Welcome Back! We Missed You

Vital Living 55+ in Takoma Park

- an informative cable show of interviews and presentations. New show coming soon! Meet Jessica Jones, the new Takoma Park Library Director and learn more about future plans for the Library including its renovation. In addition, Library Associate, Jill Raymond, will present her “Books on Aging” series aimed at providing helpful information for older adults. 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.

At the time of this newsletter printing we’re offering a full schedule of in-person activities (and some virtual). We’re looking forward to getting back together with friends we’ve missed. Covid-19 protocols will be followed and we’ll continue to follow updates or changes to the State of Maryland and Montgomery County local health guidance. Masks are required to be worn indoors and during indoor activities in all City facilities by all employees and all visitors. Registration begins Tuesday, August 24 at 9 AM, see page 2 for details. Mask up and join us!

Remembering a treasured resident of Takoma Park since 1987. The Village of Takoma Park founder and long-time president, Wolfgang Mergner, passed away this July. It was his commitment and perseverance that established this important non-profit organization in 2011 to provide essential services and enhance the quality of life for seniors in Takoma Park. He will be greatly missed. Professionally, Mergner was a medical doctor and an academic. He retired as professor emeritus from the University of Maryland in 1998. He chaired the Takoma Park Public Safety Committee from 1997 to 2001, was president of the Old Town Residents’ Association in 2002, served as a Takoma Park Mediation Program board member from 2000 to 2004, chaired the board in 2004, and he helped to create the Community Emergency Response Team (CERT). Mergner won the 2020 Montgomery Serves Award and the Neal Potter Path of Achievement Award.

Useful Information
City of Takoma Park 301-891-7100
Takoma Park Police Department
Non-Emergency 301-270-1100
City TV: City Council meetings, local programming and updates on RCN - Channel 13; HD Channel 1060; Comcast/Xfinity - Channel 13; Verizon Fios - Channel 28.
Housing & Community Development
housing@takomaparkmd.gov
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
Inclement Weather Hotline: 301-891-7101 ext. 5605
Covid-19 Information and Updates:
https://montgomerycountymd.gov/covid19/
https://covid.cdc.gov/covid-data-tracker/#/datatracker-home

Holidays - Building Closed
Labor Day: September 6th
Veteran’s Day: November 11th
Thanksgiving: November 25th & 26th
Christmas: Dec. 23rd, 24th & 25th

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Forever Young newsletter online: www.takomaparkmd.gov/news/forever-young-newsletter/
Virtual Community Center (VCC) on Zoom - Fall 2021 Classes

Please visit the VCC online at the Takoma Park Recreation Department site: https://takomaparkmd.gov/recreation/vcc and search for current activities and classes for Takoma Park residents of all ages. Choose an activity and click on the activity. You’ll enter the zoom waiting room ready for the host to invite you into the class. Registration is not required and activities are free (unless otherwise noted)!

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m.
Session 1: September 7th - October 19th; Session 2: November 2nd - December 14th.
A great total body workout with low-impact seated and standing exercises.

Foundational Fitness with Michael Williams, Tues/Thurs. at 10:00 a.m.
Session 1: September 7th - October 21st; Session 2: November 2nd - December 16th.
Strength, agility and endurance exercises (standing/seated) utilizing hand weights.

Recreation Department Fall Virtual Activities 55 plus - Free, Zoom On-line Activities (two classes)

Welcome to Forever Young’s Mini Camp, Part 1, for adults 55 plus. You will enjoy activities designed to expand your skills and knowledge while having fun in this two-day camp* all about the culinary arts! Part 2 takes place in June 2022! Based on 2017-2019 surveys, camper’s suggestions were part of this year’s planning. Activities will take place at the Takoma Park Community Center, 7500 Maple Avenue. between the hours of 12:30 - 4:30 p.m. Registration begins August 24th for residents and August 31st for non-residents. Register on-line or in person with the Takoma Park Recreation Department. See above for registration information. Limited space so register early. The camp itinerary will be sent to all registered participants. See you September 13th!

*Not recommended for people with food allergies and dietary restrictions! This camp is designed for active independent adults, age 55 and older. Activities may require a substantial amount of hand dexterity, physical movement, walking and/or physical exertion. For more information call 301-891-7280 or email: paulal@takomaparkmd.gov.
Registration is required for in person, on-site classes. Registration begins August 24th @ 9 AM for TP residents, and August 31st @ 9AM for non-residents. Go online to www.takomaparkmd.gov/government/recreation, click on the ActiveNet logo. An email address and ActiveNet password is needed to login to ActiveNet. To be fair, we must monitor the attendance in all free in-person fitness courses. After three consecutive absences, the participant will be withdrawn from the free course and notified. Special consideration may be extended for advanced notice or a medical reason.

(New) Basic Drawing ($5) with Alice Sims, Art for the People, Wednesdays at 11:00 a.m., Art Room.
One Session only: September 22nd - October 13th
Learn and practice basic drawing skills including perspective. Shapes, light and shadow, pen and pencil techniques.

