

**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

January/February **2014**

"New" Zumba Gold Class - Saturdays!

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Denny Pruitt

What's everyone smiling about? Zumba Gold!
And now there's even more to smile about - - a fun new Saturday session. Join our energetic instructor, Denny Pruitt, for this active class. Choose the class that fits in your schedule (see page 4) so you can keep moving and grooving to the happy beat. For more information call 301-891-7280 or email: paulal@takomaparkmd.gov

Class Begins: Saturday, January 11, 2:00 - 2:45 PM
Takoma Park Community Center, Dance Room

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



Ideas and suggestions? Contact me at number in the box to the left. Better yet, come to the next Advisory Group meeting in April and share your thoughts with me. See the March/April 2014 newsletter for more information.

~ Paula ~



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

Monday, January 20 - MLK Day - Rev. Martin Luther King Celebration— 5 p.m. - 8 p.m. - Piney Branch Elementary School, 7510 Maple Avenue. The annual celebration will feature a potluck supper starting at 5 pm, followed by stage performances, music and a short film. There will be supervised play for children in the school gym. Free community event. For more information: Howard Kohn at 240-461-6921, Kohn@erols.com

Sunday, February 9 - Takoma Park's 4th Annual Mid-Winter Play Day— www.Takomaplays.org or call Pat Rumbaugh, The Play Lady at 301-928-9962 for more information. Takoma Park Community Center, 7500 Maple Avenue, 2 p.m. - 4 p.m. Activities include: the 8 Ball Band featured in the auditorium, Ashley from Sky House Yoga will have a "join-in" demo, the Girl Scouts will offer fun play activities, Balloon Game with Kay Daniels-Cohen, board games, dress-up, face painting, "Giant Chess", table tennis and pool in the Game Room and much more fun! Open to all ages. Free community event.



Transportation will be provided by Recreation Bus for seniors (continuous loops) 1:30 - 4:30 p.m. Bus pick-up and drop-off locations: Victory Tower 7051 Carroll Ave., Franklin Apts. 7620 Maple Ave., Maplevue Apts. 7710 Maple Ave., and Essex Apts. 7777 Maple Ave.

...and Special Events Around Town

January 23-February 2, 2014—Washington Auto Show, Washington Convention Center: This event has more than 700 new makes and models of cars, trucks, mini-vans and sport utility vehicles from over 42 domestic and import automakers. Learn more about developments in hydrogen, clean diesel, electric, biofuel and natural gas technologies. Location: 801 Mount Vernon Place, NW, Washington, DC. For more information about times and admission, please visit the official website: www.washingtonautoshow.com

January 24-26, 2014—World of Pets Expo, Maryland State Fairgrounds, Timonium, MD: Hundreds of pet products and services, interactive pet exhibits, free seminars by national experts on pet care and training, AKC dog agility trials, petting zoo, parade of breeds, pony rides and more. For more information about times and ticket prices, please call: 800-882-9894 or visit website: www.worldofpets.org

Community Activities - Meet Up with Friends and Neighbors

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 - jspankyl@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@takomaparkmd.gov



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 Operations, Adventist Community Services at (301) 565-0190.

Here's how to find the Forever Young newsletter online. Go to: www.takomaparkmd.gov

Click on **recreation**

Click on **55 & older** to preview or download the latest issue of the newsletter.



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.



New Year's News

The past year was full of changes for all of us in the Forever Young Recreation Program. We experienced a rapid expansion in participation, with lot's of new faces joining our program. Classes and workshops were almost always filled to capacity with long waiting lists in the exercise classes. Such growth requires adherence to new attendance policies. I know most of you understand and appreciate efforts to keep the classes fair for everyone. We thank all of you who make the effort to attend activities on a regular basis. Your active participation keeps the program robust and thriving. Moreover, we want to thank all our great instructors, especially the volunteers, who provide us with such wonderful activities - - their talent and dedication adds to the popularity of the 55 Plus program in Takoma Park.

