



Forever Young

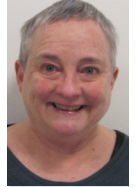
Enjoying Active Life Over 55 in Takoma Park

Happy New Year!



Jaylene Sarricino

Start off the new year by joining the newest addition to our line-up of fun fitness classes, Full Body Fusion, at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Mary Tyler, one of the enthusiastic students in the class, says “I was glad to see a notice about the class on line, and wanted to tell you how very much I appreciate it. The instructor is truly outstanding. She has the warm, enthusiastic personality that makes an exercise class fun, and also the knowledge that enables her to make the class safe. Her teaching has made a big difference and I feel better than I have in ages.” The Winter session of Full Body Fusion begins on January 13. (See page 4)



Mary Tyler

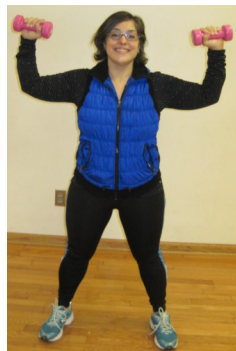
The Takoma Park Recreation Department will continue to provide affordable quality programming. We thank you for making the effort to attend activities on a regular basis. Your active participation keeps the program robust and thriving. Moreover, we want to thank all our great instructors, especially the volunteers, who provide us with such wonderful activities - - their talent and dedication adds to the popularity of the 55 Plus program in Takoma Park.

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**Please Note: Registration for Spring
2015 Classes Opens March 15th**

Mark your calendars. Registration for classes opens on Sunday, March 15th. Registration begins at 8:30 a.m. For more information, please call the Takoma Park Recreation Office at 301-891-7290 or Paula Lisowski, Seniors Program Manager at 301-891-7280. See page 4 for details.

Paula Lisowski
 Seniors Program Manager
 Takoma Park Recreation
 7500 Maple Avenue
 Takoma Park, MD 20912
 paulal@takomaparkmd.gov
 Phone: (301)891-7280



Mark Your Calendars - Local Community Special Events January & February - All Ages Welcome!



2015 Fitness Expo
Saturday, January 3, 2015
8 AM - 2 PM
Takoma Park Recreation Center
7315 New Hampshire Avenue



Making fitness fun and accessible is what this “free” Fitness Expo is all about. Fun for all ages! Interactive presentations, fitness demonstrations, health screenings/seminars and more. For more information, contact 301-891-7289 or visit the website: www.takomaparkmd.gov/recreation

Monday, January 19 - MLK Day Celebration – Morning of service, 10 a.m. - 1 p.m. Check in at the Takoma Park Middle School parking lot, 7611 Piney Branch Road, for instructions and directions to the clean up site on Darwin Avenue. Evening celebration, 5 - 8 p.m.- Piney Branch Elementary School, 7510 Maple Ave. The annual celebration will feature a potluck supper starting at 5 p.m., (bring a dish to share) followed by speakers, stage performances and music. Also a food drive: drop off canned goods. Free community event. For more information, contact Howard Kohn at 240-461-6921, Kohn@erols.com

Sunday, February 8 - Takoma Park's 5th Annual Mid-Winter Play Day – www.Takomaplays.org or contact Pat Rumbaugh, The Play Lady at 301-928-9962 for more information. Takoma Park Community Center, 7500 Maple Avenue, 1 - 4 p.m. Activities include: the 8 Ball Band performance, Ashley from Sky House Yoga with a “join-in” demo, the Girl Scouts will offer fun play activities, board games, dress-up, face painting, “Giant Chess”, table tennis and pool in the Game Room and much more! Open to all ages. Free community event.



Transportation will be provided by the Recreation Department for seniors (continuous loops, approximately every 20 minutes) 12:30 - 4:30 p.m. Bus pick-up and drop-off locations: Recreation Center, 7315 New Hampshire Ave.; Victory Tower, 7051 Carroll Ave.; Franklin Apts., 7620 Maple Ave.; Maple View Apts., 7710 Maple Ave.; and Essex Apts., 7777 Maple Ave.

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School).

