



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

Public Works Department  
301-891-7633

Recreation Department  
301-891-7290  
[recreation@takomaparkmd.gov](mailto: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](mailto:paulal@takomaparkmd.gov)  
Phone: (240) 687-4132

# Forever Young

Enjoying Active Life Over 55 in Takoma Park

Welcome Sunny Days! Summer's on it's way!

## 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)!

### Virtual Fitness classes for 55 plus - Spring 2021 session:

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m. ends 6/15

A great total body workout with low-impact seated and standing exercises. Also, using resistance band or tube for muscle strengthening and greater balance.

Foundational Fitness with Michael Williams, Tues/Thurs. at 10:00 a.m., extended (make up classes) ends 6/24. Improve strength, agility and endurance through seated and standing exercises. Class utilizes chair and light hand weights or tubes.  
Introduction to Hula Dance with "Alaula" Dawn Felsen, Mondays at 11:00 a.m., ends 6/21. Learn about Hula history, tradition, expression, ritual and introductory choreography of steps and hand movements.

Line Dance with Barbara Brown, Wednesdays at 1:00 p.m. ends 6/16

Learn how exercise can be fun with music and dance while improving stamina and agility. Great physical and mental exercise.

Yoga for Healthy Aging with Carol Mermey, Wednesdays at 2:15 p.m. ends 6/16

Gentle series of chair, floor and standing poses improves strength, flexibility and relaxation using yoga mat, straight-backed chair, exercise belt and tennis ball.

Zumba Gold with Yesika Flores, Fridays at 10:00 a.m. ends 6/18

Classic Zumba movements with lower intensity and easy to follow dance choreography that focuses on balance, range of motion and coordination.

**Summer 2021 session begins week of July 5th.**



**Vital Living 55+ in Takoma Park** - an informative cable show of interviews and presentations. This episode highlights two community organizations that provide important services for Takoma Park residents. Meet Andrew Penn, President of the Village of Takoma Park, and learn more about this non-profit organization that provides social, educational and support services for older adults; and meet Pat Rumbaugh, Executive Director of Let's Play America. This organization hosts local events including interactive playful activities for Takoma Park residents of all ages. Enjoy a film and photo montage of past Play Day activities. See page 2 for an upcoming Play Day event. More shows coming soon. 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



**All Virtual Adult Play Day:** Saturday, June 5, 7-10 p.m. on Zoom. Adults deserve to play too! You're invited to kick off the summer with an evening of virtual play. Registration is required. For more information and to sign up for activities, please call 240-752-9176 or visit: [www.letsplayamerica.org](http://www.letsplayamerica.org)

Line up of activities: Lyla DiPaul, live from New Orleans; Let's Boogie!; Crazy Games; Simon Says with Congressman Jamie Raskin; Comedy Half Hour.

SSL Hours available for student volunteers (18 years or older) on the day of the Virtual Play Day. Adult volunteers welcome too! To volunteer, please email: [info@letsplayamerica.org](mailto:info@letsplayamerica.org)

**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.

**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. Walking Group, open to all, no registration required. For more information, contact Susan Rodgers [gjgroup@yahoo.com](mailto:gjgroup@yahoo.com) or 202-243-9230.

**CARE - Caring About Residents Everyday** - The Takoma Park Police Department provides this program for seniors and residents with special needs living alone who need to be checked on daily. For more information and to register, 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 **June 15, 2021**. For more information, call 301-255-4209 or go to [virtualexpos.accessjca.org](http://virtualexpos.accessjca.org)

**Pet Food Distribution** - The Montgomery County Humane Society - For those who need help feeding their pets in these difficult times, Monday - Friday 11 a.m. - 5 p.m. (ring the bell to speak with staff). The pet food pantry is located at 601 S. Stonestreet Avenue in Rockville, MD. For more information, call 240-252-2555 or go online to [mchumane.org](http://mchumane.org)

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



**Crossroads Farmers Market:** Prepared meals, fresh fruits, vegetables, honey, coffee, flowers and much more, Wednesdays, 10:30 a.m. - 2:30 p.m. Located on Anne Street at University Blvd. East in Takoma Park, MD. For more information, please call 301-615-3806 or go to: [crossroadscommunityfoodnetwork.org](http://crossroadscommunityfoodnetwork.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](mailto:paulal@takomaparkmd.gov).

