegal By Elizabeth Ignacio Pinto</p> <p>This was the first dish I learned to make when I had come to live in Senegal, where my husband is from. I lived there for 40 years. It is such an easy dish and very good!</p> <p>Ingredients: Small pieces of chicken, Black pepper, Salt, all-seasoning spices, 1 tablespoon vinegar, Garlic powder, 2 to 4 onions, sliced, Juice of 4 to 6 lemons or limes (squeezed fresh), 2 tablespoons avocado oil, Water, Rice (for serving)</p> <p>Directions: Marinate the small pieces of chicken with black pepper, salt, all-seasoning spices, 1 tablespoon vinegar, and garlic powder. Slice 2 or 4 onions and place them in a medium bowl. Squeeze the juice from 4 or 6 lemons or limes just before mixing it into the dish. Put 2 spoons of avocado oil in a pan and brown the chicken pieces. When the chicken is well done, add the onions and turn them together with the chicken pieces until the onions are cooked. Pour in the lemon juice mixed with the marinade and add a little water. Cover and cook for 6 minutes. Serve with rice.</p>	<p>4</p> <p>8:30 Breakfast Club: Panera Bread 8:45 Bone Builders 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics 1 Senior Advisory Committee Meeting</p>	<p>5</p> <p>8:45 SAIL 10:15 Stretch & Strengthen 10:30 Blood Pressure Screenings 10:30 Brain Games 10:30 Galloping Gourmets: Sabatino's 11:15 Self Defense 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 AARP Board Meeting 2 Spanish Conversation Pre – Test</p>	<p>6</p> <p>9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 2 Jewelry Making</p>	<p>7</p> <p>BOOK DISCUSSION Thursday, May 14 • 2 PM “Live Right and Find Happiness (Although Beer is Much Faster)” By Dave Barry ----- Thursday, Jun 11 • 2 PM “The Hour of Land: A Personal Topography of America’s National Parks” By Terry Tempest Williams</p>	<p>8</p> <p>8:45 SAIL 10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Wedding Traditions of India 12:30 Quilting & Crafts</p>	<p>9</p> <p>9 – 11 AM Center Closed 10 Kenilworth Park and Aquatic Gardens</p>
<p>1</p> <p>8:45 SAIL 9:15 National Cathedral Flower Mart 10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo</p>	<p>2</p>					

10	11 8:45 Bone Builders 10:15 Fit 4 All 11 Bird House Painting 11:15 Everyday Agility 12:30 Memoir Writers 12:30 Bingo 12:30 Mother's Day Harp Concert 1 Drawing Beyond Basics	12 8:45 SAIL 10:15 Stretch & Strengthen 11 Tech Talk: Google Workspace 11:15 Self Defense 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 12:30 AARP Smart Driver Tek Workshop 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 5 AARP General Meeting	13 9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet 1:30 Renter's Rights and Resources	14 8:45 Bone Builders 10:15 Stretch & Strengthen 11 Fifty Favorites: Joyful Journey Through Stories 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Munch & Chat 12:30 Bridge 12:30 Farmers Market 2 Book Discussion 4 Happy Hour: Yard House	15 Personal Training 8:45 SAIL 10:15 Fit 4 All 11 Chair Yoga 11 Nature Club 11:15 Mini Trip: Walmart Supercenter 11:15 Everyday Agility 12:30 Chair Dance 12:30 Quilting & Crafts 12:30 Bingo	16 9 – 11 AM Center Closed 1 Brewed Elegance Ceylon Tea and Dance Showcase
17	18 8:45 Bone Builders 10 Langanore Winecellars 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo 1 Drawing Beyond Basics	19 8:45 SAIL 10:15 Stretch & Strengthen 11 Getting Your Financial House in Order 11:15 Self Defense 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	20 9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Loteria 11:15 Core & Stretch 12:45 Birthday Party 1 Crochet	21 8:45 Bone Builders 10 Year of Diner: Papermoon Diner 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 Monthly Movie 12:30 Farmers Market	22 8:45 SAIL 10:15 Fit 4 All 10 Welcome to CarFit 11 Chair Yoga 11 Book & Movie Meetup 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo 12:30 Friday Rhythms Belly Dance	23 9 – 11 AM Fitness Center
24	25 CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	26 8:45 SAIL 10 Sandy Spring Slave Museum 10:15 Stretch & Strengthen 11:15 Self Defense 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation	27 9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet	28 8:45 Bone Builders 10:15 Stretch & Strengthen 11 Australia: History, People, Culture, and Nature 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 12:30 Farmers Market	29 Personal Training 8:45 SAIL 10:15 Fit 4 All 10:15 DC Signature Lunch Cruise 11 Chair Yoga 11:15 Everyday Agility 12:30 Chair Dance 12:30 Quilting & Crafts 12:30 Bingo	30 9 – 11 AM Center Closed 1 Brewed Elegance Ceylon Tea and Dance Showcase
31						

