



Forever Young

Enjoying Active Life Over 55 in Takoma Park

Coming Soon! On-line registration!



55 plus Program On-line Registration!

Winter Registration Begins Monday, December 15, 2014 at 8:30 a.m.

Register for Takoma Park Recreation activities in any of four ways:

1. Online using the "Activenet" registration system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, and click on the ActiveNet registration logo on the top left corner. An email address is needed to login to Activenet. Registration opens online at 8:30 a.m.

2. You may register in person at either location during their specific regular business hours:

- Takoma Park Community Center, 7500 Maple Avenue
- Takoma Park Recreation Center, 7315 New Hampshire Avenue

3. You may mail-in your registration to the Takoma Park Recreation Department at 7500 Maple Avenue, Takoma Park, MD 20912. Mailed-in forms will be processed on December 15, and not before, after all walk-ins have been accommodated. Incomplete forms can not be processed.

4. You may fax your registration form to [301-270-4094](tel:301-270-4094). Faxed-in forms will be processed on December 15, and not before, after all walk-ins have been accommodated. Incomplete forms can not be processed.



Coming Soon! On-line Activenet registration Training!

Registration training sessions are scheduled for Monday, December 8 and Wednesday, December 10, 2014, 10:00 a.m. - 11:00 a.m., in the Computer Lab, Takoma Park Community Center, 7500 Maple Avenue. Come in to get your username and password so you are all set for Dec. 15th, and learn the procedure to register for classes. An email address is needed to register online for activities in Activenet. For more information, and to sign up for one of these training sessions, please contact Paula Lisowski, Seniors Program Manager, at 301-891-7280, or email: PaulaL@takomaparkmd.gov.

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



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

Tuesday, November 4 - Election Day (see bottom of page) - www.MontgomeryCountyMD.gov/Elections

Monday, November 24 - B.F. Gilbert Day - Founder of Takoma Park - HistoricTakoma.org

Saturday, December 6 - Alternative Gift Fair - www.AGGW.org

Sunday, December 7 - Old Takoma Pajama-Rama - www.MainStreetTakoma.org

Saturday, December 13 - Holiday Art Sale - www.TakomaParkMD.gov/arts

Sunday, December 14 - Historic Takoma's Annual Holiday Party - www.historictakoma.org

Thursday, December 18 - Winter Solstice Celebration - www.TakomaPark.info/library



Coming soon! 2015 Fitness Expo! Saturday, January 3, 2015 - Making fitness fun and accessible is what this Fitness Expo is all about. Free and Fun for all ages! Interactive presentation, 20 minute fitness demonstrations, health screening/seminars and more! 8:00 a.m. - 2:00 p.m. Takoma Park Recreation Center, 7315 New Hampshire Avenue. For more information, please visit www.takomaparkmd.gov/recreation.

...and Special Events Around Town

November 8-9, 2014 - Metropolitan Cooking & Entertaining Show: this event focuses on food and entertaining with more than 400 exhibitors including specialty food companies, caterers, party planners, personal chefs, kitchen planners, appliance manufacturers and cooking demonstrations. The show will also include national and regional cookbook authors, a beer and wine pavilion featuring local mixologists and much more. For more information, go to www.metrocookingdc.com

December 5-6, 2014 - Bethesda's Winter Wonderland: This annual event is a community holiday celebration featuring live entertainment and performances, and a live ice sculpture presentation. For more information, go call 301-215-6660 or email address: info@bethesda.org

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School) is now open. For more information please contact Joyce Seamens, Director of Pool Operations, at **(301) 565-0190**, email address JKSeamens@aol.com

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

Takoma Park - Election Day Transportation - Tuesday, November 4



November 4 is election day. Free transportation by Recreation Bus (continuous loop every 20 minutes) will be provided for seniors to the polling locations. The bus will pick up residents at Victory Tower between the hours of **9AM and 11:45 AM.**, to the polling location at Piney Branch Elementary School, 7510 Maple Avenue.



The bus will pick up residents at Maple View, Franklin, and Essex Apartments between the hours of **12:15 PM and 3:00 PM.**, to the polling location at Takoma Park Elementary School, 7611 Piney Branch Road. For more information, call (301) 891-7280.



Montgomery College Lifelong Learning Winter Classes!



