



Monthly

May 2016

NEWS

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
9 a.m. – 2 p.m.

Activity Center at Bohrer Park
506 S. Frederick Ave., Gaithersburg

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.

Parking is free at the Activity Center, or ride the shuttle bus from the Benjamin Gaither Center to the Expo. It runs every hour beginning at 9:30 a.m.

Lots of FUN! It gets better every year!



Phoenix Arts Concert

Wednesday, May 4 at 12:45 p.m.

Join us for a wonderful performance of classical music!

Benjamin Gaither Center is open
Monday – Friday
8:30 a.m. – 4 p.m.
Closed May 2 & 30

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



Great American Breakfast

Tuesday, May 17

9 – 10:30 a.m.

\$4 Members/\$6 Nonmembers

Eggs, bacon, sausage, potatoes, and more! Enjoy this delicious breakfast made by our own Chef Sia. Sign-up on the program sheet and invite your friends.

Pool Tournament

Friday, May 20 at 9 a.m.

Chalk up that cue. It is time to show off your billiard skills, tournament style. Sign up in the pool area, \$5 to enter. We will start at 9 o'clock sharp with a hearty breakfast for all of the players. Fans and friends are all invited to cheer on their favorite players!



Birthday Celebration

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



May Birthdays

- 1 Maria Albarracin
John Small
John McGuire
Mark Getzin
- 5 Maria Zapata
- 7 Pamela Belmes
- 9 Joanne Villforth
- 10 Mary Kurian
- 12 Pushpa Shahani
- 16 Nancy Palker
Raymond Richardson
- 18 Anne Byrd
- 19 Sharon Freedman
Sharon Benson
Joseph Fusco
- 20 Reetha Thomas
Marsha Knight



Sympathy is extended
to the friends and family
of **Reza Malekzadeh**
and **Dr. Mathai Mathew**
who recently passed away.

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!TM
Program, celebrating its 20th
anniversary in Gaithersburg
in 2016.*

Grace's Update



Dear Members,

In 1963, President Kennedy designated the month of May as Older Americans Month to acknowledge the many contributions older adults continue to make that benefit our country. This year the United States Department of Health and Human Services has chosen the theme "Blaze a Trail." It represents how older adults can forge a stable path for youth by acting as positive role models.

The Maryland Department on Aging is partnering with local Area Agencies on Aging to encourage senior centers across the state to broaden the meaning of this year's theme to encourage everyone to participate in an active lifestyle by getting out into our beautiful trails and parks to enjoy the many benefits of walking.

Monday, May 2, will be the 8th Annual Active Aging Expo and we will conduct the drawing for those who participated in the 1,200 Minute Challenge. Congratulations to everyone who took part and qualified to be in the lottery. But please do not retire your sneakers, because Monday, May 2 will also be the kick-off to a new challenge, "Blaze a Trail." The details are still in the works and we will send out more information shortly.

Thank you!

Grace, Community Facility Manager
and Benjamin Gaither Center Staff

Member Orientation

Monday, May 9 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.

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.



Caregivers Support Group

Thursday, May 5 & 19
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.



Coping with Change

Thursdays at 11 a.m.

NEW TIME

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.

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.

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.

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.



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!**

Highlights of Mind, Brain & Body Connections

Tuesday, May 3 at 11 a.m.

Jay Choudhry presents the expert research that shows how the connections between mind, body and brain can affect everything from your behavior to your health.

Diabetes Support Group

Tuesday, May 17 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, May 25

9:30 – 11:30 a.m.

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

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.



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.

TRIPS & ACTIVITIES

National Cathedral

Flower Mart

Washington, DC

Date: Friday, May 6

Depart: 9:45 a.m.

Return: 4 p.m.

Fee: \$20

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!**

FULL

Pentagon Tour

Washington, DC

Date: Tuesday, May 10

Depart: 8:45 a.m.

Return: 4:30 p.m.

