

Takoma Park city guide

Winter 2021

CLASSES • PROGRAMS • SERVICES • & MORE!



MASK UP FOR YOUR COMMUNITY



takomaparkmd.gov

What's Inside

2021 STAFF
HOLIDAYS

New Year's Day
Friday, January 1

Martin Luther King Jr.
Day

Sunday, January 17 -
Monday, January 18

President's Day

Sunday, February 14 -
Monday, February 15

About
the Cover

From the Mayor and Chief of Police to first-time voters and children enjoying outdoor activities, the cover highlights residents' commitment to keeping the Takoma Park community safe by wearing masks.



Look for this icon throughout the guide, which identifies the City's green initiatives.



The City of Takoma Park has a new alert system. Takoma Park Alert will deliver important emergency alerts, notifications and updates to you by whichever methods you choose. The Takoma Park Alert system replaces the TP Alerts system. We encourage all residents to sign up. [Learn more at takomaparkmd.gov/alert](http://www.takomaparkmd.gov/alert)

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ADA



The City of Takoma Park is committed to ensuring that individuals with disabilities are able to fully participate in public meetings and programs. For auxiliary aids or services at a City of Takoma Park event, contact Jessie Carpenter, City Clerk, at jessiec@takomaparkmd.gov or 301-891-7267 or Maryland Relay Service at 800-735-2258 TTY/Voice. Two weeks advance notice is requested.

WEATHER • EMERGENCY INFO • TRAFFIC

www.takomaparkmd.gov/alert

City Leadership

City Council

All legislative powers of the City are vested in a body designated as the Council of the City of Takoma Park, consisting of seven members. Six of these members are elected by ward and are called Councilmembers, and one is elected at large and is called the Mayor. The regular term of the Councilmembers and the Mayor is two years or until their successors have been elected and duly sworn. Elections will take place in November of every even numbered year.



Mayor: Kate Stewart
kates@takomaparkmd.gov
Office hours are by appointment.



Ward 1:
Peter Kovar
240-319-6281
peterk@takomaparkmd.gov



Ward 2:
Cindy Dyballa
240-320-6494
cindydy@takomaparkmd.gov



Ward 3:
Kacy Kostiuik
240-204-4912
kacyk@takomaparkmd.gov



Ward 4:
Terry J. Seamens
240-793-5108
terrysts@takomaparkmd.gov



Ward 5:
Jarrett Smith
301-960-7462
jarretts@takomaparkmd.gov



Ward 6:
Talisha Searcy
202-339-7914
talishas@takomaparkmd.gov

City Manager

301-891-7229
suzannel@takomaparkmd.gov

Day-to-day management of the Takoma Park government is overseen by the City Manager. The City Manager is appointed by the City Council, implements the policies they adopt, and proposes an annual budget to the City Council.



City Manager
Suzanne Ludlow

City Public Meetings, Boards, Commissions, and Committees

City Council Meetings

The Takoma Park City Council three-year term. Meetings are usually held on Wednesdays at 7:30 p.m., unless the City Council is on recess. The Takoma Park City Council generally takes a recess in August and December. City Council meetings are available to watch on City TV Cable and are available to view on the City website live or as archives. The Wednesday meetings include a public comment period.

Open Meetings

All meetings of the City Council and Council-appointed boards, committees, commissions are open to the public unless noted otherwise. All are subject to the Maryland Open Meetings Act. Notice of meetings is provided on the City Calendar.

Meetings will be held remotely for the duration of the public health crisis. For the most current information, visit www.takomaparkmd.gov and click on "Events and Meetings." Information on any meetings taking place will be provided there along with information on how the public can observe.

Opportunities to Serve

Takoma Park residents have many opportunities to be involved in their government. Serving on a City board, commission, or committee is one way to be involved while providing a service to the community. These groups are advisory to the City Council, and some have specific roles related to conducting hearings or carrying out certain activities: Arts & Humanities Commission, Board of Elections, Commemoration Commission, Commission on Landlord-Tenant Affairs (COLTA), Committee on the Environment, Emergency Preparedness Committee, Ethics Commission, Facade Advisory Board, Grants Review Committee, Noise Control Board, Nuclear-Free Takoma Park Committee, Recreation Committee, Complete Safe Streets Committee, Tree Commission, and Youth Council.

Members are appointed by the City Council. Check the City website to see membership requirements and to find out the specifics of each group's mandate. Residents are encouraged to sit in on a meeting or two before applying to see if it is a good fit with their interests and skills.

Message from the City Manager

Dear Resident,

Welcome to the Winter City Guide!

I hope your holidays are safe and happy. I think everyone is relieved to be done with 2020 and looking forward to the New Year – I know I am!

When we first went into the pandemic lockdown in March 2020, we thought we might only be impacted a month or so. Then, we thought we would be back to normal by January. Now, we are hopeful for some return to normal operations by the end of this coming summer.

My terrific staff have been working hard to find ways to provide services while respecting the safety constraints we face. For example, they did an awesome job, ably led by the Board of Elections, of handling the November elections. Staff are working long, hard hours helping residents and businesses affected by the pandemic. Other City operations are working quite well, although often done remotely. We have had some outdoor Recreation and Library programs, and we continue to plan for reopening so that, when it is safe to do so, we will open our doors and classes to in-person activities once more.

This City Guide expresses the optimism that better days are ahead! The Guide shows that there are fun things to do now – mostly remotely – and there will be fun things to do in person when it is possible.

COVID-19 Outlook

Effective coronavirus vaccines are being rolled out now, beginning with vaccinations to healthcare workers. However, it will take a number of months for vaccinations to reach all residents. During these months, we must be very careful to keep wearing our masks and keep our distance from others, particularly when we are in an enclosed area. Even if you have recovered from having COVID-19 or are able to be vaccinated, you need to keep wearing a mask! We need to see everyone wearing masks to keep the peer pressure up while community spread is so prevalent.

Follow News from the City Council

The City Guide includes information on how to contact City Councilmembers and participate in City government. The Council will be very busy for the next several months. Of course, their primary attention has been on ensuring that we can help our residents and businesses during this pandemic. Their devotion and caring for the residents of Takoma Park is deep and apparent. Other activities they will be involved in concern reimagining public safety, the redevelopment of the Recreation Center, moving forward on a replacement Library, considering a number of development applications, and, in late spring, the serious work of considering the next City budget.

With my retirement scheduled for July 1, 2021, the Council has also begun the process of recruiting for a new City Manager. As we learn how the process will occur, we will share that information with residents via the City website and social media channels. This is a normal process in government, and I will work to ensure that there will be a smooth transition. I know the next City Manager will be excited to join the Takoma Park team, given the great community we have here!

Pulling Together

In closing, I am encouraged by how our community has pulled together during these difficult times. H.G. Wells said, “Each moment of life is a miracle and a mystery.” I am very thankful for the beauty of the world and the caring I see in the people around me. It keeps me optimistic for the future and deeply thankful for the life I have been able to have. I wish you all the best for the coming year.



Suzanne Ludlow
City Manager

City Departments

Administration

Takoma Park Community Center
Third Floor
Monday - Friday, 8:30 a.m. - 5 p.m.
The Administration Office includes the City Manager, City Clerk, City TV, and Information Systems.
City Manager: 301-891-7229
City Clerk: 301-891-7267

Finance

301-891-7212
finance@takomaparkmd.gov
takomaparkmd.gov/finance
Monday - Friday, 8:30 a.m. - 5 p.m.
The Finance Office oversees the City's financial resources, processes payroll, pays bills, collects certain fees, and safeguards and invests City funds.

Payment of City Fees

Online Payment
Payments associated with a City-issued invoices may be made online by American Express, Visa, Mastercard and Discover. A convenience fee of 2.9% or \$1.50, whichever is greater, will be charged. E-check transaction users will have a \$1.00 convenience fee charged.

The following fees can be paid online:

- Rental licensing
- Recreation programs
- Parking fines
- Stormwater

For information on other permitting fees, please contact the appropriate department.

By Mail
Finance Department, City of Takoma
Park, 7500 Maple Avenue, 3rd Floor
Takoma Park, MD 20912

Housing & Community Development

301-891-7119
housing@takomaparkmd.gov
takomaparkmd.gov/government/housing-and-community-development
planning@takomaparkmd.gov
Monday - Friday, 8:30 a.m. - 5 p.m.

The Housing and Community Development Department is responsible for a wide range of housing, development, neighborhood revitalization, economic development and cultural programming, including Takoma Park Arts (arts@takomaparkmd.gov; takomaparkmd.gov/initiatives/arts-and-humanities).

It's Snow Time

The Public Works Department has developed a few helpful tips for residents to follow during a snow event.



Stay connected. Conditions leading to a declared snow emergency include the expectation of a significant quantity of snow or an ice event. The city manager may declare a snow emergency and will announce the status through:

- Takoma Park Alert
- local media
- the City's website
- Facebook and Twitter

Be aware. The following restrictions go into effect during declared snow emergencies:

- Residents are strongly encouraged to park vehicles in their driveways when-ever possible. Fewer cars on the street allow city plows to more quickly and safely clear the roads.
- If you must park on the street, make sure to park your car as close to the curb as possible and maintain a distance of at least 25 feet from an intersection.

Clear sidewalks. Residents are responsible for clearing the public sidewalks adjacent to their property. When possible, keep sidewalks clear of snow and ice by regularly shoveling accumulated snow during and after a snow event.

- Please DO NOT shovel large amounts of snow into the street when clearing your driveway, lead walk or sidewalk.
- The best place to pile snow is on the lawn or grassy areas.
- Piles of snow shoveled out into the street can cause problems for passing vehicles.

Be a good neighbor and help others in need. Reach out and ask neighbors if they need assistance with keeping their sidewalks clear.

- Many residents are physically unable to shovel snow and ice and are hesitant to request help from neighbors or friends.
- Your thoughtfulness can make a big difference to someone who might otherwise be unable to cope.

City Department Directory

City staff continue to work remotely, but they are available to assist residents by phone and email.

Human Resources

301-891-7203

hr@takomaparkmd.gov
takomaparkmd.gov/hr

For an up to date listing of current vacancies and employment opportunities with the City of Takoma Park, visit takomaparkmd.gov/hr/careers.

Police

911 (fire and rescue)

301-270-1100 (emergency)

301-270-1100 (non-emergency)

police@takomaparkmd.gov
takomaparkmd.gov/police

Open 24/7

Whether online, in person or phone, the Police Department is here to serve the people of Takoma Park.

Public Works/Infrastructure

301-891-7633

publicworks@takomaparkmd.gov
takomaparkmd.gov/publicworks
Monday - Friday, 8:30 a.m. - 5 p.m.

The Public Works Department is responsible for the maintenance of City-owned roads, buildings, stormwater management systems, gardens, parks, vehicles, and equipment. The department also provides solid waste collection and recycling services to single-family residential properties in the City and in the various business districts.

Recreation Department

301-891-7290

recreation@takomaparkmd.gov
takomaparkmd.gov/recreation
Monday - Friday, 8:30 a.m. - 5 p.m.

The City of Takoma Park's Recreation Department provides recreational opportunities for all ages. Our facilities and programs are intended to refresh and rejuvenate our residents, improve our health and connect us as families and as a community.

These City facilities remain closed to the public.

Takoma Park Maryland Library

301-891-7259

www.takomapark.info/library
facebook.com/takomaparklibrary

Library Hours: Sunday, 12 - 5 p.m.; Monday and Wednesday, 12 - 9 p.m.; Tuesday and Thursday, 10 a.m. - 9 p.m.; Friday - 12 - 6 p.m.; Saturday - 10 a.m. - 5 p.m.

Computer Center Hours: Sunday, 12 - 5 p.m.; Monday - Friday, 12 - 8 p.m.; Saturday 12 - 6 p.m.

The Takoma Park Maryland Library is an independent municipal public library. Library cards are free to anyone living in Montgomery County or working or attending school in Takoma Park. Others must pay an annual non-resident library card fee.

City Facilities

Heffner Park Community Center

42 Oswego Avenue Takoma Park, MD 20912
301-891-7290

Standard Hours: Monday - Saturday, 9 a.m. - 9 p.m.; Sunday, 10 a.m. - 8 p.m.

The Heffner Park Community Center features a multi-purpose room with a small kitchenette, restrooms and a water fountain. Rentals will also have access to 30 chairs and 10 tables.



301-891-7118

cabletv@takomaparkmd.gov
takomaparkmd.gov/citytv

Watch City TV online or in HD on RCN channel 1060, Comcast's Municipal Broadcast Network 997, or in SD, on channels 13 (RCN Comcast) and 28 (Verizon).

Also find us on ...



Watch City Council meetings, Snapshots, the "We Are Takoma" series and other community events on City TV.

¡Tenemos programación en Español!

¡Visítenos! Somos Takoma y El Barrio También Canta ahora en TeleCiudad.





Public Works

31 Oswego Ave
Silver Spring, MD 20910
301-891-7633
publicworks@takomaparkmd.gov
Monday - Friday, 8:30 a.m. – 5 p.m.

 **Food Waste Collection Program**
The City's curbside food waste collection program is available to single family and multi-family properties with City collection and recycling pickup. Please register at www.takomaparkmd.gov/publicworks/food-waste-collection.

