

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



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

Forever Young

Enjoying Active Life Over 55 in Takoma Park

May/June 2013



Baby Boomer Social Network Premier Event !

Special points of interest:

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The new Baby Boomer Social Network will host a conversation with Dr. Warren Greenberg, Professor Emeritus, The George Washington University. The discussion, to be held on Tuesday, May 7th, Takoma Park Community Center's Azalea Room, will focus on healthcare reform... Towards Optimal

Health Care Reform, addresses the three most important issues in health care in the U.S. today: quality of health care; rising health care expenditures; and number of those without health insurance. Meet-up and networking begins at 6:30 p.m. - Presentation and discussion begins at 7:00 p.m.

The event is free. Refreshments served. For more information, contact the Takoma Park Recreation Department at 301-891-7290.



Dr. Warren Greenberg

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Unleash the Power of Age



Every older American has a wealth of talents, experiences, and interests worth celebrating, and they are achieving remarkable things in later life. Many older adults are experts in their fields, have years of valuable experience, and are using that knowledge to improve the lives of others in their communities. The U. S. Department of Health and Human Services, Administration on Aging and the ACL - Administration for Community Living, celebrates the achievements of older Americans each year during "Older Americans Month" in May. This year's celebration theme is Unleash the Power of Age. For more information, go to www.olderamericansmonth.acl.gov How do you unleash the power of age in Takoma Park? Tell us about it: paulal@takomagov.org



Ideas and suggestions? Contact me at the email address or phone number to the left. Better yet, come to the next Advisory Group meeting in July and share your thoughts with me. See the July/August 2013 newsletter for more information.

~ Paula ~

Celebrate Takoma Festival is Here! Sunday, May 19, 2013

**International
Cuisine**

**Performing &
Visual Arts**

**Festive
Entertainment**

**Crafts & Games
from around
the World**

**Free Fun for
Everyone**

All Ages Welcome



Celebrating the cultural diversity of Takoma Park

Join us for the first annual “Celebrate Takoma” - 1 - 5 p.m., Sunday, May 19, 2013, - Ed Wilhelm Field - a great community festival for everyone - celebrating the cultural diversity of Takoma Park. For more information, contact us at 301-891-7290 or celebratetakoma@takomagov.org



Mark Your Calendars—Special Events in Takoma Park - May & June 2013

- Wednesday, May 1 - Mayday Dawn Dance** - Foggy Bottom Morris Men & Rock Creek Morris Women - lively traditional folk dance from the Cotswold region of England - www.FBMM.org
- Sunday, May 5 - Takoma Park House & Garden Tour** - www.HistoricTakoma.org
- Tuesday, May 7 - Baby Boomer Social Network Event** - 6:30 - 8:30 p.m. - Azalea Room, TP Community Center, Dr. Warren Greenberg, Towards Optimal Health Care Reform - 301-891-7290
- Saturday, May 18 - Book Sale - Friends of the Takoma Park MD Library** - www.FTPML.org
- Sunday, May 19 - Celebrate Takoma Festival** - 1- 5 p.m. - Ed Wilhelm Field. For more information, contact 301-891-7290 or celebratetakoma@takomagov.org or www.TakomaParkMD.gov/recreation
- Thursday, May 30 - Seniors/Those Who Care For Them Meeting**, TP Community Center - 6:30 p.m. - Azalea Room - Wolfgang J. Mergner - wolfgang.mergner@gmail.com
- Sunday, June 9 - Takoma Park Jazz Fest** - www.TPJazzFest.org

...and Special Events Around Town

- Friday, May 17 - 50+ Employment Expo** - The Jewish Council for the Aging will sponsor this free event. 10:00 a.m. - 3:00 p.m., Marriott North Bethesda Hotel & Conference Center, 5701 Marinelli Rd., N. Bethesda, MD - For more information, call 301-255-4200, or www.accessjca.org
- Saturday, May 18 - Gaithersburg Book Festival** - Book lovers delight! The festival features more than 100 best-selling and award winning authors - 10 a.m. - 6 p.m. on the grounds of Gaithersburg City Hall, 31 S. Summit Ave. - Admission and parking are free. www.gaithersburgbookfestival.org



Inclement Weather

Info: For information, call our weather hotline:
(301) 891-7101 ext. 5605

If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.



