

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



(301) 891-7290

[www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)



Winter (January-March) 2025 Edition

Issue #55

# Forever Young

Enjoying Active Life Over 55 in Takoma Park

## Winter 2025, New Year, New Fun!



Snowman, snowman  
Round and white,  
I wonder what you do at night  
Snowman, snowman  
Let's have fun,  
before you melt in the warm spring sun

Indoor Walking Group is back! It may be cold outside but it will be warm inside, so drop in and join your friends for laps around the Gymnasium on Thursday mornings at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. See page 3 for details. Senior Planet is back with two new topical tech lectures: Anti-Virus & Malware Removal; and Tips for being News Savvy online. See page 4 for details. Tehseen Chettri is back for another popular session of Iyengar Yoga. See page 3 for details. Winter's here but that won't stop us from staying active and seeing our friends during the cold months ahead. See you soon!

**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](mailto:housing@takomaparkmd.gov)  
301-891-7119

**Takoma Park MD Library**  
301-891-7259  
Current temporary location:  
7505 New Hampshire Avenue  
[library@takomaparkmd.gov](mailto:library@takomaparkmd.gov)

**Public Works Department**  
301-891-7633  
[publicworks@takomaparkmd.gov](mailto:publicworks@takomaparkmd.gov)

**Recreation Department Office**  
301-891-7290  
7505 New Hampshire Avenue #205  
Inside the Takoma Park Library  
[recreation@takomaparkmd.gov](mailto:recreation@takomaparkmd.gov)

### Holidays - Buildings Closed

New Year's Day: January 1st  
Martin Luther King Day: January 19th  
& 20th  
President's Day: February 16th & 17th

Takoma Park Recreation Department  
7505 New Hampshire Avenue #205  
Takoma Park, MD 20912  
Phone: (301) 891-7290 Office

### 2024 Intermediate Pickleball Summer Camp was a blast!



### Winter 2025 Registration Information



**Please Note:** registration for Fall 2024 sessions opens **December 9th** for scholarships (residents only), **December 16th** for residents, and **December 23rd** for non-residents, at **12:00 p.m. (noon)** for walk-ins and on-line. See page 2 for "How to Register" instructions. For information about Scholarship discounts, please call the Takoma Park Recreation office at 301-891-7290 or go to the website: [takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation)

### 55 Plus Registration Information and Policies - Winter 2025

- Please Note: Due to the Library Renovation, all fitness classes currently take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, unless otherwise noted.
- Other programs take place at the Takoma Park Library, 7505 New Hampshire Ave. or Heffner Center, 32 Oswego Ave.
- Must be **55 or older** to participate in these activities.
- Fee: A one time **\$6** per person per the entire class session, 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](mailto: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: [paula@takomaparkmd.gov](mailto:paula@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](http://www.takomaparkmd.gov/government/recreation) for updates.
- **No classes January 1st, January 19th & 20th, February 16th & 17th - buildings closed - holidays.**

#### 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](http://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 during specific regular business hours: Takoma Park Recreation Office, 7505 New Hampshire Avenue (inside the Takoma Park Library), or Takoma Park Recreation Center, 7315 New Hampshire Avenue.

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 2025 - Recreation Center, 7315 New Hampshire Avenue - In-Person Fitness, Registration is Required.

#### **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 16th - March 20th, 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 14th - March 18th, 10:30 am., Gym - or -**

**Wednesdays, January 15th - March 19th, 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 16th - March 20th, 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 14th - March 18th, 1:15-2:15 p.m., Back Activity Room.**



Interested in teaching a 55+ class or workshop with us? Go to [takomaparkmd.gov](http://takomaparkmd.gov) and search "suggest a class"

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

**Tai Chi Strength (\$6) with Master Robert Thompson**

Meditation and stretching followed by Tai Chi forms for strength and endurance and cool down exercises. Register for Tuesday or Wednesday, but not both. Choose the class option best for you.  
**Tuesdays, January 14th - March 18th, 12:00 p.m., Back Activity Room. -or -**  
**Wednesdays, January 15th - March 19th, 12:00 p.m., Back Activity Room.**



