

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



(301) 891-7290
www.takomaparkmd.gov/recreation

Forever Young

Enjoying Active Life Over 55 in Takoma Park

July/August 2013

July 4th Independence Day Celebration

Independence Day Celebration —

www.TakomaPark4th.org

Be part of the tradition. Takoma Park has celebrated our National Independence for over 120 years. All ages welcome to join in the fun. This annual family fun event is full of Takoma Park spirit!

10:00 a.m. Parade Begins
7:00 p.m. Evening Program
Fireworks follows the program



Special points of interest:

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July is National Parks and Recreation Month - Tell Us Why You Love Your Park



Belle Ziegler Park

Since 1985, America has celebrated July as the nation's official Park and Recreation month. The National Recreation and Parks Association wants to know what you love about parks and recreation and why parks and recreation are so vital in our lives. We do too! Tell us about the fun and memorable times you've experienced at your local parks and recreation programs in Takoma Park. Contact us at 301-891-7290, or recreation@takomagov.org

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Ideas and suggestions? Contact me at the email address or phone number to the left. Better yet, come to the next Forever Young Recreation Advisory Group meeting on Friday July 19 and share your thoughts with me. See page 3 for details.

~ Paula ~



Mark Your Calendars - Community Special Events in Takoma Park, July & August 2013 - All Ages Welcome!

Thursday, July 4 - Independence Day Parade, Concert & Fireworks - www.TakomaPark4th.org

Tuesday, August 6 - National Night Out with Takoma Park Police - see page 3 for more information.

...and Special Events Around Town

Wings of Fancy - Daily through September 22 - Live Butterfly Exhibit (\$) - Brookside Gardens, 1500 Glenallan Avenue, Wheaton, Maryland - 10 a.m. - 4 p.m. - Brookside Gardens, for general information: 301-962-1400, "Wings of Fancy" information line: 301-962-1453.

Bethesda Summer Concerts (free) - Thursday evenings, through July 25 - live music that rocks downtown Bethesda - 6 - 8 p.m. Veterans Park, Corner of Norfolk & Woodmont Avenues - Bethesda, MD www.bethesda.org

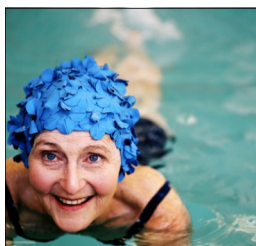
Community Activities - Meet Up with Friends and Neighbors

Biking/Hiking: For information about existing hiking and bicycling groups, please contact by email only: Margaret Chapman, MargtChapm@aol.com. (English or Spanish).

Azalea City Quilters of Takoma Park: Meets on Tuesdays, 10:00 a.m. – 12:00 noon, Takoma Park Community Center, 7500 Maple Avenue - Drop-in. Free.

Games Night: Meets every Tuesday from 7 to 9 PM at 7051 Carroll Ave. The activity is **inter-generational** and free. The games include Rummikub, Canasta, Spades, Bridge, and more. Contact John Goon 301-315-8297 - spineyone@yahoo.com or Johnny Browning 301-270-0648 - jspankyl@verizon.net

If you would like to share information about an event or activity in Takoma Park and surrounding communities, with other residents, please contact Paula Lisowski, Seniors Program Manager, at PaulaL@takomagov.org



Piney Branch School Swimming Pool

Piney Branch Pool, 7510 Maple Ave. (inside Piney Branch Elementary School). For more info about hours and classes: www.acsgw.org/pool.htm, (301) 891-8017 or call Joyce Seamens, Director of Pool Operation, Adventist Community Services at (301) 565-0190.

Pool chair lift is available! Check with the pool for more information.

Want to join a basketball League? Here's two to consider:

Over 50 NOVA United Senior Women's Basketball Program - open to women living throughout the Washington area, <http://sites.google.com/site/novaunitedbball/Home>

Over-65 Sunday Afternoon Basketball League, offered by Montgomery County Senior Sports Association, Bauer Community Center in Rockville; and senior men's pickup games on Tuesday & Thursdays 9—noon. For more information call 240-777-6922, or <http://seniorhoops.com>



Inclement Weather

Info: For information, call our weather hotline: (301) 891-7101 ext. 5605

If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.



National Night Out



Join the Takoma Park Police Department, friends and neighbors, for this year's annual National Night Out, **Tuesday, August 6, 2013, 6 - 9 p.m.** at 7510 Maple Avenue. Great fun for all ages! For more information, go to www.takomaparkpolice.weebly.com or call Sgt. Paula Gaskin at 301-891-7126. Please stop by the Takoma Park Recreation Department booths for games and demos. See you there!