The Grant Avenue Market is a new market showcasing antiques,

New this Summer in Takoma Park - Grant Avenue Market!

collectibles and other interesting items. Old Takoma Business Association and the Fenton Street Market sponsor this new market at the intersection of Grant and Carroll Avenues, in the

Takoma Junction neighborhood of Takoma Park. Visit the Grant Avenue market this summer for a unique shopping experience in historic Takoma.

For more information, call 301-960-8779 or megan@fentonstreetmarket.com

Hours: 10 a.m. - 3:00 p.m.

**Sunday, May 12
Sunday, June 9
Sunday, July 14**

Community Activities - Meet Up with Friends and Neighbors

(NEW) Boomer Tennis with Pat Rumbaugh: see page 4 for details.

Biking/Hiking: For information about existing hiking and bicycling groups, please contact by email only: Margaret Chapman, MargtChapm@aol.com. (English or Spanish).

Table Tennis (Ping Pong) Open Play: Mondays - Fridays, 11 a.m. - 1 p.m., Saturdays 10 a.m.– 12 Noon, Game Room, Takoma Park Community Center, 7500 Maple Avenue, Drop-in. Free.

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

If you would like to share information about an event or activity in Takoma Park and surrounding communities, with other residents, please contact Paula Lisowski, Seniors Program Manager, at PaulaL@takomagov.org



Want to join a basketball League? Here's two to consider:

Over 50 NOVA United Senior Women's Basketball Program - open to women living throughout the Washington area, <http://sites.google.com/site/novaunitedbbball/Home>

Over-65 Sunday Afternoon Basketball League, offered by Montgomery County Senior Sports Association, Bauer Community Center in Rockville; and senior men's pickup games on Tuesday & Thursdays 9—noon. For more information call 240-777-6922, or <http://seniorhoops.com>

Benefits of Swimming: Have fun and stay fit

According to the U.S. Water Fitness Association, the benefits of swimming are many:

- Improved flexibility and strength
- Builds up endurance
- Improves heart function and increases circulation
- Help maintain healthy weight
- Low joint impact
- Releases stress and tension
- Renews energy

Some of the best water

exercises that you can participate in are:

- Water Walking
- Water Aerobics
- Water Yoga
- Deep Water Running
- Lap Swimming

Why is exercise in the water better than out of the water?

Buoyancy: no jarring of joints; **Resistance:** the water offers 14% more resistance for smooth,

non-jerking movements; **Cooling effects:** water disperses heat more efficiently, with less chance of over heating. Visit your neighborhood pool and experience the benefits of swimming today.



Piney Branch School Swimming Pool

Piney Branch Pool, 7510 Maple Ave. (inside Piney Branch Elementary School). For more info about hours and classes: www.acsgw.org/pool.htm, (301) 891-8017 or call Joyce Seamens, Director of Pool Operation, Adventist Community Services at (301) 565-0190.



Outdoor Photographs Sought For Contest

Amateur and professional photographers are invited to participate in the **Capture Maryland** photo contest sponsored by Maryland Public Television (MPT) to celebrate the broadcast series 25th anniversary. Subject matter should be based on Maryland and be family-friendly and original. No entry fee. Entries are due by July 18. (Not a TP Recreation program). For more information, go to www.capturemaryland.com



Planning Your Legacy - Knowledge is Power! Special Legal Services Workshops

Kelly A. Perkins, Staff Attorney, Maryland Legal Aid Bureau
LaVerne Ross, Advance Planning Counselor



Saturday added!

Legacy Planning Legal Services Workshops <i>Open to Adults 55 and older</i>	
Wednesday, June 5, 2013	Saturday, June 8, 2013
1:00 PM	1:00 PM
Lilac Room	Lilac Room
TP Community Center 7500 Maple Avenue	TP Community Center 7500 Maple Avenue
Free	Free

Are your affairs in order? Do you have questions about wills, living wills, power-of-attorney, and advance funeral planning? Don't wait until the last minute. Come to the Takoma Park Community Center and have your legal questions answered by an attorney from the

Maryland Legal Aid Bureau. Choose the day that fits in your schedule. The workshops are free, however, **registration is required and open now.** For more information, please call the Takoma Park Recreation Department at **301-891-7290.**

Boomer Tennis Players Meet-Up - Ages 50 and older



Pat Rumbaugh, award winning coach, will host a tennis open play meet-up group. Residents ages 50 and older that enjoy playing tennis are welcome to join "The Play Lady" to practice your strokes, get some tennis

tips, and play in some games of doubles. Come dressed to play; tennis shoes, shorts or pants with pockets, hats (sunglasses and sunscreen as needed). Bring your own relatively new racket, tennis balls, and water.

