



Forever Young

Enjoying Active Life Over 55 in Takoma Park

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Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
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Phone: (301)891-7280



Focus Group Participants Wanted...

Enthusiastic residents needed for two focus groups to explore recreational programming for Takoma Park “active” 55 plus adults. Both focus groups (10 - 15 participants each) will brainstorm new ideas for the Recreation Department’s “Forever Young” program, and the suggestions will be used for future programs at the Takoma Takoma Park Recreation Center and Community Center. You may choose the date and location that best fits your schedule. If you would like to participate in one of these focus groups, please respond by *Monday, May 5*. Light refreshments will be served.

**Focus Group #1 Recreation Center
(7315 New Hampshire Avenue)
Tuesday, May 6, 2014 ~ 7:00 - 8:00 PM**

**Focus Group #2 Community Center
(7500 Maple Avenue)
Thursday, June 12, 2014 ~ 7:00 - 8:00 PM**



If you would like to participate, contact Paula Lisowski at (301) 891-7280 or paulal@takomagov.org to sign up by the May 5th deadline. As a selected participant in the focus group, you will be invited to discuss your ideas and opinions. As a thank you for your participation, focus group participants will each receive a \$20 gift certificate for future programs.

Let Us Hear From You!



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

Thursday, May 1 - Mayday Dawn Dance with Morris Dancers - www.FBMM.org

Fri/Sat/Sun, May 2-4 - Art Hop - www.MainStreetTakoma.org

Sunday, May 4 - Election Forum—Takoma Voice - www.Takoma.com

Sunday, May 4 - House and Garden Tour - www.HistoricTakoma.org

Saturday, May 17 - Book Sale—Friends of the T.P. MD Library - www.FTPML.org

Sunday, May 18 - Celebrate Takoma Festival! Join your friends and neighbors for “Celebrate Takoma” - a wonderful intergenerational community festival celebrating the cultural diversity of Takoma Park. The festival will be 11 a.m. - 4 p.m. at Ed Wilhelm Field, behind the Piney Branch Elementary School. There will be games, arts and crafts, food, and lively entertainment representing many cultures from around the world. <http://takomaparkmd.gov/recreation/celebrate-takoma>

Saturday, June 7 - Family Outdoor Movie Night - Bring your lawn chair or blanket and enjoy a “G” rated movie under the stars with your family. Movie starts at dusk at Ed Wilhelm Field. Limited parking - walking is encouraged. Bring a flashlight, snacks. For more information, please visit: www.takomaparkmd.gov/recreation

Sunday, June 8 - Takoma Park Jazz Fest - www.TPJazzFest.org

Saturday, June 14 - Takoma Plays First Adult Play Day - free for adults age 21 and older. The band Groove Quest will be playing. The VFW will be selling food and drinks. Fun games to play. Rain or Shine. 7-10 p.m. at the VFW, Fourth and Orchard Avenue. www.takomaplays.org

...and Special Events Around Town

May 4, 2014 - The National Cinco de Mayo Festival, National Mall, Washington, DC: features live music and dance, crafts workshops, food and games. Explore the rich history, culture and ethnic diversity of Latin Americans in the United States. Noon to 6 p.m.. For more information, visit: www.marumontero.com

May 10-11, 2014 - Bethesda Fine Arts Festival: 140 contemporary artists will showcase painting, drawing, photography, furniture, jewelry, and ceramics - downtown Bethesda Woodmont Triangle along Norfolk and Auburn Avenues. - 10 a.m. to 5 p.m. For more information, visit www.bethesda.org or call (301)215-6660.

