



Monthly

July 2015

NEWS

80A Bureau Drive • Gaithersburg, MD 20878-1431 • 301-258-6380 • gaithersburgmd.gov



Artist Reception

Thursday, July 9

6 – 8 p.m.

Free

A celebration of the artists, the students of the Center's art classes, and the beautiful works decorating the Founders Room. Music and light refreshments provided. Please register on the program sheet.

Minimum: 10

Maximum: 100

Benjamin Gaither Center
is open

Monday – Friday
8:30 a.m. – 4 p.m.

Closed July 3

BLT Breakfast

Tuesday, July 14

9 – 10:30 a.m.

\$3 Members/\$5 Non-members

Due to the overwhelming response and deliciousness of the BLT Breakfast, we are doing it again in July! If you didn't get your BLT in June, or have been dreaming about when you will get your next one, now is your chance! Nothing beats a good and satisfying bacon, lettuce and tomato sandwich – BLT for those in the know. Make sure you sign-up on the program sheet and invite your friends.



Benjamin Gaither Fitness Center Memberships

Beginning July 1, 2015

\$75 per person

Fitness Center Memberships will be available beginning July 1. Individuals must have a current Benjamin Gaither Center membership in order to join the new Fitness Center. Your Fitness Center membership fee will be prorated to be current with your Benjamin Gaither Center Membership. All individuals joining the Fitness Center must complete a health sur-

vey. Anyone who has had surgery, an injury or major illness within the past six months will be required to provide a signed Physician's Consent. Orientations on equipment use will be required, and will be provided to all new Fitness Center members at no cost.

Farmers Market

Gaithersburg, MD

Thursday, July 16 or August 6

Depart: 12:50 p.m.

Return: 1:50 p.m.

Fee: \$2

Bring your Farmers Market Coupons and your grocery bags as we take a quick trip to the Folks Corner Farmers Market in Olde Towne for some delicious fresh fruits and vegetables.

Minimum: 6

Maximum: 13

Farmers Market Coupon Distribution

Tuesday, July 7 at 10 a.m.

Coupon books will be distributed using a lottery system to ensure an equal chance for all. When you arrive at the Center, you will receive a number. If your number is called, you will be given a coupon book. Bring your government issued ID and proof of income. There are strict criteria for eligibility. Call 301-258-6380 if you have any questions.



Happy Birthday

Celebration

Wednesday, July 29 at 12:30 p.m.

Sponsored by Kentlands Manor

July Birthdays

- 1 Valentine Avanesian,
Jawahar Choudhry
- 4 Peggy Rothrock,
Joseph DellaValle
- 6 Len Taylor
- 7 Dhanraj Mathur
- 17 Arnold Gant
- 19 Annette Thompson
- 22 Richard Murphy
- 26 Palmyra Kimbrough
- 28 Peg Williams
- 29 Carol Ann Mullins

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms! Sponsored by the Montgomery County Department of Health and Human Services. For an appointment call 301-258-6380.

Our Mission

The Benjamin Gaither Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction.

The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS!™ Program.

Grace's Update



Dear Members,

Although the renovation took longer than expected, we believe it was worth the wait. Thank you for your patience, support and enthusiasm! The new flooring and freshly painted walls look energizing. The Fitness Center is state of the art and our enlarged computer lab will allow more members to improve their skills, conduct research and email friends and family around the world.

We will start to take registrations to join the new fitness center on July 1. The annual fee is \$75 per person and will be prorated to your Benjamin Gaither Center annual renewal date. Anyone who has had surgery or major illness or injury within the past six months will be required to provide a signed Physician's Consent.

The Fitness Center is planned to be staffed all hours of operation. To the extent possible, everyone who joins the Fitness Center will be required to have a complete orientation on the use of all the equipment, even if you plan on using only a few pieces. If you don't know how to use certain pieces, the fitness instructor will demonstrate its correct use for you.

Orientations will be without charge and are intended for you to have a safe workout. Please feel free to sign up for more than one orientation if you feel you need to do so. Orientations are not personal training, will be basic in nature and will not be specific to individual goals. Personal training will be available in the future.

Your safety is our primary concern. Please wear proper clothing when using equipment. Those wearing heels, sandals, long loose apparel or other items which could compromise your safety or hurt the equipment will not be allowed to use the machines that day.

We are looking forward to providing this new opportunity to our membership and hope you are considering participation.

Benjamin Gaither Staff

Annual Membership and Fees

City Residents \$40/Spouse \$30

Nonresidents \$120/Spouse \$60 (outside the corporate City limits)

Non-Member Program Attendance Cost and Annual Membership

If a person wants to go on a trip or attend a program and is not a member, they may join the Center for a 30-day period (City residents: \$10, nonresidents: \$25). During the period they have all the privileges of a member, and if they decide to join for a year during the first 30 days, the cost of their 30-day trial will be applied toward an annual membership. Please note that accumulative one-month membership fees will not apply.



