



# Monthly NEWS

NOVEMBER 2016

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



## AARP Winter Jewelry & Craft Sale

November 28 – December 2  
8:30 a.m. – 4 p.m.

Benjamin Gaither Center is open  
Monday – Friday  
8:30 a.m. – 4 p.m.  
Closed November 11, 24 and 25



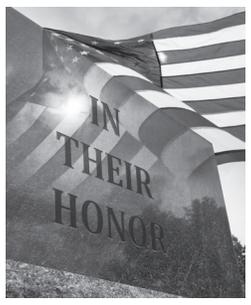
## Diwali Celebration

Thursday, November 3 at Noon

Diwali is the Indian Festival of Lights. Join us for a special luncheon provided through the nutrition program. Please sign-up before 2 p.m. on Wednesday, November 2. After lunch we will have a cultural program that will both celebrate and educate.

### Fitness Center

Monday – Thursdays  
8:30 a.m. – 8 p.m.  
Fridays  
8:30 a.m. – 4 p.m.  
Saturdays  
9 – 11:45 a.m.  
Closed November 11, 12, 24, 25 and 26



## Veteran's Day Lunch

Thursday, November 10 at Noon

Remember and honor our Veterans who have fought for our freedom. At noon we will have lunch through the nutrition program. Order your lunch before 2 p.m. on Wednesday, November 9 and let us know if you are a Veteran. Veterans eat free.

## Name Tag November!

On select days in November members will be encouraged to wear a nametag and say hello to someone they don't know.



## Game Night

Tuesday, November 29 from 4 – 6 p.m.

The Center is staying open late so you can meet some new people and play games! Bring your own dinner if you would like, or make plans to go out afterwards. Play scrabble, Mah Jongg, billiards, bridge, and more. RSVP on the program sheet.

## All American Breakfast

Tuesday, November 8

9 – 10:30 a.m.

\$4 Members/\$6 Non-members

Whether you are voting red, blue or purple, let's come together this Election Day with Chef Sia's delicious All American Breakfast. You can't beat eggs, breakfast meat, and more! Sign-up on the program sheet and invite your friends.



## Early Voting

October 27 – November 3

We will be running a bus to the Activity Center at Bohrer Park. Check with the office for dates and times.



# FROM OUR STAFF

## Birthday Celebration



**Tuesday  
November 29  
at 12:30 p.m.**

### NOVEMBER BIRTHDAYS

- 1 Rita Chaudhary  
Mary Hoferek  
Janitte Bebawi
- 2 Aziza Yaphet
- 3 Sarah Pope
- 4 Carolina Tello
- 7 Betty Ankrapp  
Socorro Perez
- 8 Gwen Martin  
Lani Campbell
- 12 Balwant Singh
- 13 Kishore Gokhale
- 15 Peter Ciullio
- 29 Laura Tapia
- 30 Lutfus Salam  
Stephen Fisher  
Andrea Gardiazabal



Sympathy is extended  
to the friends and family of  
Kathryn Deuser  
and  
Margaret Fisher  
who recently passed away.

## 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!

## Grace's Update



Dear Members,

It is with great sadness that I announce the passing of City Council Member Henry Marraffa on Tuesday, October 18. Henry served as the City Council liaison to our Center for nearly ten years and was an advocate for older adults. We extend our deepest condolences to his wife and family.

November is the month of appreciation and our staff would like to extend our gratitude to each of you for being a part of our Center. It is a privilege to work with so many who have become our dear friends.

Each year many members express the spirit of the season by giving the staff wonderful and generous gifts. Although each of us is very grateful, the City has a new Ethics Policy which limits all gifts any staff may accept to be valued at no more than \$20. A larger gift given to be shared equally by the entire staff, such as a pizza party, may be permitted if the individual amount is under the limit.

Thank you for understanding and know your thoughtfulness is appreciated.

