



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

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

Public Works Department
301-891-7633

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

Village of Takoma Park
301-646-2109
villageoftakomapark.com
email: villageoftp@gmail.com

Hotlines for Health Information:
The State of Maryland - Hotline #211
Montgomery County Department of
Health and Human Services Helpline:
#240-777-1755

Montgomery County Crisis Center
240-777-4000

National Council on Aging: locate
federal, state and private benefits
programs to assist with paying for
food, medications, utilities and
healthcare. 888-268-6706
Online: www.ncoa.org

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

Vital Living 55+ in Takoma Park



Check out a new informative news magazine for Takoma Park 55 plus residents. In partnership with City TV this cable station show will cover news and issues that are important to the seniors in Takoma Park. Each show, hosted by Paula Lisowski, will air several times and highlight an important topic as well as presentations and performances. Tune in your local cable station for Vital Living 55+ beginning later this month. Premier edition's topic: Social isolation and reaching out to older adults in Takoma Park. We'll have 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 and an uplifting presentation by Cynthia Luna, certified Health and Wellness Coach. Watch an art presentation by Alice Sims, Art for the People, and create the project yourself. Tune in and stay engaged!



City TV: find Vital Living 55+ programming and updates on RCN - Channel 13; HD Channel 1060; Comcast/Xfinity - Channel 13; Verizon Fios - Channel 28.

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, seniors should go on-line to the Takoma Park Recreation Department website: <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 - ongoing Monday afternoons at 1:00 p.m.

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.

Current Fitness class for 55 plus:

Gentle Yoga with Carol Mermey, Wednesdays at 2:15 p.m., ends 12/9/20.

Winter Session Fitness classes for 55 plus begins January 2021:

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m.

Foundational Fitness with Michael Williams, Tuesdays & Thursdays, 10:00 a.m.

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

Zumba Gold with Yesika Flores, Fridays at 10:00 a.m.

Gentle Yoga with Carol Mermey, Wednesdays at 2:15 p.m.

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 on days the students are out of school and when there is 2 inches or more of snow.

For more information on the Snow Angels program or to be placed on the waiting list, please contact Paula Lisowski, Seniors Program Manager at **240-687-4132** or email: 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



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 neighbor/volunteer, please call Paula Lisowski at 240-687-4132 or email at paulal@takomaparkmd.gov.

Services and Resources

Food Assistance: MANNA Food Centers offer delivered free food. For services information, please call 301-424-1130.

Meals on Wheels of Takoma Park, call 301-434-1922, visit www.mowtakoma.org

Low Cost Internet Access: For more information, go to montgomerycountymd.gov/obp/low-cost-internet.html

THRIVE AT HOME: Montgomery County Government online resources available at montgomerycountymd.gov/thrive.

Senior Planet Montgomery, a technology training program designed for County learners 60 and older, is offering free online classes which are offered live via video conferencing. Classes change on a weekly basis and cover a variety of subjects such as leaning about Food Delivery Apps and Zoom. A home internet connection and a device (such as a smartphone, tablet or computer) are all that is required to participate. For more information about Senior Planet Montgomery and to view its virtual program offerings go to www.seniorplanet.org/montgomery or call 240-753-0676.

What's Happening Around Town



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



Montgomery County, MD Virtual Employment Expo for job seekers Age 50+ will be held on November 17, 2020, 10 am - 2pm. Free.

Due to the global pandemic, JCA (Jewish Council for the Aging) has decided to hold virtual expos so you won't have to leave your own home. You can network with area employers, attend free Workshops and learn new job-search skills. For more information and to register go to:

www.virtualexpos.accessjca.org

What have you been doing? Feel free to share your experiences by email to Paula Lisowski at paulal@takomaparkmd.gov and we may highlight it in the next newsletter. Photo attachments are always welcome.

Answers to October's "Spice it Up" word scramble:

1.ginger 2.cinnamon 3.thyme 4.cloves 5.parsley 6.nutmeg
7.rosemary 8.basil 9.oregano 10. cumin 11.cardamom
12. allspice 13.turmeric 14.paprika 15.curry 16.marjoram
17.cayenne 18.tarragon 19.bay leaf 20.chili powder