Contact Joyce Seamens, Director of Pool Operations, (301) 565-0190, email: 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

Special Events Around Town

January 23-25 - Home & Remodeling Show - Dulles Expo Center, Chantilly, VA. Find out what's new in home décor, gardening, remodeling, and more. Meet experts in home design and renovation, and check out hundreds of products and services. Celebrity hosted stage shows and seminars. Hours: Fri. & Sat. 10:00 a.m. - 9:00 p.m., Sunday, 10:00 a.m. - 6:00 p.m. For information go to www.homeandremodelingshow.com, or call 800-274-6948 or go to www.dullesexpo.com, call 703-378-0910 - Tickets \$10 per person at door/\$7 online.

February 7-8 - Chocolate Lovers Festival - An annual event held each year in Old Town Fairfax, Va., with chocolate vendors offering samples and selling products at the *Taste of Chocolate*, also a chocolate chip pancake breakfast, a contest of art made completely of chocolate, children's activities, a craft show and more. Saturday 8:00 a.m. - 5:00 p.m./Sunday noon - 4:00 p.m. Some events require a fee. For more information and a schedule of events, go to www.chocolatefestival.net



2nd Annual 55 Plus Table Tennis Tournament Challenge



Would you like to participate in a table tennis tournament for adults 55 and older? Our 2014 tournament was so popular that we're doing it again. We are planning a Spring 2015 tournament on Sunday, April 12 from

2-4 p.m. at the Takoma Park Community Center, 7500 Maple Avenue. Please call to place your name on a "want to play" list. Contact Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department,

at **301-891-7280**, or email: **paulal@takomaparkmd.gov**. Don't forget about the Table Tennis Skills class beginning February 19th. This is a great way to practice and brush up on your skills before the big event. See page 5.



Montgomery College Lifelong Learning Winter Classes!

Montgomery College, in partnership with the Takoma Park Recreation Department, is bringing its popular continuing education program for adults to Takoma Park. New for Winter, two courses will be offered: **Drawing with Pencils, Charcoal, or Pastels; and Great Tenors: Enrico Caruso and Mario Lanza**. As with all Lifelong Learning Institute classes, there will be a fee (tuition waiver applies: adults 60 and older pay course fee only) paid directly to Montgomery College. Registration is also done directly with Montgomery College. **See page 5 for details.**

Seniors Community Forum - Breakfast Meetings

Hosted by Wolfgang Mergner

Thursday, January 29

Thursday, February 26

10 a.m. – 12 noon Refreshments served.

Azalea Room, Takoma Park Community Center

7500 Maple Avenue

For more information, contact Mr. Mergner at 301-587-3050 or email: wolfgang.mergner@gmail.com

Computer Center Needs Volunteers to help teach "Beginners" Computer Class

Wednesdays, 10 a.m. – 12 noon

Six-week sessions, ongoing, Computer Lab

Takoma Park Community Center

7500 Maple Avenue

For more information, contact Phil Shapiro at 301-891-7269 or email: PhilS@takomaparkmd.gov



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** registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- If a specific class is offered at two different times, you may register for one class only.
- **Registration for TP Recreation Spring classes begins: March 15/ Montgomery College registration began: Nov. 19**
- Transportation is provided for trips and special events. Space is limited.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.

Please choose one of the options below to register:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo on the top left corner. An email address and ActiveNet password is needed to login to ActiveNet.
2. In person at either location during specific regular business hours:
Takoma Park Community Center, 7500 Maple Avenue
Takoma Park Recreation Center, 7315 New Hampshire Avenue
3. Mail-in your registration to the Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, MD 20912. Incomplete forms cannot be processed. On March 15th, mailed-in forms will be processed after all walk-ins have been accommodated.
4. Fax your registration form to [301-270-4094](tel:301-270-4094). Incomplete forms cannot be processed. On March 15th, faxed-in forms will be processed after all walk-ins have been accommodated.

Fitness Classes at the Community Center, 7500 Maple Avenue

The following Winter 2015 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes with an asterisk* next to title. Registration for these winter sessions began on December 15, 2014.

Crochet, Mondays, March 9 - 30, 10:00 a.m. - 12:00 noon

*Gentle Yoga, Alternate Fridays, 12:00 noon - 1:00 p.m. (1/9/15-3/20/15)

*Line Dancing, Wednesdays, 10:50 - 11:50 a.m. (1/7/15-3/25/15)

*Zumba Gold, Tuesdays, 11:45 a.m. - 12:30 p.m. (1/13/15-3/17/15)

Registration for Spring/Summer classes (April-August 2015) will begin on March 15.

