



# Monthly NEWS

April 2016

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

## 8th Annual Active Aging Expo

**Presented by Asbury Methodist Village  
Monday, May 2 from 9 a.m. to 2 p.m.**

**Activity Center at Bohrer Park**

**506 S. Frederick Ave., Gaithersburg, MD 20877**

Join us for the best day of the year! The Active Aging Expo boasts educational talks, informational booths, exciting demonstrations, pampering services, a delicious pizza lunch, and fun activities. It gets better every year! Parking is free at the Activity Center or ride the shuttle bus from the Benjamin Gaither Center to the Expo. Lots of FUN!!!



Benjamin Gaither Center is open  
Monday – Friday  
8:30 a.m. – 4 p.m.

**Saturday  
Fitness Center Hours**  
9 – 11:45 a.m.

## AARP Smart Driver Course Friday, May 13, 9:45 a.m. – 3 p.m.

**\$15 AARP Member/\$20 Nonmember**

(payable by check to the instructor)  
AARP's 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. Register on the program sheet.

**Minimum:: 10                      Maximum: 16**



## Senior Forum

**Gaithersburg, MD**

**Date:** Friday, April 8

**Depart:** 9:30 a.m.

**Return:** 12:30 p.m.

**Fee:** Free

**Deadline:** Thursday, April 7

You are invited to the Montgomery County Senior Forum at Asbury Methodist Village hosted by Montgomery County Council Members Sidney Katz and Roger Berliner. The day kicks off with a Resource Fair at 9:30 a.m. The program begins at 10:30 a.m. and features speakers on Spotting Elder Abuse, Avoiding Senior Scams, and Living Life to the Fullest. This event is free to all, but you must register on the program sheet to ride the bus.

**Minimum: 7                      Maximum: 33**

## Tomato & Onion Omelet Breakfast

**Tuesday, April 12**

**9 – 10:30 a.m.**

**\$4 Members/\$6 Nonmembers**

Omelets! Need I say more? Enjoy this delicious breakfast made by our own Chef Sia! Sign-up on the program sheet and invite your friends.

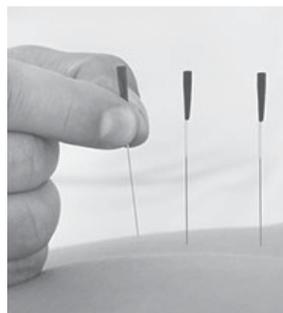
## Ask the Physical Therapist

**Wednesday, April 6 at 12:45 p.m.**

Sophie Deng of Holistic Acupuncture & Physical Therapy Center

Join Sophie Deng, a licensed Acupuncturist and Physical Therapist with more than 20 years of experience, as she discusses pain and the many ways to treat it with proper body mechanics, posture and home exercise programs. After the presentation, Sophie will meet one-on-one with members to answer questions about treatment options, insurance, and more. Register on the program sheet to reserve your consultation.

**Maximum: 10**



## Zentangle

**Monday, April 11 at 12 p.m.**

Join our very own Barbara Fries as she shares the art and method of Zentangle and how it saved her life. Before the presentation, come for the Coloring Book Club (\$1) and get your creative juices flowing!

# FROM OUR STAFF

## Birthday Celebration

Tuesday, April 26  
at 12:30 p.m.



### April Birthdays

- 2 Maakai Sirleaf
- 4 Tony On  
Andrew Poon
- 5 Rene Teger  
Barbara Kreta
- 11 Mina Parsont
- 14 Graciela Molina
- 15 Lila Alvarez  
Jim Ambot
- 16 Dieutran Nguyen  
Jean Bowen
- 17 Burnetta Washington
- 18 Jennie Cargill
- 21 Eloise Johnson
- 22 Laura Newton
- 24 Kathy Bennett
- 25 Mary Lou Thompson  
Estelle Foster
- 29 Barbara Holzapfel

## Member Orientation

**Monday, April 11 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.

### 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,

Did you know the month of May is Older Americans Month? The City of Gaithersburg acknowledges and extends its appreciation to older adults for their many contributions to our communities through their experience, talent and hard work. The City also promotes staying active for long term health benefits and one of the best tools to maintain a lifetime of independence.

Therefore - grab your calendars and mark, **Monday, May 2, 9 a.m. – 2 p.m., for the 8th Annual Active**

**Aging Expo!** We have great speakers and fitness demonstrations planned, not to mention manicures, facials, massage and more! And if you have a friend or relative who is not a member, please invite them also. This is a community event and is open to everyone without a fee.

There will be up to 100 different businesses, agencies and non-profit organizations to provide information on a variety of products and services.

