



Forever Young

Enjoying Active Life Over 55 in Takoma Park

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Coming Soon! First Annual Lifelong Takoma Day

Connection and well-being: purpose of event is to link residents with life-enhancing resources and engaging activities in a casual atmosphere.

Presentations: "Power of Play" and "Living Fully"

Entertainment: Jazz/Folk Music and Poet Laureate

Workshop: "Memoir Creations"
Peer Dialogue Meeting

Health and Wellness

Screenings: blood pressure, grip strength, BMI, balance & stability, eye exams; eye glass take back, and more!

Free Flu shots for Medicare Part B patients *Please bring your card.

Recreation Fitness Demonstration: fitness classes!

Fun! Game Room is reserved for event attendees.

Gain information on Housing, Transportation, Emergency Preparedness/Fire Safety, Health and Nutrition, Volunteering, etc.

Featuring:

Village of Takoma Park, (VillageRides); CHEER; Montgomery County Aging and Disability; Design for Life, (Tax abatement/home modification program), Takoma Park Police Department; Takoma Park Library and Computer Center; Meals on Wheels; WMATA; Lions Club; Adventist Healthcare; Adventist Community Services, TPSS CO-OP and Capital City Cheese cake providing snacks.

Free transportation - provided by Village of Takoma Park, VillageRides Program, and provided by Recreation Department Bus - pickups/drop offs, continuous loops.

For more information on the event, please contact:

Karen Maricheau, Lifelong Takoma
301-891-7232, kmaricheau@takomaparkmd.gov

For the schedule of events and transportation information visit:

www.takomaparkmd.gov/lifelongtakoma (after August 31st).

Saturday, September 20

1:00 p.m. - 4:00 p.m.

**Free Admission for all offerings
 Includes refreshments and beverages!
 Adult residents 55+ and their families
 Takoma Park Community Center
 7500 Maple Avenue**



Volunteers Needed

New 55 plus Activities at the Recreation Center



Beginning September 9, 2014
Tuesdays and Thursdays, 12:00 - 2:00 p.m.
See page 5 - 7



Registration begins September 2, 2014. Register at either location during their regular business hours.



Mark Your Calendars - Community Special Events in Takoma Park, September & October 2014 - All Ages Welcome!

- Sunday, September 7 - Takoma Park Folk Festival - www.TPFF.org
Saturday, September 20 - Lifelong Takoma Day - Wellness & Connection - see front page for details.
Saturday, September 20 - Takoma Foundation BeerFest - www.TakomaFoundation.org
Saturday, September 27 - Takoma Park Fall Play Day - www.TakomaPlays.org - see page 3 for details.
Saturday, September 27 - Old Takoma Fall Clean-Up - www.MainStreetTakoma.org
Saturday/Sunday, September 27, 28 - Sweep the Creek - Friends of Sligo Creek - www.FOSC.org
Sunday, October 5 - Takoma Park Street Festival - www.TakomaFestival.com
Saturday, October 25 - Book Sale - Friends of the Takoma Park MD Library - www.FTPML.org

Monster Bash Annual Costume Contest

Saturday, October 25 at 1:00 p.m.

Meet at the Public Parking Lot beside the TPSS Co-op on Carroll Avenue
This year we have the festivities on Carroll Avenue and Old Town Takoma Park.



Costume Parade

Saturday, October 25

Approximately 2:15 p.m.

Immediately following the Costume Contest (Carroll Avenue, Old Town)



Costume Award Ceremony and Celebration

Saturday, October 25

Approximately 3:00 p.m. (Immediately following the parade, Carroll Avenue, Old Town)

Join us for refreshments, sponsored by the Takoma Park Lions Club,
and a musical performance suitable for all ages sponsored by the Takoma Park Recreation Department.

...and Special Events Around Town

September 7, 2014 - The Nation's Triathlon: beginning at 7 a.m., this prestigious sporting event in Washington DC includes a scenic course that winds through the National Mall, a 1.5k swim in the Potomac river, a 40k bike course through the streets of DC and Maryland, finishing with a 10k past the city's historic landmarks.

For more information, go to www.nationstri.com

September 15-20, 2014 - The Great Frederick County Maryland Fair: The event features live entertainment, tractor pulls, carnival rides, an equine expo and showcase, agricultural events, educational activities, contests and food. 9 a.m. - 10 p.m., Frederick Fairgrounds. \$8 adults, children under 10 free. For more information, go to www.thegreatfrederickfair.com or call 301-663-5896.