FITNESS

MONDAYS & THURSDAYS, APR 13 – JUL 2

8:45 – 9:45 AM

(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, MAY 14 – JUN 25 • 11:15 AM – 12:05 PM

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 }

TUESDAYS, JUN 2 – JUN 23 • 4:15 – 5 PM

BASIC BELLY DANCING – NEW

Belly dance is a full-body, low impact exercise. Strengthen and stretch through the hips, spine, and shoulders. You will improve your range of motion and balance while strengthening the legs, core, shoulders, and arms. This is accessible to all. Modifications can be made for anyone with limited mobility. Wear something comfortable to move in. Ballet slippers or barefoot is recommended. Taught by Sophianna Apergis.

Fee { \$38 Members, \$58 Nonmembers }

THURSDAYS, MAY 14 – JUN 25 • 12:30 – 1:20 PM

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, MAY 15 – JUN 12 • 12:30 – 1:20 PM

(NO CLASS 5/22)

CHAIR DANCE – NEW

A lively chair-based seated dance class using different prompts to build coordination, flexibility and joy. Easy-to-follow, low impact movements make it energizing, safe, and accessible for all fitness levels. Taught by Becci Kimm

Fee { \$28 Members, \$38 Nonmembers }

FRIDAYS, MAY 1 – JUN 26 • 11 – 11:55 AM

(NO CLASS 6/19)

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 { \$63 Members, \$73 Nonmembers }

TUESDAYS, MAY 5 – JUN 23 • 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 Stelbourn.

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

WEDNESDAYS, MAY 6 – JUN 24 • 12:30 – 1:20 PM

(NO CLASS 5/20 & 6/17)

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 { \$42 Members, \$52 Nonmembers }

TUESDAYS, MAY 5 – JUN 9 • 11:15 AM – NOON

SELF DEFENSE – NEW

This six-week self-defense course, led by instructor Mark O'Connor, focuses on building confidence, awareness, and practical skills. Participants will learn core techniques including stances and footwork, grab avoidance, releases from various holds, and effective striking.

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

TUESDAYS & FRIDAYS, APR 14 – JUL 7 • 8:45 – 9:45 AM

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.

FITNESS

MONDAY – FRIDAY • MAY 4 – MAY 29
(NO CLASS 5/7 & 5/25)

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

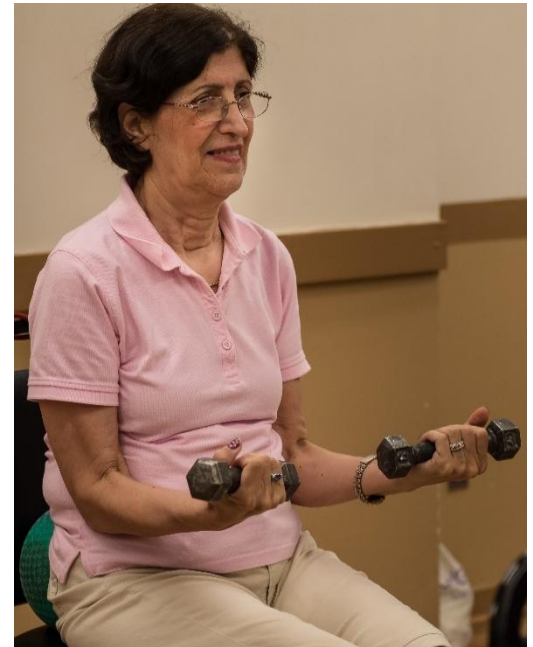


Photo: NIH

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, MAY 15 & 29

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
(NO CLASS 5/11 & 5/25)