The event will be hosted at the Activity Center at Bohrer Park (next to Gaithersburg High School) and transportation will be provided for those who prefer not to drive. **Also, please note the Benjamin Gaither Center will be closed that day.**

Thank you,  
Grace  
Community Facility Manager

## Benjamin Gaither Fitness Center

**\$75 per year/\$15 per month**

Individuals must have a current Benjamin Gaither Center membership in order to join the Fitness Center. All individuals joining the Fitness Center must complete a health survey. 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.

## Annual Membership and Fees

City Residents \$40/Spouse \$30

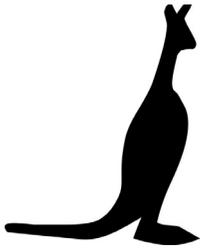
Nonresidents \$120/Spouse \$60 (outside the corporate City limits)

Fitness Center \$75 per year/\$15 per month for Benjamin Gaither Center Members Only

### Nonmember 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.

**Coping with Change**  
**Thursdays at 1 p.m.**



Are you bouncing back like you used to? Learn how to roll with the punches by joining our group discussion facilitated by Ardelia Hayward, MA, LGPC from Senior Services at The Affiliated Santé Group. Drop-in. Free. Individual appointments available by calling 301-641-8924.

**Caregivers Support Group**  
**Thursday, April 7 & 21**  
**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.

**Diabetes Support Group**  
**Tuesday, April 19 at 11 a.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.

**Blood Pressure Check**

**Wednesday, April 27**

**9:30 – 11:30 a.m.**

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



**Personal Training**

Reap the benefits of working out with a personal trainer! Our certified trainers have the credentials, skills and experience to create a safe program specific to your needs and goals. Schedule your training session at the Benjamin Gaither Center. \$50 per hour.

**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 \$6.50. 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!**

**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.



**Are You Tech Savvy?**

**Smart Phone Help**

Are you using your smart phone to its greatest potential? Do you know how to change your settings? If you need help learning how to use all of your

features, or just have questions about best practices, sign-up on the program sheet and our very own Theyry Polynice will schedule a one-on-one appointment with you!

**How to Drop Cable TV**  
**Friday, April 1 at 11:15 a.m.**

You might have heard that many people are dropping their cable television service and using services like Netflix and Hulu to watch TV. Learn what equipment you need to do this and decide if this is the right choice for you. Presented by Theyry Polynice.



**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.

## Local Shopping Trips to

### WALMART

**Tuesday, April 12**

11 a.m. – 1 p.m.

Fee: \$2

**Minimum: 5    Maximum: 13**

### SHOPPERS SUPERMARKET

**Friday, April 22**

11 a.m. – 1 p.m.

Fee: \$2

**Minimum: 5    Maximum: 13**

## Brookside Gardens

Wheaton, MD

**Date:** Thursday, April 28

**Depart:** 9:15 a.m.

**Return:** 3:30 p.m.

**Fee:** \$20

**Deadline:** Monday, April 25

Spring is in full bloom! Come as we take a guided tour through the beautiful gardens. Brookside's famous Azaleas will be in bloom. After our 1 hour tour, you are on your own to continue exploring. Lunch is on your own at the Inn at Brookeville Farms, where you can order from the menu and **pay in cash**. Lots of walking!

**Minimum: 19                    Maximum: 24**



You can register online  
at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## Library of Congress

Washington, DC

**Date:** Monday, April 4

**Depart:** 9:30 a.m.

**Return:** 3 p.m.

**Fee:** \$15

**Deadline:** Monday, March 28

Explore the Library of Congress with this guided one-hour walking tour of the historic Thomas Jefferson building to learn about its symbolic art and architecture. Volunteer docents tell the story of the Library, America's oldest cultural institution: its history, collections, and services for Congress and the nation. After our tour, lunch is on your own at the Library of Congress cafeteria.

**Minimum: 20                    Maximum: 33**



## Paradise Springs Winery

Clifton, VA

**Date:** Wednesday, April 13

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$35

**Deadline:** Thursday, April 7

Join us for the signature experience tour and tasting with a firsthand look at how wine is made at Paradise Springs. The tour will take you through the historic log cabin, inside the vineyard, through the production area and barrel room. The property features an 1800's log cabin, which was renovated in 1955 by Howard Richter, a protégé of Frank Lloyd Wright. Paradise Springs is a family run and intimate, destination winery. After our tour, we will have lunch at Trattoria Villaggio, a local Italian restaurant.