Montgomery College, in partnership with the Takoma Park Recreation Department, is bringing it's popular continuing education program for adults to Takoma Park. Residents now have the opportunity to participate in a variety of exciting college level courses offered throughout Montgomery County, here at the Takoma Park Community Center. New for Winter 2015, two courses will be offered: **Drawing with Pencils, Charcoal, or Pastels; and Great Tenors: Enrico Caruso and Mario Lanza.** As with all Lifelong Learning Institute classes, there will be a fee (tuition waiver applies: adults 60 and older pay course fee only) paid directly to Montgomery College. Registration is also done directly with Montgomery College. **See pages 4 and 5 for details.**

Visit from a former Takoma Park resident and Recreation Department Staff - Carol Ank



What a wonderful surprise! A few weeks ago Carol Ank stopped by the Takoma Park Community Center to visit old friends and colleagues while traveling

across the country in her motor home. Ms. Ank, is now an active member of a retirement community in Arizona. As the former leader of the Recreation Department's seniors

program, Carol has fond memories of her years living in the city, her neighbors and friends, and the many residents she generously served in the City of Takoma Park.

55 Plus Event "Lifelong Takoma Day" at the Takoma Park Community Center on September 20th

Thank you to all who participated in the Lifelong Takoma Day Event. Kudos to staff and volunteers for making this a truly wonderful first time event! We were happy to have transportation from the Recreation bus to escort participants to and from the event. Attendees enjoyed the resource materials from a variety of community partners on housing, fire safety, emergency preparedness, transportation, rental and utilities assistance, meal delivery, etc. Washington Adventist and Lion's Club offered health screenings that were needed and appreciated by attendees as well. Those who stopped by the computer center had excellent questions to ask were able to spend some quality time with the instructor. They were grateful to receive answers on their tablets, smart phones and computers. The event culminated in a "community conversation" on what are the experiences of residents and what do they see as potential needs that could be addressed. It was a very insightful conversation and just the first of others that will follow...it was a great success. We look forward to next year's second annual event and supporting residents throughout the year. For more information about Lifelong Takoma please contact Karen Maricheau, at 301-891-7232, email: kmaricheau@takomaparkmd.gov or visit: www.takomaparkmd.gov/lifelongtakoma



Ms. Beverlye Taylor of Maple Avenue was the raffle winner for the shredder donated by the Police.

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- **Advance** registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- If a specific class is offered at two different times, you may select and register for one class only.
- **Registration for TP Recreation Winter classes begins: Dec. 15/ Montgomery College registration begins: Nov. 19**
- Transportation is provided for trips and special events. Space is limited. See page 7 for trip registration information.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.



Fitness Classes at the Community Center, 7500 Maple Avenue

Cardio Groove Classes: Thursdays, January 8 - February 26, 1:30 - 2:30 p.m. Dance Room

High energy and easy to follow to the music beat designed for Aerobics. 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. Limit 25 students. Instructor: Nancy Nickell. **Free. Registration is required to participate in this class.** For information, call 301-891-7280.

Gentle Yoga Alternate Fridays, January 9 - March 20, 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. Limit 16 students. Dance Studio. **Free. Registration is required to participate.** For information, call (301) 891-7280.

Line Dancing Wednesdays, January 7 - March 25, 10:50 - 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. Limit 25 students. Dance Studio. **Free. Registration is required to participate in this class.** For more information, please call (301) 891-7280. (No class 1/21, 2/4)

Zumba Gold Tuesdays, Jan. 13 - Mar. 17, 11:45 a.m. – 12:30 p.m. or Saturdays, Jan. 17 - Mar. 21, 2:00 - 2:45 p.m.

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 8 weeks. Limit 20 students per class. Dance Studio. **Free. Registration is required to participate in this class.** For more information, please call (301) 891-7280.

Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue, continue on next page

Equipment Orientation - Fitness Room— 1st & 3rd Thursdays, Fall 2014: Session 1: Nov.6 and Nov. 20 or Session 2: Dec. 4 and Dec. 18 Join Rochelle Coleman, Certified Fitness Instructor, for a one-time orientation for instruction on using the fitness equipment. You may register for whichever session fits your schedule. You may register for one session only. See page 6 for a list of equipment available for your use, and the hours the room is available exclusively for 55 plus. Fitness Room. **Free. Registration is required.** For more information, call 301-891-7280.

Full Body Fusion -Tuesdays, January 13 - March 3, 1:00 - 2:00 p.m.



Active adults age 55 and older will enjoy this low-impact full body workout to music. Elements of balance, movement, strengthening, and yoga blend to create a fun, functional and energetic workout. Bring an exercise mat to class. 8 weeks. Limit 16 students. Instructor: Jaylene Sarracino. Gym. **Free. Registration is required to participate in this class.** For information, call (301) 891-7280.