May 17, 2014 - The National Asian Heritage Festival-Fiesta Asia, Washington, DC: musical performances, Pan-Asian cuisine, multicultural marketplace, and interactive activities. Pennsylvania Avenue, NW between 3rd & 6th Streets, 10 a.m. to 7 p.m. For more information, visit www.asiaheritagefoundation.org

May 31-June 1, 2014 - The Green Festival, Washington, DC - focus on sustainability education and green products with activities, workshops and special presentations. 11 AM to 5PM, Washington Convention Center, 801 Mount Vernon Place, NW. For more information visit: www.greenfestivals.org

June 21-22, 2014 - The National Capital Barbecue Battle - Top BBQ restaurants compete. Voted a “Top 10 BBQ Event” by The Travel Channel. Food samples, cooking demonstrations, 30’s rock, R&B, jazz, and blues bands perform. Saturday: 11 a.m. to 10 p.m./Sunday 11 a.m. to 7:30 p.m., Pennsylvania Avenue, NW, Washington, DC between 9th & 14th Streets. For more information visit: www.bbqdc.com

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). For more info about hours and classes: please call the pool at (301) 891-8017 or call Joyce Seamens, Director of Pool Operations, Adventist Community Services at (301) 565-0190.

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

Our first Table Tennis Tournament was terrific!



Kathie and Albert (top) and Anna, Jonah and Sam (below) in the final “double elimination” rounds of the first annual 55+ Table Tennis Tournament competition on March 30th in the Game Room at the Takoma Park Community Center.

Our talented competitors: Jonah Campbell, Kathie Baker, Courtney Johnson, Akin Akinmurele, Adewale Ogunyale, Albert Adjenu, Judge Donn Olsen (Club Joola), Michael Fuchs, Deborah Hamer, Sam Vedamony, Margo Ritter, Anna Anatol, and Jay Levy (not pictured).
Photos by Paula Lisowski

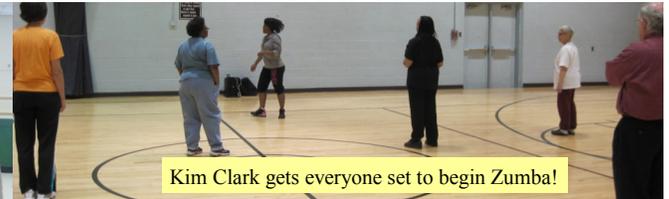
(left to right) “Finalist” Mr. Michael Fuchs, and “Champion” Mr. Albert Adjenu, pose with game officials Donn Olsen, Judge/Coach, Paula Lisowski, Seniors Program Manager, and Jurrel Cottman, Recreation Center Facilities Director.



Recreation Center April 8 Open House for 55 plus was a lot of fun!



Elizabeth and Nancy, happy to join Forever Young, and Nancy Schultz wins at Bingo!



Kim Clark gets everyone set to begin Zumba!



Paula with first gift card recipient James; Marge, Nancy, Jurrel and Ward 6 Councilmember Fred Schultz (far right) all join in the fun.

Thank you to all who came to the Recreation Center Open House. We appreciate your enthusiasm, and your thoughtful comments and suggestions for new 55 plus activities.



Pat Rumbaugh (The Play Lady) and John Webster start off the tennis matches in the gym.



Pat, Dannie, and Doris are excited about new activities coming soon!

CityDance, Strathmore Music Center Stage, Bethesda, MD



Founded in 1996, CityDance produces and presents professional dance across the DC metropolitan area. Adults, age 55 and older, please join us for this wonderful evening production of high level Conservatory dancers who will perform original choreography and show their diverse range of technique.

For more information, please call **301-891-7280**. Register in-person at the Recreation Office, 7500 Maple Avenue, Takoma Park, MD 20912 or on-line (credit card only): apm.activecommunities.com/takomaparkrecreation

Monday, June 16, 2014

6:30 p.m. - 10:00 p.m.*

Cost: **\$20.00** per person. Sorry, no refunds. Registration starts 6/2/14. **Free** transportation by Recreation Bus. *Approximate, return time may be later.

Leave the driving to us!

Global Beat: Farafina Kan, Publick Playhouse, Cheverly, MD



Farafina Kan, literally translates to “The Sound of Africa”, is a professional dance company that maintains the history, traditions, and culture of Africa through the arts. Adults, age 55 and older, please join us for a performance that explores Africa’s culture through song, dance, and music.

For more information, please call **301-891-7280**. Register in-person at the Recreation Office, 7500 Maple Avenue, Takoma Park, MD 20912 or on-line (credit card only): apm.activecommunities.com/takomaparkrecreation

Saturday, June 21, 2014

6:30 p.m. - 10:30 p.m.*

Cost: **\$20.00** per person. Sorry, no refunds. Registration starts 6/2/14. **Free** transportation by Recreation Bus. *Approximate, return time may be later.