Fee: \$20

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.**

FULL



filters will be able to observe the dark disk of the planet Mercury moving across the face of the Sun. This is a rare event that occurs only once every few years. We have special filters for the telescopes to make viewing possible. Telescopes will be available for you to use, or bring your own.

Minimum: 5

Maximum: 13

Skywatching at Observatory Park

Gaithersburg, MD

Date: Monday, May 9

Depart: 10:30 a.m.

Return: 12 p.m.

Fee: \$2

The planet Mercury will move directly between the Earth and the Sun. Viewers with telescopes and approved solar

Old Town Alexandria, Va

Date: Wednesday, May 11

Depart: 9:45 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Friday, May 6

Get out and explore Old Town Alexandria. There is something for everyone! You can visit the small shops and boutiques, visit historic sites, check out the art at the Torpedo Factory, take a boat ride on the Potomac, or just soak up the sun on the waterfront. The choice is yours! There will be lots of walking, but the King Street Trolley is free and is a great option for giving your feet a break.

Minimum: 20

Maximum: 33



Galloping Gourmets to Filomena Ristorante

Washington, DC

Date: Monday, May 16

Depart: 10:45 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Thursday, May 12

Experience one of the best Italian restaurants in D.C. Filomena's is famous for its



authentic Italian cuisine, beautiful setting and service. Order from the menu and **pay in cash.**

Minimum: 20

Maximum: 33



Book Discussion

"Ender's Game"

by Orson Scott Card

Thursday, May 12 at 2 p.m.

FREE

You can register online at www.gaithersburgmd.gov

Rocky Point Creamery

Tuscarora, MD

Date: Thursday, May 19

Depart: 10:15 a.m.

Return: 4 p.m.

Fee: \$25

Deadline: Monday, May 17

Take a drive through the back roads along the Potomac River and experience how beautiful farm country really is. This family owned farm works hard at milking healthy cows and mixing flavorful ice cream recipes. The guided tour will impress you with the amount of goodness that goes into every scoop. While you're there you can purchase pasture raised Angus Cross Beef. Moo-licious! After our tour we will stop for lunch on your own at Bassett's Restaurant in Poolesville.

Minimum: 20

Maximum: 33



Ping Pong

Tuesdays, 1 – 2:45 p.m.

Richardson Farms

White Marsh, MD

Date: Thursday, June 2

Depart: 10 a.m.

Return: 3 p.m.

Fee: \$15

Deadline: Friday, May 27

Richardson Farms sells fresh poultry, fresh vegetables, homemade pies, freshly prepared hot foods and fresh baked goods. Check out the market and eat lunch on your own at the farm café.

Minimum: 20

Maximum: 33



Baltimore Harbor Cruise

Baltimore, MD

Date: Monday, May 23

Depart: 9:45 a.m.

Return: 4 p.m.

Fee: \$35

Deadline: Friday, May 13

Join us for a narrated Baltimore boat cruise where you will learn about the renaissance of Baltimore's waterfront and the city's history. Sites include the Inner Harbor, the Domino Sugar sign, Fort McHenry, the Key Bridge and more. Before our cruise, lunch is on your own in the Inner Harbor. **Lots of walking.**

Minimum: 25

Maximum: 33



“Kinky Boots”

at the Kennedy Center

Washington, DC

Date: Thursday, July 7

Depart: 11:30 a.m.

Return: 5:30 p.m.

Fee: \$80

Deadline: Monday, June 6

Experience Broadway's huge-hearted, high-heeled hit with songs by pop icon Cyndi Lauper. This Tony-winning musical celebration is about the friendships we discover and the belief that you can change the world when you change your mind. Bring a snack; we are not stopping for a meal on this trip.

