



Forever Young

Enjoying Active Life Over 55 in Takoma Park

New Year's News



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Holiday Closure Calendar

**December 31 @ 6 p.m. and
January 1**

New Year's Day

**January 20 and 21
Martin Luther King Day**

**February 17 and 18
Presidents Day**

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
paulal@takomaparkmd.gov
Phone: (301)891-7280



Snow Angels 2018-2019 Snow Removal Program

The Snow Angels snow removal program for Winter 2018-2019 is currently full however we are accepting names for the waiting list. In order to qualify for the Snow Angels program, you must:

- Be a Takoma Park resident
- Have a disability that prevents you from removing snow or are age 55 or older
- Not have anyone living in your home who is able to assist with snow removal



The Snow Angels service is provided mainly by Takoma Park Middle School volunteer students who belong to the Difference Makers club led by coordinator Bryan Goehring. The program only operates on days the students are out of school and when there is 2 inches or more of snow.

For more information on the Snow Angels program or to be placed on the waiting list, please contact Paula Lisowski, Seniors Program Manager at **301-270-7280** or email: paulal@takomaparkmd.gov

If you are interested in volunteering, please call the Difference Makers at **301-233-1698** or email: snowangels@difference-makers.org

Inclement Weather:

For information, call our weather hotline: (301) 891-7101 ext. 5605

If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.



Mark Your Calendars - Local Community Special Events January - March - All Ages Welcome!

Sunday, February 10th - 9th Annual Mid-Winter Play Day, 1 - 4 p.m. Takoma Park Community Center, 7500 Maple Avenue. Open to all ages. Come enjoy a fun afternoon of indoor play. Free community event filled with fun activities. For more information go to www.letsplayamerica.org

Coming Soon! Saturday, April 6th, Fitness Expo 2019, 9:00 a.m.-2:00 p.m. The Takoma Park Recreation Department staff is preparing for the 6th Annual Fitness Expo at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Come join in this exciting day that will include demonstrations from several fitness programs as well as presentations from local community health and fitness organizations. For more information or to volunteer for this event, please contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov

Coming Soon! Saturday, April 20th, Annual Egg Hunt, 10:00 a.m. games begin and the hunt will start at 11:00 a.m. sharp! Don't forget to bring your basket to Ed Wilhelm Field (behind Piney Branch Elementary School) for a morning of fun. Rain date: 4/22/19 at 4:00 p.m. For more information please contact the Takoma Park Recreation Department at 301-891-7290 or www.takomaparkmd.gov/government/recreation.

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). For information, contact Joyce Seamens, Director of Pool Operations, **301-565-0190**, email: joyces@ascgw.org

Games Night: Meets Tuesdays, 7 to 9 p.m. at 7051 Carroll Avenue. Intergenerational and free. Rummikub, Canasta, Spades, Bridge and more. Contact Johnny Browning **301-270-0648**, email: jspanky1@verizon.net

Special Events Around Town

Wednesday/Thursday evenings, January 30th and 31st - International Guitar Night - Four global masters come together to create two exhilarating evenings of entertainment: Luca Stricagnoli (Italy) Antoine Boyer and Flamenco guitarist Samuelito (France) and Turkish fretless guitarist Cenk Erdogan. 8:00 - 11:00 pm. Wolftrap, 1635 Trap Road, Vienna, VA 22182. For more information and tickets, please call 703-255-1900 or go to www.wolftrap.org

Thursday evening, February 21st - Cirque Mechanics - "42ft - A Menagerie of Mechanical Marvels" - Enjoy the spectacle of a vintage circus with this tribute to the classic 42-foot one-ring circus full of thrills, laughs and excitement. The latest invention from the creative minds of Cirque Mechanics, the company welcomes the audience to experience the timelessness of this evolving art form showcasing a galloping mechanical horse and a rotating tent frame for strongmen, acrobats and aerialists. Great family fun! 7:00 p.m. Weinberg Center for the Arts, 20 West Patrick Street, Frederick, MD 21701. For more information and tickets, please call 301-600-2828 or go to www.weinbergcenter.org

Thursday evening, March 21st - Monterey Jazz Festival On Tour - The next generation of jazz greats take the stage to celebrate the 60th anniversary of the wildly successful and longest continuously running jazz festival in the world. Featuring diverse and international millennial talent, including Grammy Awards and nominations, Thelonious Monk International Jazz Competition wins and more, this show is complete with renditions of classic jazz standards along with smooth originals. Strathmore, 5301 Tuckerman Lane, North Bethesda, MD 20852. 8:00 p.m. For more information and tickets: Strathmore@strathmore.org, or call 301-581-5100.



