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Holiday Closure Calendar

January 1

New Year's Day

January 19 and 20

**Martin Luther King Jr.
Holiday**

February 16 and 17

President's Day Holiday

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Forever Young

Enjoying Active Life Over 55 in Takoma Park

New Year's News!

A wonderful new year is before us. We're happy to announce the AARP/RSVP free tax aide service is back in Takoma Park this year. See page 3 for details. And don't miss the Winter session of our two newest fitness classes, Besa African Dance and Kundalini Yoga and Meditation, see page 7. Back by popular demand, Culinary Camp returns this year, "part deux" a continuation of the first culinary camp with all new activities! See page 5 for general details. The schedule of camp activities will appear in the Spring 2020 edition of the Forever Young newsletter. Finally, a word of appreciation for the Snow Angels volunteers who will be back again this winter to help the senior citizens of Takoma Park. Thank you Snow Angels!

Snow Angels 2019-2020 Snow Removal Program

The Snow Angels snow removal program for Winter 2019-2020 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

Winter 2020 (January-March) registration for classes will open **December 12, 2019** for Takoma Park residents and **December 19, 2019** 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



Mark Your Calendars - Local Community Events in Takoma Park January, February & March - All Ages Welcome!

Sunday, February 9th, the 10th 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: 240-752-9176 or go to www.letsplayamerica.org

Coming Soon! Saturday, April 4th, Fitness Expo, 9:00 a.m. - 2:00 p.m. The Takoma Park Recreation Department staff is preparing for the 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 11th, 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: TBD. 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 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 Events Outside of Takoma Park

Saturday, January 11th - Sunday, March 1st - Chronicles of the African American Journey through Fiber Arts

Celebrate Black History Month by witnessing the stories and experiences of African American lives. This exhibit includes quilts, sewing, and beading. Montpelier Arts Center, 9652 Muirkirk road, Laurel, MD 20708. For more information call 301-377-7800 or go to www.arts.pgpark.com

Friday, March 20th - Sunday, March 22nd - Sugarloaf Craft Festival - A wonderful show brings people of all ages and backgrounds together by their shared interest in arts, crafts and design. This festival provides visitors an opportunity to view and purchase the art, and to meet the talented artists who produce it. Dulles Expo Center, Chantilly, Virginia. For more information, call 301-990-1400 or go to www.sugarloaforcrafts.com

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**

**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.



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 2019 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 an appointment.
- Appointment scheduling begins January 27th 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 5, 2020.

10:00 a.m. - 3:00 p.m., Azalea Room.

(12-18 appointments available per day).

Saturdays, beginning February 8, 2020.

11:00 a.m. - 3:00 p.m., Lilac Room.

(8-12 appointments available per day).

Where: Takoma Park Community Center

7500 Maple Avenue, Takoma Park, MD 20912

Summer Discovery Camp 2020!

Coming Soon! “Culinary Camp - Part Deux”



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 its importance to our local history; participate in a cupcake extravaganza and much more!

*Not recommended for people with food allergies and dietary restrictions! 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 full days on Thursday and Friday, morning and afternoon included). Registration begins March 12th for residents and March 19th for non-residents. Register on-line or in person. See page 6 for general registration information. Limited space so register early. See you on June 1st!

For more details about the camp see the 2020 Spring and Summer Forever Young newsletter to be distributed in early March. If you're not sure you want to participate in this summer camp then read the comment at the bottom of this page from campers who participated in previous summer camps.

Senior Camp Kudos

I want to thank you for putting on the third Senior Summer Camp last week. I love to try new things and these camps have exposed me to many activities that I wouldn't normally have tried from metal jewelry making to Taiko drumming to glass blowing to flying remote controlled model airplanes. I have participated in these camps all three years and I'm looking forward to next year's camp.

Sandy Egan, TP resident for almost 38 years

I loved the camps! Educational and fun. Bring on 2020! Margo S., TP resident.

I had fun! I learned that I could do things I did not believe I could do. Margo R., TP resident.

I particularly liked the hands-on activities. Gina M., TP resident.

Letter from the Director

Dear Patrons,

The Takoma Park Recreation Department has experienced tremendous growth over the last 10-12 years. This growth has included new and exciting programs for tots, youth, teens, adults and seniors without additional fees or cost to patrons. Some of these great additions have included: Senior Day Camp, After Hours summer program at the Recreation Center, ESports Gaming Club, youth and teen specialty camps, Celebrate Takoma, Outdoor Movies, numerous fitness classes, and Clay for Kid's art class, just to name a few. In addition, the City has just acquired the Recreation Center on New Hampshire Avenue from the Maryland-National Capital Park and Planning Commission.

Beginning September 2019, there was a minimal fee increase for classes, rentals and memberships. An increase in our childcare programs and summer camps will be phased in beginning January 2020. Most senior classes will now have a nominal \$5 fee. Scholarships remain available for all Takoma Park residents who qualify.

As always we appreciate your continued support of our programs and look forward to a great season ahead!

Gregory Clark

Recreation Director

City of Takoma Park

55 Plus Registration Information and Policies - Winter 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.**
- Advance registration is required for all classes and trips, unless otherwise noted. Transportation is provided for trips.
- 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 2020 registration opens: December 12th for residents @ 8:30 a.m. and December 19th 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 - Winter 2020

Bone Builders - A. Mondays/Thursdays, January 2nd - March 30th, 10:00 - 11:00 a.m. Free. No class: 1/20, 2/17. - or - B. Tuesdays/Fridays, January 3rd - March 31st, 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, January 6 - March 23, 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. **No class: 1/20, 2/17.**

Gentle Yoga - Fridays, January 10th - March 20th, 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 Mermev.