Now let's talk about **2014**. The Recreation Department pays close attention to your suggestions and requests. Based on what we heard over the past year, we intend to do our best to work within the program budget to address the following:

- Additional sessions of popular exercise classes.
- More technology and self-improvement classes.
- Schedule the majority of classes and workshops during the day, during the week, but with some on a Saturday or early evening when possible as requested by working boomers and seniors.

You asked for more Zumba Gold and now we have it. Look for the addition of a new Saturday session of Zumba Gold. This is a great opportunity for retired and working adults. As always, your active participation will keep a class like this going.

We thank you for your patience and understanding as this program continues to grow. As always, the Takoma Park Recreation Department will continue to provide you with affordable quality programming throughout the year, and we hope 2014 is a very healthy and happy New Year for you.

Tai Chi Shibashi is back!



Elisabeth Larson

Our introductory class form of Tai-Chi, uses a gentle approach, one movement blending into the next; aids the body to become more limber while encouraging relaxation, leaving students, calm and focused. See page 4 for more details.

Table Tennis Tournament anyone? Looking for players



Would you like to participate in a table tennis tournament for adults 55 and older? We are planning a March 2014 tournament. For more information, and to register with Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department, please call **301-891-7280**, or email paulal@takomaparkmd.gov



- 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 in-person registration.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.

Register for these great fitness classes (registration opened 12/15/13)

Line Dance Exercise Winter Session: January 8 - March 26

Wednesdays, 10:50 a.m. - 11:50 a.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. In-person **pre-registration is required**. Limit of 25. Dance Studio. **Free**. *No class on 1/1, 1/29, 2/5.

Zumba Gold Winter Session: January 7 - March 11

Tuesdays, 11:45 a.m. - 12:30 p.m.
 Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 10 weeks. Limit 20 students. **In-person pre-registration is required**. Dance Studio. **Free**.

Gentle Yoga Winter Session: January 3 - March 28

Alternate Fridays, 12:00 noon - 1:00 p.m.
 Carol Merme, 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. **In-person pre-registration is required**. Limit of 16. Dance Studio. **Free**.

Zumba Gold Winter Session: **NEW CLASS!**
 January 11 - March 15

Saturdays, 2:00 p.m. - 2:45 p.m.
 Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 10 weeks. Limit 20 students. **In-person pre-registration is required**. Dance Studio. **Free**.

Tai Chi Shibashi (Martial Arts Exercise)

Winter Session: January 9 - 30

Thursdays, 11:30 a.m. - 12:30 p.m.
 The 18 Healing Movements of Shibashi, a soft form of Tai-Chi. Instructor: Elisabeth Larson. **In-person pre-registration is required**. Limit of 20 students. Dance Room. Four weeks. **Free**.



Bone Builders Mon/Thurs: 1/2/14 - 3/31/14
 Tues/Fri: 1/3/14 - 3/28/14

Ongoing Classes:
Mon/Thurs 10 a.m. – 11 a.m. - or -
Tues/Fri 10:30 a.m. - 11:30 a.m.
 Weight training and discussion concerning diet, safety and exercise. **These classes are full due to their popularity, however a waiting list is available**. For more information, please call (301) 891-7290.

Drop-in Activity (no registration required)

Table Tennis
Winter Hours: Mondays - Fridays, ongoing, 10:00 a.m. - 1:00 p.m. and 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**.