 **Large Item Pick Up**
Heavy items, like appliances, mattresses and furniture, are picked up by appointment only. There is a \$10 charge for the collection of up to three items. Call to schedule a pickup.

 **Electronics and Computer Recycling Drop-Off**
Bring your old or unwanted electronic equipment to be recycled to the Public Works facility. 8:30 a.m. - 5 p.m., Monday - Friday

 **Trash Carts and Recycling Containers**
Trash carts are available for sale. Purchase a 96-gallon trash carts for \$58.10 and 64-gallon for \$52.29. Carts have lids, wheels, and handles. Recycling containers are free and available at the Public Works facility for pick up during office hours, Monday through Friday 8:30 a.m. to 5 p.m.

Takoma Park Community Center/Sam Abbott Citizens' Center

7500 Maple Avenue
Takoma Park, MD 20912
301-891-7100

Standard Hours: Monday – Thursday, 8:30 a.m. - 9:30 p.m.; Friday, 8:30 a.m. - 10 p.m.; Saturday, 10 a.m. - 6 p.m.; Sunday, 12 - 5 p.m.

Takoma Park Recreation Center

7315 New Hampshire Ave.
Takoma Park, MD 20912
301-891-7289

See page 16 for more information
The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!

Important City Department Phone Numbers

City Information	301-891-7100
City Clerk	301-891-7267
City Manager	301-891-7229
Finance	301-891-7212
Housing & Community Development.....	301-891-7119
Library.....	301-891-7259
Neighborhood Services.....	301-891-7113
Police	301-270-1100 / Emergency 911
Public Works	301-891-7633
Recreation/Facilities Rental.....	301-891-7290



The Mask Makers

Helping Takoma Park breathe easier

By Sean Gossard

As the pandemic began spreading across the country, many people were looking for ways to safely help their communities to protect themselves against the virus. In Takoma Park, sewing artists – or sewists – decided to pick up their needles and thread, put their sewing machine pedals to the metal and get threading on thousands of cloth masks to give out, donate and sell around the community, and sometimes even across the country.

In early March, Rosalind Grigsby and Pamela Fields started More Than Masks, a grassroots campaign providing non-medical masks for local communities while fundraising for area non-profits. “We started by making 100 masks for medical workers in New York,” Fields said. “All of sudden, though, everyone needed a mask. And back then, there were none to be found, so we decided to start making masks for donations.”

According to Fields, demand from the community for masks was swift, with nearly \$15,000 raised in the first few months. They eventually had to limit requests to one per customer. Since April, the group has donated more than \$27,000 and gifted masks to frontline workers, including food kitchen volunteers, police personnel, nursing home workers and children in vulnerable circumstances. They, along with a half-dozen other sewists in the group, donated around 1,850



Lynne Evans

“Community caring is the way to get through this. It’s really an amazing community effort to provide for each other.”

masks, including 200 masks to Casa Ruby to help LGBTQ youth experiencing homelessness and vulnerability.

For Grigsby, who is Community Development Coordinator for the City of Takoma Park, making the masks was also therapeutic for the group in the difficult first months of the pandemic. “Especially in March, April, May, when we were required to work remotely and it felt like such a dark period, that we gained something in being able to make masks that help in the face of a virus we didn’t understand,” she said. “It’s hard to explain. Every time I’m making a mask, I feel like I’m contributing and still safe in my house.”

Members of the group started by using a basic mask design, but have since honed their craft and are incorporating more fun ideas into the work. “We’ve gotten pretty fancy with it. Some are double-layered or have mosaic patterns,” Fields said. “Bare bones it can be less than 10 minutes to make each mask, but sometimes it takes about a half-hour for each mask.” If you’re interested in ordering a mask from More Than Masks, email more4masks@gmail.com. Minimum donations for masks run from \$10-\$15.

As the pandemic progressed, the demand dropped for masks as they became easier to get for cheap, so they’re now doing more masks using specific colors and fabrics for custom

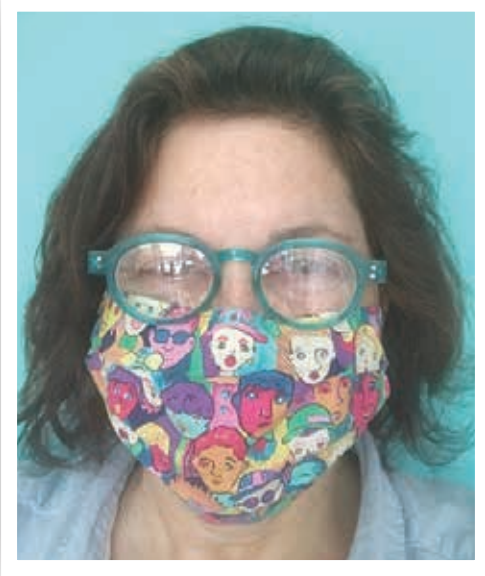
jobs. “Recently the funny thing is people who need to match wardrobes with masks,” Fields said. “They wanted them to match different outfits.”

Takoma Park Housing Development Manager Grayce Wiggins said More Than Masks has been a welcome help to the city during the pandemic. “They actually donated a number of masks to some of our multi-family buildings,” Wiggins said. “What they’re doing is really important and just reinforces the community spirit in Takoma Park.” Wiggins said the City itself has been reaching out to communities to provide Personal Protective Equipment (PPE) where it’s needed.

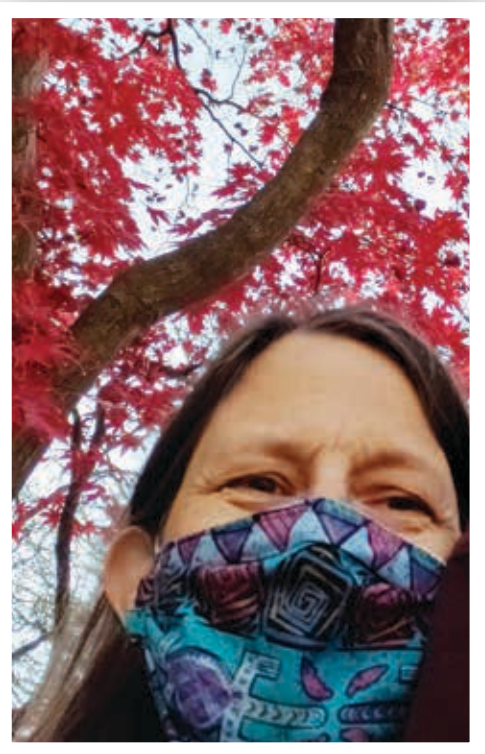
“What we’re doing now is working with several council members to start disseminating PPE bags,” Wiggins said, “so we have masks for children and adults, both cloth and disposable, and a bottle of hand sanitizer, a roll of toilet paper, a page of all our resources, including foreclosure assistance and unemployment, everything we pulled together at the beginning of the pandemic.”

For Takoma Park resident Lynne Evans, making masks started as a way to protect her family from the virus, but eventually grew into something much bigger. “I started by making masks for my husband and kids,” she said. “Then for my family in Texas and in California. Then more folks locally were requesting them, so I put it all out there on my website.”

As requests for masks continued to grow, Evans used the extra income to help supplement her lost wages as a freelance hair and makeup artist. Evans also sent masks to birth workers in her home state of



Pamela Fields



Rosalind Grigsby

Texas, who were in desperate need of PPE. “Supplies were really limited in the first few months,” Evans said. “I was waiting in line for over three hours for fabric and thread. Then I started sourcing materials from larger suppliers.”

Evans would give away masks, gloves and cash to those in need around the community. And after the protests against police violence over the summer, she began selling masks as part of a “Safety in Solidarity” line with all proceeds going to Black Lives Matter organizations and the Legal Aid Society of the District of Columbia. “I’d run sales on specialty fabric masks each month and that averaged out to around \$250–\$500 monthly. It was a way that people get something in return for their mask.”

Like with the others, demand for masks has slowed considerably since the beginning of the pandemic, but Evans said she still gets orders from people looking for special custom masks. “What I get now are special requests or a few fun projects like being able to curate different interesting fabrics for people,” she said. “So, like, a theater teacher called and asked for fun masks for their kids. Or making fruit and veggie masks for my cousin’s wife who is a farmer.” Evans said, through it all, it’s been the community coming out to show their support that’s been helping the most during the pandemic.

“Community caring is the way to get through this,” she said. “It’s really an amazing community effort to provide for each other.” To check out Evans’ work, visit thestarletparlour.com. Also, if you or anyone you know is in need of masks or other PPE, you can email the City at housing@takomaparkmd.gov.

City Services

Public Works

301-891-7633
publicworks@takomaparkmd.gov
takomaparkmd.gov/publicworks



SERVICES

See page 7 in the City Department Directory for a listing of additional services offered.

SNOW SEASON

The City’s Public Works staff will be working hard this winter to clear snow from City’s streets.



You can help make this effort work better by following these suggestions:

During snow events, please park your car off the street if possible.

If you must park on the street, make sure to pull your car as close to the curb as possible, and at least 25 feet from an intersection.

Please clear your sidewalk of snow and debris.

For more information on snow removal, please visit: www.takomaparkmd.gov/snow.

Holiday Trash Schedule

Monday, January 18
Martin Luther King Jr.’s Birthday

Yard waste collection is cancelled.

Monday, February 15
President’s Day

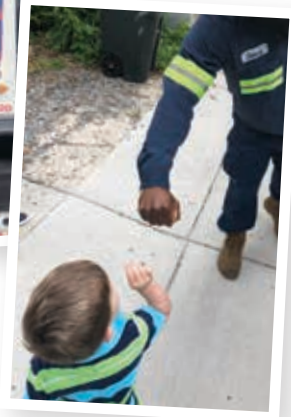
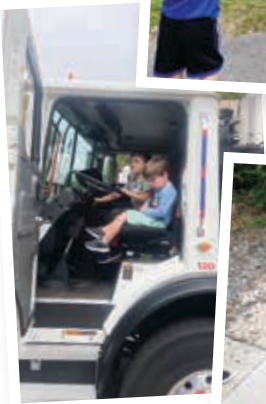
Yard waste collection is cancelled.

SERVICE SALUTE

We’ve owned our home (7418 Maple Avenue) for the past four years, but have been in the neighborhood for a few years prior to that. I want to share with you how delightful our experiences have been with the crews that handle trash removal, recycling, compost collection.

I have two sons, Logan and Wyatt, who are now 6 and almost 4. Since our oldest was a baby, we would often go on walks in the neighborhood early in the morning and would encounter the garbage trucks. Like most young boys, both of our sons found the garbage trucks to be very cool. Over time this evolved from simple chance encounters, to us going out in the morning to “hunt” the garbage trucks. This has been going on for years, and I must say has given both my wife and I some truly remarkable memories.

What I find special is how incredibly warm and engaging every member of this team has been over the years. Several will know our kids by name, and all will take a second to chat with us. In Pre-COVID times, my kids were very excited to get fist bumps from the crew. At one point, they would report to their day care teachers at morning drop-off how many trucks we



found and how many “knucks” we got. It certainly brightened everyone’s day that heard tales of our adventures garbage truck hunting.

I’ve had countless people witness our interactions and go out of their way to tell me how big of a smile it put on their faces and how great the workers are. I mean who wouldn’t want to see two boys getting fist bumps from their heroes. COVID has forced us to pause on the fist bumps, but my boys will still run out of the house to greet the truck when we hear it pull up on Tuesdays. There have been times we’re in the front yard and we’ll see a truck on Philadelphia, and if they see us, they’ll always give a honk and a wave. While it’s not a fist bump, my boys really do appreciate being acknowledged.

It’s important to recognize the impact these hard working gentleman are having beyond just the service they provide. They are having a very positive impact in the community and bring a great deal of joy to a lot of people, and I can attest that they make my boys feel special.

—Jeff Bell

Police

911 (emergency) • 301-270-1100 (non-emergency)
police@takomaparkmd.gov • takomaparkmd.gov/police
Open 24/7



Takoma Park Police Department Holding 2021 Community Police Academy via Zoom

The Community Police Academy begins on Tuesday, January 5, 2021, via Zoom! The virtual Community Police Academy will be a 14-week long program consisting of one class a week on Tuesday evenings from 7–9:30 p.m. The classes cover topics such as patrol, traffic enforcement, use of force, criminal investigations, canine, firearms, crisis negotiation, etc. Due to COVID-19, we had to make some adjustments to the Academy to make it virtual-friendly; we will not be able to have any hands-on practicals or field trips this session.

The Takoma Park Police Department believes that educating the community will result in gaining their understanding and support. Through implementation of the Community Police Academy, the community will gain new insight into how law enforcement officers perform their duties. The success of any law enforcement agency depends largely upon the amount of cooperation and support it receives from the community it serves. Stay tuned for information for another session in 2022. Any questions about the Community Police Academy can be directed to the Public Information Officer, Cathy Plevy, at 301-891-7142 or cathyp@takomaparkmd.gov.

