



Forever Young

Enjoying Active Life Over 55 in Takoma Park

Festival of Leaves Crafting and Harvest Party!

*Monday
November 16, 2015
11:30 a.m. - 1:00 p.m.
Refreshments
Free
See page 3*



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Coming Soon! Mark Your Calendars!
Winter 2015 Registration Opens Tuesday, December 15th

Registration for Winter 2015 recreation classes opens on **Tuesday, December 15th**. Registration will begin at **8:30 a.m.** for walk-ins and on-line. For more information, please contact the Takoma Park Recreation office at 301-891-7290 or contact Paula Lisowski, Seniors Program Manager at 301-891-7280. See page 4 for details.



Mark Your Calendars - Local Community Special Events November & December - All Ages Welcome!

- Tuesday, November 3 - Election Day - City of Takoma Park** - www.takomaparkmd.gov
- Saturday, November 7 - Lionel Daniels: Performance Painter & Artist** - www.takomaparkmd.gov/arts
- Monday, November 9 - Eaglebear & Friends, 7:00 p.m.** - www.takomapark.info/library
- Thursday, November 12 - Community Stories Festival, 7:30 p.m.** - www.takomaparkmd.gov/arts
- Thursday, November 19 - Third Thursday Poetry Readings, 7:30 p.m.** - www.takomaparkmd.gov/arts
- Saturday, November 21 - The Greek Nubian Collective, 7:30 p.m.** - www.takomaparkmd.gov/arts
- Saturday, December 5 - Alternative Gift Fair** - www.aggw.org
- Saturday, December 5 - Fall Fairies Tea Party, 2:00 p.m.** - ages 5 and up - www.takomapark.info/library
- Saturday, December 5 - Instruments of the Future** - www.takomaparkmd.gov/arts
- Sunday, December 6 - Old Takoma Pajama-Rama** - www.mainstreettakoma.org
- Saturday, December 12 - Holiday Art Sale** - www.takomaparkmd.gov/arts
- Thursday, December 17 - Winter Solstice Celebration** - www.takomapark.info/library
- Thursday, December 17 - Third Thursday Poetry Readings, 7:30 p.m.** - www.takomaparkmd.gov/arts



Community Activities - Meet Up with Friends and Neighbors

Seniors Community Forum, Breakfast meetings - Thursday, November 19 & December 17, 10 a.m. - 12 p.m.
Presented by Lifelong Takoma and Takoma Park Village. Refreshments will be served. Azalea Room, Takoma Park Community Center, 7500 Maple Avenue. For more information, contact Wolfgang Mergner, at 301-202-7654 or email: wolfgang.mergner@gmail.com or contact Karen Maricheau, Lifelong Program Manager at 301-891-7232 or email: kmaricheau@takomaparkmd.gov

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). For information, contact Joyce Seamens, Director of Pool Operations, (301) 565-0190, email: jkkseamens@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

November 6 - 8 - Alexandria Film Festival – The festival includes 60 new and rare feature-length films, documentaries, animation and shorts from all over the world screened in and around the City of Alexandria, Virginia. For more information, go to www.alexandriafilm.org

November 12 - 15 – Strathmore Shop-Around - Shop 16 museum shops under one roof at the Mansion at Strathmore, 107 Rockville Pike, North Bethesda, Maryland - Thursday and Friday, 10:00 a.m. - 8:00 p.m., Saturday 10:00 a.m. - 6:00 p.m., Sunday 10:00 a.m. - 5:00 p.m. For more information, call 301-581-5100.



Takoma Park - Election Day Transportation - Tuesday, November 3

November 3rd is local election day. Free transportation by Recreation Bus (continuous loop approximately every 30 minutes) will be provided for seniors to the polling location at the Takoma Park Community Center (Sam Abbott Center) 7500 Maple Avenue. The bus will pick up residents at Victory Tower, Maple View, Franklin and Essex Apartments and the Recreation Center (7315 New Hampshire Avenue) between the hours of **9AM and 3:00 PM**. For more information about transportation, call Paula Lisowski, Seniors Program Manager, at 301-891-7280.

EARLY VOTING Hours & Locations (transportation not provided)

Wednesday, October 28

2:00 p.m. to 8:00 p.m., Takoma Park Community Center, 7500 Maple Avenue

Thursday, October 29

2:00 p.m. to 8:00 p.m., Takoma Park Community Center, 7500 Maple Avenue

Friday, October 30

2:00 p.m. to 8:00 p.m., Takoma Park Recreation Center, 7315 New Hampshire Avenue

Saturday, October 31

10:00 a.m. to 4:00 p.m., Sligo Creek Park at Sligo Creek Parkway & Kennebec Avenue (outdoors under canopies)

Sunday, November 1

12:00 p.m. to 6:00 p.m., Takoma Park Community Center, 7500 Maple Avenue

ELECTION DAY VOTING - Tuesday, November 3 (transportation provided 9:00 a.m. - 3:00 p.m.)

