

**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

Memorial Day: May 26th & 27th
Juneteenth: June 19th
Independence Day: July 4th

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

Spring & Summer (April-August) 2024 Edition Issue #53

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Springtime in Takoma Park!

"Ah, how wonderful is the advent of the Spring!"

- Henry Wadsworth Longfellow

Springtime in Takoma Park is full of nature's beauty all around us. A great time to enjoy the outdoors and the many local parks in the City. It's also a great time to keep moving and grooving with your friends in your favorite activities: Line Dance, Zumba Gold, Qigong, Rhythmic Drumming, Yoga, Tai Chi and more at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Check out a new special workshop coming this spring: Building Art with Legos. Adults can have the Lego fun too! See page 4 for details. Let's get creative!

July is National Park and Recreation Month



For nearly 40 years, Park and Recreation Month has been celebrated in July to promote building strong, vibrant and resilient communities through the power of parks and recreation, and recognizing recreation professionals and volunteers who maintain our country's local, state and community parks. The 2024 Park and Recreation Month theme is **"Where You Belong"** - celebrating the many ways park and recreation professionals across the country foster a sense of belonging in their community by providing welcoming and inclusive programs, essential services for all ages and abilities, and safe, accessible spaces to build meaningful connections.

Monster Bash 2023 Memories



Thank you to the following senior volunteers who joined the assembly line to fill hundreds of goodie bags for the Saturday, October 28th event: Ursula, Deborah, Chitra, Phillebertha, Mary Anne and Gayle. Their efforts added to the success of the event and put smiles on children's faces.



Please Note: registration for Spring and Summer 2024 sessions opens **March 8th** for scholarships (residents only), **March 15th** for residents, and **March 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 - Spring/Summer 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 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.
- **No classes Tuesday, May 14th at the Takoma Park Recreation Center, designated primary election voting location.**

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.

Spring/Summer 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.

Spring session only: Thursdays, April 4th June 6th, 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.

Spring session: Tuesdays, April 2nd - June 4th, 10:30 am., Gym - or -

Wednesdays, April 3rd - June 5th, 10:30 am., Gym.

Summer session: Tuesdays, July 2nd - August 13th, 10:30 am., Gym - or -

Wednesdays, July 3rd - August 14th, 10:30 am., Gym.

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

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

Spring session: Thursdays, April 4th - June 6th, 10:00 a.m., Back Activity Room.

Summer session: Thursdays, July 11th - August 15th, 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.

Spring session: Tuesdays, April 2nd - June 4th, 1:15-2:15 p.m., Back Activity Room.

Summer session: Tuesdays, July 2nd - August 13th, 1:15-2:15 p.m., Back Activity Room.



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.

Spring session: Tuesdays, April 2nd - June 4th, 12:00 p.m., Back Activity Room.

Summer session: Tuesdays, July 2nd - August 13th, 12:00 p.m., Back Activity Room.



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

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

Spring 2024 session: Fridays, April 5th - June 7th, 12:00 p.m., Back Activity Room.

Summer 2024 session: Fridays, July 5th - August 16th, 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.

Spring session: Wednesdays, April 3rd - June 5th, 11:45 a.m., Gym - or -

Fridays, April 12th - June 7th, 10:00 a.m., Gym.

Summer session: Wednesdays, July 3rd - August 14th, 11:45 a.m., Gym - or -

Fridays, July 5th - August 16th, 10:00 a.m., Gym.



Please Note: Yoga for 55 plus with Sarita Lama is cancelled until further notice. Sorry for any inconvenience.

Spring/Summer 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 in the Fall. (Free) indoor laps around the perimeter of the Gymnasium.

Pickleball Open Play* (free)

Join other "new" players for pickleball practice and play in the Gymnasium. This activity is geared toward beginner players. **Spring session only: Thursdays, April 4th - June 6th, 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

Spring/Summer 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.

Spring session: Tuesdays, April 2nd - June 4th, 9:00 a.m.

Summer session: Tuesdays, July 2nd - August 13th, 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.

Spring session: Tuesdays/Thursdays, April 2nd - June 6th, 10:00 a.m.

Summer session: Tuesdays/Thursdays, July 2nd - August 15th, 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 and range of motion.

Spring session: Fridays, April 12th - June 7th, 10:00 a.m.

Summer session: Fridays, July 5th - August 16th, 10:00 a.m.



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

Wonderful Spring Workshops!



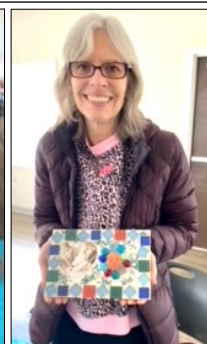
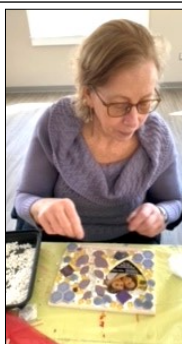
Arts and Crafts (\$6) with Alice Sims, Art for the People

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. Registration is required.

Spring session only: Wednesdays, April 17th, May 15th, and June 12th, 10:00 a.m., (Due to the Library construction, this activity has been relocated to the Heffner Park Center, 42 Oswego Avenue, Takoma Park.



The Fall 2023 and Winter 2024 Arts and Crafts Workshops included weaving on a tabletop loom, creating mosaic picture frames and other wonderful activities. Lots of great projects coming this Spring 2024!