Table Tennis Skills - Thursdays, February 19 - March 26th, 12:00 - 1:00 p.m.

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

Tennis Fun and Fitness- Thursdays, January 8 - March 5, 12:00 - 1:00 p.m.

Rediscover your love of tennis or help find it for the first time by playing this lifelong game. This class blends exercise with learning or reviewing tennis skills. The goal is fun and fitness utilizing special equipment for beginners and indoor play. All equipment provided, but you can bring your own racquet. Instructor Coach SJ. Limit 12 students. Gym. **Free. Registration is required to participate in this class.** For more information, call (301) 891-7280.

Art and Education Classes at the Community Center, 7500 Maple Avenue

Computer Classes - Wednesdays, 10 a.m. - 12:00 noon

Winter Session 1: January 7 - February 11/Winter Session 2: February 25 - April 1

Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit six. Instructors: 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.

Crochet Class - Mondays, March 9 - 30, 10:00 a.m. - 12:00 noon.

This class was so popular last season, we are repeating it. Learn to crochet for the first time, refresh your skills, or advance to intermediate. All the materials (and the patterns) will be provided at no cost for one beginner project. \$15 materials fee, payable to the instructor, is required for a beyond beginner project only. Instructor: June Gable. Four weeks. Azalea Room. **Free. Registration is required to participate in this class.** For more information, call (301) 891-7280.

An intermediate level crochet class is planned for Spring 2015.



Drawing with Pencils, Charcoal, Pastels- Thursdays, March 5 - April 16,

1:00 - 3:00 p.m. (No class on 3/19)

This course will help students of any skill level develop fundamental drawing skills and learn the basic techniques such as shading, mastering tones, drawing techniques, and composition. Students will use a variety of media such as pencil, color pencils, pastel, ink, markers, charcoal, and water-based paint. Course #LL1698. Limit 12. Six weeks. Art Studio. **Lifelong Learning Institute - cost \$89. Tuition waiver applies; adults 60 and older pay this fee only. (\$171 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**



Great Tenors: Enrico Caruso and Mario Lanza- Tuesdays, February 24 - March

24, 1:30 - 3:30 p.m. (No class on 3/18)

This class will examine the lives of these two great Operatic Tenors and the historical and musical significance of their works. Course #LL1829. Four weeks. Auditorium. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$127 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**





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

Indoor Walking Group - Tuesdays, January 6 - March 31, 1:00 - 2:00 p.m.

Don't worry about the weather. Join your neighbors and friends for indoor laps. Drop-in. Gym. **Free.** For more information, call (301) 891-7280.

Fitness Room

Located at the Recreation Center, 7315 New Hampshire Avenue, is a fitness room* with fitness equipment such as upright bikes, recumbent bikes, treadmills, lat pull-down, chest press, leg extension, leg curl machines and much more.

Tuesdays - Thursdays (55+ only)	Monday - Friday	Saturdays	Sundays/Closed
12:00 noon - 2:00 p.m.	2:30 p.m. - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	

The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center. You can register for this free pass at any time during business hours. For more information contact Paula Lisowski at 301-891-7280 or PaulaL@takomaparkmd.gov.

Drop-in Activities, Community Center, 7500 Maple Avenue

Bingo - Thursdays, November 20 & December 18 - 12:00 - 2:00 p.m.

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

Blood Pressure Screening - Thursdays, November 20 & December 18 - 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. (Get-together will not meet 1/19, 2/16, and 3/9 - 3/30)

Table Tennis - Ongoing, Mondays - Saturdays 10:00 a.m. - 12:00 p.m.

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. The Game Room is open 9 a.m.—1:00 p.m.**

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

Located at the Community Center, 7500 Maple Avenue, 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	Saturday/Sunday
12:00 - 8:00 p.m.	12:00 - 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 plus

November Trips!

Please pre-register in-person or by mail: Takoma Park Recreation Department

7500 Maple Avenue -or- 7315 New Hampshire Avenue, Takoma Park, Maryland 20912

Trips are popular and fill up fast, so register early. We have a fair "first come-first serve" system for all participants during each building's regular business hours. Mail-in registration is available, and a form can be found on the Takoma Park Recreation Department website. Mail-in forms will be processed on the opening dates for each month as stated below after walk-ins are registered. Incomplete forms cannot be processed. Please let staff know if you require any special accommodations to participate. If you have questions, please call the Recreation Department at 301-891-7290.

