



Monthly NEWS

July 2016

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



Grandparents Day

Friday, July 29

10:30 a.m. – 2 p.m.

Bring in your grandchildren or any other kids in your life for a day of fun and games. We will start with a group drumming activity at 11 a.m. Lunch will be provided for the kids at Noon. After lunch we will

have activities with Jerry and an Ice Cream Bar! All are welcome to participate, even if your grandchildren cannot come. Please sign-up the number of children you are bringing on the program sheet.

National Library of Medicine Resources for Family Caregivers

Thursdays, July 7 – 21

1:15 – 1:45 p.m.

Learn about online resources for locating reliable health information relevant to family caregivers, including information on daily health issues, medication, and clinical trials. The course will be taught by Joelle Mornini and Michael Honch from the National Library of Medicine. Please register on the program sheet.



Spice Up Your Life!

By Nina El-Chebli, RD, LDN

Wednesday, July 6 at 11 a.m.

Learn how herbs and spices can be used in place of salt to add flavor, fragrance and nutrition to the diet from Registered Dietician Nina El-Chebli from Giant Food.

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.



Benjamin Gaither Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed July 4

Saturday Fitness Center Hours

9 – 11:45 a.m.

Closed July 2

Farmers Market Coupon Distribution

Thursday, July 7 at 10 a.m.

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

BLT Breakfast

Tuesday, July 12

9 – 10:30 a.m.

\$4 Members/\$6 Nonmembers

Bacon, lettuce and tomato sandwiches made by our own Chef Sia! Delicious! Sign-up on the program sheet and invite your friends.



FROM OUR STAFF

Birthday Celebration



Wednesday, July 27
at 12:30 p.m.

JULY BIRTHDAYS

- 1 Valentine Avanesian
Jawahar Choudhry
- 6 Len Taylor
- 9 Stephen Wright
- 7 Dhanraj Mathur
- 13 ETTY Comforti
- 14 Marion McKee
- 17 Arnold Gant
- 19 Annette Thompson
- 22 Richard Murphy
- 23 Dorothy Kuzminski
- 26 Palmyra Kimbrough
- 27 Jorge Duarte
- 28 Peg Williams



Sympathy is extended
to the friends and family
Thomas O' Toole
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!™ Program, celebrating its 20th anniversary in Gaithersburg in 2016.

Grace's Update



Dear Members,

The goal of the City is to be cost effective while keeping the benefits of membership as affordable as possible. However to meet the needs of our growing membership, the cost of operating our Center has increased over the past four years. Therefore, effective July 1, 2016, the new membership rates will be:

Resident	\$45/ \$30 Spouse
Nonresident	\$125/\$70 Spouse

This new rate will not take effect until it is time for you to renew your membership. The membership fee for the Fitness Center will remain \$75 for both residents and nonresidents and the drop in rate for most fitness classes will remain \$1/class.

Please note that Thursday, July 7, from 10 a.m. – noon, the Center will serve as a delivery site for the distribution of Farmers Market coupons. The County has instructed us to use a lottery system so those who arrive early are not given an unfair advantage over those who need to arrive later. Coupon recipients must be residents of Montgomery County, be over the age of 60 and income qualify. All fitness classes before noon will be canceled with the exception of the 9:05 a.m. Bone Builders class. There is a trip that day also, so expect the Center to be very crowded and parking to be limited.

Thank you,

Grace, Community Facility Manager
and Benjamin Gaither Center Staff

Member Orientation

Monday, July 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.

Annual Membership and Fees

City Residents \$45/ \$30 Spouse

Nonresidents \$125/\$70 Spouse (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, July 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, July 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.

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!**

Blood Pressure Check

Wednesday, July 27

9:30 – 11:30 a.m.

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



WELLNESS

seeks more than the absence of illness; it searches for new levels of excellence. Beyond any disease-free neutral point, wellness dedicates its efforts to our total well-being - in body, mind, and spirit.

Greg Anderson



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



“Kinky Boots” at the Kennedy Center Washington, DC

Date: Thursday, July 7
Depart: 11:30 a.m.
Return: 5:30 p.m.
Fee: \$80

FULL

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.

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!



