



# Forever Young

Enjoying Active Life Over 55 in Takoma Park

Welcome 2021! Ring in the New Year!



**HAPPY  
NEW YEAR!**

## 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



## MLK Service Week - Volunteer Service Opportunities

**MLK Week of Service 2021: Saturday, January 16 - Sunday, January 24.**

Join the Montgomery County Volunteer Center to honor Dr. Martin Luther King's life by participating in a variety of projects offered during this Week of Service! In compliance with Covid-19 health guidelines, all projects will be completed either virtually, at home or safely distanced. For more information, please call 240-777-2600 or go to:

[www.montgomerycountymd.gov/volunteercenter/volunteers/MLK](http://www.montgomerycountymd.gov/volunteercenter/volunteers/MLK)

Dear Recreation Friends and Participants,  
The Recreation Department is working on plans for a fun and safe winter of virtual activities and classes while being mindful of the challenges presented by COVID-19. Safety standards will require us to restructure the way we deliver leisure services. Thank you for your patience and understanding as we navigate these unprecedented times. Should you have any questions or concerns, email us at [Recreation@takomaparkmd.gov](mailto:Recreation@takomaparkmd.gov) or call the Recreation Office during normal business hours (8:30am-5:00pm) at 301-891-7290 or call Paula at 240-687-4132. Continue to be safe and we look forward to seeing you again soon.

## Ongoing 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 (including TPTalk55). Click on the activity. You will be taken directly to your zoom site waiting room ready for the host to invite you into the class. Activities are free (unless otherwise noted)!

### **TPTalk55 - Monday afternoons at 1:00 p.m. 1/11, 1/25 (no meeting 1/18)**

Catch up with your friends and chat, grab a cup of coffee and enjoy the social conversation on this Virtual Community Center zoom chat room hosted by Paula Lisowski, Seniors Program Manager. Join in on any Monday. Phone-in option available for seniors without internet/computers. Call Paula at 240-687-4132 or email at paulal@takomaparkmd.gov for more information about the chat room.

### **Fitness classes for 55 plus:**

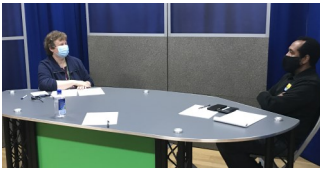
Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m., begins 1/12

Foundational Fitness with Michael Williams, Tues/Thurs, 10:00 a.m., begins 1/12

Line Dance with Barbara Brown, Wednesdays at 1:00 p.m., begins 1/13

Yoga for Healthy Aging with Carol Mermey, Wednesdays at 2:15 p.m., begins 1/13

Zumba Gold with Yesika Flores, Fridays at 10:00 a.m., begins 1/15



## Vital Living 55+ in Takoma Park

A new cable station show for Takoma Park residents, 55+. Each show will highlight an important topic as well as share presentations and performances. Social Isolation and reaching out to older adults in Takoma Park is the main topic of the first show. It presents informative interviews with Antonio DeVaul, Chief, Takoma Park Police Department and Jessica Clarke, Deputy City Manager. Enjoy a moment of inspiration with Kathleen O'Toole, Poet Laureate for the City of Takoma Park. Watch an art presentation by Alice Sims, Art for the People, and recreate the project yourself. Tune in and stay engaged!

**Vital Living 55+ in Takoma Park will be available: Tuesdays 6:30am; Wednesdays 8am; Thursdays 8:30pm, and Fridays 7pm on Comcast & RCN: Channel 13 / Verizon Fios: Channel 28 (This schedule is subject to change because of council or other live productions), and available through YouTube.**

## Snow Angels 2020-2021 Snow Removal Program

The Snow Angels snow removal program for Winter 2020-2021 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 by the students after school or when school is out and when there is 2 inches or more of snow. For more information or to be placed on the waiting list, please contact Paula Lisowski, Seniors Program Manager at **240-687-4132** or email: [paulal@takomaparkmd.gov](mailto:paulal@takomaparkmd.gov) If you are interested in volunteering, please call the Difference Makers at **301-233-1698** or email the volunteer organization: [snowangels@difference-makers.org](mailto:snowangels@difference-makers.org)



## 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](mailto:paulal@takomaparkmd.gov).

## Services, Resources and Events - City and County

**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/](http://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.

**THRIVE AT HOME:** Montgomery County Government online resources available at [montgomerycountymd.gov/thrive](http://montgomerycountymd.gov/thrive)  
**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](http://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](http://villageoftakomapark.com) or email: [villageoftp@gmail.com](mailto: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.



**The Beacon 2020 Virtual 50+ Expo ongoing online through January 31, 2021.**

Enjoy a variety of expert speakers on health and financial topics; engaging classes, fun entertainment and informative exhibitors. Plus weekly door prizes. All online at a new website designed just for this event: [www.beacon50expo.com](http://www.beacon50expo.com)