The Active Adventures program is designed for active independent adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. Bus pick up of registered participants at the following locations: Franklin and Mapleview Apartments, Victory Tower (pick up at 9:00 a.m.) and (new) Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

In September, the Recreation Department added an additional bus pick up and drop off location at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, for the Active Adventure trips. The pick up time will begin 30 minutes prior to the Takoma Park Community Center regular departure time for registered participants. For more information, please call Paula Lisowski, Seniors Program Manager at 301-891-7280 or email to PaulaL@takomaparkmd.gov

NOVEMBER 2014 TRIPS - Registration begins Monday, November 3 (and not before)

Thursday, November 13 - Museum Shop Around at Strathmore Mansion



A gift shop holiday shopping extravaganza! At the ***Museum Shop Around*** at Strathmore, 19 non-profit organizations bring their museum gift shops to the beautifully decorated Mansion at Strathmore so that you can get your holiday shopping done all under one roof. This event is an annual tradition for shoppers looking to find museum-quality decorative arts, handcrafted jewelry, apparel, glassware, toys, books, CDs, plants, paper goods and many other items. It's also fun to window shop for ideas, and your chance to see the historic Strathmore Mansion. Bring spending money to purchase lunch at a local eatery. **Rain or shine!**

Time: 8:45 a.m. - 3:00 p.m.* \$9 admission, bring with you on 11/13/14. Proceeds support arts and education programs at Strathmore. 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.



More Active Adventure Trips for adults 55 plus!

DECEMBER 2014 TRIPS - Registration begins Monday, December 1 (and not before)

Trip #1: Wednesday, December 10 - Holiday Display - U.S. Botanic Garden, Washington, DC



Despite the cold outside, the Conservatory, a warm tropical paradise, has one of the largest decorated trees in Washington, D.C, and a poinsettia showcase. The “fantasy train display” and “Seven Seas” exhibitions fill the East Gallery with the sights, scents and sounds of *Season’s Greetings*. Bring spending money for lunch at a local eatery.

Rain or Shine!

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

Trip #2: Wednesday, December 17 - Lakeforest Mall Shopping Trip, Gaithersburg, MD

At Lakeforest Mall, you’ll find one of the most complete selection of stores and eateries in the Gaithersburg and upper Montgomery county area. With over 150 shopping choices including the anchor stores JCPenny, Lord & Taylor, Sears, and Macy’s, Lakeforest has the style and selection for the entire family. Plenty of dining choices including 10 food court cafés, 4 quick serve eateries, 10 specialty shops and the following restaurants: J. Maries, Ruby Tuesday, Red Robin and the Silver Diner. And a movie theatre too! Bring spending money for lunch and shopping. Window shopping is free. Wear comfortable walking shoes. **Rain or shine!**

