



Forever Young

Enjoying Active Life Over 55 in Takoma Park

Get Ready for Spring!



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Holiday Closure Calendar

May 24 & 25

Memorial Day

July 3 & 4

Independence Day

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Spring & Summer 2020 (April-August) registration for classes will open **March 16, 2020 for Takoma Park residents** and **March 23, 2020 for non-residents**. Registration will begin at 8:30 a.m. for walk-ins and on-line. For more information, please contact Paula Lisowski, Seniors Program Manager at 301-270-7280 or email: paulal@takomaparkmd.gov

A wonderful new season is before us. A variety of new workshops are happening this spring. See page 3 for more information. A new session of the popular Gentle Yoga with instructor Carol Mermey begins this spring at the Recreation Center, 7315 New Hampshire Avenue. See page 7 for details. Back by popular demand, Culinary Camp “part deux” returns this summer, a continuation of the 2017 culinary camp with all new activities! Docs In Progress is back again this summer with their popular documentary filmmaking camp. See pages 4 & 5 for the schedule of both camp activities. Finally, we are partnering with the Village of Takoma Park for a fun evening of activities in our first “Games Night” see below for details. Game On!



Wednesday, April 22

5:00 - 7:00 PM

Azalea Room, Drop-in.

Takoma Park Community Center
7500 Maple Avenue

The Takoma Park Recreation Department and the Village of Takoma Park are hosting a game night for adults ages 55 and older. Bring your family and friends to enjoy a variety of table games such as Dominoes, Scrabble, Quarto, Monopoly and much more! Feel free to bring your own favorite game to play while enjoying great company. Please join us for a special evening of game playing!

Light refreshments and door prizes!



Spring and Summer 2020 Registration



Mark Your Calendars - Local Community Events in Takoma Park April, May, June, July and August

Saturday, April 4th - Arbor Day & Tree Give-Away - www.takomaparkmd.gov

Saturday, April 4th - Fitness Expo - T.P. Recreation Dept. - www.takomaparkmd.gov/recreation

Saturday, April 11th - Annual Egg Hunt— the event starts at 10:00 a.m. The hunt begins at 11:00 a.m. sharp! Get your baskets ready and join the Takoma Park Recreation Department for an “egg” citing time. Ed Wilhelm Field behind Piney Branch Elementary School - www.takomaparkmd.gov/government/recreation

Saturday, April 18th - Earth Day Celebration - <https://tpss.coop>

Saturday & Sunday, April 18th & 19th - Sweep the Creek - Friends of Sligo Creek - www.fosc.org

Sunday, April 19th - Family Fun Festival - Washington Adventist University - www.wau.edu

Thursday, April 23rd - Favorite Poem Evening - www.ftpml.org

Saturday & Sunday, April 25th & 26th - Art Hop - www.mainstreettakoma.org.

Tuesday, April 28th - Presidential Primary Election Day - www.montgomerycountymd.gov/elections

Friday, May 1st - Mayday Dawn Dance with Morris Dancers - <http://fbmm.org>

Sunday, May 3rd - Historic Takoma House and Garden Tour - www.historictakoma.org

Sunday, May 3rd - Safe Routes to School 5K Challenge - www.tkpk5k.com

Saturday, May 16th - Book Sale - Friends of the T.P. MD Library - www.ftpml.org

Saturday, May 23rd - Takoma 4x4 SoccerFest - www.takomasoccer.org

Saturday, May 30th - Takoma Porch Music Festival - www.takomaporch.net

Saturday, June 6th - Adult Play Day - www.letsplayamerica.org

Saturday, June 6th - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation

Saturday, July 4th - 131st Independence Day Parade and Celebration - www.takomapark4th.org

Tuesday, August 4th - National Night Out - Takoma Park Police - www.takomaparkmd.gov

Community Activities - Meet Up with Friends and Neighbors in Takoma Park

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 Event Outside of Takoma Park

Saturday/Sunday, April 4th & 5th - Eastern Shore Sea Glass and Coastal Arts Festival - St. Michaels waterfront location at the Chesapeake Bay Maritime Museum features more than 75 artisans from the Delmarva area who will exhibit and sell coastal sea-glass related jewelry, home décor and art along with scenic river cruises, live music, food and libations. 213 N. Talbot St., St. Michaels, MD 21663. General admission \$15, Children \$6, Seniors \$12. For more information, call 401-745-4960 or 410-745-2916 or visit cbmm.org

Saturday/Sunday, May 2nd & 3rd - Rockville Arts Festival - Free, 2-day outdoor festival featuring more than 100 fine art vendors at the outdoor gallery in Rockville Town Square (Maryland Avenue, E. Middle Street and Gibbs Street, Rockville, Maryland). Streets are closed to traffic and the area is turned into pedestrian-only thoroughfare for art and fun! 11:00 a.m. - 5:00 p.m. Artist at work in the VisArts Big Top tent, demonstrations and more. For more information, call 301-315-8200.