Sincerely,  
Grace, Community Facility Manager  
and Benjamin Gaither Center Staff

## Member Orientation

**Monday, November 14 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

<b>City Residents</b>	<b>\$45/\$30 Spouse</b>
<b>Nonresidents</b>	<b>\$125/\$70 Spouse (outside the corporate City limits)</b>
<b>Fitness Center</b>	<b>\$75 per year/\$15 per month (Benjamin Gaither Center Members Only)</b>

### 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.

## 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.***



**Caregivers Support Group**  
**Thursdays, November 3 & 17**  
**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.

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!**

**Medicare & Medicaid**  
**Review**  
**Presented by**  
**Montgomery Village Healthcare**  
**Wednesday, November 9**  
**11 a.m.**

**Blood Pressure Check**  
**Wednesday, November 16**  
**9:30 – 11:30 a.m.**  
 Get your blood pressure checked  
 by a nurse from  
 Shady Grove Adventist Hospital.

**Diabetes Support Group**  
**Tuesday, November 15 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 third 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.

# TRIPS & ACTIVITIES

## Shopping at Boscov's

Frederick, MD

**Dates:** Tuesday, November 1

**Depart:** 9:45 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Friday, October 28

We are heading north for a shopping trip at Boscov's, an upscale department store known for its competitive pricing of top-name brands. After our shopping trip, we will stop for a late lunch at the Olive Garden, where you can order from the menu and pay in cash.

**Minimum:** 20

**Maximum:** 33

## "Carousel" at Arena Stage

Washington, DC

**Date:** Tuesday, November 15

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

**Return:** 4:30 p.m.

**Fee:** \$55

**Deadline:** Monday, October 17

"Carousel" was named the best musical of the 20th Century by Time Magazine. With dazzling lights, swinging songs and a bad boy to melt your heart, come see why Rodgers and Hammerstein's "Carousel" is a classic. We will first stop for breakfast on your own in Downtown Crown, where you can choose from Ted's Bulletin or La Madeline.

FULL



Book Discussion

FREE

"Life After Life"

by Kate Atkinson

Thursday, November 10  
at 2 p.m.

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

## "The Year of Magical Thinking" at Arena Stage

Washington, DC

**Date:** Saturday, November 5

**Depart:** 10:30 a.m.

**Return:** 5:30 p.m.

**Fee:** \$75

There is no way to avoid tragedy, loss or their aftermath. Yet we still hope that when faced with inescapable grief, something miraculous can emerge to ease our pain and guide us back to the joy of life. Few writers have experienced loss so suddenly and profoundly — or chronicled it as beautifully — as Joan Didion. Based on her award-winning memoir, "The Year of Magical Thinking" follows the iconic American author, portrayed by Kathleen Turner, as she learns to reconcile the natural instincts that drive us to bargain with the universal forces that giveth and taketh away. We will first stop for lunch/brunch on your own in Georgetown.

FULL



## National Museum of African American History & Culture

Washington, DC

**Date:** Wednesday, November 9  
or Tuesday, December 13

**Depart:** 10 a.m.

**Return:** 4:30 p.m.

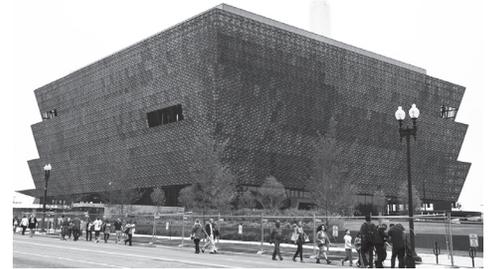
**Fee:** \$15

**Deadline:** Monday, November 7

The National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American life, history and culture. The Museum has collected more than 36,000 artifacts and opened to the public on September 24, 2016, as the 19th and newest museum of the Smithsonian Institution. Lunch is on your own at the Museum Café. Select your preferred date on the registration form.

**Minimum:** 20

**Maximum:** 33



## Naval Academy Tour

Annapolis, MD

**Date:** Thursday, November 17

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

**Return:** 4 p.m.

**Fee:** \$25

**Deadline:** Monday, November 14

Set sail for Annapolis and a historical walking tour of the Naval Academy. The tour is approximately 1 hour and 30 minutes of walking outdoors around the Naval Academy campus.

After our tour, you will have lunch on your own at the Annapolis waterfront. A government issued photo ID such as a driver's license or passport is required. **Lots of walking!** Dress for the weather!!

**Minimum:** 20

**Maximum:** 33



## National Gallery of Art

Washington, DC

**Date:** Monday, November 28

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$15

**Deadline:** Monday, November 21

Visit the just-completed remodel of the East Building Galleries. The renovation added 12,250 square feet of new space, including two soaring tower galleries and a rooftop terrace for outdoor sculpture. Or visit one of the many other exhibits and installations currently on view. Lunch is on your own at one of the museum cafés.

