



Monthly

September 2016

# NEWS

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



## Harp Happy! Performance Monday, September 19 at 11 a.m.

Harp Happy! is a group of four harpists who have been playing together since 2007. This year's program is called "Name that Show!" The group will play theme songs associated with radio, TV and movie programs and the audience members can guess which show the song is from.

## ZenFlex: Power Stretching

Wednesdays, September 7 – October 12

Time: 9:15 a.m.

Fee: \$25

One of the benefits of stretching is improved flexibility, which is the range of motion around a joint that can increase the flexibility of knee, hip, shoulder, and ankle joints. Enhancing your flexibility allows you to move more freely and efficiently. Relaxing, both physically and mentally, Power Stretching is comfortable and requires minimal exertion, giving your body and brain a chance to relax. This class will also address such issues as muscular imbalances, body alignment, proper breath control, range of motion and poor posture. The class is low impact, meditative and very Zen.

Minimum: 5

Maximum: 12

## Outlook & Opportunities: Prepping Your Portfolio

Wednesday, September 14 at 2 p.m.

What's cooking in the financial markets? Volatility has heated up the markets recently. You may be wondering if these ups and downs will continue and whether economic trends remain positive. Join Shay Thomson of Edward Jones as she brings a healthy perspective with respect to recent economic headlines, allowing you to uncover opportunities that you may want to consider. Please register on the Program Sheet.

Benjamin Gaither Center is open

Monday – Friday

8:30 a.m. – 4 p.m.

Closed

Monday, September 5

## New Fitness Center Hours!

Beginning

Tuesday, September 6,

the Fitness Center will be open

**Monday – Thursdays**

8:30 a.m. – 8 p.m.

**Saturdays**

9 – 11:45 a.m.

**Closed September 3 & 5**

## Ping Pong

Tuesdays, 1 – 2:45 p.m.

## Egg Soufflé Breakfast

Tuesday, September 13

9 – 10:30 a.m.

**\$4 Members/\$6 Non-members**

Take your eggs to new heights and join us for this delicious, most important meal of the day. Sign-up on the program sheet and invite your friends.



## Flu & Pneumonia Shot Clinic

Tuesday, September 13

10 a.m. – Noon

Shots are free

with your Medicare Part B.

## Senior Connection Information Table

Tuesday, September 6

10:30 a.m. – 12:30 p.m.

Learn about the terrific opportunities and programs available from the Senior Connection.

# FROM OUR STAFF

## Birthday Celebration



**Friday  
September 30  
at 12:30 p.m.**

### SEPTEMBER BIRTHDAYS

- 2 Elaine Reed
- 3 Eva Poon
- 8 Jim Harris
- 11 Pam Marshall
- 12 Ana Ramos
- 13 Felipa Gomez
- 16 Barbara Lima
- 17 Thomas Travis
- 18 Hortencia Veliz
- 20 Maria Daca  
Lenore Wells
- 22 Ammini Mathews
- 23 Norma Leon
- 30 Judith Steckel



Sympathy is extended  
to the friends and family  
**Leah Schilling**  
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,

Staying active for as long as possible is everyone's goal and the Benjamin Gaither Center wants to help. Starting Tuesday, September 6, our Fitness Center will be open Monday – Thursday from 8:30 a.m. to 8 p.m. and on Saturdays from 9 – 11:45 a.m. Please note the facility will be closed to programming on Saturdays with the exception of City-wide recreation classes.

September is 'Falls Prevention' month and we have two valuable educational opportunities we hope you will attend:

Lynn Isackson, occupational therapist, will be presenting 'Preventing Falls at Home' on Wednesday, September 7 at 12:45 p.m., and Jane Selbourn will present 'Yoga for Balance and Clarity' on Thursday, September 8 at 11:15 a.m. Hope to see you there.

September is also 'Go4Life' month, reminding us it is never too late to see the real-life benefits of exercise! No matter our age, being active can help us manage chronic conditions and allows to keep doing the activities of daily life we consider most important. The Benjamin Gaither Center offers a variety of programs and classes to encourage an active lifestyle and we hope you will consider participating!