“What Did You Say?”

Wednesday, July 8 at 12:45 p.m.

Join Dr. Maryam Esmaeli, a Doctor of Audiology from the Audiology Center of Maryland, as she presents common causes and symptoms of hearing loss. Dr. Esmaeli will answer your questions and will provide free hearing screenings on Friday, July 10 for those who register on the program sheet.

Hearing Screening

Friday, July 10 at 11:15 a.m.

Please sign up to have your hearing tested by Dr. Esmaeli of the Audiology Center of Maryland. The screening takes approximately 3 minutes.

Minimum: 10 **Maximum:** 20

Diabetic Shoes: Are they Right for Me?

Tuesday, July 14 at 11:15 a.m.

Susan Karami, Board Certified diabetic shoe fitter, will be here to discuss the importance of diabetic shoes for diabetic patients and how they prevent amputations.

HomeFit Presented by AARP

Tuesday, July 14, 2:30 – 5 p.m.

What if all homes could be suitable for anyone, regardless of age or ability? Come learn how AARP's HomeFit program can help you find solutions to turn your existing home into your lifelong home. Register on the program sheet.

Minimum: 10 **Maximum:** 40

CARE Act Training Event

Friday, July 17, 10 a.m. – Noon

The CARE Act – What is it? The Caregiver Advice, Record, and Enable Act will support family caregivers and help us learn how to safely provide care to our loved ones. Come learn about caregiver rights and legislation. Sponsored by AARP. Register on the program sheet.

Minimum: 10 **Maximum:** 35



Nutrition Program

Lunch is served at the Center at noon, Monday – Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day

before the reservation is needed. The full cost of the meal is \$6. For those age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible. **Guests younger than 60 must pay the full cost of the meal!**

Blood Pressure Check

Wednesday, July 22

9:30 – 11:30 a.m.

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Diabetes Support Group

Tuesday, July 21 at 12:45 p.m.

Nurse Leni will facilitate a group focused on supporting each other and sharing tips on how to live well with diabetes. Meets the 3rd Tuesday of every month.

Caregivers Support Group

Thursday, July 2 & 16

2 – 3:30 p.m.

Caregivers face many challenges. A support group provides the opportunity to share experiences, learn about resources and strategies that have helped others, and gain emotional support. The Holy Cross Caregiver Resource Center is pleased to offer a support group led by Registered Nurse Anna Roberts.

For more information or to register for the group, please call 301-754-7151.



SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

HeartWell in Action

Leni Barry, RN, MA

Tuesdays, 9:30 a.m. – 2 p.m.

A nurse educator from Suburban Hospital will be visiting us on Tuesdays. This program will focus on health promotion and include activities such as health screenings, counseling, seminars, and educational handouts.

**Join Suburban HeartWell
for Healthy Tasty Tips
Tuesdays at 1:15 p.m.**

TRIPS & ACTIVITIES

Join friends and family for the City of Gaithersburg's **Independence Day Celebration.**

Featuring live music, food, activities, and spectacular fireworks.

Saturday, July 4, 2015

Montgomery County Fairgrounds

Gates open for pedestrians at 5 p.m.

Smithsonian Folklife Festival

Washington, DC

Date: Wednesday, July 1

Depart: 10:30 a.m.

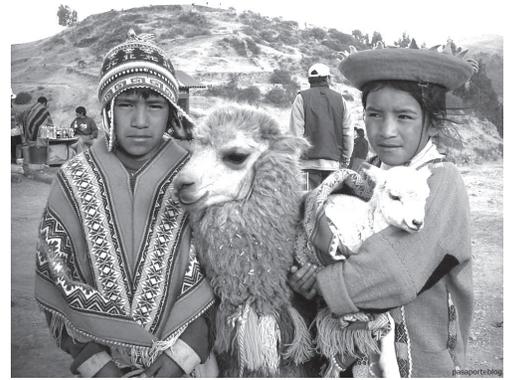
Return: 4:30 p.m.

Fee: \$15

Deadline: Monday, June 29

The theme of this year's festival focus is "Peru: Pachamama". This outdoor festival is full of music, entertainment, ethnic food vendors and special events. We will provide you with a map of the area, and you will be dropped off and picked up at the same location. Bring water and dress for hot and humid weather. There are air conditioned museums all around the mall any time you want to go inside and cool off. **Lots of walking!**

Minimum: 20 **Maximum:** 33



Member Orientation

Monday, Sept. 14 at 1 p.m.

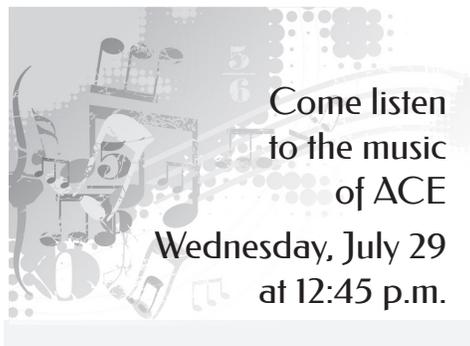
Come learn the ins and outs of the Center from a member of the Welcome Committee. Call the front desk at 301-258-6380 to sign up and don't forget to bring your Welcome Packet with you.