**Iyengar Yoga for 55 plus (\$6) with Tehseen Chettri**

This class will introduce you to Yoga as taught by the Iyengar Method. The use of props and a step by step approach teaches alignment and brings strength and flexibility. The basic postures are introduced, whole body awareness is created and energy is generated in order to bring into alignment the different parts of the body to associate the breath and mind and release tension and stress. Yoga mat is required.  
**Tuesdays, February 11th - March 18th, 12:00 p.m., Gymnasium. 5-week session per the instructor.**



**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 17th - March 21st, 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 15th - March 19th, 11:45 a.m., Gym - or -**  
**Fridays, January 17th - March 21st, 10:00 a.m., Gym.**



**Winter 2025 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\* (Free) indoor laps around the perimeter of the Gymnasium. Go at your own pace.  
**Thursdays, January 16th - March 20th, 10 - 11:00 a.m.****



**Ping Pong Open Play\* (free)  
 Join other players to play fun games of table tennis. Good exercise; improve eye-hand coordination.  
**Mondays, January 13th - March 24th, 10 a.m. - 12:00 p.m. (no open play on 1/20 & 2/17)****

**Pickleball Open Play\* (free)**

Join other players for pickleball practice and play in the Gymnasium.\*\* This activity is geared toward beginners.  
**Thursdays, January 13th - March 20th, 12:00 - 2:00 p.m. Gym.**  
 \*\*Please note that the area outside the court is less than what is recommended.



**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.

<b>Tuesday &amp; Thursday (55+ only)</b>	<b>Monday - Friday</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>12:00 - 2:00 p.m.</b>	<b>2:30 - 9:00 p.m.</b>	<b>9:00 a.m. - 5:00 p.m.</b>	<b>Closed</b>

**Winter 2025 Virtual Fitness Activities 55 plus - On-line – Registration is Required.**

**Foundational Fitness 55+/virtual (\$6) with Michael Williams**

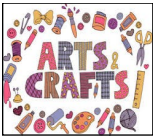
This virtual class is designed to improve health with focus on muscular strength, endurance, flexibility, balance, and coordination exercises (standing/seated) utilizing hand weights.  
**Tuesdays/Thursdays, January 14th - March 20th, 10:00 a.m.**



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

Classic movements of lower intensity and easy to follow choreography for balance and range of motion.  
**Fridays, January 17th - March 21st, 10:00 a.m.**





**Arts and Crafts (\$6) with Alice Sims, Art for the People**

These popular workshops 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. Registration is required.



**Wednesdays, January 15th, February 19th, and March 19th, 10:00 a.m.** Due to the Library construction, this activity has been relocated to the Heffner Park Center, 42 Oswego Avenue, Takoma Park, MD 20912.



The Fall 2024 Arts and Crafts Workshops included fun painting and ceramics projects. More projects coming in Winter 2025. Workshops fill up fast, so register early. See you soon!

 **SENIOR PLANET**

Join Senior Planet tech teachers for the following lectures\* listed below. These **free** lectures introduce popular tech topics and themes in a clear and concise manner. Each presentation aims to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, Takoma Park, MD 20912. Registration is required.

**Anti-Virus & Malware Removal Programs at a Glance - Thursday, March 16, 2:00 - 3:30 p.m.** Did you know that viruses are only one type of malware that can harm your computer? In this lecture, we'll go over different types of malware and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections. Attend this lecture to learn how to keep your device safe!

**Tips for being News Savvy online - Thursday, March 27, 2:00 - 3:30 p.m.** Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!

\*University of Maryland Extension, Digital Literacy. A couple of short Senior Planet surveys will be required at the end of lecture.