Grace, Community Facility Manager  
and Benjamin Gaither Center Staff

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## Member Orientation

**Monday, September 12 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, September 1 & 15**  
**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, September 28**

**9:30 – 11:30 a.m.**

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

**Diabetes Support Group**  
**Tuesday, September 20 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

### “Come From Away” at Ford’s Theatre

Washington, DC

**Date:** Thursday, September 15

**Depart:** 9 a.m.

**Return:** 4 p.m.

**Fee:** \$50

“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.



### Washington County Fine Arts Museum

Hagerstown, MD

**Date:** Tuesday, September 20

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

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Thursday, September 15

Visit one of the finest small museums in the United States. In addition to the 6500 objects in the Museum’s permanent collection, view the special exhibits, which currently include: “Play Ball! Celebrating Sixty Years of Norman Rockwell’s ‘The Oculist’” and “Boo! Images of the Macabre.” After our visit, we will stop for lunch at the Bavarian restaurant, Schmankerl Stube, where you can order from the menu and pay in cash.

**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 on one of two self-guided tours: 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

### Crafters Trip

Virginia

**Dates:** Friday, September 9

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

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

**Fee:** \$15

**Deadline:** Wednesday, September 7

Join us for a whirlwind trip to three specialty craft shops! First stop of the day is at Waste Knot Needlepoint in Arlington. Second stop is at the Quilt Shop of McLean. Our third stop is for lunch on your own at Sweet Leaf Café. The fourth and final stop is the Jinny Beyer Studio in Great Falls.

**Minimum:** 20

**Maximum:** 33

### Mountain Heritage Craft Festival

Charles Town, WV



**Date:** Friday, September 23

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

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

**Fee:** \$25

**Deadline:** Friday, September 16

Visit one of the top rated festivals in America! There will be 200 selected Artisans demonstrating and showcasing their work. Wine and craft beers will be available in the Sit and Sip tent and delicious food vendors will be available for lunch.

**Minimum:** 20

**Maximum:** 33

*Donations of yarn in good condition needed for NIH projects.*

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



## White House

Washington, DC

**Date:** To Be Determined (TBD)

**Depart:** TBD

**Return:** TBD

**Fee:** \$25

**Deadline:** Monday, September 12

We are going to book a White House visit. The date will be anywhere from

mid-November to the end of the year. When you register for the trip, you must provide your full name (first, middle and last), gender, date of birth, place of birth (country, city and state), social security number and US citizenship. All information must match the government issued photo ID that you will present when arriving at the White House. You may attach this information to your registration form. Call Charlyn Simpson or email csimpson@gaitthersburgmd.gov. The date will be confirmed two weeks before the tour date. If you cannot attend, your fee will be refunded.

**Minimum:** 20

**Maximum:** 33

## U.S. Capitol

Washington, DC

**Dates:** Monday, September 26

**Depart:** 8:45 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Wednesday, September 21

We will begin our tour of the Capitol with an outdoor walking tour of the Capitol grounds. Then we work our way through security and begin our tour of the Capitol. No liquids, food, weapons, or large bags permitted. Please bring your government issued photo ID. After the tour we will stop for lunch on your own at the U.S. Capitol restaurant, which serves food in a cafeteria setting. **Lots of walking.**

**Minimum:** 20

**Maximum:** 33



## Fraud Prevention Presentation

Wednesday, September 28

at 12:45 p.m.

Financial scams targeting seniors have become prevalent and may cause financial hardship and emotional distress. Hear from two presenters. Kelly Davis, Program Manager & Investigator for the Crimes Against Seniors & Vulnerable Adults Unit with the Montgomery County State's Attorney's Office, will discuss the most common types of scams and steps you can take if you do fall victim to a scam. Lauren Cain, Daily Money Manager for Help Unlimited, will describe a valuable resource to assist and guard you against financial exploitation. Multiple handouts on County resources will be provided for you to take home so you can further your education and share with others. Please register on the Program Sheet.

