



(301) 891-7290

www.takomaparkmd.gov/government/recreation



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

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Takoma Park, MD 20912
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Forever Young

Enjoying Active Life Over 55 in Takoma Park

Coming soon, more active opportunities on the horizon. We're adding more virtual classes for Spring and Summer. Don't miss Hula Dancing, just in time for summer vacations! Check out our first in-person outdoor activity -- Bingo is back! More outdoor activities coming soon. More details below. See you soon!

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. ends 6/17
Improve strength, agility and endurance through seated and standing exercises.

Class utilizes a high back chair, light hand weights and/or resistance tube.

NEW Introduction to Hula Dance with "Alaula" Dawn Felsen,
Mondays at 11:00 a.m., six-week session 5/10 - 6/21.

Learn about Hula history, tradition, expression, ritual and the introductory choreography of steps and hand movements - a fabulous and fun new class!



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.

Zoomba 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.

Art Class: Beginners Drawing with Alice Sims, Wednesdays, 11:00 a.m. - 12:00 p.m. ends 5/12. Explore how to draw with perspective, lights, darks and different pen or pencil techniques in a supportive atmosphere to learn at your own speed.

In-person (with safety guidelines) Activities for 55 plus - Spring 2021 session:

BINGO! Bingo is Back! Join your friends and win a prize. Our first bingo will be Tuesday, May 25th, 1:00 - 2:00 p.m. We'll meet outdoors at the Takoma Park Community Center, 7500 Maple Avenue, in

front of the mosaic wall (near the Library). No experience needed. Drop-in and have fun. Rain date: 5/27. For more information please call Paula Lisowski at 240-687-4132 or email at paulal@takomaparkmd.gov

BINGO			
14	29	38	52 74
4	18	33	46 62
7	16	★	60 71
9	27	44	51 67
12	23	35	47 73

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/
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 Program: AARP Tax-Aide Program, for more information and to schedule an appointment in Takoma Park please email housing@takomaparkmd.gov or call 301-891-7119. A tax counselor will contact you.

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. **Walking Group**, Wednesday, May 19, 11 a.m.-12 noon, open to all, no registration required. For more information, contact Susan Rodgers 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 May 19, 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 mocorec.com/55



Crossroads Farmers Market: Prepared meals, fresh fruits, vegetables, honey, coffee, flowers and more, Wednesdays, 10:30 a.m.-2:30 p.m. For more information go to crossroadscommunityfoodnetwork.org or call 301-615-3806.



Dance on Festival, May 14 & 15, is a free online interactive event that celebrates aging with dance and connection between older adults and artists. For more information: danceexchange.org/dance-on-festival



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!



Vital Living 55+ in Takoma Park - an informative cable show of 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. He discusses current program information 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 montage of recent dance, music and poetry performances from the Arts & Humanities program. 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.

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.