7:00 a.m. to 8:00 p.m., Takoma Park Community Center, 7500 Maple Avenue

To obtain a vote by mail (absentee ballot) application please visit <http://elections.takomaparkmd.gov> or contact Irma Nalvarte at [301-891-7214](tel:301-891-7214).



Festival of Leaves Crafting and Harvest Party!

Monday, November 16, 11:30 a.m. - 1:00 p.m.

Takoma Park Community Center, Azalea Room



Holiday fun and creativity! Adults age 55 and older please join us for seasonal refreshments, door prizes and easy crafting fun. Enjoy the company of your friends and neighbors as we celebrate the beauty around us and the coming of the holiday season. All supplies provided. Registration required. Limited seating so register early beginning November 2nd at 8:30 a.m. 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 Ave., or Takoma Park Recreation Center, 7315 New Hampshire Ave.
3. Mail-in your registration to the Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, MD 20912 by 11/10/15. Incomplete forms cannot be processed.
4. Fax your registration form to [301-270-4094](tel:301-270-4094) by 11/10/15. Incomplete forms cannot be processed.

For more information, please contact Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department's Forever Young 55 Plus Program at 301-891-7280 or email: paulal@takomaparkmd.gov.

- 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 Takoma Park Recreation Winter 2016 classes begins: December 15 @ 8:30 a.m.**
- Transportation is provided for trips and special events. Space is limited. See page 7 for trip registration information.
- For more information please contact the Takoma Park Recreation Department at (301) 891-7290.

Please choose one of the options below to register. Registration begins Tuesday, December 15 at 8:30 a.m.

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 Ave., or Takoma Park Recreation Center, 7315 New Hampshire Ave.
3. Mail-in your registration to the Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, MD 20912. Incomplete forms cannot be processed. On December 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 December 15th, faxed-in forms will be processed after all walk-ins have been accommodated.

Fitness Classes at the Community Center, 7500 Maple Avenue - Winter 2016

Bone Builders, Mondays/Thursdays, ongoing, 10:00 - 11:00 a.m. class is full, however a wait list is available.

Bone Builders, Tuesdays/Fridays, ongoing, 10:30 - 11:30 a.m. class is full, however a wait list is available.

Cardio Groove - Thursdays, January 7 - March 10, 1:30 - 2:30 p.m.

High energy and easy to follow to the music beat designed for Aerobics. Start with a warm-up, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly, then a cool down and stretch. **Registration is required.** Instructor: Nancy Nickell. **Free.** For information, call 301-891-7280.

Gentle Yoga - Alternate Fridays, January 8 - March 18, 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. **Free.**

Registration is required. For information, call (301) 891-7280.

Line Dancing - Wednesdays, January 6 - March 30, 10:30 a.m. - 11:30 a.m. -or-

Wednesdays, January 6 - March 30, 11:45 a.m. - 12:45 p.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. You may register for **one** class per week, but not both classes. **Free. Registration is required.** For more information, please call (301) 891-7280. **No class on 1/27 and 2/3.**

Zumba Gold - Tuesdays, January 12 - March 15, 11:45 a.m. - 12:30 p.m. - or -

Tuesdays, January 12 - March 15, 12:45 - 1:30 p.m. - or -

Saturdays, January 16 - March 19, 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. You may register for **one** class per week, a Tuesday class or Saturday, but not both days. **Free. Registration is required.** For more information, please call (301) 891-7280.



Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue - Winter 2016

Full Body Fusion - Tuesdays, January 5 - March 8, 1:00 - 2:00 p.m.

Active adults 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, January 14 - March 17, 1:00 - 2:00 p.m.

Great fun! Led by Coach Donn Olsen, this class provides enjoyable physical exercise and requires **no** prior experience. Students will learn game rules and practice skills. Limit 8 students. Front room. **Free. Registration is required.** For more information, please call (301) 891-7280.

Tennis Fun and Fitness - Thursdays, January 14 - March 3, 12:00 - 1:00 p.m.

