A fabulous Fall season is approaching. Our 2022 classes have been full of patrons movin’ and groovin’ in various programs. We’ve enjoyed socializing with friends and neighbors at the Takoma Park Community Center and at the Takoma Park Recreation Center. And we’re still going strong! We’re expanding the 55 Plus program again this season by adding a fabulous new fitness class called “Rhythmic Drumming” at the Recreation Center, 7315 New Hampshire Avenue starting Tuesday, September 6th. See page 3 for more details. In addition, you’ll continue to enjoy more of your popular favorites in fitness, dance, art, computers and needlework classes. Read on to see some of the new additions to the Forever Young 55+ program coming this fall.

Book Nook - Thanks to Jill Raymond, Library Associate, we’ve added a “books on aging” and related topics review section to the Forever Young newsletters. See page 5 for details.

Coffee and Conversation - an opportunity to meet and greet and let your voices be heard. See page 5 for details.

Learn about Podcasting in a new instructional workshop coming soon. See page 3 for details. We hope you’ll join us for these activities and more. See you soon!

We had a blast in the Spring 2022 Pickleball class in the Recreation Center Gymnasium. We’re looking forward to more Pickleball fun. We’ll offer Open Play time for novice pickleball players Thursdays, 12-2 p.m. in the Gym this Fall until a new class is available. See page 4. Check the Takoma Park Recreation website for class updates: takomaparkmd.gov/government/recreation

★ Please Note: Due to the Library renovation, the Senior Room, Multi-media and Computer Labs are temporarily closed. The 55+ activities that usually take place in those rooms have been moved to other rooms so that we can continue these activities without interruption. As construction continues, parking availability will decrease so please plan accordingly for your class. Library and Community Center renovations may impact classes in the future. Classes could be moved to another location, become virtual or be postponed depending on space availability. We apologize for any inconvenience but we anticipate a beautiful new Takoma Park Maryland Library everyone can enjoy in the future.
Line Dancing ($6) with Barbara Brown
Exercise can be fun with music and dance. Improve stamina and agility. Register for Tues. or Wed., but not both.
Fall session 1: Tuesdays, September 6th - October 18th, 10:30 am., Dance Room. - or -
Wednesdays, September 7th - October 19th, 10:30 am., Dance Room.
Fall session 2: Tuesdays, November 1st - December 20th, 10:30 am. - or -
Wednesdays, November 2nd - December 21st, 10:30 am.

Tai Chi Strength ($6) with Master Robert Thompson
Meditation and stretching followed by Tai Chi forms for strength and endurance and cool down exercises.
Fall session 1: Tuesdays, September 6th - October 18th, 12:00 p.m., Dance Room.
Fall session 2: Tuesdays, November 1st - December 20th, 12:00 p.m.

Yoga for Healthy Aging ($6) with Carol Mermey
Gentle chair, floor and standing poses; improves strength, flexibility, relaxation; yoga sticky mat is required.
One Fall session only: Fridays, September 16th (new starting date) - December 9th, 12:00 p.m. No class 11/11 & 11/25.

Zumba Gold ($6) with Yesika Flores
Classic movements of lower intensity and easy to follow choreography for balance, range of motion and coordination. Register for one in-person class only. Choose the class option best for you.
Fall session 1: Wednesdays, September 7th - October 19th, 11:45 a.m., Dance Room. - or -
Fridays, September 9th - October 21st, 10:00 a.m., Dance Room.
Fall session 2: Wednesdays, November 2nd - December 21st, 11:45 a.m. - or -
Fridays, November 4th - December 16th, 10:00 a.m.
Virtual Zumba Gold Class available, see page 4 for details.
Fall 2022 - Community Center, 7500 Maple Avenue, In-Person Active Classes continued, Registration Is Required!

**New** Qigong 55+ ($6) with Anne Harrison
Qigong is meditation via movement, standing and/or seated, that can benefit participants by lowering stress and anxiety, increasing focus and improving balance and flexibility. It combines breathing, gentle movement and meditation to improve good mental, physical and spiritual health.
**Fall session 1:** Thursdays, September 8th - October 20th, 10:00 a.m., Dance Room.
**Fall session 2:** Thursdays, November 3rd - December 22nd, 10:00 a.m. No class 11/24.