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School) will reopen September 3, 2014. For more information please contact Joyce Seamens, Director of Pool Operations, at (301) 565-0190, email address JKSeamens@aol.com

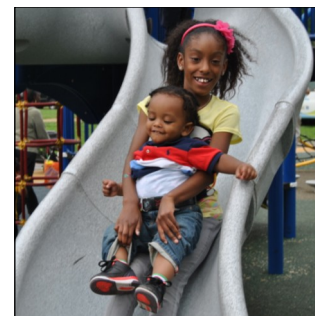
Games Night: Meets every Tuesday from 7 to 9 p.m. at 7051 Carroll Ave. The activity is intergenerational and free. The games include Rummikub, Canasta, Spades, Bridge, and more. Contact John Goon 301-315-8297 - spineyone@yahoo.com or Johnny Browning 301-270-0648 - jspanky1@verizon.net

6th Annual Takoma Park Fall Play Day, Saturday, September 27th, 10 am - 2 pm

Takoma Park Middle School, 7611 Piney Branch Road



Takoma Park citizens of all ages are welcome to the 6th annual Play Day on Saturday, September 27, 2014. Enjoy good old-fashioned playful activities: board games, performers, artists, dress-up, face painting, music, and so much more! Free community event. For more information, please go to www.TakomaPlays.org



Transportation will be provided by Recreation Bus for seniors (continuous loops) 9:30 a.m. - 2:00 p.m. Bus pick-up and drop-off locations: Victory Tower 7051 Carroll Ave., Franklin Apts. 7620 Maple Ave., Mapleview Apts. 7710 Maple Ave., and Essex Apts. 7777 Maple Ave., and the Takoma Park Recreation Center, 7315 New Hampshire Avenue.



Living Well with Diabetes Program Presented by Providence Hospital



FREE, diabetes education program designed for persons with diabetes, at risk for diabetes, and those interested in learning more about the disease. The program focuses on “knowing your numbers” and provides point of care (POC) testing in conjunction with diabetes information.

- Session 1– Living Well**
- Session 2– Keep Moving**
- Session 3– Eating Well**
- Session 4– Three Month Follow-Up**

In-person registration is required. For more information contact Paula Lisowski, Seniors Program Manager at 301-891-7280 or email: PaulaL@takomaparkmd.gov

Living Well with Diabetes
Wednesdays, September 10, 17, 24
and December 3, 2014
10:00 a.m. - 12 noon
Senior Room
Takoma Park Community Center
7500 Maple Avenue

Forever Young Advisory Group Meetings

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 the 55 plus recreation program in Takoma Park. Come to an open and relaxed meeting and get involved!

Forever Young 55 Plus
Recreation Advisory Group Meetings
Tuesday, September 23, 2014
1:00 - 2:00 p.m. Drop-in. Senior Room
 Takoma Park Recreation Center, 7315 New Hampshire Ave
Friday, September 26, 2014
11:30 a.m. - 12:30 p.m. Drop-in. Senior Room
 Takoma Park Community Center, 7500 Maple Ave.



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.

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- **Advance** in-person registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- **Registration for TP Recreation Fall classes began: August 15/ Montgomery College registration began: July 23.**
- Transportation is provided for trips and special events. Space is limited. See page 7 for trip registration information.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.



The following fall classes are currently full, however a waiting list is available for classes with an asterisk* next to title:

Bone Builders, Ongoing Classes: Mon/Thurs 10 a.m. – 11 a.m. or Tues/Fri 10:30 a.m. - 11:30 a.m.

Crochet- Mondays, September 8 - 29, 11:30 a.m. - 1:30 p.m.

*Gentle Yoga, Alternate Fridays, 12:00 noon - 1:00 p.m.

*Line Dancing, Wednesdays, 10:50 a.m. - 11:50 a.m.

*Zumba Gold, Tuesdays, 11:45 a.m. - 12:30 p.m. / Saturdays, 2 - 2:45 p.m.

