



Monthly

August 2016

NEWS

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



Tropical Picnic

Wednesday, August 31
10 a.m. – 2 p.m.
at the Water Park at Bohrer Park
DJ Myra Performs at 12:15 p.m.

Lunch served from 11:30 a.m. – 12:30 p.m.
\$20 (lunch and fun)/\$5 (fun only)
Deadline: Friday, August 26

Join us at the beautiful Water Park for a day of relaxation and fun! You can play miniature golf, join in on games in the shade, or dance to your favorite party songs. Bring a bathing suit so you can swim, or just take off your shoes and wade up to your ankles in the shallows. Don't miss the hottest event of the year! Sign up for a BBQ lunch from Famous Dave's, featuring chicken and beef or a vegetarian lunch of veggie pizza.

Minimum: 50 **Maximum:** 150



Senior Day at the Fair Gaithersburg, MD

Date: Tuesday, August 16
Depart: 9:45 a.m.
Return: 2 p.m.
Fee: \$2

Fair Admission, breakfast and entertainment are free for seniors this one day only! Bring water and dress for hot and humid weather. There are a few air conditioned areas at the fairgrounds if you need to go inside and cool off. We will run a shuttle back and forth from the Fairgrounds leaving the Center at 9:45, 10:45, 11:45, and 12:45 and picking up at the Fairgrounds, at 11, Noon, 1, and 1:45 p.m. **You must register on the program sheet if you want to ride the Benjamin Gaither Center bus.**
Minimum: 30 **Maximum:** 80

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

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

Ping Pong

Tuesdays, 1 – 2:45 p.m.



Great American Breakfast

Tuesday, August 9
9 – 10:30 a.m.

\$4 Members/\$6 Nonmembers

Bacon, potatoes, scrambled eggs, oh my! Join us for this delicious, most important meal of the day. Sign-up on the program sheet and invite your friends.



Save the Date!

FLU SHOT CLINIC
Tuesday, September 13
10 a.m. – Noon

FROM OUR STAFF

Birthday Celebration



Tuesday, August 30
at 12:30 p.m.

Sponsored by
PBJ4 Best Care, Inc.

AUGUST BIRTHDAYS

- 5 Carol Baker
- 7 Althea Nottingham
- 12 Tara Singh,
Veronica Nzams
- 14 Douglas Newton
- 15 Hemalatha Katragadda
- 16 Donald Thompson
- 19 Alice Macynski
Raafat Hanna
- 21 Betty Willcockson
- 24 Harriet Gyalpo
- 26 Rosa Carrion
- 30 Gopal Bhatnagar
- 31 Constance Fusco



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,

Our Center is thriving and we need to thank you! Daily attendance and participation in activities are at an all-time high, and new members often say they heard about us from a friend. We hope you will share with others two upcoming events that will be open to the community:

Summer Picnic

One of our most popular annual activities is the summer picnic at Bohrer Park. This year the event is planned for Wednesday, August 31 from 10 a.m. – 2 p.m. We are hopeful for a big turnout and encourage you to bring a friend! The cost for the delicious barbecue lunch catered by Famous Dave's is \$20/individual. However, if you'd rather just attend for the friendship, miniature golf, dancing and swimming, the cost is \$5/individual.

JCA Heymen Interages Tech Connect

We are fortunate that teen volunteers will be at our Center August 2 – 4, 10 a.m. – 2 p.m., to assist us with the use of technology. Feel free to share this with your friends.

Please enjoy the rest of your summer!

Grace, Community Facility Manager
and Benjamin Gaither Center Staff

Member Orientation

Monday, August 8 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 (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, August 4 & 18
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.

Are you not 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. 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.



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, August 24

9:30 – 11:30 a.m.

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

Diabetes Support Group

Tuesday, August 16 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.

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 focuses on health promotion and includes health screenings, counseling, seminars, and educational handouts.

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.

TRIPS & ACTIVITIES



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

*Summer afternoon—
summer afternoon;
to me those have always been
the two most beautiful words
in the English language.*

~Henry James



Book Discussion

"Nicholas Nickleby"
by Charles Dickens

Thursday, August 11 at 2 p.m.