City of Takoma Park Police Department Joins National ABLE Project

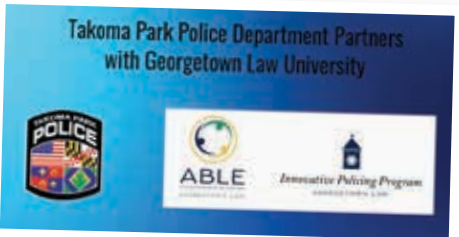
The City of Takoma Park Police Department has been accepted into the Active Bystandership for Law Enforcement (ABLE) Project, Georgetown University Law Center’s national training and support initiative for U.S. law enforcement agencies committed to building a culture of peer intervention

that prevents harm.

Backed by prominent civil rights and law enforcement leaders, the evidence-based, field-tested ABLE Project was developed by Georgetown Law’s Innovative Policing Program in collaboration with global law firm Sheppard Mullin LLP to provide practical active bystandership strategies and tactics to law enforcement officers to prevent misconduct, reduce officer mistakes, and promote health and wellness.

ABLE gives officers the tools they need to overcome the innate and powerful inhibitors all individuals face when called upon to intervene in actions taken by their peers. “We are very excited to have our staff participate in the ABLE training,” said Chief Antonio DeVaul. “We always seek out training that will increase trust and transparency within our community.”

“As we work to reimagine public safety and seek to rectify injustices in our institutions, we must also ensure individuals have the ability and skills to take action against bias and violence,” said Takoma Park’s Mayor Kate Stewart. “Our participation in the ABLE Project is an important step to ensure



Stay Informed

To receive notifications directly from the police department, register at takomaparkmd.gov/police. Notifications include, but are not limited to crime alerts, traffic, weather, missing persons, lost pets, etc. For more information, contact Cathy Plevy at cathyp@takomaparkmd.gov.

accountability and continue the culture change in our police department needed to serve every member of our community.” Those backing the City of Takoma Park Police Department’s application to join the program included the NAACP Montgomery Chapter and the Washington Adventist Church.

The ABLE Project Train-The-Trainer event started in December 2020. City of Takoma Park Police Department instructors are certified as ABLE trainers; and over the coming months, all of the department’s officers will receive eight hours of evidence-based active bystandership education designed not only to prevent harm, but to change the culture of policing. Look for our progress in this critical area that will be on the web page soon.

For more information regarding the City of Takoma Park Police Department, contact Catherine Plevy, Public Information Officer. For more information on the ABLE Project, contact Liza, ABLE Program Manager, at lba17@georgetown.edu.



Out of Cold Shelter

For Montgomery County, if you need or see someone who needs shelter, call the Community Crisis Center (240-777-4000), Shelter Services (240-777-3289), Takoma Park Police non-emergency (301-270-1100), or Montgomery County Police non-emergency (301-279-8000).

Library

The library building remains closed to the public, but you can check out books through our "Books-to-Go" curbside service and attend virtual library programs. Please check the information below and on the following pages.

Takoma Park Maryland Library

www.takomapark.info/library

The Takoma Park Maryland Library is one of only two municipal public libraries in Maryland. With a Takoma Park Maryland Library card, you can:

- Borrow print books and magazines, audiobooks and music CDs.
- Access our extensive digital resources, including college and career information, language learning programs, test preparation, and both e-books and digital audiobooks.

E-BOOKS

To get to our digital resources, go to: www.takomapark.info/library. Click on the "ebooks" or "online" button at the top of the page, and you can have fun exploring our great collection of digital resources! We have several streaming options for ebooks.

For the youngest readers, try **Tumblebook Library**, which has picture books, read-alongs (kids see the text while it is read to them), comics, non-fiction, French and Spanish books, "playlists" of themed books, short (1–5 minute) National Geographic videos on animals and other subjects, and puzzles and games.

BookCloud is a great option for older kids. It offers fiction, non-fiction, books used in AP English classes, some books in French, drama, poetry, and more short National Geographic videos. In addition, BookCloud has "enhanced e-books," in which the reader follows the text while it is read aloud. **Infobase** offers basic non-fiction books for readers from middle school through adult. From biographies to history books, there are almost 2,000 books from which to choose.

For downloadable e-books, check out **Hoopla**. You will need to set up an account using your library number the first time you use it; go here for directions: www.takomapark.info/library/ebooks2.html. Hoopla is quite easy to set up and use. It offers e-books for kids and adults, Spanish and French books, comics, and much more. In addition, patrons can check out audiobooks, TV shows, movies, and music. Each Library patron can check out five items from Hoopla each month.

ALL PROGRAMS ARE VIRTUAL UNLESS OTHERWISE NOTED.

Weekly Programs

The library building is closed, so most of our programs are now online via Zoom. To participate, go to <https://zoom.us>. Click on "Join a Meeting" and put in the Meeting ID (and Meeting PW, if any) listed with each program. Please note that the Zoom Meeting ID and Meeting PW may occasionally change, so get the most up-to-date by going to our program calendar: www.tinyurl.com/tplibraryevents.

Also, registration isn't required for these programs, but if you are registered, we will send reminders as well as notices of any changes or cancellations. To register, go to www.tinyurl.com/tplibraryprograms. Please refresh your browser first as our line-up has recently changed, and also please make sure you register for the "Zoom" version of these programs.

Finally, we may add programs as time goes on, so remember to regularly check our program calendar! Bookmark our Program Calendar (<https://bit.ly/329zk60>) to keep up with all of our programs.



Zoom Circle Time Tuesday mornings at 10:30 a.m.
Meeting ID is 995-4901-8825 and Meeting Password: 178851



Zoom Spanish Circle Time Thursday mornings at 10:30 a.m.
Meeting ID is: 966-2757-5745 and the Meeting Password is: 437375.



Zoom Sketch Club/Scribbler's Cabal Friday afternoons at 4 p.m.
Meeting ID is: 734-9136285 (same as for Comics Jam)



At left, Outdoor Yoga Storytime



Below, Ms. Kati at Outdoor Yoga Storytime

Check Out our Books-to-Go Service on page 24!

Monthly Programs



Zoom Comics Jam: one Wednesday afternoon a month at 4 p.m. To keep up with the schedule, please register. Meeting ID is: 734-913-6285 (same as Scribbler's Cabal)

SPECIAL PROGRAMS

WinterQuest Reading Challenge

Rev up your child’s reading – and maybe your own – this winter with our annual WinterQuest reading challenge! We kicked off our newest WinterQuest in mid-December, but the program will not end until the first day of Spring, March 20, so that gives you lots of time to move through WinterQuest’s 10 reading challenges.

Created each year by Library Associate Dave Burbank, WinterQuest consists of a story and a gameboard; the 10 reading challenges are embedded in the story, and each time you complete a challenge, you get to move along the gameboard. In WinterQuest, reader’s choice reigns, as the challenges are open-ended. For example, challenges might include “read a funny book” or “read a book that shows you how to make or do something (cooking, crafts, etc.), then make or do it.” Overall, the idea is just to keep kids (and adults) interested in reading through the winter by choosing the books they want to read to complete the reading challenges.

We will have WinterQuest online on the Friends of the Takoma Park Maryland Library website (<https://ftpml.org>). We will also have paper copies, which will be available on Saturdays for pick up from 12–3 at our “Books-to-Go” pick-up station, just off the Library parking lot. Just look for the bright purple cart!

WinterQuest is paid for by the Friends of the Takoma Park Maryland Library. This year’s online book sale proceeds will be used to fund WinterQuest.



Getting crafts to go

“Take and Make” Craft Bags

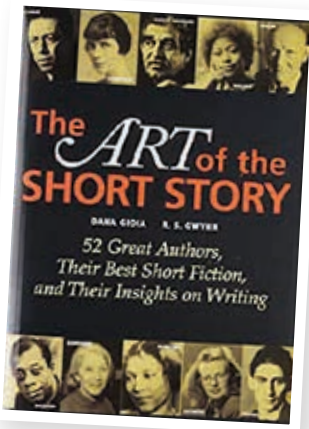
On Saturdays in January and again in March, we will be giving out “Take and Make” craft bags. The bags will be available – on our bright purple cart – on Saturdays from 12–3 in the library parking lot, right near the table used for our “Books-to-Go” curbside pick-up program. The bags, put together by Children’s Librarian Kati Nolfi, contain all the materials for a craft suitable for ages 3 up. You can follow our directions or use the materials in a totally different way. It is up to you! We will put out 20 craft bags on Saturdays in January and again in March – first come, first served. (The craft materials will be the same throughout January, and then in March, there will be materials for a new craft). Here are the dates for the craft bag give-aways: January 9, 16, 23, and 30 and March 6, 20, 27, and April 3.



Crafts in hand and ready to go

The Friends Big Book club, hosted by Phil Schewe, will resume in April. We will discuss eight stories selected from *The Art of the Short Story* edited by Dana Gioia and R.S. Gwynn.

Copies are available in the Library and may be borrowed for six weeks through Book-To-Go (see information on page 24).



Takoma Park Community Center/ Sam Abbott Citizens' Center

**7500 Maple Avenue
Takoma Park, MD 20912
301-891-7100**

Standard Hours:

Monday - Thursday
8:30 a.m. - 9:30 p.m.
Friday
8:30 a.m. - 10 p.m.

Saturday
10 a.m. - 6 p.m.
Sunday
12 - 5 p.m.

Art Studio

- The art room, kiln, and easels are available to students enrolled in classes.
- Not available for rentals

Auditorium

- 154 fixed chairs
- Room for six wheelchairs
- Row of seven fixed chairs can be removed
- Food and beverage not permitted

Computer Center

- Two rooms, 25 workstations equipped with ports for flash drives and headphones, and work space for laptop users
- Internet, word processing, graphics software and more
- Color printer
- Low conversation, working in pairs, cell phone use allowed in Room A
- Absolute quiet in Room B
- Valid Takoma Park Library card or purchased guest pass required for computer use of up to two hours per day

- Four additional stations with 20 minute limits available in library, additional four available in Senior Room for those 55+
Monday - Friday 12 - 8 p.m.
Saturday 12 - 6 p.m.
Sunday 12 - 5 p.m.

Dance Studio

- Large studio with mirrors and wood floor
- No street shoes on dance floor

Game Room

- Hours vary by age and time of year
- Ping pong, pool and foosball tables
- Basketball and arcade-style games
Youth & Teen (6 - 17 yrs)
Monday - Friday 2:30 - 5 p.m.
Saturday 12 - 5:30 p.m.
Sunday 12 - 5 p.m.
Young Adult (18 - 24 yrs)
Monday - Friday 6:30 - 8:30 p.m.
See page 35
Active Adult (55+)
Monday - Saturday See page 35

Library

Cards are free for Montgomery County residents and those who work or go to school in Takoma Park.

Sunday 12 - 5 p.m.
Monday 12 - 9 p.m.
Tuesday 10 a.m. - 9 p.m.
Wednesday 12 - 9 p.m.
Thursday 10 a.m. - 9 p.m.
Friday 12 - 6 p.m.
Saturday 10 a.m. - 5 p.m.

Multimedia Lab

Our educational studio features state-of-the-art video and recording equipment and instructional courses designed to accommodate aspiring audio/video engineers and intermediate level students who want to hone their skills.

Notary Public

Notary service is available by appointment only. (Monday - Thursday, 9 a.m. - 1 p.m.). The service is free for City residents. Call 301-891-7100 to set up an appointment.

Passport Service

Passport service is available at the Takoma Park Community Center. No appointment necessary. Please call Sofia Visurraga, Customer Service Representative, at 301-891-7204 for information.
Monday - Thursday 9 a.m. - 1 p.m.

*Se puede aplicar por su pasaporte americano aquí. No necesita hacer una cita para presentar aplicación. Por favor llame al 301-891-7204 para obtener información para aplicar por su pasaporte americano.
Lunes a jueves de 9 a.m. - 1 p.m.*

Senior Room (55+ yrs)

- Comfortable furnishings and relaxed atmosphere to socialize or read
- Four computers and printer available
- Bingo, health screenings, workshops, and more
Monday - Friday 12 - 8 p.m.
Saturday & Sunday 12 - 5 p.m.

Teen Lounge (Grades 6-12)

- Hours vary by time of year
- X-box, large screen TVs
- Area for socializing
- Daily activities



**Check Website
for Updates**

Book Your Next Event with Us!

Go online: Request a room or park pavilion with a credit card from our website at apm.activecommunities.com/takomaparkrecreation. See Page 39, Registration and Policies for instructions for online registration. Rentals within 10 business days must be requested in person. Payment is due at the time of the reservation.

Policies

Please visit us online at takomaparkmd.gov/recreation/parks-pavilions-and-athletic-fields and click on Administrative Regulation No. 2011-1 (PDF) for regulations governing public use, facilities rentals and general responsibilities of the user. The renter is responsible for set-up and clean-up. This time should be included in the rental. Nothing can be affixed to the walls.

Standard Rental Hours

Takoma Park Community Center

Monday - Friday 9 a.m. - 9 p.m.
Saturday 10:30 a.m. - 5:30 p.m.
Sunday 12:30 - 4:30 p.m.

*Hours for auditorium rentals may be until 11:00 p.m.
Monday - Thursday and until 12:00 a.m. Friday - Sunday.*

Heffner Park Community Center

Monday - Saturday 9 a.m. - 9 p.m.
Sunday 10 a.m. - 8 p.m.