Building Art with Legos Workshop (\$6) with Loretta Veney

Not just for children! Adults love it too! Discover this creative art form. There's much joy and beautiful art that can come from building with Lego bricks. Great for hand coordination, creative expression and problem solving. Led by Loretta Veney, a well known keynote speaker, author, program designer and facilitator of Legos as art therapy workshops as well as leading corporate team building workshops. Learn basic tips and techniques. No experience necessary. All the materials are provided. Limited space available. Registration is required.

Spring workshop: Friday, May 10, 10:00 a.m.-12:00 p.m.

Takoma Park Maryland Library, 7505 New Hampshire Avenue, Takoma Park, MD 20912. Don't miss this unique opportunity!



"Waking the buds that break from the tree. Shaking out gold, and all for free."

- Tony Mitton, *Spring Sunshine*

Drop-In Activities

Spring/Summer 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.

Spring Only: Tuesdays, April 23rd, May 28th, and June 25th, 12:00 - 2:00 p.m.

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



Spring/Summer 2024 - Community Center, 7500 Maple Avenue, Drop-in Activities, Registration is not Required.

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. This activity is subject to change due to the Library construction.

Spring (April - June): Mondays - Fridays, 9:00 a.m. - 1:00 p.m., Saturdays, 10:00 a.m. - 12:00 p.m.

Summer (July - August): Mondays - Fridays, 9:00 a.m. - 11:00 a.m., Saturdays, 10:00 a.m. - 12:00 p.m.

The summer schedule is adjusted to accommodate the youth summer camp.



Senior Room - Temporarily closed due to Library construction.



"Intermediate" Pickleball Summer Camp 2024!

Camp Dates: Monday, August 19 - Friday, August 23

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

Lunch Break: 12:00 p.m. - 1:00 p.m.

Location: Takoma Park Recreation Center, 7315 New Hampshire Avenue

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

Welcome to Forever Young's Intermediate Summer Camp for adults 55 plus. Our 2024 camp is all about Pickleball! The 2024 camp is for intermediate players who have some experience playing the game with other players or had some training such as taking a beginners class and are familiar with basic knowledge of rules, scoring, etc. Not for beginners please. This active sport is growing more popular everyday. You'll enjoy a week designed to expand your skills and knowledge while having fun. Put on your athletic shoes and join us. We provide the basic equipment. We'll have prize drawings every day! For a one-time registration fee you'll have access to the entire week. Activities will take place at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, Takoma Park, MD 20912. Activities take place each day between the hours of 10 a.m.- 3 p.m. Lunch break from 12-1:00 p.m. Maximum 14 students. Friday will be a special day to play pickleball, socialize and enjoy a catered lunch (vegetarian options available). Register on-line or in person. Limited space so register early. See page 2 for general registration information.



2024 Active Adventures Day Trips Coming Back!



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, transportation and entrance fees or any other additional fees. The Recreation Department vehicle is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. The following bus pick up locations are available for registered participants: Takoma Park Community Center, 7500 Maple Avenue, Franklin Apartments, 7620 Maple Avenue and Victory Tower, 7051 Carroll Avenue.



Friday, April 19 - "Dallas Black Dance Theater" - Publick Playhouse, Cheverly, MD: Join us for an artistic performance of contemporary modern, ballet, jazz works by nationally and internationally known choreographers designed to bridge cultures and reach diverse communities. This professional dance company is made up of a diverse, multi-ethnic troupe of dancers performing for audiences of all ages and backgrounds. **A very light amount of walking and standing.** Rain or Shine! Registration is required. Limited space. **Time: 9:30 a.m. - 1:30 p.m.* Free performance. \$5 per person for transportation.**

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



More trips coming!

More Activities - Recreation Department & Library Together



Do you like board games, chess, book discussions, arts & crafts, sewing, educational workshops and more? Recreation and Library staff are joining together and planning a variety of activities to take place at the Takoma Park Library, 7505 New Hampshire Avenue. Some activities will be open to all ages. Look for intergenerational learning and fun - joining youth and 55+ population. And of course, there will be activities just for seniors. We're open to new ideas. Have a suggestion? Contact us: Paula Lisowski, paulal@takomaparkmd.gov; Jill Raymond, jillr@takomaparkmd.gov; Anne LeVeque, annel@takomaparkmd.gov; or Elizabeth Ferry, elizabethf@takomaparkmd.gov



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.

The library has an updated edition of *How to Retire Overseas: Everything You Need to Know to Live Well (for Less) Abroad*, by Kathleen Peddicord. This book identifies places around the world for those looking to relocate out of the country when they are no longer tied to a job. Moving abroad is a complex endeavor, and she provides a number of tips for newbies just beginning to consider taking such a major leap. These include issues relating to healthcare, finding a home, language barriers, weather, and tax questions. Another new book in this genre is *How to Retire Overseas: Live Large for \$1500 a Month or Less!* These titles tell you exactly what you're getting.

As does the title of this new acquisition: *Nursing Homes: How to Find a Good One Or a few Good Nurses in a Bad One*. Having some personal experience doing just that, this book felt to me like an ally for those dealing with the long-term care environment. Frances Lovett, R.N. was a staff nurse and director of nursing, as well as a legal nurse consultant for nursing home litigation, and wrote this book to state clearly and in plain language what Americans really need to know about the state of the industry if they are going to navigate it with any degree of success. She does it with humor and sensitivity, lacing her chapters with paragraphs labeled BE AWARE and BEWARE. Lovett's book functions as sort of a "how-to" guide, deconstructing both the big picture and the nitty gritty details that might not occur to you ahead of time.

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 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