Fall class registration began Friday, August 15, 2014

Fitness Classes

Cardio Groove Classes: **Thursdays, September 11 - October 30, 1:30 - 2:30 p.m. Dance Room -or- Saturdays, September 13 - November 8, 11:30 a.m. - 12:30 p.m. Azalea Room**

High energy and easy to follow. Start with a warm-up that gets you in the groove, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly, then a well-earned cool down and stretch. Moves follow the beat of music designed for Aerobics, flowing from a great sound system.

Instructor: Nancy Nickell. **Free. In-person pre-registration is required.** For information, call 301-891-7280.



Creative Movement **Fridays, October 10—November 14, 10:00 - 11:00 a.m.**



Join this fun-filled creative movement class which combines elements of posture improvement exercises, stretching, and dance movement routines. This class is designed to improve bone strength, posture, and cardiovascular functioning for adults. Six weeks. Course #LL1680. Limit of 20. Lilac Room. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$80 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**

Self Defense for Adults 55+, **Tuesdays, September 9 - October 14, 12:00 - 1:00 p.m.**



This course is intended to enhance the student’s awareness of threats to personal safety and concepts and techniques to avoid them. Various scenarios involving a common-sense approach to self-defense will be integrated throughout each aspect of training. Instruction will also involve physical activity, which includes a warm-up, dynamic stretching, warm-up calisthenics, and coordination development. During the course of instruction, students will engage in the 12 basic self-defense techniques, in a dynamic, yet safe and controlled environment. Limit of 30. **In-person pre-registration is required. Registration opens Sept. 2. Gym, Recreation Center, 7315 New Hampshire Avenue. Free. For more information, please call (301) 891-7280.**

Fitness Classes , continued

Fitness Training in the Fitness Room- Alternate Thursdays, September 11, 12:00 - 1:00 p.m.



Join Rochelle Coleman, Certified Fitness Instructor, on the 1st and 3rd Thursday of each month for instruction on using the fitness equipment and to develop a personal exercise routine. See page 6 for a list of equipment available for your use, and the hours the room is available exclusively for 55 plus. **Fitness Room, Recreation Center, 7315 New Hampshire Avenue. Free. For more information, please call (301) 891-7280.**

Table Tennis Skills - Thursdays, September 11 - October 30, 12:00 - 1:00 p.m.



Great fun! Led by Donn Olsen, Club Joola's coach and instructor, this class provides enjoyable physical exercise and requires *no* prior experience. Students will learn game rules and practice skills. Limit of 8. **In-person pre-registration is required. Registration open Sept. 2. Front room, Recreation Center, 7315 New Hampshire Avenue. Free. For more information, please call (301) 891-7280.**

Tennis Fun and Fitness- Thursdays, September 18 - November 6, 12:00 - 1:00 p.m.



Rediscover your love of tennis or help find it for the first time by playing this lifelong game. This class blends exercise with learning or reviewing tennis skills. The goal is fun and fitness utilizing special equipment for beginners and indoor play. All equipment provided, but you can bring your own racquet. Instructor Coach SJ, Moving forward Tennis. Limit of 12. **In-person pre-registration is required. Registration open Sept. 2. Gym, Recreation Center, 7315 New Hampshire Avenue. Free. For more information, please call (301) 891-7280.**

Art and Education Classes

Computer Classes - Wednesdays, Fall Session 1: September 10 - October 15/ Fall Session 2: October 22 - December 3: 10 a.m. - 12:00 noon

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. Instructors: Phil Shapiro, Jim Mueller, Jane Hawkanson. Registration is required. Six weeks. Computer Center. Class Fee: \$10 Payable to the City of Takoma Park.



How to Paint Like an Impressionist - Wednesdays, Oct. 8 - Nov. 12, 1:30 - 3:30 p.m.



The historical context, style, and inspiration for the impressionist movement, exploring techniques such as pointillism, impasto, use of palette-knife, layering, and use of color, will be demonstrated and explained. You will then apply these methods with individual instruction to create your own impressionist painting with watercolor or acrylic. Course #LL1652. Limit 12. Six weeks. Art Studio. **Lifelong Learning Institute - cost \$79. Tuition waiver applies; adults 60 and older pay this fee only. (\$168 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**



Marc Chagall (Dance of Imagination)- Wednesdays, Nov. 5 - 19, 1:30 - 3:30 p.m.