Diversity Program

Monday, July 27 at 11:15 a.m.

National Security

Be a part of our award winning Diversity Program! How does your country protect its citizens? What are the greatest threats to your nation's security? What agencies protect your government and how well do they do the job of keeping your county secure? Do you feel safe when you travel to different countries? Come prepared to answer these questions and more.



Come listen to the music of ACE

Wednesday, July 29 at 12:45 p.m.

The National Portrait Gallery

Washington, D.C.

Date: Wednesday, July 15

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Monday, July 13

Visit the new exhibit "Eye Pop: The Celebrity Gaze" as well as "The Four Justices" and "Elaine de Kooning: Portraits." You will be provided with a list of all of the tours available during our visit. Lunch is on your own.

Minimum: 20 **Maximum:** 33

Maryland

Public Television Tour

Owings Mill, MD

Date: Monday, July 20

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$20

Deadline: Thursday, July 16

We will take a guided tour of the Maryland Public Television Studio.

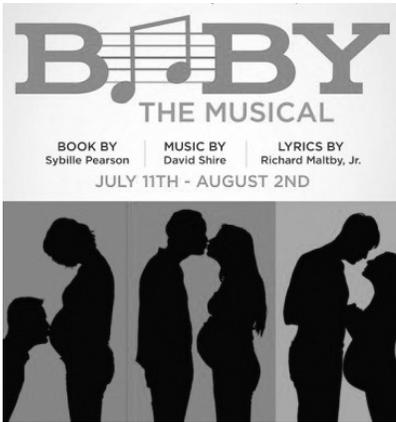
MPT is a television network that comprises six television stations that broadcast throughout the entire state of Maryland as well as several surrounding states. After our tour we will stop at a nearby restaurant for lunch on your own.

Lots of walking!

Minimum: 20 **Maximum:** 33



You can register online at www.gaithersburgmd.gov



**“Baby” The Musical by
the Infinity Theatre Company
Annapolis, MD**

Date: Thursday, July 23

Depart: 10 a.m.

Return: 6 p.m.

Fee: \$45

Is there anything more exciting, frightening and transformational than impending parenthood? Travel back to a university campus in the 1980's, where three couples receive some unexpected news – all set to

a tuneful score made of stunning pop songs by Broadway veterans. We will first stop for lunch on your own at Annapolis Mall, where you will have many different restaurants to choose from.

Minimum: 20

Maximum: 24

Chesapeake Cravings: A Culinary Experience

Annapolis, MD

Date: Tuesday, July 28

Depart: 8:30 a.m.

Return: 4:30 p.m.

Fee: \$75

Deadline: Monday, July 20

Come taste Annapolis! We will begin our day at Ram's Head Tavern & Brewery with historical tales and Maryland inspired soup. Next you will take a tour of the Maryland State House, once our Nation's Capital. Then we will stop for a Maryland Fried Chicken lunch and a quick lesson on how to crack, clean, pick and eat a Blue Crab. After lunch we will travel to historic London Town & Gardens, where you will see one of Maryland's earliest settlements, a Colonial Hearth Cooking Demonstration and eat dessert, the 10 layer Smith Island Cake! All tips, tours and food are included. **Lots of walking!**

Minimum: 24

Maximum: 33

“The BEACH” at the National Building Museum

Washington, DC

Date: Tuesday, August 4

Depart: 9:30 a.m.

Return: 3:30 p.m.

Fee: \$25

Deadline: Friday, July 10

Every summer the National Building Museum creates a one-of-a-kind destination for visitors when it unveils an interactive architectural installation. This year the National Building Museum is bringing the BEACH to Washington, D.C. You can tour the BEACH and all exhibits on your own. Lunch is on your own at any of the nearby restaurants, including the Gallery Place / China Town area which is two blocks away. **Lots of walking!**

Minimum: 20

Maximum: 33



Book Discussion

**“What We Talk About
When We Talk About
Anne Frank”**

by Nathan Englander

Thursday, July 9 at 2 p.m.

FREE

Springfield Manor Winery and Lavender Field

Thurmont, MD

Date: Thursday, July 9

Depart: 11 a.m.

Return: 4 p.m.