Minimum: 19

Maximum: 24

Downtown Frederick

Frederick, MD

Date: Tuesday, May 31

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Friday, May 27

Get out and explore Downtown Frederick. There is something for everyone! You can visit the small shops and boutiques, visit historic sites, try a new restaurant, or stroll along the canal. The choice is yours! **Lots of walking!**

Minimum: 20

Maximum: 33



The Benjamin Gaither Center



Gaithersburg

May 2016

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ACTIVE AGING EXPO 9AM - 2 PM BOHRER PARK BENJAMIN GAITHER CENTER CLOSED	3 8:25 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Mind, Brain & Body Connections 11:15 Stretch & Strengthen 12:30 Bridge 12:30 Conv. English 12:30 Mah Jongg 1 Ping Pong 3 Power Stretching HeartWell in Action	4 12:45 pm Phoenix Arts Concert 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 Yippee for Yupo	5 8:25 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 10:30 Stability Ball @ BP 11 Coping w/Change 11:15 Ritmo Latino 12:30 Bridge 1 El Club de las Amistad 2 Caregivers 4 Power Stretching	6 9:45 am National Cathedral Flower Mart 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	7 Fitness Center Open 9 - 11:45 a.m.
8		9 10:30 am Observatory Park 8:25 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 11 Coloring Book 12:30 Embroidery 12:50 Bingo 1 Member Orientation 2 Learn Canasta 3 Core and More 3 Pin Busters	11 9:45 am Old Town Alexandria 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	12 8:25 Exercise Tape 9:05 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 10:30 Stability Ball @ BP 11 Coping w/Change 11:15 Ritmo Latino 12:30 Bridge 1 El Club de las Amistad 2 Book Discussion 4 Power Stretching	13 8:25 Exercise Tape 9:15 High/Low 9:45 AARP Smart Driver Course 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	14 Fitness Center Open 9 - 11:45 a.m.

15



16 10:45 am
Galloping Gourmets

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

17 11 am
Wegmans

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

HeartWell in Action

18 11 am
Wegmans

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 Pastel Workshop

19 10:15 am
Rocky Point Creamery

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

20 9 am
Pool Tournament

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

21 Fitness Center
Open
9 – 11:45 a.m.

22



23 9:45 am
Baltimore Harbor Cruise

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

24 11 am
Walmart

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 Mah Jongg
1 Ping Pong
3 Power Stretching

HeartWell in Action

25 11 am
Wegmans

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 Pastel Workshop

26 6 pm
Art Reception

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

**12:30 pm
Birthday Celebration**

27 9 am
Pool Tournament

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

28 Fitness Center
Open
9 – 11:45 a.m.

29



30 MEMORIAL DAY
BENJAMIN GAITHER CENTER
CLOSED

31 10 am
Downtown Frederick

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 Mah Jongg
1 Ping Pong
3 Power Stretching

HeartWell in Action

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



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. or

Thursdays at 4 p.m.

Fee: \$2

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 Bohrер 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 one-hour sessions)

Tuesdays	May 3 – June 7	10:30 a.m.
Wednesdays	May 18 – June 22	10:00 a.m.
Wednesdays	May 4 – June 8	3:00 p.m.
Thursdays	May 5 – June 9	10:30 a.m.
Thursdays	May 5 – June 9	2:30 p.m.
Fridays	May 6 – June 10	1:00 p.m.
Saturdays	May 7 – June 11	9:30 a.m.
Saturdays	May 7 – June 11	10:45 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



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. 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!

Ritmo Latino

Date: Thursdays

Time: 11:15 a.m.

Move to Latin rhythms.

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.

Walking Tape

8:25 a.m. - Every Day

Wake up with a brisk 2 mile workout.



Bone Builders

Dates: Tuesdays & Thursdays,
January 12 – May 26

Time: 9:05 – 10:05 a.m.