This course explores Marc Chagall as a person and as an artist. You will explore Chagall's images that draw on the contemporary avant-garde developments, such as Fauvism, Surrealism, and Cubism. Course #LL1714. Three weeks. Auditorium. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$120 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**



Drop-in Activities, Recreation Center, 7315 New Hampshire Avenue

Fitness Room

Located at the Recreation Center, 7315 New Hampshire Avenue, is a fitness room* with fitness equipment such as upright bikes, recumbent bikes, treadmills, lat pull-down, chest press, leg extension, leg curl, dip/pull machines, flat bench, incline bench and much more.

Tuesdays - Thursdays (55+ only)	Monday - Friday	Saturdays	Sundays/Closed
12:00 noon - 2:00 p.m.	2:30 p.m. - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	

*Senior Free Fitness Pass at Takoma Park Recreation Center, 7315 New Hampshire Ave. The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center. You can register for this free pass at any time during business hours. For more information contact Paula Lisowski at 301-891-7280 or PaulaL@takomaparkmd.gov.

Drop-in Activities, Community Center, 7500 Maple Avenue

Bingo - Thursdays, September 25 & October 23 - 12:00 noon - 2:00 p.m.

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

Blood Pressure Screening - Thursdays, September 25 & October 23 - 11:30 a.m. - 12:30 p.m.

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

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. **Group will not meet 9/8/14—9/29/14.**

Table Tennis - *Hours: Ongoing, Mondays - Friday 9:00 a.m. - 1:00 p.m. Saturdays, 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.

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

Located at the Community Center, 7500 Maple Avenue, between the Computer Center and the Library, is a comfortable room for adults age 55 and older to read, play cards and board games, use computers, and attend classes at various times each month.*

Monday - Friday	Saturday/Sunday
12:00 noon - 8:00 p.m.	12:00 noon - 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. Thank you for your cooperation.

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.



Active Adventure Trips for adults 55 plus

September Trips!

Please pre-register in-person or by mail: Takoma Park Recreation Department

7500 Maple Avenue -or- 7315 New Hampshire 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. Mail-in forms will be processed on the opening dates for each month as stated below. 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.

The Active Adventures program is designed for active independent 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. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. Bus pick up of registered participants at the following locations: Franklin and Mapleview Apartments, Victory Tower (pick up at 9:00 a.m.) and (new) Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

Beginning September 2014, the Recreation Bus will add an additional pick up and drop off location at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, for the Active Adventure trips. The pick up time will begin 30 minutes prior to the Takoma Park Community Center regular departure time for registered participants. For more information, please call Paula Lisowski, Seniors Program Manager at 301-891-7280 or email to PaulaL@takomaparkmd.gov

SEPTEMBER 2014 TRIPS - Registration begins Tuesday, September 2 (and not before)

Trip #1: Friday, September 12 - National Air & Space Museum, Udvar-Hazy Center, Chantilly, Va

The Smithsonian National Air and Space Museum’s Steven F. Udvar-Hazy Center, the companion facility to the Museum on the National Mall in Washington, DC, displays thousands of aviation and space artifacts including the space shuttle *Discovery* and more than 200 aircraft in it’s two large hangars - the Boeing Aviation hangar and the James S. McDonnell Space Hangar. Bring spending money to purchase lunch in the museum cafeteria. **Rain or shine!**

Time: 8:45 a.m. - 4:00 p.m. * Free admission. No cost for transportation.

Trip #2: Wednesday, September 17 - National Zoo, Washington, DC

Part of the Smithsonian Institution, the National Zoo is the nation’s zoo. It’s a 163-acre zoologic park set amid Rock Creek National Park. Cheetahs, zebras, gazelles, oryx, lions, tigers, birds and many other animals can be seen throughout the park outside or in air-conditioned and heated buildings including the Small Mammal House, Bird House, and Amazonia. Maybe you’ll catch a glimpse of Bao Bao the Giant panda cub in the panda house at the David M. Rubenstein Family Giant Panda Habitat. Bring spending money to purchase lunch from a variety of eateries such as the Seal Rock Café, Mane Grill, or the Panda Grill and Café. Snack stands and food kiosks are located throughout the park including sandwiches, popcorn, soft-serve ice cream, soft pretzels, funnel cakes, and a Fresh Market Cart featuring healthy snacks including fresh fruit and juices.