**Minimum:** 20

**Maximum:** 33



## White House

Washington, DC

**Date:** Tuesday, December 6  
*(Tentative)*

**Depart:** TBD

**Return:** TBD

**Fee:** \$25

**FULL**

## “Moby Dick” at Arena Stage

Washington, DC

**Date:** Tuesday, December 20

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

**Return:** 4:30 p.m.

**Fee:** \$55

**Deadline:** Friday, November 18

Set sail on the holiday season's biggest adventure! Melville's classic tale of man's obsessive battle against nature comes to life in "a triumph of grand theatrical imagination, deep thought, superb acting and eye-popping, ingeniously deployed physical daring" (*Chicago Sun-Times*). Innovative staging fused with bold trapeze and acrobatic work turn this seafaring classic into a death-defying experiment in aerial storytelling. Climb aboard with Captain Ahab and the crew of the good ship Pequod in this harrowing and intoxicating quest for the great white whale. We will first stop for breakfast on your own at First Watch.

**Minimum:** 20

**Maximum:** 24

## National Air & Space Museum

### Udvar – Hazy Center

Chantilly, VA

**Dates:** Thursday, December 1

**Depart:** 10 a.m.

**Return:** 4 p.m.

**Fee:** \$16

**Deadline:** Monday, November 28

Explore the rich history of aviation and see hundreds of aircraft and spacecraft on display in the Smithsonian's two massive hangars. You can watch aircraft flying in and out of Dulles airport from the Observation Tower or buy a ticket to the latest IMAX movie. Lunch is on your own in the museum McDonalds.

**Minimum:** 20

**Maximum:** 33



## Galloping Gourmets to Market Lunch

Washington, DC

**Dates:** Wednesday, December 7

**Depart:** 11:15 a.m.

**Return:** 2:15 p.m.

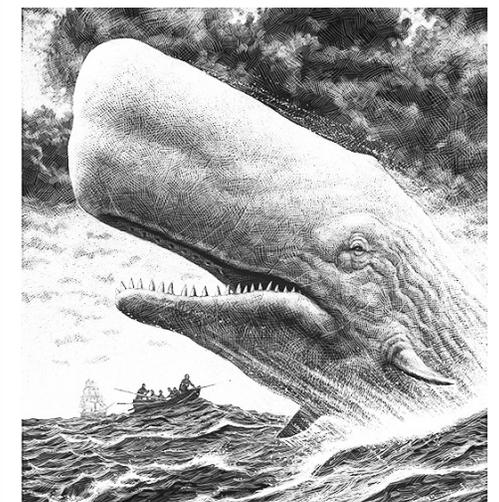
**Fee:** \$15

**Deadline:** Friday, December 2

Experience this no frills cafeteria-style restaurant that serves seafood and southern fare. They are known for their delicious crab cakes. The seating is communal and the restaurant only accepts cash.

**Minimum:** 20

**Maximum:** 33



*“Gratitude can transform common days into Thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings.”*

*- William Arthur Ward*



Gaithersburg

The Benjamin Gaither Center

# November 2016

www.gaithersburgmd.gov

301-258-6380

## Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**1** 9:45 am  
Shopping  
at Boscov's

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

**HeartWell in Action**

**2**

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

**3**

10:45 am  
Galloping  
Gourmets

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

**4**

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

**5**

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

10:30 am  
"The Year  
of Magical  
Thinking"  
Arena Stage

**6**

**7**

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

**8**

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**

**9**

10 am  
African American  
History Museum

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

**10**

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

**11**

VETERANS  
DAY

BENJAMIN GAITHER  
CENTER CLOSED



**12**

Fitness Center  
Closed  
  
Fitness Zone  
at Bohrer Park  
open to  
Fitness Center  
Members

**13**

**14**  
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  
3 Core and More  
3 Pin Busters

**15** 9:30 am "Carousel" at Arena Stage  
8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 Diabetes Support  
11:15 Hatha Yoga  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
1 Ping Pong  
**HeartWell in Action**

