

**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 MD 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 Office
301-891-7290
Current temporary location:
7505 New Hampshire Avenue
Inside the Takoma Park Library
recreation@takomaparkmd.gov

Holidays - Buildings Closed

New Year's Day: 12/31 & 1/1
Martin Luther King Day: 1/14 & 1/15
President's Day: 2/18 & 2/19

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7505 New Hampshire Avenue
Takoma Park, MD 20912
paulal@takomaparkmd.gov
Phone: (301) 891-7280 Office

Winter (January-March) 2024 Edition

Issue #52

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Hello Wonderful Winter!

"The color of springtime is flowers; the color of winter is in our imagination." - Terri Guillemets

Imagine how enjoyable the winter will be when you join your friends in your favorite activities: Line Dance, Zumba Gold, Qigong, Rhythmic Drumming, Yoga, Tai Chi and more. The weather may be cold outside but we'll stay warm at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Indoor walking is back! According to an Italian proverb, "They who sing through the summer must dance in the winter." So let's dance! 2023 was the 50th anniversary of Hip Hop and we are honoring it with a new addition to the 55+ active programs - Hip Hop Move N' Groove. No experience required. See page 2 for details. Winter is the time to get cozy and enjoy a good read. See the Library's Winter picks on page 6. Don't forget to join us at our annual Egg Hunt event in March and the Fitness Expo in April. See page 4 for details.

Pickleball Anyone?



We had a great time in our 2023 Summer 55+ Pickleball Camp for Beginners, August 21st - 25th. We're ready to play and use our new skills. See page 5 for more.

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



55 Plus Registration Information and Policies - Winter 2024

- Programs take place at the Takoma Park Recreation Center, 7315 New Hampshire 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.

Winter 2024 - Recreation Center, 7315 New Hampshire Avenue - In-Person Fitness, Registration is Required.**(New) Hip Hop Move N' Groove (\$6) with Kokoe Divine**

This dance class gives participants a beat to start their day! Easy-to-follow Hip hop, Jazz, lyrical, and modern choreography that focuses on balance, range of motion and coordination. No equipment is needed.

Thursdays, January 18th - March 7th, 11:30 a.m., Back Activity Room.

**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.

Tuesdays, January 9th - March 12th, 10:30 am., Gym - or -

Wednesdays, January 10th - March 13th, 10:30 am., Gym.

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

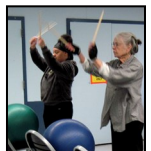
Qigong is meditation via movement, standing and/or seated, that can benefit participants by lowering stress and anxiety, increasing focus and improving balance and flexibility. It combines breathing, gentle movement and meditation to improve good mental, physical and spiritual health.

Thursdays, January 11th - March 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.

Tuesdays, January 9th - March 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.

Tuesdays, January 9th - March 12th, 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.

Tuesdays, January 9th - March 12th, 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.

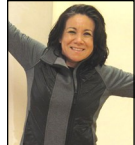
Fridays, January 12th - March 15th, 12:00 p.m., Back Activity Room.

**Zumba Gold (\$6) with Yesika Young**

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.

Wednesdays, January 10th - March 13th, 11:45 a.m., Gym - or -

Fridays, January 12th - March 15th, 10:00 a.m., Gym.



Winter 2024 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.

Tuesdays, January 9th - March 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.

Thursdays, January 11th - March 14th, 12:00 - 2:00 p.m. Gym.



Fitness Room* - 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.

Tuesday & Thursday (55+ only)
12:00 - 2:00 p.m.

Monday - Friday
2:30 - 9:00 p.m.

Saturdays
9:00 a.m. - 5:00 p.m.

Sundays
Closed

Winter 2024 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.

Tuesdays, January 9th - March 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.

Tuesdays/Thursdays, January 9th - March 14th, 10:00 a.m.