**Minimum: 20                    Maximum: 33**

## "All the Way" at Arena Stage

Washington, DC

**Date:** Tuesday, April 19

**Depart:** 9:30 a.m.

**Return:** 4 p.m.

**Fee:** \$55

**Deadline:** Monday, March 14

It's not personal, it's politics in this 2014 Tony Award-winning drama. President Lyndon Baines Johnson had a way about him. He could massage a victory with one hand and sell you down the river with the other, but brokering a deal is like playing with dynamite. With the country still reeling from President Kennedy's assassination, and a rising tide of bitterness over Civil Rights, it will take more than politicking to hold America together — it will take red, white and blue-blooded leadership. Go all the way with LBJ, Martin Luther King, J. Edgar Hoover and more in this "beautifully built dramatic piece" where the line between compromise and compromising your principles is as sharp as a knife. We will stop for breakfast on your own in Downtown Crown before the show.

**Minimum: 19                    Maximum: 19**

**“In the Mood: A 1940’s Musical Revue”  
at the Weinberg Center for the Arts**

**Frederick, MD**

**Date:** Wednesday, April 20

**Depart:** 11 a.m.

**Return:** 6 p.m.

**Fee:** \$55

**Deadline:** Friday, April 8

Celebrate America’s Greatest Generation with the music that moved the nation’s spirit! “In the Mood” features the timeless melodies and rhythms of the Big Band era, including “Tuxedo Junction,” “Sing, Sing, Sing,” “Boogie Woogie Bugle Boy,” and many more. With authentic arrangements, costumes and choreography, the fabulous String of Pearls Big Band orchestra and “In the Mood” singers and dancers will have audiences cheering for more! We will stop first for lunch on your own in downtown Frederick.

**Minimum:** 19

**Maximum:** 19

FULL



**The National Zoo  
Washington, DC**

**Date:** Monday, April 25

**Depart:** 9:45 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Thursday, April 21

Get in touch with your wild side at the National Zoo! You will be set free at the top of the hill and on your own to see the zoo. You can bring your own lunch or eat at one of the many concession stands located throughout the park. Be sure to see the new baby Panda and all of the other babies born at the zoo each spring. As you are checking out the wildlife, you will be working your way down the hill where you will be picked up at the end of the day. Lots of walking!

**Minimum:** 20

**Maximum:** 33



**National Museum of the American  
Indian**

**Washington, DC**

**Date:** Wednesday, April 27

**Depart:** 10:15 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Monday, April 25

The National Museum of the American Indian houses one of the world's largest and most diverse collections of its kind. The museum's sweeping curvilinear architecture, its indigenous landscaping, and its exhibitions, all designed in collaboration with tribes and communities from across the hemisphere, combine to

give visitors from around the world the sense and spirit of Native America. Lunch is on your own in the delicious museum café.

**Minimum:** 19

**Maximum:** 24

**National Cathedral Flower Mart**

**Washington, DC**

**Date:** Friday, May 6

**Depart:** 9:45 a.m.

**Return:** 4 p.m.

**Fee:** \$20

**Deadline:** Tuesday, May 3

Don’t miss Washington's premier spring festival. The Flower Mart features plants and vendors of all kinds, self-guided tours of the Bishop’s Garden and Olmstead Woods, floral displays inside the Cathedral, and plenty of food vendors. Lunch is on your own. **Lots of walking!**

**Minimum:** 20

**Maximum:** 33

**Ping Pong**

**Tuesdays, 1 – 2:45 p.m.**

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



**Book  
Discussion**

**“Travels in Siberia”  
by Ian Grasier**

**Thursday, April 14 at 2 p.m.**

**FREE**

The Benjamin Gaither Center



April 2016

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**
- 8:25 Exercise Tape
  - 9:15 High/Low
  - 10 Pickleball @ BP
  - 10:15 Fit 4 All
  - 10:30 Learn Mah Jongg
  - 11:15 Strong & Balanced
  - 11:15 Drop Cable TV
  - 12:15 Quilting
  - 12:30 Mah Jongg
  - 12:50 Bingo
  - 3 Core and More

- 2**
- Fitness Center Open 9 – 11:45 a.m.