**16**  
8:25 Exercise Tape  
9:15 Power Stretch  
9:30 BP Check  
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 Experimental Landscapes

**17** 9:30 am Naval Academy Annapolis  
8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10:30 Stability Ball @ BP  
11 Coping w/Change  
11:15 Ritmo Latino  
12:30 Bridge  
1 El Club de la Amistad  
2 Caregivers

**18**  
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

**19**  
Fitness Center Open  
9 – 11:45 a.m.

**20**

**21**  
8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12:30 Embroidery  
12:50 Bingo  
3 Core and More  
3 Pin Busters

**22**  
8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Hatha Yoga  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
12:45 Balance, Dizziness and Falls Lecture  
1 Ping Pong  
**HeartWell in Action**

**23**  
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

**24**  
THANKSGIVING HOLIDAY  
BENJAMIN GAITHER CENTER CLOSED  


**25**  
THANKSGIVING HOLIDAY  
BENJAMIN GAITHER CENTER CLOSED

**26**  
Fitness Center Closed  
Fitness Zone at Bohrer Park open to Fitness Center Members

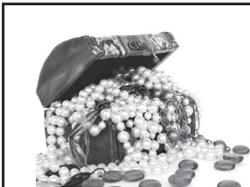
**27**

**28** 10 am Gallery of Art Washington, DC  
8:25 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
12:30 Embroidery  
12:50 Bingo  
3 Core and More  
3 Pin Busters

**29** 12:30 pm Birthday Celebration  
8:25 Exercise Tape  
9:05 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Hatha Yoga  
12:30 Bridge  
12:30 Conv. English  
12:30 Mah Jongg  
1 Ping Pong  
4 – 6 pm Game Night

**30**  
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 Experimental Landscapes

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



**Jewelry & Craft Sale**  
November 28 – December 2  
8:30 a.m. – 4 p.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  
Oct. 5 – Dec. 21

**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  
Oct. 5 – Dec. 21

**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

Tue	Nov. 1 – Dec. 6	10:30 – 11:30 a.m.
Wed	Nov. 9 – Dec. 14	10:15 – 11:15 a.m.
Wed	Nov. 2 – Dec. 7	3 – 4 p.m.
Thur	Nov. 3 – Dec. 15	10:30 – 11:30 a.m. <b>No class Nov. 24</b>
Thur	Nov. 3 – Dec. 15	2:30 – 3:30 p.m. <b>No class Nov. 24</b>
Fri	Oct. 28 – Dec. 16	1 – 2 p.m. <b>No class Nov. 11 &amp; 25</b>
Sat	Nov. 5 – Jan. 7	9:30 – 10:30 a.m.
		<b>No class Nov. 12 &amp; 26, Dec. 24 &amp; 31</b>
Sat	Nov. 5 – Jan. 7	10:45 – 11:45 a.m.
		<b>No class Nov. 12 &amp; 26, Dec. 24 &amp; 31</b>

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!**

**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!

**Bone Builders**

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

**Time:** 9:05 – 10:05 a.m.

**Fee:** Free

**FULL**

**ZenFlex: Power Stretching**

**Wednesdays, November 30 –  
December 21**

**Time:** 9:15 a.m.

**Fee:** \$16

One of the benefits to stretching is improved flexibility. Flexibility refers to the range of motion around a joint that can increase the flexibility of your knee, hip, shoulder, and ankle joints. Enhancing your flexibility will allow 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

**Walking Tape**

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

Wake up with a brisk 2 mile  
workout.



**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.



**Experimental Landscapes**

**Dates:** Wednesdays

Nov. 16 – Dec. 14

**No class November 23**

**Time:** 2 – 4 p.m.

**Fee:** \$45

Do you enjoy painting? Explore and experience painting landscapes in water soluble media on different surfaces. This class, taught by Valthea Fry, is for artists of any experience who want to expand their skills and try something different. 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.

**Poker**

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

**Contract Bridge**

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

Drop in and play!

**Learn Mah Jongg with Sandy**

**Fridays at 10 a.m.**

Please call Charlyn at 301-258-6380 to reserve your spot.

**Mah Jongg**

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

**Learn Canasta**

Call Annette 301-938-0893.