FREE

Hampton National Historic Site

Towson, MD

Date: Thursday, August 11

Depart: 8:15 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Monday, August 8



Hampton is the history of enslaved African Americans, European indentured servants, industrial and agricultural workers and owners. Explore the story of the economic and moral changes that made forced servitude in the United States obsolete. Take a guided tour of the mansion, a national treasure; explore the grounds; a former plantation; and absorb the history of our great nation. After our visit, we will have lunch at The Peppermill, where you can order from the menu and pay in cash. **Lots of walking.**

Minimum: 20

Maximum: 33



Georgetown Walking Tour

Washington, DC

Date: Thursday, September 1

Depart: 10:30 a.m.

Return: 4 p.m.

Fee: \$15

Spend the day exploring Georgetown. We have two self-guided tours you can take: the "Georgetown Cupcake & Dessert Walking Tour" or the "Civil War History of Georgetown." Or you can choose to shop and explore as you please. The day is yours for the planning!

Minimum: 20

Maximum: 33



Baltimore Museum of Art

Baltimore, MD

Date: Thursday, August 25

Depart: 9:15 a.m.

Return: 4 p.m.

Fee: \$15

Deadline: Monday, August 22

Explore the Museum and the many current exhibits on your own. Lunch is also on your own at Gertrude's; reservations are recommended. Call 410-889-3399 to reserve your table.

Minimum: 20

Maximum: 33

You can register online at www.gaitthersburgmd.gov



Cold War Museum

Vint Hill, VA

Date: Friday, August 26
Depart: 9:15 a.m.
Return: 4 p.m.
Fee: \$25
Deadline: Friday, August 12

The Cold War Museum seeks to educate and fill a substantial void in the interpretation of the end of WWII to the dissolution of the Soviet Union. After our guided tour of the museum, you are on your own to eat lunch at the Covert Café, visit the nearby Vint Hill Craft Winery or the Old Bust Head Brewing Company. Vint Hill also boasts antiques store, a farmer's market and other small businesses all within walking distance.

Minimum: 20 Maximum: 33

Cruise to St. Michaels

Annapolis, MD

Date: Thursday, September 29
Depart: 8:15 a.m.
Return: 7 p.m.
Fee: \$80 (transportation and cruise)
Deadline: Friday, Sept. 16

Let's have one last summer get away! We will cruise from Annapolis to St. Michaels, where we will be dropped off at the Chesapeake Bay Maritime Museum. You will be on your own for lunch, exploring and shopping. After we have seen all there is to see, it is back on the boat for the voyage home. Dress for the weather.

Minimum: 30 Maximum: 33



"Come From Away" at Ford's Theatre

Washington, DC

Date: Thursday, September 15
Depart: 9 a.m.
Return: 4 p.m.
Fee: \$50

FULL

"Come From Away" tells the heartwarming 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.

Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world.

~Ada Louise Huxtable



Highlights of Mexico

Tuesday, August 9, 1 p.m.

Jay Choudhry is back! Jay will present a historical perspective of the ancient City of Mexico, a wonder of the world. He will explore the cultural background, history, geography, and music. Get ready to experience Mariachi music and Latin Beats! Light refreshments will be served.

Tech Connect

Tuesday, Wednesday or Thursday

August 2 – August 4

10 a.m., 11 a.m. or 1 p.m.

High school students will coach you on how to use computers, smart phones, iPads, and social media. You can learn how to use Twitter, video calling, Facebook features, and much more! Please register on the program sheet and you will be contacted for an appointment during the three days Tech Connect will be at our Center. Don't miss this valuable opportunity to enhance your current skills!

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!