- 3**

- 4** 9:30 am Library of Congress
- 8:25 Exercise Tape
  - 9:15 High/Low
  - 10:15 Fit 4 All
  - 11 Coloring Book
  - 12:30 Embroidery
  - 12:50 Bingo
  - 2 Learn Canasta
  - 3 Core and More
  - 3 Pin Busters

- 5**
- 8:25 Exercise Tape
  - 9:05 Bone Builders
  - 9:15 HIT @ BP
  - 10:15 Stretch & Strengthen
  - 11:15 Stretch & Strengthen
  - 12:30 Bridge
  - 12:30 Conv. English
  - 12:30 Mah Jongg
  - 1 Ping Pong
  - 3 Power Stretching
- HeartWell in Action**

- 6**
- 8:25 Exercise Tape
  - 9:15 50/50
  - 10 Pickleball @ BP
  - 10:15 Fit 4 All
  - 11:15 Strong & Balanced
  - 12:30 Weight Training
  - 12:45 Ask the Physical Therapist
  - 1 Crochet
  - 1:15 Flexible Strength
  - 1:15 Music Lessons
  - 2 Watercolor

- 7**
- 8:25 Exercise Tape
  - 9:05 Bone Builders
  - 9:15 HIT @ BP
  - 10:15 Stretch & Strengthen
  - 10:30 Stability Ball @ BP
  - 11:15 Ritmo Latino
  - 12:30 Bridge
  - 1 Coping w/Change
  - 1 El Club de las Amistad
  - 2 Caregivers
  - 4 Power Stretching

- 8** 9:30 am Senior Forum at Asbury MV
- 8:25 Exercise Tape
  - 9:15 High/Low
  - 10 Pickleball @ BP
  - 10:15 Fit 4 All
  - 10:30 Learn Mah Jongg
  - 11:15 Strong & Balanced
  - 12:15 Quilting
  - 12:30 Mah Jongg
  - 12:50 Bingo
  - 3 Core and More

- 9**
- Fitness Center Open 9 – 11:45 a.m.

**10**

**11**

8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12 Zentangle  
12:30 Embroidery  
12:50 Bingo  
1 Member Orientation  
2 Learn Canasta  
3 Core and More  
3 Pin Busters

**12** 11 am Walmart

8:25 Exercise Tape  
9 Omelet Breakfast  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Stretch & Strengthen  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
1 Ping Pong  
3 Power Stretching  
4 AARP

**HeartWell in Action**

**13** 10 am Paradise Springs Winery

8:25 Exercise Tape  
9:15 50/50  
10 Pickleball @ BP  
10:15 Fit 4 All  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
1:15 Music Lessons  
2 Watercolor

**14**

8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BP  
11:15 Ritmo Latino  
12:30 Bridge  
1 Coping w/Change  
1 El Club de la Amistad  
2 Book Discussion  
4 Power Stretching

**15**

8:25 Exercise Tape  
9:15 High/Low  
10 Pickleball @ BP  
10:15 Fit 4 All  
10:30 Learn Mah Jongg  
11:15 Strong & Balanced  
12:15 Quilting  
12:30 Mah Jongg  
12:50 Bingo  
3 Core and More

**16**

Fitness Center  
Open  
9 – 11:45 a.m.

**17**

**18**

8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12:30 Embroidery  
12:50 Bingo  
2 Learn Canasta  
3 Core and More  
3 Pin Busters

**19** 9:30 am "All the Way" at Arena Stage

8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 Diabetes Support  
11:15 Stretch & Strengthen  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
1 Ping Pong  
3 Power Stretching

**HeartWell in Action**

**20** 11 am "In the Mood" Frederick, MD

8:25 Exercise Tape  
9:15 50/50  
10 Pickleball @ BP  
10:15 Fit 4 All  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
1:15 Music Lessons  
2 Watercolor

**21**

8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BP  
11:15 Ritmo Latino  
12:30 Bridge  
1 Coping w/Change  
1 El Club de la Amistad  
2 Caregivers  
4 Power Stretching

**22** 11 am Shoppers Supermarket

8:25 Exercise Tape  
9:15 High/Low  
10 Pickleball @ BP  
10:15 Fit 4 All  
10:30 Learn Mah Jongg  
11:15 Strong & Balanced  
12:15 Quilting  
12:30 Mah Jongg  
12:50 Bingo  
3 Core and More

**23**

Fitness Center  
Open  
9 – 11:45 a.m.

**24**

**25** 9:45 am National Zoo

8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12:30 Embroidery  
12:50 Bingo  
2 Learn Canasta  
3 Core and More  
3 Pin Busters

**26** 12:30 pm Birthday Celebration

8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Stretch & Strengthen  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
1 Ping Pong  
3 Power Stretching

**HeartWell in Action**

**27** 10:15 am National Museum of the American Indian

8:25 Exercise Tape  
9:15 50/50  
9:30 BP Check  
10 Pickleball @ BP  
10:15 Fit 4 All  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
1:15 Music Lessons  
2 Watercolor

**28** 9:15 am Brookside Gardens

8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BGC  
11:15 Ritmo Latino  
12:30 Bridge  
1 Coping w/Change  
1 El Club de la Amistad  
4 Power Stretching

**29**

8:25 Exercise Tape  
9:15 High/Low  
10 Pickleball @ BP  
10:15 Fit 4 All  
10:30 Learn Mah Jongg  
11:15 Strong & Balanced  
12:15 Quilting  
12:30 Mah Jongg  
12:50 Bingo  
3 Core and More

**30**

Fitness Center  
Open  
9 – 11:45 a.m.