Line Dancing-A. Wednesdays, January 8th - March 25th, 10:30 a.m. - 11:30 a.m. Class Fee: \$5

- or - B. Wednesdays, January 8th - March 25th, 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: 1/1.

Ping Pong Skills - Mondays, January 6th - March 23rd, 12:00 - 1:00 p.m. Class Fee: \$5

Great fun! Led by Coach Donn Olsen. Learn game rules and practice skills. Limit 8 students. Game room.

Register for one class only! Choose Monday or Thursday.

Ping Pong Skills - Thursdays, January 2nd - March 19th, 12:00 - 1:00 p.m. Class Fee: \$5

Great fun! Led by Coach Donn Olsen. Learn game rules and practice skills. Limit 8 students. Game room.

Register for one class only! Choose Monday or Thursday.

Zumba Gold - Thursdays, January 9th - March 12th, 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.**

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

Enhanced Fitness Training - Thursdays, January 9th - March 12th, 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.

Front Room.

Kundalini Yoga & Meditation - Tuesdays, January 7th - March 10th, 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.

Tai Chi Strength - Tuesdays, January 7th - March 10th, 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. Front Room. **Register for one class only. Choose Tuesday afternoon or Thursday evening.**

Tennis Fun and Fitness - Thursdays, January 9th - March 12th, 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. Gymnasium.

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

Heart & Core, Saturdays, January 4th - March 14th, 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.

and the Community Center, 7500 Maple Avenue - Winter 2020

BESA-African Dance, Saturdays, January 4th - March 21st, 1:00– 2:00 p.m. Free

“Feel the Beat, Move Your Feet” - Besa was inspired by the Akan word meaning “come dance”. This African based moderate to low impact dance exercise program is a fun way to improve cardio in support of a healthy lifestyle using forms and techniques created from many African dances using African music and drumming. This City of Takoma Park grant-based class (and instructors) is provided by the non-profit PACAC (Performing Arts Center For African Cultures) in partnership with the Takoma Park Recreation Department. Free class but registration is required. Dance Room.

Tai Chi Strength, Evenings, Thursdays, January 2nd - March 5th, 6:30 - 7:30 p.m. Class Fee: \$5

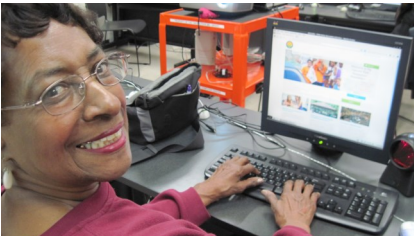
Begin with meditation and stretching followed by Tai Chi forms for strength and endurance. End with cool down exercises. Instructor: Master Robert Thompson. Dance Room. **Register for one class only! Choose Tuesday afternoon or Thursday evening.**

Zumba Gold, Saturdays, January 11 - March 14th, 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.**

Computer classes at the Community Center, 7500 Maple Avenue - Winter 2020

Registration is required.



Computer Basics - Wednesdays, January 22nd - February 5th, 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, March 4th - March 18, 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.



Drop-in Activities at the Community Center, 7500 Maple Avenue

Winter 2020 - Registration is not required.

Bingo - Tuesdays, January 28th, February 25th, March 24th, 12:00 - 2:00 p.m. Free.

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

Adventist Healthcare Blood Pressure Screenings Discontinued: According to Talya Frelick, Director of Operations, Adventist Healthcare, Population Health management, Health Equity and Wellness, *"In line with current Population Health improvement efforts, we are refocusing our limited community outreach personnel to provide more direct care coordination for the community members within our network of community physician practices. Given these changing roles and focus, we will not be able to continue providing monthly screenings/presentations at the Takoma Park Community Center."*

Game Room/Table Tennis Seniors Open Play - Mondays & Thursdays, 9:00 a.m. - 12:00 p.m., Tuesdays, Wednesdays & Fridays, 9:00 a.m. - 1:00 p.m., and 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.
Winter 2020. Registration is 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.

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

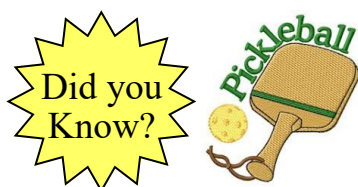


Come join us

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.

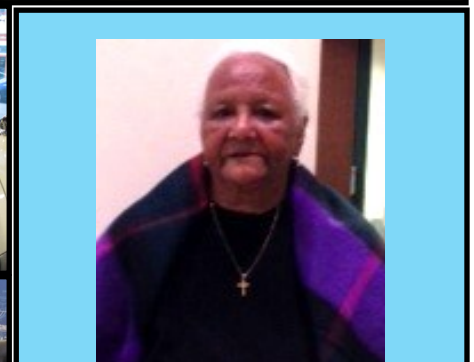
Is there a meet-up activity group you would like to be a part of? If you are interested, please put your name on an activity list by contacting Paula Lisowski at 301-891-7280 or email:

Paulal@takomaparkmd.gov



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.

2019 A look *back*...



We lost a wonderful friend and an active member of our 55 plus recreation program. We will miss you.
Beverlye Taylor 1931 - 2019