



THE CENTER POST

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

MONDAY, JUN 1 • 4 PM

HAPPY HOUR

Mayan Monkey Brewing Co., 227 E. Diamond Ave., this lively destination offers a unique fusion of cultural authenticity and modern craft creativity, featuring everything from crispy fish tacos to flavorful chicken Tinga. Pay on your own.

TUESDAY, JUN 9 • 8:30 AM

BREAKFAST CLUB

Join us at Ted's Bulletin, 220 Ellington Blvd., to indulge in breakfast favorites like the decadent Mixed Berry Ricotta Pancakes or grab a Denver Omelet for a satisfying bite. Pay on your own.

FRIDAY, JUN 26 • 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 }



SATURDAY, JUN 20 • 1 – 3 PM

MYSTERY AUTHOR PANEL

Join us for an afternoon of intrigue with four brilliant mystery authors who know exactly how to keep you guessing. Jennifer Van der Kleut, Christina Kovacs, Johanna Copeland, and Aggie Blum Thompson will share secrets from their craft in a lively literary conversation you won't want to miss. Plus: light refreshments, door prizes, and the chance to meet the minds behind the mysteries. **Sign up at the front desk or call 301-258-6380.**

THURSDAY, JUN 25 • 5 – 7 PM

STAYIN' ALIVE! '70S DINNER & DANCE

Get ready to boogie! Join us for our summertime Dinner & Dance at the Center. Expect disco, Motown, classic 70's pop, and all the hits that defined a decade. DJ, Darrin Carter, will keep the dance floor alive. Dinner includes pasta primavera (veggie), seafood paella, seafood Newburg, macaroni salad, green beans and carrots, dinner rolls, double chocolate cake, and ambrosia salad. We welcome all you cool cats to dress as your favorite 70's icons or on theme if you'd like. Don't forget to bring your best moves, this is one groovy night you won't want to miss. This event is co-sponsored by the Benjamin Gaither Center and Sunrise at Montgomery Village.

Fee { \$18 Members; \$28 Nonmembers }

BENJAMIN GAITHER CENTER

opens

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

**Center Closed
Friday, June 19**

FITNESS CENTER

hours

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

FROM OUR STAFF

WEDNESDAY, JUN 17 • 12:45 PM

BIRTHDAY PARTY

- 1 Tony Brown
- 2 Sadhana Mazumdar
- 4 Mary Brodeur
- 5 Ronald Mesnard, Gerri Price
- 8 Katie LaBiche
- 9 Thomas Altvater
John Marchetti
- 11 Jim Wright
- 12 Terry Ng
- 15 Lucine Terezian
- 18 Robert Jones
- 19 Zita Tepie, Denise DuPree-Jones,
Dawn Downey
- 20 Gail Unterberger, Richard Twyman
- 25 Sarabeth Smetzer
- 26 Mariann Carmody, Margaret
Finkenhofner
- 28 Haydee Diaz

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

Summer has arrived, and the BGC has plans to make this one of our coolest summers yet! I encourage you to sign up early for the Stayin Alive Dinner Dance Party! It will fill up fast. Many thanks to Sunrise of Montgomery Village for making this dinner party both delicious and affordable! Speaking of keeping cool, don't let the heat derail your exercise routine. Join us at the BGC for one of our many different exercise classes. We will have the air conditioner on and plenty of ice cold water to keep you hydrated. Speaking of exercise, if you are able, please park as far away from the front entrance as you can. You will add a few extra steps to your routine and you will allow more up close parking for those who need it.



I'll B-G-C-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 }

TUESDAY, JUN 30

11 AM – NOON

SMOOTHIES WITH POLICE

It is summer, and that means it's time for a smoothie! Officer Kramer and her colleagues will be at the Center to make smoothies just for you. Come by and spend some time with our friendly neighborhood police officers. Free. **Sign up at the front desk or call 301-258-6380 to reserve your seat.**

THURSDAY, JUN 18 • 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, JUN 2
10:30 AM – NOON

BLOOD PRESSURE SCREENING

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



TUESDAY, JUN 2
10:30 AM – NOON

MEMORY CARE

Community Angels Nursing Services are available on-site.