Fee: Free

FULL



Pickleball

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

\$3 Residents/
\$4 Nonresidents

Pastel Workshop

**Wednesdays, May 18 – June 8
2 – 4 p.m.**

Fee: \$40

Learn to paint in a new medium or refine your skills. We will discuss techniques, composition, getting light and color in your work of art. Explore this delightful medium with us. It will enliven your art work by bringing new colors and techniques to your art. Taught by Valthea Fry. Supply list available at the front desk.

Minimum: 9

Maximum: 16



Artist Reception

Thursday, May 26, 6 – 8 p.m.

Meet the artists and celebrate the beautiful work created by the students of our Watercolor classes taught by Valthea Fry.

Light refreshments will be served.

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.

Yippee for Yupo Workshop

Wednesday, May 4, 2 – 4 p.m.

Fee: \$10

Using Japanese Synthetic Paper, Val Fry will teach this fun technique that creates very loose textures with wet watercolor paints. Bring your watercolors to class.

Minimum: 9

Maximum: 16

Conversational English

**Tuesdays, May 3 & 10 at 12:30 p.m.
2 – 4 p.m.**

No class May 17– June 7

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

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.

Work on your project and make friends in the process.

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.

Play as many games as you can in an hour for the chance to win prizes. \$1 buys two cards for every game.

CLASSES & ACTIVITIES

Local Shopping Trips to



Wegmans

Wednesday, May 18

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5 Maximum: 13

Walmart

Tuesday, May 24

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5 Maximum: 13

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

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!

Computer Help

Tuesdays, 10 a.m. – 2 p.m.

Thursdays, 10 a.m. – 2 p.m.

Fridays, 11 a.m. – 2 p.m.

No sessions on May 5, 12 & 19

AARP, Gaithersburg Chapter #5358

MAY 2016 ACTIVITIES

Tuesday, May 10, 2016

4 p.m. Community Service

Gifts for nursing home and assisted living residents

5:30 p.m. Dinner

Chef Sia serves Chicken Parmesan or Vegetarian Lasagna with sides, salad and garlic bread. Hot or cold drinks. Choice of desserts made by the sweet volunteers in our chapter.

6:10 p.m. Business Meeting

50-50 and door prizes.

6:40 p.m. Program

A musical treat by Steven Gellman: Folk and pop songs from the 60's and 70's through today, featuring John Denver, Pete Seeger and Peter, Paul and Mary. Listen, sing-a-long and enjoy. 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, May 17, 12:30 p.m.

Lunch at Ted's Bulletin in Crown Plaza (220 Ellington Blvd., Gaithersburg). Select from an extensive lunch menu of salads, sandwiches, entrees and sides. 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 carpools.

COMMUNITY SERVICE

Gifts for Nursing Home Residents

Craft Sessions: Fridays, April 29, May 6, and Monday, May 9

10 a.m. – Noon & 1 – 3 p.m.

We will make small faux flower arrangements, spring corsages and new easy to make crafted gifts. All materials provided. Our goal is 25 flower arrangements and 40 corsages for each of four area nursing and assisted living facilities. Contact Annette Thompson (301-977-7936) to help.

Spring Jewelry, Craft and Gift Sale

Monday, June 6 – Friday, June 10

8:30 a.m. – 4 p.m.

This event raises money for the Benjamin Gaither Center. Please donate home decor items or jewelry you no longer wear, handmade crafts (knitted, crocheted, or other stitched items), faux flower arrangements and pottery. Crafters get busy & make interesting items for this sale! Volunteers are needed to set up, sell, and clean up. Contact Margaret Fisher (301-947-1835) or Annette Thompson (301-977-7936) to volunteer.

An added bonus: you can purchase low cost items as gifts for yourself or others! Do some shopping and earn money for the Center.

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.

VIAJE AL PARQUE OBSERVATORIO

Gaithersburg, MD

Día: lunes 9 de mayo

Hora: 10:30 am

Retorno: 12m

Costo: \$2

El planeta Mercurio pasara directamente entre la tierra y el sol. Los espectadores con telescopios y filtros solares aprobados podrán observar el disco oscuro del planeta Mercurio que se mueve a través de la cara del sol. Este es un evento extremadamente raro que solo se produce de vez en cuando. Tenemos filtros especiales para los telescopios para que la visión sea óptima.