Spectacular Spring Workshops and Presentations!



Finding Your Fitness Personality Workshop

Do you wonder why some people pick a fitness routine and stick with it while others fizzle out? Do you struggle to find a fitness program that's a right fit for you? Are you interested in how your personality may influence your fitness approach? Finding Your Fitness Personality might be the workshop for you. Based on two widely researched and trusted theories: the Myers-Briggs Type Indicator and the Stages of Change Model this workshop may help participants find the best exercise program for them. Students will learn about the eight distinct fitness types, learn about the options they may wish to explore and take a proactive step on their journey to a more physically active lifestyle. Limited space. On-line or in-person registration is required with the Recreation Department. Instructor: Cynthia Luna, Certified Health and Wellness Coach. **\$5** per person.

Monday, April 20, 10:00 a.m. - 12:00 p.m.

Multi-Media Lab, Takoma Park Community Center, 7500 Maple Avenue

Introduction to IMPROV Workshop

Have you ever been curious about or wanted to try IMPROV? Are you interested in exploring ways in which an improvisational mindset can help you unleash different possibilities for your life? During this workshop participants will explore the fundamentals of IMPROV and then have an opportunity to participate in several foundational exercises that can help them become better problem solvers, creators and communicators. Limited space. On-line or in-person registration is required with the Recreation Department. Instructor: Cynthia Luna, Certified Health and Wellness Coach. **\$5** per person.

Tuesday, April 21, 10:00 a.m. - 12:00 p.m.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue



Virtual Visit to Southern Africa

A visit to southern Africa with traveler and photographer Barry Hinderstein. Come enjoy the beauty and majesty of Botswana and Zimbabwe in this enjoyable slide show with commentary. Drop-in. Registration not required. Presenter: Barry Hinderstein. **Free.**

Tuesday, May 5, 1:00 p.m. - 2:00 p.m.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue



Creative Craft Jewelry Workshop

Create beautiful craft jewelry. All materials provided. Limited space. On-line or in-person registration is required with the Recreation Department. See page 5 for registration information. Instructors: Alice Sims and Sue Bracey. **\$5** per person.

Monday, May 18, 10:00 a.m. - 12:00 p.m.

Azalea Room, Takoma Park Community Center, 7500 Maple Avenue

Culinary Camp - Part Deux 2020!



Camp Dates: Monday, June 1 to Friday, June 5











Time: Varies daily

Location: Takoma Park Community Center
7500 Maple Avenue

Cost: \$90 Residents; \$110 Non-Residents

Welcome to Forever Young's Summer Camp for adults 55 plus. Back by popular demand, our 2020 camp is all about the culinary arts! Culinary Camp "Part Deux" is a continuation of the first culinary camp with all new activities! Roll up your sleeves and put on an apron because we have a delicious summer camp for you! You will enjoy activities designed to expand your skills and knowledge while having fun in this week of half-day and full-day activities.* Based on last summer's survey, camper's suggestions were part of this year's planning. Enjoy different aspects of the culinary field as you visit an organic farm for a special farm to table tour and cooking experience; learn how to cook with healthy vegetables and herbs with the Healthy Eating Program Manager from our own local Crossroads Market; get creative in floral and ceramic workshops; learn about (and get a taste of) the growing brewery industry in Maryland; see a 100 year old grist mill in action and learn about it's importance to our local history; participate in a cupcake extravaganza and much more! 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 11 a.m. - 5 p.m. (with full days on Thursday and Friday, morning and afternoon included). **Registration begins March 16th for residents and March 23rd for non-residents.** Register on-line or in person with the Takoma Park Recreation Department. See page 5 for registration information. Limited space so register early. See you June 1st!

*Not recommended for people with food allergies and dietary restrictions! This camp is designed for active independent adults, age 55 and older. Each activity may require a substantial amount of hand dexterity, physical movement, walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before participating in this camp.