## Computer Help

Mondays and Thursdays, 10 a.m. – 2 p.m.

Fridays, 11 a.m. – 2 p.m.



## Book Discussion

“All the Light We Cannot See”  
by Anthony Doerr

Thursday, September 8 at 2 p.m.  
**FREE**

## 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!

## 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, September 16

Let's have one last summer getaway! 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





Gaithersburg

The Benjamin Gaither Center

# September 2016

[www.gaithersburgmd.gov](http://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.*

**3**  
 Fitness Center Closed  
 Fitness Center at Bohrer Park is open to Fitness Center Members.  
 Bring ID Card

**2**  
 8:25 Exercise Tape  
 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

**1**  
 10:30 am Georgetown Walking Tour  
 8:25 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 11 Coping w/Change  
 11:15 Ritmo Latino  
 12:30 Bridge  
 1 El Club de las Amistad  
 2 Caregivers

**4**

**5**  
 LABOR DAY  
 BENJAMIN GAITHER CENTER CLOSED

**6**  
 8:25 Exercise Tape  
 9:05 Bone Builders  
 9:15 HIT @ BP  
 10:15 Stretch & Strengthen  
 10:30 Senior Connection  
 Information Table  
 12:30 Bridge  
 12:30 Conv. English  
 12:30 Mah Jongg  
 1 Ping Pong

**7**  
 8:25 Exercise Tape  
 9:15 Power Stretch  
 10 Pickleball @ BP  
 10:15 Fit 4 All  
 11:15 Strong & Balanced  
 12:30 Weight Training  
 12:45 Preventing Falls  
 1:15 Flexible Strength  
 1:15 Music Lessons  
 1 Crochet

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

**9**  
 9:30 am Crafters Trip  
 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

**10**  
 Fitness Center Open  
 9 – 11:45 a.m.

HeartWell in Action

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

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

13

10 am – Noon  
Flu & Pneumonia  
Shot Clinic

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

**HeartWell in Action**

14

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

15

9 am  
"Come From Away"  
Ford's Theatre

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

16

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

17

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

18

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

19

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

20

9:30 am  
Fine Arts Museum  
Hagerstown

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

**HeartWell in Action**

21

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

22

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

23

9:15 am  
Craft Festival  
Charles Town, WV

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

24

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

25

8:45 am  
US Capitol

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

8:45 am  
US Capitol

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

27

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

**HeartWell in Action**

28

12:45 pm  
Fraud Prevention  
Presentation

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

29

8:15 am  
Cruise to  
St. Michaels

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

30

12:30 pm  
Birthday  
Celebration

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

*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



## Pickleball

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

\$3 Residents  
\$4 Nonresidents

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

## 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.



## 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.

## Stretch & Strengthen

**Taught by Olympia Huff**

**Tues. and Thurs. at 10:15 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	September 20 – October 25	10:30 – 11:30 a.m.
Wednesdays	September 28 – November 1	10:15 – 11:15 a.m.
Wednesdays	September 7 – October 12	3 – 4 p.m.
Thursdays	September 1 – October 6	10:30 – 11:30 a.m.
Thursdays	September 1 – October 6	2:30 – 3:30 p.m.
Fridays	September 2 – October 7	1 – 2 p.m.
Saturdays	September 10 – October 15	9:30 – 10:30 a.m.
Saturdays	September 10 – October 15	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!**

**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!

**Conversational English**

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

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

**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.

**Bone Builders**

**Dates:** Tuesdays & Thursdays,  
May 31 – December 22

**Time:** 9:05 – 10:05 a.m.

**Fee:** Free

**FULL**

**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.



**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.

**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!



**Walking Tape**

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

Wake up with a brisk 2 mile workout.



**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

**Watercolor Class**

**Dates:** Wednesdays

September 14 – November 9

**No class November 26**

**Time:** 2 – 4 p.m.

**Fee:** \$90

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

**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.

# CLASSES & ACTIVITIES



## Preventing Falls at Home

By Lynn Isackson, Occupational Therapist

Wednesday, September 7 at 12:45 p.m.