**Winter 2025 - Takoma Park Library, 7505 New Hampshire Avenue, Drop-in, Registration is not Required.**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
4	21	35	47	63
1	19	37	50	72
10	24	76	51	61
6	23	40	55	69
3	21	41	49	74

**Bingo (Free)**

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

**Tuesdays, January 28, February 25th and March 25th, 12:00 - 2:00 p.m.**

Takoma Park Library, 7505 New Hampshire Avenue, Takoma Park, MD 20912

**Winter 2025 - Community Center, 7500 Maple Avenue, Drop-in Activities, Registration is not Required.**

**Please Note: Senior Room and Game Room Closed due to Library construction.** Table Tennis (Ping Pong) moved temporarily to the Takoma Park Recreation Center, located at 7315 New Hampshire Avenue, see page 3 for details.



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**





# 2025 Active Adventures Day Trips!

General information: We have a fair “first come-first serve” reservation system. See page 2 for registration information and procedures. Please let staff know if you require any special accommodations to participate. This trip program is designed for active independent adults, age 55 and older. Each trip requires a substantial amount of walking and/or physical exertion. Participants are responsible for lunch and entrance fees or any other additional fees. The Recreation Department vehicle is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Limited seating. Meet at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. The following bus pick up locations are available for registered participants who request (at least 2 business days in advance of trip) to be picked up at these locations: Takoma Park Community Center, 7500 Maple Avenue, Franklin Apartments, 7620 Maple Avenue and Victory Tower, 7051 Carroll Avenue. More trips coming soon!

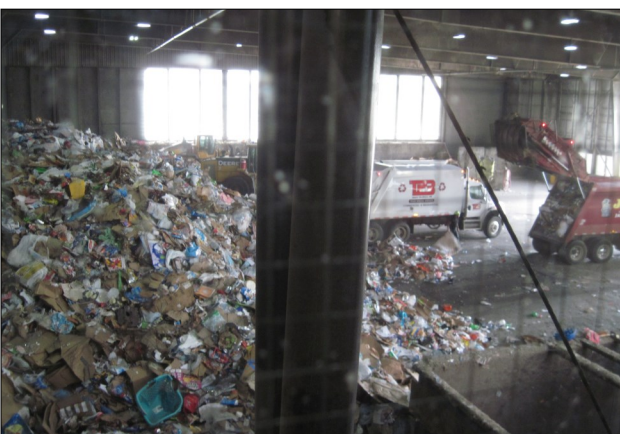
## *Where would you like to visit in 2025?*

There are plenty of new destinations to travel to within the Washington Metropolitan area of Maryland, Virginia and Washington, D.C., as well as repeating some favorite locations from past trips. We can travel within a two hour, 90 mile radius of Takoma Park however most trips are about an hour to the destination. Let’s get your ideas for the coming year. Is there something you’ve heard about that you want to visit? More museums, festivals, parks and performances? Maybe something a little more unusual like the trip below to the recycling center. Keep in mind entry fees for some places and activities can be pricey. If you have any ideas for the coming year please send your suggestions to [recreation@takomaparkmd.gov](mailto:recreation@takomaparkmd.gov)

### September 17, 2024 Trip & Tour of the PG County Recycling Facility Review



We gathered in the presentation room, where Desmond Gladden, Laura Jackson and Madison Fryer explained about the recycling process, answered our questions, showed us a film about the facility and took us on a tour. We learned how recycling involves a multi-step process, and what materials may or may not be recycled.

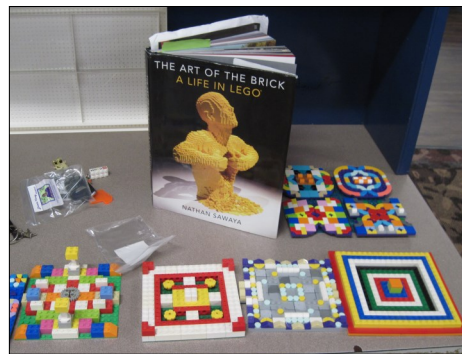


Recycling items are dropped off, then sent to an enormous sorting room, and finally end up in large bundles sent off to be remade into new products by various companies.