TUESDAY, JUN 23
11AM – NOON

ALZHEIMER'S DEMENTIA AND AGITATION

Join Visiting Angels for an informative discussion about Alzheimer's dementia and the agitation that can occur with dementia caused by Alzheimer's disease. Agitation related to Alzheimer's dementia is one of the most persistent and distressing behavioral conditions individuals and caregivers may face.

THURSDAYS • 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.

THURSDAY, JUN 11

PODIATRY CLINIC

Dr. Sharma from Maple Springs Foot Center will see 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, Jun 4 • 12:30 PM

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



BOOK DISCUSSION

Thursday, Jun 11 • 2 PM

"The Hour of Land: A Personal Topography of America's National Parks"
By Terry Tempest Williams

Thursday, Jul 9 • 2 PM

"The Third Grave"
By Lisa Jackson

TECH CORNER

TUESDAY, JUN 9 • 11 AM – NOON

TECH TALK: UNDERSTANDING FRAUD & SCAMS

The ability to spot a scam is an essential digital skill. In this lecture, we'll review common scams, offer tips for avoiding them, and cover what to do if you get scammed. We'll examine sample emails, texts, and deepfakes to see how AI increases the spread and complexity of scams, plus share resources for staying informed.

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@gaitthersburgmd.gov.

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

“WIZARD OF OZ” AT TOBY’S – FULL

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

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

MONDAY, JUN 8 • 9:20 AM – 4:15 PM
VIENNA, VA

MEADOWLARK BOTANICAL GARDENS

Meadowlark Botanical Gardens spans 95 acres of lush landscapes and vibrant blooms. Our visit begins with a 75-minute guided walking tour from the Visitor Center, where we’ll learn about the garden’s history, plant collections, conservation efforts, and the notable Korean Bell Garden. After the tour, you’ll have free time to explore on your own before we depart for lunch at Anita’s Mexican Restaurant. Please bring cash. Dress for the weather – wear walking shoes and bring a water bottle.

Fee { \$30 } ... Deadline { Jun 4 }

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

“THE MOTION” AT ARENA STAGE – FULL

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

FRIDAY, JUN 12 • 8:30 AM – 12:45 PM
SILVER SPRING, MD

JAZZY FATHER’S DAY BRUNCH AT WHITE OAK COMMUNITY CENTER

Let’s visit White Oak Community Center and enjoy a Jazzy Father’s Day Celebration filled with great music, dancing, and a delicious full brunch! Enjoy a hearty spread featuring home fries, pork and turkey sausage, fresh fruit, made-to-order omelets and waffles with toppings, assorted breakfast breads and muffins, plus juice, coffee, and water. To make the day even more special, every man will receive a gift.

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

SUNDAY, JUN 14 • 10 AM – 3:15 PM
THURMONT, MD

2026 MARYLAND LAVENDER FESTIVAL AT SPRING FIELD MANOR

Enjoy a full day in the lavender fields featuring stunning views, unlimited lavender lemonade, tastings of handcrafted spirits including Lavender Gin and Lavender Vodka, and access to the fields for photos and relaxation. The festival includes more than 70 craft vendors, food trucks, live music, photo stations,

demonstrations, educational seminars, and hands-on activities such as making your own bath salts, watercolor painting, and sampling lavender hydrosol. This event is held rain or shine. Dress for the weather and wear walking shoes.

Fee { \$48 } ... Deadline { Jun 11 }

TUESDAY, JUN 16 • 11 AM – 2:30 PM
LJAMSVILLE, MD

GALLOPING GOURMETS TO URBANA LODGE

Come and enjoy a cozy lunch at The Urbana Lodge! Savor delicious burgers, ribs, and craft drinks in a warm, rustic cabin-themed setting with friends. Please bring cash.

Fee { \$20 } ... Deadline { Jun 12 }

MONDAY, JUN 22 • 10 AM – 2:30 PM
ALEXANDRIA, VA

YEAR OF THE DINER #11 EXECUTIVE DINER

Join us for a relaxing lunch at The Executive Diner, A full-service diner providing a wide range of American diner style cuisine using fresh ingredients and meals cooked to order. It’s the perfect spot to enjoy great conversation and a wonderful meal together. Please bring cash.

