

**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



July is Park and
Recreation Month.
See page 5 for details.

Holidays - Buildings Closed

Memorial Day: May 28th & 29th

Juneteenth: June 19th

Independence Day: July 4th

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
paulal@takomaparkmd.gov
Phone: (301) 891-7280 Office

Spring/Summer (April-August) 2023 Edition Issue #50

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Greetings Spring and Summer!

A wonderful new season is before us and more activities are coming to the Forever Young 55+ program throughout the year. A variety of workshops are happening this spring. See page 6 for details. In addition, we'll be coordinating with the youth summer camp to keep 55+ fitness classes going through the summer at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. We'll continue to enjoy socializing with friends and neighbors while movin' and grovin' to the beat of the music. See you soon.

Summer Camp is Back!

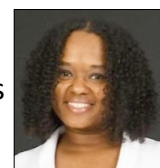


Due to a number inquiries, we're offering a great opportunity to quickly learn how to play the fastest growing sport in the country in our premier Pickleball Camp! What is this sport and how do you play it? You'll learn that in this camp for beginners. We'll provide a morning and a separate afternoon instruction group so more people have a chance to learn. Select the time of day that is the best fit for your schedule. The last day we will all meet up for combined game play, food and fun! See page 7 for details.

Rhythmic Drumming - Moving to the Beat is a Treat!



Looking for something a little more active? Have you checked out this wonderful cardio class for strengthening arms and legs while keeping a rhythmic beat? Then you'll like this class beginning Tuesday, April 11th, 1:15 p.m. at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. See page 2 for details. Cheerfully taught by Talia Hamiel, a Dance Solutions instructor, this class is the kind of fun workout you'll look forward to each week. Dance Solutions is a company owned and operated by Nysia Wilhite, a former professional dancer turned teacher and entrepreneur. Dance Solutions is operating in over 30 locations across the state of Maryland and surrounding states with the goal of providing fitness and dance opportunities for all ages. Look for more Recreation Department classes in partnership with Dance Solutions.



Nysia Wilhite

55 Plus Registration Information and Policies - Spring/Summer 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.

Spring/Summer 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.

**Spring 2023 session: Tuesdays, April 11th - June 13th, 10:30 am., Gym - or -
Wednesdays, April 12th - June 14th, 10:30 am., Gym.**

**Summer 2023 session: Tuesdays, July 11th - August 15th, 10:30 am., Gym - or -
Wednesdays, July 12th - August 16th, 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.

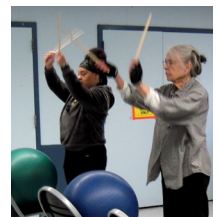
Spring 2023 session: Thursdays, April 13th - June 15th, 10:00 a.m., Back Activity Room.

Summer 2023 Session: Thursdays, July 13th - August 17th, 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. Instructor: Talia Hamiel. No class 5/16/23.

Spring 2023 session: Tuesdays, April 11th - June 13th, 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.

Spring 2023 session: Tuesdays, April 11th - June 13th, 12:00 p.m., Back Activity Room.

Summer 2023 session: Tuesdays, July 11th - August 15th, 12:00 p.m., Back Activity Room.



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

Spring 2023 Session: Tuesdays, April 11th - June 13th, 12:00 - 1:00 p.m., Gym.

Summer 2023 Session: Tuesdays, July 11th - August 15th, 12:00 - 1:00 p.m., Gym.


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

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

Spring 2023 session: Fridays, April 14th - June 16th, 12:00 p.m., Back Activity Room.

Summer 2023 session: Fridays, July 14th - August 18th, 12:00 p.m., Back Activity Room.


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.

Spring 2023 session: Wednesdays, April 12th - June 14th, 11:45 a.m., Gym - or -

Fridays, April 14th - June 16th, 10:00 a.m., Gym.

Summer 2023 session: Wednesdays, January 11th - March 15th, 11:45 a.m., Gym - or -

Fridays, July 14th - August 18th, 10:00 a.m., Gym.



Spring/Summer 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.

Spring 2023 Session only (no summer): Tuesdays, April 11th - June 13th, 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.

Spring 2023 Session only (no summer): Thursdays, April 13th - June 15th, 12:00 - 2:00 p.m. Gym.



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

Spring/Summer 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.

Spring 2023 session: Tuesdays, April 4th - June 13th, 11:00 a.m.

Summer 2023 session: Tuesdays, July 11th - August 15th, 11:00 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.

Spring 2023 session: Tuesdays/Thursdays, April 4th - June 15th, 10:00 a.m.

Summer 2023 session: Tuesdays/Thursdays, July 11th - August 24th, 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.

Spring 2023 session: Fridays, April 14th - June 16th, 10:00 a.m.

Summer 2023 session: Fridays, July 14th - August 18th, 10:00 a.m.

Spring/Summer 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.



Spring 2023 session: Mondays, April 10th and May 8th, 10:00 a.m., Lilac Room.