Boomer Tennis Players Meet-Up

Wednesdays, May 1 - June 5, 2013
4 - 5 PM Free/Drop-in

Meet up at:

Takoma Park Middle School
Tennis Courts (Maximum 16 People)
7611 Piney Branch Road

Please contact Pat Rumbaugh (The Play Lady) at 301-928-9962, theplaylady@gmail.com

"Free" 4 Week Introductory Class - Qi Gong



Open to ages 16 and older.

Qi: Life Force **Gong:** Cultivating Energy
The ancient Chinese system to improve health by integrating posture, breathing and focused intention. Give it a try and see if you like it. Four weeks. Takoma Park Community Center, 7500 Maple Ave. **Wednesdays, May 29, June 5, June 12, and June 19**
Time: 7:30 - 8:30 p.m. - Dance Studio - Free
Instructors: Joanne Malone and Patrick Smith
Registration is required. For more information, please call the Takoma Park Recreation Department at 301-891-7290.



Meet The Play Lady

Meet "The Play Lady" and author, Pat Rumbaugh, in the Senior Room, Takoma Park Community Center on **Monday, May 6 at 11:30 a.m.** She will be showcasing her new book ""Let's Play at the Playground." Books in-stock at the Fair Day's Play store, or by contacting the author at theplaylady@gmail.com



NEW Clutter: What To Do About It?



Judy Tiger,
Owner "Just
That Simple"

Is clutter a challenge in your life? Are papers in piles? Kitchen counters overcrowded? Closet doors hard to close? Not sure how to get started to make things better?

Come learn from professional organizer Judy Tiger, owner of Just That

Simple. She'll share her personalized, soothing and nonjudgmental approach to getting and staying organized.

**Wednesday, May 8
12 noon - 1:00 p.m.
Senior Room
TP Community Center
Free**



Registration is required.
For more information, call the Takoma Park Recreation Department at **301-891-7290**.

"50 plus" volunteers, the Peace Corps Wants You

A little over a year ago, the Peace Corps began a partnership with AARP to actively recruit volunteers age 50 and older. Recognizing that Baby Boomers make up about

25 percent of the population, volunteer more than any other age group, and have the experience, maturity and a commitment to volunteering, the organization began tapping

into this age group's wealth of life experience, creativity and professional development. For more information about volunteering, go to:

www.peacecorps.gov/50plus

Forever Young is On-line

Here's how to find the newsletter online. Go to: www.takomaparkmd.gov
Click on **recreation**
Scroll down to this symbol:



Click on "here" for the latest edition of the newsletter.

Volunteer opportunities available with the Takoma Park Recreation Department. For more information, please call 301-891-7290.

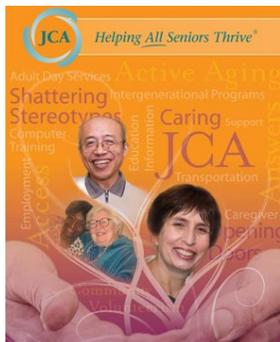


New "Escorted Transportation" pilot program

Do you need help with transportation? If so, this new program may help you. The Jewish Council For The Aging (JCA) has launched "Escorted Transportation" a pilot program for Montgomery County Residents including Takoma Park residents through June

30, 2013. The service will assist customers who:
-Need door to door assistance.
-Who are not capable of driving themselves or using public transportation due to physical or cognitive issues.
-Meet financial eligibility.
Residents may travel up to 4 times per month (three hours round trip)

to medical appointments, pharmacies, grocery stores or other outings for a subsidized low fee. If you would like to participate in this program, please contact:
**Connect-A-Ride
301-738-3252**
or go online to www.AccessJCA.org



Want to Learn More? Join JCA for a free presentation on this and many other services.

Thursday, May 9, 2013

**Speakers: Harriet Shapiro, Director, Connect-A-Ride
Abby Levin, Information & Mobility Specialist**

12:00 noon - 1:00 p.m.

**Senior Room
Takoma Park Community Center**

- All programs take place at the Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- Advance registration is required for trips and classes. Must be 55 or older to participate in the classes and trips.
- No registration is required for drop-in activities.
- Transportation is provided for trips and special events. Space is limited and requires advance registration.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.



Register for these great fitness classes

Line Dance Exercise

Friday evening Line Dance Classes End 5/17/13.