The Benjamin Gaither Center



Gaithersburg

August 2016

www.gaithersburgmd.gov

301-258-6380

Calendar of Events

Sunday

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

Monday

- 1**
- 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

Tuesday

- 2**
- 10 am
Gettysburg
Museum Trip**
- 8:25 Exercise Tape
 - 9:05 Bone Builders
 - 9:15 HIT @ BP
 - 10 Tech Connect
 - 10:15 Stretch & Strengthen
 - 11:15 Stretch & Strengthen
 - 12:30 Bridge
 - 12:30 Conv. English
 - 12:30 Mah Jongg
 - 1 Ping Pong

HeartWell in Action

Wednesday

- 3**
- 8:25 Exercise Tape
 - 9 Pickleball @ GHS
 - 9:15 50/50
 - 10 Tech Connect
 - 10:15 Fit 4 All
 - 11:15 Strong & Balanced
 - 12:30 Weight Training
 - 1:15 Flexible Strength
 - 1:15 Music Lessons
 - 2 Drawing

Thursday

- 4**
- 10 am
Million Dollar
Quartet**
- 8:25 Exercise Tape
 - 9:05 Bone Builders
 - 9:15 HIT @ BP
 - 10 Tech Connect
 - 11 Coping w/Change
 - 11:15 Ritmo Latino
 - 12:30 Bridge
 - 1 El Club de las Amistad
 - 2 Caregivers

Friday

- 5**
- 8:25 Exercise Tape
 - 9 Pickleball @ GHS
 - 9:15 High/Low
 - 10:15 Fit 4 All
 - 11:15 Strong & Balanced
 - 12:15 Quilting
 - 12:30 Mah Jongg
 - 12:50 Bingo
 - 3 Core and More

Saturday

- 6**
- Fitness Center Open
 - 9 – 11:45 a.m.

7

8

- 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

9

- 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 Mah Jongg
- 1 Highlights of Mexico
- 1 Ping Pong
- 4 AARP

HeartWell in Action

10

- 8:25 Exercise Tape
- 9 Pickleball @ GHS
- 9:15 50/50
- 10:15 Fit 4 All
- 11:15 Strong & Balanced
- 12:30 Weight Training
- 12:45 Understanding Medicare
- 1:15 Flexible Strength
- 1:15 Music Lessons
- 2 Drawing

11

**8:15 am
Hampton Historic
Sites**

- 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 las Amistad
- 2 Book Discussion

12

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

13

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

14

15

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

16

9:45 am
Montgomery
County Fair

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
11 Diabetes Support
12:30 Bridge
12:30 Mah Jongg
1 Ping Pong

HeartWell in Action

17

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

18

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Siretch & Sirengthen
11 Coping w/Change
11:15 Ritmo Latino
12:30 Bridge
1 El Club de la Amistad
2 Caregivers

19

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

20

Fitness Center
Open
9 – 11:45 a.m.

21

22

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

23

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Siretch & Sirengthen
11:15 Siretch & Sirengthen
12:30 Bridge
12:30 Mah Jongg
1 Ping Pong

HeartWell in Action

24

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

25

9:15 am
Baltimore
Museum of Art

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

26

9:15 am
Cold War
Museum

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

27

Fitness Center
Open
9 – 11:45 a.m.

28

29

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

30

12:30 pm
Birthday
Celebration

8:25 Exercise Tape
9:05 Bone Builders
9:15 HIT @ BP
10:15 Siretch & Sirengthen
11:15 Siretch & Sirengthen
12:30 Bridge
12:30 Mah Jongg
1 Ping Pong

HeartWell in Action

31

10 am – 2 pm
Tropical
Picnic

8:25 Exercise Tape
11:15 Strong & Balanced
12:30 Weight Training
1:15 Flexible Strength
1:15 Music Lessons
2 Drawing



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



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. **No class 8/31.**

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. **No class 8/31.**

**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. **No class 8/16.**

Small Group Personal Fitness Training

Fee: \$90 Fitness Center Members/\$120 Nonmembers (6 one-hour sessions)
Minimum: 4 **Maximum:** 6

Tuesdays	August 9 – September 13	10:30 – 11:30 a.m.
Wednesdays	August 17 – September 21	10 – 11 a.m.
Wednesdays	August 3 – September 7	3 – 4 p.m.
Thursdays	August 4 – September 8	10:30 – 11:30 a.m.
Thursdays	August 4 – September 8	2:30 – 3:30 p.m.
Fridays	August 5 – September 9	1 – 2 p.m.
Saturdays	August 6 – September 17	9:30 – 10:30 a.m.
Saturdays	August 6 – September 17	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!**



Pickleball

Wednesdays & Fridays
9 – 11 a.m.
Gaithersburg High School
through August 12

\$3 Residents
\$4 Nonresidents

Poker

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

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.