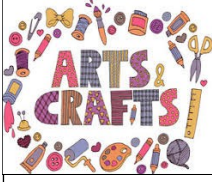
**Zumba Gold/virtual (\$6 for class session) with Yesika Young**

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

Fridays, January 12th - March 15th, 10:00 a.m.



Winter 2024 (January-March 2024) registration begins **Wednesday, December 8, 2023** for scholarships (residents only), **Wednesday, December 15, 2023** for residents, **Wednesday, December 21, 2023** for non-residents, at 12:00 p.m. (new time) 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 the website: takomaparkmd.gov/recreation

Winter 2024 - 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.

January 17th, February 21st, March 20th 10:00 a.m., (Due to the Library construction, this activity has been relocated to the Heffner Park Center, 42 Oswego Avenue, Takoma Park.



Ceramics creativity! The Fall 2023 Arts and Crafts Workshops were all about ceramics: painting, glazing and firing in the kiln. Participants made mugs, cups, vases, plates, and much more. Lot of fun! See you in the Winter workshops.

Winter 2024 - 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, January 23rd, February 27th, March 26th, 12:00 - 2:00 p.m.

Takoma Park MD Library, 7505 New Hampshire Avenue (Due to construction, this activity has been relocated to the Library, 7505 New Hampshire Avenue).

**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.

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!

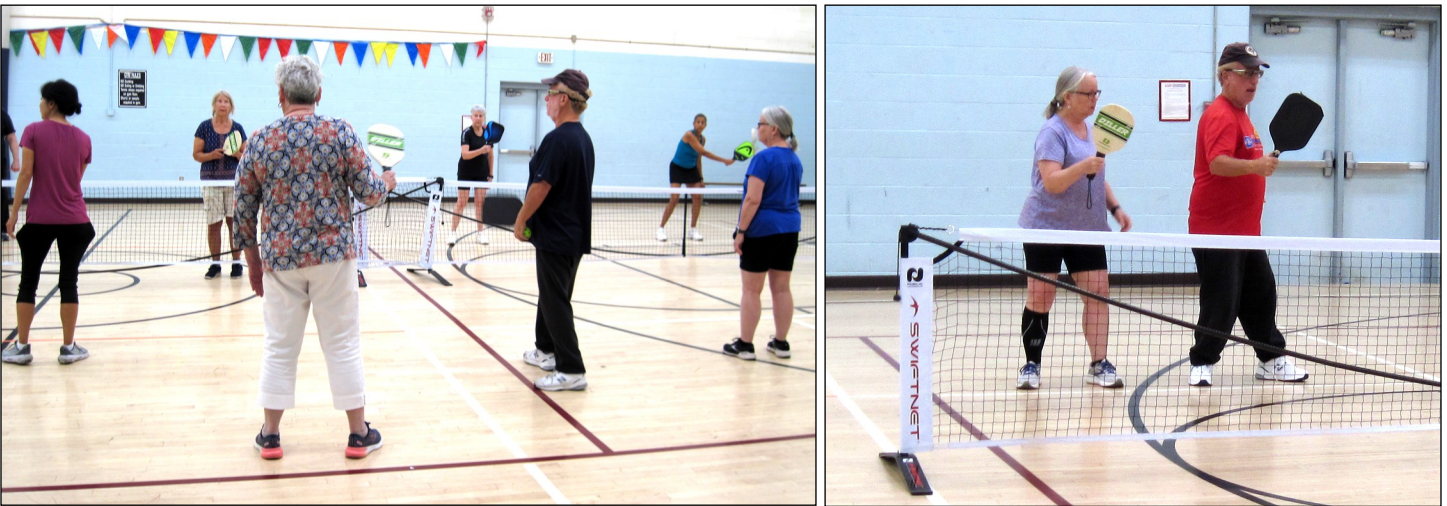
Annual Egg Hunt, Saturday, March 23: Get your baskets ready and join the Takoma Park Recreation Department for an "egg" citing time! There are 4 age categories: 2 & under, 3-4 years old, 5-6 years old, and 7-8 years old. Games will begin at 10:00am and the hunt will begin at 11:00 a.m. SHARP!. Don't miss out. Don't forget to bring your basket to Ed Wilhelm Field (behind Piney Branch Elementary School) for a morning of fun. We will be collecting the eggs at the end of the event to reuse next year. Due to the nature of this event, walking is encouraged. For additional information or if you would like to volunteer, please contact Chris Parker at christopherp@takomaparkmd.gov