Spring Session: May 21 - June 25
Summer Session: July 9 - August 13

Wednesdays, Ongoing 10:50 - 11:50 a.m. (NO class May 8, 22, 29).
and/or
Friday Evenings, thru May 17 - 6:30 - 7:30 p.m.
Great music! Led by instructor Barbara Brown, this class provides enjoyable physical exercise and requires *no* prior experience. Benefits include strengthening of bones and muscles, weight loss, increased stamina, and stress reduction. **Registration is required.** Dance Studio. Free.

Tuesdays, 11:45 a.m. - 12:45 p.m.
Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 6 weeks. Limit 20 students. **Registration is required.** Dance Studio. Free.

FYI  **Did You Know?**

Are your bones healthy and strong?
Did you know that by the year 2020, half of all Americans over the age of 50 are expected to have low bone density known as *osteoporosis*? Learn more about osteoporosis from the National Osteoporosis Foundation's website www.nof.org and from NIH (National Institutes of Health, Department of Health and Human Services) on their easy-to-use website: www.bones.nih.gov/checkup

Gentle Yoga



Spring Session: May 3 - June 28 (Five classes)
Summer Session: July 12 - August 23 (4 classes)

Alternate Fridays, 12:00 - 1:00 p.m.
Carol Mermey, RYT, will introduce you to the ways yoga can help you increase flexibility, strength, and balance, using a series of seated and standing poses. Learn breathing and relaxation techniques. Beginners and experienced students welcome, work at your own level. You must bring a yoga mat to every class. **Registration is required.** Limit of 16. Dance Studio. Free.

Bone Builders



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

Drop-in Fitness Activities

Table Tennis



Mondays - Fridays, ongoing
11:00 a.m. - 1:00 p.m.
Saturdays, ongoing
10:00 a.m. - 12:00 noon

Come play this fun, energetic game. A great way to improve eye-hand coordination: helps keep the body healthy and the mind sharp. Drop-in. Game room. Free.



Would you like to participate in a table tennis tournament for adults 55 and older?

Contact the Takoma Park Recreation Department at 301-891-7290.

**The Game Room is available for seniors to play pool, table tennis, basketball arcade and other active games. Hours: Monday - Friday, 9:00 a.m.—1:00 p.m., and Saturdays 10:00 a.m. – 12:00 p.m. *Hours subject to change this summer.*

Register for these great art and education classes



Computer Classes

Wednesdays,
Session II: May 22 - June 25
Session III: July 3 - August 7
11:30 a.m. - 1:30 p.m.



Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit **six** participants. Instructors: Phil Shapiro, Jim Mueller, Jane Hawkanson. **Registration is required.** Six weeks. Computer Center.

Class Fee: \$10 Payable to the City of Takoma Park.

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

Mixed-Media Collage! Friday Group Get-togethers

Fridays,
Begins May 3
12:00 noon - 2:00 p.m.



Use acrylic paint in a variety of ways to create a background, then cut and glue images and paper to the background to create a collage. There will be a facilitator, but no formal instruction. Participants will learn from each other. Please bring magazines or drawings (to be cut) and scissors. You may want to wear an apron. All other supplies provided. Be creative in a relaxed atmosphere and have fun!

Registration is required. Art Studio.
\$5 Materials fee payable to the facilitator on 5/3/13.

Session II: May 3, 17, 31, and June 7.

What is your Creative Style?

Dr. Lynne Levesque, a business creativity consultant, identifies eight different styles of creativity that she uses to develop top performance in an organization:

The Adventurer, whose Improvisational Creativity is exemplified by photographers, jazz musicians, and talented sports figures;

The Navigator, whose Adaptive Creativity show up in determined inventors and impressionist painters;

The Explorer, whose Catalytic Creativity is like that of Walt Disney and many serial entrepreneurs and successful marketers;

The Visionary, whose Futuristic Creativity is represented by internet gurus, prophets, and strategists;

The Pilot, whose Strategic Creativity we see in skilled project managers and organizational designers;

The Inventor, whose Paradigm Shifting Creativity is found in philosophers and architects;

The Diplomat, whose Collaborative Creativity is revealed by humanitarians, civil rights activists and caring leaders; and

The Poet, whose creativity is thoughtful counsel.

What is your creative style, and how do you put it to work for you?

Susan K. Minarik, 2/15/13, www.positive-living-now.com

Drop-in these activities and have some fun !

Forever Young Birthday Party

Honoring April, May and June birthdays
Friday, June 14, 2013, 1:00 - 2:00 PM - Free
 For adults age 55 and older.
Lilac Room, Takoma Park Community Center
 Drop-in. For more information, please call 301-891-7290.