Cardio Groove Classes **Thursdays, January 8 - February 26, 1:30 - 2:30 p.m. Dance Room**

High energy and easy to follow music designed for Aerobics. 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. Instructor: Nancy Nickell. **Free. Registration is required.** For more information, call 301-891-7280.

Zumba Gold - **Saturdays, January 17 - March 21, 2:00 - 2:45 p.m.**

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Denny Pruitt. Dance Studio. **Free. Registration is required.** For more information, please call (301) 891-7280.

Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue, continue on next page

Equipment Orientation - Fitness Room Thursdays, twice a month, alternating weeks

Session 1: January 8 and January 22 or Session 2: February 5 and February 19 - 12:00 - 1:00 p.m.

Join Rochelle Coleman, Certified Fitness Instructor, for a one-time orientation for instruction on using the fitness equipment. You may register for whichever session fits your schedule. You may register for one of the two sessions, whichever fits your schedule best. See page 6 for a list of equipment available for your use, and the hours the room is available exclusively for 55 plus. **Free. Registration is required.** For more information, call 301-891-7280.

Full Body Fusion - Tuesdays, January 13 - March 3, 1:00 - 2:00 p.m.

Active adults age 55 and older will enjoy this low-impact full body workout to music. Elements of balance, movement, strengthening, and yoga blend to create a fun, functional and energetic workout. Bring an exercise mat to class. Instructor: Jaylene Sarracino. **Free. Registration is required.** For more information, call (301) 891-7280.

Table Tennis Skills - Thursdays, February 19 - March 26th, 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. **Free. Registration is required.** For more information, please call (301) 891-7280.

Tennis Fun and Fitness- Thursdays, January 8 - March 5, 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 indoor 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. **Free. Registration is required.** For more information, call (301) 891-7280.

Art and Education Classes at the Community Center, 7500 Maple Avenue

Computer Classes - Wednesdays, 10 a.m. - 12:00 noon

Winter Session 1: January 7 - February 11/Winter Session 2: February 25 - April 1

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. **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.



Drawing with Pencils, Charcoal, Pastels- Thursdays, March 5 - April 16

1:00 - 3:00 p.m. (No class on 3/19)

This course will help students of any skill level develop fundamental drawing skills and learn the basic techniques such as shading, mastering tones, drawing techniques, and composition. Students will use a variety of media such as pencil, color pencils, pastel, ink, markers, charcoal, and water-based paint. Course #LL1698. Limit 12. Six weeks. **Lifelong Learning Institute - cost \$89. Tuition waiver applies; adults 60 and older pay this fee only. (\$171 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.**

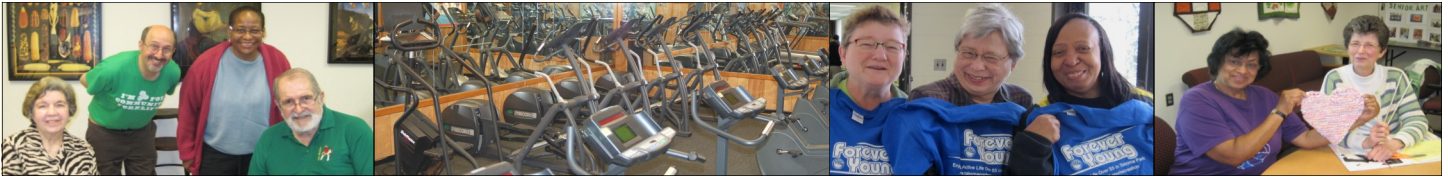


Great Tenors: Enrico Caruso and Mario Lanza- Tuesdays, February 24 - March 24

1:30 - 3:30 p.m. (No class on 3/18)

This class will examine the lives of these two great Operatic Tenors and the historical and musical significance of their works. Course #LL1829. Four weeks. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$127 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

Indoor Walking Group - Tuesdays, January 6 - March 31, 12:00 - 1:00 p.m.

Don't worry about the weather. Join your neighbors and friends for indoor laps around the gymnasium. Drop-in. **Free.** For more information, call (301) 891-7280.

Fitness Room

The Fitness Room is a hidden gem. Stop by the Recreation Center (7315 New Hampshire Avenue) and see for yourself. 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.

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

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, January 22 & February 26 - 12:00 - 2:00 p.m.

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

Blood Pressure Screening - Thursdays, January 22 & February 26 - 11:30 a.m. - 12:30 p.m.

