



Monthly NEWS

June 2016

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



Dinner Dance

Thursday, June 23, 5:30 – 9 p.m.

\$20 (dinner & show) or **\$5** (show only)

Deadline: Thursday, June 16

Join us for a fabulous evening of live music, dinner and dancing! We will start off with a delicious chicken dinner prepared by Chef Sia and then at 6:15 p.m., the fun

begins! Gary and the Groove will get us up and dancing with a mix of classic rock, Motown and more! This event is open to all and is sure to be a good time! Feel free to invite your most fun loving friends, family and neighbors. Sign-up early so you don't miss out.

Minimum: 40

Maximum: 90

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

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

Save the Date!

Farmers Market Coupon Distribution is scheduled for **Thursday, July 7**. More details to follow in next month's newsletter.



From Overwhelmed to Ordered: The Simple Tool Kit Every Caregiver Needs

Kay H. Bransford, Best-Selling Author

Wednesday, June 22, 10:30 a.m. – 12:30 p.m.

A loved one needs your help and you quickly realize you don't have what you need to be the best advocate you could be. Where do you start and what do you need? Most American's don't have an organized system for managing their personal, financial, medical, household, or online documents, accounts, and details. In this course, you will learn what information you will need, and how to get it done.

Takeaway resources include:

- Which documents are important
- Why this information should be organized
- What to save and what to shred
- When to share this information with others
- The key estate planning documents every adult should have

Copies of the step-by-step guide (MemoryBanc: Your Workbook for Organizing Life) will be available at a discounted price of \$15.

Highlights of Climate Change & Global Warming: Fact or Fiction?

Tuesday, June 14 at 10:30 a.m.

Jay Choudhry presents the expert research and opinions on climate change and global warming. You decide, fact or fiction!

Pancake Breakfast

Tuesday, June 14

9 – 10:30 a.m.

\$4 Members/\$6 Nonmembers

Pancakes and more made by our own Chef Sia! Sign-up on the program sheet and invite your friends.

Coping with Change

Thursdays at 11 a.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.



FROM OUR STAFF

Birthday Celebration



**Monday, June 27
at 12:30 p.m.**

JUNE BIRTHDAYS

- 1 Lee Geismar
- 2 Sadhana Mazumdar
- 3 Girish Patel
- 5 Marina Rodriguez
- 9 Nora Jarian
- 13 David Ross
- 14 Paulette Campbell
- 15 Lucine Terezian
- 19 Zita Tepie
- 22 Vicki Thomas
- 25 Anna Fraker
- 26 Ebrahim Shirazee
- 29 Nina Baccanari



Sympathy is extended
to the friends and family
Pamela Belmes
and **Alice Haskins**
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,

The month of June is Elder Abuse Awareness Month. The National Council on Aging states, "Elder abuse includes physical, sexual, emotional, passive neglect, willful deprivation or financial exploitation." Sadly, approximately 10% of those over the age of 60 have fallen victim and because only one in 14 cases is ever reported, that number is likely higher.

When we think of vulnerable adults we often associate individuals who have been taken advantage of with internet or phone call scams. When we think of abusive behavior we associate it with a non-related caregiver or staff person in a nursing home. The truth is, two thirds of individuals who are guilty of abuse are family members or trusted friends.

Montgomery County has created the Elder and Vulnerable Adult Task Force to help address this widespread and growing problem. The Task Force wants to create public awareness about the possible warning signs which may include unusual injuries, unattended hygiene, undernourishment, anger, depression, isolation and fear.

If you suspect elder abuse, please call Adult Protective Services in the state in which the senior lives. The number for Adult Protective Services in Montgomery County is 240-777-3000.

Thank you,

Grace, Community Facility Manager
and Benjamin Gaither Center Staff

Member Orientation

Monday, June 13 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

Thursdays, June 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.

Diabetes Support Group

Tuesday, June 21 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.