Forever Young Advisory Group Meeting

Seniors and Boomers, we want to hear from you. Join other active adults 55 and older from our community at the next recreation advisory group meeting. Bring your suggestions and ideas for this recreation program in Takoma Park. Light breakfast refreshments will be served. Come to an open and relaxed meeting and get involved!

Forever Young 55 Plus Recreation Advisory Group Meeting

Friday, July 19, 2013

9:30 a.m.—10:30 a.m.

Drop-in. Senior Room

Takoma Park Community Center,
7500 Maple Ave.

The Recreation Department invites you to a fun Forever Young Summer Event

"Gelato" Ice Cream Party

Thursday, July 18, 2013

1:00 - 2:30 p.m.

Azalea Room, Takoma Park Community Center



Transportation available by Recreation Bus. Continuous loops beginning at 12:45 p.m. (Pick up/drop off at Victory Tower 7051 Carroll Avenue, and 7620, 7710 and 7777 Maple Avenue).



Gelato compliments of the Takoma Park Recreation Department, and is provided by **Dolci Gelati Café.**



- All programs take place at the Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- Advance registration is required for trips and classes. Must be **55 or older** to participate in the classes and trips.
- No registration is required for drop-in activities.
- Transportation is provided for trips and special events. Space is limited and requires advance registration.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.



Register for these great fitness classes

Line Dance Exercise

*No class on July 3 and August 7



Summer Session: July 9 - August 13

Wednesdays, Ongoing 10:50 - 11:50 a.m. *

Great music! Led by instructor Barbara Brown, this class provides enjoyable physical exercise and requires **no** prior experience. Benefits include strengthening of bones and muscles, weight loss, increased stamina, and stress reduction. **Registration is required.** Dance Studio. Free.

Tuesdays, 11:45 a.m. - 12:45 p.m.

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 6 weeks. Limit 20 students. **Registration is required.** Dance Studio. Free.

Did You Know?

Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India. Yoga is practiced to unite the mind, the body, and the spirit. Yoga helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment.

Gentle Yoga



Summer Session: July 12 - August 23 (4 classes)

Alternate Fridays, 12:00 - 1:00 p.m.

Carol Mermey, RYT, will introduce you to the ways yoga can help you increase flexibility, strength, and balance, using a series of seated and standing poses. Learn breathing and relaxation techniques. Beginners and experienced students welcome, work at your own level. You must bring a yoga mat to every class. **Registration is required.** Limit of 16. Dance Studio. Free.

Bone Builders



Weight training and discussion concerning diet, safety and exercise. **These ongoing classes may be full due to their popularity, however a waiting list is available. For more information, please call (301) 891-7290.**

Drop-in Activities

Table Tennis



Summer Hours:
Mondays - Fridays, ongoing
10:00 a.m. - 12:00 noon
Saturdays, ongoing
10:00 a.m. - 12:00 noon

Come play this fun, energetic game. A great way to improve eye-hand coordination: helps keep the body healthy and the mind sharp. Drop-in. Game room. Free.



Would you like to participate in a table tennis tournament for adults 55 and older? Contact Paula Lisowski, Takoma Park Recreation Department at 301-891-7280 for more information.

Register for these great education classes



Computer Classes Summer Session: July 3 - August 7

Wednesdays, 11:30 a.m. - 1:30 p.m.

Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit **six** participants. Instructors: Phil Shapiro, Jim Mueller, Jane Hawkanson. **Registration is required.** Six weeks. Computer Center.

Class Fee: \$10 Payable to the City of Takoma Park.

*Library card fees: **Free/Takoma Park residents**, \$37/ Montgomery County residents, and \$60 non-Mont. Co. residents.



Drop-in activities

Adults 55 Plus Multi-Activity Room: Open For Your Leisure

Located between the Computer Center and the Library, is a comfortable room for adults age 55 and older to read, play cards and board games, and attend classes at various times each month.*

Monday - Friday

12:00 - 8:00 p.m.

Saturday/Sunday

12:00 - 5:00 p.m.

*Daytime hours may be adjusted at various times during the month to accommodate a variety of special events and classes for seniors. We are sorry for any inconvenience.

Food and drinks are not permitted except for City of Takoma Park Recreation Department sponsored events. Four computers are available to seniors. You need a Takoma Park Library card to access the computers. For more information about the Library cards and computers, please contact the Library at 301-891-7259. Computers are also available in Computer Labs A and B and the Library.

Our March 20th trip to Rawlings Botanic Gardens in Baltimore, MD was filled with beautiful tropical plants and flowers. Margo and Anna pose in one of the four indoor rooms. See page 6 for details about July and August trips.



Bingo



Thursdays, July 25 and August 22

12:00 - 2:00 p.m.

Try your luck Win a prize. **Drop-in.** Senior Room. Free.