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

*The group will not meet during inclement weather. (Get-together will not meet 1/19, 2/16, and 3/9 - 3/30)

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

Senior Room

Need a great place with comfortable furnishings and a relaxed atmosphere to socialize or read? Come to the Senior Room, located at the Community Center, 7500 Maple Avenue. Four computers and a printer are available, or bring your laptop. Join in activities such as Bingo, health screenings, workshops and much more.

| | |
|--------------------------|--------------------------|
| Monday - Friday | Saturday/Sunday |
| 12:00 - 8:00 p.m. | 12:00 - 5:00 p.m. |

Spotlight on Volunteers

June Gable, Needlework Instructor



June Gable has been a volunteer for eight years with the Takoma Park Recreation Department teaching needlework classes such as knitting, crochet and latch-hook.

June says: "I just love needlework and feel I can help others find the joy I have in making things and giving them as gifts. I teach to help seniors find a new avenue for creativity. The Takoma Park senior program draws active seniors who are looking for new challenges. The Center's administrative processes and facility are pleasant and well run, so my energy can

be focused on teaching basic skills while encouraging students to try new yarns and patterns and to develop their own ideas. I believe every person has an innate spark of creativity." Thank you June - your classes continue to be a source of inspiration, and your service is greatly appreciated by your students and the Takoma Park community.



June (above center) and students Anna and Raquel show off their lovely crocheted vests. Another successful needlework project!

Jane Hawkanson and Jim Mueller - Computer Class Instructors



Jane and Jim (above) help the Forever Young 55 plus program students brush up on their computer skills while having fun!

Jane Hawkanson, who retired from the Prince Georges County School System in 2007 after spending 15 years as a media specialist in elementary school libraries, says "I missed teaching right away, and seven years ago I started volunteering with Phil and Jim. I really appreciate having the chance to teach again. I really love the willingness of everybody to learn. I am awed by people who have never touched a com-

puter before. They come into our class timid and afraid, and often leave with new confidence and ready to use email, explore the internet and type their thoughts to share. This is a wonderful thing to be part of!"

Jim Mueller has also been a volunteer computer instructor at the Takoma Park Community Center since 2006. In addition, he is a National Parks Volunteer serving at the WWII Memorial. Previously he

served as a Peace Corp Volunteer in India, the Solomon Islands and Lesotho. He has also been a volunteer with Habitat for Humanity. Jim says "as you can see volunteering has been an important part of my life."

The Takoma Park Recreation Department would like to thank Jim and Jane for their years of volunteer service. We appreciate you!

See page 5 for information on the Needlework and Computer classes. If you would like to be a volunteer instructor for the 55 plus program, contact Paula Lisowski, 301-891-7280 or PaulaL@takomaparkmd.gov






Trips resume March 2015

See the March/April 2015 Forever Young Newsletter for details.