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

WEDNESDAY, JUN 24 • 9:15 AM – 4:30 PM
BALTIMORE, MD

HISTORIC SHIPS IN BALTIMORE

We will meet our guide for the tour at the Constellation Museum Building. The guided tour will enable us to walk the decks, learn the ropes, live the life while experiencing 19th century life at sea with one of the most impressive collections of military vessels in the world. Do not forget to get a glimpse of the Tall Ships in the inner harbor that has arrived for the “Sail 250” Maryland Airshow during your visit. Afterwards, we will go to lunch at Mo’s Seafood where they are a local staple famous for massive jumbo lump crab cakes and hearty Maryland-style platters. Please bring cash.

Fee { \$45 } ... Deadline { Jun 18 }

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

“SUFFS” AT THE NATIONAL THEATER – FULL

Fee { \$120 } ... Deadline { May 22 }

TRIPS CONTINUED

**MONDAY, JUN 29 • 9:20 AM – 4:15 PM
LAUREL, MD**

MONTPELIER ART CENTER & MANSION VISIT

You'll start your visit at the Montpelier Art Center and the historic Montpelier Mansion, where guided tours will be provided. The mansion sits on former plantation land, while the Art Center has been a community arts hub for more than 40 years. After the tours, you'll have free time to explore. Note that the Art Center is fully ADA accessible, but the mansion's second floor is only reachable by stairs. After the visit, the group will go to Teppanyaki Grill for a late lunch. Please bring cash.

Fee { \$30 } ... Deadline { Jun 23 }

**WEDNESDAY, JUL 1 • 10 AM – 4:30 PM
FOREST HEIGHTS, MD**

MGM NATIONAL HARBOR CASINO

In addition to enjoying over 2,200 gaming machines, July's MGM National Harbor's conservatory will showcase inspiring art, colorful flora and intricate decorative elements honoring the nation's 250th anniversary. Lunch on your own at a nearby restaurant.

Fee { \$20 } ... Deadline { Jun 29 }

BGC SCHOLARSHIP PROGRAM

The Benjamin Gaither Center Scholarship Program helps qualifying members access wellness and community programs regardless of residency status. Members enrolled in programs like SNAP, Medicaid, or energy assistance can receive help paying for memberships, fitness classes, programs, and trips, up to \$100 annually. Individuals must apply on a case-by-case basis. This ensures everyone in our community can stay active, engaged, and connected. For details and questions, contact Charlyn at charlyn.simpson@gaithersburgmd.gov or call 240-805-1578

SUPPORT THE PROGRAM

Your donation helps neighbors access the resources they need to thrive. To contribute or for questions, contact Charlyn at charlyn.simpson@gaithersburgmd.gov or call 240-805-1578.

ACTIVITIES

**MONDAYS & FRIDAYS • 12:30 PM
(EXCEPT 6/19)**

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

(EXCEPT 6/19)

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, JUN 18 • 12:30 – 1:30 PM

MEMBER ORIENTATION

Learn about the Center and pick up your member packet!

TUESDAY, JUN 23 • 12:30 – 1:30 PM

MUNCH AND CHAT

Reading is FUNdamental. Share your favorite book to the Munch and Chat group. Bring your tea or coffee, and we will provide treats.

