

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



(301) 891-7290

www.takomaparkmd.gov/government/recreation

Spring & Summer 2019/April - August

Issue #30

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Summer Camps!



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Holiday Closure Calendar

May 26 & 27
Memorial Day

July 4
Independence Day

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Phone: (301)891-7280



Coming Soon, two great summer camps for adults 55 plus. You don't want to miss our 2019 summer specialty camps. Last year's camps were very popular. Based on last summer's survey, camper's suggestions were part of this year's planning for a specialty arts camp. Get ready for a creative experience. In addition to this summer's arts camp, we'll partner again with Docs in Progress to offer a "two week" Filmmaking Camp. See pages 4 & 5 for more information about both camps. Don't miss out!

Spring and Summer 2019 Class 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. See page 6 for "How to Register" information and procedures. For more information, please call the Takoma Park Recreation office at 301-891-7290 or Paula Lisowski, Seniors Program Manager at 301-891-7280 or visit the Recreation Department website: takomaparkmd.gov/government/recreation



Mark Your Calendars - Local Community Special Events April, May, June, July & August - All Ages Welcome!

Saturday, April 6th, Arbor Day & Tree Give-Away - www.takomaparkmd.gov

Saturday, April 13th & 14th, Sweep the Creek - Friends of Sligo Creek - www.fosc.org

Saturday, April 20th - Annual Egg Hunt— the event starts at 10:30 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 & Sunday, April 27th & 28th - Art Hop - www.mainstreettakoma.org.

Sunday, May 5th - Historic Takoma House and Garden Tour - www.historictakoma.org

Saturday, May 18th - Celebrate Takoma Festival - 4:00 p.m.-7:00 p.m. The Recreation Department, along with dedicated volunteers, will host the Annual Celebrate Takoma Festival and Azalea Awards. Come celebrate Takoma Park’s cultural diversity with food, entertainment, crafts and games from around the world and enjoy this wonderful intergenerational community event! Along Maple Avenue and in the parking lot in front of Piney Branch Elementary School. www.takomaparkmd.gov/government/recreation



Saturday, June 1st - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation

Saturday, June 15th - Adult Play Day - www.letsplayamerica.org

Wednesday, July 4th - Independence Day Parade, Concert & Fireworks - www.takomapark4th.org

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

Thursday evening, April 4th - BSO Presents Cirque Goes Hollywood at Strathmore - Troupe Vertigo brings Hollywood flair to the Pops stage. They will dazzle you with their extraordinary athletic artistry set to the music of Hollywood’s hottest hits. 8:00 pm. Strathmore, 5301 Tuckerman Lane, North Bethesda, MD 20852. For more information and tickets: Strathmore@strathmore.org, or call 410-783-8021.

Saturday and Sunday, April 6th and 7th, Eastern Shore Sea Glass and Coastal Arts Festival - The 8th annual festival will be held in St. Michaels. Art, home décor, jewelry, music and fun for all ages. This is a tented, outdoor event that takes place rain or shine. Great family fun! 609 S. Talbot Street, St. Michaels, MD 21663. For more information and tickets, please call 443-336-2461 or go to www.seaglassfestival.com

Saturday, May 11th, Jamestown Day - Historic Jamestowne and Jamestown Settlement will mark the 412th anniversary of the founding of America’s first permanent English settlement with interpretive programs on Powhatan and English interactions, maritime and military displays, family-friendly tours and activities and traditional entertainment. 9:00 a.m. - 5:00 p.m., 2110 Jamestown Road, Williamsburg, VA 23185. For ticket information and more information about Jamestown Settlement, please call 888-593-4682 toll-free or go to www.historyisfun.org For information about Historic Jamestowne, call 757-229-4997 or 757-898-2410 or go to www.historicjamestowne.org or www.nps.gov/colo.