Rediscover your love of tennis or help find it for the first time. Learn or review tennis skills. Enjoy fun and fitness utilizing special equipment for 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 - Winter 2016

Computer Class - Session 1: Wednesdays, January 13 - February 10; 10 a.m. - 12:00 p.m.

Session 2: Wednesdays, February 24 - March 30; 10 a.m. - 12:00 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. Instructors: Patti Mallin and Jim Mueller. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park. **(No class on 11/25)**

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



**Expressive Portraits: Painting & Drawing - Thursdays, March 3 - April 14,
1:30 - 3:30 p.m. No Class on 3/17/15.**



Turn your favorite family photos into brilliant works of art in the exciting portraiture class. Inspired by a diverse range of traditional and non-traditional portrait artists, including John Singer Sargent, Norman Rockwell and Chuck Close students will learn to draw and paint a variety of personalities using charcoal, pastel, oil and acrylic. This class is ideal for beginners and experienced students interested in bringing an extra level of personality to their artwork. Art Studio. Course #LL1834. **Lifelong Learning Institute - cost \$89.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$171.00 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-5188.**



Drop-in Activities, Community Center, 7500 Maple Avenue - Fall 2015

Bingo - Thursdays, November 19 & December 17, 12:00 - 2:00 p.m. Try your luck. Win a prize. Drop-in.

Blood Pressure Screening - Thursdays, November 19 & December 17, 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.

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. No meeting 11/16/15.

Table Tennis - Ongoing, Mondays - Fridays, 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, 12:00 - 8:00 p.m.

Saturday and Sunday, 12:00 - 5:00 p.m.

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.

Drop-in Activities, Recreation Center, 7315 New Hampshire Avenue - Fall 2015

Basketball Open Play* - Tuesdays, November 5 - December 15, 12:00 - 1:00 p.m.

Join your friends and neighbors for some games of 1 on 1, 3 on 3, and 5 on 5. Great time to practice basketball fundamentals such as ball handling, shooting form and defensive stance. Gym. Drop-in. Free.

Indoor Walking* - Tuesdays, November 5 to December 15, 12:00 - 1:00 p.m.

No need to worry about the weather. Join your friends and neighbors for indoor laps around the Gymnasium. Drop-in. Free.

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)
12:00 - 2:30 p.m.

Monday - Friday
2:30 - 9:00 p.m.

Saturdays
8:00 a.m. - 5:00 p.m.

Sundays
Closed

*The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center and/or the indoor basketball court. You can register for this free pass at any time during business hours. For more information call 301-891-7280.



Active Adventure Trips for adults 55 plus

Please register on-line, 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 during each building's regular business hours. 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, after walk-ins are registered. Incomplete forms cannot be processed. Please let staff know if you require any special accommodations to participate. You may also register on-line 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. If you have 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. General bus pick up of registered participants at the following locations: Franklin and Maplevue Apartments, Victory Tower (pick up at 9:00 a.m.) and the Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

★ **November trip registration begins Monday, November 2 @ 8:30 a.m. (not before)**

Trip #1: Friday, November 20 - Maryland Christmas Show, Frederick, MD



Join us for our first visit to the Maryland Christmas Show located in historic Frederick City. The show brings together many fine artisans and merchants to make your holiday shopping an enjoyable event filled with yuletide spirit! For the 32nd season visitors will discover the joys of shopping at Maryland's premier holiday event. Wear comfortable shoes and warm clothing as you'll be moving between seven buildings and the "Big Top" tent filled with fine art, pottery, furniture, jewelry, clothing, wreaths, garlands, toys, ornaments and so much more! Bring spending money for lunch and shopping on your own. **Lots of walking! Rain or Shine!**
Time: 8:45 a.m. - 3:30 p.m.* \$7 per person admission. No cost for transportation.

★ **December trip registration begins Tuesday, December 1 @ 8:30 a.m. (not before)**

Trip #2: Wednesday, December 9 - Winter Festival of Light, Upper Marlboro, MD



Bring a little twinkle to your holidays at the 29th Annual Winter Festival of lights! This spectacular holiday drive through evening event features more than one million twinkling lights and is sure to leave you dazzled in amazement. Dress for comfort and the weather. **Rain or Shine! Snow date: 12/15/15.**
Time: 5:00 p.m. - 8:00 p.m.* Free. 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.