## Learning, Volunteering and Having Fun Together



Thank you to Ursula, Elli, Sue, Claire, Darlene, Fran, Dolly, Nathalie, Brenda, Kathleen and Harry for your help stuffing treat bags for the children at the Monster Bash 2024 event on October 26th. You were awesome! We packed 900 bags! And thank you to the teens who finished the project and packed at least 250 more treat bags! A great team effort by all who volunteered.



We had a wonderful and creative time in the Building Art with Legos May 10th Workshop with instructor Loretta Veney.



The Summer 2024 Pickleball Camp was enjoyed by the players who improved their skills as they played in challenging games during the week.



We visited art exhibitions at the Strathmore Mansion on October 23, 2024.

Table tennis began at the TP Recreation Center.

Many winners at the Bingo games!

### Around Town: City of Takoma Park Resources, Events and Activities

**Mid-Winter Play Day** - February 16th, Piney Branch Elementary School, 7510 Maple Avenue, Takoma Park, MD 20912, 1-4 p.m. - Join your friends and neighbors for a fun filled day of activities, playful games, and entertainment all **free** to the community. For more information, call 240-752-9176, or [info@letsplayamerica.org](mailto:info@letsplayamerica.org)

**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.

**Passport Services** - Monday to Thursday, 9 a.m.-1 p.m., Takoma Park Community Center, 7500 Maple Avenue. To schedule an appointment, call 301-891-7204.

**Piney Branch Pool (Adventist Community Services)** - inside Piney Branch Elementary School, 7510 Maple Avenue. For more information contact Joyce Seamens at 301-565-0190, [tjseamens@aol.com](mailto:tjseamens@aol.com), or visit [acsgw.org](http://acsgw.org).

**Games Night is Back!**: Come to Victory Tower, 7051 Carroll Avenue, Takoma Park, in the Dining Room, every Tuesday night from 7:00 – 9:00 pm. Play board games and card games. All ages are welcome, although twelve and under must be accompanied by an adult. For more information, contact Johnny Browning at [hagoluk2@gmail.com](mailto:hagoluk2@gmail.com)

**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](http://villageoftakomapark.com) or call 301-646-2109. Membership dues are \$25 per year per member.

#### Interest/Support Groups:

**LGBTQ Seniors Group**: Silver Spring Village and the Village of Takoma Park co-host this group for interested members. The group meets third Tuesdays of each month, 4 - 5 pm, alternating between zoom and in-person meetups. For more information and the Zoom link, please contact Cynthia Goodman at 301-589-5309 or [felinegood62@gmail.com](mailto:felinegood62@gmail.com).

**Parents of Special Needs Adults (POSNA)** is an advocacy and support group for parents and other loved ones of adults with developmental and/or chronic psychiatric challenges. Meetings via Zoom, first Thursday of the month at 7:00 pm. To join a meeting, contact Mary Jane Muchui at 240-582-6199 or [muchui@aol.com](mailto:muchui@aol.com) to receive a link. Additional info: Peggy Edwards at 202-270-1816 or [peggywalsh56@gmail.com](mailto:peggywalsh56@gmail.com) or email [infoPOSNA@gmail.com](mailto:infoPOSNA@gmail.com)

### Montgomery County Resources and Activities

**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](http://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/bonebuilders)

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

**Accessibility Help**: Montgomery County Home Accessibility Rehabilitation Program (HARP) This is a free program (based on eligibility criteria) through the Montgomery County Department of Housing & Community Affairs and administered by Habitat for Humanity Metro MD to provide accessibility modifications for older adults and people with disabilities. Services can include the following: Hand railings, Grab Bars, Ramps and Walk-in Showers, Comfort Height Toilets, Stairlifts and more. For more information, contact The Home Preservation Client Coordinator at 301-990-0014 ext. 19 or [repair@habitatmm.org](mailto:repair@habitatmm.org)