**RSVP/AARP
FREE TAX-AIDE
PROGRAM is Back!!!**

- **Free** tax preparation assistance by trained volunteers for low-to-moderate income taxpayers with special attention to SENIORS age 60 plus (for the 2018 tax year).
- By appointment only! No walk-ins.
- Schedule appointment online at **www.montgomeryserves.org/tax-aide**
- Or call **240-777-2577**, Monday-Friday, 9:30 a.m. - 3:00 p.m. to schedule appointment.
- Appointment scheduling begins January 28th and not before.

Do not call the Takoma Park Recreation Department to schedule an appointment. Please contact the Montgomery County RSVP/AARP scheduling center directly using the online site or phone number listed above.

Tax Service Schedule (by appointment only, see above).

When*: Wednesdays, beginning February 6, 2019.
10:00 a.m. - 3:00 p.m.
(12-18 appointments available per day)

Where: Azalea Room, Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912

*Some appointments will be available on Saturdays. Check with the RSVP/AARP tax aide scheduling center for availability.



Get Ready for Spring!

Learn from a Master Gardener!

Master Gardeners are trained volunteers from the University of Maryland Extension office, who are dedicated to helping the citizens of Maryland by educating residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities. Join us for two fascinating, informative and **free** presentations by Master Gardener Marie Rojas and get your garden ready for Spring! Drop-in. No registration is required.

Bees, Beneficials and Blooms

Want to help the honeybees and other pollinators, but confused about what plants to put in the garden? Interested in attracting all of those insect “good guys” to your property, so that they’ll do some of the pest management for you? Come find out who all of those beneficial insects are, what services they provide, and how to convince them to set up shop in your yard!

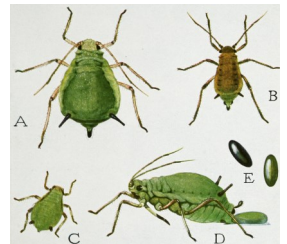


Monday, March 11, 2019, 11:00 a.m.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue

Managing Garden Pests

Are organic pesticides always safer than synthetic ones? Are there safer, more sustainable ways to manage problems in your garden? Let’s bust some myths and talk about what **really** works and what doesn’t; which insects and diseases are common in our landscapes, and how to prevent them from becoming a problem in yours!



Monday, March 25, 2019, 11:00 a.m.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue



Marie Rojas

Marie Rojas has been providing Integrated Pest Management services for homeowners, nursery growers and property managers through her company, Borders & Butterflies, for over 20 years. She serves on several green industry boards, including the Professional Grounds Management Society D.C. Branch, the Montgomery County Beekeepers Association, and the Environmental Program Advisory Committee for Montgomery County Public Schools. Marie has also been a Montgomery County Master Gardener since 1994. She enjoys kayaking, hiking, and fishing. She also keeps bees and heritage chickens on her 92 acre farm in western Montgomery County.

Summer Discovery Camp 2019!

Coming Soon! "Creative Spirit Arts Camp"



Camp Dates: Monday, June 3 to Friday, June 7

Time: Varies daily

Location: Takoma Park Community Center
7500 Maple Avenue

Cost: \$80 Residents; \$100 Non-Residents

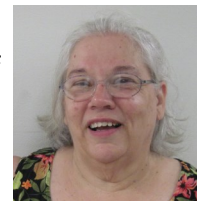
Welcome to Forever Young's Summer Camp for adults 55 plus. Our 2019 camp is all about creative spirit! Use your imagination this summer. Art camp provides a wonderful introduction to several forms of visual and performing art behind the scenes and in front of the scenes! You'll enjoy activities designed to expand your skills and knowledge while having fun. If you're not sure you want to participate then read the happy camper's article about last year's camp at the bottom of this page. Based on last summer's survey, camper's suggestions were part of this year's planning. You'll enjoy a week of half-day and full-day activities in drawing, painting, crafts, music, dance and movement, drama and more! Roll up your sleeves and put on a smock because we have a creative summer camp for you! An immersive artistic experience! For a one-time registration fee you'll have access to all the week's activities! Activities will take place at the Takoma Park Community Center (7500 Maple Avenue, Takoma Park, MD 20912) with trips off site to a variety of venues. Activities generally take place each day between the hours of 12 - 5 p.m. (with two full days, morning and afternoon included). Limited space so register early. See you on June 3rd.