Monday June 1st (Afternoon In-house)	Tuesday June 2nd (Afternoon In-house)	Wednesday June 3rd (Late morning & afternoon In-house)	Thursday June 4th (Full Day Off Site)	Friday June 5th (Full Day Off Site)
Meet Julia!  Cook it with Crossroads  T.P. MD	Tea Cups and Herb Pots  Ceramics with Caroline  T.P. MD	Floral Dynamics with Jeanne Ha  Cupcake Extravaganza  T.P. MD	Organic Farm to Table Cooking  Ice Cream Dream  Jefferson, MD	Grind it!  Rock Creek Park, MD Hops is Tops!  Brookeville, MD

Documentary Filmmaking Summer Camp-Adults 55 +: My Life On Video



Join us this summer for one-week (5 days) camp all about filmmaking organized by Docs in Progress in collaboration with the Takoma Park Recreation Department. Everyone has a story to tell, including you. Learn how to share a story from your life through the power of video documentary filmmaking. Skills you learn here can be applied towards other projects. Learn the basics of video production and editing using video cameras (provided) and access to the Mac video editing stations in the Multi Media Lab. Using photographs, interviews, music and narration, you will create a 2-5 minute video which you can share with family and friends. Maximum eight participants. Register directly with Docs in Progress beginning March 16th.

Camp Dates: Monday through Friday, June 8 -12, 2020

Time: 9:30 p.m.- 3:00 p.m., Multi Media Lab/Lilac Room

Location: Takoma Park Community Center, 7500 Maple Avenue

Cost: \$125.00 Residents, \$225.00 Non-Residents

Questions? Need help? Call 301-789-2797.

Register beginning March 16th online at:

<https://www.eventbrite.com/e/documentary-filmmaking-summer-camp-for-adults-55-my-life-on-video-tickets-91176751117>

55 Plus Registration Information and Policies - Spring & Summer 2020

- 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.
- **Class, workshop and trip fee is \$5 per person**, unless otherwise noted.
- Advance registration is required for all classes and trips, unless otherwise noted. Transportation is provided for trips. **Registration only for trips opens: April 2nd for residents and April 3rd for non-residents.**
- 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.
- **Spring & Summer 2020 registration opens: March 16th for residents @ 8:30 a.m. and March 23rd for non-residents @ 8:30 a.m.** 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 Avenue or
Takoma Park Recreation Center, 7315 New Hampshire Avenue

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 free classes fill up quickly and create long waiting lists. To be fair, we must monitor the attendance in all free courses. Consistent attendance in our program is important. After three consecutive absences, the participant will be withdrawn from the free 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). This policy does not pertain to senior classes that have a fee attached to them.

The fitness class program is designed for active independent adults, age 55 and older. Each class requires a substantial amount of physical movement, walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before participating in fitness classes.



Fitness Classes at the Community Center, 7500 Maple Avenue - Spring/Summer 2020

Bone Builders - A. Mondays/Thursdays, Spring: April 2nd - June 29th, Summer: July 2nd - August 31st, 10:00 - 11:00 a.m. Free. - or - B. Tuesdays/Fridays, Spring: April 3rd - June 30th, Summer: July 7th - August 28th (no class 7/3), 10:30 - 11:30 a.m. Free. Supervised by Montgomery County RSVP certified trainer and volunteers, classes consists of balance exercises, weight training and discussion of safety and diet. Dance Room. **Register for one class session only! Choose A or B.**

Cardio Groove - Mondays, Spring: April 6th - June 15th, Summer: July 6 - August 24th, 11:30 a.m. - 12:30 p.m. Class Fee: \$5 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.

Gentle Yoga - Fridays, Spring: April 3rd - June 19th, Summer: July 10th - August 28th, 12:00 - 1:00 p.m. Class Fee: \$5 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. **Register for one class session only! Choose Thursdays (New Hampshire Ave.) or Fridays (Maple Ave).**

Line Dancing-A. Wednesdays, Spring: April 1st - June 9th, Summer: July 8th - August 26th, 10:30 a.m. - 11:30 a.m. Class Fee: \$5 - or - B. Wednesdays, Spring: April 1st - June 9th, Summer: July 8th - August 26th, 11:45 a.m. - 12:45 p.m. Class Fee: \$5

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. **Register for one class session only! Choose A or B. that fits your schedule. No class: 5/6, 5/27, 6/3, 8/5.**

Zumba Gold - Thursdays, Spring: April 2nd - June 18th, Summer: July 2nd - August 20, 11:30 a.m. - 12:30 p.m. Class Fee: \$5 Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Register for one class session only! Choose Thursday or Saturday.**

Evening/Weekend Classes - Community Center, 7500 Maple Avenue - Spring/Summer 2020

Tai Chi Strength, Evenings, Thursdays, Spring: April 9th - June 11th, Summer: July 2nd - August 20th, 6:30 - 7:30 p.m. Class Fee: \$5 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. **Register for one class only! Choose Tuesday afternoon or Thursday evening.**