Takoma Park Recreation Center

- Call for availability
- See page 16 for prices

** Business rate applies to all organizations, nonprofits, for profit entities or community groups. Not available at Heffner Park CC.*

Small Meeting Rooms

Rose Room

Capacity 10 with tables
15 without tables

Lilac Room

Capacity 20 with tables
25 without tables

Hydrangea Room

Capacity 20 with tables

Fees

T.P. resident	\$25/hour
Non-resident	\$50/hour
Business*	\$70/hour

* Business rate includes commercial and nonprofit organizations.

Large Meeting Rooms

Azalea Room

Capacity 55 with tables
65 without tables

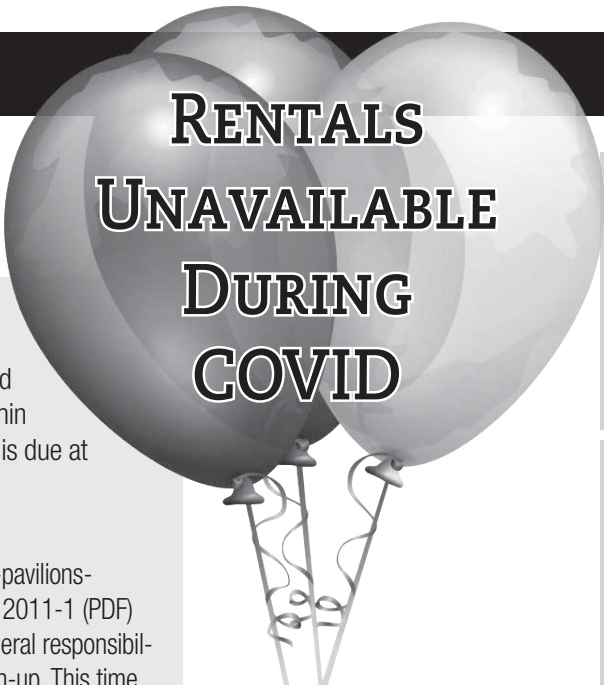
Heffner Park Community Center 42 Oswego Avenue Takoma Park, MD 20912

Capacity 40 with tables
50 without tables

Fees

T.P. resident	\$35/hour
Non-resident	\$60/hour
Business*	\$80/hour

\$50 refundable deposit required for Heffner Park Community Center.



**RENTALS
UNAVAILABLE
DURING
COVID**

Auditorium

capacity: 154

The Auditorium, located in the Takoma Park Community Center, is LEED-CI Silver Certified and has 154 fixed seats with two aisles and room for six wheel chairs. The floating wood stage is approximately 18 inches off the floor, 30 feet wide and 19 feet deep at the center.

This environmentally friendly space has a state of the art lighting system with colored LED washes, sound system with two wireless microphones and connections for up to 10 wired microphones. The presentation system has a 6' x 11' projection screen in the center of the stage and two small screens on either side of stage.

Extra fees apply for staffing outside of normal hours of operation, specialized AV services, extraordinary maintenance demands, or required security. Insurance is required.

Fees: \$130/hour, nonprofit
\$200/hour, regular

Minimum 4 hour rental

For more information about renting the Auditorium, contact John Webster at 301-891-7225 or email johnw@takomaparkmd.gov

Takoma Park Recreation Center

**7315 New Hampshire Ave.
Takoma Park, MD 20912
301-891-7289**

Standard Hours

Monday, Wednesday, Friday	2:30 - 9 p.m.
Tuesday & Thursday	12 - 9 p.m.
Saturday	8 a.m. - 5 p.m.
Sunday	Closed

* Tuesday & Thursdays 12-2 p.m. are reserved for senior use only

The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!

Time to Get in Shape!

The Takoma Park Recreation Center has a great fitness room featuring:

- Dumbbells (5-50 lbs.)
- Leg curl
- Leg extension
- Ellipticals
- Stationary bikes
- Treadmills
- Lat pulldown
- Chest press

Membership Fees

Recreation Center General
(1 year; does not include Fitness Room)

Youth (5 - 12 years)	\$5
Teen (13 - 17 years)	\$10
Adult (18+ years)	\$45

Fitness Room
(open same hours as building*)

Adult (6 months)	\$75
Adult (1 year)	\$110
Senior (55+)	Free

Hourly Rental Information

Gym* (capacity 294)
General \$40/hour
Business \$80/hour
After hours additional fee(s)*

Meeting Room BACK (capacity 40)
General \$25 per hour
Business \$70 per hour
After hours additional fee(s)*

Meeting Room FRONT (capacity 30)
General \$25 per hour
Business \$70 per hour
After hours additional fee(s)*

Call 301-891-7289 for availability.
* \$50 security deposit required.

Business rate includes commercial and nonprofit organizations.

Join Us For:

- Adult open gym (18+ yrs) Tuesdays, 7:45 - 9 p.m.
- Classes for all ages
- Summer camps
- After school programs

All programs and classes at the Takoma Park Recreation Center are co-sponsored by the Montgomery County Department of Recreation. We thank them for the continued support.



What's in our parks?											
	Reserve Through Rec. Dept.	On Street Parking Available	Public Transportation Accessible	Bike Station Within Walking Distance	Water Fountain	Picnic Tables	Playground	Pavilion	Grill	Half Basketball Court	Restroom Facility
Belle Ziegler Park 7350 Takoma Ave. Ward 1											
Colby Avenue Park Cherry & Colby Ave. Ward 2											
Forest Park 598 Elm Ave. Ward 2											
Heffner Park 42 Oswego Ave. Ward 4											
Jackson-Boyd Park 7398 Jackson Ave. Ward 2											
Spring Park 6999 Poplar Ave. Ward 3											
Toatley-Fraser Park Eastridge Ave. Ward 5											
Playgrounds, pavilions and porta potties not sanitized; use at your discretion.											
In addition to the parks above, the City maintains:											
B. Y. Morrison Park Carroll & Ethan Allen Ave. Ward 3	Dorothy's Woods Woodland & Cirlice Ave. Ward 2			Ed Wilhelm Field 2 Darwin Ave. Ward 4		Lee Jordan Field 7611 Piney Branch Rd. Ward 4		Takoma Park Dog Park Darwin Ave. Ward 4			

For information about other parks in our city, please visit montgomeryparks.org or call 301-495-2525.

Parks and Permits

It is highly recommended to secure permits for various events and activities held in public parks throughout the City. Permits guarantee location and time of a rental. Please contact the Recreation Department at 301-891-7290 before conducting business on park property.

Pavilion Rental Fees

\$95 per day	T.P. resident
\$115 per day	Non-resident/Business

FAQs

- In order to secure a park pavilion, it is highly recommended to have a permit. (See page 15).
- Moon bounces are not permitted on City property.
- Permits are honored rain or shine, with no refunds/reschedules.
- To reserve a pavilion, see “Book Your Next Event with Us” on page 15.
- Sale of merchandise is prohibited on City property outside of scheduled City events.
- The sale or consumption of alcoholic beverages is not permitted in any facility/park/pavilion.
- Buildings and parks are not available on City holidays.
- Reserving a pavilion does not guarantee use of an adjacent field if applicable.

TAKOMA PARK
ARTS

301-891-7119 • arts@takomaparkmd.gov • takomaparkmd.gov/arts

Here’s Poetry When You Need It!

By Kathleen O’Toole,
Takoma Park Poet Laureate

Last year, Takoma Park Poet Laureate Katherine O’Toole offered some words of inspiration that still seem very apt as we all enjoy our poetry in place for the time being.

Almost two years ago, my first article as Takoma Park Poet Laureate celebrated the plenitude of poetry in our community, never imagining that a year later my audience would be “self-isolating” in a pandemic. First, we still have a lot to celebrate. Since September 2019, our Third Thursday Poetry audiences have appreciated “Poems of Exile” and the work of current and formerly incarcerated poets of the *Free Minds Book Club*, among our usual crop of talented poets. Stay tuned for the line up of new voices and seasoned poets whose readings we’re re-scheduling for this fall.

Now, for this moment ... let me suggest a few ways we can all discover poetry’s power to calm and comfort, uplift and challenge — in the poems of others, or by trying our hands at making our own poems.

Online poetry sources

As I scroll through emails and Facebook posts, I’ve witnessed how many people are already turning to poetry and sharing poems. Here are a few sources, should you want to search for poems, or receive a daily dose of poetry in your Inbox:

- *Poetry Daily* poetrydaily@poems.com
- *Poem-a-Day* Poets.org collection from the American Academy of Poets, now hosting “Shelter In Poems” on a daily basis (#ShelterInPoems)

You may also enjoy downloading poetry podcasts like “The Slowdown” (www.slowdownshow.org) hosted by Tracy K. Smith, which lets you hear the daily poem, with a short reflection on the verse. I also love the *On Being Poetry Project*, now featuring “Poetry for Tumultuous Times” at onbeing.org/starting-points/



Kathleen O’Toole

poetry-for-tumultuous-times.

Try your hand: Dip into Haiku

What a gift it has been for those of us able to step out (carefully spaced) into spring! For me, writing haiku as I walk captures fleeting moments of wonder that can be a source of joy and balm. A quick definition: *A haiku is a short poem that uses images to convey the essence of an experience of nature or the season intuitively linked to the human condition.* Don’t worry about the old “three lines, 5-7-5 syllables” you learned in grade school! Be brief. Capture the image(s) to express what you feel. A few of my own from this last week:

last night’s rain
lock down day 5

a robin with a wren splashing
on the star magnolia
cherry blossoms

pothole birdbath
first blossoms
on the sidewalk...too soon

And you don’t need to be outdoors. Use your windows, or notice what’s in front of you:

March rain
hyacinth in a vase
scent of spring

Don’t want to fuss with specific forms? Accept the invitation of Reginald Dwayne Betts on *Weekend All Things Considered*. Try twitter-verse in fewer than 140 characters, emphasis (same as with haiku) on noticing! His offering: “I heard the sound of a squirrel’s claws as it climbed a tree. And I realized that I had just never heard that before because I’d never been outside in nature without the hum of a car.”

Finally, two poems that have come my way in the early days of cloistering:

Poetry and Protest

Poetry provides a voice for protest and a window into other worlds. Here are some of our poetry readings featuring people of color. You can watch these readings and more arts events on our YouTube channel.

Poems of Migration and the American Immigrant Experience

Local poets Indran Amirthanayagam from Sri Lanka, Zeina Azzam from Lebanon, and Jose Vladimir Monge from El Salvador read their moving and heartfelt poetry about their experiences as immigrants, including a sense of welcome and exile.

Black Voices in Verse

Three local Black poets share their powerful work challenging white privilege and pervasive racism,



Free Minds Poetry Ambassadors

including Saida Agostini, Kyle Dargan, and Emily Kombe. Their poetry is used as a voice for protest and social justice.

Poetry from Behind Bars

In the “land of the free,” the United States has the highest incarceration rate in the world, but the people behind bars are more than just numbers. Poet

Ambassadors from the Free Minds Book Club read poems they wrote while serving time in prison, revealing the human costs of imprisonment and the power of poetry to offer healing.

Voices of Woodlawn

Three Black poets and a white poet share their moving poetry about Woodlawn, a former plantation in Alexandria once owned by George Washington where more than 90 enslaved people

were forced to work. The poets include Diane Wilbon Parks, Patrick Washington, Sylvia Dianne “Ladi Di” Beverly and Hiram Larew, accompanied by harmonica player Cliff Bernier.

You can watch these readings on YouTube at artsevents.takomaparkmd.gov.



From “**The Peace of Wild Things**”
By Wendell Berry

“I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.”

From “**Pandemic**”
By Rev. Dr. Lynn Ungar

“Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.”

You can look up the poems in their entirety at billmoyers.com/story/peace-wild-things and www.uuworld.org/articles/poem-pandemic, respectively.

Housing & Community Development

301-891-7119
housing@takomaparkmd.gov
www.takomapark.gov/housing-and-communitydevelopment
planning@takomaparkmd.gov

Housing Programs

The Housing Division is responsible for monitoring Takoma Park’s rental housing stock, ensuring compliance with the City’s landlord tenant laws, and administering a variety of grant opportunities designed to further its goals to create and maintain a more fiscally and environmentally sustainable community and improve the quality of life for all residents.