Máximo: 13 **Mínimo:** 5

VIAJE A LA VIEJA CIUDAD DE ALEXANDRIA, VIRGINIA

Día: miércoles 11 de mayo

Salida: 9:45 am

Retorno: 4pm

Costo: \$15

Fecha de vencimiento: viernes 6 de mayo
Iremos a explorar la vieja ciudad de Alexandria, VA donde siempre hay algo para cada persona. Usted podrá visitar las pequeñas tiendas, boutiques, lugares históricos, la Factoría del Tórpido, pasear en el trolley al aire libre, tomar un paseo en barco por el rio Potomac o simplemente disfrutar de un buen día tomando sol por la línea costera. Póngase zapatos cómodos porque se caminará bastante.

Mínimo: 20 **Máximo:** 33

GALOPEANDO CON ELEGANCIA

Al Restaurante "Filomena"

Washington, DC

Día: lunes 16 de mayo

Costo: 10:45 am

Retorno: 3pm

Costo: \$15

Fecha de vencimiento: jueves 12 de mayo
Iremos a disfrutar de un delicioso almuerzo a uno de los mejores restaurantes Italianos en Washington, DC, que es famoso por su auténtica cocina italiana, tiene un hermoso entorno y ofrece buen servicio. Usted podrá ordenar del menú y pagar su almuerzo en efectivo.

Mínimo: 20 **Máximo:** 33

VIAJE A LA CREMERA DEL PUNTO EMPEDRADO - "ROCKY"

Tuscarora, MD

Día: jueves 19 de mayo

Salida: 10:15 am

Retorno: 4pm

Costo: \$25

Fecha de vencimiento: lunes 17 de mayo
En este viaje iremos a dar un paseo alrededor de las carreteras secundarias que están a lo largo del rio Potomac y la experiencia de lo hermoso que es la finca. Esta finca que visitaremos es propiedad de una familia que trabaja arduamente ordeñando vacas sanas y mezclando recetas para hacer helados de diferentes sabores. Usted se impresionara al ver todo lo bueno que lleva cada cucharada de helado! Mientras este ahí, también podrá comprar carne de res que ha sido alimentado por pastos naturales. Después del recorrido almorzaremos en el Restaurante Bassett's, que está localizado en Poolesville. Usted pagara por su almuerzo en efectivo.

Mínimo: 20 **Máximo:** 33

TORNEO DE BILLAR

Día: viernes 20 de mayo

Hora: 9 am

Este es su momento para demostrar su estilo y habilidad compitiendo en el torneo de billar. La cuota de inscripción es de \$5. Empezaremos a las 9 am con un desayuno para los jugadores. Invite a sus amigos para animar a los competidores!

CONFERENCIA SOBRE LA MENTE, EL CEREBRO Y CONEXIONES DEL CUERPO

Día: viernes 20 de mayo

Hora: 9 am

El conferencista Jay Choudhry presentara sobre la investigación de expertos que muestran como las conexiones de la mente, cuerpo y cerebro puedan afectar todo su sistema desde su comportamiento hacia la salud.

CELEBRACIÓN DE CUMPLEAÑOS

Día: martes 31 de mayo

Hora: 12:30 pm

VIAJE A WEGMANS

Día: miércoles 18 de mayo

Hora: 11 am – 1 pm

Costo: \$2

Mínimo: 5 **Máximo:** 13

VIAJE A WALMART

Día: martes 24 de mayo

Hora: 11 am – 1 pm

Costo: \$2

Viaje a Walmart a hacer sus compras.