September is Fall Prevention month. Learn the latest information on how to prevent falls. Please register on the Program Sheet.

## Yoga for Balance and Clarity: Build Strength and Reduce Falls

By Jane Stelboun

Thursday, September 8 at 11:15 a.m.

Join Jane Stelboun of Sarasvate Yoga as she demonstrates and discusses the benefits of yoga. Wear comfortable shoes and clothing so you can practice some of the standing poses. Please register on the Program Sheet.

## AARP, Gaithersburg Chapter #5358

### SEPTEMBER 2016 ACTIVITIES

#### Tuesday, September 13, 2016

**3 p.m.** Learn how the new voting machines in Maryland function and practice using them.

**4 p.m. Louis P. Solomon:** "Creating Family and Personal Histories." Learn how to share the story of your life. Free

**5:30 p.m. Dinner:** Baked ziti and meatballs from Giuseppe's plus salad, rolls, dessert and soft drinks. \$10. Free for members with dues paid by September 9.

**6:10 p.m. Business Meeting:** 50-50 raffle; door prizes.

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

Gary Coley, Montgomery College Speakers Bureau, will speak and play musical selections: "The Lives and Contribution of past and present Jazz Greats." 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 301-9777-7936 or 301-938-0893 or by e-mail at annettethompsonhd@yahoo.com.

#### COMMUNITY SERVICE

#### **Food Drive for Manna, September 6 – 15**

Help the needy in our community with food and monetary donations.

Food to donate include canned goods, juices, soups, coffee, tea, evaporated milk, cereals, rice, pasta, flour, sugar, breakfast bars, infant formula, baby food, and supplements. Collection boxes will be in back lobby of the Benjamin Gaither Center. Contact Elaine Huey (301-525-1939 or 301-972-0954) or Marisa Young (301-330-0229) for more information.

#### CHAT AND CHEW

#### **Tuesday, September 27**

Dinner at Mama Lucia in Falls Grove (14921 Shady Grove Rd., Rockville). Order from an extensive menu of "down home" Italian entrees. 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

#### **Casino and Shopping**

Wednesdays 10 a.m. – 5:30 p.m. & Saturdays 9 a.m. – 4 p.m. at Maryland Live! and Arundel Mills Shopping Center. Cost \$22. You will receive \$25 to play the slots. To register and pay in advance, phone Dale Batchelder (202-236-8418) or Margaret Fisher at (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).

## NUEVO HORARIO PARA EL GIMNASIO!

A partir del día martes 6 de septiembre el gimnasio estará abierto de lunes a jueves de 8:30 am – 8 pm, y los sábados de 9 a 11:45 am.

## MESA DE INFORMACIÓN SOBRE LA CONEXIÓN PARA PERSONAS DE MAYOR EDAD

**Día:** martes 6 de septiembre

**Hora:** 10:30 am – 12:30 pm

Venga y visite la mesa de información sobre fantásticas oportunidades y programas que hay disponibles en la conexión para personas de la tercera edad en el condado de Montgomery.

## PREVENCIÓN DE CAIDAS EN SU HOGAR

Presentado por Lynn Isackson, Terapista Ocupacional

**Día:** miércoles 7 de septiembre

**Hora:** 12:45 pm

Septiembre es el mes de prevención de caídas. Participe a esta conferencia y reciba información sobre como usted puede prevenir caídas. Por favor regístrese en la hoja del programa.

## YOGA PARA EL EQUILIBRIO Y LA CLARIDAD Como crear energías y reducir caídas

Presentado por Jane Stelboun

**Día:** jueves 8 de septiembre

**Hora:** 11:15 am

La señora Jane Stelboun quien es representante de Sarsyat Yoga discutirá y demostrara los beneficios de Yoga para nuestro bienestar saludable. Para poder participar en esta demostración, por favor póngase zapatos y ropa cómoda. Si esto le interesa, por favor regístrese en la hoja del programa.