Blood Pressure Screening

Thursdays, July 25 and August 22

11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a **free** monthly blood pressure screening. Drop-in. Senior Room.



Needlework Get-together

Mondays, Ongoing* 11:30 a.m. - 1:00 p.m.

Are you bored sitting and knitting alone? Join us for fun, conversation and support with needlework projects. Bring your projects with you. This is **not** an instructional class. **Drop-in.** Senior Room. Free.

*The group will not meet during inclement weather.





Active Adventure Trips for adults 55 and older

How to register for July and August trips:

Please register in-person:

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

Trips are popular and fill up fast, so register early. We have a fair “first come-first serve” system for all participants. Mail-in registration is available, and a form can be found on the Takoma Park Recreation Department website. Incomplete forms will not be accepted. Please let staff know if you require any special accommodations to participate. If you have any questions, please call the Recreation Department at 301-891-7290.



JULY 2013 TRIPS - Registration begins Monday, July 1 (and not before)

July Trip #1: The Phillips Collection, Art Gallery, Washington, DC

Encounter superb works of modern art in an intimate setting at The Phillips Collection, opened to the public in 1921 in Washington’s vibrant Dupont Circle neighborhood. Paintings by Renoir, O’Keeffe, and Van Gogh are among the many stunning impressionist and modern works that fill the museum. There is a museum gift shop. Bring spending money for lunch in the museum café.

Rain or Shine!

Date: Tuesday, July 16, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See registration procedure above.

Free admission (permanent collection only). No cost for transportation.

July Trip #2: The Newseum, Washington, DC - “Inter-generational”

Bring your grandchildren! One of the best museums in Washington, DC, the Newseum is packed with interactive exhibits. You’ll find something for all ages in the Newseum’s 15 theatres and 15 galleries. Bring spending money for lunch in the museum’s food court. **Registration is required for all ages.**

Lots of walking!

Date: Friday, July 26, 2013

Time: 9:00 a.m. - 3:30 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only.

\$17.97-per Adult- pay at time of registration.**

Summer Special: Children/Youth (under 18) may enter “Free with paying adult” (limit 2 children per adult)

Admission fees are per person, discounted group rate, non-refundable. No cost for transportation.

****Registrations with payments due by 7/18/13 deadline.**



AUGUST 2013 TRIPS - Registration begins Thursday, August 1 (and not before)

August Trip: Senior Day, Montgomery County Agricultural Fair, Gaithersburg, MD

Back by popular demand, we will return again this year to enjoy a good old-fashioned county fair with animal and agricultural exhibits, craft shows, commercial vendor booths and festival foods. Bring your lunch, or spending money to buy lunch, and wear comfortable walking shoes. Some, but not all, of the fairground’s buildings and grounds are accessible by wheelchair. Dress appropriately for comfort. **Rain or Shine!**

Lots of walking!







Date: Tuesday, August 13, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See registration procedure above.

Free admission. No cost for transportation.

The Active Adventures program is designed for active adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Also, since these trips are usually held rain or shine, participants should plan to dress accordingly. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 This star symbol denotes a new event, class or session.	1 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> 11:30 a—1 p	2 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p	3 <u>No Line Dancing</u> <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> <u>New Session</u> 11:30 a—1:30 p	4 July 4th Holiday  Center Closed	5 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p	6 <u>Table Tennis</u> 10:00 a— 12:00 p
7 Center Open on Sundays 12 - 5 p	8 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> 11:30 a—1 p	9 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> Session begins 11:45 a—12:45 p 	10 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	11 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p	12 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> <u>New Session</u> 12—1 p 	13 <u>Table Tennis</u> 10:00 a— 12:00 p
14 Center Open on Sundays 12 - 5 p	15 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> 11:30 a—1 p	16 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:45 p <u>Trip Art Gallery</u> 9—3 p 	17 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	18 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Gelato Ice</u> <u>Cream Summer</u> <u>Party</u> 1—2 p 	19 <u>Advisory Meeting</u> 9:30 a - 10:30 a <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p	20 <u>Table Tennis</u> 10:00 a— 12:00 p
21 Center Open on Sundays 12 - 5 p	22 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> 11:30 a—1 p	23 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:45 p	24 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	25 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p 	26 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p <u>Trip to Newseum</u> 9 a - 4 p 	27 <u>Table Tennis</u> 10:00 a— 12:00 p
28 Center Open on Sundays 12 - 5 p	29 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p	30 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:45 p	31 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	July is: International Joke Day - July 1st National Parks & Recreation Month National Baked Bean/Hot Dog Month National Blueberry Month **National Ice Cream Month** National Picnic Month Amelia Earhart Day - July 24		

B	I	N	G	O
4	21	35	47	63
1	19	37	50	72
10	24	7	51	6
6	23	40	55	69
3	21	41	49	74