

**Takoma Park
Recreation Department**
7500 Maple Avenue
Takoma Park, MD. 20912



(301) 891-7290

www.takomaparkmd.gov/government/recreation



City of Takoma Park 301-891-7100

Takoma Park Police Department
Non-Emergency 301-270-1100

Communications Office/City TV
301-891-7118

Housing & Community Development
housing@takomaparkmd.gov
301-891-7119

Takoma Park Library, 301-891-7259
Current temporary location:
7505 New Hampshire Avenue
library@takomaparkmd.gov

Public Works Department
301-891-7633
publicworks@takomaparkmd.gov

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

Holidays - Buildings Closed

Labor Day: September 3rd & 4th

Veteran's Day: November 10th

Thanksgiving: November 23rd - 26th

Christmas: December 22nd-1/2 Day,
23rd, 24th & 25th

Paula Lisowski
Seniors Program Manager
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Takoma Park, MD 20912
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Fall (September-December) 2023 Edition

Issue #51

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Greetings Fabulous Fall!

There may be a chill in the air but we'll keep warm movin' and grovin' to the music in our 55+ fitness classes at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Get cozy and enjoy a series of good mystery books. See the Library's Fall picks on page 6. The fall season is a good time to volunteer and help others in the community. See page 5 for volunteer opportunities with The Village of Takoma Park. Don't forget to join us at the Monster Bash, Saturday, October 28th. See page 4 for details.

Enhance Your Fitness!



Looking for a great total body workout with low-impact aerobic movement and gentle resistance training from the comfort of your home? Join instructor Adriene Buist, in her virtual class focused on increasing strength, balance and flexibility through stretching, breathing, core training and proper posture using a series of seated and standing exercises. See page 3 for details.



Egg Hunt Event April 8, 2023 Memories

Thank you to the following seniors who answered the call for assistance to join the assembly line to fill hundreds of eggs with goodies: Ursula, Darlene, Fran, Sue, Sandy, Tanya, Mary Anne and Trudy. Their efforts added to the success of the event and put smiles on children's faces.



55 Plus Registration Information and Policies - Fall 2023

- Programs take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, or the Takoma Park Community Center, 7500 Maple Avenue unless otherwise noted. Must be **55 or older** to participate in these activities.
- Fee: A one time **\$6** per person per class, unless otherwise noted. For in-person registration, if paying by cash, please bring exact amount of payment. No change is available.
- Refund Policy: Refunds (credit) may be approved with written/electronic notification if received seven (7) business days prior to the start of a class. Send your request to: **recreation@takomaparkmd.gov**
- Advance registration is required for all classes unless otherwise noted. Some classes may be full however a waiting list is available. For more information, please call 301-891-7280 or email: paulal@takomaparkmd.gov
- If a specific class is offered in-person at two different times, you may register for one class only, not both classes.
- **All activities are subject to change. Go to www.takomaparkmd.gov/government/recreation for updates.**
- **Please Note: Due to the Library Renovation, all fitness classes currently take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue.**

Please choose one of the options below to register for classes and events:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/government/recreation, click on the ActiveNet registration logo. An email address and ActiveNet password is needed to login to ActiveNet.
2. In person at either location during specific regular business hours:
Takoma Park Community Center, 7500 Maple Ave. or Takoma Park Recreation Center, 7315 New Hampshire Ave.

The fitness class program is designed for active independent adults, age 55 and older. Each class requires a substantial amount of physical movement, walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before participating in fitness classes.

Fall 2023 - Recreation Center, 7315 New Hampshire Avenue - In-Person Fitness, Registration is Required**Line Dancing (\$6) with Barbara Brown**

Exercise can be fun with music and dance. Great mental and physical exercise. Strengthen bones and muscles and improve stamina and flexibility. No experience necessary. Register for Tues. or Wed., but not both.