- Rental Licensing Program**
All residential rental housing in Takoma Park is required to be licensed with the City.
- Rent Stabilization Program**
The rent stabilization program applies to rental units in multi-family and condominium rental properties.
- Landlord and Tenant Assistance**
The City’s housing staff assists with answering questions, providing resources, and resolving housing related disputes.
- Emergency Assistance Fund for Residents**
The Emergency Assistance Fund provides financial support for residents in crisis with eviction, foreclosure, utility disconnection, food insecurity, prescription assistance, and other related needs. **Assistance is provided year-round.**
- “Homestretch” Downpayment Assistance Program**
The downpayment assistance program offers up to \$10,000 for low-to-moderate income, first-time homebuyers who want to purchase a home in the City. **Applications are accepted year-round.**
- “Up to Code” Grant Program**
Residents who are completing the last steps in bringing an Accessory Dwelling Unit into compliance with Montgomery County Code are eligible to receive assistance up to \$10,000. **Applications are accepted year-round.**
- Community Quality of Life Grants**
The Community “Quality of Life” Grants offer funding for projects, programs and events that contribute to the livability of Takoma Park, engage diverse populations, and strengthen the community’s commitment to the arts, humanities, and sciences. **Grant application period opens on January 19, 2020.**
- Employment Assistance through WorkSource Montgomery**
Job coaches are available to assist Takoma Park residents with resume assistance, one-on-one consultations, and job listings. **You can register for employment assistance by contacting the City at 301-891-7222 or housing@takomaparkmd.gov.**

Planning & Community Development Programs



We Belong Here: The Takoma Park Equity Walk

Click, scan, swipe, jump, play and talk about all things Equity. You can plan your visit on the City web site: takomaparkmd.gov/government/housing-and-community-development/planning-and-community-development/we-belong-here-the-takoma-park-equity-walk, where you can find lots of information and resources to guide you.

Pass it on! This fun, engaging, educational activity can be enjoyed at a physical distance. Go ahead and explore! **If you want to experience We Belong Here but you don't have a smartphone, see page 39 for a take along guide to the activities.**

If you have a smart phone, look for the QR code (pictured at right) or scan it here to access the story map.



Public Space Management Plan
A Public Space Management Plan is to provide a vision, goals, and guidance on how public space will be used and maintained in Takoma Park.

City of Takoma Park
Planning and Community Development

Public Space Management Plan

City Staff is developing a Public Space Management Plan to provide a vision, goals, and guidance on how public space will be used and maintained in Takoma Park.

Public space includes:

- Parks, playgrounds, and playing fields
- Plazas and places to gather, like the Gazebo
- Natural spaces and wooded areas, like Sligo Creek and Long Branch stream valley parks
- Streets that may be used for alternative activities like outdoor cafe seating or bike lanes

Your Opinion Matters!

TakomaParkMD.gov/government/housing-and-community-development

The City would like your help!

Please complete our survey about Public Space. It only takes a few minutes and your voice is important.

Outdoors spaces for spending time with family and friends are more important than ever!

Get it:
<https://bit.ly/02PMPLN>

COVID-19 TESTING



FREE BI-WEEKLY TESTING

Every Wednesday and Saturday

Takoma Park Recreation Center

7315 New Hampshire Ave

NO APPOINTMENT NEEDED

Details:

- **Walk-in** COVID-19 testing
- Testing is **FREE**
- **Testing Helpline:** 240-777-1755 for questions or assistance with testing

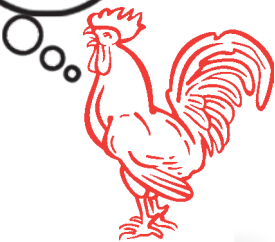
**NO ID Cards, NO insurance card, NO doctor's note,
or NO payment required!**



Recreation

Recreation Department

7500 Maple Avenue
Takoma Park, MD 20912
301-891-7290
recreation@takomaparkmd.gov
takomaparkmd.gov/recreation



The City of Takoma Park Recreation Department provides recreational opportunities for all ages! The department's facilities and programs are intended to refresh and rejuvenate residents, improve health and connect

families and the community. Staff are continually working to improve our offerings while adding new and innovative programs and activities to meet the ever changing needs of our residents and community.



Roscoe the Rooster

Roscoe the Rooster made Takoma Park his home for 10 years, roaming the city and staking his territory on the lawn in front of and behind the apartment houses near Mark's Kitchen on Carroll Avenue. Roscoe died in a hit and run in February 1999.

A life-sized statue of Roscoe the Rooster, crafted by local artist Normon Greene, stands on a pedestal in front of the clock tower in the center of downtown Takoma Park.

Roscoe makes special appearances throughout this section of the City Guide.

Rental Requests - No Rentals During COVID

For more information about local parks and room rentals, see pages 15-17.



Recreation Approved Resources (or R.A.R.'s for short) are links to various external sites that the Recreation Department think are fun and could be enjoyed easily during this time of quarantine. Let us be your trusted source as we vet the websites we post. Additional sites are added weekly, so check back often!

takomaparkmd.gov/recreation/vcc



Q & A: Greg Harris, Basketball Skills Instructor

This season we would like to feature one of our awesome instructors, Greg Harris. Greg has been working with the Recreation Department for five years. He has worked in two capacities, as a Basketball Skills instructor and as Director of the After-Hours Basketball program. Whether it is teaching youth to dribble a basketball or ensuring a crowded gym of young adults are playing fair and having fun, it is easy to see the passion Greg has for the game of basketball. Greg started playing basketball at the age of seven and developed a strong basketball background after having the opportunity to play for two Hall of Fame Coaches. While at DeMatha High School, Greg was coached by Morgan Wooten, and while at Mount St. Mary's College, he honed his skills under Coach Jim Phelan. After graduating from Mount St Mary's, Greg's basketball journey took him around the world highlighted by an eight-year professional basketball career in Europe.

Q: How did you become interested in coaching youth basketball?

A: Coach Wooten would invite several of his former players to work as counselors at his summer basketball camps, and I was fortunate to have been one of the players chosen. At the camp, I worked with kids from 6 to 13 year of age. It was satisfying seeing the campers soak in the knowledge that I was teaching them. This experience made me want to continue to teach the game I love.

Q: Why do you think it is important for kids to continue to take your class and others during this pandemic?

A: With kids going to school virtually, I feel it is extremely important



Greg Harris coaching his AAU Team.

can accomplish anything whether it's a basketball move or something in their daily lives.

Q: Through your years of coaching, have you learned anything from the kids?

A: The kids have taught me to be a better communicator. If I am giving instructions and the kids do not understand, I look inwards at myself and try to find a better way of explaining the drill.

Q: How do you know when you've had a successful class?

A: The energy the kids put out. The high fives they give me and the smiles on their faces are good indicators. When parents ask about the next session and recommend the class to their neighbors and friends, this is a sign of a successful class.

Besides basketball, what do you like to do?

A: I like playing chess. Chess teaches me patience and makes me think. I am also a good cook, and I enjoy trying different recipes. Since the Pandemic, I have taken up gardening. The Takoma Park Community will be happy to know that Greg has plans to keep using basketball as a vehicle to help shape the future of our youth. He also has plans to write a book for players and spectators of the game to enjoy.



Greg Harris instructing kids during a Basketball Skills class.

Books-to-Go

Special Note: We are expanding Books-toGo curbside service! Beginning Monday, Jan. 4, our pick-up times will be 2-8 Monday-Friday and noon-6 on Saturdays. Please check our website for more details.

Residents can place book orders by email (strongly preferred) and phone. Emails can be sent any time, of course. Phone requests can be made Mondays and Wednesdays 10–12 and 4–6, and Saturdays, 10–12.

Before requesting books, check our catalog to see if we have the book and if it is available. If it is checked out, you will see “checked out.” But don't rely on the list of search results; actually click on the title to open up the catalog record. You will not only see much more information, if you scroll down, you can check on the actual status.

Patrons are limited to five books per order. There are also limits on the total number of items you can have checked out at one time (see below).

When you request books, by email or phone, we will need your name plus either your birthday or the last 4 digits of your library card number so we can call up the correct account, and ensure you get the books you order. If this is an email request, this information should go in the subject line, along with an indication as to whether you are asking for adult books or children's/teen books.

Once we have fetched your books, we'll give you a pick-



Patrons' book requests, all lined up in alphabetical order (Nov. 14). It was a record-breaking number of requests. There are 90 bags in this picture.

up window. Regular pick-up times will be Mondays and Wednesdays, 12–2 and 6–8, and Saturdays, 12–3. Note we will fulfill the requests in the order received, and it may take a few days before we get to yours. We are less busy on Monday and Wednesday afternoons, so those may be the best times to send your email or call.

Call when you get to the library (301-580-0085). We'll bring out your books and leave them on a table in back of the library for you to pick up.

Email Requests

The email for book requests is librarytakomapark@gmail.com.

- The subject line should include your name (even if it is part of your email address), the type of books you want (A for adult books, J for children's/teen books), and either the last four digits of your library card or the month and day of your birthday.
- In the body of the email, list the books you are requesting. It will help us to help you if you first search our online catalog, and provide us with the title, and call number (not the barcode). Also, please make sure it is available. If it is a fiction work, please use what we have in the catalog. For instance, the call number for *Catcher in the Rye* by J.D. Salinger is FIC SALINGER. For a non-fiction book, such as *Birds of Eastern North America* by Paul Sterry, the call number is 598.097 STERRY.

- We will reply when we have fulfilled your request, and let you know when you may to pick up your books. Incomplete information will delay the process.

Phone Requests

To request kids/teen books, call 301-580-0085.

To request adult books, call 240-507-0229.

- We will ask you for your name and the last four digits of your Library card number or the month and day of your birthday.
- When you give us the titles of the books you want, please give us the author and call number as well (if you are using the catalog).

Special Events



January - April 2021

DEPARTMENT DIRECTORY
CITY SERVICES
LIBRARY
CITY FACILITIES
TAKOMA ARTS
RECREATION

Virtual Winter Play Day

Let's Play America and the Takoma Park Recreation Department have teamed up to present a Virtual Winter Play Day. Come join Let's Play America and the Takoma Park Recreation Department for a fun afternoon of virtual play. Free fun for all! It's time for you to let your hair down, put on your comfy clothes and get ready to play! For a full listing of activities, performances and links to join, visit www.letsplayamerica.org. See you there!

All ages
Sunday, February 14
1–5 p.m.
Free



FITNESS EXPO

Visit our website and social media pages for updates on this event.

EGG HUNT

Check the website & social media pages for updates!



Takoma Park Recreation Department's

Phone a Neighbor Program

Supporting each other during this time of social distancing.

We are looking for Takoma Park Seniors who would like an occasional phone call during this time of uncertainty.

We have a list of neighbors willing to reach out.

To sign up call Ms. Paula at 240-687-4132.

There is nothing in the world like hearing a concerned voice on the other end of the phone sometimes. Neighbors can quickly become family.



For the most up to date class information and virtual class links, visit the Virtual Community Center: www.takomaparkmd.gov/recreation/vcc



TOTS

DANCE

Creative Movement & Literacy

Have fun with creative movement, songs, books, rhythms and more while improving physical fitness and body awareness as well as language and math skills. Instructor: Carla Perlo

4–6 years
6 Week Session
Thursdays, 4:30–5 p.m.
January 14–February 18
Free

YOUTH

ART

Be Creative Arts & Crafts



Have fun being creative. Turn household recycled items into art and useful projects. Each week we will create a new project using paper, plastic bottles, cans, yarn, embroidery thread, magazines and more. Learn to braid, sew, embroider, make paper beads and more. Instructor: Carla Perlo

7–11 years
6 Week Session
Saturdays, 12–12:30 p.m.
January 16–February 20
Free

DANCE

Youth Dance Class

Youth ages 5–12 are encouraged to join us as Ms. Charonne teaches a different dance technique weekly. Show off your skills in this free and fun class. Clear the floor and get ready to move! Instructor: Charonne Butler

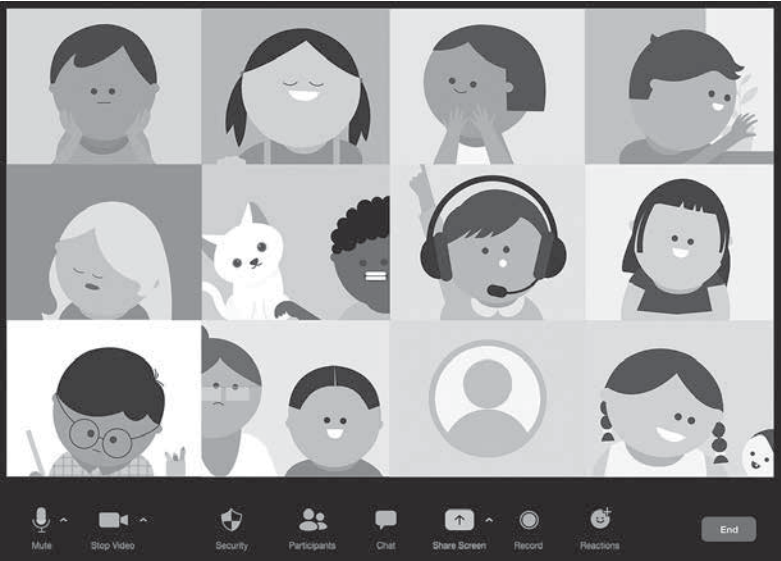
5–12 years
6 Week Session
Sundays, 11–11:30 a.m.
January 10–February 28
(No Class: 1/17 & 2/14)
Free

SPRING BREAK CAMPS

*Plans for Spring Break Camps are in the works.
Check our website and social media pages for update!*



Registration for our child care programs for the remaining 2020-21 school year has been postponed. Our programs will coincide with MCPS's school calendar (once that becomes available). Continue to check our website and the City's social media pages for registration dates.