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. Everyone 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!**



Pillar Physical Therapy Presents

Dr. Eugene Rubtsov

Wednesday, June 15 at 11 a.m.

Join Dr. Eugene Rubtsov of Pillar Physical Therapy as he gives a presentation on balance, posture, arthritis, and exercises to promote fitness and independence.

Blood Pressure Check

Wednesday, June 22

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

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

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!



Local Shopping Trips to

Aldi Grocery Store

Gaithersburg

Friday, June 10

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5

Maximum: 13

Walmart

Germantown

Wednesday, June 29

11 a.m. – 1 p.m.

Fee: \$2

Minimum: 5

Maximum: 13

Ping Pong

Tuesdays, 1 – 2:45 p.m.

Fabbioli Cellars

Leesburg, VA

Date: Tuesday, June 7

Depart: 10:15 a.m.

Return: 4 p.m.

Fee: \$45

Deadline: Thursday, June 2

Join us for a seated tasting where the wine educators present 7 wines paired with small gourmet food bites for a fun and educational experience. After our tasting, we will take a guided walking tour of the production facilities. After our tour, we will stop for lunch on your own in downtown Leesburg. **Lots of walking!**

Minimum: 20

Maximum: 33



DC Duck Tour

Washington, DC

Date: Thursday, June 16

Depart: 9:45 a.m.

Return: 4 p.m.

Fee: \$55

Deadline: Friday, June 10

See Washington, DC on the land and water with the most unique adventure of all the DC tours. This 90 minute excursion will take you through the city before splashing down in the Potomac River for a most unique ride. After our tour, lunch is on your own at Union Station.

Minimum: 20

Maximum: 24

U.S. Botanic Garden

Washington, DC

Date: Monday, June 20

Depart: 9:15 a.m.

Return: 4 p.m.

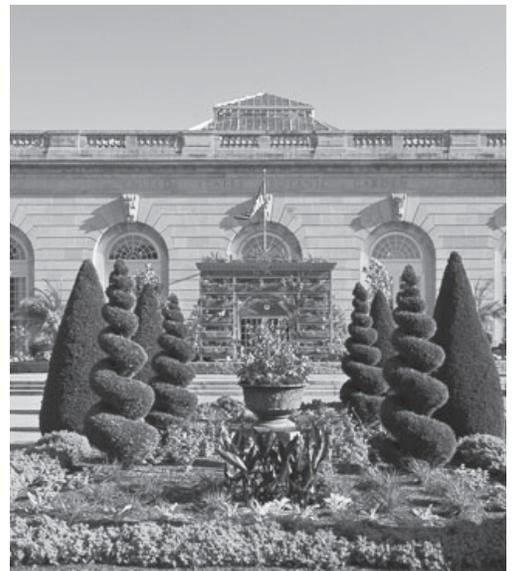
Fee: \$15

Deadline: Wednesday, June 15

Tour the beautiful Botanic Gardens and Conservatory. Special Exhibits include Flora of the National Parks and Flourish Inside and Out. After our visit, we will stop for lunch on your own at DGS Delicatessen. Lots of walking! Bring water and dress for the weather.

Minimum: 20

Maximum: 33



You can register online at www.gaithersburgmd.gov

The Phillips Collection

Washington, DC

Date: Tuesday, June 28

Depart: 9:15 a.m.

Return: 3 p.m.

Fee: \$30

Deadline: Tuesday, June 21

We will take a guided tour of the *William Merritt Chase: A Modern Master exhibit*. Chase was a brilliant observer of contemporary life and an innovative painter. This retrospective, the first in more than three decades, will explore Chase's work across subject and media. After our tour, explore the other new exhibits and enjoy lunch on your own at the museum café.

Minimum: 19

Maximum: 19

Smithsonian Folklife Festival

Washington, DC

Date: Thursday, June 30

Depart: 10:30 a.m.

Return: 4:30 p.m.