Saturday, August 3rd - Berlin’s Peach Festival - Everything peach, pie-eating and baking contests, vendors, games, music, crafts and much more. Great family fun! 11:00 a.m. - 4:00 p.m. Calvin B. Taylor House Museum, 208 North Main Street, Berlin, MD 21811. For more information call 410-641-1019.

April is Smart Technology Month!



In addition to our basic computer learning classes (see page 8 for information on those classes) we're adding two "smart technology" workshops to help participants with specific computer and smart phone needs. Join instructor Isaac Asare for these free and informative workshops and learn how to get more out of your smart devices and the internet. Registration is required. More workshops will be added in the future based on your interests. Please submit your ideas and suggestions to: paulal@takomaparkmd.gov

Social Media and Smart Phones



Learn how to use social media in connecting and communicating with others. In addition, participants will learn the basic use of smartphones and how to customize it to their needs. Bring your questions. Limited space. This workshop is free however on-line or in-person registration is required with the Recreation Department. See page 6 for registration information. Instructor: Isaac Asare.

Saturday, April 6, 2019, 10:30 a.m. - 12:00 p.m.

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

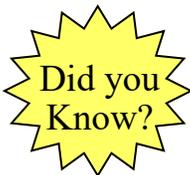
Internet Banking and Email Do's and Don'ts



Learn about digital banking, how to automate bank transactions, and safety for banking online. Participants will also learn about safety of using email and how to avoid email fraud and scams. Bring your questions. Limited space. This workshop is free however on-line or in-person registration is required with the Recreation Department. See page 6 for registration information. Instructor: Isaac Asare.

Saturday, April 13, 2019, 10:30 a.m. - 12:00 p.m.

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



According to Pew Research Center* as of 2017 almost 67% of older Americans over the age of 65 are now online and 51% have high-speed broadband. For seniors who do use the internet, 71% are going online daily. Moreover, four out of 10 seniors citizens has a smartphone while eighty percent of adults over 65 own a cellphone of any kind.

* The Pew Research Center is a non-partisan fact tank based in Washington, DC.



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.



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

Join us this summer for a two-week (10 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. Instructor: Olha Onyshko, Documentary Filmmaker and multimedia producer. Maximum eight participants. Register directly with Docs in Progress beginning March 22nd for residents and for non-residents.

Camp Dates: Monday through Friday, June 10 -14 and June 17-21, 2019

Time: 12:00 p.m.- 3:00 p.m., Multi-Media Lab/Hydrangea Room

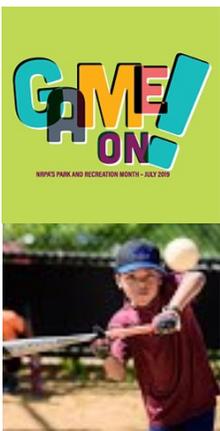
Location: Takoma Park Community Center, 7500 Maple Avenue

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

Questions? Need help? Call [301-789-2797](tel:301-789-2797).

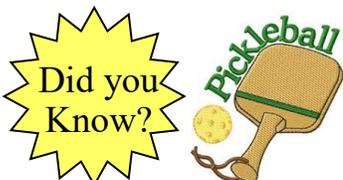
Register beginning March 22nd online at:

<https://www.eventbrite.com/e/documentary-filmmaking-summer-camp-for-adults-55-up-my-life-on-video-tickets-54656270376>



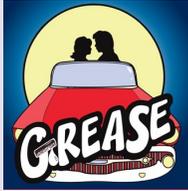
Parks and Recreation: Game On!

This July, during National Parks and Recreation Month, the National Recreation and Parks Association wants to celebrate everything that makes community field activities fun, joyful and full of excitement! This year's theme for Park and Recreation Month is **Game On!** So, start lacing up your fun shoes and get ready to get in the game this summer. Be sure to check out all the outdoor recreation activities and events taking place at your local fields and playgrounds. Get Out and Play!



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.

Creative Spirit Arts Discovery Camp 2019!

