



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

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

Housing & Community Development
301-891-7119

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

Public Works Department
301-891-7633

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

Montgomery County Department of
Health and Human Services Helpline:
#240-777-1755

Montgomery County Crisis Center
240-777-4000

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
paulal@takomaparkmd.gov
Phone: (240) 687-4132

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Spring is Here! See What's New!

2021 Fitness Expo, Saturday, April 10 - outside on the grounds of the Takoma Park Recreation Center, 7315 New Hampshire Avenue. The Takoma Park Recreation Department is offering an exciting day of fitness demonstrations and health and wellness presentations. For more information please contact Vincent Cain at vincentc@takomaparkmd.org or call 301-891-7289. All ages welcome. Hours: 9:00 AM - 1:00 PM. Free Event.

Recreation Department Services & Activities

Virtual Community Center on Zoom

Visit the Virtual Community Center online to find a mix of activities, fun websites and classes for Takoma Park residents of all ages. To find the Virtual Community Center activities on-line, go to this Takoma Park Recreation Department site:

<https://takomaparkmd.gov/recreation/vcc>. The list of current virtual classes will appear. Click on the activity and you'll enter the zoom site waiting room ready for the host to invite you into the class. Activities are free (unless otherwise noted)!

Beginners Drawing for 55 plus - Spring 2021 session:

With materials you can find around the house this free zoom class explores how to draw with perspective, lights and darks and different pen or pencil techniques. Enjoy the supportive and positive atmosphere to learn at your own speed. Alice Sims, Wednesdays, 11:00 a.m. - 12:00 p.m., begins April 21 through May 12.



Fitness classes for 55 plus - Spring 2021 session:

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m. begins 4/6

Foundational Fitness with Michael Williams, Tues/Thurs. at 10:00 a.m. begins 4/6

Line Dance with Barbara Brown, Wednesdays at 1:00 p.m. begins 4/7

Yoga for Healthy Aging with Carol Mermey, Wednesdays at 2:15 p.m. begins 4/7

Zoomba Gold with Yesika Flores, Fridays at 10:00 a.m. begins 4/9



Vital Living 55+ in Takoma Park - a new cable show covering important topics with interviews and presentations. The current show highlights art and artists in Takoma Park. Enjoy an informative interview with Brendan Smith, Arts & Humanities Coordinator for the City of Takoma Park. Mr. Smith presents current information about the arts and humanities program, and interviews Cynthia Scott, Vice President, Uniting US, a non-profit arts program for veterans that utilizes "arts making" for healing and wellness. The show concludes with a lovely montage sampling of recent dance, music and poetry performances from the Arts & Humanities program. More shows coming so tune in and stay engaged!



Vital Living is available: Tuesdays 6:30am; Wednesdays 8am; Thursdays 8:30pm, and Fridays 7pm on Comcast & RCN: Channel 13/Verizon Fios: Channel 28 (The schedule may change due to council or other productions). Also available on YouTube.

Services, Resources and Events - City and County



Coming soon! Crossroads Farmers Market starts April 14th. Tasty prepared meals, fresh fruits and vegetables, honey, coffee, flowers and much more for sale on Wednesdays, 10:30 a.m.-2:30 p.m. For more information go to crossroadscommunityfoodnetwork.org or call 301-615-3806.

Covid-19 Resource page: includes information on testing, as well as food, housing, financial and mental health resources and more, go to: takomaparkmd.gov/initiatives/project-directory/information-and-resources-covid-19/
Covid-19 Free Testing Saturdays 10:00 a.m. - 5:00 p.m. Takoma Park Recreation Center, 7315 New Hampshire Avenue. Walk-in. No appointments. Montgomery County Department of Health & Human Services Helpline: 240-777-1755.

Tax Assistance Programs: AARP Tax-Aide Program, for more information and to schedule an appointment please call 240-777-2577. Vita Tax Assistance Program, for more information please call 240-777-1123.

Senior Planet Montgomery: offering free online technology/computer classes via video conferencing. For more information and to view its virtual program offerings, go to www.seniorplanet.org/montgomery or call 240-753-0676.

Village of Takoma Park: senior services and programs. For more information, go online to villageoftakomapark.com or email: villageoftp@gmail.com or call 301-646-2109.

CARE - Caring About Residents Everyday - The Takoma Park Police Department provides this program directed at TP residents who live alone with special needs and seniors who need to be checked on each day. 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.

Virtual 50+ Employment Expos - The Jewish Council for the Aging is hosting free virtual monthly job fairs. Network with local employers, attend free workshops and learn new job-search skills. The next Montgomery County expo is scheduled for April 20, 2021. For more information, call 301-255-4209 or go to virtualexpos.accessjca.org

Free Pet Food - The Montgomery County Humane Society distributes free pet food Tuesdays and Thursdays 12 - 2 p.m. at 601 S. Stonestreet Avenue in Rockville, MD. For more information, call 240-252-2555 or go online to mchumane.org

55+ Activities in Montgomery County: call 240-777-6840 or go online for classes and events at mcorec.com/55

Art Experiences - Explore [Hillwood Estate, Museum and Gardens](#) on weekly virtual tours. Tours are free for members/ \$5 - \$10 per person for others. For more information, call 202-225-8333 or go online: hillwoodmuseum.org

[Glenstone Art Museum](#) in Potomac Maryland is operating now as an outdoor-only experience in limited capacity on visitor days, Thursday-Sunday 10 a.m. - 5 p.m. Scheduled visits are required and admission is free. For more information about visiting rules and regulations please call 301-983-5001 or go online: glenstone.org

Celebrate Women's History Month: Enjoy a virtual visit to the [National Museum of Women in the Arts](#). See works of great women artists in online exhibits, artist/artwork profiles, podcasts and videos. Go in person! The museum is open! For more information about hours, guidelines and timed ticket reservations, call 202-783-5000 or go to: nmwa.org

You can visit the [National Women's History Museum](#) without leaving your home. See virtual exhibits, videos, pictures, virtual field trips and much more! For more information call 703-461-1920 or go to: womenshistory.org



Feed the Fridge is teaming up with the City of Takoma Park and Montgomery County Council to install refrigerators stocked with free meals prepared by DC area restaurants made fresh and delivered mornings each day. A fridge is located outside in front of the Takoma Park Recreation Center, 7315 New Hampshire Avenue and another outside in front of the Takoma Park Community Center, 7500 Maple Avenue. Each refrigerator is cleaned and sanitized then carefully re-stocked with fresh sealed meals. (Do not take any meal that the tape is not secure). Any leftover meals from the previous day are removed. These meals are available to anyone, no questions asked. Walk right up and take what you need. First come, first serve. Wow, what a wonderful program!

Phone a Neighbor Program

Connecting with Seniors, Phone a Neighbor Program: Are you a senior who would like to receive occasional phone calls while staying at home? To be connected with a friendly volunteer, please call Paula Lisowski at 240-687-4132 or email at paulal@takomaparkmd.gov.