Fee: \$15

Deadline: Monday, June 27

This year's Folklife Festival celebrates resilient communities around the world with focus on "*Basque: Innovation by Culture*" & "*Sounds of California*." The 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



Million Dollar Quartet at Infinity Theatre

Annapolis, MD

Date: Thursday, August 4

Depart: 10 a.m.

Return: 6 p.m.

Fee: \$50

Deadline: Thursday, July 21

Infinity Theatre presents the Tony Award-winning musical *Million Dollar Quartet*, a story about an unexpected jam session with Jonny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley at Sun Records in Memphis on December 4, 1956. We will first stop for lunch on your own at Annapolis Mall, where lunch is on your own.

Minimum: 20

Maximum: 24



"Kinky Boots" at the Kennedy Center

Washington, DC

Date: Thursday, July 7

Depart: 11:30 a.m.

Return: 5:30 p.m.

Fee: \$80

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.

FULL



Book Discussion

"Walking Across Egypt"
by Clyde Edgerton
Thursday, June 9 at 2 p.m.

FREE

Save the Date!
Annual Picnic
Wednesday, August 31
10 a.m. – 2 p.m.
Water Park at Bohrer Park





Gaithersburg

The Benjamin Gaither Center

June 2016

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

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

2

10 am
Richardson Farms

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

3

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

4

Fitness Center
 Open
 9 – 11:45 a.m.

5

6

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

7

10:15 am
Fabblioli Cellars

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

8

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

9

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

10

11 am
Aldi

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

11

Fitness Center
 Open
 9 – 11:45 a.m.

— AARP SPRING SALE —

HeartWell in Action

12

13

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

14

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

HeartWell in Action

15

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

16

**9:45 am
DC Duck
Tour**

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

17

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

18

Fitness Center
 Open
 9 – 11:45 a.m.

19

20

**9:15 am
US Botanic Garden**

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

21

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 Conv. English
 12:30 Bridge
 1 Ping Pong
 3 Power Stretching

HeartWell in Action

22

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

23

**5:30 pm
Dinner Dance**

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

24

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

25

Fitness Center
 Open
 9 – 11:45 a.m.

26

27

**12:30 pm
Birthday
Celebration**

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

28

**9:15 am
The Phillips
Collection**

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

HeartWell in Action

29

**11 am
Walmart**

8:25 Exercise Tape
 9:15 50/50
 10 Pickleball @ DFP
 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

30

**10:30 am
Folklife
Festival**

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

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. and
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
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 one-hour sessions)
Minimum: 4 **Maximum:** 6

Tuesdays	June 7 – July 12	10:30 – 11:30 a.m.
Wednesdays	May 18 – June 22	10 – 11 a.m.
Wednesdays	June 1 – July 6	3 – 4 p.m.
Thursdays	June 2 – July 7	10:30 – 11:30 a.m.
Thursdays	June 2 – July 7	2:30 – 3:30 p.m.
Fridays	June 17 – July 22	1 – 2 p.m.
Saturdays	June 4 – July 16	9:30 – 10:30 a.m. (no class 7/2)
Saturdays	June 4 – July 16	10:45 – 11:45 a.m. (no class 7/2)

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!**



Pickleball
 Wednesdays & Fridays
 10 a.m. – Noon
 Activity Center at Bohrer Park
 \$3 Residents/
 \$4 Nonresidents

Bone Builders
Dates: Tuesdays & Thursdays,
 May 31 – December 22
Time: 9:05 – 10:05 a.m.
Fee: Free

Walking Tape 
8:25 a.m. - Every Day
 Wake up with a brisk 2 mile
 workout.

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.

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

Learn Canasta
Mondays from 2 – 4 p.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.