(New) Belly Dancing ($5) with Joan Atkinson, Elena Faye Dance, Thursdays, 11:00 a.m., Dance Room.
One Session only: September 9th - October 28th (no class 9/23)
In this easy to follow introductory class we’ll explore the foundational techniques of Middle Eastern bellydance known as Raqs Sharqi and learn the gentle movements of hip circles, shimmies, figure 8s, and more. Great dance exercise.

Bone Builders (Free) with Anne McHenry and Karen Collins, Tuesdays & Fridays at 10:30 a.m., Dance Room.
Session 1: September 21st - October 22nd; Session 2: November 2nd - December 17th
Supervised by Montgomery county RSVP certified trainer and volunteers, class consists of balance exercises, weight training and discussion of safety and diet.

Computer Skills for Seniors ($5) with Anne Leveque, Wednesdays, 10:00 a.m. - 12:00 p.m., Computer Center Room A
One Session only: October 13th - November 3rd
This class will offer instruction in basic computer skills including email, safe internet browsing, sending and receiving photos, using word processing applications and more. A current Takoma Park Maryland Library card is required to access the computers and participate in this class. Limit 4 spaces available.

(New) Crocheting Group ($5) with Sue Bracey/Alice Sims, Art for the People, Tuesdays at 11:00 a.m., Senior Room.
One Session only: September 14th - October 19th
Learn new stitches and work on your projects in a relaxed atmosphere.

Line Dancing ($5) with Barbara Brown, Wednesdays at 10:30 am., Dance Room.
Session 1: September 8th - October 20th; Session 2: November 3rd - December 15th
Exercise can be fun with music and dance while improving stamina and agility.

Ping Pong Skills (table tennis) ($5) with Coach Donn Olsen, Mondays at 12:00 p.m., Game Room.
Session 1: September 13th - October 25th; Session 2: November 1st - December 13th
Come play this fun, energetic game and improve eye-hand coordination. Learn game rules and practice skills.

Tai Chi Strength ($5) with Master Robert Thompson, Tuesdays at 12:00 p.m., Dance room.
Session 1: September 7th - October 19th; Session 2: November 2nd - December 14th.
Meditation and stretching followed by Tai Chi forms for strength and endurance. End with cool down exercises.

Yoga for Healthy Aging ($5) with Carol Mermey, Fridays at 12:00 p.m., Dance Room.
Session 1: September 10th - October 22nd; Session 2: November 5th - December 17th
Gentle chair, floor and standing poses improves strength, flexibility and relaxation using yoga mat (requirement), chair, exercise belt and tennis ball.

Zumba Gold ($5) with Yesika Flores, Wednesdays at 11:45 a.m., Dance Room.
Session 1: September 8th - October 20th; Session 2: November 3rd - December 15th
Classic movements of lower intensity and easy to follow choreography for balance, range of motion and coordination.
Fall 2021 Drop-in Activities - Community Center, 7500 Maple Avenue, Registration not Required

Bingo (Free) Tuesday, 12:00 - 2:00 p.m., Senior Room
September 28th and October 26th. Join your friends and neighbors for the fun. Win a prize. Senior Room. No bingo in November and December.

Senior Room - a great place with comfortable furnishings and a relaxed atmosphere to socialize and read. Computers are available or bring your laptop. Join in activities such as bingo, health screenings, workshops and much more.

Monday - Thursday, 12:00 - 8:00 p.m.     Friday - Sunday, 12:00 - 6:00 p.m.
Food and drinks are not permitted except for City of Takoma Park Recreation Department sponsored events. You need a Takoma Park Library card to access the computers. For more information about the Library cards and computers, please contact the Library at 301-891-7259.

Game Room/Seniors Open Play
Mondays 9:00 a.m. - 12:00 p.m., Tuesdays- Fridays, 9:00 a.m. - 1:00 p.m., and Saturdays, 10:00 a.m. - 12:00 p.m., Free.

Fall 2021 - Recreation Center, 7315 New Hampshire Avenue

Recreation Center update coming soon. Check the Takoma Park Recreation Department website for more information: www.takomaparkmd.gov/government/recreation

City and County Resources and Events

Medicare Update - Thursday, Sept. 30 at 1:00 p.m., for people already on a Medicare plan and in preparation for the open enrollment period that begins in October, the Village of Takoma Park and SHIP will be hosting a Medicare program. The program will be a virtual/Zoom session only. For more information about this program and to register please go to the Village website: villageoftakomapark.com or call 301-318-1923.

The Beacon 50+ Expo 2021: new in-person event Sunday, October 24 at Westfield Montgomery Mall, Bethesda, MD, info@beacon50expo.com and a new virtual zoom event, October 1-November 30, online at beacon50expo.com

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.

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/

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.

Crossroads Farmers Market: Purchase and enjoy fresh produce, baked goods, teas, honey, flowers and much more, Wednesdays, 10:30 a.m. - 2:30 p.m., Anne Street at University Blvd. East. For more information, call 301-615-3806 or go to: crossroadscommunityfoodnetwork.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.

Feed the Fridge: Refrigerators are located outside at the Takoma Park Recreation Center, 7315 New Hampshire Avenue and the Takoma Park Community Center, 7500 Maple Avenue. Fridges are cleaned and re-stocked with free fresh meals each morning by DC area restaurants. (Don’t take a meal if tape is not secure). Walk up and take what you need.