Fee: \$25

Deadline: Thursday, July 2

Enjoy a unique experience of an outdoor wine tasting in a bucolic setting of mountains and streams amongst vineyards and lavender fields. Taste seven different wines next to a historic manor built in 1765. Walk the grounds where a restored barn houses a distillery. At the winery you may purchase delicious hors d'oeuvres and lavender products from their very own fields. After your tasting we will go to downtown Frederick for a late lunch on your own. **Lots of walking!**

Minimum: 20

Maximum: 33





Gaithersburg

The Benjamin Gaither Center

July 2015

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



*Please note:
Fitness participants
must be on time for
the warm up.
Appropriate
shoe attire
required for all
standing aerobic
classes.*

1

10:30 am	Smithsonian Folklife Festival
8:30	Exercise Tape
9:15	50/50
10:15	Fit 4 All
11:15	Strong & Balanced
12:30	Weight Training
1	Crochet
1:15	Flexible Strength
1:15	Music Lessons
2	Drawing

2

8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
10:15	Stretch & Strengthen
11:15	Ritmo Latino
12:30	Bridge
2	Book Discussion
2	Caregivers
2	Ping Pong

3

4TH OF JULY
HOLIDAY

BG CENTER
CLOSED

4

5

8:30	Exercise Tape
9:15	High/Low
10:15	Fit 4 All
11:15	Ping Pong
12:30	Embroidery
12:50	Bingo
2	Learn Canasta
3	Core and More
3	Pin Busters

7

8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
11:15	Ping Pong
12:30	Bridge
12:30	Mah Jongg
10:30 am Farmers Market Coupon Distribution	

8

8:30	Exercise Tape
9:15	50/50
10:15	Fit 4 All
11:15	Strong & Balanced
12:30	Weight Training
12:45	Hearing Loss Lecture
1	Crochet
1:15	Flexible Strength
1:15	Music Lessons
2	Drawing

9

11 am	Winery and Lavender Field
8:30	Exercise Tape
9:05	Bone Builders
9:15	HIT @ BP
10:15	Stretch & Strengthen
11:15	Ritmo Latino
12:30	Bridge
2	Book Discussion
2	Ping Pong
6 pm Artist Reception	

10

8:30	Exercise Tape
9:15	High/Low
10:15	Fit 4 All
10:30	Mah Jongg
11:15	Hearing Screening
11:15	Strong & Balanced
12:15	Quilting
12:50	Bingo
3	Core and More

11

HeartWell in Action

12

13

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

14

8:30 Exercise Tape
 9:05 BLT Breakfast
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Diabetic Shoes
 11:15 Ping Pong
 12:30 Bridge
 12:30 Mah Jongg
 2:30 Ballroom
 2:30 HomeFit Lecture
 2:30 AARP

HeartWell in Action

15

10 am
National Portrait
Gallery

8:30 Exercise Tape
 9:15 50/50
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Drawing

16

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 2 Caregivers
 2 Ping Pong
 2 Try it! Watercolor

17

10 am
CARE Act
Training

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 3 Core and More

18

19

20

10 am
Maryland Public
Television Tour

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

21

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ping Pong
 12:30 Bridge
 12:30 Mah Jongg
 12:45 Diabetes Support
 2:30 Ballroom

HeartWell in Action

22

8:30 Exercise Tape
 9:15 50/50
 9:30 BP Check
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Drawing

23

10 am
"Baby" Musical
Annapolis

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 2 Ping Pong

24

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 3 Core and More

25

26

27

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 11:15 Diversity Program
 11:15 Ping Pong
 12:30 Embroidery
 12:50 Bingo
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

28

8:30 am
Chesapeake
Cravings

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ping Pong
 12:30 Bridge
 12:30 Mah Jongg
 2:30 Ballroom

HeartWell in Action

29

12:30 pm
Birthday Celebration
& Music by ACE

8:30 Exercise Tape
 9:15 50/50
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Drawing

30

8:30 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11:15 Ritmo Latino
 12:30 Bridge
 2 Ping Pong
 2 You Can Pain!

31

8:30 Exercise Tape
 9:15 High/Low
 10:15 Fit 4 All
 10:30 Mah Jongg
 11:15 Strong & Balanced
 12:15 Quilting
 12:50 Bingo
 3 Core and More

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program

Classes are taught by certified personal trainer Matt Rundell. Fee paid to Suburban Hospital.

All forms are available at the front desk. To register by phone call 301-896-3689.

Flexible Strength

Gaither Center

Dates: Wednesdays

July 1 – September 30

Time: 1:15 p.m.

Fee: \$15

Blend strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 9 **Maximum:** 20

Weight Training

Gaither Center

Dates: Wednesdays

July 1 – September 30

Time: 12:30 p.m.

Fee: \$15

Build bones and become stronger using hand weights.

Minimum: 9 **Maximum:** 20



Gaithersburg Senior "Pin Busters"

Bowl America

1101 Clopper Rd., Gaithersburg, MD

Date: Mondays

Time: 3 – 5 p.m.

Fee: \$8.60 each time paid to Bowl America

Ahhh, the familiar sounds of the bowling alley. Come strut your stuff and have tons of fun with a great group of people. Shoe rental and refreshing drinks are included in the price. Come once or come every week. Newcomers are always welcome!