## DESAYUNO – SOUFFLE DE HUEVOS

**Día:** martes 13 de septiembre

**Hora:** 9 a 10:30 am

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

El desayuno es la comida más importante del día. Únase a nosotros y disfrute de un delicioso desayuno que consistirá de soufflé de huevos y hecho por el Cocinero Sia. Regístrese en la hoja del programa y no se olvide de invitar a sus amigos!

## VIAJE A LA CASA BLANCA

Washington, DC

**Día:** por determinarse

**Costo:** \$25 y se pagara una vez se confirme la fecha del viaje

**Fecha de vencimiento:** 12 de septiembre

Vamos a tratar de hacer reservaciones para ir a visitar la Casa Blanca. La fecha será entre mediados de noviembre y fin de año. Cuando les notifiquemos que ya se pueden registrar para este viaje, deben proporcionar su primer y segundo nombre, apellido, fecha de nacimiento, número de seguro social y ciudadanía Estadounidense, país de nacimiento, sexo, ciudad y estado. Toda esta información debe coincidir exactamente con la identificación, con foto, otorgada por el gobierno que tendrá que presentar a la entrada de la Casa Blanca. Toda esta información será requerida en el momento que se registre. Si desea más información se puede comunicar con Charlyn Simpson vía e-mail. csimpson@gaithersburg-md.gov La fecha será confirmada dos semanas antes que se realice el viaje.

**Mínimo:** 20

**Máximo:** 33

## VIAJE AL CAPITOLIO

Washington, DC

**Día:** lunes 26 de septiembre

**Salida:** 8:45 am

**Retorno:** 4pm

**Costo:** \$15

**Fecha de vencimiento:** martes 30 de agosto  
Empezaremos el recorrido por las afueras del Capitolio. Después caminaremos hacia la entrada de seguridad para hacer el recorrido por el Capitolio. No se permite llevar líquidos, alimentos, armas y bolsas grandes. Por favor asegúrese de llevar con usted su identificación otorgada por el gobierno. Después del recorrido podrá almorzar en la cafetería del Capitolio. Durante este viaje se caminara bastante!

**Mínimo:** 20

**Máximo:** 33

## CLÍNICA DE VACUNAS PARA LA GRIPE Y NEUMONÍA martes septiembre 13

10 am – 12 m.

Si usted tiene Medicare parte B,  
las vacunas son gratis.

## ACTUACIÓN – “ARPA FELIZ”

**Día:** lunes 19 de septiembre

**Hora:** 11 am

“Arpa Feliz” es un grupo de cuatro arpistas que han compuesto el grupo desde el año 2007. El programa de este año se llama: “Identifique el Show”. El grupo interpretara ciertos temas musicales asociados con la radio, televisión, películas y los miembros de la audiencia que deben adivinar de que show pertenecen.

## PRESENTACIÓN SOBRE LA PREVENCIÓN DEL FRAUDE

**Día:** miércoles 28 de septiembre

**Hora:** 12:45 pm

Últimamente las estafas financieras están atacando fuerte y con frecuencia a las personas de mayor edad. Esto puede causar dificultades financieras y angustia emocional. Venga y participe de esta presentación con la señora Kelly Davis, Gerente de Programas e investigaciones de crimines contra las personas de la tercera edad y adultos vulnerables. Ella también está unida a la oficina del Procurador del Estado de Montgomery. Se discutirá sobre todos los tipos de estafas que existen y medidas que usted puede tomar para no ser víctima/o de estafadores. Además la señora Lauren Cain, Manager para ayuda ilimitada compartirá sobre recursos valiosos para ayudar y proteger contra la explotación económica. Se proporcionaran folletos gratis sobre todos los recursos que el condado ofrece para que pueda compartir con sus familiares y amigos. Por favor regístrese en la hoja del programa.