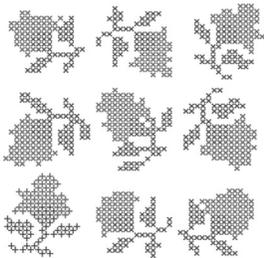
Learn Canasta

Mondays from 2 – 4 p.m.

Contract Bridge

Tuesdays & Thursdays at 12:30 p.m.

Drop in and play!



Embroider with Jane

Date: Mondays

Time: 12:30 p.m.

Free help with your project.

Quilting

Date: Fridays

Time: 12:15 p.m.

Work on your project and make friends in the process.

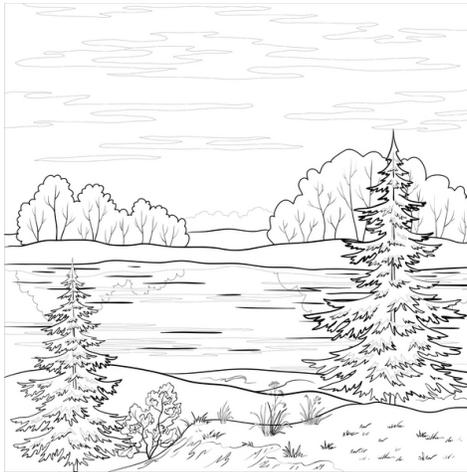
Bone Builders

Dates: Tuesdays & Thursdays,
May 31 – December 22

Time: 9:05 – 10:05 a.m.

Fee: Free

FULL



Drawing:

Landscapes & Still Life

Dates: Wednesdays, August 3 – 31

Time: 2 – 4 p.m.

Fee: \$50

Learn to draw in 3-D or improve your skills while drawing still lifes and landscapes. Instructor Valthea Fry will guide you through techniques such as size, proportion, overlapping, shading, values, and linear perspective. A variety of mediums will be used, including pencils and vine charcoals. Come learn a new way of seeing your artwork. Supply lists are available at the front desk.

Minimum: 9

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.

Walking Tape

8:25 a.m. - Every Day

Wake up with a brisk 2 mile workout.



**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

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.



Conversational English

Tuesday, August 2 at 12:30 p.m.

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

Computer Help

Tuesdays, 10 a.m. – 2 p.m.

Thursdays, 10 a.m. – 2 p.m.

Fridays, 11 a.m. – 2 p.m.

CLASSES & ACTIVITIES



Understanding Medicare

Wednesday, August 10

12:45 p.m.

**with Chris Anderson
of Bankers Life**

AARP Smart Driver Course

Friday, September 16

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

AARP, Gaithersburg Chapter #5358

AUGUST 2016 ACTIVITIES

Tuesday, August 9, 2016

4 p.m. Community Service

Fill backpacks with school supplies for elementary schools students.

5:30 p.m. Dinner

Chef Sia serves Penne Pasta Alfredo, salad, vegetables, and garlic bread. Choice of drinks and desserts. \$10

6:10 p.m. Business Meeting

Review Notes of Board Meeting, 50-50 raffle, door prizes.

6:40 p.m. Program

Seniorita Sunshine will entertain us with humor and song. Come sing-a-long. 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 annetthompsonphd@yahoo.com.

COMMUNITY SERVICE

School Supplies Drive for Needy Children, July – August

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

CHAT AND CHEW

Tuesday, August 23

Lunch at Not Your Average Joe's (245 Kentlands Blvd., Gaithersburg). Order from their unique menu and pay on your own. Be at the restaurant by 12:30 p.m. or meet at noon to carpool from the Benjamin Gaither Center. 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! and Arundel Mills Shopping Center

The cost is \$22. You will receive \$25 to play the slots. Departure time at 10 a.m., return around 5 p.m. To register and pay in advance, call Dale Batchelder ((202-236-8418) or Margaret Fisher (301-947-1835) or see them at the Center.

