

**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
7505 New Hampshire Avenue #205
Inside the Takoma Park Library
recreation@takomaparkmd.gov

Holidays - Buildings Closed

Labor Day: September 1st & 2nd
Veteran's Day: November 11th
Thanksgiving: November 28th - Dec. 1st
Christmas: December 24th-1/2 Day, 25th
New Year's Eve: December 31st @ 6pm

Paula Lisowski,
Seniors Program Manager
Takoma Park Recreation Department
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Takoma Park, MD 20912
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Phone: (301) 891-7280 Office

Fall (September-December) 2024 Edition

Issue #54

Forever Young

Enjoying Active Life Over 55 in Takoma Park

“Autumn is a second spring when every leaf is a flower” - Albert Camus

Look what's new this Fall!



Since 2016 Master Robert Thompson's Tai Chi Strength class has been a popular addition to the 55+ fitness program. Master Thompson keeps his in-person class small in order to give individualized attention to his students. Of course his class fills up fast and continues to carry a waiting list. Therefore, we are happy to offer a second Tai Chi Strength class, Wednesdays at 12 noon, at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. We hope this will provide an opportunity for more people to participate in his class and in his words “spread good health and balance to the Takoma Park senior community.”



Welcome Tehseen Chettri, a new addition to the Forever Young 55+ fitness program. Starting this Fall, Tehseen will be teaching Iyengar Yoga for 55+, Tuesdays, 12-1 p.m. at the Takoma Park Recreation Center. Tehseen Chettri has been practicing Yoga for over 20 years and has taught adult yoga evening classes for several years at the Takoma Park



Community Center. Join us for both the Tai Chi Strength and Iyengar Yoga classes. See details on page 3.



Senior Planet is coming to Takoma Park! Free popular technology lectures about computers and smartphones are coming in 2025 for the 55+ community. Delve into internet, zoom, anti-virus, social media, Tik Tok, AI, APPS and more. See page 4 for details.

Veteran's Day - Honoring all who Served



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

Fall 2024 Registration Information



Please Note: registration for Fall 2024 sessions opens **August 8th** for scholarships (residents only), **August 15th** for residents, and **August 22nd** 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

55 Plus Registration Information and Policies - Fall 2024

- 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
- 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
- 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.
- **No classes November 5th at the Takoma Park Recreation Center - general election voting location.**
- **No classes November 28th - December 1st - buildings closed - Thanksgiving holiday.**

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 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.

Fall 2024 - 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, September 5th - December 12th, 11:30 a.m., Back Activity Room. (No class 11/28)



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, September 3rd - December 10th, 10:30 am., Gym (No class 11/5) - or -

Wednesdays, September 4th - December 11th, 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, September 5th - December 12th, 10:00 a.m., Back Activity Room. (No class 11/28)



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, September 3rd - December 10th, 1:15-2:15 p.m., Back Activity Room. (No class 11/5)



Interested in teaching a 55+ class or workshop with us? Go to: 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, September 3rd - December 10th, 12:00 p.m., Back Activity Room. (No class 11/5) -or - (New Day) Wednesdays, September 4th - December 11th, 12:00 p.m., Back Activity Room.



(New Class) 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, September 3rd - December 10th, 12:00 p.m., Gymnasium. (No class 11/5)



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

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

Fridays, September 6th - December 13th, 12:00 p.m., Back Activity Room. (No class 11/29)



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, September 4th - December 11th, 11:45 a.m., Gym - or -

Fridays, September 6th - December 13th, 10:00 a.m., Gym. (No class 11/29)



Fall 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.

No Indoor Walking Group* Returns for winter session. (Free) indoor laps around the perimeter of the Gymnasium.



Table Tennis (Ping Pong) Open Play* (free) at the TP Recreation Center, 7315 New Hampshire Avenue

Join other players to play fun games of table tennis. Good exercise; improve eye-hand coordination.