2014 Year in Photo Review - Do You Remember?



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---|--|
|  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> This star symbol denotes a special event, class or session. </div> | | | | 1 <i>New Year's Day</i> <i>Center Closed</i> | 2 <u>No Bone Builders</u> <u>Table Tennis</u> 9 a—1 p | 3 <u>Table Tennis</u> 10 a—12 p <u>Fitness Expo</u> 8 a - 2 p  |
| 4 <i>Center Open on</i> <i>Sundays 12 - 5 p</i> | 5 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p | 6 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Indoor Walking</u> Gym, 12-1 p | 7 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> <u>Session I Begins</u> 10 a—12:00 p | 8 <u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Cardio Groove</u> <u>Session Begins</u> 1:30—2:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Tennis Fun & Fit</u> Begins 12—1 p <u>Orientation with</u> <u>Rochelle</u> 12—1 p | 9 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12 - 1 p  | 10 <u>Game Room Open-Table Tennis</u> 10 a—12 p |
| 11 <i>Center Open on</i> <i>Sundays 12 - 5 p</i> | 12 <u>Bone Builders</u> 10—11 a <u>Game Room Open - Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p | 13 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room-Table Tennis</u> 9 a—1 p <u>Zumba Gold Begins</u> 11:45 a—12:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Begins - Gym, 1 - 2 p | 14 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12:00 p | 15 <u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Cardio Groove</u> 1:30—2:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Tennis Fun & Fit</u> Begins 12—1 p <u>Fitness Room Open</u> 12—2 p | 16 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p | 17 <u>Game Room Open-Table Tennis</u> 10 a—12 p <u>Zumba Gold Begins</u> 2—2:45 p |
| 18 <i>Center Closed</i> <i>Holiday</i> | 19 <i>Martin Luther King</i> <i>Holiday</i> <i>Center Closed</i>  | 20 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p.m. <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Gym, 1 - 2 p | 21 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12:00 p | 22 <u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12-2 p <u>Cardio Groove</u> 1:30—2:30 p <u>Fitness Room Open</u> 12—2 p.m. <u>Tennis Fun & Fit</u> 12—1 p <u>Orientation with</u> <u>Rochelle</u> 12—1 p  <small> 1 202-338-7923 1 301-975-5772 30242-33164 6 204483669 3 214134974 </small> | 23 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12 - 1 p | 24 <u>Game Room Open-Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p |
| 25 <i>Center Open on</i> <i>Sundays 12 - 5 p</i> | 26 <u>Bone Builders</u> 10—11 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p | 27 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room-Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p.m. <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Gym, 1 - 2 p | 28 <u>NO Line Dancing</u> <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12:00 p | 29 <u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Cardio Groove</u> 1:30—2:30 p <hr/> <i>Recreation Center</i> 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p.m. <u>Tennis Fun & Fit</u> Begins 12—1 p | 30 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p | 31 <u>Game Room Open-Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|---|---|
| <p>1</p> <p><i>Center Open on Sundays 12 - 5 p</i></p> | <p>2</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room Open Table Tennis</u> 9 a—1 p <u>Needlework Get-Together</u> 11:30 a—1 p</p> | <p>3</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p> | <p>4</p> <p><u>No Line Dancing</u></p> <p><u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12:00 p</p> | <p>5</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Tennis Fun & Fit</u> Begins 12 - 1 p <u>Orientation with Rochelle</u> 12 - 1 p</p> | <p>6</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p>  | <p>7</p> <p><u>Game Room Open-Table Tennis</u> 10 a - 12 p <u>Zumba Gold</u> 2—2:45 p</p> |
| <p>8</p> <p><i>Center Open on Sundays 12 - 5 p</i></p> <p><u>Mid-Winter Play Day</u> 1 - 4 p</p> | <p>9</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room Open Table Tennis</u> 9 a—1 p <u>Needlework Get-Together</u> 11:30 a—1 p</p> | <p>10</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room-Table T</u> 9 a—1 p <u>Zumba Gold Ends</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p> | <p>11</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open- Table Tennis</u> 9 a—1 p <u>Computer Class Session I Ends</u> 10 a—12:00 p</p> | <p>12</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12-2 p.m. <u>Tennis Fun & Fit</u> Begins 12 - 1 p</p> | <p>13</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open Table Tennis</u> 9 a—1 p</p> | <p>14</p> <p><u>Game Room Open -Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p> |
| <p>15</p> <p><u>Center Closed Holiday</u></p> | <p>16</p> <p><u>President's Day Center Closed</u></p>  | <p>17</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open Table Tennis</u> 9 a—1 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 <u>Indoor Walking</u> Gym, 12-1 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p> | <p>18</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open Table Tennis</u> 9 a—1 p</p> | <p>19</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 <u>Tennis Fun & Fit</u> 12-1 p <u>Table Tennis Skills</u> Begins 12-1 p <u>Orientation w/Rochelle</u> 12-1 p</p> | <p>20</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p>  | <p>21</p> <p><u>Game Room Open -Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p> |
| <p>22</p> <p><i>Center Open on Sundays 12 - 5 p</i></p> <p>This star symbol denotes a new event or class .</p>  | <p>23</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room Open Table Tennis</u> 9 a—1 p <u>Needlework Get-together</u> 11:30 a—1 p</p> | <p>24</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Montgomery College Great Tenors</u> ★ 1:30—3:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12-2 p.m. <u>Indoor Walking</u> Gym, 12 -1 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p> | <p>25</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open- Table Tennis</u> 9 a—1 p <u>Computer Class Session II Begins</u> 10 a—12:00 p</p> | <p>26</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room-Table T</u> 9 a—1 p <u>Cardio Groove</u> Last Class 1:30—2:30 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p>  <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p.m. <u>Tennis Fun & Fit</u> Gym, 12 - 1 p <u>Table Tennis Skills</u> Front Room, 12 -1 p</p> | <p>27</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open Table Tennis</u> 9 a—1 p</p> | <p>28</p> <p><u>Game Room Open -Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p> |