WEDNESDAY, JUN 17 • 11:15 AM – NOON

LOTERÍA


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



JUNE 2026

THE BENJAMIN GAITHER CENTER
gaithersburgMD.gov | 301.258.6380

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 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 4 Happy Hour: Mayan Monkey	2 8:45 SAIL 10 AARP Smart Driver Course 10:15 Stretch & Strengthen 10:30 Blood Pressure Screenings 10:30 Memory Care 11:15 Self Defense 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 4:15 Basic Belly Dancing	3 9:30 CCACC Connections & Digital Discovery 9:30 “Wizard of Oz” at Toby’s 10:15 Fit 4 All 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet	4 8:45 Bone Builders 10:15 Stretch & Strengthen 11 Unfinished Dream of Nuwaragala 11:15 Club de la Amistad 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Monthly Movie 12:30 Bridge 12:30 Farmers Market	5 8:45 SAIL 9 Camp Day at Bohrer Park 10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Chair Dance 12:30 Quilting & Crafts 12:30 Bingo	6 9 – 11 AM Fitness Center
7	8 8:45 Bone Builders 9:20 Meadowlark Botanical Gardens 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Memoir Writers 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics	9 8:30 Breakfast Club: Ted’s Bulletin 8:45 SAIL 10:15 Stretch & Strengthen 11 Tech Talk: Understanding Fraud & Seams 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 4:15 Basic Belly Dancing 5 AARP General Meeting	10 9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 10:30 “The Motion” at Arena Stage 11 Money Matters with Senior Planet 11:15 Core & Stretch 12:30 Line Dance 1 Crochet	11 Podiatrist Today 8:45 Bone Builders 10:15 Stretch & Strengthen 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Bridge 12:30 Farmers Market 2 Book Discussion	12 Personal Training 8:30 Jazzy Father’s Day Brunch at White Oak 8:45 SAIL 10:15 Fit 4 All 11 Chair Yoga 11:15 Everyday Agility 12:30 Chair Dance 12:30 Quilting & Crafts 12:30 Bingo	13 9 – 11 AM Fitness Center

14	15	16	17	18	19	20
10 Lavender Festival at Spring Field Manor 8:45 Bone Builders 10:15 Fit 4 All 11 World Cup Day 11:15 Everyday Agility 12:30 Bingo 12:30 Basic English Conversation 1 Drawing Beyond Basics	8:45 SAIL 10:15 Stretch & Strengthen 11 Galloping Gourmets: Urbana Lodge 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 4:15 Basic Belly Dancing	9:30 CCACC Connections & Digital Discovery 10:15 Fit 4 All 11:15 Core & Stretch 11:15 Loteria 12:45 Birthday Party 1 Crochet	8:45 Bone Builders 10:15 Stretch & Strengthen 10:30 Senior Information 11:15 Ballet for Fitness 12:30 Broadway Beats 12:30 Member Orientation 12:30 Bridge 12:30 Farmers Market	9 – 11 AM Fitness Center 1 Mystery Author Panel	CLOSED IN OBSERVANCE OF JUNETEENTH	9 – 11 AM Fitness Center 1 Mystery Author Panel
21	22	23	24	25	26	27
	8:45 Bone Builders 10 Year of the Diner: Executive Diner 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo	8:45 SAIL 10:15 Stretch & Strengthen 11 Alzheimer's Dementia and Agitation 11:15 Play Ping Pong 12:30 Hatha Yoga 12:30 Munch & Chat 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation 4:15 Basic Belly Dancing	9:15 Historic Ships in Baltimore 10:15 Fit 4 All 11:15 Core & Stretch 12:30 Line Dance 1 Crochet	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 Farmers Market 5 Stayin' Alive! 70S Dinner & Dance	Personal Training 8:45 SAIL 10:15 Fit 4 All 11 Nature Club 11 Chair Yoga 11:15 Everyday Agility 12:30 Quilting & Crafts 12:30 Bingo 12:30 Friday Rhythms Line Dance	Fitness Center Closed
28	29	30	AUNT RUTH'S PARSLEY RING			
12:15 "Suffs" at the National Theater 8:45 Bone Builders 9:20 Montpelier Art Center & Mansion 10:15 Fit 4 All 11:15 Everyday Agility 12:30 Basic English Conversation 12:30 Bingo	8:45 SAIL 10:15 Stretch & Strengthen 11 Smoothies with Police 11:15 Play Ping Pong 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation	8:45 SAIL 10:15 Stretch & Strengthen 11 Smoothies with Police 11:15 Play Ping Pong 12:30 Bridge 2 Beyond Basic Spanish Conversation 3 Basic Spanish Conversation	By Gail Hornig 1 Bunch Parsley, 1 Medium Onion, 1 Medium Green Pepper, 1 Can Tomato Soup, 1 Large Cream Cheese, 2 T Mayo, 2 Packages of Knox Gelatin Dissolve Knox in 1/4 – 1/2 Cup cold water Heat Soup to boil. In a food processor (or blender) grind Parsley, Onion, and Green Pepper. Then add remaining ingredients - chop to fine Pour into a greased mold and refrigerator. This recipe has been passed by my grandmother to her daughter, Ruth. After my Aunt Ruth passed away everyone tried to duplicate the recipe but with no success. Well, I tried and it was a success! So now I am in charge to make the Parsley Ring for all family get togethers.			
						

