

**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

Inclement Weather Hotline:
301-891-7101 ext. 5605

Holidays - Buildings Closed

New Year's: January 1st & 2nd

Martin Luther King Day: January 15th
& 16th

President's Day: February 19th & 20th

Paula Lisowski
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Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
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Winter (January to March) 2023 Edition

Issue #49

Forever Young

Enjoying Active Life Over 55 in Takoma Park

New Year, New Location!

After relocating 55+ activities a couple of months ago, we're settled in for a new year of fun at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, until the Library renovation is completed. We'll continue to enjoy socializing with friends and neighbors while movin' and grovin' to the music. More activities are coming to the Forever Young 55+ program throughout the year. The Takoma Park Library is now open at their new temporary location, 7505 New Hampshire Avenue. Stop by and visit awhile.

No, it's not my age (I wish) but my fifteenth year anniversary with the Takoma Park Recreation Department as Seniors Program Manager (October 2007-2022). Thank you to my recreation coworkers who surprised me with a friendly celebration of my work with the Forever Young 55+ program. I also want to thank all the wonderful Takoma Park 55 plus participants for their support throughout the years. Let's keep the program growing and going strong and I hope 2023 will be the best year yet! Happy New Year and best wishes to you all!



Monster Bash 2022 Memories

Speaking of participant support, I am so pleased with the turnout of seniors who answered the call for assistance to assemble goodie bags in preparation for the Monster Bash. Thank you to the following for their time and efforts on the treat bag assembly line: Ursula, Darlene, Fran, Marie, Philabertha and Trudy. Their efforts added to the success of the event and put smiles on children's faces.



Forever Young newsletter online: www.takomaparkmd.gov/news/forever-young-newsletter/

55 Plus Registration Information and Policies - Winter 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.
- **As of 3/9/22, masks are not required indoors but strongly encouraged** for any unvaccinated visitors in any City buildings or facilities when social distancing is challenging or direct interaction between the public and employees.
- 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 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.

**Winter 2023 session: Tuesdays, January 10th - March 14th, 10:30 am., Gym - or -
Wednesdays, January 11th - March 15th, 10:30 am., Gym.**

**Pickleball Open Play (free)**

Join other "new" players for pickleball practice and play in the Gymnasium. No advanced players please. Please note: Registration is required for this activity.

Winter 2023 Session: Thursdays, January 12th - March 16th, 12:00 - 2:00 p.m. 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.

Winter 2023 session: Thursdays, January 12th - March 16th, 10:00 a.m., Gym.



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.

Winter 2023 session: Tuesdays, January 10th - March 14th, 1:15-2:15 p.m., Back Activity Room.



Continued-Winter 2023 - 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.

Winter 2023 session: Tuesdays, January 10th - March 14th, 12:00 p.m., Back Room.

**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.

Winter 2023 Session: Tuesdays, January 10th - March 14th, 12:00 - 1:00 p.m., Gym.

**Yoga for Healthy Aging (\$6) with Carol Mermev**

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

Winter 2023 session: Fridays, January 13th - March 17th, 12:00 p.m. , Gym.

**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.

**Winter 2023 session: Wednesdays, January 11th - March 15th, 11:45 a.m., Gym - or -
Fridays, January 13th - March 17th, 10:00 a.m., Gym.**



Virtual Zumba Gold Class available, see below for details.

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



Indoor Walking Group* (Free) Don't worry about the weather and join your friends for indoor laps around the perimeter of the Gymnasium. Go at your own pace. A free Recreation Center pass for 55+ is required.

Winter 2023 Session: Tuesdays, January 10th - March 14th, 1:15 p.m., Gym. Drop-in.

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

Winter 2023 Virtual Activities 55 plus - Zoom On-line – Registration is Required.**Enhanced Your Fitness (\$6 for class session) with Adriene Buist**

A great total body workout with low-impact aerobic movement and gentle resistance training.

This virtual class focuses on increasing strength, balance and flexibility through stretching, breathing, core training and proper posture. Seated and standing exercises. Virtual, on-line class.

Winter 2023 session: Tuesdays, January 10th - March 14th, 11:00 a.m. (new time).

Zoom**Foundational Fitness 55+ (\$6 for class session) with Michael Williams**

This virtual class is designed to improve health with focus on muscular strength, endurance, flexibility, balance, and coordination exercises (standing/seated) utilizing hand weights. Virtual, on-line class.

Winter 2023 session: Tuesdays/Thursdays, January 10th - March 15th, 10:00 a.m.

Zoom**Zumba Gold (\$6 for class session) with Yesika Flores**

Classic movements of lower intensity and easy to follow choreography for balance, range of motion and coordination. Virtual, on-line class.

Winter 2023 session: Fridays, January 13th - March 17th, 10:00 a.m.

Zoom

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

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

This course covers a variety of quick art and craft projects. Have fun learning a new skill in class such as decorating glass vases, painting ceramic tiles, creating table decorations and a holiday project.

Winter 2023 session: Mondays, February 13th, February 27th, March 13th & March 27th, 10:00 a.m., Lilac Room. This activity is subject to change due to Library construction.

**Winter 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 - with activity host Paula Lisowski

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

Tuesdays, January 24th, February 28th, March 28th, 12:00 - 2:00 p.m.,

Lilac Room, Takoma Park community Center (this location is subject to change due to 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.

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 Library construction.

Senior Room - Temporarily closed due to Library construction.

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. No pressure, this is strictly voluntary. 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, March 6, 2023 @ 11:00 a.m., Lilac Room Takoma Park Community Center, 7500 Maple Avenue.** (Date and location subject to change).