**Fall 2023 session: Tuesdays, September 12th - December 12th, 10:30 am., Gym - or -
Wednesdays, September 13th - December 13th, 10:30 am., Gym.**

**Qigong 55+ (\$6) with Anne Harrison**

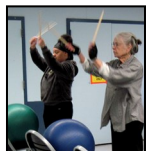
Qigong is meditation via movement, standing and/or seated, that can benefit participants by lowering stress and anxiety, increasing focus and improving balance and flexibility. It combines breathing, gentle movement and meditation to improve good mental, physical and spiritual health. No class 11/23/23.

Fall 2023 session: Thursdays, September 14th - December 14th, 10:00 a.m., Back Activity Room.



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 2023 session: Tuesdays, September 12th - December 12th, 1:15-2:15 p.m., Back Activity Room.

**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 2023 session: Tuesdays, September 12th - December 12th, 12:00 p.m., Back Activity Room.

**Yoga 55+ (\$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 2023 Session: Tuesdays, September 12th - December 12th, 12:00 - 1:00 p.m., Gym.



Continued- Recreation Center, 7315 New Hampshire Avenue- In-Person Fitness, Registration is Required

Yoga for Healthy Aging (\$6) with Carol Mermey

Gentle chair, floor and standing poses; improves strength, flexibility, relaxation; yoga sticky mat is required.

Fall 2023 session: Fridays, September 15th - December 15th, 12:00 p.m., Back Activity Room. No class 11/10 & 11/24.



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 2023 session: Wednesdays, September 13th - December 13th, 11:45 a.m., Gym - or -

Fridays, September 15th - December 15th, 10:00 a.m., Gym. No class 11/10 & 11/24.



Fall 2023 Drop-in at the Recreation Center, 7315 New Hampshire Avenue. *Registration not Required, however a free pass for 55+ required to use the gym. Acquire pass at the front desk of the Recreation Center.



Indoor Walking Group* (Free) indoor laps around the perimeter of the Gymnasium. Go at your own pace.

Fall 2023 Session: Tuesdays, September 12th - December 12th, 1:15 p.m., Gym. Drop-in.

Pickleball Open Play* (free)

Join other “new” players for pickleball practice and play in the Gymnasium. This activity is geared toward beginner players.

Fall 2023 Session: Thursdays, September 14th - December 14th, 12:00 - 2:00 p.m. Gym. No open play 11/23/23.



Fitness Room* - The Fitness Room reopened, Monday, October 17, 2022. Stop by the Recreation Center (7315 New Hampshire Avenue) and see for yourself. The Fitness Room features a variety of fitness equipment such as upright bikes, recumbent bikes, treadmills, lat pull-down, chest press, leg extension, leg curl machines and much more.

Monday - Friday (55+ only)

10:00 - 2:00 p.m.

Monday - Friday

2:30 - 9:00 p.m.

Saturdays

8:00 a.m. - 5:00 p.m.

Sundays

Closed

Fall 2023 Virtual Fitness Activities 55 plus - On-line – Registration is Required.

Enhanced Your Fitness/virtual (\$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 2023 session: Tuesdays, September 12th - December 12th, 9:00 a.m.



Foundational Fitness 55+/virtual (\$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 2023 session: Tuesdays/Thursdays, September 12th - December 14th, 10:00 a.m.



Zumba Gold/virtual (\$6 for class session) with Yesika Flores

Classic movements of lower intensity and easy to follow choreography for balance, range of motion and coordination.

Fall 2023 session: Fridays, September 15th - December 15th, 10:00 a.m.

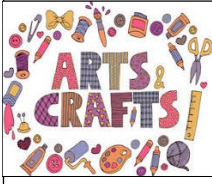


Fall 2023 Class Registration



Fall 2023 (September-December) registration begins **Tuesday, August 8th** (scholarships, residents only), **Tuesday, August 15th** for residents, **Tuesday, August 22nd** 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, call the Takoma Park Recreation office at 301-891-7290 or go to recreation website: takomaparkmd.gov/recreation

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

Fall 2023 - Community Center, 7500 Maple Avenue, In-Person Art Classes - Registration Is Required!**Arts and Crafts (\$6) with Alice Sims, Art for the People**

These classes cover a variety of quick art and craft projects. Have fun learning a new skill such as decorating glass vases, painting ceramic tiles, creating table decorations and holiday projects. This class has moved to Wednesdays.