Book Discussion

“Mom & Me & Mom
by Maya Angelou
Thursday, July 14 at 2 p.m.
FREE

National Geographic Museum

Washington, DC

Date: Tuesday, July 12
Depart: 10 a.m.
Return: 4 p.m.
Fee: \$30
Deadline: Thursday, July 7



Don’t miss two amazing exhibits at the National Geographic Museum! Take an extraordinary journey through 5,000 years of Greek culture in this world-class exhibit “The Greeks: Agamemnon to Alexander the Great.” Celebrate the National Park Service’s Centennial with “Invisible Boundaries: Exploring Yellowstone’s Great Animal Migrations,” which uses stunning photographs, immersive video, and more to explore the compelling story behind some of the most amazing animal migrations on the planet. Lunch is on your own at one of the nearby restaurants or the National Geographic cafeteria.

Minimum: 20 **Maximum:** 33

Farmers Market

Gaithersburg, MD

Dates: Thursday, July 14 & 21
Depart: 12:50 p.m.
Return: 1:50 p.m.
Fee: \$2

Bring your Farmers Market Coupons and your grocery bags as we take a quick trip to the Gaithersburg Farmers Market for some delicious fresh fruits and vegetables.

Minimum: 6 **Maximum:** 13

National Postal Museum

Washington, DC

Date: Monday, July 25
Depart: 9:30 a.m.
Return: 4 p.m.
Fee: \$15

Deadline: Wednesday, July 20
 Explore America’s postal history from colonial times to the present. Special exhibits include “Trailblazing” 100 Years of Our National Parks” and “New York City: A Portrait through Stamp Art.” We will take a docent led Museum Highlights Tour upon arrival, and then you are on your own to explore and eat lunch. The Museum is located right across the street from Union Station.

Minimum: 20 **Maximum:** 33



You can register online at www.gaithersburgmd.gov

“ICEBERGS” at the National Building Museum

Washington, DC

Date: Thursday, July 28

Depart: 9 a.m.

Return: 3:30 p.m.

Fee: \$25

Deadline: Friday, July 15

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

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

“Come From Away” at Ford’s Theatre

Washington, DC

Date: Thursday, September 15

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$50

Deadline: Monday, August 15

“Come From Away” tells the heart-warming true story of how a small Canadian town cared for 6,579 airline passengers stranded there on 9/11. When 38 planes were diverted to its doorstep, the town of Gander doubled in size, playing host to an international community of strangers and offering food, shelter and friendship. See this hit musical before it hits Broadway! Lunch is on your own after the show.

Minimum: 20 **Maximum:** 24

Ping Pong – Tuesdays, 1 – 2:45 p.m.



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



Gettysburg Museum Trip
Gettysburg, PA

Date: Tuesday, August 2

Depart: 10 a.m.

Return: 4:30 p.m.

Fee: \$30

Deadline: Wednesday, July 27

We will arrive in downtown Gettysburg in time for lunch and some exploring on your own. After lunch the group will split in two and tour both the Jennie Wade House and the Civil War Tails at the Homestead Diorama Museum. Jennie Wade was the only civilian killed in the Battle of Gettysburg. Civil War Tails is a unique museum featuring hand-made miniature soldiers in dioramas of Civil War scenes, and the soldiers just happen to be cats! **Lots of walking.**

Minimum: 20

Maximum: 33



Gaithersburg

The Benjamin Gaither Center

July 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 @ DFP
 10:15 Fit 4 All
 11:15 Strong & Balanced
 12:15 Quilting
 12:30 Mah Jongg
 12:50 Bingo
 3 Core and More

2

Fitness Center Closed

3

4

INDEPENDENCE DAY
 BENJAMIN GAITHER CENTER
 CLOSED

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 @ DFP
 10:15 Fit 4 All
 11 "Spice up Your Life"
 11:15 Strong & Balanced
 12:30 Weight Training
 1 Crochet
 1:15 Flexible Strength
 1:15 Music Lessons
 2 Watercolor

7

10 am Farmers Market Coupons

11:30 am "Kinky Boots"

8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 11 Coping w/Change
 12:30 Bridge
 1 El Club de las Amistad
 1:15 Library of Medicine
 2 Caregivers
 4 Power Stretching

8

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

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
 12:30 Embroidery
 12:50 Bingo
 1 Member Orientation
 2 Learn Canasta
 3 Core and More
 3 Pin Busters

12 10 am National Geographic

8:25 Exercise Tape
 9 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

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

14 12:50 pm Farmers Market

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

15

8:25 Exercise Tape
 9:15 High/Low
 9:45 AARP Smart Driver
 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

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

8:25 Exercise Tape
 9:05 Bone Builders
 9:15 HIT @ BP
 10:15 Stretch & Strengthen
 11 Aging in Place
 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

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

21 12:50 pm Farmers Market

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

22

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
 1 Guitar Workshop
 3 Core and More

23

Fitness Center
 Open
 9 – 11:45 a.m.