*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.

To register by phone call 301-896-3689.

**Flexible Strength  
Benjamin Gaither Center**

**Dates:** Wednesdays  
April 6 – June 29  
**Time:** 1:15 p.m.  
**Fee:** \$40

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

**Minimum:** 9 **Maximum:** 20

**Stability Ball**

**Bohrer Park**

**Dates:** Thursdays  
April 7 – June 30  
**Time:** 10:30 a.m.  
**Fee:** \$40

Bring your own mat and ball.

**Minimum:** 9 **Maximum:** 20

**Weight Training**

**Benjamin Gaither Center**

**Dates:** Wednesdays  
April 6 – June 29  
**Time:** 12:30 p.m.  
**Fee:** \$40

Build bones and become stronger using hand weights.

**Minimum:** 9 **Maximum:** 20

**Power Stretching**

**Taught by Robert Williams**

**Tuesdays at 3 p.m. and  
Thursdays at 4 p.m.**

**Drop in fee of \$1**

A stretching program designed to burn calories, elongate muscle fibers for better performance, and increase flexibility, agility and dexterity.



**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.

**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.

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

**Strong & Balanced**

**Taught by Robert Williams**

**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.

**High/Low**

**Taught by Grace Whipple**

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

Vigorous low-impact aerobics and strength training.

**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.**

**Tues. at 11:15 a.m.**

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

**Small Group Personal Fitness Training**

**Fee:** \$90 Fitness Center Members/\$120 Nonmembers (6 sessions)

Tuesdays	April 5 – May 10	10:30 – 11:30 a.m.
Wednesdays	April 6 – May 11	10 – 11 a.m.
Wednesdays	April 6 – May 11	3 – 4 p.m.
Thursdays	April 7 – May 12	10:30 – 11:30 a.m.
Thursdays	April 7 – May 12	2:30 – 3:30 p.m.
Fridays	April 8 – May 13	2:30 – 3:30 p.m.
Saturdays	April 9 – May 14	9:30 – 10:30 a.m.
Saturdays	April 9 – May 14	10:45 – 11:45 a.m.

Take your workouts to the next level with coaching and personalized attention from our staff Trainers. Small group training sessions not only provide individualized attention and personalized workouts, but the increased energy and motivation that comes from working with a group. The focus will be on strength training. **Great for beginners!**

**Minimum:** 4

**Maximum:** 6

**Poker**

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

**Contract Bridge**

**Tuesdays & Thursdays at 12:30 p.m.**  
Drop in and play!

**Learn Canasta**

**Mondays from 2 – 4 p.m.**

**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 on Fridays at 10:30 a.m.

**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.



**Gaithersburg Senior  
"Pin Busters"**

**Bowl America**

1101 Clopper Rd.  
Gaithersburg, MD

**Date:** Mondays

**Time:** 3 – 5 p.m.

**Fee:** \$9 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!

**Walking Tape**

**8:25 a.m. - Every Day**

Wake up with a brisk 2 mile workout.



**Computer Help**

**Tuesdays, 10 a.m. – 2 p.m.**  
**Thursdays, 10 a.m. – 2 p.m.**  
**Fridays, 11 a.m. – 2 p.m.**



**Pickleball**

**Wednesdays & Fridays**  
**10 a.m. – Noon**  
Activity Center at Bohrer Park

**\$3 Residents/  
\$4 Nonresidents**

**Watercolor: Spring Flowers  
& Landscapes**

**Dates:** Wednesdays  
March 9 – April 27

**Time:** 2 – 4 p.m.

**Fee:** \$90

Do you enjoy the beauty and magic of watercolor painting? This class, taught by Valthea Frye, is for watercolorists of any experience who will learn to refine their skills and add drama to their work. Bring your own materials

**Minimum: 8                      Maximum: 16**

**The Coloring Book Club**

**Mondays, 11 a.m. – Noon**  
**\$1 Drop in Fee**

Coloring books for adults are the latest trend and the activity is actually very good for you! Coloring is relaxing, gives you a chance to be social, reduces stress and anxiety, trains your brain to focus, helps your fine motor skills and vision, and gives you a chance to express your originality. All supplies will be provided.