Register for this great education class

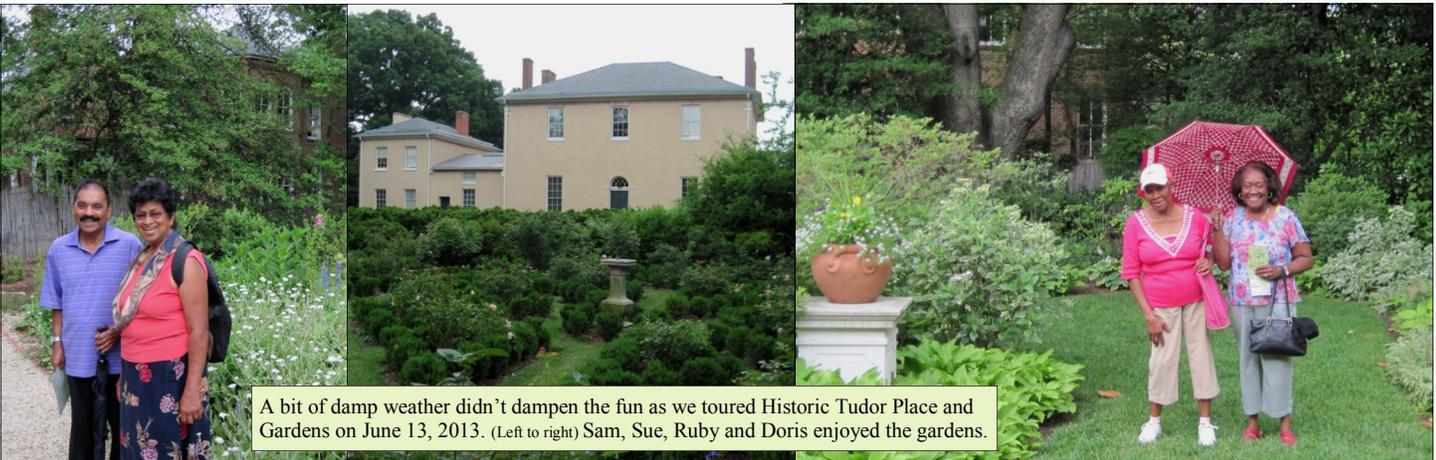
Computer Classes Winter Session I: January 8 - February 12 / Session II: February 26 - April 2

Wednesdays, 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.



A bit of damp weather didn't dampen the fun as we toured Historic Tudor Place and Gardens on June 13, 2013. (Left to right) Sam, Sue, Ruby and Doris enjoyed the gardens.

Drop-in activities (no registration required)

Bingo

Thursdays, January 23 & February 27
12:00 noon - 2:00 p.m.
 Try your luck Win a prize. **Drop-in.** Senior Room. **Free.**

Blood Pressure Screening

Thursdays, January 23 & February 27
11:30 a.m. - 12:30 p.m.
 Adventist Healthcare will be doing a **free** monthly blood pressure screening. Drop-in. Senior Room.

Needlework Get-together

Mondays, Ongoing* 11:30 a.m. - 1:00 p.m. *The group will not meet during inclement weather.
 Are you bored sitting and knitting alone? Join us for fun, conversation and support with needlework projects. Bring your projects with you. This is **not** an instructional class. **Drop-in.** Senior Room. **Free.**

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

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

Monday - Friday
12:00 noon - 8:00 p.m.

Saturday/Sunday
12:00 noon - 5:00 p.m.

*Daytime hours may be adjusted at various times during the month to accommodate a variety of special events and classes for seniors. We are sorry for any inconvenience.

Food and drinks are not permitted except for City of Takoma Park Recreation Department sponsored events. Four computers are available to seniors. You need a Takoma Park Library card to access the computers. For more information about the Library cards and computers, please contact the Library at 301-891-7259. Computers are also available in Computer Labs A and B and the Library.

Trips resume March 2014

See the March/April 2014 Forever Young Newsletter for details.

Don't Miss The Fun! 2014 Fitness Expo

Making fitness fun and accessible is what this “free” Fitness Expo is all about. Fun for all ages! Interactive presentations, fitness demonstrations, health screenings/seminars and more.

Saturday, January 4, 2014

8 AM - 2 PM

For more information, please call 301-891-7289 or 301-891-7290.