24

31

25 9:30 am National Postal Museum

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

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 12:30 pm Birthday Celebration

8:25 Exercise Tape
 9:15 50/50
 9:30 BP Check
 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

28 9 am National Building Museum

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

29 10:30 am – 2 pm Grandparents Day

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

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
Jul. 6 – Sep. 28
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
Sep. 8 – Dec. 15
Time: 10:30 a.m.
Fee: \$40

Bring your own mat and ball.

Minimum: 9 **Maximum:** 20

Weight Training

Benjamin Gaither Center

Dates: Wednesdays
Jul. 6 – Sep. 28
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. No class 7/7

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 July 5 – August 9 10:30 – 11:30 a.m.

Wednesdays July 6 – August 10 10 – 11 a.m.

Wednesdays July 6 – August 10 3 – 4 p.m.

Thursdays July 7 – August 11 10:30 – 11:30 a.m.

Thursdays July 7 – August 11 2:30 – 3:30 p.m.

Fridays July 1 – August 5 1 – 2 p.m.

Saturdays July 9 – August 13 9:30 – 10:30 a.m.

Saturdays July 9 – August 13 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!**

Ritmo Latino

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

Music Lessons

Mondays, Wednesdays or Fridays
1:15 or 2 p.m.
 \$20 per lesson
 Learn to play or restart your lessons on the piano or the guitar. Sign up at the front desk.



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.

Mah Jongg

Tuesdays & Fridays at 12:30 p.m.

Learn Canasta

Mondays from 2 – 4 p.m.

Contract Bridge

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

Poker

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

Congratulations

to the winners of our
Annual Pool Tournament!
 First Place: Luis Cabrera
 Second Place: Jerry Hill
 Third Place: Henry Blue

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 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.



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.

**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!



Pickleball

Wednesdays & Fridays
 10 a.m. – Noon
 Diamond Farms Park
 \$3 Residents/
 \$4 Nonresidents

Bone Builders FULL

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.



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



Guitar Workshop

Friday, July 22 at 1 p.m.

Join Dan, our music instructor, for a free guitar workshop where anyone is welcome to come learn, play, or just jam with the group.

Aging In Place Seminar

By Steve Loberbaum

Tuesday, July 19 at 11 a.m.

Join Steve Loberbaum of Assisting Hands Home Care of Potomac and Certified Senior Advisor as he discusses Home Safety, Fall Prevention, Exercise & Flexibility, Safety Checklists, Support Networks, Adaptive Devices, Mobile Options, and more, all aimed to help you age in place. Don't miss this life saving seminar!

AARP, Gaithersburg Chapter #5358

JULY 2016 ACTIVITIES

Tuesday, July 12, 2016

4 p.m. Games

Canasta, Mah Jong, LCR...your choice.

5:30 p.m. Dinner

Lite fare from Giant Deli: wraps, sandwiches, summer salads, fruit, desserts, and drinks. \$10

6:10 p.m. Business Meeting

50-50 and door prizes.

6:40 p.m. Program

Jen Holtz, from the MD AARP Office, will present a program to help us plot our course in retirement: "Life Reimagined." 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, July 19

Lunch at Outta the Way Café (17503 Redland Rd., Derwood, MD 29855). A variety of American favorites in funky art-lined surroundings. Low cost sandwich platters as well as salad and dinner entrees. 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 car pools.

TRIPS

Wednesday Casino Trips to Maryland Live!

The cost is \$22. You will receive \$50 to play the slots. Departure time at 9 a.m., return around 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

School Supplies Drive for Needy Children, July – August

Help shop for school supplies, fill back packs, and deliver them to Brown Station, Gaithersburg, Summit Hall, and Rosemont Elementary Schools.

“DELE SABOR A SU VIDA”

Presentado por la Nutricionista de Giant,
Nina El-Chebli, RD, LDN

Día: miércoles 6 de julio

Hora: 11 am

Aprenda como las hierbas y especies se pueden utilizar en lugar de sal para dar un buen sabor y fragancia a su nutrición y dieta.