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

September 18 – 23

Trip is full. We are taking a wait list.

"Meet and Greet" meeting for those registered for the trip on Friday, September 2, 2:15 – 3:45 p.m. Q & A, complete itinerary, parking and hotel information. Snacks and soft drinks will be served. RSVP to Nancy Dols (301-946-6034).

*Congratulations to longtime member **Annette Thompson**
on her upcoming induction into
the Maryland Senior Citizens Hall of Fame.
Annette is being honored for the many hours she has given for others
and for her skills and willingness to serve in many volunteer capacities.
Way to go Annette!*

PICNIC TROPICAL

En el parque de agua – “Bohrer”

Día: miércoles 31 de agosto

Hora: 10 am – 2 pm

Costo: \$20 (almuerzo y entretenimiento)
\$5 si desea asistir únicamente al entretenimiento

El entretenimiento comenzará a las 12:15 pm – DJ Myra
Se servirá el almuerzo entre 11:30 am y 12:30 pm, por el restaurante, “David Famoso.”
El menú consistirá de: Pollo a la barbacoa y carne asada. Para los vegetarianos ofreceremos Pizza vegetariana.

Únase a nosotros en el hermoso parque de agua para pasar un día de descanso y diversión! Podrá jugar golf en miniatura, bailar al ritmo de buena música, nadar en la piscina o simplemente quitarse los zapatos y refrescarse, caminando en el agua. No se pierda este fabuloso evento anual y pasará un día feliz junto a sus amigos/os.

Mínimo: 50

Máximo: 150

PONGASE AL DÍA CON LA TECNOLOGÍA

Días: 2 al 4 de agosto

Horas: 10am, 11am, y 1pm

Estudiantes de una escuela secundaria estarán en el Centro para enseñarles cómo usar la computadora, teléfonos inteligentes, iPads y otros medios de comunicación social. Usted podrá aprender cómo usar Twitter, Cara libró (Facebook), video llamadas y mucho más. Si esto le interesa, por favor regístrese en la hoja del programa y ellos le llaman para hacer una cita, durante esos tres días. La Conexión Tecnológica estará en nuestro Centro. No se pierda esta valiosa oportunidad para mejorar sus habilidades actuales!

GRAN DESAYUNO AMERICANO

Día: martes 9 de agosto

Hora: 9 – 10:30 am

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

Venga y disfrute de un delicioso desayuno de tocino, papas, huevos revueltos y café. Regístrese en la hoja del programa y no se olvide de invitar a sus amigos/as.

Nota:

Felicitaciones a uno de nuestros miembros, quien es Ms. **Annette Thompson** por su próxima inducción hacia el salón de la fama de Maryland. Annette será honrada por sus habilidades, disposición y muchas horas de voluntariado que ella da a diferentes organizaciones.

CELEBRACIÓN DE CUMPLEAÑOS

Día: martes 30 de agosto

Hora: 12:30 pm

AVISO

El día **martes 13 de septiembre**
de 10am – 12 m

se ofrecerán vacunas contra la gripe.

DÍA DE LA FERIA PARA PERSONAS DE MAYOR EDAD

Gaithersburg, Md

Día: martes 16 de agosto

Salida: 9:45 am

Retorno: 2 pm

Costo: \$2

Ese día, solamente, la admisión de entrada, el desayuno y entretenimiento serán gratuitos para las personas de mayor edad. Lleve agua y vístase apropiadamente para el clima caliente y húmedo. Y por si desea refrescarse, en ese lugar hay algunas áreas con aire acondicionado. Si desea viajar en el autobús del Centro, por favor regístrese en la hoja del programa. El autobús saldrá del Centro a las: 9:45am, 10:45am, 11:45am y 12:45pm. De la feria hacia el Centro, el autobús saldrá a las: 11 am, 12m, 1 pm y 1:45pm.