TOTS

YOUTH

TEENS

ADULTS

55+

TOTS

YOUTH

TEENS

ADULTS

55+



FITNESS

Recess Break

It's Zoom Recess! Join Ms. Charonne every Saturday for stretching and fun fitness! Spreading the word spreads more fun! Instructor: Charonne Butler

5–12 years
8 Week Session
Saturdays, 10–10:30 a.m.
January 9–February 27
Free

SPORTS

Although our winter sports leagues could not take place, we are looking forward to sports activities returning this spring. Check our website and social media for updates!

Interested in teaching a virtual program for teens? Email us at recreation@takomaparkmd.gov

TEENS

ART

Crafting for Cash

Crafting for Cash will teach participants to create custom craft pieces like dolls, felt books, scarfs, hats, and lip balms that can then be sold to generate income (or keep as mementos). Participants will learn how to sew, crochet and make homemade lip balm as well as learn the tools needed to plan and market for a small home business. Materials will be provided. Instructor: Johnee Cunningham

Grades 6–12
12 Week Session
Tuesdays, 3:30–4:30 p.m.
January 12–March 30
Free

EDUCATION & DEVELOPMENT

Entrepreneurship for Teens 101

This virtual class engages teenagers, teaches them to follow their passions, and inspires teens to create their own businesses. George Washington Professor Ellen M. Zavian leads students in using their new entrepreneurial skillset and working in teams to develop a venture idea that creates economic and social value. Registration is required for this class. Once signed up, you will receive a link for access to the virtual class. Instructor: Ellen M. Zavian

11–14 years
6 Week Session
Wednesdays, 4–5 p.m.
February 24–March 31
Free

Entrepreneurship for Teens 102

This is the higher level class of Teen Entrepreneurship. This virtual class builds upon the introductory session and dives deeper into the tools needed to start your own business. George Washington Professor Ellen M. Zavian leads students in using their new entrepreneurial skills and working in teams to develop a venture idea that creates economic and social value. Registration is required for this class. Once signed up, you will receive a link for access to the virtual class. Instructor: Ellen M. Zavian

11–14 years

SPRING BREAK CAMP
Plans for Spring Break Camps are in the works. Check our website and social media pages for updates!

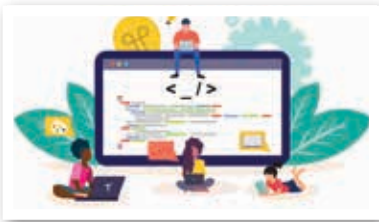
CHECK OUT THESE NEW CLASSES!

6 Week Session
Wednesdays, 4–5 p.m.
January 13-February 17
Free

French for Teens

It is never too late to learn another language. As a matter of fact, right now is the perfect time! This class will offer a great opportunity not only to practice French, but also to meet and learn about different cultures from around the world. This class is a play-based education course in a full-immersion language setting. You will learn to communicate in French through songs, games, books, stories and much more. Participants meet twice per week and will have access to an online curriculum that will complement the work performed during live sessions. Registration is required. Learn a language and link to other cultures. Be a global citizen! Instructor: Link Education

Grades 6–12
11 Week Session
Mondays & Wednesdays, 4–5 p.m.
January 11-March 24
(No Class 1/18 & 2/15)
Free



Learn To Code: HTML & CSS

Participants in this virtual program will learn how to use HTML and CSS coding to create web pages. From a blank Notepad page, teens will craft web pages with content and design aspects they chose. HTML and CSS are fundamental languages that compose all web pages on the Internet and structure each page. CSS is an extension to HTML that allows the rapid styling of web pages for customization and aesthetic considerations. Participants will need access to a computer to participate in this class.

Grades 5–8
7 Week Session
Thursdays, 4–5 p.m.
January 7-February 17
Free



Meal Prep Mondays

Meal Prep Mondays is a fun and interactive one-hour course about basic cooking and kitchen skills as well as healthy recipes to prepare at home. Teens will be able to learn some nutritional components and how to create their own recipes as well as meal prep for the week.

Grades 6–12
8 Week Session
Mondays, 5:30–6:30 p.m.
February 1-March 29
Free

Spanish for Teens

It is never too late to learn another language. As a matter of fact, right now is the perfect time! This class will offer a great opportunity not only to practice Spanish, but also to meet and learn about different cultures from around the world. This class is a play-based education course in a full-immersion language setting. You will learn to communicate in Spanish through songs, games, books, stories and much more. Participants meet twice per week and will have access to online curriculum that will complement the work performed during live sessions. Registration is required. Learn a language and link to other cultures. Be a global citizen! Instructor: Link Education

Grades 6–12
11 Week Session
Tuesdays & Thursdays, 4–5 p.m.
January 12-March 25
Free

Takoma Park resident scholarships available for Recreation Dept. programs

Scholarship program

The benefits of recreation are too numerous to list, and often low-income families stand to gain the most. Recreation promotes physical, mental and social well-being. Recreation programs serve as settings in which friendships bloom and wholesome connections and community pride are forged. The Takoma Park Recreation Department is committed to making scholarships available to City residents (youth, teens, adults, seniors and people with disabilities) who cannot pay full price for recreation programs. Scholarships give Takoma Park residents an opportunity to learn, grow, and have fun.

Scholarship guidelines

- Applicants must be City residents.
- Scholarships are for all ages.
- If a child receives 'Free or Reduced Meals,' they are eligible for a scholarship.
- Please contact the Recreation Department for more information.

How to apply

1. Pick up an application from the Takoma Park Recreation Department, Administrative Office, 7500 Maple Ave.
2. After you have selected an activity, complete and turn in an application before the deadline along with additional forms to a staff member at the Takoma Park Recreation Department administrative office (7500 Maple Ave.).
3. It may take up to 10 business days to determine if a scholarship is approved. You will be contacted by our office with an updated status.
4. Scholarship applications and supplemental documentation must be submitted **at least three weeks prior** to the start of registration.

TOTS

YOUTH

TEENS

ADULTS

55+

Teenage Money Management

This financial literacy program specifically focuses on basic personal finance skills that are relevant to the lives of teens. By learning the concepts listed below and putting them into practice, participants will be much better prepared when they begin building their own credit history. Topics include: Long-Term Saving Goals, Credit Cards and Credit Reports, Opening a Bank Account, Student Loans and Budgeting. Instructor: Tyronda Boone of Zoey & Zander

Grades 5–8
5 Week Session
Mondays, 4–4:45 p.m.
January 11-February 22
(No Class: 1/18 & 2/15)
Free

FITNESS

Commit 2 B Fit

Get your yoga mat and water bottles and join us virtually on Saturday mornings for a fun and energized session to work out and get fit. Limited spaces available; registration is required.
Grades 6–12
12 Week Session
Saturdays, 10:30–11:30 a.m.
January 9-March 27
Free



Although our winter sports leagues could not take place, we are looking forward to sports activities returning this spring. Check our website and social media for updates!

MULTIMEDIA

Mobile Photography Class

Learn the secret formulas to capturing beautiful moments and memories for any occasion or season on your phone. This course will cover manual mode, composition portraits, landscape, street photography, lighting, group photography, selfies and storytelling. Instructor: Vinny Mwano
13 years and older
8 Week Session
Tuesdays, 6–7 p.m.
January 12-March 2
Free



SPORTS

FIFA 21 Tournament (Playstation)

This free virtual tournament places the best 16 PS4 players against each other for a single game elimination tournament. Players will invite each other to a match and play online every Tuesday at 5 p.m. Requirements: Playstation Network Subscription, Playstation Console, FIFA 21 Game, email address, internet connection.
11–15 years
3 Week Session
Tuesdays, 5–6
March 16-April 6
Free

FIFA 21 Tournament (XBOX)

This tournament places the best 16 Xbox players against each other for a single game elimination tournament. Players will invite each other to a match and play online every Thursday at 5 p.m. Requirements: Xbox Live Subscription, Xbox Console, FIFA 21 Game, email address, internet connection.
11–15 years
3 Week Session
Thursdays, 5–6 p.m.
March 11-March 25
Free



ADULTS

ART



Pandamit Painting

This class provides instruction in how to paint with acrylics with topics such as values, color mixing, complimentary colors and mixed media. The purpose is also to support and assist each other in this time of restrictions and to provide a fun and informative activity. Students are responsible for their own materials. Money saving tips will be given to students. A list of suggested supplies will be given to students. This is a virtual Zoom class. Instructor: Alice Sims

16 and older
6 Week Session
Saturdays, 11 a.m.–12 p.m.
January 16-February 20
Free

EDUCATION & DEVELOPMENT

Writing Life Stories

Are you at home thinking about life? This is a terrific time to write about your life. Whether you have been writing for years or are a beginner, this class is for you. We help each other with constructive feedback and complete optional homework. We will read *Writing the Memoir* by Judith Barrington. Bring a notebook and pen to each session. Instructor: Barbara Rosenblatt

16 and older
10 Week Session
Wednesdays, 7–8:30 p.m.
January 13-March 17
Free

FITNESS

Fitness for Life

This class is for anyone looking to reach their health, fitness and life goals. Whether you are an athlete, novice exerciser, or looking to enhance your current workout routine, this class will set you on the path to achieving your fitness goals. Your coach will ensure you are performing the exercises in a safe and effective manner. This class is designed for you to work at your own pace. Modification instructions will be given as well. Instructor: Sergio Quisquiny

18 and older
8 Week Session
Thursdays, 11 a.m.–12 p.m.
January 28-March 18
Free

Foundational Fitness & Training

FFT II is a fitness program for participants that have or are currently involved in a fitness regimen. The program builds on the concepts of Classic FFT, which utilizes various movements from numerous disciplines while incorporating minimal resistance and multiple repetitions. Advanced adds more resistance and incorporates floor or mat exercises using hand weights; bands/tubes; abdominal roller and exercise balls. All equipment will need to be provided by the participants. FFT II will enhance tone and strengthen all major muscle groups while increasing stamina and flexibility. Instructor: Michael Williams

18 & over
11 Week Session
Saturdays, 10:30–11:30 a.m.
January 16-March 27
Free

Let's Move Afro Caribbean Dance

Grab your rag or your flag and let's whine and wave! Shake, move, two steps to the left and shimmy to the right. Yep! That's basically all it takes to join this party! For this workout, you will need ample space to move laterally, diagonally and forward and back. Please clear surroundings of all sharp objects. Each work out will consist of a warm-up, introduction of moves, combinations of basic moves, dance routines, floor or balance moves, and cool down/stretch. Shoes are optional. Instructor: Kimberly James

16 and older
8 Week Session

New Class!

New Class!

Fridays, 6–7 p.m.
January 15-March 5
Free

Meditation, Mudras & Yoga

Part class, part experience, dive into the world of guided meditation along with hand mudras, gestures that promote healing, psychological balance and spiritual awakening. The use of mudras have been used in almost all wisdom traditions throughout the world and notably in yoga. Yoga Asanas, or postures, will be broken down as well, going deeper into the postures in order to better holistically understand the asanas for yourself and enhance your practice. Great for curious folks who want more guidance in their meditation practice as a whole and who want to explore new ways of experiencing yoga.

16 and older
8 Week Session
Wednesdays, 7–7:30 p.m.
January 13-March 3
Free

More Five Animal Play Qi Gong

Five Animal Play Qi Gong is one of the most ancient continuously practiced healing exercising systems in the world. Enjoy peaceful movements modeled on the crane, bear, monkey, deer and tiger. While this class is a continuation of our class from the fall, this is not a hindrance to joining. Participants will develop more strength, grace, flexibility, balance and healing in a relaxed group setting. You will feel the effects in your body, mind and spirit as you find harmony with nature and yourself. No experience necessary. Instructor: Patrick Smith & Joann Malone

16 and older
8 Week Session
Tuesdays, 7–7:30 p.m.
January 12-March 2
Free

ReVamp Fit Exercise

Get your heart rate up and your stress levels down. Start slow and build up. People of all fitness levels can do this type of workout. It can be done anywhere as long as you have space available to move around. Make sure not to do anything your doctor hasn't authorized you to do. Instructor: Abel Asafere

18 and older
4 Week Session
Wednesdays, 10–11 a.m.
January 13-February 3
Free

TOTS

YOUTH

TEENS

ADULTS

55+

TOTS

YOUTH

TEENS

ADULTS

55+

Rise and Move

Start your morning with movement and feel better throughout the day. This class will strengthen your muscles (including your heart), increase mobility in your joints, provide you with energy and improve your coordination. Your coach will educate, guide and assist you throughout the entire class to ensure you are performing movements safely and effectively. Equipment needed: Floor space, high back chair, mat and weights (optional). Instructor: Sergio Quisquinay



18 and up
8 Week Session
Mondays, 10–11 a.m.
January 25-March 22
(No Class 2/15)
Free

Spirit Fitness

Class will be geared toward supporting all members of the community as each class spotlights trainers leading versions of the exercises for those standing, seated, progressed and exercising alongside a supporter (which is a great option for those with limited mobility or with a developmental disability). Truly, a person of any fitness and ability level can get a meaningful exercise experience from these classes. No registration needed. Instructor: Spirit Club