**Music Lessons**

Have you ever wanted to learn how to play the piano, guitar or ukulele? Join Dan for a 45-minute lesson for \$20. Call 301-258-6380 to schedule a time.

**Ritmo Latino**

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

**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.

Be creative for a good cause. Come chat while you crochet baby blankets for local newborns. Yarn will be provided.

**Quilting**

**Date:** Fridays  
**Time:** 12:15 p.m.

Come work on your project and make friends in the process.

**Conversational English**

**Tuesdays at 12:30 p.m.**

Join instructor Susan Bradley as you learn and build your English conversation skills.

**Bone Builders**

**Dates:** Tuesdays & Thursdays,  
January 12 – May 26

**Time:** 9:05 – 10:05 a.m.

**Fee:** Free

**FULL**

Participation in Benjamin Gaither Center programs by groups or organizations other than City of Gaithersburg officials, departments or committees does not constitute City of Gaithersburg endorsement.

# CLASSES & ACTIVITIES

## 1200 Minute Challenge Through Friday, April 29

You can do it! Accumulate 1,200 minutes of activity (walk, take a class, do housework, dance, run, lift weights, stretch) by April 29 and be entered into a lottery to win one of three prizes: \$75 Visa Gift Card, \$25 Giant Food Card or a \$10 Starbucks Card.

Pick up a calendar at the front desk to track your minutes, mark your time each day, and turn in your completed calendar by Friday, April 29. The drawing will be held on Monday, May 2 at the 8th Annual Active Aging Expo held at Bohrer Park. Good luck and good health!

## Pentagon Tour Washington, DC

**Date:** Tuesday, May 10  
**Depart:** 8:45 a.m.  
**Return:** 4:30 p.m.  
**Fee:** \$20

**FULL**



Come take a guided tour of one of the largest office buildings in the world. The tour is approximately one hour long and 1.5 miles through long corridors and staircases (wheelchairs are available). Expect to walk at a quick pace. For security reasons, all participants must provide their full name, email, date of birth, gender, phone number, Social Security number or passport number, current city, and state of residence. No cameras, weapons, food, or large bags are permitted. Must bring a government issued photo ID. After our tour, lunch is on your own at Pentagon City Mall. **Lots of walking.**

**Minimum:** 20

**Maximum:** 33

## AARP, Gaithersburg Chapter #5358

### APRIL 2016 ACTIVITIES

**Tuesday, April 12, 2016**

#### **4 p.m. Bingo**

2 cards, \$2, choice of prizes, Natalie Werber will call.

#### **5:30 p.m. Dinner**

Chinese Buffet provided by the Oriental Cafe and organized by Robbie Burleson, Fay Sutherland and Margaret Fisher; choice of cold drinks and desserts made by members of our chapter. \$10

#### **6:10 p.m. Business Meeting**

50-50 and door prizes.

#### **6:40 p.m. Program**

Jen Holtz, from MD AARP, will give the AARP "Fraud Watch" presentation. Learn about a variety of scams directed at seniors, how con artists try to scam you, and ways to protect yourself. Free

*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 Benjamin Gaither Center or mail your check (made payable to Gaithersburg Chapter #5358 of AARP) to Annette Thompson, 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.*

**CHAT AND CHEW. Tuesday, April 19, 12:30 p.m.**

Lunch at Noodles & Co. (177 Kentlands Blvd #100, Gaithersburg). A variety of low cost international pasta dishes (shrimp, chicken, beef or veggies added). Be at the restaurant by 12:30 p.m. or meet at noon to carpool from the Benjamin Gaither Center. Order and pay on your own. Sign up with Nancy Dols at (301-946-6034) so we can make reservations and arrange our car pools.

**COMMUNITY SERVICE. Food Drive for Manna: April 5 – 14**

Help the needy in our community – this will help fill backpacks of needy kids with week-end food. Foods to donate include: canned fruit and vegetables, juices, soups, tomato products, macaroni and cheese, coffee, tea, evaporated milk, canned meat or fish, packaged cereals, rice, pasta, flour, sugar, instant oatmeal, breakfast bars, infant formula, baby food, and nutritional supplements. Collection boxes will be in the lobby of the Benjamin Gaither Center. Monetary donations to our chapter for Manna are greatly appreciated. Contact Elaine Huey (301-972-1056) to donate.

#### **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 3 p.m. To register and pay in advance, call Dale Batchelder (301-983-0104) or Margaret Fisher (301-947-1835) or see them at the Center.