BASIC ENGLISH CONVERSATION

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

MONDAYS, MAY 4 – JUN 15
1 – 3 PM (NO CLASS 5/25)

DRAWING BEYOND BASICS

Participants build on their drawing fundamentals through studio practice using their own photos of landscapes, still life, or portraits. The class features demos and individualized instruction. Bring your supplies. **This class is for returning students of Drawing Beyond Basics. Spots are limited, deadline to register is 5/4. 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 }**

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 }**

TUESDAY, MAY 5 • 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, MAY 12 – JUN 30
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 { \$48 Members; \$58 Nonmembers }**

TUESDAYS, MAY 12 – JUN 30
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 { \$48 Members; \$58 Nonmembers }**

THURSDAY, MAY 14 • 11 AM – NOON

FIFTY FAVORITES: A JOYFUL JOURNEY THROUGH STORIES

Storyteller Sheldon will share the most compelling insights from his ten-year journey through 50 nonfiction books, revealing the common threads that connect them and the two biggest lessons they inspired. Come be part of this lively, thought-provoking session and see what discoveries resonate with you.

CELEBRATING AMERICA'S 250TH

SUBMIT BY WEDNESDAY, MAY 6 CELEBRATE AMERICA'S 250TH THROUGH FOOD & STORY

Share a special recipe and the story behind it! As we approach America's 250th anniversary, the BGC is collecting meaningful recipes from members — family favorites, cultural dishes, or anything tied to a memory. One story will be featured each month in the newsletter, with more highlights in our e-blasts.

What to include:

- A short 3 – 4 sentence story about why the recipe matters to you
- An ingredient list with standard measurements
- Simple step-by-step directions
- A photo of the dish (if you have one – that was taken by you!)

Deadline: Wednesday, May 6
Email your recipe, story, and photo to lilly.najafzadeh@gaitersburgmd.gov.

NATURE CLUB

FRIDAY, MAY 15 • 11 AM – NOON

NATURE CLUB – MONTHLY MEETING

THURSDAY, MAY 28 • 11 AM – NOON

AUSTRALIA: HISTORY, PEOPLE, CULTURE, AND NATURE'S BEAUTY

Join Kate Mackowiak as she shares her insights to Australia! Australia is a breathtaking natural beauty making it one of the world's most unforgettable travel destinations. From its remarkable wildlife, both the famously cuddly and the wonderfully unique — to lush rainforests and rugged landscapes, the country offers something for every nature lover.

AARP

Tuesday, May 5, 2 p.m. – Board Meeting at the Center.

Tuesday, May 12, 5 p.m. – General meeting at BGC – Musical performance by Rae Tsai and Leo Wermers.

5:45 p.m. Business meeting

6 p.m. – Dinner – Jersey Mike's subs. Cost is \$15. Please contact Claudette Lease (301-793-1872) to reserve dinner by May 9. The cost is \$15

Tuesday, May 19, 1 p.m. – Chat and chew at Long Horn.

All meetings are available in person and on zoom.

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

TUESDAY, MAY 12 • 12:30 – 2 PM

AARP – SMART DRIVER TEK WORKSHOP

Join a FREE workshop to learn about the latest high-tech safety

features in your current or future car – including how they work and how they can make driving safer and more enjoyable. Instructor: Michael Ackerman.

TUESDAY, JUN 2 • 10 AM – 3 PM

AARP – SMART DRIVER COURSE

This class helps refresh safe-driving knowledge and includes a lunch break. Check with your insurance provider about possible discounts from the completion certificate. Sign up at the front desk or call 301-258-6380. Cost: \$20 for AARP members, \$25 for non-members, payable to instructor Nina Uzick. Cash or check only.