16 and older
Wednesdays, new video uploaded each week
January 13-March 3
Free

Total Body Blast Fitness

Are you ready to have a blast and get your body in shape and toned? Grab your mat and weights and join KJ Total Fitness for an all-around workout tailored for beginners to intermediate exercisers. Please work at your own pace and make modifications as necessary. Each 55-minute workout will consist of a warm-up, upper and lower body toning, core strengthening, and stretches. Recommended equipment: sneakers, floor mat, hand held weights, training gloves, towel, water. Instructor: Kimberly Jame

16 and older
8 Week Session
Saturdays, 9–10 a.m.
January 16-March 6
Free



Yoga (Beginners)

This Zoom class will get you on your feet, stretching and reaching; energize you when you feel dull and bring calm on stressful days. Appropriate for seniors. No prior experience needed. Equipment needed: Yoga mat, two blocks, two blankets, one belt. Instructor: Tehseen Chettri

18 and older
10 Week Session
Wednesdays, 5:30–6:30 p.m.
January 13-March 17
Free

MARTIAL ARTS

Karate Self-Defense

Promote physical fitness, self-defense, leadership and cultural exchange through the practice of a traditional Okinawan karate style, Isshinryu (which means one heart way). This class will consist of warm-ups, stretching, and learning and practicing Isshinryu Karate upper and lower body basics. Instructor: Ellen Marcus

16 and older
8 Week Session



Mondays, 6:30–7 p.m.
January 25-March 22
(No Class 2/15)
Free

MULTIMEDIA

Digital Marketing Skills to Monetize Your Expertise

We are all experts of something, and someone is looking to benefit from your expertise. Learn the key digital marketing skills that can help you monetize your expertise. In this course, you will learn how to navigate the digital world to sell a product or service. This virtual class will cover ideation to activation market research, which platforms are best for your business, effective social media ads and how to set them up, how to build a website layout that converts into sales, and live interviews with digital consultants, hairstylists, clothing designers and organizational leaders on how they use the digital world to grow their business. Instructor: Vinny Mwano

16 and older
8 Week Session
Thursdays, 6–7 p.m.
January 14-March 4
Free



55+

FITNESS

Classic Foundational Fitness & Training

This exercise program is appropriate for all age and skill levels, but especially for those who are new to fitness training. Classic is designed to improve health and skill-related fitness components with focus on muscular strength and endurance; flexibility, agility, balance, coordination, speed variance and power. The program is designed to enhance muscular definition and strength; decrease fall risks; improve cardiovascular capacity; increase physical fitness level; improve movement efficiency and range of motion; and enhance general sense of well-being. The exercises and movements can be modified to challenge all levels of fitness. Classic utilizes a high back chair; light hand weights (one to three pounds depending on fitness level) and/or a resistance tube. Participants will need to have their own equipment. Also have a towel and water bottle nearby. Instructor: Michael Williams

55 and up
8 Week Session
Tuesdays & Thursdays, 10–11 a.m.
January 12-March 4
Free

Enhance Your Fitness

This class helps participants at all levels of fitness become more active, energized and empowered to sustain independent lives. Enjoy a total body workout using aerobics, resistance, strength and flexibility training. Instructor: Adriene Buist

55 and up
8 Week Session
Tuesdays, 8:45–9:45 a.m.
January 12-March 2
Free

TPTalk55
senior chat room
Mondays at 1 p.m.
email:
paulal@takomaparkmd.gov
for the link

Line Dance

Line Dancing is an enjoyable social activity that provides great physical and mental exercise. It helps to strengthen bones and muscles. It also increases stamina and flexibility as well as supports weight loss and stress reduction. No experience necessary. Instructor: Barbara Brown

55 and up
8 Week Session
Wednesdays, 1–2 p.m.
January 13-March 3
Free

Yoga for Healthy Aging

This class (formerly called Gentle Yoga for Seniors) helps build strength and endurance, increase flexibility and range of motion, improve posture and balance and create a general sense of well-being. Special attention is paid to bone health. Work at your own pace in a series of seated, chair, standing and floor poses that incorporate breathing and relaxation techniques. Students need to provide their own yoga sticky mat, a straight-backed chair, access to a wall, a yoga belt (or equivalent, e.g., a necktie), a tennis ball and preferably a yoga block and blanket. Instructor: Carol Mermey

55 and up
8 Week Session
Wednesdays, 2:15–3:15 p.m.
January 13-March 3
Free

Zoomba Gold

This class is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Instructor: Yesika Flores

55 and up
8 Week Session
Fridays, 10–11 a.m.
January 15-March 5
Free



Phone a Neighbor

In March 2020, the Takoma Park Recreation Department began the Phone a Neighbor program to link volunteers to senior residents who would enjoy occasional phone calls. These friendly calls provide a much needed link to older residents who live alone. There has been positive feedback from seniors who have been participating in the program and connecting with the volunteers.

Longtime resident Eric D. explains, “It’s nice to have someone to talk to especially if you are a senior living alone.” And 30-year resident Anthony Franks remarks, “Sometimes it feels as if the walls are closing in on you, and a voice on the other end opens up your world again. Please keep the service going.” Additional residents, Sue V. and Buddy D., think the volunteers are very nice, and it is a very positive experience. If you are a Takoma Park senior living alone and would like to be connected with a volunteer phone friend, please call Paula Lisowski, Seniors Program Manager, at 240-687-4132. We would be happy to help you make a friend connection!



FAMILY FUN

Enjoy the activities featured on pages 34-37



FUN SNOW ACTIVITIES!

Build a Snow Castle



Use the same molds as for making sand castles at the beach, or gardening items like trowels, spades, buckets, and planters, to dig and shape the snow.

Pin a Smile on a Snowman



Pass out chocolate cookies, then blindfold each child and let them try to get the mouth, eyes, and buttons in place.

Play Tic Tac Snow



Use criss-crossed sticks and pinecones as game pieces.

Create Snow Art



Fill up squirt bottles with water and two or three drops of liquid gel food coloring.

R.A.R.



Recreation Approved Resource

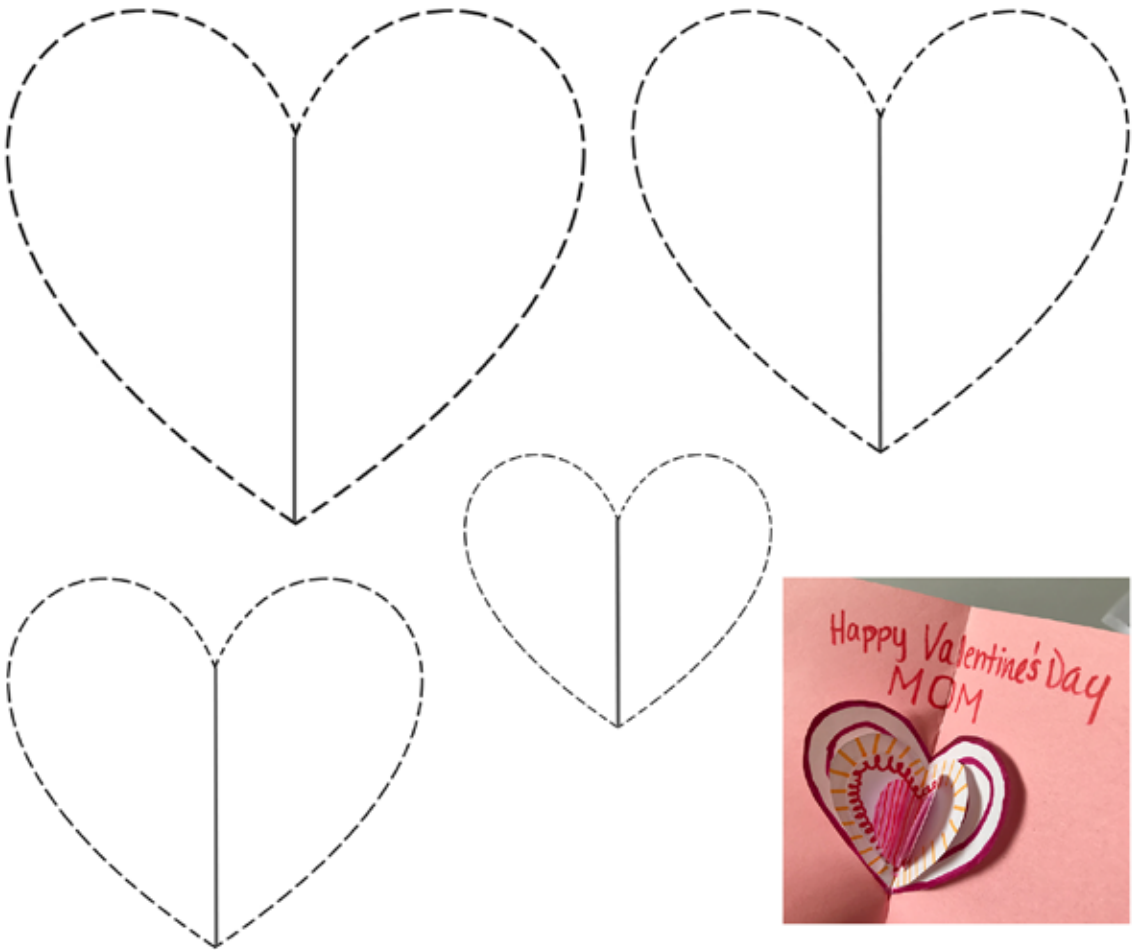
**Check out the
Virtual Community Center
for lots more fun activities
to try out at home!**

takomaparkmd.gov/recreation/vcc



VALENTINES CRAFT

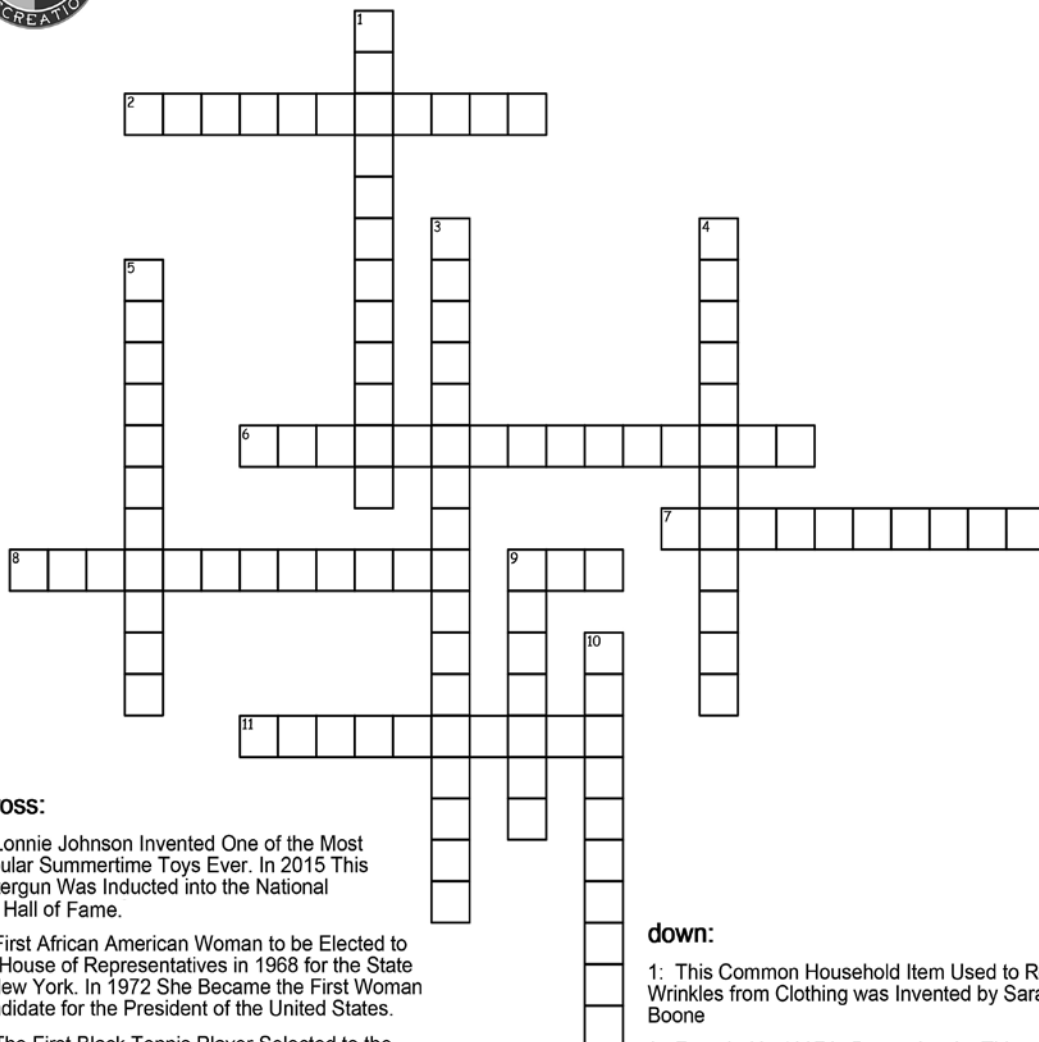
1. Color the hearts anyway you choose.
2. Cut them out along the dotted lines.
3. Fold them down the center, along the straight line.
4. Layer them - largest to smallest and glue along fold line.
5. Glue the heart stack into the fold of a card & write a note.
6. Now you have a pop up card to give to your favorite valentine!



crossword puzzle



BLACK HISTORY MONTH



across:

2: Lonnie Johnson Invented One of the Most Popular Summertime Toys Ever. In 2015 This Watergun Was Inducted into the National Toy Hall of Fame.

