

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



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

Forever Young

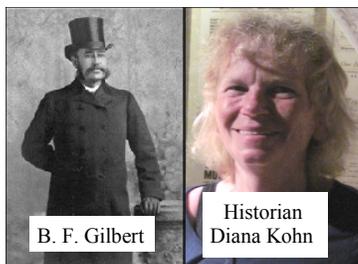
Enjoying Active Life Over 55 in Takoma Park

November/December 2013

Takoma Park "Founder's Day" (B.F. Gilbert) Special Presentation

Special points of interest:

- * Takoma Park Events-
page 2
- * Swimming Pool - page 2
- * Winter 2014 Activities
Registration - page 3
- * Forever Young Advisory
Group Meeting - page 3
- * Voting Transportation-
page 3



B. F. Gilbert

Historian
Diana Kohn

November 24, 2013 marks the 130th anniversary of the official establishment of Takoma Park. B.F. Gilbert hadn't yet decided to call it Takoma Park, but it was the day he purchased the first 90 acres in the future suburb. Gilbert and his wife Maggie purchased the Gottlieb Grammar estate. Amanda Thomas was among those willing to join the adventure, because that same day, the register of deeds recorded the transfer of 9 lots from the Gilberts to her. She and her husband Issac would occupy the first house (at the corner of what is now Tulip and Cedar) and open the first store next to the railroad stop. From this small step, Gilbert's vision expanded from a tiny group of "pioneers" clustered near the last train stop in the District to the Takoma Park MD and DC we know today. In honor of that eventful date, Diana Kohn of Historic Takoma will offer a special presentation of the decades that followed. A companion display from the Historic Takoma archives will highlight some of the people and stories who shaped our community. These are free, drop-in events, no registration required.

Date: Wednesday, November 20, 2013

Time: 12:30 - 2:00 PM

Place: Takoma Park Community Center - Azalea Room



Historic Takoma Archival Display: November 19 through January 5, 2014, Takoma Park Community Center Senior Room, 7500 Maple Avenue, M-F 12-8 PM, Sat/Sun 12-5 PM
For more information, call the Takoma Park Recreation Department at 301-891-7290.

Inside this issue:

News and Events	2, 3
Fitness/Health Classes	4
General Classes	5
Nov/Dec Trips	6
November Calendar	7
December Calendar	8

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2014 Fitness Expo coming soon!

Making fitness fun and accessible is what this Fitness Expo is all about. Free and Fun for all ages! Interactive presentations, 20 minute fitness demonstrations, health screenings/seminars and more.

Saturday, January 4, 2014

8 AM - 3 PM

Takoma Park Recreation Center

7315 New Hampshire Ave.

Information: 301-891-7289





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

Tuesday, November 5 - Election Day - City of Takoma Park - www.TakomaParkMD.gov/clerk
Sunday, November 24 - B.F. Gilbert Day (Founder of the City of Takoma Park) - www.HistoricTakoma.org
Saturday, December 7 - Takoma Park Alternative Gift Fair - www.AGGW.org
Sunday, December 8 - Old Takoma Annual Pajama-Rama - www.MainStreetTakoma.org
Saturday, December 14 - Holiday Art Sale - www.Facebook.com/TakomaParkMD
Thursday, December 19 - Winter Solstice Celebration - www.TakomaPark.info/library
Sundays, year-round - Takoma Park Farmers Market - 10 a.m. - 2 p.m., Laurel Avenue in historic Old Takoma. The market includes local, seasonal produce, breads, and other goods from 23 farms located within 125 miles of Takoma Park, MD. For more information, go to www.talomaparkmarket.com

...and Special Events Around Town

FotoWeek DC - November 1-10 - the annual celebration of photography in Washington, DC features programs including a photo contest and juried exhibition, gallery openings, lectures, educational workshops, book signings and more. For more information, go to www.fotoweekdc.org

Mummies of the World - through December 31- offers visitors state-of-the-art multimedia and hands-on interactive stations, transforming audiences into amateur “mummyologists” as they learn how mummies are created, where they come from and who they were - Maryland Science Center, 601 Light Street, Baltimore, MD - for more information: 410-685-5225 or <http://mdsci.org>

Fenton Street Market: The Fenton Street Market is being held on the following Saturdays: November 30 and December 21 from 6:30 a.m. until 5:00 p.m.