## RITMO LATINO

Todos los jueves de 11:15 am – 12 m

## CELEBRACIÓN DE CUMPLEAÑOS

**Día:** viernes 30 de septiembre

**Hora:** 12:30 pm

## CONVERSACIÓN EN INGLES

Todos los martes

**Hora:** 12:30 pm

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

**AVISO:** Si tiene rollos de lana en buena condición que desee donar para hacer proyectos de crochet para el programa de NIH, por favor tráigalos al Centro.

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

CURRENT RESIDENT OR

City Manager  
Tony Tomaseillo

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

Mayor  
Jud Ashman

GAITHERSBURG CITY OFFICIALS



# SEPTEMBER 2016

(For Office Use Only)

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Benjamin Gaither Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_

**Registration is first come first served, Monday – Friday, 9 a.m. – 3:30 p.m.  
or online at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)**

✓	ACTIVITY #	CLASS/ACTIVITY/TRIP	DATE	DAY	FEE
		<b>Classes/Lectures</b>			
	45707	Cell Phone Help	By Appointment		N/A
	44973	Bone Builders <span style="float: right;"><b>Full</b></span>	May 31 – Dec 22	Tu/Th	N/A
	45684	Preventing Falls at Home	Sep 7	Wed	N/A
	45701	ZenFlex: Power Stretching	Sep 7 – Oct 12	Wed	\$25
	45685	Yoga for Balance & Clarity: Build Strength & Reduce Falls	Sep 8	Thu	N/A
	45687	Outlook & Opportunities: Prepping Your Portfolio	Sep 14	Wed	N/A
	45700	Watercolor (no class 10/26)	Sep 14 – Nov 9	Wed	\$90
	45642	AARP Smart Driver Course	Sep 16	Fri	\$15/\$20
	45688	Fraud Prevention Presentation	Sep 28	Wed	N/A
		<b>Small Group Personal Training</b>			
	45691	Tuesdays @ 10:30 a.m.	Sep 20 – Oct 25	Tue	\$90/\$120
	45692	Wednesdays @ 10:15 a.m.	Sep 28 – Nov 1	Wed	\$90/\$120
	45693	Wednesdays @ 3 p.m.	Sep 7 – Oct 12	Wed	\$90/\$120
	45695	Thursdays @ 10:30 a.m.	Sep 1 – Oct 6	Thu	\$90/\$120
	45696	Thursdays @ 2:30 p.m.	Sep 1 – Oct 6	Thu	\$90/\$120
	45697	Fridays @ 1 p.m.	Sep 2 – Oct 7	Fri	\$90/\$120
	45698	Saturdays @ 9:30 a.m.	Sep 10 – Oct 15	Sat	\$90/\$120
	45699	Saturdays @ 10:45 a.m.	Sep 10 – Oct 15	Sat	\$90/\$120
		<b>Activities/Trips</b>			
	45702	Egg Soufflé Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non-Members \$6	Sep 13	Tue	\$4/\$6
	45644	Georgetown Walking Tour	Sep 1	Thu	\$15
	45680	Crafters Trip	Sep 9	Fri	\$15
	45285	“Come From Away” at Ford’s Theatre <span style="float: right;"><b>Full</b></span>	Sep 15	Thu	\$50
	45679	Washington County Fine Arts Museum	Sep 20	Tue	\$15
	45683	Mountain Heritage Craft Festival	Sep 23	Fri	\$25
	45682	U.S. Capitol	Sep 26	Mon	\$15
	45645	Cruise to St. Michaels	Sep 29	Thu	\$80
	45681	White House	TBD	TBD	\$25

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

 <b>Gaithersburg</b>	Amount Paid \$ _____ Cash <input type="checkbox"/> Check# _____ Visa/MC/Discover/AmEx # _____ Signature/Name on card _____ Exp. Date ___/___
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# BENJAMIN GAITHER CENTER ACTIVITY RELEASE FOR MEMBERS

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

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

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

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

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

**If you need special accommodations  
please call 301-258-6380, or email [csimpson@gaitersburgmd.gov](mailto:csimpson@gaitersburgmd.gov)**

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

## Do we have your updated Emergency Contact Information?

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_