BIBLIOTECA NACIONAL DE MEDICINA Y RECURSOS PARA FAMILIARES QUE CUIDAN DE SERES QUERIDOS

Días: jueves 7 y 21 de julio

Hora: 1:15 – 1:45

Durante este seminario usted podrá obtener información acerca de los recursos que existen en línea para poder cuidar de sus seres queridos. Incluyendo la salud, medicamentos y tratamientos clínicos. Este seminario será presentado por Joelle Mornini y Michael Honch representantes de la Biblioteca Nacional de Medicina. Si está interesado, por favor regístrese en la hoja del programa.

VIAJE AL MUSEO NACIONAL DE GEOGRAFIA

Washington, DC

Día: martes 12 de julio

Salida: 10 am

Regreso: 4pm

Costo: 30

Fecha de vencimiento: jueves 7 de julio
No se pierda de dos extraordinarias exposiciones que estará presentando el Museo Nacional Geográfico, donde usted podrá viajar imaginariamente en una clase mundial a través de cinco mil años de cultura Griega. Los Griegos, Agamenón y Alejandro Magno celebran el centenario de servicio a los parques nacionales con fronteras invisibles y también de una exploración del parque Piedra Amarilla, donde los animales migran y exploran la historia convincente detrás de algunas migraciones de animales impresionantes que hay en el planeta. Usted podrá almorzar en cualquier restaurante de su agrado o en la cafetería que está localizada en el Museo Nacional Geográfico.

Mínimo: 20

Máximo: 33

DESAYUNO

Día: jueves 12 de julio

Hora: 9 a 10:30 am

Costo: \$4 para miembros y
\$6 para no-miembros

Venga con sus amigos a disfrutar de un delicioso desayuno que consistirá de un sándwich con tocino, lechuga y tomate; hecho por nuestro cocinero del Centro, Sia!

VIAJE AL MERCADO DE LAS FINCAS LOCALES

Gaithersburg, MD

Días: jueves 14 y 21 de julio

Salida: 12:50 pm

Regreso: 1:50 pm

Costo: \$2

Este será un viaje rápido a las tiendas donde venden frutas y vegetales frescos cultivados en las fincas locales. No se olvide de llevar con usted su libro de cupones para pagar lo que compre y también bolsas para llevar sus productos.

Mínimo: 6

Máximo: 13

ENVEJECIENDO CON DIGNIDAD EN SU PROPIO HOGAR

Seminario presentado por
Steve Loberbaum

Día: miércoles 19 de julio

Hora: 11 am

Steve Loberbaum, Certificado y Asesor de La Casa de Asistencia de Cuidados de Potomac, analizará la seguridad de su hogar, prevención de caídas, opciones móviles, redes de apoyo, adaptación de ejercicios y flexibilidad. También compartirá con ustedes sobre otros recursos que existen, pero quizás usted los desconoce. No se pierda este informativo seminario porque le pueda salvar la vida!

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.

CELEBRACIÓN DE CUMPLEAÑOS

Día: miércoles 27 de julio

Hora: 12:30 pm

Felicitaciones a los ganadores de nuestro Torneo Anual de Billar!

Primer lugar: Luis Cabrera

Segundo Lugar: Jerry Hill

Tercer lugar: Henry Blue

CELEBRANDO EL DIA DE LOS ABUELOS

Día: viernes 29 de julio

Hora: 10:30 a 2 pm

Almuerzo: gratis (solo para los niños)

- Happy Meal de McDonald.

Traiga a sus nietos o algún otro niño especial en su vida para que disfruten de un día de diversión y juegos en el Centro. A las 11am habrá un grupo redondo de tambores. El almuerzo se les servirá a las 12m. Y consistirá de un almuerzo feliz de McDonald's. Después del almuerzo Jerry les invitara a participar de otras actividades y también podrán disfrutar helados de diferentes sabores. Todos serán bienvenidos! Por favor regístrese en la hoja del programa e indique cuantos niños lo acompañaran!

OBRA MUSICAL EN EL TEATRO FORD “VINIENDO DE LEJOS”

Día: jueves 15 de septiembre

Salida: 9:45 am

Regreso: 4pm

Costo: \$50

Fecha de vencimiento: lunes 15 de agosto
Viniendo de lejos cuenta con una historia real y conmovedora de como un pequeño pueblo Canadiense cuido de 6,579 pasajeros de diferentes líneas áreas atrapadas en el 9/11 cuando 38 aviones fueron desviados de sus puerta de salida. La ciudad de Gander duplico en tamaño y el anfitrión de una comunidad internacional para los extranjeros les ofreció alimentos, refugio, apoyo y amistad. No se pierda esta exitosa obra musical antes que llegue a Broadway. Al finalizar la obra musical, usted podrá almorzar por su propia cuenta y después regresaremos al Centro.