Mínimo: 5 **Máximo:** 13

CAMBIANDO CON EL TIEMPO

Día: jueves a las 11 am

CRUCERO AL PUERTO DE BALTIMORE

Día: lunes 23 de mayo

Salida: 9:45 am

Retorno: 4pm

Costo: \$35

Fecha de vencimiento: viernes 13 de mayo
Acompáñenos a disfrutar de un crucero en Baltimore (comentado), donde podrá aprender sobre el renacimiento de la línea costera de Baltimore y la historia de la ciudad. Los lugares incluyen: el puerto interior, el signo del azúcar Domino, Fort McHenry, la llave del puente (key bridge) y otros más. Antes del crucero, usted, podrá almorzar en la bahía y pagar por su propia cuenta. Durante este viaje se caminará bastante.

Mínimo: 25 **Máximo:** 33

VIAJE AL CENTRO DE LA CIUDAD DE FREDERICK, MD

Día: martes 31 de mayo

RITMO LATINO

Todos los jueves de 11:15 am – 12 m

CONVERSACIÓN EN INGLES

Todos los martes

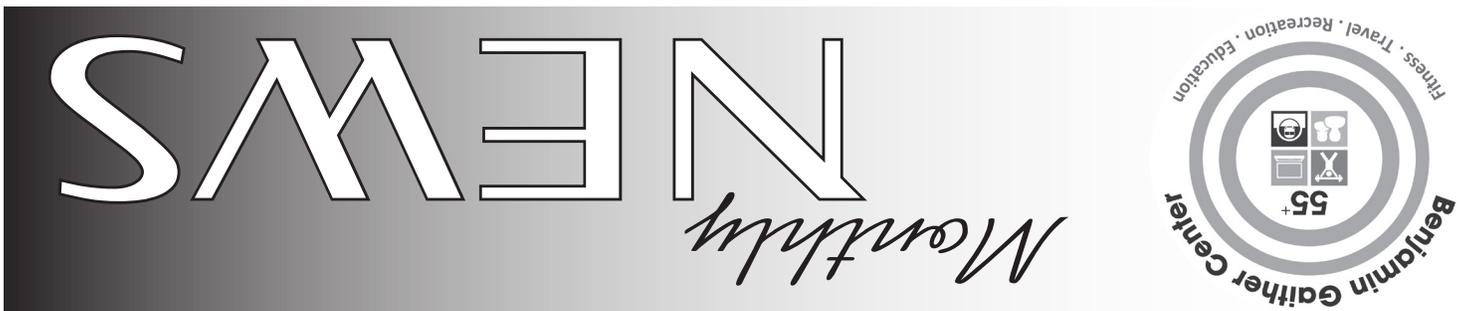
Hora: 12:30 pm

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

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

CURRENT RESIDENT OR

GAITHERSBURG CITY OFFICIALS
Mayor
Jud Ashman
Council Members
Neil Harris
Henry F. Marratta, Jr.
Michael A. Sesma
Ryan Spiegel
Robert T. Wu
City Manager
Tony Tomaseillo