FITNESS

MONDAYS & THURSDAYS, APR 13 – JUL 2
8:45 – 9:45 AM

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

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 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
(NO CLASS 6/19)

STAY ACTIVE AND INDEPENDENT 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 • JUN 1 – JUL 2
(NO CLASS 6/19)

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, JUN 12 & 26

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, MAY 4 – JUN 15

1 – 3 PM

DRAWING BEYOND BASICS – FULL

MONDAYS, JUN 8 & AUG 10
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 }

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 }

NATURE CLUB

FRIDAY, JUN 26 • 11 AM – NOON

NATURE CLUB – MONTHLY MEETING

THURSDAY, JUN 4 • 11 AM – NOON

UNFINISHED DREAM OF NUWARAGALA: A CITY THAT NEVER CAME TO BE

Join Channa Aluvihare on a captivating journey into the heart of Sri Lanka's ancient past. Venture into Nuwaragala, an unexcavated archeological treasure hidden in the forests of the Ampara District, Eastern Province. Dating back over two millennia (200 BCE – 100 BCE), this mysterious mountaintop outpost showcases the ambitions of a city that was planned but never realized. Explore the untouched ruins, unravel forgotten engineering marvels, and discover how history was frozen before it could unfold. Free. Signup at the front desk or call 301-258-6380.

CELEBRATING AMERICA'S 250TH

SUBMIT BY MONDAY, JUN 8

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: Monday, Jun 8

Email your recipe, story, and photo to lilly.najafzadeh@gaitersburgmd.gov

MONDAY, JUN 15 • 11 – 12 PM

WORLD CUP DAY

Join us for an exciting World Cup Activity Day featuring safe chair soccer activities, and friendly tournament trivia! It is the perfect opportunity for seniors to celebrate the spirit of the games, stay active, and connect with friends.

Tuesday, Jun 2, 2 PM – Board Meeting at the Center.

Tuesday, Jun 9, 5 PM – General meeting at BGC – Cindy Stone will speak on the nursing profession and how we can help nurses.

5:45 PM Business meeting
6 PM – Dinner – Woodside Deli.
Cost is \$15. Please contact Claudette Lease (301-793-1872) to reserve dinner by June 6.

Tuesday, Jun 16, 1 PM – Chat and chew at La Mexicana. Please contact Nancy Dols.

(nancydols17@gmail.com)

Service Project – Food Drive June 1 – 15. Please bring donations to the BGC. GaithersburgHub will receive the donations.

All meetings are available in person and on zoom.

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

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

LUNES, JUN 15 • 11 AM – 12 PM
COPA MUNDIAL

Acompañenos a celebrar la Copa Mundial con soccer en silla y trivia divertida. ¡Una manera perfecta para entrar en la emoción del Mundial!

MIERCOLES, JUN 17 • 11:15 AM – NOON

LOTERÍA

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

MIERCOLES, JUN 24
9:15 AM – 4:30 PM
BALTIMORE, MD

HISTORICOS BARCOS EN BALTIMORE

Nos encontraremos con nuestro guía para comenzar un recorrido por el Museo Constellation. Durante el tour guiado podemos caminar sobre las cubiertas, aprender sobre los sistemas de cuerdas y conocer la vida marítima en el siglo XIX a través de una impresionante colección de naves militares del históricas. No olvide de estar atento de las grandes embarcaciones en la bahía que han llegado para celebrar “Navegación 250” parte del espectáculo de aéreo Maryland. Almorzaremos en Mariscos Mo’s, conocido por sus enormes *crab cakes* y otros platillos emblemáticos de Maryland. Traiga efectivo.