**Fall 2022 - Community Center, 7500 Maple Avenue - In-Person Art & Education, Registration is Required!**

**Arts and Crafts** ($6) with Alice Sims, Art for the People
This course covers a variety of quick art and craft projects. Have fun learning a new skill in class such as decorating glass vases, painting ceramic tiles, creating table decorations and a holiday project.
**Fall session dates:** Mondays, September 19th, October 17th, November 21st, December 12th, 10:00 a.m., Lilac Room

**Computer Skills for Seniors** ($6) with Anne Leveque
This class, in partnership with Takoma Park Library, will offer instruction in basic computer skills including email, safe internet browsing, sending/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 per session.
**Wednesdays, October 26th - November 16th, 10:00 a.m. - 12:00 p.m., location to be determined.**

**Crocheting Group** ($6) with Sue Bracey.
Returning this fall by popular demand. Learn new stitches and work on your projects in a relaxed, social atmosphere. New room location.
**Fall session:** Tuesdays, September 6th - October 11th at 9:30 a.m., Lilac Room.

**New** Podcasting Workshop ($6) with Isaac Asare.
This 90 minute workshop will offer basic instruction in podcasting. Learn about this fun new communication format and get in on the latest trend. No experience required.
**Tuesday, September 6th, 2:00 - 3:30 p.m., Auditorium.**

Fall 2022 - Community Center, 7500 Maple Avenue, Drop-in Activities, Registration is not Required.

**Bingo** - Tuesdays, September 27, October 25th, 12:00 - 2:00 p.m. Room change: Lilac Room.
Join your friends for the fun. Win a prize. No bingo in Nov. & Dec.

**Senior Room** - Temporarily closed due to Library construction.

**Game Room** - subject to change. Mondays - Fridays, 9:00 a.m. - 1:00 p.m., Saturdays, 10:00 a.m. - 12:00 p.m. Free.

**Fall 2022 - Recreation Center, 7315 New Hampshire Avenue - In-Person Fitness, Registration is Required**

**New** Rhythmic Drumming ($6) brought to you by Dance Solutions.
Cardio Fitness Drumming lets the rhythmic beat move you through tapping and drumstick clapping while standing, and/or sitting to exercise your mind and body. No drumming experience required.
**Fall session 1:** Tuesday, September 6th - October 18th, 1:15 - 2:15 p.m., Gymnasium.
**Fall session 2:** Tuesdays, November 1st - December 20th, 1:15-2:15 p.m., Gymnasium.
No class on 11/8/22 gym is an election location.

**Yoga for 55 plus** ($6) with Sarita Lama.
Gentle flow of yoga poses modified to an individual’s needs; improve posture, balance and flexibility and energize the body and spirit for better health and well being. Yoga mat required.
**Fall Session 1:** Canceled per instructor.
**Fall Session 2 only:** Tuesdays, November 15th (new starting date) - December 27th, 12:00 - 1:00 p.m., Gymnasium.
**Fall 2022 Drop-in at the Recreation Center, 7315 New Hampshire Avenue. Registration is not Required, however a fitness pass is required to use the indoor gym for drop-in activities.** The fitness pass is free for ages 55 and older. Register for the pass during business hours. For information call 301-891-7290 or 301-891-7289.

**Indoor Walking Group** (Free) Enjoy indoor laps around the perimeter of the Gymnasium. Registration is not required however a free fitness pass is required. A small seated fitness circle group may be in the center of the gym to share space. No walking on 11/8/22 election location.

**Fall Session 1:** Tuesdays, September 6th - December 20th, 1:15 p.m., Gymnasium. Drop-in.
**Fall Session 2:** Tuesdays, November 1st - December 27th, 1:15 p.m., Gymnasium. Drop-in.

**Pickleball Open Play (free)** - (this time is for Novice Players only—this activity is subject to change).
Join other “new” players for pickleball practice and play in the Gymnasium. No intermediate or advanced players please. Registration is not required however a free fitness pass is required.