MAY 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

✓ ACTIVITY # CLASS/ACTIVITY/TRIP DATE DAY FEE

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		Classes/Lectures			
	43853	Bone Builders Full	Jan 12 – May 26	Tu/Th	N/A
	44559	Cell Phone Help	By Appointment		N/A
	44946	Yippee for Yupo Workshop	May 4	Wed	\$10
	44614	AARP Smart Driver Course	May 13	Fri	N/A
	44947	Pastel Workshop	May 18 – Jun 8	Wed	\$40
		Small Group Personal Training			
	44938	Tuesdays @ 10:30 a.m.	May 3 – Jun 7	Tue	\$90/\$120
	44939	Wednesdays @ 10 a.m.	May 18 – Jun 22	Wed	\$90/\$120
	44940	Wednesdays @ 3 p.m.	May 4 – Jun 8	Wed	\$90/\$120
	44941	Thursdays @ 10:30 a.m.	May 5 – Jun 9	Thu	\$90/\$120
	44942	Thursdays @ 2:30 p.m.	May 5 – Jun 9	Thu	\$90/\$120
	44943	Fridays @ 2:30 p.m.	May 6 – Jun 10	Fri	\$90/\$120
	44944	Saturdays @ 9:30 a.m.	May 7 – Jun 11	Sat	\$90/\$120
	44945	Saturdays @ 10:45 a.m.	May 7 – Jun 11	Sat	\$90/\$120
		Activities/Trips			
	44948	Great American Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Nonmembers \$6	May 17	Tue	\$4/\$6
	44631	National Cathedral Flower Mart Full	May 6	Fri	\$20
	44949	Skywatching at Observatory Park	May 9	Mon	\$2
	44141	Pentagon Tour Full	May 10	Tue	\$20
	44955	Old Town Alexandria	May 11	Wed	\$15
	44956	Galloping Gourmets to Filomena Ristorante	May 16	Mon	\$15
	44953	Wegmans	May 18	Wed	\$2
	44951	Rocky Point Creamery	May 19	Thu	\$25
	44954	Baltimore Harbor Cruise	May 23	Mon	\$35
	44952	Walmart	May 24	Tue	\$2
	44957	Downtown Frederick	May 31	Tue	\$15
	44958	Richardson Farms	Jun 2	Thu	\$15
	44950	"Kinky Boots" at Kennedy Center	July 7	Thu	\$80

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 # _____
	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.

**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: _____

ACTIVE AGING EXPO 2016



**Monday, May 2
9 a.m. – 2 p.m.**

**Activity Center at
Bohrer Park
506 South Frederick Ave.
Gaithersburg, MD**

**Presented by
Asbury Methodist Village**

FREE

For information call
301-258-6380



LECTURES AND DEMONSTRATIONS

10 a.m. Gym Reaction and Agility Training: Let's be Nimble, Let's be Quick! – Did you know you can safely improve your ability to react to unexpected change? Denise Mornini will take you through some exercises and games to show you ways to expand your awareness of your body and the space around you. Expect to be “per-turbed,” to do some juggling, and to get a different kind of workout.

10 a.m. Room A ElderSafe – Join Tovah Kasdin, J.D., Director of ElderSafe and KerryAnn Aleibar, LCSW-C, Case Manager, as they talk about the community services provided by ElderSafe and Elder Abuse.

10 a.m. Room B You Can Paint! – Join Mike Mathis of Kentlands Manor as he guides you through a painting, much like Bob Ross did on PBS. All supplies are provided.

10 a.m. Room C “Exploring Non-Operative Treatments for Pain” – Dr. Mohsin S. Sheikh will cover common treatments for back, neck and musculoskeletal pain, including things you can do at home and ways to avoid surgery.

10:45 a.m. Gym Belly Dance – Ananke (pronounced “uh-NON-kee”) is an award-winning performance artist and certified instructor of Middle Eastern dance, with more than eight years of teaching experience. She'll perform a short demonstration of the art form, followed by a mini-lesson where YOU can learn a few moves! Belly dance is a fun and fulfilling practice that compliments any body gracefully. No dance experience is required, and two left feet are okay! Ananke teaches weekly belly dance classes at Casey Community Center.

10:45 a.m. Room A “Advance Medical Directives: Are You Prepared for the Crisis?” – Have you considered what kind of care you want when you can no longer communicate your preferences? Do you “think” you already have advance directives to address this for you? Or have you not done it yet? M. Jane Markley, RN, MEd, FACHE, a sought-after speaker who has presented regionally, nationally, and internationally, will focus on the value of advance care plans and why every adult should have one that will work for them. She uses real-life stories to demonstrate the importance of advance care planning, how it works and who benefits.