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

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 tech-
 niques, 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

Watercolor Class
Wednesdays, June 15 – July 27
2 – 4 p.m.
Fee: \$80
 Do you enjoy the beauty and magic
 of watercolor painting? This class,
 taught by Valthea Frye, is for water-
 colorists 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 lat-
 est trend and the activity is actually
 very good for you! Coloring is relax-
 ing, gives you a chance to be social,
 reduces stress and anxiety, trains your
 brain to focus, helps your fine mo-
 tor skills and vision, and gives you
 a chance to express your originality.
 All supplies will be provided.

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 refresh-
 ing drinks are included in the price.
 Come once or come every week.
 Newcomers are always welcome!

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.

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

Conversational English
Tuesdays at 12:30 p.m.
No class June 7
 Join instructor Susan Bradley as you
 learn and build your English conver-
 sation skills.

CLASSES & ACTIVITIES

AARP Smart Driver

Course

Friday, July 15, 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



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. Do some shopping and earn money for the Center. Please donate home decor items or jewelry you no longer wear; someone else might love owning it. Donate handmade crafts (knitted, crocheted, or other stitched items), faux flower arrangements or 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.

AARP, Gaithersburg Chapter #5358

JUNE 2016 ACTIVITIES

Tuesday, June 14, 2016

4 p.m. Bingo

2 cards, \$2, and choice of prizes

5:30 p.m. Dinner

Summer Picnic organized by Robbie; baked or fried chicken, baked beans, summer salads, choice of drinks and desserts donated by members. \$10

6:10 p.m. Business Meeting

50-50 and door prizes.

6:40 p.m. Program

Anne Contee, a yoga instructor will present "Yoga for Seniors." 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, June 21 –

Dinner at Hershey's Restaurant, 17030 Oakmont Ave., Gaithersburg. A variety of moderately priced family recipe choices. Fried chicken is their specialty. Be at the restaurant by 4:30 p.m. or meet at 4 p.m. 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 carpools.

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.

New England (Vermont, New Hampshire, Maine, and Foxwoods, Connecticut)

September 18 – 23

This 6 day/5 night trip includes a famous Hart's Turkey Farm dinner on Lake Winnepesaukee, a scenic foliage train ride in New Hampshire, lobster feast in Maine, visits and tours of Ben and Jerry's Ice Cream Factory, Calvin Coolidge's birthplace and boyhood home, Sugarbush cheese and maple syrup farm, town of Camden, Acadia National Park in Bar Harbor, and Foxwoods in Connecticut (with buffet and \$10 for slot play). The price of \$974 (\$889 if there are 40 participants) includes all transportation, hotels, admissions, 5 breakfast, 5 dinners, baggage handling, taxes, bus, and tour guide gratuities. \$70 deposit is due by July 11. We can arrange roommates for people traveling alone to avoid the single supplement fee. Travel cancellation or interruption insurance is strongly recommended.

COMMUNITY SERVICE

Clothing Drive June 2 – 12

Check your closets for clothes you no longer need. Suitable donations will be given to men and women at Wells/Robertson House in Gaithersburg who are in need of clothing to wear to work. Collection boxes will be in the lobby of the Benjamin Gaither Center. Contact Elaine Huey (301-972-1056) for information and to help.

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

Día: jueves 7 de julio

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 entregará un libro de cupones. Traiga su identificación que le fue otorgada por el Gobierno y prueba de ingresos. Se implementará un criterio estricto de elegibilidad. Si desea más información, por favor llame al 301-258-6380.

DESAYUNO DE PANQUEQUES

Día: jueves 14 de junio

Hora: 9 a 10:30 am

Costo: \$4 para miembros y

\$6 para los que no son miembros

Venga y traiga a sus amigos a disfrutar de un delicioso desayuno de panqueques hechos por nuestro cocinero Sia.

TERAPIA FISICA

“Pilar”

Presentado por el Doctor Eugene Rubtsov

Día: miércoles 15 de junio

Hora: 11 am

El doctor Eugene Rubtsov dará una presentación informativa sobre el equilibrio, la buena postura, la artritis y ejercicios para promover la buena salud como también poder mantener su independencia.