EN ESPAÑOL

VIERNES, MAY 8 • 12:30 – 2 PM

BODAS TRADICIONES DE LA INDIA

Una vibrante experiencia cultural para celebrar la herencia asiática-estadounidense, destacando los estados de Andhra Pradesh, Bengala, Gujarat y Punjab. Exploraremos sus costumbres, rituales y datos curiosos, además de las hermosas similitudes entre sus tradiciones nupciales. Aprenda unos pasos de Garba, disfrute música animada y saboree una degustación de comida tradicional preparada por nuestro maravilloso comité de voluntarios. Evento es gratuito, se requiere inscripción.

LUNES, MAY 11 • 12:30 – 1:45 PM

CONCIERTO DE ARPA PARA EL DIA DE LAS MADRES

¡Disfrute de un concierto de arpa con Judy Mostyn White, deleitándolos con música de 14 países en celebración el día de las madres!

Costo { Gratis para miembros; \$8 para no miembros}

VIERNES, MAY 15 • 11:15 AM – PM
GERMANTOWN, MD

MINI PASEO A WALMART

¡Vámonos de compras! Visitaremos la tienda de Walmart que lo tiene de todo. No se lo puede perder. Costo \$5 ... Fecha límite mayo 14

WEDNESDAY, MAY 20 • 11:15 AM – NOON

LOTERÍA

Disfrute de un divertido juego de lotería Mexican. \$2.

VIERNES, MAY 22 • 10 AM – 2 PM

BIENVENIDOS A CARFIT

Hay mucho más para conducir seguramente. El ajuste adecuado de su vehículo es una parte importante de conducir. El programa educativo CARFIT, desarrollado por AARP y la Asociación Americana de Terapia Ocupacional, ofrece recursos sobre cómo mejorar su posición en el asiento del conductor.

Expertos estarán en el centro para ayudarlo a mejorar su comodidad, seguridad y ajuste dentro de su vehículo. Cupo limitado. Favor de inscribirse en la recepción o llamar al 301-258-6380. GRATIS.

JUEVES, MAY 28 • 12:30 - 1:30 PM

COMO PROTEGER SU INFORMACION PERSONAL EN LINEA

En esta presentación, aprenderá los pormenores de cómo proteger su información personal en línea. Exploraremos tácticas para mantenerse seguros en el ciberespacio, cómo navegar sitios de web de una manera segura, cómo reconocer estafas del internet, y entender cuándo es apropiado o no compartir su información personal en línea.

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

CURRENT RESIDENT OR

City Manager
Taniisha 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

MAY 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>			
	19865	Bone Builders (No Class: 5/7 & 5/25)	Apr 13 – Jul 2	M & Thu	N/A
	19867	SAIL – <i>NEW</i>	Apr 14 – Jul 7	Tu & Fri	N/A
	19979	Chair Yoga (No class: 6/19)	May 1 – Jun 26	Fri	\$63
	19981	Hybrid Exercise Package (No class: 5/7 & 5/25)	May 4 – May 29	Mon–Fri	\$25
	19982	Drawing Beyond Basics (No class 5/25)	May 4 – Jun 15	Mon	\$75
	19978	Self Defense - <i>NEW</i>	May 5 – Jun 9	Tue	\$42
	19980	Hatha Yoga	May 5 – Jun 23	Tue	\$75
	19977	Line Dance – Party Favorites (No Class: 5/20 & 6/17)	May 6 – Jun 24	Wed	\$42
	19983	Basic Spanish Conversation	May 12 – Jun 30	Tue	\$48
	19984	Beyond Basics Spanish Conversation	May 12 – Jun 30	Tue	\$48
	20107	Ballet for Fitness	May 14 – Jun 25	Thu	\$62
	20108	Broadway Beats	May 14 – Jun 25	Thu	\$63
	20111	Chair Dance (No class: 5/22) - <i>NEW</i>	May 15 – Jun 12	Fri	\$28
	20109	Basic Belly Dancing - <i>NEW</i>	Jun 2 – Jun 23	Tue	\$38
		<u>Activities</u>			
	19868	Memoir Writer Club	Apr 13 & May 11	Mon	\$10
	19869	Jewelry Making	May 6	Wed	\$18
	19842	Wedding Traditions of India	May 8	Fri	N/A
	20103	Mother’s Day Harp Performance	May 11	Mon	N/A
	20129	Bird House Painting	May 11	Mon	\$5
	20105	Friday Rhythms – Belly Dancing	May 22	Fri	\$2
	20112	Brewed Elegance: Ceylon Tea and Dance Showcase	May 30	Sat	\$20
	20106	Camp Day at Bohrer Park	Jun 5	Fri	\$30
		<u>Trips</u>			
	19858	National Cathedral Flower Mart – <i>FULL</i>	May 1	Fri	\$20
	20098	Gallopig Gourmets to Sabatino’s	May 5	Tue	\$20
	19973	Kenilworth Park and Aquatic Gardens	May 9	Sat	\$20
	20099	Mini-Trip to Walmart Supercenter	May 15	Fri	\$5
	20100	Linganore Winecellars	May 18	Mon	\$36
	20101	Year of the Diner #10 Papermoon Diner	May 21	Thu	\$20
	20102	Sandy Spring Slave Museum	May 26	Tue	\$33
	19859	Washington DC Signature Lunch Cruise- Full	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
	19974	“Suffs” at the National	Jun 28	Sun	\$120