Beginning Mondays, October 7th - December 16th, 10 a.m. - 12:00 p.m. (No open play 11/11)

Pickleball Open Play* (free)

Join other players for pickleball practice and play in the Gymnasium. This activity is geared toward beginners.

Thursdays, September 5th - December 12th, 12:00 - 2:00 p.m. Gym. (No play 11/28)



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)	Monday - Friday	Saturdays	Sundays
12:00 - 2:00 p.m.	2:30 - 9:00 p.m.	9:00 a.m. - 5:00 p.m.	Closed

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

Tuesdays, September 3rd - December 10th, 9:00 a.m. (No class 11/5)



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.

Tuesdays/Thursdays, September 3rd - December 12th, 10:00 a.m. (No class 11/5, 11/28)



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

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

Fridays, September 6th - December 13th, 10:00 a.m. (No class 11/29)





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, September 18, October 16, November 20, December 18, 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 Spring 2024 Arts and Crafts Workshops included fun painting and ceramics projects. More projects in Fall 2024. Workshops fill up fast, so register early. See you in September!

 **SENIOR PLANET**

Join Senior Planet tech teachers for the following lectures* this Fall. More topics coming throughout 2025. 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.

Intro to Managing Your Privacy - Thursday, October 10, 2:00 - 3:30 p.m. Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips. We'll review how ads target us online, how to limit tracking, where to find browser settings to better control how our information is shared. We'll also discuss some of the key features of password managers as a safe and secure option.

Everyday Uses of AI - Thursday, November 7, 2:00 - 3:30 p.m. Everyone is talking about AI, already present in everyday tasks from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you can take advantage of this influential technology.

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

“Besides the autumn poets sing, A few prosaic days
A little this side of the snow, And that side of the haze.” - Emily Dickenson, *Nature*

Fall 2024 - Takoma Park Library, 7505 New Hampshire Avenue, Drop-in, Registration is not Required.

B	I	N	G	O
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) - with activity host Paula Lisowski

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

Tuesdays, September 24 and October 22, 12:00 - 2:00 p.m.

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

Fall 2024 - 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) will move 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 Scroll down and click on **Takoma Park Alert**





2024 Active Adventures Day Trips Are Here Again!

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!

Tuesday, September 17 - Prince George’s County Materials Recycling Facility, Capitol Heights, MD



Have you wondered what happens to your recyclables? Residents often ask the Takoma Park Public Works Department about recycling. Join Dory Estrada, Sustainability Manager for the City of Takoma Park, to tour this recycling facility (where Takoma Park sends it’s recycling) and learn about the “single-stream” collection process. Advantages to the single-stream system: incorporates technological advances, convenience to citizens, increased recycling rate, reduced collection cost and increased types of materials collected. Dress for comfort and wear comfortable shoes. **A light amount of standing and some walking.** The building is wheelchair accessible. **Rain or Shine!** Registration is required.

Time: 9:30 a.m. - 12:00 p.m. \$5 per person.

Wednesday, October 23 - Strathmore Mansion Gallery Art Exhibits, North Bethesda, MD



We’ll visit Strathmore to enjoy two special exhibits at this popular venue. **ArtFlows:** selections from three family’s collections of art, artifacts and ephemera of the African American, Caribbean, and African Diaspora. **In The Company of Trees:** a celebration of trees growing in forests, jungles, parks and backyards across continents and terranes. Gift shop open. Dress for comfort and wear comfortable shoes. **Fair amount of standing and walking. Rain or Shine!** Registration is required.

***Time: 12:30 p.m. - 3:30 p.m. \$5 per person.**

***Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.**



Special Event Memories

Egg Hunt, Saturday, March 30, 2024 was an “egg”cellent time for all who participated in the Takoma Park Recreation Department event. It was a beautiful sunny day and the children filled their baskets with colorful treats and toys. We are looking forward to October’s special event: Monster Bash!



Recreation Department Special Event Coming Soon!