**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.

**Ping Pong**

**Tuesdays, 1 – 2:45 p.m.**

**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**

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

**Computer Help**

**Mondays and Thursdays**

**10 a.m. – 2 p.m.**

**Fridays, 11 a.m. – 2 p.m.**

# CLASSES & ACTIVITIES

## AARP Smart Driver Course

Friday, November 18, 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.

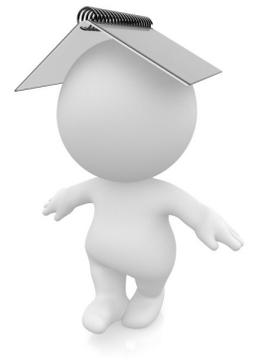
**Minimum:** 10

**Maximum:** 16

## Balance, Dizziness, and Falls

Tuesday, November 22 at 12:45 p.m.

Did you know that 1 in 3 people over age 65 fall each year? Also, approximately 12.5 million Americans over the age of 65 have a dizziness or balance problem that significantly interferes with their lives. This presentation discusses the dangers of falling, the importance of balance, and causes of dizziness that can all be resolved and improved with Physical Therapy! Many people are unaware that a simple visit to a balance specialized physical therapist can resolve dizziness and imbalance symptoms. Following the presentation, we will perform exercises as a group, as well as offer Free Fall Risk Assessments. Fight the fall, and remain independent!



## AARP, Gaithersburg Chapter #5358

### NOVEMBER 2016 ACTIVITIES

Tuesday, November 8, 2016

#### 4 p.m. Bingo

LCR, a dice game played at tables of 5-7 people for fun or for money. \$1per game.

#### 5:30 p.m. Dinner

Chinese buffet provided by the Oriental Cafe and organized by Robbie Burleson; choice of cold drinks and desserts made by members of our chapter. \$10

#### 6:10 p.m. Brief Business Meeting

Organize winter jewelry, craft and gift sale; plan craft sessions for nursing home gifts; 50-50 and door prizes.

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

Dr. Marsha Schwartz, CCC-A, FAAA, will speak on "Hearing Loss: Signs, Types, Causes and Treatment" including impact on quality of life and communication tips. 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 301-938-0893 or by e-mail at annettethompsonphd@yahoo.com.

#### CHAT AND CHEW

##### November 15

Lunch at Vasilis Mediterranean Grill, family owned and operated restaurant in Kentlands (705 Center Point Way, Gaithersburg). Order from an extensive selection of moderately priced Greek and Mediterranean 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 carpools.

#### CASINO AND SHOPPING

Maryland Live! and Arundel Mills Shopping Center on Wednesdays and Saturdays. Cost \$22. You will receive \$25 to play the slots. Departure and return times vary. For specific information and to register contact Dale Batchelder (202-236-8418) or Mary Lou Vlahakis (301-417-9654) or see them at the Center.

#### COMMUNITY SERVICE

##### December 7, 9 and 12, 10 a.m. – 3 p.m.

Make gifts for residents of nursing homes and assisted living facilities. Help decorate and fill stockings. Make faux flower corsages and small arrangements and any new easy-to-make crafted gifts. All materials provided. Contact Annette at 301-977-7936 or 301-938-0893.

#### WINTER JEWELRY AND CRAFT SALE

##### Monday– Friday, November 28 – December 2, 8:30 a.m. – 4 p.m.

##### *Seniors purchase gifts at a low cost.*

This event raises money for the Benjamin Gaither Center. Please donate jewelry or hand-made crafts (knitted, crocheted, or other stitched items), faux flower arrangements or pottery. Crafters: get busy and make interesting items for this sale. If you have new but unwanted gift or household items, consider donating them. We are **not** accepting used clothing. Please bring donations to the Center between November 21 – 23. Volunteer to help in any capacity (pricing, donations, selling, making crafts and homemade treats, and buying). Contact Annette Thompson (301-977-7936) for additional information and to help. Let's make this sale even more successful than past sales. **We can do it with your help!**

**La venta de joyas y artesanía (para que haga sus compras navideñas) será el día 28 de noviembre al 2 de diciembre.**

## **CELEBRACIÓN DE LUCES "DIWALI"**

**Día:** jueves 3 de noviembre

**Hora:** 12 m

Diwali es reconocido como un festival Hindú de luces. Se servirá almuerzo especial a través del Programa de Nutrición. Si desea almorzar en el Centro, por favor haga su reservación el día antes. Después del almuerzo habrá un programa cultural.