June: A step back in time at the Country Store Museum, Mount Airy, Maryland



July 31: Exploring the special "Play" exhibit at the Arlington Arts Center, Virginia



August 18: Having fun at the Montgomery County Fair, Gaithersburg, Maryland



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Bone Builders 10—11 a Game Room Table Tennis 9 a—1 p Needlework Get-together 11:30 a- 1 p	3 Bone Builders 10:30—11:30 a Game Room /Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Walking or Basketball 12—1 p Full Body Fusion 1—2 p	4 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p	5 Bone Builders 10—11 a Game Room-Table Tennis 9 a—1 p Landscapes & Seascapes Art Room 1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit 12—1 p Table Tennis Open Play 1—2 p	6 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p	7 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p	
8	9 Bone builders 10—11 a Game Room Table Tennis 9 a—1 p Needlework Get-together 11:30 a- 1 p	10 Bone Builders 10:30—11:30 a Game Room /Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p /12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Walking or Basketball 12—1 p Full Body Fusion Ends 1—2 p	11 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p No Computer Class	12 Bone Builders 10—11 a Game Room /Table Tennis 9 a—1 p Landscapes & Seascapes Art Room 1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit 12—1 p Table Tennis Open Play 1—2 p	13 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12— 1 p 	14 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p	
15	16 Bone Builders 10—11 a Game Room Table Tennis 9 a—1 p No Needlework Get-together  Harvest Party 11:30 a - 1 p	17 Bone Builders 10:30—11:30 a Game Room /Table Tennis 9 a—1 p Zumba Gold Fall Session Begins 11:45 a—12:30 p 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Walking or Basketball Open Play 12—1 p	18 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p	19 Bone Builders 10—11 a Game Room /Table Tennis 9 a—1 p Blood Pressure 11:30 a - 12:30 p Bingo 12 - 2 p Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit 12—1 p Table Tennis Open Play 1—2 p  2024-33163 9 204158999 3 201434974	20 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Trip to Frederick 8:45 a - 3:30 p 	21 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p	
22	23 Bone Builders 10—11 a Game Room Table Tennis 9 a—1 p Needlework Get-together 11:30 a- 1 p	24 Bone Builders 10:30—11:30 a Game Room/Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room/ 12—2 p Walking or Basketball Open Play 12—1 p	25 No Line Dancing Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p	26 Thanksgiving Holiday Center Closed wishing you and your family <i>a Happy Thanksgiving</i> 	27 Holiday Center Closed	28 Holiday Center Closed	
29 Center Closed	30 Bone Builders 10—11 a Game Room Table Tennis 9 a—1 p Needlework Get-together 11:30 a- 1 p	 Inclement Weather: 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		<p>1</p> <p><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???</p> <p><u>Zumba Gold</u> 12:45 a—1:30 p???</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking or Basketball Open Play</u> 12—1 p</p>	<p>2</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p</p>	<p>3</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Landscapes & Seascapes</u> Art Room 1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Table Tennis Open Play</u> 1—2 p</p>	<p>4</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>5</p> <p><u>Game Room</u> <u>Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>		
6	<p>7</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>8</p> <p><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 <u>Zumba Gold</u> 12:45 a—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking or Basketball Open Play</u> 12—1 p</p>	<p>9</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p <u>Winter Lights</u> <u>Evening Trip</u> 5 - 8 p</p> 	<p>10</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Landscapes & Seascapes</u> Art Room 1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Table Tennis Open Play</u> 1—2 p</p>	<p>11</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>12</p> <p><u>Game Room</u> <u>Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>		
13	<p>14</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>15</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room /Table Tennis</u> 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Indoor Walking or Basketball Open Play</u> Ends 12—1 p</p>	<p>16</p> <p><u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> <u>Session 2 ends</u> 10 a—12 p</p>	<p>17</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 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</u> 12—2 p <u>Table Tennis Open Play</u> 1—2 p</p> 	<p>18</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>19</p> <p><u>Game Room</u> <u>Open</u> <u>Table Tennis</u> 9 a—1 p</p>		
20	<p>21</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>22</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room /Table Tennis</u> 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Basketball Open Play</u> 12—1 p</p>	<p>23</p> <p><u>No Line Dancing</u> <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	 <p>Holiday Greetings</p>			<p>25</p> <p>Center Closed</p>	<p>26</p> <p>Center Closed</p>
27 Center Closed	<p>28</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>29</p> <p><u>Bone Builders</u> 10:30—11:30 a <u>Game Room/Table Tennis</u> 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Basketball Open Play</u> 12—1 p</p>	<p>30</p> <p><u>No Line Dancing</u> <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>31</p> <p><u>Bone Builders</u> 10—11 a <u>Game Room /Table Tennis</u> 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Tennis Fun & Fit</u> 12—1 p <u>Table Tennis Skills</u> 1—2 p</p>				