These fitness classes, taught by nationally certified instructors, have a \$1 charge:

Core and More

Taught by Grace Whipple

Mon. and Fri. at 3 p.m.

Concentrated intense toning of abdominals and back muscles performed on floor mats, as well as progressive use of free weights for select muscle groups.

Fit 4 All

Taught by Charlyn Simpson

Mon., Wed., Fri. at 10:15 a.m.

Low or no-impact aerobics appropriate for those who prefer a seated workout as well as those wanting moderate standing exercise.

High/Low

Taught by Grace Whipple

Mon. and Fri. at 9:15 a.m.

Vigorous low-impact aerobics and strength training.

HIT

High-intensity Interval Training

Taught by Denise Mornini

Tues. and Thurs. at 9:15 a.m. at Bohrer Park

A one hour class for the athletic adult featuring 30 minutes of Tabata-style interval training, followed by a variety of strength, balance, flexibility, and core work. Please bring a yoga mat.

50/50

Taught by Grace Whipple

Wed. at 9:15 a.m.

Get the best of both worlds with this workout that combines cardio and strength training that benefits your heart and lungs and strengthens your muscles.

Stretch & Strengthen

Taught by Olympia Huff

Tues. and Thurs. at 10:15 a.m.

No class July 7

For those of any ability who want to tone their muscles and strengthen their heart and lungs.

Strong & Balanced

Taught by Noelle

Wed. and Fri. at 11:15 a.m.

Good balance and a strong core go hand in hand. This is a seated class for all fitness levels.



Bone Builders

Dates: Tuesdays & Thursdays, January 6 – July 30

Time: 9:05 a.m.

Fee: Free

FULL

Bone Builders is a free, evidence-based, volunteer-led exercise program for people over the age of 55. Participants use ankle weights and hand weights to increase bone density. It is offered in partnership with the Montgomery County Department of Health and Human Services, Recreation, and the RSVP volunteer program. Bone Builders has a strict attendance policy: participants must consistently attend both days to maintain their place in class. Hand weights and exercise balls will be provided, but participants must bring their own leg cuffs after the 2nd class. Dress comfortably, wear supportive shoes and bring a bottle of water. Come prepared to make great friends! Please register on the program sheet.

Ritmo Latino

Date: Thursdays
Time: 11:15 a.m.
 Move to Latin rhythms.

Ballroom Dance

Date: Tuesdays, July 14 – 28
No class July 7
Time: 2:30 – 4 p.m.
Fee: \$5 for Center Members
 \$7 for City Residents
 \$9 for Nonresidents

Join anytime! This class is for beginners as well as intermediate dancers and includes a lesson, individual instruction and dancing.

Walking Tape

8:30 a.m.
Every Day

Wake up with a brisk 2 mile workout.

Quilting

Date: Fridays
Time: 12:15 p.m.
 Come work on your project and make friends in the process.

Embroider with Jane

Date: Mondays
Time: 12:30 p.m.
 Free help with your project.

Crochet Baby Blankets with Elizabeth

Dates: Wednesdays
Time: 1 p.m.
No class July 29
 Be creative for a good cause. Come chat while you crochet baby blankets for local newborns. Yarn will be provided.



Bingo

Mondays & Fridays at 12:50 p.m.
 Come play as many games as you can in an hour for the chance to win prizes. \$1 buys two cards for every game.

Mah Jongg

Tuesdays & Fridays at 12:30 p.m.
 If you are interested in learning how to play Mah Jongg, please contact Charlyn at 301-258-6380 to arrange a lesson.



Ping Pong

Mondays & Tuesdays
11:15 a.m. – Noon
 (except July 7)
Thursdays, 2 – 4 p.m.

Contact Charlyn at 301-258-6380 if you want to play but need a partner.

Learn Canasta
Mondays from 2 – 4 p.m.

Contract Bridge
Tuesdays & Thursdays
12:30 p.m.
 Drop in and play!

Poker
*Do you love to play poker?
 We have a group that plays most afternoons. Come check it out!*

Computer Help
Thursdays, 10 a.m. – 2 p.m.
No Computer Help July 2nd



Drawing Birds and Flowers

Dates: Wednesdays, July 1 – 29
 5 sessions
Time: 2 – 4 p.m.
Fee: \$55

Join Valthea Frye as she teaches you how to draw birds and flowers. You will learn the correct proportion of birds and flowers to create a realistic drawing and how to place your subject for a pleasing composition. Optional: watercolors, pastels or colored pencils can be used to add color to your drawings. Supply list available at the front desk.

Minimum: 9 **Maximum:** 20

Try It! Watercolor Class

Date: Thursday, July 16
Time: 12:30 – 2 p.m.
Fee: \$5

Have you ever wanted to try painting with watercolors but didn't want to make the commitment of taking a class? Join Valthea Frye, instructor extraordinaire, as she gives you a chance to explore painting in watercolors and demonstrates a few techniques. All supplies will be provided.