## **DESAYUNO AMERICANO**

**Día:** martes 8 de noviembre

**Hora:** 9 - 10:30 am

**Costo:** \$4 para los miembros y \$6 para los que no son miembros

Ya sea que cuando vote para las elecciones del nuevo presidente, usted decida votar rojo, azul o morado; este es un buen día para disfrutar de un buen desayuno Americano con huevos y carne. Si está interesado, por favor regístrese en la hoja del programa e invite a sus amigos.

## **VIAJE AL MUSEO NACIONAL DE HISTORIA Y CULTURA AFROAMERICANA**

**Washington, DC**

**Días:** miércoles 9 de noviembre o martes 13 de diciembre

**Salida:** 10 am

**Retorno:** 4:30 pm

**Costo:** \$15

**Fecha de vencimiento:** lunes 7 de noviembre

El nuevo museo Nacional de Historia Afroamericana y cultura es el único museo nacional dedicado exclusivamente a la documentación de la vida Afroamericana, su historia y cultura. El museo ha recogido más de 36,000 artículos y se abrió al público el 24 de septiembre. Este museo es el número 19, y el más nuevo que el Smithsonian cuenta. Usted podrá almorzar, por su propia cuenta, en la cafetería del museo. Seleccione su fecha de preferencia en su registro.

**Mínimo:** 20

**Máximo:** 33

## **RITMO LATINO**

Todos los jueves de 11:15 am - 12 m

## **ALMUERZON EN HONOR A LOS VETERANOS**

**Día:** miércoles 9 de noviembre

**Hora:** 12 m

Venga a recordar y honrar a los Veteranos que han luchado por nuestra libertad. El almuerzo se servirá a las 12m y será a través del Programa de Nutrición. Si está interesado, por favor ordene su almuerzo el día antes y si usted es Veterano, por supuesto, su almuerzo será gratis.

## **NOCHE OF JUEGOS**

**Día:** martes 29 de noviembre

**Hora:** 4 - 6 pm

El Centro permanecerá abierto hasta tarde para que usted pueda jugar juegos y conocer nuevos/as amigos/as. Podrá jugar scrabble, mah jong, billar, bridge y muchos más. Por favor regístrese en la hoja del programa.

## **VIAJE AL CENTRO DE AVIACIÓN UDVAR-HAZY**

**Chantilly, Virginia**

**Día:** jueves 1 de diciembre

**Salida:** 10 am

**Retorno:** 4 pm

**Costo:** \$16

Fecha de vencimiento: 28 de noviembre  
Durante este viaje podrá explorar sobre la historia de aviación y ver cientos de aeronaves espaciales en la pantalla del Smithsonian. Podrá ver los aviones que vuelan dentro y fuera del aeropuerto de Dulles desde la torre de observación o comprar un boleto para ver la más reciente película de IMAX. El almuerzo es por su cuenta en el McDonald's que está localizado en el museo.

**Mínimo:** 20

**Máximo:** 33

## **NOVIEMBRE ES EL MES DE ETIQUETAS**

Durante todo el mes de noviembre se les recordará que se pongan una etiqueta con su nombre y así las personas que no le conocen y viceversa puedan conocerlo/la y saludarlo/la. Este será un bonito gesto.

## **CELEBRACIÓN DE CUMPLEAÑOS**

**Día:** martes 29 de noviembre

**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 Inglés.

## **GALOPEANDO CON ELEGANCIA A LA CAFETERIA "EL MERCADO" Washington, DC**

**Día:** lunes 5 de diciembre

**Salida:** 11:15 am

**Retorno:** 2:15 pm

**Costo:** \$15

**Fecha de vencimiento:** miércoles 30 de noviembre

Iremos a disfrutar de un delicioso almuerzo a este restaurante con estilo cafetería donde sirven mariscos, cangrejos y platos con sabor del Sur. Los asientos son comunitarios y solo aceptan dinero en efectivo.