Computer Skills for Seniors with Anne Leveque will be returning this Spring 2023

This class, in partnership with Takoma Park Library, will offer instruction in basic computer skills including email, safe internet browsing, sending/receiving photos, using word processing applications. See the spring newsletter for details.

Winter 2023 Class Registration

Winter 2023 (Jan-March) registration begins Thursday, December 8th for scholarships, Thursday, December 15th for residents, Thursday, December 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 (T.P. residents only), please call the Takoma Park Recreation office at 301-891-7290 or go to recreation website: 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

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

In partnership with the Takoma Park Library, we're pleased to continue this addition to the Forever Young newsletter. Jill Raymond, Library Associate, will review current and newly published books at the Library that may be of interest to our readers. Let us know what you think about the topics. Please feel free to suggest other books you've read so we can learn more and enjoy them too. We present the second book review in this series below. More from Jill in our next newsletter.

Book Review: Michael Miller/AARP: My Windows 11 Computer, 2022

There are a number of great things about this "My Windows" series that aims at older or less facile computer users. Type is larger, the Table of Contents, Index, and glossary are actually helpful, and AARP gets that computer teaching needs to go beyond just "how do I . . ." and address "why is . . ."? It tells you how to get around touchpads, which drive lots of us nuts with or without disabilities, that other computer books ignore. Yet, it is not so basic that it does not cover important ground in how desktops and laptops are used today, as streaming devices, photo editors and the gamut of social media. Like any good technical book working for clarity, it makes great use of images, lists, bullets, and charts, and when possible describes action in steps: do this, then to this, then, finally, do that. Thanks AARP.

The library is in the process of upgrading our computer-related materials for seniors, obtaining newer editions of titles such as Computers for Seniors or Iphone for Seniors in Easy Steps. It is important to consult the most up to date reference materials especially when learning new digital products or processes. Don't forget, the Library and the Recreation Department jointly sponsor computer usage classes for seniors; another one will begin in the Spring. But you don't need to wait to become computer-comfortable. Library staff include expert trainers, and all of the staff can help you get up to speed on the basics. So get yourself a library card if you don't have one, and come visit us!

Jill Raymond, Library Associate
Takoma Park Library
7505 New Hampshire Avenue (new temporary location)
Takoma Park, MD 20912
Library Front Desk 301-891-7259

Forever Young 55+ Special Activities Coming Soon!

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



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.

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, please contact **Tanya DeKona at 301-385-3619** or email: tdekona@hotmail.com
 Next meeting: **Friday, January 13th at 1:00 p.m.**, Lilac Room in the Takoma Park Community Center, 7500 Maple Avenue. See you there! Inclement weather date 1/20/23. Location subject to change.



City and County Resources and Events

Takoma Park Information and Resources (including Covid-19 updates): for more information, please go to: takomaparkmd.gov/initiatives/project-directory/information-and-resources-covid-19

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.



Pat Rumbaugh, the Play Lady, wins award in San Antonio, Texas at the October 2022 IPA Conference (International Play Association). Pat was awarded The Child's Right To Play Award. The photo below is of Deb Lawrence the President of IPA USA and Rusty Keeler IPA member.

13th Annual Mid-Winter Play Day: Sunday, February 12, 1-4 p.m. Takoma Park Community Center 7500 Maple Avenue. Let's Play America and the Takoma Park Recreation Department have teamed up to present to you a fun afternoon of indoor play. **Free** and open to all ages. To see a full listing of activities and performances, go to: www.letsplayamerica.org See you there!

Remembering treasured friends - we miss you - Colleen Di Paul and Jennifer Tyndaal

When I first came to work for Takoma Park 15 years ago, a small group of seniors gave me a welcome party in the Senior Room in the Takoma Park Community Center. The senior recreation program was very small at that time. Colleen and Jennifer were so kind and willing to help me start a Seniors Advisory Group. Along with other seniors from the community, we made plans to add activities and grow the program for senior residents.



Colleen Di Paul died peacefully during her sleep October 19, 2022. Colleen was both an educator and a member of the American Society of Indexers. Colleen was very active and often championed many initiatives on behalf of Takoma's elder community. She was part of the Tower Association for Victory Tower and an advocate for Let's Play America's Play Day events. She was presented with the 2015 "Spirit of Play" award, as well as Takoma Foundations 2016 Azalea Sprit award. Colleen loved to play Ping Pong, Tennis and participate in many Forever Young recreation activities including Bone Builders, workshops, presentations, holiday festivities and trips. Colleen loved to read and I know she would enjoy the library book reviews. There will be a celebration of her life on Thursday, December 22nd at 1:30 pm, Takoma Park Presbyterian Church, 310 Tulip Avenue, Phone: 301-270-5550.



Jennifer Tyndaal passed away on the morning of November 3, 2022. Jennifer grew up in Trinidad and lost her sight at the age of three. She attended a school for the blind and learned to be independent which served her well throughout her life. Eventually, her family moved to the United States and Jennifer spent many years as a resident of Franklin Apartments in Takoma Park. Jennifer never let being blind stop her and she was active and ready to participate in many activities. She loved to play Bingo, attend musical performances, parties and special events and eat chocolate! Most of all she loved the buffet lunches. Jennifer also loved to go on Recreation Department day trips. She learned through touch. I was happy to introduce her to many new experiences like petting a horse, or touching an apple tree in an orchard to understand how apples grew on trees. Taking to Jennifer was a delight and she always made me laugh. Services for Jennifer: Saturday, December 10th, 2-5:00 p.m., Sligo Seventh-Day Adventist, 7700 Carroll Avenue, Phone: 301-270-6777. I can say with certainty that everybody who knew Jennifer and Colleen truly enjoyed their cheerful personalities, enthusiasm and zest for learning and having fun. These two lovely ladies will be greatly missed by family, friends and colleagues.