Mínimo: 20

Máximo: 24

JULY 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
		Classes/Lectures			
	44559	Cell Phone Help	By Appointment		N/A
	44973	Bone Builders Full	May 31 – Dec 22	Tu/Th	N/A
	44980	Watercolor	Jun 15 – Jul 27	Wed	\$80
	45286	Nat. Lib. of Medicine Resources for Family Caregivers	Jul 7 – 21	Thu	N/A
	44981	AARP Smart Driver Course	Jul 15	Fri	N/A
		Small Group Personal Training			
	45261	Tuesdays @ 10:30 a.m.	Jul 5 – Aug 9	Tue	\$90/\$120
	45262	Wednesdays @ 10 a.m.	Jul 6 – Aug 10	Wed	\$90/\$120
	45263	Wednesdays @ 3 p.m.	Jul 6 – Aug 10	Wed	\$90/\$120
	45264	Thursdays @ 10:30 a.m.	Jul 7 – Aug 11	Thu	\$90/\$120
	45265	Thursdays @ 2:30 p.m.	Jul 7 – Aug 11	Thu	\$90/\$120
	45260	Fridays @ 2:30 p.m.	Jul 1 – Aug 5	Fri	\$90/\$120
	45266	Saturdays @ 9:30 a.m.	Jul 9 – Aug 13	Sat	\$90/\$120
	45267	Saturdays @ 10:45 a.m.	Jul 9 – Aug 13	Sat	\$90/\$120
		Activities/Trips			
	45277	BLT Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Nonmembers \$6	Jul 12	Tue	\$4/\$6
	45278	Grandparent's Day ____ #of Children	Jul 29	Fri	N/A
	44950	"Kinky Boots" at Kennedy Center Full	Jul 7	Thu	\$80
	45282	National Geographic	Jul 12	Thu	\$30
	45280	Farmers Market	Jul 14	Thu	\$2
	45281	Farmers Market	Jul 21	Thu	\$2
	45283	National Postal Museum	Jul 25	Mon	\$15
	45279	"ICEBERGS" at the National Building Museum	Jul 28	Thu	\$25
	44991	"Million Dollar Quartet" at Infinity Theatre	Aug 4	Thu	\$50
	45285	"Come From Away" at Ford's Theatre	Sep 15	Thu	\$50
	45313	Gettysburg Museums	Aug 2	Tue	\$30

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 ___/___
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BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

When participating in on-site activities at the Benjamin Gaither Center, I agree to the following:

1. I am aware that while participating in a recreation activity or program offered by the City of Gaithersburg Department of Parks, Recreation and Culture, certain risks and dangers may be present, including, but not limited to, the hazards of traveling public highways, of accidents, of injury, of illness and the forces of nature.
2. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in the same.
3. In consideration of the right to participate in the above referenced activities or programs and in further consideration of the arrangements made for me by the City of Gaithersburg through its Department of Parks, Recreation and Culture, I do hereby, on behalf of myself, my heirs, executors, administrators, and assigns, assume the above mentioned and all other risks, and do further release and hold harmless and indemnify the City of Gaithersburg and the Mayor and City Council of Gaithersburg and all of the City's agents, officers and employees from any and all claims for injuries or loss to my person or property or to the person or property of third parties which may arise out of or result from my participation in the above referenced program or activity.
4. I further grant permission for a doctor to administer emergency treatment to me in the event that a medical emergency requires such treatment.
5. I consent to the City's use of photographs taken or videotapes made of program participants.
6. The City reserves the right to rescind the membership of individuals incapable of complying with the Benjamin Gaither Center policies due to medical conditions beyond the individual's control as observed by the Center staff.

When participating in any off-site activities, I also agree:

1. To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
2. That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
3. To inform staff prior to the activity or trip if I have any problems meeting the physical requirements necessary for participation in the activity.
4. I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Benjamin Gaither Center and return to the said location with the group. Any deviation from the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

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

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

Do we have your updated Emergency Contact Information?

Name: _____

Phone: _____

Signature: _____

Date: _____



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