Plenty of walking! Rain or Shine!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

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



More Active Adventure Trips for adults 55 plus!

OCTOBER 2014 TRIPS - Registration begins Wednesday, October 1 (and not before)

Trip #1: Saturday, October 11 - 51st Anniversary of the Catoctin Colorfest, Thurmont, MD

Catoctin Colorfest, one of the largest juried Arts and Crafts Show on the East Coast is celebrating its 51st anniversary. Each year over 100,000 people attend the event. Enjoy the fall season in Thurmont and the beautiful Catoctin Mountains in Frederick County, Maryland. Bring spending money to purchase lunch at the event's food vendors. **Grounds not accessible by wheelchair.** Dress appropriately for comfort. On our way home, if time permits, we will stop by the Catoctin Mountain Orchard to stock up on seasonal fresh farm produce. **Rain or Shine! Lots of walking!**

Time: 7:45 a.m. - 5:00 p.m.* Free admission. No cost for transportation.

Trip #2: Thursday, October 16 - The International Spy Museum, Washington, DC

The International Spy Museum is the only public museum in the United States solely dedicated to espionage. This privately owned museum is dedicated to the tradecraft, history and contemporary role of espionage, and features the largest collection of international espionage artifacts currently on public display. Bring spending money for lunch at a local restaurant. **Rain or shine!**

Time: 8:45 a.m. - 3:00 p.m.* \$15.95 per person admission, bring on 10/16/14. No cost for transportation.

Trip #3: Wednesday, October 22 - MusicaliTea, Strathmore Music Center, Bethesda, MD






Back by popular demand! A great time for music lovers to gather together to enjoy great music. Musical (vocal and/or instrumental) performances by Levine School of Music faculty-artists, students and guests. Tea and light refreshments served. **Rain or shine!**














Time: 9:45 a.m. - 1:00 p.m. * Free admission. No cost for transportation.