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: _____

ACTIVE AGING EXPO 2026

GAITHERSBURG, MARYLAND

Thursday, May 7 | 9 AM – 2 PM

Activity Center at Bohrer Park

506 South Frederick Ave., Gaithersburg, MD 20877

For more information call 301-258-6380



TIME	CLASS DEMOS AND ENTERTAINMENT (Main Gym)
9:30 AM	Stay Independent and Active for Life (SAIL): Experience strength, balance, and fitness exercises designed for adults 65+. This demo features balance exercises for stability, strength movements to build muscle, and flexibility stretches for mobility. Led by Nancy Kriz.
9:50 AM	Core & Stretch (Seated): The demo alternates between Pilates-inspired toning exercises and Yoga-inspired stretches. Led by Denise Mornini
10:10 AM	Belly Dance: Come shimmy, shake, and undulate in this beginner friendly demo. Experience a low-impact workout that strengthens and stretches your hips, spine, and shoulders. Led by Sophianna Apergis.
10:30 AM	Line Dance: Learn a classic party line dance! No experience is needed. Led by Robin Marshall.
10:50 AM	Maryland Senior Olympics: The Maryland Senior Olympics invites you to join us for a cornhole demonstration. Come play, meet our athletes, and learn about the Maryland Senior Olympics and why our motto is "To Participate is to Win!"
11:10 AM	Chair Dance: A lively chair-based dance session using scarves to build coordination, flexibility, and joy. Easy-to-follow, low-impact movements make it accessible for all fitness levels. Led by Becci Kim.
11:30 AM	Boxing for Older Adults: Experience how boxing can sharpen the body and the mind. This engaging, low-impact demonstration introduces older adults to simple boxing combinations that support balance, strength, and mobility while also stimulating cognitive health. By Moufty Lawani, Wellbeing Manager
11:50 AM	S3 Balance System: The S3 Balance system is a portable, all-in-one standing, strengthening, and transfer device designed to reduce falls and improve stability in seniors and patients. The system features a 270-degree handlebar, non-skid base, and resistance band hooks, it acts as a safe, self-spotting tool for rehabilitation and exercise. It is used for balance, strength, and flexibility, training, as well as a safe transfer tool to reduce caregiver strain. By James Warner- Senior Wellbeing Professional
12:10 PM	Everyday Agility: Mobility, strength, and flexibility demo to support healthy aging. Gentle movements enhance joint motion, functional strength, and balance while reducing stiffness. Feel stronger, more flexible, and confident in everyday life. Led by Sandy Menzies.
12:30 PM	An Introduction to Taiko, the Art of Japanese Drumming: Join Mark H Rooney for an interactive taiko experience featuring powerful traditional and contemporary drumming. Participants will explore the instruments, learn about taiko's history and Japanese vocabulary, and discover how voice and rhythm work together. Attendees even get the chance to try playing these BIG drums themselves!