This activity is subject to change due to Library construction.

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

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4	21	35	47	63
1	19	37	50	72
10	24	7e	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, April 25th, May 23rd, June 27th, 12:00 - 2:00 p.m., Lilac Room, Takoma Park Community Center (this location 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.

Spring Schedule: Mondays - Fridays, 9:00 a.m. - 1:00 p.m., and Saturdays, 10:00 a.m. - 12:00 p.m.

Summer Schedule: Mondays - 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.

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

Spring and Summer 2023 Class Registration

Spring/Summer 2023 (April-August) registration begins **Wednesday, March 8th** (scholarships, residents only), **Wednesday, March 15th** for residents, **Wednesday, March 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

Recreation Department Special Events Coming Soon!

Fitness Expo - Saturday, April 1st, 10:00 a.m. - 1:00 p.m., free, Takoma Park Recreation Center, 7315 New Hampshire Avenue. Come join us for an exciting day for all ages that will include demonstrations from our fitness programs as well as presentations from our local community health and wellness organizations. For additional information or if you would like to volunteer for this event, please contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov



Annual Egg Hunt - Saturday, April 8th, 10:00 a.m., free - Get your baskets ready and join the Takoma Park Recreation Department for an "egg" citing time! Four age categories: 2 & under, 3-4 years old, 5-6 years old, and 7-8 years old. Games will begin at 10:00 a.m. and the egg hunt will begin at 11:00 a.m. SHARP, so don't miss out! Check the website for more details leading up to the event! 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

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

**TAKOMAPARK
ALERT**

WEATHER • EMERGENCY INFO • TRAFFIC

Forever Young 55+ Special Activities Coming Soon!



Get-Together, Senior Advisory Group - First initiated in 2008, participants in the Forever Young program were active in discussing trends and ideas for the 55+ recreation program or just getting together to chat awhile and we're happy to bring it back now. Drop-in and let us hear about you and your ideas. 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. Next meeting:

Monday, May 15th, 2023 @ 11:00 a.m., Lilac Room, Takoma Park Community Center, 7500 Maple Avenue.
(Date and location subject to change).



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/>



Gen-Connect - Each one, teach one! This intergenerational programs is 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.



July is National Park and Recreation Month - Where Community Grows



Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — that maintain our country's local, state and community parks.

We are proud to announce the **2023 Park and Recreation Month theme**, as voted by NRPA members: **"Where Community Grows."** This July, we celebrate the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities.

Park and recreation professionals make a positive impact on the lives of our community members every single day bringing the benefits parks and recreation to our community.

Spectacular Spring Workshops and Presentations!

Join us from the comfort of your home. All these presentation are virtual, on-line!

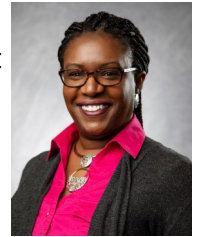
HEALTH & WELLNESS

Aging with Confidence: Using Your Strengths to Make Every Moment Count

Are you interested in exploring ways in which a positive mindset can help you unleash different possibilities for your life? Join us as we explore ways to improve personal efficacy and satisfaction by completing an activity to help you identify your top 5 character strengths. Learn to use these strengths to age with confidence. On-line or in-person registration is required with the Recreation Department. The link will be sent to registered participants. **\$6** per person.

Presenter: Cynthia Luna, Certified Health and Wellness Coach.

Monday, April 17, 11:00 a.m. - 12:00 p.m.



Why So Serious? The Value of Humor and Play for Overall Well-being

Did you know that laughter and play have physical benefits such as improving heart health, lowering blood pressure, boosting pain tolerance, boosting immunity and improving sleep. Laughter and play also have psychological benefits including reducing stress, boosting memory and improving social relationships. Participants will engage in light-hearted exploration of the many benefits associated with humor and play to improve overall well being. On-line or in-person registration is required with the Recreation Department. The link will be sent to registered participants. **\$6** per person.

Presenter: Cynthia Luna, Certified Health and Wellness Coach.

Monday, May 1, 11:00 a.m. - 12:00 p.m.

MULTIMEDIA EDUCATION WORKSHOPS

Intro to Podcasting

Learn a step-by-step guide to producing a podcast. Learn to brainstorm ideas, script, produce, and distribute a podcast. On-line or in-person registration is required with the Recreation Department. The link will be sent to registered participants. **\$6** per person.

Presenter: Isaac Asare

Tuesday, April 18, 4:00 p.m. - 5:30 p.m.



Digital Savvy

This workshop will cover social media etiquette, avoiding internet scams and protecting personal information online. On-line or in-person registration is required with the Recreation Department. The link will be sent to registered participants. **\$6** per person.

Presenter: Isaac Asare

Tuesday, May 2, 4:00 p.m. - 5:30 p.m.