**Senior Rally Day in Annapolis, Thursday, March 31**

Free transportation will be provided by MD AARP from the Benjamin Gaither Center. The bus leaves at 7 a.m. (be there by 6:50 a.m.), Briefings with legislators have been scheduled; let them know the issues that concern seniors. See your state government in action. Breakfast and lunch provided. We leave Annapolis by 1:30 p.m. to return by 3 p.m. Park at far ends of Center parking area. Sign up with Henry Harris (301-977-7132) or Annette Thompson (301-977-7936); registration is required.

**Cruise to Aruba, Colombia, the Cayman Islands, Costa Rica, and the Panama Canal on the Coral Princess, April 15 – 25, 2016 (11 days/10 nights)**

It's not too late to join us! For a flyer, further information on cabin options and rates and to make a reservation contact Annette Thompson (301-977-7936); annettethompsonphd@yahoo.com) or Nancy Dols (301-946-6034); nancydols17@gmail.com

## 8ª EXPOSICIÓN ANUAL Y ACTIVA PARA PERSONAS DE LA TERCERA EDAD

Auspiciado por la Villa Metodista de Asbury

Día: lunes 2 de mayo de 9 am a 2 pm

Lugar: Centro de Actividad, Parqué Bohrer. 506 S. Frederick Ave., Gaithersburg

Únase a nosotros a disfrutar del mejor día del año! Durante esta exposición habrá charlas educativas, emocionantes demostraciones, servicio de cuidado para el cuerpo, actividades divertidas y deliciosa pizza para el almuerzo. El parqueo es gratis, pero si desea viajar en el autobús del Centro, por favor inscribise en la hoja del programa. ¡Mucha diversión!

### VIAJE DE COMPRAS A WALMART

Día: martes 12 de abril

Salida: 11 am a 1 pm

Costo: \$2

Mínimo: 5 Máximo: 13

### VIAJE AL SUPERMERCASO DE SHOPPERS

Día: viernes 22 de abril

Hora: 11 am a 1pm

Costo: \$2

Mínimo: 5 Máximo: 13

### VIAJE AL ZOOLOGICO NACIONAL DE WASHINGTON

Día: lunes 25 de abril

Salida: 9:45 a.m.

Regreso: 4 p.m.

Costo: \$15

Fecha de vencimiento: jueves 21 de abril

Póngase en contacto con el lado salvaje del Zoológico Nacional! El autobús lo dejara en la entrada principal y de ahí usted podrá visitar el zoológico por su propia cuenta. También, si desea, puede llevar su sándwich o almorzar en cualquiera de los puestos de comida que están ubicados en el parque. Asegúrese de visitar el nuevo bebé, Panda y todos los otros bebés que nacen en el zoológico durante la primavera. Por la tarde el autobús los recogerá hacia la parte baja de la colina del zoológico. Póngase zapatos cómodos porque se caminará bastante.

Mínimo: 20 Máximo: 33

### CONVERSACIÓN EN INGLES

Todos los martes

Hora: 12:30 pm

Únase a la instructora Susan Bradley para mejorar su conversación en Ingles.

### RITMO LATINO

Todos los jueves de 11:15 am – 12 m

### VIAJE AL MUSEO NACIONAL DE LOS INDIOS AMERICANOS

Washington DC

Día: miércoles 27 de abril

Salida: 10:15 am

Regreso: 4 p.m.

Costo: \$15

Fecha de vencimiento: lunes 25 de abril

En el Museo Nacional de las casas de los indios de América hay una de las colecciones más grandes y diversas del mundo. La arquitectura del museo, su paisaje indígena y sus exposiciones están diseñados en colaboración con las tribus y comunidades de todo el hemisferio. También les ofrecen a los visitantes una combinación de sentido y espíritu de los mismos nativos de América. Podrá almorzar, por su cuenta, en el café del museo.

Mínimo: 19 Máximo: 24

### VIAJE A LOS JARDINES DE BROOKSIDE

Wheaton, MD

Día: jueves 28 de abril

Salida: 9:15 am

Regreso: 3:30 p.m.

Costo: \$20

Fecha de vencimiento: lunes 25 de abril

La primavera está en plena floración! Durante este viaje tendremos una visita por los jardines y será guiada por un experto en jardinería. Este recorrido durará aproximadamente una hora. Después tendrán tiempo libre para seguir explorando el jardín por su propia cuenta. Las famosas azaleas de ese jardín estarán floreciendo. Almorzaremos en el restaurante de la finca de Brookeville, donde podrá ordenar del menú y pagar en efectivo. Se caminará bastante.