Fall 2023 session: Wednesdays, September 20, October 18th, November 15th and December 13th, 10:00 a.m., Lilac Room. This activity is subject to change due to Library construction.



Tea Party Anyone? The last Spring Arts and Crafts Workshop Project was making ceramic teacups, painting, glazing and firing in the kiln, then the participants joined together for tea and cookies. Lot of fun! See you in the Fall workshops.

Fall 2023 - Community Center, 7500 Maple Avenue, Drop-in Activities, Registration is not Required.

B	I	N	G	O
4	21	35	47	63
1	19	37	50	72
10	24	Free	51	61
6	23	40	55	69
3	21	41	49	74

Bingo (Free) - with activity host Paula Lisowski

Join your friends for fun games of Bingo and win a prize. Drop-in. Free.

Tuesdays, September 26th and October 24th, 12:00 - 2:00 p.m., Lilac Room, Takoma Park Community Center (this activity is subject to change due to the Library construction).

**Game Room/Table Tennis (Ping Pong) Open Play – Free**

Join others to play this fun energetic game. A great way to improve eye-hand coordination, keep the body healthy and the mind sharp. Free.

Fall Schedule: Mondays - Fridays, 9:00 a.m. - 1:00 p.m., and Saturdays, 10:00 a.m. - 12:00 p.m. This activity is subject to change due to the Library construction.

Senior Room - Temporarily closed due to Library construction.

Recreation Department Special Events Coming Soon!

Monster Bash: Saturday October 28th, free - 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., Takoma Park Middle School, 7611 Piney Branch Road, parking lot, 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, especially to be a judge for the event, please contact Chris Parker at christopherp@takomaparkmd.gov or call 301-891-7290. 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.

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

Scroll down and click on **Takoma Park Alert**

**TAKOMAPARK
ALERT**

WEATHER • EMERGENCY INFO • TRAFFIC



Highlight on the Community - Village of Takoma Park

Neighbors Helping Neighbors - The Village of Takoma Park is a nonprofit established in 2014 as part of a nationwide movement to support aging in place. The Village provides intergenerational support to adults 55+ or with disabilities who wish to live actively in our community.

Membership:

The Village seeks to be intergenerational! While most *services* offered are limited to adults 55 and over or with disabilities who live in Takoma Park, the Village welcomes anyone age 18 and over to join, regardless of residency. The Village stands out among the 74 villages in the Washington Metropolitan area for its low dues and the diversity of its membership. Yearly dues are \$25, affordable regardless of income level.

Membership Services:

The Village provides free transportation, the most heavily used service, with 4,700 rides given since 2015 for medical appointments, religious services, grocery shopping and other vital trips. Check out the 4-minute video at youtu.be/9bEZ-RvFk7w and the Village website to see the rewards of volunteering to be a driver. Volunteers also perform errands for Villagers, act as walking partners, provide small home repairs and tasks such as changing a hard-to-reach lightbulb, fixing a leaky faucet, and assisting with basic technology issues. These are great opportunities for anyone looking for a flexible way to volunteer in the community.

Programs and activities:

Monthly events (sometimes called “Aging Well” events) are offered either virtually or in person. Topics cover a wide range -- avoiding scams, bringing clutter under control, making photo books, addressing hearing loss, getting proper nutrition, traveling by armchair, and much more. Many of these topics are of general interest, not just aimed at seniors, and are free and open to all. The Village has future plans to resume in-person outings that offer both enrichment and socialization. In addition, the Village hosts a walking group, a popular 12-week Stronger Memory Program, an LGBTQ Seniors Group co-hosted with Silver Spring Village, and POSNA, a support group for parents of special needs adults. Volunteers are welcome to lead other interest groups.