**Fall Session 1:** Thursdays, September 8th - October 20th, 12:00 - 2:00 p.m. Gymnasium.
**Fall Session 2:** Thursdays, November 3rd - December 22nd, 12:00 - 2:00 p.m., Gymnasium.

**Fall 2022 Virtual Activities 55 plus - Zoom On-line – Registration is Required.**

**Enhanced Your Fitness** ($6 for class session) with Adriene Buist
A great total body workout with low-impact aerobic movement and gentle resistance training. This virtual class focuses on increasing strength, balance and flexibility through stretching, breathing, core training and proper posture. Seated and standing exercises. Virtual, on-line class.

**Fall session 1:** Tuesdays, September 6th - October 18th at 8:45 a.m.
**Fall session 2:** Tuesdays, November 1st - December 20th at 8:45 a.m.

**Foundational Fitness 55+** ($6 for class session) with Michael Williams
This virtual class is designed to improve health with focus on muscular strength, endurance, flexibility, balance, and coordination exercises (standing/seated) utilizing hand weights. Virtual, on-line class.

**Fall session 1:** Tuesdays/Thursdays, September 6th - October 27th at 10:00 a.m.
**Fall session 2:** Tuesdays/Thursdays, November 1st - December 29th at 10:00 a.m.

**Zumba Gold** ($6 for class session) with Yesika Flores
Classic movements of lower intensity and easy to follow choreography for balance, range of motion and coordination. Virtual, on-line class.

**Fall session 1:** Fridays, September 9th - October 21st, 10:00 a.m.
**Fall session 2:** Fridays, November 4th - December 16th, 10:00 a.m.

**Get Ready for Winter 2023 Class Registration**

**Winter 2023** (Jan.-Mar.) registration begins Tuesday, December 6th for scholarships, Tuesday, December 13th for residents, Tuesday, December 20th for non-residents @ 9:00 a.m. for walk-ins and on-line. See page 2 for “How to Register” information. For information about Scholarship discounts (T.P. residents only), please call the Takoma Park Recreation office at 301-891-7290 or visit the Recreation website: [takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation)

**Inclement Weather Hotline Information**

Please use this hotline on inclement weather days to find out if the Takoma Park Community Center and Recreation Center have a delayed opening or are closed for the entire day.

**Inclement Weather Hotline:** (301) 891-7101 ext. 5605
- or- Go to the City of Takoma Park website: [Takomaparkmd.gov](http://Takomaparkmd.gov)

Scroll down and click on [Takoma Park Alert](http://Takoma Park Alert)
The Book Nook: New Book Reviews, a Library Reading Guide

In partnership with the Takoma Park Library, we are pleased to present a new edition to the Forever Young newsletter. Jill Raymond, Library Associate, will review current and newly published books at the Library that may be of interest to our readers about aging. Let us know what you think about the topics. We would love to hear your opinion. Please feel free to suggest other books you’ve read so we can learn more and enjoy them too. We present the first two book reviews in this series (see below). More from Jill in our next newsletter.

The Takoma Park Library has received several recent books addressing, as one title describes it, “elderhood.” In Breaking the Age Code: How Your Beliefs about Aging Determine How Long and Well You Live, Dr. Becca Levy (School of Public Health, Yale; advisor to WHO) examines two sides of a rather frightening coin. One is new medical evidence showing that older people’s own attitudes and prejudices about aging can actually subtract years from their lives. The other is from research, using newly available tools, showing how old-age stereotypes have become—shockingly—both more negative and more pronounced over the past 200 years. Levy also identifies many sources of prejudice, some ancient, some recent, most starting in childhood, and most propelled, in our day, by what we might call the ageism industrial complex.

Geriatrician Louise Aronson’s Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life starts like this: “This began as an old age book, and then became more than that, including a book about medicine and what it means to be a human being.” It makes a great companion to Breaking the Age Code, and in fact references Levy in the acknowledgments. Aronson tells the stories she acquired throughout her career that taught her what old people actually need, what the medical system offers them, and the enormous chasm that separates the two. Curiously organized around biological stages of human development, with chapters titled “Infant” “‘Tweem” “Young Adult” and so on, the book is a narrative of Aronson’s personal experience with how the medical world interacts with society’s assumptions, clichés and myths about being old. But she leaves breadcrumbs of hope and guidance about how to redefine it, all along the way.