Registration begins March 15th for residents and March 22nd for non-residents. Register on-line or in person. See page 6 for general registration information. For more details about the camp see the 2019 Spring and Summer Forever Young newsletter to be distributed in early March.

Village Member Shares Her Summer Adventure Story

Takoma Park Summer Camp by Sandy Egan

"Who knew glass blowing could be such fun? I joined 15 other Takoma Park seniors, several of them Village of Takoma Park members, in a week-long adventure camp offered by the City of Takoma Park's Recreation Department. Almost every day we would board the City of Takoma Park bus to travel to our daily adventure. We explored behind the scenes at the Baltimore Aquarium, took a cruise of Baltimore's Inner Harbor, checked out the B & O Railroad Museum, took a train ride and learned how to fly huge remote controlled airplanes in Boyds, MD. My favorite was a trip to McFadden Art Glass Company in Baltimore. Owner Tim McFadden, with other experts, helped each of us make a creation out of glass, from the simple (a pendant) to the complicated (a glass pumpkin, drinking glass, flower or a small bowl). I loved this trip so much that I, with my daughters and other friends, took our own trip to McFadden's in July. This was the second year of the senior summer camp run by the City of Takoma Park. Last year's was a culinary camp that took us to an apothecary museum, a cooking school in Frederick, a chocolate factory in Gaithersburg where we learned to make truffles, and more."



-Village of Takoma Park Newsletter, Vol. 4, No. 3, July-September 2018

Registration Information and Policies - Winter 2019

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue or the Takoma Park Recreation Center, 7315 New Hampshire Avenue, unless otherwise noted.
- Advance registration is required for all classes and trips, unless otherwise noted.
- Must be **55 or older** to participate in these activities unless otherwise noted.
- If a specific class is offered at two different times, you may register for one class only.
- **Winter 2019 registration opens : December 14th residents @ 8:30 a.m., December 21st @ 8:30 a.m. non-residents.**
- Transportation is provided for trips. Space is limited.
- For more information call 301-891-7280 or email: paulal@takomaparkmd.gov.

Please choose one of the options below to register for classes, trips and events:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/government/recreation, click on the ActiveNet registration logo on the bottom left corner. An email address and ActiveNet password is needed to login to ActiveNet.
2. In person at either location during specific regular business hours:
Takoma Park Community Center, 7500 Maple Ave., or Takoma Park Recreation Center, 7315 New Hampshire Ave

The Recreation Department's "Forever Young 55 Plus" program continues to grow. In an effort to be fair to everyone, we must adhere to attendance policies and procedures. Our goal is to continue to offer free or low cost activities, which is important to our participants. Often classes fill up quickly and create long waiting lists. To be fair, we must monitor the attendance in all courses. Consistent attendance in our program is important. After three consecutive absences, the participant will be withdrawn from the course and notified. Special consideration may be extended if we receive advance notice of your extended absence or there is a medical reason (doctor's note required).

Fitness Classes at the Community Center, 7500 Maple Avenue - Winter 2019

**Bone Builders - A. Mondays/Thursdays, January 3rd - March 28th, 10:00 - 11:00 a.m. (no class 3/14)
- or - B. Tuesdays/Fridays, January 4th - March 29th, 10:30 - 11:30 a.m.**

Supervised by Montgomery County RSVP certified trainer and volunteers, classes consists of balance exercises, weight training and discussion of safety and diet. Dance Room. **Free. Register for one class session only! Choose A or B.**

Cardio Groove - Mondays, January 7th - March 25th, 11:30 a.m. - 12:30 p.m. (No class 1/21 & 2/18)

High energy and easy to follow Aerobics. Start with a warm-up, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly. Dance Room. Instructor: Nancy Nickell. **Free.**

Gentle Yoga - Fridays, January 4th - March 8th, 12:00 - 1:00 p.m.

Yoga can help you increase flexibility, strength, and balance using a series of seated and standing poses and breathing and relaxation techniques. You must bring a yoga mat to every class. Dance Room. Instructor: Carol Mermey. **Free.**

Line Dancing - A. Wednesdays, January 9th - March 27th, 10:30 a.m.-11:30 a.m., early session.