Mínimo: 30

Máximo: 80

CAMINANDO POR GEORGETOWN Washington, DC

Día: jueves, septiembre 1

Salida: 10:30 am

Retorno: 4pm

Costo: \$15

Pase un día explorando Georgetown o planea hacer lo que sea de su agrado. Habrá dos guías turísticos. Uno es para explicar sobre la Guerra Civil de Georgetown y el otro es visitar las reposterías del área.

Mínimo: 20

Máximo: 33

RITMO LATINO

Todos los jueves de 11:15 am – 12 m

CONVERSACIÓN EN INGLÉS

Todos los martes

Hora: 12:30 pm

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

ASPECTOS DESCATOS DE MEXICO

Día: Martes 9 de agosto

Hora: 1 pm

El conferencista Jay Choudhry estará de vuelta en el Centro y nos presentará una perspectiva histórica de la antigua ciudad de México que en realidad es una maravilla en el mundo. Se explorarán culturas, historia, geografía y música. Jay compartirá música con ritmo latino y Mariachi. También se les ofrecerán refrescos! No se lo pierda.

VIAJE AL MUSEO DE ARTE EN BALTIMORE

Día: jueves 25 de agosto

Salida: 9:15 am

Retorno: 4 pm

Costo: \$15

Fecha de vencimiento: lunes 22 de agosto
Durante este viaje, podrá explorar el museo por su propia cuenta disfrutando de muchas exposiciones actuales. Después, si desea, puede almorzar en el restaurante Gertrude's; pero se le recomienda hacer su reservación de antemano, llamando al: 410-889-3399.

Mínimo: 20

Máximo: 33

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



AUGUST 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			
	45628	Cell Phone Help	By Appointment		N/A
	44973	Bone Builders Full	May 31 – Dec 22	Tu/Th	N/A
	45641	Drawing: Landscapes & Still Life	Aug 3 – 31	Wed	\$50
	45632	Tech Connect By Appointment	Aug 2 – 4	Tu/We/Th	N/A
	45642	AARP Smart Driver Course	Sep 16	Fri	N/A
		Small Group Personal Training			
	45633	Tuesdays @ 10:30 a.m.	Aug 9 – Sep 13	Tue	\$90/\$120
	45634	Wednesdays @ 10 a.m.	Aug 17 – Sep 21	Wed	\$90/\$120
	45635	Wednesdays @ 3 p.m.	Aug 3 – Sep 7	Wed	\$90/\$120
	45636	Thursdays @ 10:30 a.m.	Aug 4 – Sep 8	Thu	\$90/\$120
	45637	Thursdays @ 2:30 p.m.	Aug 4 – Sep 8	Thu	\$90/\$120
	45638	Fridays @ 1 p.m.	Aug 5 – Sep 9	Fri	\$90/\$120
	45639	Saturdays @ 9:30 a.m.	Aug 6 – Sep 10	Sat	\$90/\$120
	45640	Saturdays @ 10:45 a.m.	Aug 6 – Sep 10	Sat	\$90/\$120
		Activities/Trips			
	45313	Gettysburg Museums	Aug 2	Tue	\$30
	44991	“Million Dollar Quartet” at Infinity Theatre Full	Aug 4	Thu	\$50
	45646	Hampton National Historic Site	Aug 11	Thu	\$15
	45631	Great American Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Nonmembers \$6	Aug 9	Tue	\$4/\$6
	45630	Senior Day at the Fair	Aug 16	Tue	\$2
	45629	Tropical Picnic <input type="checkbox"/> Fun Only Lunch: <input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian	Aug 31	Wed	\$20/\$5
	45647	Baltimore Museum of Art	Aug 25	Thu	\$15
	45643	Cold War Museum	Aug 26	Fri	\$25
	45644	Georgetown Walking Tour	Sep 1	Thu	\$15
	45285	“Come From Away” at Ford’s Theatre Full	Sep 15	Thu	\$50
	45645	Cruise to St. Michaels	Sep 29	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: _____