Minimum: 8 **Maximum:** 20

You Can Paint!

Date: Thursday, July 30
Time: 2 – 4 p.m.
Fee: \$5

Deadline: Monday, July 27
 Join Mike Mathis of Kentlands Manor as he guides you through painting techniques, much like The Joy of Painting's Bob Ross. Kentlands Manor will provide the supplies, acrylic paints and canvases and Mike will provide the instruction. Each participant will leave with their very own masterpiece!

Minimum: 10 **Maximum:** 20

CLASSES & ACTIVITIES

AARP Smart Driver Course

Date: Friday, August 21
Time: 10 a.m. – 2:30 p.m.
Fee: \$15 AARP Members
\$20 Nonmembers

Payable by check to the instructor. AARP's new and improved driver safety program will help you increase your confidence, your overall safety, self-policing behaviors, and reduce driving errors. Many auto insurance companies will give you a discount for completing the course. Please arrive 15 minutes early. Register on the Program Sheet.

Minimum: 10 **Maximum:** 20

Stepping On

Dates: Mondays, August 3 – September 21, (No Class September 7)
Booster Session: December 14
Time: 10 a.m. – 12:15 p.m.
Fee: Free with 7 Week Commitment

The Stepping On Program is one of the most effective falls prevention programs available. Working in a small group, participants will build strength and increase knowledge of ways to reduce and/or eliminate falls through presentations by guest experts, discussion and exercise. Participants will practice balance and strength exercises 10-15 minutes in each class. Who is this class for? Adults who walk unassisted, use a cane or use a walker outside only; who have fallen one or more times; who limit their activities because of a fear of falling; who are cognitively intact; who live in their own home or other independent living facility; or who are known to be at risk of falling may register.

Minimum: 9 **Maximum:** 15

AARP, Gaithersburg Chapter #5358

JULY 2015 ACTIVITIES

Tuesday, July 14

2:30 p.m. "HomeFit" Presentation

5:30 p.m. Dinner

Summer Buffet organized by Robbie; wraps, sandwiches and salads, choice of drinks; choice of desserts made by members of our chapter. Everyone attending the presentation is invited to stay for dinner, but must register. \$10

6:10 p.m. Brief Business Meeting

50-50 raffle and door prizes

6:40 p.m. Game Night

Stay to play scrabble, Mahjong, Phase 10, LCR, and Canasta with friends.

Members of the Senior Center are invited to join us in all our activities. You may also register a relative or friend. We can help with rides to the meeting. Pay in advance by cash or check at the Center or mail your check (made payable to Gaithersburg Chapter #5358 of AARP) to 17605 Parkridge Drive, Gaithersburg, MD 20878. If you have any questions, please contact Annette by phone at 301-977-7936 or by e-mail at annettethompsonphd@yahoo.com.

SPECIAL PROGRAMS

Open to chapter members, Benjamin Gaither Center members, and seniors in the community. Register with our AARP chapter or with the Benjamin Gaither Center.

HomeFit – Tuesday, July 14 at 2:30 p.m., Free

A presentation by Cristy Page, Director for Outreach for Maryland AARP, designed to help seniors remain in their homes as they age. Light refreshments will be served. Register by Friday July 10.

CARE Act Training – Friday, July 17 at 10 a.m., Free

A presentation by Tammy Bresnahan of Maryland AARP about caregivers rights and legislation supporting them during a hospital stays and aftercare of their loved ones. Light refreshments will be served. Register by Tuesday, July 14.

COMMUNITY SERVICE

School Supplies Drive for Needy Children, July – August

Help shop for school supplies, fill back packs, and deliver them to schools.

CHAT AND CHEW

Lunch at La Mexicana, Tuesday, July 21, (16143 Shady Grove Rd, Gaithersburg)

Drive yourself to the restaurant by 12:30 p.m. or meet at Noon to carpool from the Gaither Center. Order and pay on your own. Sign up with Nancy Dols at (301-946-6034) or Annette Thompson at (301-977-7936) so we can make reservations and arrange car pools.

TRIPS

Wednesday Casino Trips to Maryland Live!

The cost is \$22. You will receive \$50 to play the slots. Departure time at 9 a.m.; return around 4 p.m. If there is interest there will be a Friday departure at 10 a.m., returning at 5 p.m. For more details about parking restrictions, to register and pay in advance, see Dale Batchelder (301-983-0104) or Margaret Fisher (301-947-1835).

CENTRO: "BENJAMIN GAITHER"

MEMBRESIA PARA EL GIMNASIO

Principiara el día miércoles 1 de julio

Costo: \$75 por persona

Esta membresía es solo para miembros actuales.