Costo {\$45 ... Fecha límite june 18}

JUEVES, JUN 25 5 – 7 PM
CENA BAILE DE LOS 70’S

¡Prepárese para bailar al ritmo de los 70’s! Acompañennos en nuestro Cena-Baile de verano. Con música y ambiente de los 70’s. Venga vestido de esta época para mejor ambiente y sus mejores pasos. Se requiere registración

Costo {\$18 para miembros; \$28 para no miembros}

MIERCOLES, JUL 1 • 10AM – 4:30PM
FOREST HEIGHTS, MD
MGM NATIONAL HARBOR CASINO

"Además de disfrutar de más de 2,200 máquinas de juego, este mes

el conservatorio del Puerto Nacional de MGM exhibirá arte inspirador, flora colorida y elementos decorativos intrincados en honor al 250 aniversario de la nación. Almuerzo por su cuenta en un restaurante cercano."

Costo \$20 ... Fecha límite junio 29

LUNES , JUL 6 – AGO 24 • 10 AM – 12 PM

CUESTIÓN DE EQUILIBRIO

¿Evita ciertas actividades por miedo a caerse? No esta solo y puedes hacer algo al respecto. Cuestión de equilibrio es un programa reconocido a nivel nacional diseñado para reducir el miedo a las caídas y ayudar adultos mayores a mantenerse activos, independientes y comprometidos en su bienestar. Este programa gratuito de ocho sesiones es ideal para adultos preocupados por caídas, que sean caído anteriormente o que simplemente desean mejorar su fuerza, equilibrio y confianza. Cada sesión dura dos horas y será una vez a la semana. Interesados favor de llamar a 240-805-1576 con Lori Liceaga o anotarse en la recepción. Este curso será exclusivamente en español, cupo limitado.

MARTES, JUN 30 11 – 12 PM
BATIDOS CON LA POLICIA

¡Ya llegó el verano, eso significa es época de batidos! La Oficial Kramer junto con sus compañeros estarán en el centro para crear batidos justos para usted. Venga y pasé un tiempo en compañía de los amigables oficiales de nuestra comunidad.

Favor de inscribirse en la recepción o llamar al 301-258-6380. GRATIS.

**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

JUNE 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 - FULL	Apr 13 – Jul 2	M & Thu	N/A
	19867	SAIL – <i>NEW</i> (No Class 6/19)	Apr 14 – Jul 7	Tu & Fri	N/A
	19979	Chair Yoga (No class: 6/19)	May 1 – Jun 26	Fri	\$63
	19982	Drawing Beyond Basics - FULL	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: 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 - <i>NEW</i>	May 15 – Jun 12	Fri	\$28
	20253	Hybrid Exercise Package (No class: 6/19)	Jun 1 – Jul 2	Mon–Fri	\$25
	20109	Basic Belly Dancing - <i>NEW</i>	Jun 2 – Jun 23	Tue	\$38
		<u>Activities</u>			
	20106	Camp Day at Bohrer Park	Jun 5	Fri	\$30
	20251	Memoir Writers Club	Jun 8 & Aug 10	Mon	\$10
	20252	Stayin’ Alive! ‘70s Dinner & Dance	Jun 25	Thu	\$18
	20250	Friday Rhythms – Line Dance	Jun 26	Fri	\$2
		<u>Trips</u>			
	19860	“Wizard of Oz” at Toby’s – FULL	Jun 3	Wed	\$99
	20238	Meadowlark Botanical Gardens	Jun 8	Mon	\$30
	19866	“The Motion” at Arena Stage – FULL	Jun 10	Wed	\$68
	20239	Jazzy Father’s Day Brunch at White Oak Community Center	Jun 12	Fri	\$20
	20240	Lavender Festival at Spring Field Manor	Jun 14	Sun	\$48
	20245	Gallopings Gourmets to Urbana Lodge	Jun 16	Tue	\$20
	20246	Year of the Diner #11 Executive Diner	Jun 22	Mon	\$20
	20249	Historic Ships in Baltimore	Jun 24	Wed	\$45
	19974	“Suffs” at the National – FULL	Jun 28	Sun	\$120
	20247	Montpelier Art Center, Mansion	Jun 29	Mon	\$30
	20248	MGM National Harbor Casino	Jul 1	Wed	\$20

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: _____