Monday June 3rd	Tuesday June 4th	Wednesday June 5th	Thursday June 6th	Friday June 7th
<p>Camp Orientation You Be You!</p> <hr/> <p>The Beat is Neat!</p>  <p>House of Musical Traditions Takoma Park, MD</p>	<p>Imagine It! The Arts - Imagery and Design</p>  <p>Art Studio Takoma Park MD</p>	<p>Entertaining! Tell me more, Tell me more.</p>  <p>Toby's Theater Columbia, MD</p>	<p>Be Dramatic!</p>  <p>Olney, MD</p> <hr/> <p>Catch a Dream!</p>  <p>Sandy Spring, MD</p>	<p>It's About Dance! Inspire and Transcend</p>  <p>Silver Spring, MD</p>



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. "Registered" campers will receive the 2019 "Arts Discovery Camp" brochure with detailed activity itinerary.

Registration Information and Policies - Spring and Summer 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.
- **Spring/Summer registration opens March 15th residents @ 8:30 a.m. and March 22nd @ 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 - Spring and Summer 2019

Bone Builders - A. Mondays/Thursdays, Spring: April 1st-June 27th/Summer: July 1st-August 29th, 10:00 - 11:00 a.m. - or - B. Tuesdays/Fridays, Spring: April 2nd-June 28th/July 2nd-August 30th, 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, Spring: April 1st-June 24th/Summer: July 1st-August 19th, 11:30 a.m. - 12:30 p.m. 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. No class: 5/27/19.**

Gentle Yoga - Fridays, Spring: April 5th-June 7th/Summer: July 5th-August 23rd, 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, Spring: April 3rd-June 26th/Summer: July 3rd-August 28th, 10:30 a.m. - 11:30 a.m. - or - B. Wednesdays, Spring: April 3rd-June 26th/Summer: July 3rd-August 28th, 11:45 a.m. - 12:45 p.m. 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: 5/8, 5/29, 6/5, 7/3, 8/7.

Zumba Gold - Thursdays, Spring: April 11th-June 13th/Summer: July 11th-August 29th, 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 5/18/19.



Fitness classes at the Recreation Center, 7315 New Hampshire Avenue – Spring 2019 (no summer)

Enhanced Fitness Training - Tuesdays, Spring: April 2nd - June 11th, 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.**

Tai Chi Strength - Tuesdays, Spring: April 2nd - June 11th, 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. Register for one class only. Choose Tuesday afternoon or Thursday evening.**

Tennis Fun and Fitness - Thursdays, Spring: April 4th - June 13th, 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 –
at the Recreation Center, 7315 New Hampshire Avenue - Spring 2019 only**

Heart & Core, Saturdays, Spring: April 13th-June 22nd (no class 5/18), 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.**



and the Community Center, 7500 Maple Avenue - Spring and Summer 2019

Tai Chi Strength, Evenings, Thursdays, Spring: April 4th - June 20th/Summer: July 11th-August 29th, 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 afternoon or Thursday evening.**

Zumba Gold, Saturdays, Spring: April 13th-June 22nd/Summer: July 13th-August 31st, 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.**

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

**Computer and Smart Technology classes at the Community Center,
7500 Maple Avenue - Spring and Summer 2019 - Registration is required.**



Computer Basics - Wednesdays, Spring only: April 24th - May 8th, 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, Spring only: May 22nd - June 5th, 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.



Internet Banking and Email Do's and Don'ts - Saturday, April 13th, 10:30 a.m. - 12:00 p.m.

Learn about digital banking, how to automate bank transactions, and safety for banking online. Participants will also learn about safety of using email and how to avoid email fraud and scams. Bring your questions. Limited space. Instructor: Isaac Asare. Registration is required. Hydrangea Room and Multi-Media Lab. Free.



Social media and Smart Phones - Saturday, April 6th, 10:30 a.m. - 12:00 p.m.