La nueva fecha de membresía se ajustara para que coincida con su membresía actual del Centro y la cuota se prorrateara en consecuencia. Toda persona que desee ingresar al gimnasio debe completar un formulario de salud. Si ha tenido una cirugía, lesión o enfermedad grave dentro de los últimos seis meses, será necesario que presente el consentimiento firmado por un médico. Para su seguridad, es requerido y se les ofrecerán orientaciones gratis sobre el uso de equipo.

DISTRIBUCIÓN DE CUPONES GRATIS PARA LA COMPRA DE VEGETALES Y FRUTAS FRESCAS DE LAS FINCAS LOCALES

Día: martes 7 de julio

Hora: 10 am

Este año, para poder garantizar la misma oportunidad para todos, los cupones se distribuirán por medio de un sistema de lotería. Cuando usted llegue al Centro, recibirá un número. Si el número que recibió es llamado, se le entregara un libro de cupones. Traiga su identificación que le fue otorgada por el Gobierno y prueba de ingresos. Se implementara un criterio estricto de elegibilidad. Si desea más información, por favor llame al 301-258-6380.

QUE DIJO?

Día: Miércoles 8 de julio

Hora: 12:45 pm

Únase a la Doctora Maryam Esmaeli del Centro de Audiología de Maryland quien les presentara causas y síntomas de perdida comunes de audición y responderá a sus preguntas. También ofrecerá exámenes de audición gratis el día viernes 1 de julio para aquellos que se registren en la hoja del programa.

DETECCIÓN AUDITIVA

Día: viernes 10 de julio

Hora: 11:15 am

Si desea participar, por favor regístrese en la hoja del programa para poder tener una audiencia con la Doctora Esmaeli del Centro de Audiología de Maryland. El examen tardara aproximadamente 3 minutos.

RITMO LATINO

Todos los jueves de 11:15 am – 12 n

CELEBRACIÓN DE CUMPLEAÑOS

Día: miércoles 29 de julio

Hora: 12:30 pm

ZAPATOS PARA DIABETICOS

Cuales son de acuerdo para usted?

Día: martes 14 de julio

Hora: 11:145 am

Susan Karami es certificada por la junta de "Zapatos en Forma" para personas con diabetes. Susan estará en el Centro para compartirles la importancia de los zapatos diabéticos y cómo prevenir las amputaciones.

CONFERENCIA EN ACCIÓN PARA TENER UN CORAZON SALUDABLE

Día: martes 21 de julio

Hora: 11:15 am

Tópico: "Seguridad durante el Verano"

Únase a la enfermera, Leni Barry, del Hospital de Suburban para aprender estrategias sobre cómo mantenerse saludable, previniendo la intoxicación alimenticia, deshidratación y consejos para viajes inteligentes, felices y seguros durante el verano.

DESAYUNO, "BLT"

Día: martes 14 de julio

Hora: 9 a 10:30 am

Costo: \$3 Miembros/\$ 5 no-miembros

Debido a la gran acogida y exquisitez del desayuno BLT; nuevamente lo estaremos ofreciendo en julio! Si no pudo disfrutar de un buen desayuno en el mes de junio, ahora es su oportunidad! No hay nada mejor que un delicioso sándwich con tocino, lechuga y tomate. Si está interesado/a, y desea invitar a sus amigos/as, por favor regístrese en la hoja del programa.

HOGAR ADECUADO

Presentado por AARP

Día: martes 14 de julio

Hora: 2:30 a 5 pm

¿Qué pasaría si todos los hogares pudieran ser adecuados para todas las personas sin importar la edad o habilidad? Venga y aprenda sobre este interesante programa de Hogar adecuado. Quizás podría ayudarle a encontrar soluciones para convertir su casa en un hogar permanente. Regístrese en la hoja de programa.

Mínimo: 10

Máximo: 40



CUIDADO – Ley de entrenamiento, cuidado y consecuencia.

¿Qué es la Ley CARE? Esta ley protege y apoya a la persona que cuida, aconseja, registra y habilita al paciente. También protege a los familiares y les ayuda a aprender cómo proporcionar seguridad y cuidado a sus seres queridos. Venga y aprenda acerca de los derechos del cuidador y la legislación. Auspiciado por AAR. Regístrese en la hoja de programa.

"SUBIENDO"

Días: lunes 3 de agosto al 21 de septiembre (No habrá clase el día 7 de septiembre)
En total serán 8 sesiones.

Hora: 10am a 12:15 pm

Costo: gratis, pero tiene que hacer un compromiso de asistir a las 7 semanas consecutivamente.

Este programa es eficaz para prevenir caídas. Trabajaremos en grupos pequeños para que los participantes construyan la fuerza y así poder aumentar el conocimiento de las formas de reducir, eliminar o prevenir caídas a través de presentaciones por expertos invitados, discusiones y ejercicio. Los participantes practicarán equilibrio y harán 15 minutos de ejercicio por sesión. Para quien son estas clases? Para los adultos que caminan sin ayuda, usan bastón o andador fuera de la residencia, se han caído una, dos o más veces, quien limita sus actividades por temor de caerse, son cognitivamente intactos, que viven en su propia residencia o en un centro independiente o que saben que tienen un riesgo de caerse.