Bingo

Thursdays, May 23 and June 27
12:00 - 2:00 p.m.
 Try your luck Win a prize. **Drop-in.**
 Senior Room. Free.



Needlework Get-together

Mondays, Ongoing*
11:30 a.m. - 1:00 p.m.



Are you bored sitting and knitting alone? Join us for fun, conversation and support with your needlework projects. Bring your projects with you. This is **not** an instructional class.

Drop-in. Senior Room. Free.

*The group will not meet during inclement weather.

Blood Pressure Screening



Thursdays, May 23 and June 27
11:30 a.m. - 12:30 p.m.
 Adventist Healthcare will be doing a monthly blood pressure screening. **Drop-in.** Senior Room. Free.



Active Adventure Trips

How to register for May and June trips:

Please register in-person:

Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, Maryland 20912.

Trips are popular and fill up fast, so register early. We have a fair “first come-first serve” system for all participants. Mail-in registration is available, and a form can be found on the Takoma Park Recreation Department website. Incomplete forms will not be accepted. Please let staff know if you require any special accommodations to participate. If you have any questions, please call the Recreation Department at 301-891-7290.



MAY 2013 TRIPS - Registration begins Wednesday, May 1 (and not before)

May Trip #1: Sandy Spring Museum, Brighton Dam Azalea Gardens, MD

Visit historic Sandy Spring Museum; after lunch at the museum (bring lunch), we will visit Brighton Dam Azalea Gardens; and on the way home, stop at the unusual Cricket Book & Gift Shop, a browser's delight. **Rain or Shine! Bring your lunch.**

Date: Friday, May 10, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Mapleview Apartments, and Victory Tower only. Registration is required. See procedure above.

\$3 admission (bring with you). No cost for transportation.

May Trip #2: Historic Town of Sykesville, Maryland (National Trust for Historic Preservation District)

Tours of Sykesville Gate House Museum; the restored 1903 historic “Colored Schoolhouse”, and the Old Main Line Visitor Center & Old Post Office (see trains role by on the old Baltimore & Ohio Railroad Line). Bring your lunch, or spending money for lunch at a local restaurant.

Lots of walking! Rain or Shine!

Date: Thursday, May 16, 2013

Time: 9:00 a.m. - 4:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Mapleview Apartments, and Victory Tower only. Registration is required. See procedure above.

Free admission. No cost for transportation.



JUNE 2013 TRIPS - Registration begins Monday, June 3 (and not before)

June Trip #1: Antique Lover's Delight! Antique Crossroads & Beaver Creek Mall

For those who like to browse Antique shops, we'll visit Beaver Creek Antiques & Antique Crossroads, a big double antiques mall in Hagerstown, Maryland. Bring spending money for lunch and shopping.

Lots of walking!

Date: Friday, June 7, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Mapleview Apartments, and Victory Tower only. Registration is required. See registration procedure above.

Free admission. No cost for transportation.

June Trip #2: Historic Tudor Place, Washington, DC (National Historic Landmark)

Tour the 1805 estate of Thomas Peter and Martha Custis (granddaughter of Martha Washington) in the heart of Georgetown. Explore a fascinating collection of decorative arts, many from Mount Vernon, and five acres of historic gardens. Bring spending money for lunch.

Date: Thursday, June 13, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Mapleview Apartments, and Victory Tower only. Registration is required. See registration procedure above.

\$8 admission (bring with you). No cost for transportation.