Learn how to use social media in connecting and communicating with others. In addition, participants will learn the basic use of smartphones and how to customize it to their needs. Bring your questions. Limited space. Instructor: Isaac Asare. Registration is required. Hydrangea Room and Multi-Media Lab. Free.



Come join us

Anyone interested in meeting up with other adults 55 plus to play Badminton or Volleyball? How about Bridge, Scrabble 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 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



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



Bingo - Tuesdays, April 23rd, May 28th, June 25th, July 23rd, August 27th, 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, April 23rd, May 28th, June 25th, July 23rd, August 27th, 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 - Spring hours: Mondays - Fridays, 9:00 a.m. - 1:00 p.m., and Saturdays, 10:00 a.m. - 12:00 p.m./Summer hours: Mondays - 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, Spring and Summer 2019 - Registration is not required, however a free fitness pass is required.

Indoor Walking* - Tuesdays, Spring only: April 2nd - June 11th, 12:00 - 1:00 p.m.

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)	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.

**Coming Soon!
Fall 2019
Registration**



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

Trips



We have a fair "first come-first serve" system for all participants. You may register 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 Avenue, or register on-line using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/government/recreation, click on the ActiveNet registration logo. An email address and ActiveNet password is needed to login to ActiveNet. Please let staff know if you require any special accommodations to participate. If you have questions, please call the Recreation Department at 301-891-7290. The Active Adventures 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. Other bus pick up locations available for registered participants: Franklin and Mapleview Apartments, Victory Tower and Takoma Park Recreation Center, 7315 New Hampshire Avenue.

All trips registration opens - Residents: Monday, April 1st @ 8:30 a.m. (not before)
Non-Residents: Tuesday, April 2nd @ 8:30 a.m. (not before)

Trip #1: Tuesday, April 30th - College Park Aviation Museum, MD



Join us for a visit to this 27,000-square-foot, state-of-the-art facility listed on the National Register of Historic Places and located on the grounds of the world's oldest continuously operating airport. The airport was founded in 1909 when Wilbur Wright came there to give flight instruction to the first military aviators. The museum contains historic and reproduction aircraft, hands-on activities and changing exhibits every month. Bring spending money for lunch at Sakura Buffet in College Park. **A fair amount of walking and standing at your own pace through the museum. Rain or Shine!**

Time: 8:45 a.m. - 3:30 p.m.* \$4 admission per person, bring with you on 4/30/19. No cost for transportation.

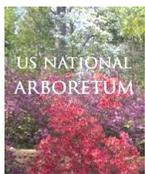
Trip #2: Wednesday, May 8th - National Museum of Inventors, Alexandria, VA



This museum recognizes inventors and promotes creativity and advancement of the spirit of innovation and entrepreneurship. You'll be able to tour the Gallery of Icons, from George Washington Carver and Thomas Edison to modern day inventors representing the best of American innovation; experience 50 years of automotive design and technology and so much more. We'll stop for lunch at Potomac Yard Center. Bring spending money for lunch. **A fair amount of walking and standing. Rain or Shine!**

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

Trip #3: Thursday, May 23rd - U.S. National Arboretum, Washington, DC



Spring gardens are blooming! Let's enjoy the season's beauty with our first visit to the U.S. National Arboretum, a U.S. Department of Agriculture research and education facility open to the public. See an array of aquatic plants, bonsai, herb, perennial and rose gardens, Visitor Center and gift Shop. **An active amount of walking and standing at your own pace through the arboretum's buildings and grounds.** Bring your picnic lunch to enjoy in the designated picnic area at the National Grove of State Trees. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

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



We'll return again to enjoy this popular old-fashioned fair with animal and agricultural exhibits, craft shows, vendor booths and festival foods. Bring your lunch or spending money to purchase lunch, dress for hot weather and wear comfortable walking shoes. **A fair or active amount of walking.** Some, but not all, of the buildings and grounds are wheelchair accessible. **Rain or Shine!**

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

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