Smartphone Photos/Videos

Improve your photo and video skills using your smartphone. Learn how to properly frame and capture photos and videos using your camera. On-line or in-person registration is required with the Recreation Department. The link will be sent to registered participants. **\$6** per person.

Presenter: Isaac Asare

Tuesday, May 16, 4:00 p.m. - 5:30 p.m.



Pickleball Camp for Beginners 2023!

Camp Dates: Monday, August 21 - Friday, August 25

Pickleball Camp Time: 10:00 a.m. - 3:00 p.m.

Morning Court Training Time: 10:00 AM - 12:00 PM

Afternoon Court Training Time: 1:00 PM - 3:00 PM

Location: Takoma Park Recreation Center

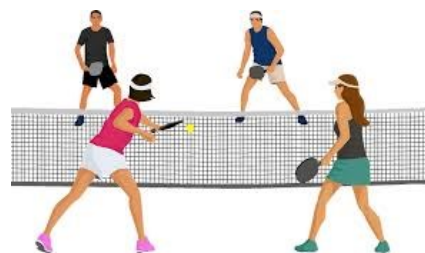
7315 New Hampshire Avenue

Cost: \$95 Residents; \$105 Non-Residents



Welcome to Forever Young's Summer Camp for adults 55 plus. Our 2023 camp is all about Pickleball! This active sport is growing more popular everyday. Do you feel left out of the fun and what to join your neighbors and friends on the pickleball courts? We are looking for beginners. If you never picked up a pickleball paddle, and had no professional training, no problem, this camp is for you. Learn the basics of the sport and practice with other people who are new to this activity. You'll enjoy a week designed to expand your skills and knowledge while having fun. Put on your athletic shoes and join us. We provide the basic equipment. For a one-time registration fee you'll have access to the entire week. Activities will take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, Takoma Park, MD 20912. Activities take place each day between the hours of 10 a.m.- 3 p.m. General activities half day and court training half day. We'll split the day into two separate court training groups morning 10 a.m.-12:00 a.m. and afternoon 1:00 - 3 p.m. Choose your training time of day preference. Maximum 9 students per time slot. Friday will be a special day for both groups to play in a no-stress, fun mini-tournament with prizes. Lunch is provided on the last day 8/25 (vegetarian option available).

Register on-line or in person. Limited space so register early. See page 2 for general registration information. "Registered" campers will receive the 2023 "Pickleball Camp for Beginners" brochure with the detailed activity itinerary.



Monday August 21st 10AM-3PM	Tuesday August 22nd 10AM-3PM	Wednesday August 23rd 10AM-3PM	Thursday August 24th 10AM-3PM	Friday August 25th 10AM-3PM
10:00AM-12:00PM Morning Group	10:00AM-12:00PM Morning Group	10:00AM-12:00PM Morning Group	10:00AM-12:00PM Morning Group	10:00AM - 3:00PM Mini-Tournament and Luncheon.
1:00PM - 3:00PM Afternoon Group	1:00PM - 3:00PM Afternoon Group	1:00PM - 3:00PM Afternoon Group	1:00PM - 3:00PM Afternoon Group	Let's Party and Celebrate!



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 third review in this series below. More from Jill in our next newsletter.

Two books in the library's collection speak directly to the soul of caregiving as it relates to elders with serious disabilities. One is, in fact, titled *The Soul of Care: the Moral Education of a Husband and a Doctor*, 2019, by Arthur Kleinman. The author is a psychiatrist and medical anthropologist—unique preparation for taking care of his wife with early-onset Alzheimer's. That journey brought him to some poignant and bracing insights on the mostly unmet needs of family caregivers. It also showed him new avenues of thinking about aging and disability and caregiving. He courageously calls out American medicine for its failure-by-design: "In the 1960s and '70s, big business and big government began to take over whole domains of practice . . . convert[ing] physicians and nurses and other health services personnel from independent professionals into a vast army of wage-laborers. Health care became a product." His stories, of his wife's trajectory and that of clients/patients, include reflections that point a new way forward. 362.1 Kleinman

Creative Care: A Revolutionary Approach to Dementia and Elder Care, by MacArthur "Genius" Award recipient Anne Basting describes ways that she and others have tried to infuse the arts, especially theater, into care and support for elders with disability and/or dementia. Her program TimeSlips trains facilitators and organizes programs all over the world to change the experience of aging. This book describes her personal process of grasping elders' needs to be really seen, really heard, and met where they are—wherever that is. 618.831 Basting

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 and Computer Center will offer free one-on-one coaching in computer skills for everyone. If you are interested in learning the basics of using the internet, setting up email, editing photos, and more, please 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.



Community Get-togethers



Come join us - Anyone interested in meeting up with other adults to play games like Pictionary, Charades, Scrabble, and more? Some of your neighbors are looking for others to join them daytime during the week. If you're interested, for more information and meet-up details, please contact **Tanya DeKona at 301-385-3619** or email: **tdekona@hotmail.com**

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.