Sharing information:

The Village is dedicated to sharing information about services, resources, and events of interest to its members. Anyone can sign up to receive a quarterly newsletter via email (or snail mail upon request, for members only) and occasional email “news alerts.” Click on “Add me to your mailing list” on the Village website (villageoftakomapark.com), where you’ll also find a “Links and Resources” section, calendar of Village events, and announcements.

The future:

The Village’s ability to accomplish its mission depends on a cadre of committed volunteers and the generosity of donors and grants, but its future is not guaranteed. Especially critical, along with increased funding, is the need for community members to step into leadership roles on its board. Membership on the board requires a willingness to attend a monthly meeting (via Zoom), a belief in the mission of the Village, an interest in serving the community, and an ability to devote several hours a month to committee work. Current needs include someone to chair a membership committee and someone with grant-writing experience. Past board members have found this a rewarding way to serve the wider community, and have appreciated the chance to meet people from outside their usual circles.



For more information about the Village or to get involved, please visit the website villageoftakomapark.com, or email villageoftp@gmail.com, or call 301-646-2109.



The Book Nook: New Book Reviews, a Library Reading Guide

In partnership with the Takoma Park Library, Jill Raymond, Library Associate, will review current and newly published books at the Library that may be of interest to our readers. We present the fourth review in this series below. More from Jill in our next newsletter.

How about some engaging, dramatic—and truly funny—fiction involving four crime-solvers who are residents at a retirement village in the UK? Unlike some novels combining humor and old age that devolve into caricature, not all of it kind, these four folks could be our friends . . . if our friends each had a specific talent for solving murders. The Thursday Murder Club gathers each week in the Jigsaw Room to go over clues about a recent unresolved death in the area. They team up with a brace of just-slightly-goofy detectives in the local constabulary—after all, they need the authority of the law now and then—but mostly they just concoct their own investigations. The stories offer an alternative take on being old. Three of the four are now single or widowed, and one lives with her husband, who is in the early stages of dementia though still a world-class chess player. The humor seeps in and around the characters' frailties, strengths, oddities, and the kind of bonds with one another that allow for nurturing and chastising in appropriate measures. We get glimmers of deep self-awareness among these four, along with moments when it fails utterly. So normal! The combining of substance, drama, and insight into aging, along with belly laughs, make this series unique.

By Richard Osman:

- 1: The Thursday Murder Club
- 2: The Man Who Died Twice: a Thursday Murder Club mystery
- 3: The Bullet That Missed: a Thursday Murder Club mystery

Jill Raymond, Library Associate, Takoma Park Library
7505 New Hampshire Avenue (new temporary location)
Library Front Desk 301-891-7259

Library News: Coming Soon - Free Computer Skills instruction!



The Library will offer free one-on-one coaching in computer skills for everyone, such as the basics of using the internet, setting up email, editing photos, and more. Call the Library at 301-891-7259 to set up a time to come in and let the Computer Center staff help you. Library and Computer Center hours are: Monday - Thursday, 10:00 a.m. - 8:00 p.m. and Friday - Sunday, 12:00 p.m. (noon) - 6:00 p.m.

City and County Resources and Events

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.

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

The Village of Takoma Park - provides support services to seniors and persons with disabilities who wish to live actively in the Takoma Park community. For more information, go to: villageoftakomapark.com or call 301-646-2109.

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

Veterans Day - Honoring Those Who Served



Veterans Day is a U.S. legal holiday dedicated to American veterans of all wars who served their country honorably during war or peacetime. Originally known as Armistice Day, after World War II and the Korean War, the federal holiday became Veterans Day in the United States and is celebrated on the 11th Day of November. In the United States, an official wreath-laying ceremony is held in Arlington Virginia, while parades and other celebrations are held in states around the country.