Mínimo: 19

Máximo: 24

### CELEBRACIÓN DE CUMPLEAÑOS

Día: martes 26 de abril

Hora: 12:30 pm

### “DESAYUNO”

Tortilla con huevo, cebolla y tomate

Día: martes 12 de abril

Hora: 9 am a 10:30 am

Costo: \$4 Miembros

6 Non-miembros

Tortilla con huevo, cebolla y tomate! Haría falta decir algo más? Venga a disfrutar de un delicioso desayuno hecho por el cocinero Sia! Regístrese en la hoja de programas y no se olvide de invitar a sus amigos/as.

### VIAJE A LA CATEDRAL NACIONAL

Mercado de flores

Washington, DC

Día: lunes, 6 de mayo

Salida: 9:45 am

Regreso: 4 p.m.

Costo: \$20

Fecha de vencimiento: viernes 3 de mayo

No se pierda el festival de Primavera más importante de Washington. Ahí hay un mercado que cuenta con muchos vendedores de todo tipo de plantas, arreglos florales y ventas de comida. El almuerzo es por su propia cuenta. Durante este viaje se caminará bastante.

Mínimo: 20 Máximo: 33

### EL CLUB DE LIBROS PARA COLOREAR

Días: lunes

Hora: 11 am – al medio día

Costo: \$1 (pague a la entrada)

Los libros para colorear y especialmente para adultos son la última tendencia y realmente es algo muy bueno porque mientras usted colorea, se relaja, tiene la oportunidad de socializar, reducir el estrés, la ansiedad, entrena su cerebro a obtener una mejor concentración, ayuda a sus habilidades de motricidad fina, visión, y le da la oportunidad de poder expresar su originalidad. Se le proporcionará todo el material.



# Monthly NEWS

## GAITHERSBURG CITY OFFICIALS

**Mayor  
Jud Ashman**

**Council Members  
Neil Harris  
Henry F. Marraffa, Jr.  
Michael A. Sesma  
Ryan Spiegel  
Robert T. Wu**

**City Manager  
Tony Tomasello**

CURRENT RESIDENT OR

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

# APRIL 2016

**(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 online at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		<b>Classes/Lectures</b>			
	43853	Bone Builders <span style="float: right;"><i>Full</i></span>	Jan 12 – May 26	Tu/Th	N/A
	44559	Cell Phone Help	By Appointment		N/A
	44560	Watercolor: Spring Flowers and Landscapes	Mar 9 – Apr 27	Wed	\$90
	44615	Ask the Physical Therapist	Apr 6	Wed	N/A
	44614	AARP Smart Driver Course	May 13	Fri	N/A
		<b>Small Group Personal Training</b>			
	44127	Tuesdays @ 10:30 a.m.	Apr 5 – May 10	Tue	\$90/\$120
	44562	Wednesdays @ 10 a.m.	Apr 6 – May 11	Wed	\$90/\$120
	44563	Wednesdays @ 3 p.m.	Apr 6 – May 11	Wed	\$90/\$120
	44564	Thursdays @ 10:30 a.m.	Apr 7 – May 12	Thu	\$90/\$120
	44569	Thursdays @ 2:30 p.m.	Apr 7 – May 12	Thu	\$90/\$120
	44565	Fridays @ 2:30 p.m.	Apr 8 – May 13	Fri	\$90/\$120
	44566	Saturdays @ 9:30 a.m.	Apr 9 – May 14	Sat	\$90/\$120
	44567	Saturdays @ 10:45 a.m.	Apr 9 – May 14	Sat	\$90/\$120
		<b>Activities/Trips</b>			
	44616	Omelet Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Nonmembers \$6	Apr 12	Tue	\$4/\$6
	44145	1200 Minute Challenge	Feb 1 – Apr 29		N/A
	44558	Sip & Paint Night	Apr 15	Fri	\$45
	44556	Library of Congress	Apr 4	Mon	\$15
	44629	Senior Forum	Apr 8	Fri	N/A
	44632	Walmart	Apr 12	Tue	\$2
	44628	Paradise Springs Winery	Apr 13	Wed	\$35
	44546	"All the Way" at Arena Stage	Apr 19	Tue	\$55
	44547	"In the Mood" at the Weinberg Center <span style="float: right;"><i>Full</i></span>	Apr 20	Wed	\$55
	44633	Shoppers Supermarket	Apr 22	Fri	\$2
	44626	National Zoo	Apr 25	Mon	\$15
	44630	National Museum of the American Indian	Apr 27	Wed	\$15
	44627	Brookside Gardens	Apr 28	Thu	\$20
	44631	National Cathedral Flower Mart	May 6	Fri	\$20
	44141	Pentagon Tour <span style="float: right;"><i>Full</i></span>	May 10	Tue	\$20

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

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



# BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

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**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](mailto: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:** \_\_\_\_\_