Leave the driving to us!

Meet Karen Maricheau, Lifelong Takoma Park



Meet Karen Maricheau, new Program Manager for “Lifelong Takoma Park” and learn more about this new initiative for adults 55 and older in Takoma Park. Gain some wellness tips.

Light refreshments and door prizes. For more information, please call Paula Lisowski, Seniors Program Manager at 301-891-7280 or email paulal@takomaparkmd.gov

Meet and Greet
Tuesday, June 10, 2014
10:30 - 11:30 a.m.
Senior Room
Takoma Park Community Center
7500 Maple Avenue

Need help for your loved one? There are adult day care services in Takoma Park.

Washington–McLaughlin Adult Day Care Center Presentations
 Tuesday, May 12, 2014
 7 - 8:30 p.m. Lilac Room -or-
 Wednesday, May 13, 2014
 1 - 2:30 p.m. Lilac Room
 Takoma Park Community Center
 7500 Maple Avenue

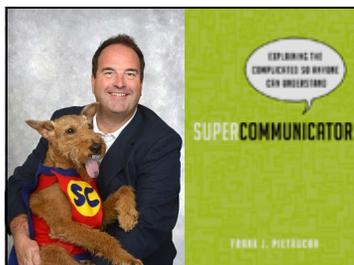
THE WASHINGTON-MCLAUGHLIN ADULT DAY CARE CENTER was established in 1998 in Takoma Park, Maryland to help keep loved ones with mental/physical difficulties in the com-

munity by providing the following services: Health Service with a resident RN, Medication Administration and Monitoring, Physical Therapy, Social Service, Activities, Door-to-door

Escorted Transportation and Nutritional Meals. Please join us this month to learn more about these services. Choose the day and time that fits your schedule.



Meet Frank Pietrucha, Supercommunicator!



Frank J. Pietrucha, author, speaker and consultant, understands the importance of communicating the complicated. He's helped clients explain their hard-to-grasp ideas... turning concepts that baffle into comprehensible ideas. He works with engineers, scientists, economists, lawyers and other smart people helping them mold their ideas into something non-specialists can comprehend. He's been "translating" on behalf of the technology elite for over 20 years.

In our increasingly complicated and data-driven world, many new developments are so complex that communicating technical content to the lay person has fast become a critical skill.

"SuperCommunicator" Frank Pietrucha to the rescue! In his book,

Supercommunicator: Explaining the Complicated So Anyone Can Understand, Mr. Pietrucha "translates" complex ideas to deliver content with meaning that explains how to:

- Distill details and data into big ideas
- Use storytelling to captivate

- and educate
 - Layer harder ideas on top of easier ideas
 - Strip away complex language, jargon, and acronyms
 - Use analogies to explain unfamiliar areas
- Join Frank Pietrucha for this entertaining and informative presentation and discover these communication techniques.

Meet Frank J. Pietrucha, author, speaker, and consultant.

Tuesday, May 13, 2014 ~ 7:30 - 8:30 p.m.

Free ~ drop-in event. Adults, age 18 and older welcome!

Auditorium ~ Takoma Park Community Center, 7500 Maple Avenue

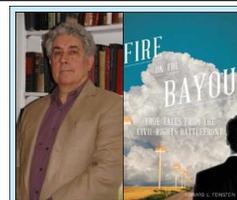
A signed book given away to a lucky winner. Light refreshments @ 7:00 p.m.

Meet Howard L. Feinstein, Civil Rights Advocate

This year marks the 50th anniversary of the Civil Rights Act. What better way to remember and commemorate the challenges and victories than to hear Howard L. Feinstein, former prosecutor with the Civil Rights Division of the U.S. Department

of Justice, recount events that took place during the enforcement stage of the civil rights movement. Mr. Feinstein's new book, *Fire on the Bayou: True Tales from the Civil Rights Battlefield*, which has been nominated for the 2014

Dayton Literary Peace Prize, is the history and memoir of Mr. Feinstein's civil rights work, featuring Ku Klux Klan cases. Join us for his riveting presentation through stories, photos and historical music.