Takoma Park Recreation Center

7315 New Hampshire Avenue



2013 Year in Photo Review - Do You Remember?



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>New Year's Day</i> <i>Center Closed</i>	2 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p	3 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p  	4 <u>Table Tennis</u> 10:00 a-12:00 p <u>Fitness Expo</u> 8 a—2 p  <i>Takoma Park</i> <u>Recreation Center</u> 7315 New Hampshire Avenue
5 <i>Center Open on</i> <i>Sundays 12 - 5 p</i>	6 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	7 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p 	8 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p 	9 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tai Chi Shibashi</u> 11:30 a - 12:30 p 	10 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p	11 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Zumba Gold</u> 2—2:45 p 
12 <i>Center Open on</i> <i>Sundays 12 - 5 p</i>	13 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	14 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p	15 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p	16 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tai Chi Shibashi</u> 11:30 a - 12:30 p	17 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p 	18 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Zumba Gold</u> 2—2:45 p
19 <i>Martin Luther King, Jr. Holiday</i> <i>Center Closed</i>	20 <i>Martin Luther King, Jr. Holiday</i> <i>Center Closed</i>  <i>Celebration</i> 5—8:00 p 	21 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p	22 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p	23 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tai Chi Shibashi</u> 11:30 a - 12:30 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p 	24 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p	25 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Zumba Gold</u> 2—2:45 p
26 <i>Center Open on</i> <i>Sundays 12 - 5 p</i>	27 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p	28 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p	29 <u>No Line Dancing</u> <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p	30 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tai Chi Shibashi</u> <u>Last Class</u> 11:30 a—12:30 p	31 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p 	 This star symbol denotes a new event, class or session.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Would you like to participate in a table tennis tournament for adults 55 and older? We are planning a March 2014 tournament. For more information, and to register with Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department, call 301-891-7280, or email paulal@takomaparkmd.gov</p>						<p>1 Table Tennis 10:00 a— 12:00 p Zumba Gold 2—2:45 p</p>
<p>2 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>3 Bone Builders 10—11 a Table Tennis 10 a—1 p Needlework Get-Together 11:30 a—1 p</p>	<p>4 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Zumba Gold 11:45 a—12:30 p</p>	<p>5 No Line Dancing Table Tennis 10 a—1 p Computer Class 11:30 a—1:30 p</p>	<p>6 Bone Builders 10—11 a Table Tennis 10 a—1 p</p>	<p>7 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p</p>	<p>8 Table Tennis 10:00 a— 12:00 p Zumba Gold 2—2:45 p</p>
<p>9 <i>Center Open on Sundays 12 - 5 p</i> Mid-Winter Play Day 2-4 p </p>	<p>10 Bone Builders 10—11 a Table Tennis 10 a—1 p Needlework Get-together 11:30 a—1 p</p>	<p>11 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Zumba Gold 11:45 a—12:30 p</p>	<p>12 Line Dancing 10:50—11:50 a Table Tennis 10 a—1 p Computer Class Session I Ends 11:30 a—1:30 p</p>	<p>13 Bone Builders 10—11 a Table Tennis 10 a—1 p</p>	<p>14 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Gentle Yoga 12—1 p </p>	<p>15 Table Tennis 10:00 a— 12:00 p Zumba Gold 2—2:45 p</p>
<p>16 President's Day Holiday Center Closed</p>	<p>17 President's Day Holiday  Center Closed</p>	<p>18 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Zumba Gold 11:45 a—12:30 p</p>	<p>19 Line Dancing 10:50—11:50 a Table Tennis 10 a—1 p</p>	<p>20 Bone Builders 10—11 a Table Tennis 10 a—1 p</p>	<p>21 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p</p>	<p>22 Table Tennis 10:00 a— 12:00 p Zumba Gold 2—2:45 p</p>
<p>23 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>24 Bone Builders 10—11 a Table Tennis 10 a—1 p Needlework Get-Together 11:30 a—1 p</p>	<p>25 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Zumba Gold 11:45 a—12:30 p</p>	<p>26 Line Dancing 10:50—11:50 a Table Tennis 10 a—1 p Computer Class Session II Begins 11:30 a—1:30 p </p>	<p>27 Bone Builders 10—11 a Table Tennis 10 a—1 p Blood Pressure 11:30 a—12:30 p Bingo 12—2 p </p>	<p>28 Bone Builders 10:30—11:30 a Table Tennis 10 a—1 p Gentle Yoga 12—1 p </p>	<p> This star symbol denotes a new event, class or session.</p>