**Health
Wellness
Fitness
EXPO**

Annual Fitness Expo, Saturday, April 6: The Takoma Park Recreation Center staff is preparing for our annual Fitness Expo at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, 10:00 a.m. - 2:00 p.m. Join us for an exciting day that will include demonstrations from our fitness programs as well as presentations from local community health and wellness organizations. For additional information or if you would like to volunteer, please contact Vincent Cain at 301-891-7289, vincentc@takomaparkmd.gov



Pickleball student Peg with instructors Steve and Maya. Our enthusiastic pickleball class had fun learning and playing the sport.



Double court instruction and play for mornings and afternoons during the week at the Takoma Park Recreation Center Gym.



Happy pickleball sport bag winner! We enjoyed an "end of camp" party including a catered lunch from the Olive Lounge Restaurant.



The Book Nook: Book Reviews, a Library Reading Guide

In partnership with the Takoma Park Library, Jill Raymond, Library Associate, is reviewing current and newly published books that may be of interest to our readers. Another review in our next newsletter.

Sky Above Clouds: Finding our Way through Creativity, Aging, and Illness

Authors: Wendy Miller, Gene Cohen, and Teresa Barker (2016)

The Measure of Our Age: Navigating Care, Safety, Money; Meaning Later in Life

Authors: M.T. Connolly (Elder Justice Initiative, US DOJ) (2023)

Two new items in our elders' collection offer guideposts for navigating aging, illness, caregiving, and creative living in later life, in contrasting formats. *Sky Above Clouds*, the joint product of an artist/therapist and her geriatrician/scientist husband as they made their way through his metastatic prostate cancer, is part journal, part research report, and part memoir. *The Measure of Our Age* is divided into informational sections: 1) basic challenges 2) the hard stuff: when systems--bodily and governmental--go awry, and 3) change-making, in law and society. Connolly's observations about the American pre-occupation with independence and self-sufficiency, which she contrasts with a more thoughtful inter-dependence, felt spot-on. She also notes our country's failure to build the infrastructure we need to age well. These volumes touch on the major issues confronting everyone in later life: health and illness, money questions, caregiving burdens both from the receivers and the providers view, and the ongoing need to live as well as ones body/mind allows. One is personal, direct, immediate, and the other more of a true guidebook, but each illuminates similar ground with different kinds of light. Both books weave social and cultural insights, and the dire need for changes in the law and in our social constructs around aging, throughout their narratives.

Jill Raymond, Library Associate, Takoma Park Library

7505 New Hampshire Avenue (new temporary location)

Library Front Desk 301-891-7259

Library News: Free Computer Skills instruction!



The Library offers 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.

"Free" Drop-in Library Programs



Crochet and Cozies - Monday mornings January 8th, 22nd and 29th at 10:30 a.m. - Knitting, crochet, loom knitting and all sorts of fiber arts, from beginners to advance. If you never worked with yarn, there is an excellent instructor. Yarn and tools provided. If you would like to donate knit or crochet items, please drop off donation items at the Takoma Park MD Library to be passed on to Tommy's Pantry and Small Things Matter.



Spanish/English Conversation - Thursday evenings at 6:30 p.m. - An intercambio, language exchange, for people who want to practice Spanish and/or English. All levels welcome, beginner to advanced.

These two programs take place at the Takoma Park Library, 7505 New Hampshire Avenue, Takoma Park, MD 20912. For more information about these activities, please email Rebecca Brown, Coordinator of Public Services at rebeccab@takomaparkmd.gov

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.

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.

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