Howard L. Feinstein, has devoted his professional life to working for the protection

and enforcement of civil rights for all Americans, through his legal work, teaching, writings, and speaking engagements. He was a prosecutor and civil litigator with the Civil Rights Division of the U.S. Department of Justice, seeking justice for victims of the Ku Klux Klan, housing and employment discrimination, school desegregation and sex discrimination. Mr. Feinstein graduated with honors from Georgetown Washington University Law School (1972) and taught as a faculty member at George Washington University; the University of Maryland, College Park; and Hood College, Frederick, MD.

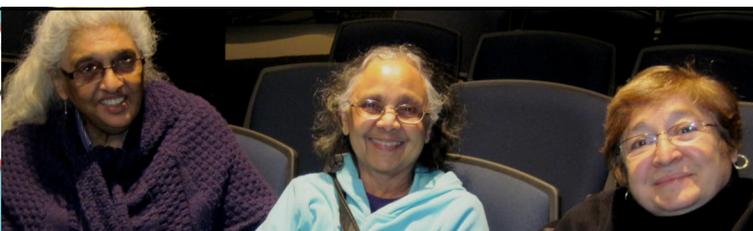
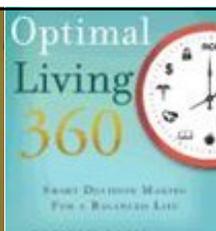
Howard L. Feinstein, author, speaker, educator, and musician.

Tuesday, June 17, 2014 ~ 7:30 - 8:30 p.m.

Free ~ drop-in event. Adults, age 18 and older welcome!

Auditorium ~ Takoma Park Community Center, 7500 Maple Avenue

Light refreshments @ 7:00 p.m.



Cheryl Fisher, Hooks Book Events, presented speaker Dr. Sanjay Jain for the first book author presentation. Join us for the next presentation (see above). Linda, Anjaha and Sylva listened to some helpful information about creating life balance for Optimal Living 360.

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- **Advance** in-person registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- Registration for Spring and Summer classes began March 15. No registration is required for drop-in activities.
- Transportation is provided for trips and special events. Space is limited. See page 8 for trip registration information.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.

FYI - Attendance Procedures - Forever Young Program

The Recreation Department’s “Forever Young 55 Plus” program continues to grow. In an effort to be fair to everyone, we must adhere to attendance policies and procedures. Our goal is to continue to offer free or low cost activities, which is important to our participants. Often classes fill up quickly and create long waiting lists. To be fair, we must monitor the attendance in all courses. Consistent attendance in our program is important. Habitual absenteeism will result in the participant being withdrawn from the course.

Procedures:

- After three consecutive absences, the participant will be withdrawn from the course and notified.
- Special consideration may be extended if we receive advance notice of your extended absence or there is a medical reason (doctor’s note required).
- No one can remain on the roster after being absent for 4 weeks.

Fitness Classes



Cardio Groove Classes: **Thursdays, May 1 - June 5, 1:30 - 2:30 p.m. Dance Room -or- Saturdays, May 3 - June 7, 11:30 a.m. - 12:30 p.m. Azalea Room**



High energy and easy to follow. Start with a warm-up that gets you in the groove, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly, then a well-earned cool down and stretch. Moves follow the beat of music designed for Aerobics, flowing from a great sound system. Instructor: Nancy Nickell. **Free. In-person pre-registration is required.**

Zumba Gold **Saturdays, July 12—August 30, 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. 8 weeks. Limit 20 students. **In-person pre-registration is required.** Dance Studio. **Free.**

The following Spring/Summer fitness classes are currently full due to their popularity, however a waiting list is available:

Bone Builders, Ongoing Classes: Mon/Thurs 10 a.m. – 11 a.m. or Tues/Fri 10:30 a.m. - 11:30 a.m.

Gentle Yoga, Alternate Fridays, 12:00 noon - 1:00 p.m.