Community Activities - Meet Up with Friends and Neighbors

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 **intergenerational** 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 - jspanky1@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@takomaparkmd.gov



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 Operations, Adventist Community Services at (301) 565-0190.

Here's how to find the Forever Young newsletter online. Go to: www.takomaparkmd.gov

Click on **recreation**

Click on **55 & older** to preview or download the latest issue of the newsletter.



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.



Registration for Winter 2014 Recreation Department Classes Opens December 15

Mark your calendars. The Winter 2014 Takoma Park Recreation Department RecGuide of activities will be delivered to addresses in Takoma Park, as an insert of the Takoma Park Newsletter, the first week in December 2013. Additional copies can be found in the Takoma Park Community Center, 7500 Maple Avenue, and on-line at www.takomaparkmd.gov/recreation. General registration for Winter 2014 classes opens on December 15. Register in-person (7500 Maple Avenue) or online: activenet.active.com/takomaparkrecreation
Please note: to keep registration fair for all registrants age 55 and older, including those without computer access or training, the Forever Young 55 Plus program requires ‘in-person advance pre-registration’ only. We apologize for any inconvenience. For more information, please call the Takoma Park Recreation Office main line at 301-891-7290 or Paula Lisowski, Seniors Program Manager at 301-891-7280.



FYI - Attendance Procedures - Forever Young Program

The Recreation Department’s “Forever Young 55 Plus” program continues to grow. In an effort to be fair to everyone, we must adhere to attendance policies and procedures. Our goal is to continue to offer free or low cost activities, which is important to our participants. Often classes fill up quickly and create long waiting lists. To be fair, we must monitor the attendance in all courses. Consistent attendance in our program is important. Habitual absenteeism will result in the participant being withdrawn from the course.

Procedures:

- a) After three consecutive absences, the participant will be withdrawn from the course and notified.
- b) Special consideration may be extended if we receive advance notice of your extended absence or there is a medical reason (doctor’s note required).
- c) No one can remain on the roster after being absent for 4 weeks.

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 refreshments will be served. Come to an open and relaxed meeting and get involved!

**Forever Young 55 Plus
Recreation Advisory Group Meeting**

Friday, December 13, 2013

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

Drop-in. Senior Room

Takoma Park Community Center,
7500 Maple Ave.

Takoma Park - Election Day Transportation - Tuesday, November 5



November 5 is election day. Bus service will be provided for seniors to the Takoma Park Community Center (polling location) between the hours of **10 AM and 3:30 PM**. The bus will pick up residents (continuous loops) at Victory Tower, Maple View, Franklin, and Essex Apartments and drop off at the Takoma Park Community Center, 7500 Maple Avenue. For more information, call (301) 891-7280.

- 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

Fall Session September 4 - December 18

Wednesdays, 10:50 a.m. - 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. **In-person pre-registration is required.** Dance Studio. Free. *No class on November 27 & December 25

 **ZUMBA®** gold Fall Session: October 1 to December 17, 2013



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. **In-person pre-registration is required.** Dance Studio. Free.



Bone Builders

Mon/Thurs 10 a.m. – 11 a.m.

- or -

Tues/Fri 10:30 a.m. - 11:30 a.m.

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



Gentle Yoga

Fall Session: (8 classes) 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, 12/20

Alternate Fridays, 12:00 noon - 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. **In-person pre-registration is required.** Limit of 16. Dance Studio. Free.

Tai Chi Shibashi (Martial Arts Exercise)

Thursdays, (Six Classes) Fall Session: October 3 - November 7, 11:30 a.m. - 12:30 p.m.

The 18 Healing Movements of Shibashi, a soft form of Tai-Chi. Instructor: Elisabeth Larson. **In-person pre-registration is required.** Limit of 20 students. Dance Room. Six weeks. Free.

Drop-in Activity **Table Tennis**

Fall Hours: Mondays - Fridays, ongoing, 11:00 a.m. - 1:00 p.m. / Saturdays, ongoing, 10:00 a.m. - 12:00 noon Come play this fun, energetic game. A great way to improve eye-hand coordination: keep the body healthy and the mind sharp. Drop-in. Game room. Free. (Hours subject to change 12/26/13-12/31/13, children's winter-break camp)

Would you like to participate in a table tennis tournament for adults 55 and older? We are planning a January 2014 tournament. For more information, and to register with Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department, call **301-891-7280**, or email paulal@takomaparkmd.gov



Register for this great education class



Computer Classes Fall Session: October 16—November 20

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.