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

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



A great day at the Zoo!
We were kids again,
forever young in spirit, as
we enjoyed our trip to the
National Zoo in D.C. for
the animals, rides, food
and fun on a beautiful
sunny day in September!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Inclement Weather Info: For information, call our weather hotline: (301) 891-7101 ext. 5605</p>		<p>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.</p>				<p>1 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30a-12:30 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>2 <i>Center Open on Sundays 12 - 5 p</i></p> <p>This star symbol denotes a new event or class.</p> 	<p>3 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p> 	<p>4 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Indoor Walking</u> Gym, 1-2 p <u>Full Body Fusion</u> Gym, 1 - 2 p <u>Bus Transportation</u> 9 a—3 p</p> 	<p>5 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12:00 noon <u>Impressionist Painting—Art Room</u> 1:30—3:30 p <u>Marc Chagall</u> <u>Lecture-Auditorium</u> 1:30-3:30 p</p> 	<p>6 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room with Rochelle</u> 12—1 p <u>Fitness Room Open</u> 12 - 2 p.m.</p>	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12 - 1 p</p> 	<p>8 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> <u>Session Ends</u> 11:30 a-12:30 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>9 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>10 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>11 <i>Veteran's Day Center Closed</i></p> 	<p>12 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12:00 noon <u>Impressionist Painting-Art Room</u> 1:30—3:30 p <u>Marc Chagall</u> <u>Lecture-Auditorium</u> 1:30-3:30 p</p>	<p>13 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Trip to Strathmore Mansion Shop Around</u> 8:45 a—3 p</p>  <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p</p>	<p>14 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p>	<p>15 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>16 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>17 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>18 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p <u>Trip to</u> 8:45 a—3 p</p>  <p>Recreation Center 7315 New Hampshire Ave. <u>Indoor Walking</u> Gym, 1-2 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p>	<p>19 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12:00 noon <u>Marc Chagall</u> <u>Lecture-Auditorium</u> 1:30-3:30 p</p>	<p>20 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12-2 p</p>  <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room with Rochelle</u> 12—1 p <u>Fitness Room Open</u> 12—2 p.m.</p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12 - 1 p</p> 	<p>22 <u>Table Tennis</u> 10 a—12 p <u>Cardio Groove</u> 11:30 a-12:30 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>23 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>24 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>25 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Indoor Walking</u> Gym, 1-2 p <u>Full Body Fusion</u> Gym, 1 - 2 p</p>	<p>26 <u>NO Line Dancing</u></p> <p><u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 10 a—12:00 noon <u>Marc Chagall</u> <u>Lecture-Auditorium</u> 1:30-3:30 p</p>	<p>27 <i>Thanksgiving Holiday Center Closed</i></p>	<p>28 <i>Thanksgiving Holiday Center Closed</i></p> 	<p>29 <i>Thanksgiving Holiday Center Closed</i></p>
<p>30 <i>Thanksgiving Holiday Center Closed</i></p>						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This star symbol denotes a new event, class or session.</p> 	<p>1 Bone Builders 10—11 a Table Tennis 10 a—12 p Needlework Get-Together 11:30 a—1 p</p>	<p>2 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p Zumba Gold 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Indoor Walking Gym, 1-2 p Full Body Fusion Ends Gym, 1 - 2 p</p>	<p>3 Line Dancing 10:50—11:50 a Table Tennis 10 a—12 p Computer Class End of Session 10 a—12 noon Living Well Follow-up Senior Room 10 a - 12 p</p>	<p>4 Bone Builders 10—11 a Table Tennis 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room with Rochelle 12—1 p Fitness Room Open 12—2 p.m.</p>	<p>5 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p Gentle Yoga 12—1 p</p> 	<p>6 Table Tennis 10 a - 12 p Zumba Gold 2—2:45 p</p>
	<p>7 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>8 Bone Builders 10—11 a Table Tennis 10 a—12 p Needlework Get-Together 11:30 a—1 p</p>	<p>9 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p Zumba Gold Session Ends 11:45 a—12:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Indoor Walking Gym, 1-2 p</p>	<p>10 Line Dancing 10:50—11:50 a Table Tennis 10 a—12 p Trip to Botanic Garden 8:45 a—3 p</p> 	<p>11 Bone Builders 10—11 a Table Tennis 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p.m.</p>	<p>12 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p</p>
<p>14 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>15 Bone Builders 10—11 a Table Tennis 10 a—12 p Needlework Get-together 11:30 a—1 p</p>	<p>16 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. Indoor Walking Gym, 1-2 p</p>	<p>17 Line Dancing 10:50—11:50 a Table Tennis 10 a—12 p Shopping Trip to Lakeforest Mall 8:45 a—3 p</p> 	<p>18 Bone Builders 10—11 a Table Tennis 10 a—12 p Blood Pressure 11:30 a—12:30 p Bingo 12—2 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room w/Rochelle 12—1 p Fitness Room Open 12—2 p.m.</p> 	<p>19 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p Gentle Yoga 12—1 p</p> 	<p>20 Table Tennis 10 a—12 p</p>
<p>21 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>22 Bone Builders 10—11 a Table Tennis 10 a—12 p Needlework Get-together 11:30 a—1 p</p>	<p>23 Bone Builders 10:30—11:30 a Table Tennis 10 a—12 p</p> <p>Recreation Center 7315 New Hampshire Ave. Indoor Walking Ends Gym, 1-2 p</p>	<p>24 No Line Dancing Table Tennis 10 a—12 p <i>Christmas Holiday</i> <i>Center Closed</i> <i>1/2 Day</i></p> 	<p>25 <i>Christmas Holiday</i> <i>Center Closed</i></p> 	<p>26 No Bone Builders Table Tennis 10 a—12 p</p>	<p>27 Table Tennis 10 a—12 p</p>
<p>28 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>29 Bone Builders 10—11 a Table Tennis 10 a—12 p Needlework Get-Together 11:30 a—1 p</p>	<p>30 No Bone Builders Table Tennis 10 a—12 p</p>	<p>31 No Line Dancing Table Tennis 10 a—12 p</p>			