Monster Bash: Saturday, October 26th, free - The Takoma Park Recreation Department staff is preparing a host of events for the entire family. Monster Bash will kick off at 1:00 p.m., Takoma Park Middle School, 7611 Piney Branch Road, parking lot, with games, fun activities, and a Costume Parade. Festivities will end with the Costume Award Ceremony and celebration. For more information or if you would like to volunteer for this event, especially to be a judge for the event, please contact John Webster at johnw@takomaparkmd.gov or call 301-891-7225. Due to the nature of this event walking is encouraged.

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

16th Annual Play Day: September 21st, free, 1:00- 4:00 p.m., Takoma Park Middle School, 7611 Piney Branch Road, Takoma Park, MD 20912. For more information contact: Let's Play America, info@letsplayamerica.org, 240-752-9176.

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.

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. Bring a game with you to donate and/or share. If you're not a resident, stop at the front desk letting them know you came to play. All ages are welcome, although twelve and under must be accompanied by an adult. For more information, contact Johnny Browning at hagoluk2@gmail.com

The Village of Takoma Park is hosting a free potluck for members and guests on Sunday, September 22nd from 4:00 - 6:00 pm. Please bring a favorite dish to share, with serving utensils and a card listing ingredients. Location is Takoma-Piney Branch picnic shelter up the hill from Piney Branch Elementary at number 2 Darwin Avenue. Beverages will be provided. Non-members welcome, bring a dish to share. For more information please call 301-646-2109.

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. Membership dues are \$25 per year per member.

First-Friday of the Month Museum Visits: organized and led by Program Committee Chair Gina Gaspin. All museum visits start at 1:00 pm on the Takoma Metro platform, please preregister on the Village of TP website at: <https://villageoftakomapark.com/calendar>.

Walking Group: Join others for a one-hour walk on Sligo Creek on the third Thursday of the month at 11:00 am. Meet at 7500 Maple Avenue in front of the Community Center entrance. Contact Susan Rogers at gjgroup@yahoo.com or phone (not text) 202-243-9230.

Senior Stroll: matches a Village volunteer or two with a Village member who wants to go for a walk once or twice a week and would like a walking companion. For more information, contact sandyeganretired@gmail.com or call 301-646-2109.

Village-Rides: remains the most active, heavily-used service. The village can always use more volunteer drivers. To learn more, to volunteer, and/or to register for or request a ride, call 301-646-2109.

Errand Service: If you have stopped driving, can no longer get around easily, and need something that you (or a friend or family member) are unable to order online or from a delivery service, call 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

Friendly Visitors/Callers: If you would like to receive calls or visits, or volunteer to make them, please contact the Village of Takoma Park at 301-646-2109 or email Sandy Egan at sandyeganretired@gmail.com.

"Small" Home Repairs/Tasks/Technology Help: The Village has a team of volunteers ready to do small home repairs and tasks for members who have no other access to help. This includes basic technology help (printing a document, searching the Internet, help with a cell phone, etc.). If you are a Village member in need of help, please call 301-646-2109.

Interest/Support Groups:

LGBTQ Seniors Group: Silver Spring Village and the Village of Takoma Park co-host this group for interested members. Join with sexual and gender-minority adults "of a certain age" for conversation, education, and community-building in a safe and friendly environment. 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.

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. The group is especially interested in securing jobs, supportive housing, safety, and recreation for their loved ones. Meetings are via Zoom, first Thursday of the month at 7:00 pm. If you want to join a meeting, contact Mary Jane Muchui at 240-582-6199 or muchui@aol.com to receive a link. Additional info: Peggy Edwards at 202-270-1816 or peggywalsh56@gmail.com or email 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

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

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 programming and services for adults 50+ that are designed to reflect the wide interests of today's older adults. See their website to learn about book clubs, computer help, arts and crafts groups, tax preparation, music performances, health and wellness programs, and more. Go to: <https://montgomerycountymd.gov/library/for-you/older-adults.html>

The Beacon 50+ Expo 2024: Sunday, October 20, 12:00 p.m. - 4:00 p.m., Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, Md 20910, exhibitors and resources, free health screenings, vaccinations, giveaways, door prizes. For more information, visit beacon50expo.com or call 301-949-9766.