**Help First Responders Help You**: Fill out a File of Life form and keep it on your refrigerator for use by fire and rescue personnel. The form, available free to Montgomery County residents, consolidates basic health information such as medical history, allergies, medications, and other health-related topics in one place. Call 311 or 240-777-3000 to request a form and magnetized sleeve. Visit <https://montgomerycountymd.gov/mcfrs-info/tips/seniors/fileoflife.html>

**Montgomery County Public Libraries (MCPL)** offers programs and services for adults 50+ designed to reflect the wide interests of today's older adults. Go to: <https://montgomerycountymd.gov/library/for-you/older-adults.html>



### 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.

#### How to Start a Golden Girls Home, Bonnie Moore 362.16 Moore

#### Our Souls at Night, Kent Haruf FIC Haruf

Two entirely different genres for this review. Although How to Start a Golden Girls Home, by Bonnie Moore, is a little dated (2015), it is quite detailed, and functions as a workbook. It is very focused on the specific and practical questions to be confronted if one is looking to share residential housing with other seniors. Moore covers the entire process, from how to assess what one wants (Stage One: What Am I Doing?) through to resolution (Stage Seven: Dealing With Disappointments). Note that the library has other works on this subject as well, including With a Little Help From Our Friends, by Takoma Park's own Beth Baker.

Novelist Kent Haruf, who died in 2014 just after completing Our Souls at Night, writes about the inner-complexity of apparently ordinary lives in apparently ordinary settings. This bracing book begins with an elderly widow approaching an elderly widower, friendly and known to each other but not close, to ask if he might spend some nights with her, for talking and sharing stories she misses so much since her husband died. Each nuanced and authentic exchange portrays a deep sensitivity to this stage of life.

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!



Drop in for computer help, or call ahead 301-891-7259, for on-on-one computer skills coaching. If you are interested in learning the basics of using the internet, setting up email, editing photos or sharing videos, call the library and ask for a member of the computer center staff to set up a time to come in and learn. The computer center hours: Monday - Thursday, 10:00 a.m. - 8:00 p.m. and Friday-Sunday, noon-6:00 p.m.

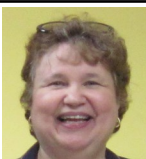
### "Free" Drop-in Library Program



**Crochet and Cozies** - Monday mornings at 10:30 a.m. - Knitting, crochet, loom knitting and all sorts of fiber arts, from beginners to advance. Yarn and tools provided. This program takes place at the Takoma Park Library, 7505 New Hampshire Avenue, Takoma Park, MD 20912. For information about this activity, please email Rebecca Brown, Coordinator of Public Services at [rebeccab@takomaparkmd.gov](mailto:rebeccab@takomaparkmd.gov)



**Kitty Book Nook Cat Adoption Event** - Sunday, January 26, 12 - 3 p.m. Join the Library for a fun afternoon of kitty cuddles and cozy reads. The local rescue group, A Cat's Life, will bring cats available to meet and adopt to forever homes. Takoma Park Library, 7505 New Hampshire Avenue, Takoma Park, MD 20912. For more information, go to [events@acatsliferescue.org](http://events@acatsliferescue.org)



### Goodbye Dear Friends – I'll Miss You

Since October 2007 I've enjoyed being a part of the Takoma Park community, working with and for the City's residents, ages 55 and older. However the time has come to move on to life's next chapter. I've been a member of the Takoma Park Recreation Department team for 17 years but now welcome the next Seniors Program Manager to build upon the program foundation and bring new ideas and energy to the activities. After taking seniors on over 150 trips to various locations including festivals, museums, historic towns and historic homes, country stores and farms, zoos and nature preserves, art galleries, music and dance performances, shopping excursions, celebrations, expos, basilicas, shrines and monasteries, monuments, gardens and garden shows, holidays lights shows, National Parks, and the Montgomery County Fair, there are still many places to discover. We've enjoyed art, education, music, dance, and many other activities together. Moreover, the popular senior summer camps took us on exciting weeks of great adventures. I wish you all a future of good health, happiness and fun! Best Wishes, Paula