10:45 a.m. Room C Build Better Balance Class – Improving your balance can help prevent falls and enhance your mobility! Peter Francis of Vitality Fitness and Wellness will teach you static and dynamic balance exercises, functional mobility, strength training of your core and legs as well as stretching for common tight areas. He will teach practical strategies and tips for preventing falls while enjoying some fun balance exercises. Exercises may be performed seated or standing. Wear comfortable clothing, supportive shoes, and bring a bottle of water.

11:30 a.m. Room C Medicare Update 2016 – Learn about Medicare preventive care benefits, fraud and abuse prevention, prescription drug plans, and much more from Leta Blank, your Montgomery County State Health Insurance Assistance Program Administrator.

ACTIVE AGING EXPO 2016

Monday, May 2, 9 a.m. – 2 p.m.

Activity Center at Bohrer Park
506 South Frederick Ave., Gaithersburg, MD 20877
301-258-6350



11:45 a.m. Room A *“Stay in Balance”* – Why does our balance change as we get older and why are older people more prone to falls? Dave Reynolds, Fitness Specialist, will discuss the science of balance, how you can easily check your balance and give you some suggestions on how you can challenge and improve your balance and posture. Take home some suggested balance exercises to start!

11:45 a.m. Room B *“Be All You Can Be: Active Aging in Retirement”* – Retirees recognize it is impossible to be all they could be, given the many options from which to choose. Life limits excessive pursuits, so one must make choices in how to spend one's time. Join essayist Walt Sonnevile for his entertaining perspective.

12:15 p.m. Gym *PiYo® LIVE* – Join Colette for a combination of the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories for a long, lean, beautiful physique.

12:30 p.m. Room A *Topics in Contemporary Estate Planning* – Join us for this interactive workshop featuring Stephen R. Elville, principal and lead attorney of Elville and Associates. Topics include asset protection, the new era of portability planning, traditional planning versus the estate planning continuum, planning for retirement plan assets, planning for digital assets, elder law update, and more. Mr. Elville will take questions from the audience before, during and after the presentation.

12:30 p.m. Room B *Staying Safe Online* – As we conduct more of our personal lives online, from email to shopping to even banking, it is important to understand the best practices for staying safe. Join us for an informative discussion lead by Pam Holland of TechMoxie on how to recognize phishing (fraudulent) emails, avoid computer viruses and scams, and how to find trustworthy information online. The presentation will include a review of actual fraudulent emails and scam “pop up” computer virus warnings.

12:30 p.m. Room C *Stay Fit While You Sit* – We will address the 5 Domains of Fitness: Posture, Strength, Flexibility, Endurance, and Balance. We will look at their importance as well as the impact each has on us daily, and what is actually happening to the body as we age. We will discuss how Physical Therapy can help to improve these things and can lower the risk for falls and weakness!

1:00 p.m. Gym *Bollywood* – Move spectacularly and develop stellar abs with Colette! She combines Bhangra and Bollywood moves (expressively using your head, eyes, fingers, wrists, arms, and, hips) in one high-energy class of stress-relieving fun to classic and new Bollywood tunes.

1:15 p.m. Room A *Yoga Designed for the Brain* – Simple, effective Yoga tools can help improve memory and cognitive function. Learn how breathing exercises, meditation and different types of Yoga poses can help you stay grounded, calm and focused and help you live life with vitality and clarity. Presented by Jane Stelbom of Sarasvate.

1:15 p.m. Room B *“Dreamland”* – Do you like adventurous experiences, maybe with a dose of shock that startles your senses? If so, there is no need to visit an amusement park. Instead, rely on dreams. Come explore the historical perspective of dreams and how aging can affect our dreams with essayist Walt Sonnevile.

1:15 p.m. Room C *“Benefits of Exercise”* – Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. This presentation will describe the benefits of including structured exercise or increased physical activity as part of your everyday lifestyle—from cardiovascular health to weight loss to blood sugar control to bone health to mobility. Presented by Lyndon Joseph, Ph. D of the National Institute on Aging.