Zumba Gold, Saturdays, Spring: April 4th - June 20th, Summer: July 11th - August 29th, 2:30 - 3:30 p.m. Class Fee: \$5 Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Register for one class session only! Choose Saturday or Thursday.**

Fitness classes at the Recreation Center, 7315 New Hampshire Avenue – Spring 2020 only

Enhanced Fitness Training - Thursdays, April 2nd - June 11th, 12:00 - 1:00 p.m. Class Fee: \$5

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. Back Room. **No class 4/9, spring break week.**



Gentle Yoga - Thursdays, April 2nd - June 18th, 2:00 - 3:00 p.m. Class Fee: \$5
(No class 4/9/20, 4/23)

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. Back Room. Instructor: Carol Mermey. **Register for one class session only! Choose Thursdays (New Hampshire Ave.) or Fridays (Maple Ave).**



Kundalini Yoga & Meditation - Tuesdays, April 14th - June 16th, 2:30 - 3:30 p.m. Class Fee: \$5

Kundalini Yoga will introduce participants to integrating mind, body and spirit using meditation, sound vibrations (chanting) and modified poses to help increase strength, flexibility and tranquility. Please bring your yoga mat. Limited space. Instructor: Polly Matthews. **No class 4/7, spring break week.**

Tai Chi Strength - Tuesdays, April 14th - June 16th, 12:00 - 1:00 p.m. Class Fee: \$5

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. Back Room. **No class 4/7, spring break week. Register for one class only. Choose Tuesday afternoon or Thursday evening.**

Tennis Fun and Fitness - Thursdays, April 2nd - June 11th, 12:00 - 1:00 p.m. Class Fee: \$5

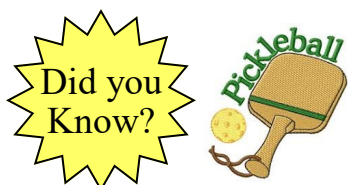
Rediscover your love of tennis or find it for the first time. Learn or review tennis skills utilizing special equipment for indoor play. All equipment provided or you can bring your own racquet. Instructor: Coach SJ. Gym. **No class 4/9, spring break week.**

**Evening/ Weekend Classes - Fitness and Education –
at the Recreation Center, 7315 New Hampshire Avenue - Spring 2020 only**

Heart & Core, Saturdays, April 11th - June 13th, 9:15 - 10:15 a.m. Class Fee: \$5

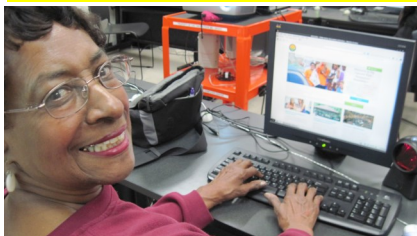
Move to the high energy beat to pump up the heart rate followed by 20 minutes of Pilates core floor workout to strengthen the area from shoulders through hips. Please bring your own mat. Gymnasium. Instructor: Nancy Nickell.

Want to Teach? We are always looking for experienced instructors with interesting course ideas for our 55 plus program. Please submit your class proposals to: **paulal@takomaparkmd.gov**



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.

Computer classes and Smart Technology workshops at the Community Center, 7500 Maple Avenue - Spring and Summer 2020. Registration is required.



Computer Basics - Wednesdays, April 15th - April 29th, 10:00 a.m. - 12:00 p.m. Class Fee: \$5

Payable to the City of Takoma Park. 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. **Registration is required.** Computer Center. Instructor: Anne LeVeque.

Computer Extras - Wednesdays, May 13th - May 27th, 10:00 a.m. - 12:00 p.m. Class Fee: \$5

Payable to the City of Takoma Park. In this three week course experiment with social media, master the calendar and other computer/smart device apps and learn about internet safety. Bring your questions! You need a Takoma Park Library card to access the computers and take this course and you need an email address. Limit 6. **Registration is required.** Computer Center. Instructor: Anne LeVeque.

Smart Phone and Tablet Applications Workshop - Saturday, May 9th, 10:30 a.m. - 12:00 p.m.



This workshop will lead participants through some of the standard apps that come with their smartphones and tablets with additional focus on the video and picture app. Bring your questions. Limited space. Instructor: Isaac Asare. **Registration is required.** Hydrangea Room/Multi-Media Lab. **Workshop Fee: \$5**

Drop-in Activities at the Community Center, 7500 Maple Avenue Spring and Summer 2020 - Registration is not required.