**Mínimo:** 20

**Maximino:** 33

## **POLIZA DE EMERGENCIA DURANTE EL INVERNO**

Si las escuelas del Condado de Montgomery están cerradas, el Centro también estará cerrado. Si las escuelas abren tarde, el Centro se abrirá a las 10 am. Las clases programadas antes de las 10 am se cancelarán y las de las 10 am en adelante se llevarán a cabo. El almuerzo se servirá a la misma hora. La transportación de Gaithersburg comenzará a las 10 am y la de Montgomery County se cancelará. Si las escuelas anuncian la salida temprana, las clases y programas por la tarde y noche serán canceladas. La transportación de la Ciudad de Gaithersburg partirá antes de las 2 pm; y la de Montgomery County a las 2 pm o antes si es posible. En caso de mal tiempo o emergencia durante el fin de semana o un día festivo, puede llamar al 301-330-0050 X2441 o conectándose al web-site [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

*Extendemos nuestras condolencias a los familiares y amigos de Margaret Fisher y Kathryn Desauter por su reciente fallecimiento. Que descansen en Paz.*

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

CURRENT RESIDENT OR

Mayor  
Jud Ashman  
Council Members  
Neil Harris  
Michael A. Sesma  
Ryan Spiegel  
Robert T. Wu  
City Manager  
Tony Tomaseillo

GAITHERSBURG CITY OFFICIALS

# NEWS

*Monthly*



# NOVEMBER 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>			
	46312	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
	45700	Watercolor	Sep 14 – Nov 9	Wed	\$90
	46304	Experimental Landscapes <b>(No class 11/23)</b>	Nov 16 – Dec 14	Wed	\$45
	45776	ZenFlex: Power Stretching	Oct 19 – Nov 23	Wed	\$25
	46303	ZenFlex: Power Stretching	Nov 30 – Dec 21	Wed	\$16
	45789	AARP Smart Driver Course	Nov 18	Fri	N/A
		<b>Small Group Personal Training</b>			
	46295	Tuesdays @ 10:30 a.m.	Nov 1 – Dec 6	Tue	\$90/\$120
	46296	Wednesdays @ 10:15 a.m.	Nov 9 – Dec 14	Wed	\$90/\$120
	46297	Wednesdays @ 3 p.m.	Nov 2 – Dec 7	Wed	\$90/\$120
	46298	Thursdays @ 10:30 a.m. <b>(No class 11/24)</b>	Nov 3 – Dec 15	Thu	\$90/\$120
	46299	Thursdays @ 2:30 p.m. <b>(No class 11/24)</b>	Nov 3 – Dec 15	Thu	\$90/\$120
	46300	Fridays @ 1 p.m. <b>(No class 11/11 or 11/25)</b>	Oct 28 – Dec 16	Fri	\$90/\$120
	46301	Saturdays @ 9:30 a.m. <b>(No class 11/12 or 11/26)</b>	Nov 5 – Jan 7	Sat	\$90/\$120
	46302	Saturdays @ 10:45 a.m. <b>(No class 11/12 or 11/26)</b>	Nov 5 – Jan 7	Sat	\$90/\$120
		<b>Activities/Trips</b>			
	46294	All American Breakfast <input type="checkbox"/> Members \$4 <input type="checkbox"/> Non-Members \$6	Nov 8	Tue	\$4/\$6
	46313	Game Night	Nov 29	Tue	N/A
	45785	Shopping at Boscov's	Nov 1	Tue	\$15
	45780	Galloping Gourmets to Russia House Restaurant	Nov 3	Thu	\$15
	45784	"The Year of Magical Thinking" at Arena Stage <span style="float: right;"><b>Full</b></span>	Nov 5	Sat	\$75
	46308	National Museum of African American History	Nov 9	Wed	\$15
	45783	"Carousel" at Arena Stage <span style="float: right;"><b>Full</b></span>	Nov 15	Tue	\$55
	46307	Naval Academy	Nov 17	Thu	\$25
	46311	National Gallery of Art	Nov 28	Mon	\$15
	46310	Air & Space Museum at the Udvar-Hazy Center	Dec 1	Thu	\$16
	46306	Galloping Gourmets to Market Lunch	Dec 7	Wed	\$15
	46309	National Museum of African American History	Dec 13	Tue	\$15
	46305	"Moby Dick" at Arena Stage	Dec 20	Tue	\$55
	45681	White House <span style="float: right;"><b>Full</b></span>	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

## 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: \_\_\_\_\_