Presented by
City of
Gaithersburg



Sponsored by



THANK YOU!

TIME	GAMES (Activity Room A)
9:30 AM	International Games: Rummikub (Eastern Europe), Dominoes (Cuba/China), Mancala (Africa), & Carrom (India)

TIME	ARTS & CRAFTS (Activity Room B)
9:30 AM	Flower Pounding: Celebrate the vibrant colors of spring in this hands-on activity. We'll provide the materials; you provide the muscle as we use a mallet to transfer the natural dyes found in flowers and leaves to small pieces of paper. Expect some noise as we hammer away! Led by BGC Nature Club.
10:15 AM	Origami Envelopes: Join in the art of making Origami envelopes. Creating any ordinary paper into art! Led by Cecilia Lockhart.
11 AM	Creative Writing: We nourish our bodies with food, strengthen them with exercise, and stay social through activities. But what about our brains? Learn to preserve your stories for family while improving memory, recall, and focus. Build your Cognitive Reserve through writing and sharing with fellow writers. Led by Dr. Revathi Vikram.
11:45 AM	Food Demo - Purple Sensation Salad: Join nutrition expert Yevgeniya (Jenny) Libkhen as she whips up her vibrant "Purple Sensation Salad," a zesty mix of beets, carrots, apples, and lemon packed with antioxidants and fiber. A quick, delicious boost for any meal!



HEALTH SCREENINGS
(Main Gym)
9:00 AM – 2:00 PM

CCACC HEALTH
Blood Pressure, Glucose,
Mental Health, and
Bone Density

SAFEWAY PHARMACY
Vaccines
Pneumococcal, Shingles,
RSV, Tdap, Hepatitis B,
and COVID
(Please bring your
insurance card)

TIME	EDUCATIONAL TALKS (Activity Room C)
9:30 AM	Senior Planet: Curious about what smartphones can do and why they've grown so popular? Come to this quick introductory lecture. Learn about popular smartphones on the market and some of their pros and cons. We'll compare and contrast two of the most popular operating systems: Android and Apple's iOS. Led by Zoe Byington.
10:15 AM	From Reflection to Connection: A Simple Gratitude for Living Well Together: Discover how simple daily gratitude practice can brighten your days, strengthen your relationships, and bring your community closer together. In this interactive session, you'll learn practical tools to reflect and share appreciation, turning everyday moments into opportunities for joy and connection. What you'll take away: a) Easy daily gratitude practices for happier, healthier life b) Ways to connect more deeply with others through appreciation and Mindful reflection techniques to savor life's small joys. Led by Belinda Degboe.
11 AM	Gaithersburg Community Museum: Telling Family Stories – Karen Yaffe Lottes, Program Coordinator at the Gaithersburg Community Museum, will lead a discussion on how to save your family stories.
11:45 AM	Three Quick Life Saving Tips for Seniors of All Ages: Montgomery County Police (MCP) Community Services Officer Melanie Romano from the 6th District Station and Lieutenant Irvin Smith from Montgomery County Fire and Rescue Service (MCFRS) will present a stimulating and motivating program where attendees will learn ways to prevent life threatening injuries and safely deal with them if they occur. Gun Locks: Officer Romano will discuss and demonstrate many ways to keep weapons stored safely. Stop-the-bleed and Hands-only CPR: Lt. Smith will provide a demonstration on how you can save a life from severe wounds, heart attacks, or other causes.

Walk In History at Bohrer Park!

Step back in time on an informative 40-minute walk along the paved paths of beautiful Bohrer Park at Summit Hall Farm. Visit Gaithersburg's oldest structure, learn about the property during the Civil War, see remnants of its life as a commercial turf farm, and discover a hidden cemetery.

Walks starts promptly at: 10:30 AM and 11:30 am at the Mayor Ed Bohrer Statue at the entrance of the Activity Center. Sponsored by BGC Nature Club.