Line Dancing, Wednesdays, 10:50 a.m. - 11:50 a.m.

Zumba Gold, Tuesdays, 11:45 a.m. - 12:30 p.m.

For more information, please call 301-891-7280. Fall class registration begins Friday, August 15, 2014

Education Classes

Computer Classes - Wednesdays, 11:30 a.m. - 1:30 p.m.

Summer Session 1: May 21 - June 25, Summer Session 2: July 2 - August 6

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.

Drop-in activities (no registration required)

Bingo - Thursdays, May 22 & June 26 - 12:00 noon - 2:00 p.m.

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

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

Adventist Healthcare will be doing a free monthly blood pressure screening. 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 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.

Table Tennis - *Hours: Ongoing, Mondays - Fridays 10 a.m. - 1:00 p.m., Saturdays, 10:00 a.m. - 12:00 noon

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

***Beginning June 16th to August 15th: Game Room hours for Table Tennis will be adjusted for Summer Camps. The time for adults 55 and older will be Mondays - Saturdays 10:00 a.m. to 12:00 noon.**

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, use computers, 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. Thank you for your cooperation.

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.



Active Adventure Trips for adults 55 and older

How to register for trips: Please pre-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.

The Active Adventures program is designed for active independent adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. Bus pick up of registered participants at Franklin and Mapleview Apartments, and Victory Tower only.

MAY 2014 TRIPS - Registration begins Thursday, May 1 (and not before)

Trip #1: Thursday, May 15, 2014 - Annmarie Sculpture Garden/Arts Center, Solomons, MD

An affiliate of the Smithsonian Institution, beautiful Annmarie offers plenty to do including an outdoor sculpture garden (40 works of art), art galleries, gift shop and studio school. After visiting Annmarie, we will head down to Historic Solomons Island for lunch at a waterfront restaurant. After lunch, you may spend the remaining time strolling around this lovely town. Plenty of walking! Bring spending money to purchase lunch. Rain or shine!

Time: 7:45 a.m. - 4:30 p.m. * \$4 admission, bring with you. No cost for transportation. Note the extended time!

Trip #2: Wednesday, May 21, 2014 - Art Museum of the Americas, Washington, DC

In 1976 the AMA opened in the historic 1912 building designed by noted architect Paul Cret, to exhibit an extensive collection of contemporary Latin American and Caribbean art created by established and emerging artists. Bring spending money to buy lunch at a local restaurant. Rain or Shine!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

JUNE 2014 TRIPS - Registration begins Monday, June 2 (and not before)

Trip #1: Wednesday, June 11, 2014 - National Gallery of Art, Washington, DC

Let’s spend the day enjoying two wonderful new exhibits—Andrew Wyeth: *Looking Out, Looking In* will showcase 60 watercolors, drawings, and tempera paintings, and *Edgar Degas/Mary Cassatt*, showcasing the artists friendship and influences on each other’s art through an exhibition of 70 works in a variety of media. Bring spending money for lunch in the gallery cafeteria. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

*Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.



We had a fun on Friday evening, March 21 at Toby’s Dinner Theater for the funny musical *Spamalot*. The music, dancing and costumes were fabulous, and the cast let us take pictures after the show. Left to right:



right: the wonderful cast; Colleen DiPaul, active member of Forever Young, is posing with “The Lady of the Lake” actress Priscilla Cuellar; Katherine Mack and Stephen LaRocque enjoying the show.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p>Join us for "Celebrate Takoma" 11 a.m. - 4 p.m. - Sunday, May 18, 2014 Ed Wilhelm Field - a great community festival for everyone - celebrating the cultural diversity of Takoma Park.</p>		<p>1 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Cardio Groove</u> 1:30 a—2:30 p ★</p>		<p>2 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p</p>		<p>3 <u>Table Tennis</u> 10 a-12 p <u>Cardio Groove</u> ★ 11:30a-12:30p <u>Zumba Gold</u> 2—2:45 p ★</p>	
<p>★ This star symbol denotes a new event, class or session.</p>							
<p>4 Center Open on Sundays 12 - 5 p</p>	<p>5 <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</p>	<p>6 <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 Focus Group Recreation Center 7:00—8:00 p</p>	<p>7 <u>No Line Dancing</u> <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>8 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Cardio Groove</u> 1:30 a—2:30 p</p>	<p>9 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>10 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30a-12:30p <u>Zumba Gold</u> 2—2:45 p</p>	
<p>11 Center Open on Sundays 12 - 5 p</p>	<p>12 <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 Adult Day Care Presentation 7:00—8:00 p</p>	<p>13 <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 Mr. Pietrucha Presentation 7:30—8:30 p</p>	<p>14 <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</p>	<p>15 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Cardio Groove</u> 1:30 a—2:30 p <u>Trip to Sculpture Garden-Solomons</u> 7:45a—4 p</p> 	<p>16 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p</p>	<p>17 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30a-12:30p <u>Zumba Gold</u> 2—2:45 p</p>	
<p>18 Center Open on Sundays 12 - 5 p</p>  <p>Celebrate Takoma Festival 11 a—4 p</p>	<p>19 <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</p>	<p>20 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p No Zumba Gold</p>	<p>21 <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 <u>Trip Art Museum</u> 8:45 a— 3 p</p> 	<p>22 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Cardio Groove</u> 1:30 a—2:30 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p> 	<p>23 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1p</p> 	<p>24 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30a-12:30p No Zumba Gold</p>	
<p>25 Center Closed Holiday</p>	<p>26 Memorial Day Holiday</p>  <p>Center Closed</p>	<p>27 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p No Zumba Gold</p>	<p>28 <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</p>	<p>29 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Cardio Groove</u> 1:30 a—2:30 p</p>	<p>30 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p</p>	<p>31 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30a-12:30p No Zumba Gold</p>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>2</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>3</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Zumba Gold</u> 11:45 a—12:30 p</p>	<p>4</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Computer Class</u> 11:30 a—1:30 p</p>	<p>5</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Cardio Groove</u> 1:30 —2:30 p</p>	<p>6</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Gentle Yoga</u> 12—1 p</p> 	<p>7</p> <p><u>Table Tennis</u> 10 a - 12 p</p> <p><u>Cardio Groove</u> 11:30a-12:30p</p> <p><u>Zumba Gold</u> 2—2:45 p</p>
<p>8</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>9</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>10</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>★ Meet & Greet Karen Maricheau 10:30 -11:30 a</p>	<p>11</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Computer Class</u> 11:30 a—1:30 p</p> <p><u>Trip to National Gallery of Art</u> 8:45 a—3 p</p> 	<p>12</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p>★ Focus Group <i>Community Center</i> 7:00 —8:00 p</p>	<p>13</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—1 p</p> <p><u>Gentle Yoga</u> 12—1 p</p>	<p>14</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Zumba Gold</u> 2—2:45 p</p>
<p>15</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>16</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—12 p*</p> <p>*Note new time</p> <p><u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p> <p>★ <u>Trip: Strathmore</u> 6:30—10 p</p> 	<p>17</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Zumba Gold</u> <u>Session Ends</u> 11:45 a—12:30 p</p> <p>★ Howard Feinstein Presentation 7:30—8:30 p</p>	<p>18</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Computer Class</u> 11:30 a—1:30 p</p>	<p>19</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—12 p</p>	<p>20</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Gentle Yoga</u> 12—1 p</p> 	<p>21</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Zumba Gold</u> <u>Session Ends</u> 2—2:45 p</p> <p>★ <u>Trip: Publik Playhouse</u> 6:30—10:30 p</p> 
<p>22</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>23</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>24</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>No Zumba Gold</u></p>	<p>25</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Computer Class</u> 11:30 a—1:30 p</p>	<p>26</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Blood Pressure</u> 11:30 a—12:30 p</p> <p><u>Bingo</u> 12—2 p</p> 	<p>27</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Gentle Yoga</u> 12—1 p</p>	<p>28</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>No Zumba Gold</u></p>
<p>29</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>30</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>★ This star symbol denotes a new event, class or session.</p>			<p>Inclement Weather Info: For information, call our weather hotline: (301) 891-7101 ext. 5605</p>	