Topic of Interest



If you're still writing paper checks, it may be time to start taking extra precautions. The number of people who still write checks may be declining, but the theft of checks from U.S. mailboxes has surged in recent years, according to the federal Financial Crimes Enforcement Network. FinCEN, as they're known, received more than 680,000 complaints from financial institutions of mail theft-related check fraud in 2022, nearly double the number of complaints in 2021. Criminals target U.S. Postal Service blue collection boxes, unsecured residential mailboxes, and cluster mailboxes in apartment complexes or commercial build-

ings, says FinCEN. Sometimes they gain access to boxes using stolen or counterfeit master keys. Once they get their hands on the checks, they typically "wash" them, using chemicals to remove the name of the payee and amount. They then can make the check out to themselves for a larger sum — often for thousands of dollars.

What can you do to protect yourself from this?

- Pay bills online, rather than by check.
- If you write a check, use a pen with permanent black ink that's more difficult to wash away.
- Don't put a check in the mail collection box after the last pickup of the day.
- If possible, drop off your mail directly inside the post office.
- Monitor your bank account every few days for suspicious activity.
- Never leave mail in your mailbox overnight.
- While away from home, have the post office hold your mail or get someone to pick it up for you.
- If you suspect you've been a victim of check fraud, immediately contact your financial institution and the U.S. Postal Inspection Service. You have up to 30 days from the time you receive your statement to report an error to the bank, although that deadline can vary by institution or state, according to the Office of the Comptroller of the Currency. Institutions will investigate and generally reimburse check fraud victims. You also may need to file a police report.

Information provided by Mission-Square Retirement 6/27/23.



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.

Who Do You Want to Be When You Grow Old? The Path of Purposeful Aging, Richard J. Leider, David A. Shapiro
Alive Until You're Dead: Notes on the Home Stretch, Susan Moon, 2022

Both of these books focus on the underlying relationship of the self to the self as one makes one's way into old age, and attempts to face mortality, one's own and everybody else's.

Susan Moon is a writer and a Buddhist teacher in the Zen tradition. Her book is a first-person account of how she has met the changes and the confrontations that come with aging. Her thinking is infused with the notion of impermanence. How do humans, especially those raised in the Western world with its focus on immediacy and temporal value, transcend our need to think we will always be here? Moon brings her American sensibility of the ridiculous to her Buddhist grasp of timelessness. "When we die, maybe we just pick up where we left off when we were born."

Leider and Shapiro's book is not a spiritual lesson, more of a straightforward guide, yet it addresses those same great questions that lurk for everyone. Ch. 3 "Aren't I Somebody?"; Ch. 8 "How Can I Grow Whole as I Grow Old?" and my favorite, Ch. 7 "Will I Earn a Passing Grade in Life?"

Both these books aim at dead center. There is no pulling punches in old age. Each in original language offers support, encouragement and, yes, wisdom, without the cliches that characterize too much of this genre.

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. 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. 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

Remembering a Treasured Friend— We Miss You— Judy Pegues



Judy passed away on April 22, 2024. Her memorial service was held on May 10th at the Seekers Church on Carroll Avenue.

As long as we can remember Judy always had a smile on her face and loved to laugh. She was well liked by all who knew her. Judy attended Marietta College in Ohio but returned to Washington DC and finished college at the University of the District of Columbia, earning a BA in computer science. She worked in the federal government for the National Oceanic and Atmospheric Agency as a computer analyst. Judy continued to stay active after she retired from the government. She liked attending Takoma Park Recreation Department's Forever Young activities. She loved to play bingo and attend social, education and music events. Judy loved all animals, especially cats and dogs. She

had a way with animals who could sense her kindness and friendliness. This lovely lady will be missed by family, friends and colleagues.