Mínimo: 9

Máximo: 15

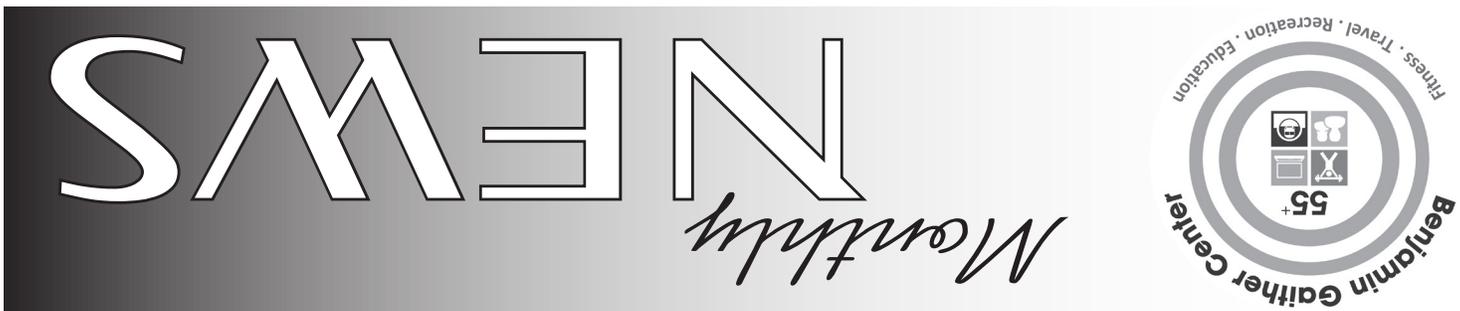
AVISO DE INTERES

La distribución de los cupones para comprar frutas y verduras frescas de las fincas locales será el día jueves 7 de julio. Se les proporcionará más información en el boletín del próximo mes.

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

CURRENT RESIDENT OR

GAITHERSBURG CITY OFFICIALS
Mayor
Jud Ashman
Council Members
Cathy Drzygula
Neil Harris
Henry F. Marraffa, Jr.
Michael A. Sesma
Ryan Spiegel
City Manager
Tony Tomaseillo



JULY 2015

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Benjamin Gaither Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/State/Zip _____

**Registration is first come first served, Monday – Friday, 9 a.m. – 3:30 p.m.
or on the internet at www.gaithersburgmd.gov**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
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✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		Classes/Lectures			
	41463	Bone Builders Full	Jan 6 – Jul 30	Tu/Th	N/A
	42500	Drawing Birds and Flowers	Jul 1 – 29	Wed	\$55
	42558	Try It! Watercolor Class	Jul 16	Thu	\$5
	42503	You Can Paint!	Jul 30	Thu	\$5
	42502	Stepping On (No class Sep 7)	Aug 3 – Sep 21	Mon	N/A
	42505	“What Did You Say?”	Jul 8	Wed	N/A
	42504	Hearing Screening	Jul 10	Fri	N/A
	42509	HomeFit Presented by AARP	Jul 14	Tue	N/A
	42507	CARE Act Training Event	Jul 17	Fri	N/A
	42501	AARP Smart Driver Course	Aug 21	Fri	N/A
		Activities/Trips			
	42512	Artist Reception	Jul 9	Thu	N/A
	42511	BLT Breakfast <input type="checkbox"/> Members \$3 <input type="checkbox"/> Non Members \$5	Jul 14	Tue	\$3/\$5
	42384	Smithsonian Folklife Festival	Jul 1	Wed	\$15
	42388	Springfield Manor Winery and Lavender Field	Jul 9	Thu	\$25
	42561	The National Portrait Gallery	Wed	Jul 15	\$15
	42559	Farmers Market	Jul 16	Thu	\$2
	42513	Maryland Public Television Tour	Jul 20	Mon	\$20
	42389	“Baby” The Musical by the Infinity Theatre Company	Jul 23	Thu	\$45
	42514	Chesapeake Cravings: A Culinary Experience	Jul 28	Tue	\$75
	42557	“The BEACH” at the National Building Museum	Aug 4	Tue	\$25
	42560	Farmers Market	Aug 6	Thu	\$2

Please arrange for your transportation to and from the Center when you take trips. Do not rely on riding the daily bus.

 Gaithersburg	Amount Paid \$ _____ Cash <input type="checkbox"/> Check# _____ Visa/MC/Discover/AmEx # _____ CVC # _____ Signature/Name on card _____ Exp. Date ___/___
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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.

**If you need special accommodations
please call 301-258-6380, or email csimpson@gaitersburgmd.gov**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program.

Do we have your updated Emergency Contact Information?

Name: _____

Phone: _____

Signature: _____

Date: _____