6: First African American Woman to be Elected to the House of Representatives in 1968 for the State of New York. In 1972 She Became the First Woman Candidate for the President of the United States.

7: The First Black Tennis Player Selected to the United States Davis Cup team and the only Black Man Ever to Win the Singles Title at Wimbledon, the US Open, and The Australian Open

8: American Novelist, Playwright, and Activist most notably wrote *If Beale Street Could Talk* and *Notes of a Native Son*

9: Lisa Gelobter, invented these short funny animated images that are used to emphasize emails, texts, and social media posts.

11: Drafted Directly From High School this NBA Champion and Olympic Gold Medalist, He Has Scored More Career Points than Michael Jordan and is the Only Player to Play 20 Seasons with One Team

down:

1: This Common Household Item Used to Remove Wrinkles from Clothing was Invented by Sarah Boone

3: Founded in 1837 in Pennsylvania, This was the First Historically Black College Established

4: She Became the First Black Recipient of the Literary Nobel Peace Prize Winner in 1993

5: Grammy Award Winner for 3 Best Spoken Word Albums Decided to Remain Mute for 5 Years of Her Life

9: Garrett Morgan, Created the First 'Safety Hood' to Help Firefighters Navigate Smokey Buildings and Later Modifying it to Carry its Own Air Supply which today is now known as a _____

10: The Iconic Cartoon Character Betty Boop was Inspired by this Black Jazz Singer in Harlem, NY.

Answers will be posted at: takomaparkmd.gov/recreation/vcc



word search

TAKOMA PARK MARYLAND

Locate the given words in the grid.

s n d h s q s k r o w c i l b u p
l f o r e s t p a r k u j s g l a
e c r e v a e l p a m a t b g z t
g n o i t c n u j l c e e k a c p
n h t m u l g j n k v l h l p t i
a k h e m d n e s e l h e k o k n
w e y a a u o o f e v a r a e t e
o e s f e a n r z b c a t e d l y
n r w p o b a i f i p l y l w e b
s c o t o n e g t g e n n b i e r
h o o y c g i y n y h d p e l j a
e g d i l l r i f n c s l t h o n
f i s e b o r r e i c e h t e r c
f l r e s p a e c i a u n e l d h
n s r c s s a m a b b o t t m a n
e t o s e r i h s p m a h w e n c
r e c r e a t i o n c e n t e r n

azalea city

belle ziegler

bf gilbert

colby avenue

community center

dorothys woods

ed wilhelm

forest park

heffner

jackson boyd

junction

lee jordan

maple ave

new hampshire

piney branch

public works

recreation center

roscoe

sam abbott

sligo creek

snow angels

spring park

steve francis

tkpk

toatley fraser

For more activities check out the Virtual Community Center
takomaparkmd.gov/recreation

Partnerships

The Takoma Park Recreation Department has formal partnerships established with neighborhood, community, business and not-for-profit organizations. These partnerships allow our department to leverage resources and generate citywide interest and support for our facilities, programs and events. We appreciate your support!

Let's Play America

Let's Play America is a nonprofit that encourages people of all ages to play. LPA and the Recreation Department co-sponsor four play events a year; a pool party and three play days. The dates are on the LPA website under events. Residents who want to close their street for play, help with the independent play events or would like more information are welcome to contact Pat Rumbaugh at theplaylady@gmail.com or 301-928-9962 or visit www.letsplayamerica.org.



Credit: Selena Malott

Pat Rumbaugh, The Play Lady, is joined by the volunteers who helped with the Seventh Annual Mid-Year Play Day on February 12, 2017.

Please reach out to these organizations directly regarding programming and hours during COVID



Piney Branch Pool (Adventist Community Services)

Pool closed due to COVID.

The pool is located at Piney Branch Elementary School, 7510 Maple Avenue. Park behind the Community Center, and use side entrance to school on Grant Avenue. For more information, contact Joyce Seamens at 301-565-0190, tjseamens@aol.com, or visit acsgw.org.

Takoma Park Boys & Girls Club

The Takoma Park Boys and Girls Club is a nonprofit organization that has operated in the Takoma Park community for over 50 years. The Club focuses on academics, the fundamentals of football and cheer, and most importantly, building the team concept.



Credit: www.manupnow.org

M.A.N.U.P. operates two types of mentoring programs: in-school and community-based.

Takoma Park Community Band

The band is open to any community member who plays an instrument. The band is looking for musicians at all levels of expertise who would enjoy being a part of a musical group. For more information, email takomaparkcommunityband@gmail.com or call the band president, Ryle Bell, at 703-620-2327.



Credit: Takoma Park City TV

The Takoma Park Community Band held its 40th Anniversary Concert in April 2014.

Takoma Soccer

Takoma Soccer is a volunteer program whose goal is to provide local kids with a fun, recreational soccer program close to home. Takoma Soccer strives to teach children the value and fun of teamwork, cooperation, practice, and sportsmanship. For more information, contact Howard Kohn at 301-270-8187 or kohn@erols.com.



Credit: www.takomasoccer.org


Children as young as three years old can play with Takoma Soccer.

M.A.N.U.P.

The programs for MANUP are gender specific to enhance male and female development through the principles of education, social responsibility, self-empowerment and economic awareness. Several programs include guest speakers, field trips to various educational and fun locations, career development and more. This mentoring program is made possible by countless volunteer hours. These mentors work in cooperation with the Takoma Park Recreation Department. For more information, visit www.manupnow.org.

We Belong Here Activity Guide

For more information and QR Code, please see page 20.

Trail Stop	Location	Directions	Discussion Prompts
Taking Steps 	By the Community Center Basketball Court Anne Street	Step from stone to stone. Only step on the big stones, only step on the small stones. Pick a color and only step on that color.	What makes you feel successful? What makes you feel proud? What are your goals? Think about baby steps versus giant leaps. How does it feel to challenge yourself?
Bursting Bubbles 	Near the Takoma Park Library Entrance Anne Street	Jump on the bubble to burst stereotypes and make affirmations: Spread the Word, Back Lives Matter, Girl Power, I Belong. You Belong, We Belong. Think up your own thing to say as you "pop" the bubbles.	What is a stereotype? What is an assumption? What is bias? What is prejudice? What is discrimination? What is an affirmation?
Walk the Walk 	200 Block of Philadelphia Ave	Follow the steps of a bear, elephant, frog.	If you were an animal, what animal would you be? What is your favorite animal and why? What are the ways different animals get around? What are the different ways humans get around? What makes you feel unique? What makes you feel valued?
Leaps and Bounds 	Corner of Philadelphia Ave and Holly Ave Anne Street	Jump from log to log.	What does it mean to take a risk? How does it feel to take a risk? Give an example of taking a good risk? Give an example of a bad or dangerous risk?
Hop, Skip and Jump 	Holly Ave across from Hodges Lane Anne Street	Find a rock or twig. Toss it to the number 1. Hop through the numbers, skipping number one. Turn around and come back picking up your rock at number 1. Now toss to number 2 and continue. Two or more can play by taking turns.	What games do you like? Do you like to play on a team or on your own? What does it mean to take turns? What does fair mean? Is fair the same as equal?
Walking on Tiptoe 	Corner of Holly Ave and Grant Ave Anne Street	Stay on your tip toes, follow the snake's body from head to tail.	What does it mean to tiptoe around a subject? Have you been quiet when you could have said something? What makes you want to speak out?
Staying Balanced 	300 Block of Grant Ave	Balance on the tightrope, walking with one foot in front of the other. Pretend you are high up in the air. Try not to fall off.	What does it mean to have balance in our life? What makes you feel anxiety or "out of balance"? What if you fall? Can you get back up again?
Lead and Follow 	On Grant Ave near TPMS	Stand facing another person. One person is the leader; the other follows. Dance, make funny faces, move your arms and legs, be creative. Say something in another language or in sign language. Switch the leader and the follower.	How are we the same, how are we different? How does it feel to be different? What makes you feel proud? What makes you feel unique? Are you a leader or a follower?
Walking and Talking 	200 Block Grant Ave Anne Street (Inspirational words only)	Follow the foot prints heel to toe. Pause at each word. Think about the meaning. Talk about what each word means in your family, in your community in our country. Say these and your own affirmations: I am kind. I am curious. I am creative. I belong.	What does it mean to "walk in someone else's shoes"? Are you kind? Are you curious? Are you creative? Do you respect others? Do you respect yourself? What makes you feel included? What is an affirmation?
Tree Pose 	Entrance to the Takoma Piney Branch Park Anne Street	Begin by standing with your arms at your sides. Shift your weight to your left foot. Position your right foot like in the picture. Do not rest your foot against your knee, only above or below it. Inhale as you extend your arms overhead, reaching your fingertips to the sky. Rotate your palms inward to face each other.	What is hard for you? What is easy? Why is practice important? What makes you feel calm?



WINTER CLASS SCHEDULE

MONDAY

Rise and Move - **ADULT**, 10-11 a.m.
Karate Self-Defense - **ADULT**, 6:30-7 p.m.

TUESDAY

Enhance Your Fitness - **55+**, 8:45-9:45 a.m.
Classic Foundational Fitness - **55+**, 10-11 a.m.
Mobile Photography Class - **TEEN**, 6-7 p.m.
Qi Gong - **ADULT**, 7-7:30 p.m.

WEDNESDAY

Spirit Fitness - **ADULT**, new video each week
ReVamp Fit Exercise - **ADULT**, 10-11 a.m.
Line Dance - **55+** 1-2 p.m.
Yoga for Healthy Aging - **55+**, 2:15-3:15 p.m.
Yoga (Beginners) - **ADULT**, 5:30-6:30 p.m.
Meditation, Mudras & Yoga - **ADULT**, 7-7:30 p.m.
Writing Life Stories - **ADULT**, 7-8:30 p.m.

THURSDAY

Classic Foundational Fitness - **55+**, 10-11 a.m.
Fitness for Life - **ADULT**, 11 a.m.-12 p.m.
Creative Movement & Literacy - **TOTS**, 4:30-5 p.m.
Digital Marketing - **ADULT**, 6-7 p.m.

FRIDAY

Zoomba Gold - **55+**, 10-11 a.m.
Let's Move Afro Caribbean Dance - **ADULT**, 6-7 p.m.

SATURDAY

Total Body Blast Fitness - **ADULT**, 9-10 a.m.
Recess Break - **YOUTH**, 10-10:30 a.m.
Commit 2 B Fit - **TEEN**, 10:30-11:30 a.m.
Foundational Fitness II - **ADULT**, 10:30-11:30 a.m.
Pandamit Painting - **ADULT**, 11 a.m.-12 p.m.
Be Creative Arts & Crafts - **YOUTH**, 12-12:30 p.m.

SUNDAY

Youth Dance Class - **YOUTH**, 11-11:30 a.m.

Check ActiveNet for the most current list of classes, including those that require registration.

Participant Waiver

I acknowledge, understand, and accept that there are inherent risks associated with participation in this program and that doing so could result in an injury. The City of Takoma Park assumes no liability for injuries or damages from the results of participation (virtually or in person). I acknowledge the fact that the Takoma Park Recreation Department does not provide accident insurance to its program participants. I certify that, to the best of my knowledge, I /my child am / is physically fit and, should this condition change at any time during the program I will notify the administration of the Recreation Department immediately. The Recreation Department has my permission to call Emergency 911 and/or to send me/my child to a hospital or emergency care facility, and the hospital and medical staff have my authorization to provide emergency treatment deemed necessary for the well-being of me/my child. I agree to abide by all posted, written, or verbally communicated rules and regulations administered by the Recreation staff concerning this program. I have read, understood, and accept the terms of this participant's agreement as outlined. I do hereby on behalf of my child, my heirs, and executors, agree to indemnify the Mayor and Council of the City of Takoma Park and all of its agents, officers and employees, from any and all claims for

injuries or loss of any person or property which may arise out of or result from my/my child's participation in the above-referenced program or activity. I hereby and represent that if the participant is a minor, I am their parent/guardian and authorized to provide the releases, authorizations, and permissions stated herein and all the information provided is accurate and complete. I hereby give permission for the participant named above to participate in the TPRD's program, including transportation in approved vehicles (TPRD Vehicles, Board of Education School Buses, or Commercial Motor Coaches). I acknowledge that the Takoma Park Recreation Department has a policy for conduct in recreation programs and facilities and I hereby agree that the participant is subject to said policies, including the disciplinary provisions. I authorize the Recreation Department to take, display, and publish photographs, slides or videos for promotional and/or educational purposes. PLEASE READ CAREFULLY. THIS RELEASE OF LIABILITY CONTAINS A RELEASE OF KNOWN AND UNKNOWN CLAIMS BY YOU AND YOUR CHILD. BY PARTICIPATING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY, AND KNOWINGLY AND VOLUNTARILY AGREE TO ALL TERMS.