The Active Adventures program is designed for active adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Also, since these trips are usually held rain or shine, participants should plan to dress accordingly. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>May is: Older Americans Month Osteoporosis Prevention Month Asparagus Month National Herb Week (May 6-12) Women's Health Week (May 13-19)</p>			<p>1 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>2 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>3 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Collage Get-together</u> 12—2 p <u>Evening Line Dance</u> 6:30—7:30 p</p>  	<p>4 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>5 Beginning on May 5, the Community Center, Library and the Computer Center will be open 12 noon - 5 p.m.</p>	<p>6 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Beginners Knitting</u> 10—11:30 a <u>Needlework</u> 11:30 a—1 p <u>Play Lady Book Event</u> 11:30 a</p> 	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Baby Boomer Social Network Event</u> 6:30 p.m.</p>  	<p>8 <u>NO Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p <u>Get Organized</u> 12 Noon</p> 	<p>9 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Transportation Presentation</u> 12—1 p</p> 	<p>10 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p No Evening Dance <u>Trip Sandy Spring</u> 9 a - 3 p</p>  	<p>11 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>12 Community Center Open on Sundays 12 noon - 5 p.m.</p>	<p>13 <u>Bone Builders</u> 10—11 a <u>Beginners Knitting</u> 10—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>14 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>15 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> <u>Session I ends</u> 11:30 a—1:30 p</p>	<p>16 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Trip to Historic Sykesville</u> 9 a - 4 p</p>  	<p>17 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Collage Get-together</u> 12—2 p <u>Last Evening Line Dance</u> 6:30—7:30 p</p> 	<p>18 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>19 Celebrate Takoma 1—5 p.m.</p>  <p>Center Open on Sundays 12 - 5p</p> 	<p>20 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Zumba Gold</u> Session begins 11:45 a—12:45 p</p>  	<p>22 <u>NO Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> <u>Session II begins</u> 11:30 a—1:30 p</p> 	<p>23 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p> 	<p>24 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>25 Center Closed Holiday</p>
<p>26 Center Closed Holiday</p>	<p>27 Memorial Day Holiday</p>  <p>Center Closed</p>	<p>28 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Zumba Gold</u> 11:45 a—12:45 p</p>	<p>29 <u>NO Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>30 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Seniors and Those Who Care For Them Meeting with Wolfgang Mergner</u> Azalea Room 6:30 p</p> 	<p>31 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Collage Get-together</u> 12—2 p</p> 	<p>This star symbol denotes a new event, class or session.</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June is: Men's Health Month/Men's Health Week (June 11 - 17) Dairy Month/Papaya Month/Fresh Fruit & Vegetables Month/Safety Month				 This star symbol denotes a new event, class or session.		1 Table Tennis 10:00 a— 12:00 p
2 <i>Community Center Open on Sundays</i> 12 noon - 5 p.m.	3 Bone Builders 10—11 a Table Tennis 11:30 a—1 p Needlework Get-Together 11:30 a—1 p	4 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Zumba Gold 11:45 a—12:45 p	5 Line Dancing 10:50—11:50 a Table Tennis 11:30 a—1 p Computer Class 11:30 a—1:30 p Estate Planning 1—2 p 	6 Bone Builders 10—11 a Table Tennis 11:30 a—1 p	7 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Collage Get-together 12—2 p Trip Antiques Mall 9 a—3 p  	8 Table Tennis 10:00 a— 12:00 p Estate Planning 1—2 p 
9 <i>Community Center Open on Sundays</i> 12 noon - 5 p.m.	10 Bone Builders 10—11 a Table Tennis 11:30 a—1 p Needlework Get-together 11:30 a—1 p	11 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Zumba Gold 11:45 a—12:45 p	12 Line Dancing 10:50—11:50 a Table Tennis 11:30 a—1 p Computer Class 11:30 a—1:30 p	13 Bone Builders 10—11 a Table Tennis 11:30 a—1 p Trip Tudor Place 9 a—3 p  	14 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Gentle Yoga 12—1 p Birthday Party 1—2 p   	15 Table Tennis 10:00 a— 12:00 p
16 <i>Community Center Open on Sundays</i> 12 noon - 5 p.m.	17 Bone Builders 10—11 a Table Tennis 11:30 a—1 p Needlework Get-together 11:30 a—1 p	18 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Zumba Gold 11:45 a—12:45 p	19 Line Dancing 10:50—11:50 a Table Tennis 11:30 a—1 p Computer Class 11:30 a—1:30 p	20 Bone Builders 10—11 a Table Tennis 11:30 a—1 p	21 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p	22 Table Tennis 10:00 a— 12:00 p
23 <i>Center Open on Sundays</i> 12 noon - 5 p.m.	24 Bone Builders 10—11 a Table Tennis 11:30 a—1 p Needlework Get-Together 11:30 a—1 p	25 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Zumba Gold Session ends 11:45 a—12:45 p	26 Line Dancing 10:50—11:50 a Table Tennis 11:30 a—1 p Computer Class Session II ends 11:30 a—1:30	27 Bone Builders 10—11 a Table Tennis 11:30 a—1 Blood Pressure 11:30 a—12:30 p Bingo 12—2 p 	28 Bone Builders 10:30—11:30 a Table Tennis 11:30 a—1 p Gentle Yoga 12—1 p Collage Get-together 12—2 p 	29 Table Tennis 10:00 a— 12:00 p
30 <i>Center Open on Sundays</i> 12 noon - 5 p.m.						