

**Takoma Park
Recreation Department**
7500 Maple Avenue
Takoma Park, MD. 20912



(301) 891-7290

www.takomaparkmd.gov/government/recreation



Useful Information

City of Takoma Park 301-891-7100

Takoma Park Police Department
Non-Emergency 301-270-1100

Takoma Park residents in need of
masks: 301-891-7119
housing@takomaparkmd.gov

Takoma Park Library
301-891-7259
library@takomaparkmd.gov

Public Works Department
301-891-7633

Recreation Department
301-891-7290
recreation@takomaparkmd.gov

Village of Takoma Park
301-646-2109
villageoftakomapark.com
email: villageoftp@gmail.com

Hotlines for Health Information:
The State of Maryland - Hotline #211
Montgomery County Department of
Health and Human Services Helpline:
#240-777-1755

Montgomery County Crisis Center
240-777-4000

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October 2020 Special Edition

Issue #35

Forever Young

Enjoying Active Life Over 55 in Takoma Park

New for Fall!

Let's Communicate! TPTalk55: a new live chat room for Takoma Park 55 plus residents Monday afternoons at 1:00 p.m. beginning later this month on Zoom. This virtual meeting is a chance for seniors to communicate and catch up with friends, classmates and neighbors they've missed seeing while participating in past activities at the Takoma Park Community and Recreation Centers. Paula will be part of the friendly chat and listening to issues that are important to the seniors in Takoma Park. Call-in option available for seniors without internet access. To participate, email: paulal@takomaparkmd.gov or call Paula at 240-687-4132 by 10/8/2020 to request the meeting information. See you then!

Vital Living: Paula will be hosting a new informative news magazine for Takoma Park 55 plus residents. In partnership with City TV this cable station show for seniors will cover news and issues that are important to the seniors in Takoma Park. Each segment will air several times per month and highlight an important topic as well as Takoma Park updates and an activity seniors can do at home just for fun. Tune in your local cable station beginning mid-November 2020.

**City TV, find local programming and updates on RCN - Channel 13; HD Channel 1060;
Comcast/Xfinity - Channel 13; Verizon Fios - Channel 28.**

Ongoing Recreation Department Services & Activities

Connecting with Seniors, Phone a Neighbor Program

Are you a Senior who would like to receive occasional phone calls while staying at home? Volunteers are ready. To be connected with a neighbor/volunteer, please email Javonte McDonald at JavonteM@takomaparkmd.gov or call Paula Lisowski at 240-687-4132 or email at paulal@takomaparkmd.gov.

Virtual Community Center

Visit the Virtual Community Center online to find a mix of activities, fun websites and classes for Takoma Park residents of all ages. To participate, go online to: <https://takomaparkmd.gov/recreation> and click on the Virtual Community Center image. Activities are free (unless otherwise noted)!

Fitness classes for 55 plus:

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m.

Foundational Fitness & Training with Michael Williams, Tuesdays & Thursdays, 10:00 a.m.

Line Dance with Barbara Brown, Wednesdays at 1:00 p.m.

Zoomba Gold with Yesika Flores, Fridays at 10:00 a.m.

Coming October 14th - Gentle Yoga with Carol Mermey, Wednesdays at 2:15.



The City Election will be conducted by mail. In the second week of October, **registered** voters will be mailed a ballot to be marked and returned to a secure ballot box or by US mail. **Beginning October 9**, completed and sealed ballots may be delivered to a secure ballot drop box at 7500 Maple Avenue (in the lower level lobby) or at the Takoma Park Recreation Center (7315 New Hampshire Avenue). ***There will also be a separate presidential election ballot drop box at 7500 Maple Avenue.*** For questions about Takoma Park City Elections: Contact Jessie Carpenter, City Clerk, Phone: 301-891-7267, Email: JessieC@takomaparkmd.gov

Takoma Park Police Department “CARE” Program

CARE - Caring About Residents Everyday - The Takoma Park Police Department provides this program directed at TP residents who live alone with special needs, or who need to be checked on each day. To enter the program, you must register with the Police Department by filling out a CARE registration form. For more program information, please call 301-270-1100 or go to: <https://takomaparkmd.gov/government/police/services-and-programs> and click on CARE.

SCAM ALERT: Social Security Scam: Residents are being contacted by phone by an unknown person purporting to be from the Social Security Administration and will ask to be called back because of an issue with your SSN number. Please note that this is a scam to gather your personal information. Remember the Social Security Administration would not call and ask you for any identifying information over the phone. They would send a letter if there are legitimate issues.

Services and Resources

Food Assistance: MANNA Food Centers offer delivered free food. For services information, please call 301-424-1130.

Meals on Wheels of Takoma Park, call 301-434-1922, visit www.mowtakoma.org

Low Cost Internet Access: For more information, go to montgomerycountymd.gov/obp/low-cost-internet.html

THRIVE AT HOME: Montgomery County Government online resources available at montgomerycountymd.gov/thrive.

Summer Fun - Social Distancing!



During non-work hours Danielle visited Old Town Takoma and she is catching up on knitting. Paula's trying to learn a little Spanish. What have you been doing? Feel free to share your experiences by email to Paula Lisowski at paulal@takomaparkmd.gov and we may highlight it in the next newsletter. Photo attachments are always welcome.

Answers in the next newsletter. Continue to be safe and we look forward to seeing you again soon.

Try this word jumble game. Have fun!

Spice It Up!

Can you unscramble the names of all these spices and seasonings?

1. EGGNIR
2. NONACNIM
3. HEMTY
4. VEC SOL
5. SPRYALE
6. MUGENT
7. RSYMOREA
8. SLAIB
9. ROONAGE
10. MUINC
11. MARDMOCA
12. PLEACLIS
13. MICERRUT
14. RIPPAAK
15. RYCRU
16. JAMRORAM
17. NYACEEN
18. GRANTOAR
19. AFLYABE *
20. DROPWHICLIE*

*Answers are spelled with two words.