Bingo - Tuesdays, April 28th, May 26th, June 23rd, July 28th, August 25th, 12:00 - 2:00 p.m. Free. Come try your luck. Win a prize. Share in the laughter and fun. Senior Room.

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

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

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.
Spring 2020 only. Registration not required, however a free fitness pass is required.**

Indoor Walking* - Tuesdays, ongoing, 1:15 - 2:00 p.m. Free.

Enjoy indoor laps around the Gymnasium.

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)	Monday - Friday	Saturdays	Sundays
12:00 - 2:00 p.m.	2:30 - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	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.



Come join us

Anyone interested in meeting up with other adults 55 plus to play Badminton or Volleyball? How about Bridge, Scrabble, Cribbage or Rummikub? Some of your neighbors are looking for others to join them daytime during the week at the Takoma Park Community Center, 7500 Maple Avenue or the Takoma Park Recreation Center, 7315 New Hampshire Avenue.

Is there a meet-up activity group you would like to be a part of? If you are interested, please put your name on an activity list by contacting Paula Lisowski at 301-891-7280 or email:

Paulal@takomaparkmd.gov



Please use this hotline on inclement weather days to find out if the Takoma Park Community Center and Recreation Center have a delayed opening or are closed for the entire day.

Inclement Weather Hotline:

(301) 891-7101 ext. 5605

-or-

Go to the City of Takoma Park website: **Takomaparkmd.gov**

Scroll down and click on **Takoma Park Alert**

Sign up for the weather and emergency alerts



**TAKOMAPARK
ALERT** WEATHER • EMERGENCY INFO • TRAFFIC

Weather Policy: 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.

Trips 1-4 registration opens for Residents: Thursday, April 2nd @ 8:30 a.m. (not before) Non-Residents: Friday, April 3rd @ 8:30 a.m. (not before)



We have a fair "first come-first serve" reservation system. You may register in person during regular business hours: Takoma Park Community Center, 7500 Maple Ave., or Takoma Park Recreation Center, 7315 New Hampshire Avenue, or register on-line using the "ActiveNet" system. See page 5 for registration information and procedures. Please let staff know if you require any special accommodations to participate. The Active Adventures trip program is designed for active independent adults, age 55 and older. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. The following bus pick up locations are available for registered participants: Franklin and Maplevue Apartments, Victory Tower and Takoma Park Recreation Center, 7315 New Hampshire Avenue.

Trip #1: Friday, April 24 - Dallas Black Dance Theater, Publik Playhouse, Cheverly, MD



Join us for an artistic performance of contemporary modern, ballet, jazz works by nationally and internationally known choreographers designed to bridge cultures and reach diverse communities. This professional dance company is made up of a diverse, multi-ethnic troupe of dancers performing for audiences of all ages and backgrounds. **A light amount of walking and standing.** Rain or Shine!

Time: 9:45 a.m. - 2:30 p.m.* Performance is free, compliments of TP Recreation. \$5 per person for transportation.

Trip #2: Thursday, April 30 - National Museum of the Marine Corps & US Marine Corps Memorial, VA



As a lasting tribute to U.S. Marines past and present, this 120,000 square-foot structure houses world-class interactive exhibits using innovative technology and irreplaceable artifacts of Marines in action. Per special request, we'll spend the afternoon visiting this museum. Bring spending money to purchase lunch on your own in your choice of the museum's café or the "Tun" restaurant. After lunch we'll stop at the U.S. Marine Corps War Memorial. **An active amount of walking and standing.** Rain or Shine!

Time: 8:45 a.m. - 3:30 p.m.* Free admission. \$5 per person for transportation.



Trip #3: Thursday, May 21 - Washington Co. Museum of Fine Arts, Hagerstown, MD



Recognized as one of the finest small museums in the United States with a art collection that includes over 6,500 works of art. Join us for a docent led tour of this fabulous art museum nestled in the beautiful City Park with gardens surrounding the central lake. **A fair to active amount of walking and standing.** Bring your lunch or spending money to purchase lunch at the Valley View Mall. Rain or shine!

Time: 8:45 a.m. - 4:00 p.m.* Free admission. \$5 per person for transportation.



Trip #4: Tuesday, August 13th - Montgomery County Agricultural Fair, Gaithersburg, MD



A popular old-fashioned fair with animal and agricultural exhibits, crafts, vendors and festival foods. Bring your lunch or spending money to purchase lunch. Dress for weather. Wear comfortable shoes. **An active amount of walking.** Some, not all, of the buildings and grounds are wheelchair accessible. Rain or Shine!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. \$5 per person for transportation.

*Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.