VIAJE AL SMITHSONIAN/FESTIVAL

FOLKLORICO

Washington, DC

Día: jueves 30 de junio

Salida: 10:30 am

Regreso: 4:30 pm

Costo: \$15

Fecha de vencimiento: lunes 27 de junio

El tema de enfoque para este año es: Basque, que es la innovación sobre la cultura y sonidos de California. Este festival es al aire libre y ofrece música, entretenimiento, vendedores de alimentos típicos y eventos especiales. Le proporcionaremos un mapa de la zona para que usted pueda visitar. Se le dejará y recogerá en el mismo lugar asignado por su guía. Lleve agua y vístase apropiadamente para el clima caliente y húmedo. En esa área hay museos con aire acondicionado por si desea visitar y refrescarse. Se caminará bastante.

Mínimo: 20

Máximo: 33

VIAJE AL JARDIN BOTANICO

Washington, DC

Día: lunes 20 de junio

Salida: 9:15 am

Retorno: 4 pm

Costo: \$15

Fecha de vencimiento: miércoles 15 de junio

Durante este viaje recorreremos los bellos jardines botánicos y el invernadero. Las exhibiciones especiales incluyen la flor de los parques nacionales y como florecen dentro y por fuera. Después del recorrido almorzaremos en el restaurante “DGS” que se especializa en comida con sabor Judío.

Vístase apropiadamente para el clima y póngase zapatos cómodos porque se caminará bastante.

Mínimo: 20

Máximo: 33

CENA Y BAILE

Día: jueves 23 de junio

Hora: 5:30 a 9pm

Costo: 20 (cena y entretenimiento)

Fecha de vencimiento: jueves 16 de junio

Venga a disfrutar de una noche fabulosa con música, baile y cena. Se servirá una cena de pollo preparada por el Cocinero Sia. Gary y Groove nos deleitarán con una mezcla de música de rock, clásica, motown y mucho más. Invite a sus amigos/as, vecinos y familiares a pasar un buen momento.

Mínimo: 40

Máximo: 90

CONVERSACIÓN EN INGLES

Todos los martes

Hora: 12:30 pm

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

CELEBRACIÓN DE CUMPLEAÑOS

Día: lunes 27 de junio

Hora: 12:30 pm

VIAJE AL SUPERMERCADO “ALDI”

Día: viernes 10 de junio

Hora: 11 am a 1 pm

Costo: \$2

Mínimo: 5 **Máximo:** 13

VIAJE A WALMART

Día: miércoles 29 de junio

Hora: 11 am a 1 pm

Costo: \$2

Viaje a hacer sus compras a ese mercado local.

Mínimo: 5

Máximo: 13

VIAJE RECORRIENDO WASHINGTON DC EN UN AUTOMOVIL ACUATICO

Día: jueves 16 de julio

Salida: 9:45 am

Retorno: 4pm

Costo: \$55

Fecha de vencimiento: viernes 10 de junio

Este será un recorrido espectacular y de aventura por tierra y agua. Por hora y media recorreremos todo Washington por tierra y después salpicando en el agua hacia abajo en el río Potomac. Después de este fantástico recorrido usted podrá almorzar, por su propia cuenta y en el restaurante de su agrado en la Estación de la Unión.

Mínimo: 20

Máximo: 24

RITMO LATINO

Todos los jueves de 11:15 am – 12 m

INFORMACION SOBRE TODA CLASE DE ASISTENCIA PARA PERSONAS DE MAYOR EDAD

Carol Smith, Trabajadora Social, está en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de viviendas, medicare y medicaid. Este programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea más información o hacer una cita previa, por favor llame al 301-258-6380.

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

CURRENT RESIDENT OR

City Manager
Tony Tomaseillo

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

Mayor
Jud Ashman

GAITHERSBURG CITY OFFICIALS





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: _____