- or - B. Wednesdays, January 9th - March 27th, 11:45 a.m.-12:45 p.m., later session.

Led by instructor Barbara Brown, this class provides enjoyable physical exercise to music. Benefits include strengthening of bones and muscles, weight loss, increased stamina and stress reduction. Dance Room. **Free.**

Register for one class session only! Choose A or B. that fits your schedule. No class: 1/2/19 and 2/6/19.

Zumba Gold - Thursdays, January 3rd - March 7th, 11:30 a.m. - 12:30 p.m. Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Free. Register for one class session only! Choose Thursday or Saturday. (No class 3/14)**

Table Tennis Skills - Thursdays, January 3rd - March 21st, 12:00 - 1:00 p.m.

Great fun! Led by Coach Donn Olsen, this class provides enjoyable physical exercise and requires **no** prior experience. Students will learn game rules and practice skills. Limit 8 students. Game room. **Free. (No class 3/14)**

Fitness classes at the Recreation Center, 7315 New Hampshire Avenue – Winter 2019



Enhanced Fitness Training - Tuesdays, January 8th - March 19th, 12:00 - 1:00 p.m.

This class focuses on increasing flexibility, strength and balance through stretching, breathing, aerobic movement, core training and proper posture alignment. Resistance bands provided. Instructor: Adriene Buist. Gymnasium. **Free.**

Full Body Flex (New) - Thursdays, January 3rd - March 21st, 2:00 - 3:00 p.m.

Participants will experience a variety of stretching, toning and mediation techniques to improve breathe, circulation and range-of-motion of the joints and to lessen soreness using standing, sitting and mat-based exercises. Instructor: Jaylene Saracino. Gymnasium. **Free.**



Full Body Fusion - Tuesdays, January 8th - March 19th, 2:00 - 3:00 p.m.

Active adults will enjoy this low-impact full body workout to music. Elements of balance, movement, strengthening and yoga blend to create a fun class. Instructor: Jaylene Saracino. Gymnasium. **Free.**

Tai Chi Strength - Tuesdays, January 8th - March 19th, 12:00 - 1:00 p.m.

Begin with meditation and stretching followed by Tai Chi forms and balance exercises to build strength and endurance. End with cool down exercises. Instructor: Master Robert Thompson. Front Room. **Free. Choose Tuesday or Thursday.**

Tennis Fun and Fitness - Thursdays, January 3rd - March 21st, 12:00 - 1:00 p.m.

Rediscover your love of tennis or find it for the first time. Learn or review tennis skills utilizing special equipment for indoor play. All equipment provided, or you can bring your own racquet. Instructor: Coach SJ. Gymnasium. **Free.**



Evening/ Weekend Classes - Fitness and Education – Winter 2019 at the Community Center, 7500 Maple Avenue



Tai Chi Strength, Evenings, Thursdays, January 3rd - March 21st, 6:30 - 7:30 p.m.

Begin with meditation and stretching followed by Tai Chi forms for strength and endurance. End with cool down exercises. Instructor: Master Robert Thompson. Dance Room. **Free. Register for one class only! Choose Tuesday or Thursday.**

Zumba Gold, Saturdays, January 5th - March 9th, 2:30 - 3:30 p.m.

Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Free. Register for one class session only! Choose Saturday or Thursday.**

and the Recreation Center, 7315 New Hampshire Avenue

Heart & Core, Saturdays, January 5th - March 23rd, 9:15 - 10:15 a.m.

Move to the high energy beat to pump up the heart rate followed by 20 minutes of Pilates core floor workout to strengthen the area from shoulders through hips. Class members should bring their own mats. Gymnasium. Instructor: Nancy Nickell. **Free.**

Did you
Know?



Long Branch Senior Center hosts drop-in Pickleball on Fridays at 10:00 a.m. for adults 55 plus. Takoma Park residents are welcome! Check it out and join in the fun. The Long Branch Senior Center, is located close by to Takoma Park on 8700 Piney Branch Road, Silver Spring, MD 20901. For more information about this activity, call 240-777-6975.

Art and Education Activities at the Community Center, 7500 Maple Avenue - Winter 2019

Computer Basics - Wednesdays, January 30th - February 13th, 10:00 a.m. - 12:00 p.m.