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



Our July 11th trip to the Kreeger Museum, designed by renowned architect Philip Johnson, was fascinating. We enjoyed the lovely art collection of Monet, Picasso, Chagall, Cezanne, Kandinsky and others throughout the building, Sculpture Terrace and Garden.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>★</p> <p>This star symbol denotes a new event or class.</p>	<p>1</p> <p>Center Closed</p>  <p>Labor Day Holiday</p>	<p>2</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p*</p> <p>*Note new time</p> <p>No Zumba Gold</p>	<p>3</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>No Computer Class</p>	<p>4</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p>	<p>5</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Gentle Yoga 12—1p</p> 	<p>6</p> <p>Table Tennis 10 a—12 p</p> <p>No Zumba Gold</p>
<p>7</p> <p>Center Open on Sundays 12 - 5 p</p> <p>★</p>	<p>8</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Crochet Class Begins 11:30 a—1 p</p> <p>No Needlework Get-together</p>	<p>9</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>No Zumba Gold</p>	<p>10</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class Fall Session Begins 10 a—12:00 noon *</p> <p>*Note new time</p> <p>Living Well with Diabetes Program 10 a—12 noon</p> <p>★</p>	<p>11</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove Fall Thursday Session Begins 1:30—2:30 p</p>	<p>12</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Trip to National Air & Space Museum, Virginia 8:45 a—4 p</p> 	<p>13</p> <p>Table Tennis 10 a—12 p</p> <p>No Zumba Gold</p> <p>Cardio Groove Fall Saturday Session Begins 11:30 a-12:30 p</p>
<p>14</p> <p>Center Open on Sundays 12 - 5 p</p>	<p>15</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Crochet Class 11:30 a—1 p</p> <p>No Needlework Get-together</p>	<p>16</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>No Zumba Gold</p>	<p>17</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12:00 noon</p> <p>Diabetes Program 10 a—12 noon</p> <p>Trip to Zoo 8:45a-3 p</p> 	<p>18</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove 1:30—2:30 p</p>	<p>19</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1p</p> <p>Gentle Yoga 12—1p</p> 	<p>20</p> <p>Table Tennis 10 a—12 p</p> <p>No Zumba Gold</p> <p>No Cardio Groove</p> <p>Lifelong Takoma Day 1—4 p</p> <p>★</p>
<p>21</p> <p>Center Open on Sundays 12 - 5 p</p>	<p>22</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Crochet Class 11:30 a—1 p</p> <p>No Needlework Get-together</p>	<p>23</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>No Zumba Gold</p> <p>Advisory Group 1-2 p</p>	<p>24</p> <p>No Line Dancing</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12:00 noon</p> <p>Diabetes Program 10 a—12 noon</p> <p>Follow-up 12/3/14</p>	<p>25</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Blood Pressure 11:30 a—12:30 p</p> <p>Bingo 12—2 p</p> <p>Cardio Groove 1:30—2:30 p</p> 	<p>26</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Advisory Group 11:30 a-12:30 p</p>	<p>27</p> <p>Table Tennis 10 a—12 p</p> <p>No Zumba Gold</p> <p>Cardio Groove 11:30 a-12:30 p</p> <p>Play Day 10a—2 p</p> <p>★</p>
<p>28</p> <p>Center Open on Sundays 12 - 5 p</p>	<p>29</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Crochet Class 11:30 a—1 p</p> <p>No Needlework Get-together</p>	<p>30</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Zumba Gold Fall Session Begins 11:45 a—12:30 p</p>				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p> Welcome Montgomery College Lifelong Learning!</p> <p>Montgomery College, in partnership with the Takoma Park Recreation Department, is bringing it's popular continuing education program for adults to Takoma Park. Residents now have the opportunity to participate in a variety of exciting college level courses, offered throughout Montgomery County, here at the Takoma Park Community Center. Beginning this month, two new courses will be offered: Learn to Paint Like an Impressionist; and Creative Movement for Cardio and Posture. Call 240-567-1588 for information and registration.</p>			<p>1</p> <p>No Line Dancing</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 noon</p>	<p>2</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove 1:30-2:30 p</p>	<p>3</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Gentle Yoga 12—1 p </p>	<p>4</p> <p>Table Tennis 10 a - 12 p</p> <p>Cardio Groove 11:30a-12:30 p</p> <p>Zumba Gold 2—2:45 p</p>
<p>5</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>6</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p>7</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>8</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 noon</p> <p>Mont. College Impressionist Painting Class Begins  1:30—3:30 p</p>	<p>9</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove 1:30-2:30 p</p>	<p>10</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Mont.College Creative Movement Class Begins  10 - 11 a</p>	<p>11</p> <p>Table Tennis 10 a—12 p</p> <p>Cardio Groove 11:30a-12:30 p</p> <p>Zumba Gold 2—2:45 p</p> <p>Trip to Colorfest 7:45 a— 5 p </p>
<p>12</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>13</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>14</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>15</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class Session I Ends 10 a—12 noon</p> <p>Impressionist Painting Class 1:30—3:30 p</p>	<p>16</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove 1:30-2:30 p</p> <p>Trip to Spy Museum  8:45 a- 3 p</p>	<p>17</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Creative Movement Class 10 - 11 a</p> <p>Gentle Yoga  12—1 p</p>	<p>18</p> <p>Table Tennis 10 a—12 p</p> <p>Cardio Groove 11:30a-12:30 p</p> <p>Zumba Gold 2—2:45 p</p>
<p>19</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>20</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>21</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>22</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class Session II Begins 10 a—12 noon</p> <p>Impressionist Painting Class 1:30—3:30 p</p> <p>Trip to Musicalitea  9:45 a—1 P</p>	<p>23</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Blood Pressure 11:30 a—12:30 p</p> <p>Bingo  12—2 p</p> <p>Cardio Groove 1:30-2:30 p</p>	<p>24</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Creative Movement Class 10 - 11 a</p>	<p>25</p> <p>Table Tennis 10 a—12 p</p> <p>Cardio Groove 11:30a-12:30 p</p> <p>Zumba Gold 2—2:45 p</p> <p>Monster Bash  </p>
<p>26</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>27</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p>28</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Zumba Gold Summer Session Ends 11:45 a—12:30 p</p>	<p>29</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 noon</p> <p>Impressionist Painting Class 1:30—3:30 p</p>	<p>30</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 9 a—1 p</p> <p>Cardio Groove Session Ends 1:30-2:30 p</p>	<p>31</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 9 a—1 p</p> <p>Creative Movement Class 10 - 11 a</p> <p>Gentle Yoga  12—1 p</p>	<p></p> <p>This star symbol denotes a new event or class.</p>