Jill Raymond
Library Associate
Takoma Park Maryland Library
06/30/2022

Morning Mingle - Coffee and Conversation

September is “Strengthening Community Connections” month. We would like to strengthen our connection to the community by inviting residents to join our 55+ Recreation Advisory Group. First initiated in 2008, participants in the Forever Young program were active in discussing trends and bringing their ideas for the 55+ recreation activities or just getting together to chat awhile. The pandemic put this fun group on hiatus but we’re ready to bring it back now. Would you like to join us for morning light refreshments (coffee, tea, goodies) and conversation. No pressure, this is strictly voluntary. Drop-in and let us hear about you and your ideas to make the Forever Young program of activities beneficial and fun for you. We welcome new and past participants. We would like to greet new friends and re-establish old friendships. Paula Lisowski, Seniors Program Manager, will be on hand to meet and greet, and listen to your suggestions. We’ll meet occasionally (more dates/times TBD) at the Takoma Park Community Center. Join us Wednesday, September 14, 2022 @ 9:30 a.m.
Vital Living 55+ in Takoma Park - A New Show Coming Soon!

Vital Living 55+ in Takoma Park is an informative cable show of interviews and presentations. We’ll be taking the show on the road to visit a variety of locations in Takoma Park. See what’s happening in your hometown. Enjoy interviews with local businesses and volunteer organizations. Tune in and stay engaged! More details coming soon. You can find updates and links to shows on the City’s Vital Living 55+ website site: https://takomaparkmd.gov/news/vital-living-55-in-takoma-park/

Want to Teach? We are always looking for qualified and experienced instructors with interesting course ideas for our 55 plus program. Please submit your class proposals to: paulal@takomaparkmd.gov

Gen-Connect: A New Partnership Program Coming Soon!

Gen-Connect - Each one, teach one! Brought to you by a partnership between the Takoma Park Recreation Department and Takoma Park Maryland Library, this program will bridge generations through recreation and education. Participants will experience reciprocal mentorship through cooperative fun and learning! Free Intergenerational workshops. A different activity each week. Open to students in grades 6th-12th and adults ages 55+. More details coming soon.

Takoma Park Recreation Department Special Events Coming Soon!

Monster Bash: Saturday October 29th, 1-7 p.m. - The Takoma Park Recreation Department staff is preparing a host of events for the entire family. Monster Bash will kick off at 1:00 p.m. with games, fun activities, and a Costume Parade. Festivities will end with the Costume Award Ceremony and celebration. For additional information or if you would like to volunteer for this event, please contact John Webster at 301-891-7290, or email johnw@takomaparkmd.gov - In the event of inclement weather, Monster Bash will be moved indoors at Takoma Park Middle School and there will not be any road closures. To receive an update on weather conditions, please call our inclement weather line at 301-891-7101 ext 5605. Due to the nature of this event walking is encouraged.

City and County Resources and Events

Takoma Park Information and Resources (Covid-19 updates) Reopening Schedule: includes information about City offices, facilities and services, passport and notary services, community health, housing and food resources and much more, go to: takomaparkmd.gov/initiatives/project-directory/information-and-resources-covid-19

Covid-19 Vaccines and Boosters Updates: www.GoVaxMoco.com

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.

Senior Planet Montgomery: offering online technology/computer classes via video conferencing (and some in-person). For more information and to view its program offerings, go to www.seniorplanet.org/locations/montgomery or call 240-753-0676.

55+ Activities in Montgomery County: call 240-777-6840 or go online for classes and events at mocorec.com/55

Bone Builders: Free exercise program sponsored by Montgomery County Department of Health and Human Services. For more information go to: www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/bonebuilders

The Beacon 50+ Expo 2022 - Sunday, October 30, noon to 4:00 p.m., Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring, MD 20901. This year is the return of an in-person event including 100+ exhibitors, health screenings, demos, giveaways and door prizes and much more. Keynote speaker: John Kelly, columnist, The Washington Post. For more information: 301-949-9766 or go to: www.thebeaconnewspapers.com/50expos