Bingo

Thursdays, November 21 and December 19
12:00 noon - 2:00 p.m.

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



Blood Pressure Screening

Thursdays, November 21 & December 19
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.

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 noon - 8:00 p.m.

Saturday/Sunday
12:00 p.m. - 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.



We enjoyed our May 16 trip to Sykesville, MD (left to right) restored 1903 "Colored Schoolhouse" with tour guide Patricia Greenwald posing with Sue. Anna, Doris and Yolanda in front of Sykesville Gate House Museum. Judy checks out the old train station bell.



Active Adventure Trips for adults 55 and older How to register for November and December trips:

Please pre-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.



NOVEMBER 2013 TRIPS - Registration begins Friday, November 1 (and not before)

November Trip #1: Glenstone Art Museum, Potomac, MD (private tour)



November Trip #2: Wegman’s Market, Germantown, MD

Glenstone seamlessly integrates art, architecture and landscape into a serene and contemplative environment to form a unique connection between art and visitor. These settings exist to exhibit works of art, created from 1945 through the present. **Exhibit only, lunch not included** on this trip. **Space limited: 14 only.**

Date: Thursday, November 14, 2013

Time: 10:00 a.m. - 1:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Mapleview Apartments, and Victory Tower only. In-person pre-registration is required. See registration procedure above. **Free admission. No cost for transportation.**

Back by popular demand. Come with us to Wegmans Market to browse the more than 70,000 products from fresh produce to imported, international, and organic foods. Stock up for the holidays! Bring spending money for shopping and lunch at the “new” Wegmans store in Germantown, MD. Rain or shine!

Date: Tuesday, November 19, 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, Mapleview Apartments, and Victory Tower only. In-person, pre-registration is required. See registration procedure above. **Free. No cost for transportation.**



DECEMBER 2013 TRIP - Registration begins Monday, December 2 (and not before)

December Trip #1: Holiday Display - U.S. Botanic Garden, Washington, D.C.

Despite the cold outside, the Conservatory, a warm tropical paradise, has one of the largest decorated trees in Washington, D.C, and a poinsettia showcase. The “fantasy train display” and “World’s Fair” exhibitions fill the East Gallery with the sights, scents and sounds of *Season’s Greetings*. Bring spending money for lunch at a local eatery.

Date: Wednesday, December 11, 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, Mapleview Apartments, and Victory Tower only. In-person, pre-registration is required. See registration procedure above. **Free admission. No cost for transportation.**



Photo by Anne Marsh. Photo and story contributed by Colleen DiPaul, vibrant member of Forever Young and resident of Victory Tower in Takoma Park, Maryland.

The National Geographic Society currently celebrates its 125th anniversary. Ms. Colleen DiPaul was invited to the dress rehearsal, of a play written by Jim Lehrer on the life of the second National Geographic President, Alexander Graham Bell, also known as the inventor of the telephone. Mr. Lehrer was commissioned to write the play and called it simply “Bell.” Ms. DiPaul says “the reception afforded me an opportunity to meet Jim Lehrer - - very exciting since I’d been a fan of his since the early days of the MacNeil-Lehrer television news hour.”

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
<p>1 <i>Holiday Center Closed</i></p>	<p>2 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>3 <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</p>	<p>4 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p</p>	<p>5 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p</p>	<p>6 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>7 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>8 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>9 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>10 <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</p>	<p>11 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Trip to Botanic Gardens</u> 9 a - 3 p</p> 	<p>12 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p</p>	<p>13 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Advisory Meeting With Paula</u> 11:30 a - 12:30 p</p> 	<p>14 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>15 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>16 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>17 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold Ends</u> 11:45 a—12:45 p</p>	<p>18 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p</p>	<p>19 <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</p> 	<p>20 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>21 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>22 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>23 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>24 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p> <p>Holiday Center Closes at 12 p</p> 	<p>25 Holiday Center Closed All Day</p> 	<p>26 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p</p>	<p>27 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p>	<p>28 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>29 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>30 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>31 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p>	<p>Are you planning any 2014 New Year's resolutions? Let's hear from you. Share with us and we will include them next month. paulal@takomaparkmd.gov</p>			