This three week course will introduce people with little or no experience to basic skills such as sending and receiving email, internet searching and using a word processor to compose letters. You need a Takoma Park Library card to access the computers and take this course. Limit 6. Instructor: Anne LeVeque. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park.

Computer Extras - Wednesdays, March 6th - March 20th, 10:00 a.m. - 12:00 p.m.

In this three week course experiment with social media, master the calendar and other computer/smart device apps. Bring your questions! You need a Takoma Park Library card to access the computers and take this course. Limit six. Instructor: Anne LeVeque. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park.

Glazing Ceramic Bisque Pieces (New) - Tuesday, March 12th, 11:00 a.m. - 1:00 p.m.

A variety of spring themed items available. Instructors: Alice Sims and Sue Bracey. Limit 12 students. **Registration is required.** Azalea Room. Free.



Japanese Paper Lanterns (New)

Thursday, March 21st, 11:00 a.m. - 12:00 p.m.

The 2019 Japanese Spring Equinox is March 21st and it marks the end of Winter and the beginning of Spring. Decorate a beautiful paper lantern. Limit 12 students. **Registration is required.** Lilac Room. Free.



Drop-in Activities at the Community Center, 7500 Maple Avenue Winter 2019 — Registration is not required.

Bingo - Tuesdays, January 22nd, February 26th and March 26th, 12:00 - 2:00 p.m.

Come and try your luck. Win a prize. Share in the laughter and fun. Senior Room. Free.



Blood Pressure Screening - Tuesdays, January 22nd, February 26th, March 26th, 11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a **free** monthly blood pressure screening. Senior Room. Free.

Game Room/Table Tennis Seniors Open Play - Mondays, Tuesdays, Wednesdays, Fridays, 9:00 a.m. - 1:00 p.m., Thursdays, 9:00 a.m. - 12:00 p.m. and Saturdays, 10:00 a.m. - 12:00 p.m.

Come play this fun, energetic game. A great way to improve eye-hand coordination; helps keep the body healthy and the mind sharp. Free.

Senior Room

Need a great place with comfortable furnishings and a relaxed atmosphere to socialize or read? Come to the Senior Room, located at the Community Center, 7500 Maple Avenue. Four computers and a printer are available or bring your laptop. Join in activities such as bingo, health screenings, workshops and much more.

Monday - Friday, 12:00 - 8:00 p.m.

Saturday and Sunday, 12:00 - 5:00 p.m.

Food and drinks are not permitted except for City of Takoma Park Recreation Department sponsored events. Four computers are available. You need a Takoma Park Library card to access the computers. For more information about the Library cards and computers, please contact the Library at 301-891-7259. Computers are also available in Computer Labs A and B, the Library and the Media Lab during designated hours.

Drop-in Activities at the Recreation Center, 7315 New Hampshire Avenue Winter 2019 - Registration is not required, however a free fitness pass is required.

Indoor Walking* - Tuesdays, January 8th - March 19th, 12:00 - 1:00 p.m.

No need to worry about the weather. Enjoy indoor laps around the Gymnasium. Free.

Fitness Room* - The Fitness Room is a hidden gem. Stop by the Recreation Center (7315 New Hampshire Avenue) and see for yourself. The Fitness Room features a variety of fitness equipment such as upright bikes, recumbent bikes, treadmills, lat pull-down, chest press, leg extension, leg curl machines and much more.

Tuesdays & Thursdays (55+ only)

12:00 - 2:00 p.m.

Monday - Friday

2:30 - 9:00 p.m.

Saturdays

8:00 a.m. - 5:00 p.m.

Sundays

Closed

*The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center and/or the indoor gymnasium. You can register for this free pass at any time during business hours. For more information call 301-891-7280 or the Recreation Center 301-891-7289.

See the Spring/Summer 2019 Forever Young Newsletter for trips - begin in April



We enjoyed our trip on August 14, 2018 to the Montgomery County Agricultural Fair. It was fun for everyone! See you August 2019.



2018 A look *back*...



We lost a wonderful friend and an active member of our 55 plus recreation program. We will miss you!

Sam Vedamony 1939-2018.

**Coming Soon!
Spring and
Summer 2019
Registration**



Spring and Summer 2019 (April - August) registration for classes opens **March 15th** for Takoma Park residents and **March 22nd** for non-residents. Registration will begin at 8:30 a.m. for walk-ins and on-line. For info: 301-891-7290.