



Forever Young

Enjoying Active Life Over 55 in Takoma Park

2nd Annual Table Tennis Tournament!

Sunday, April 12, 2015

2:00 - 4:00 p.m.

Game Room, Takoma Park Community Center
7500 Maple Avenue

Official Judge: Mr. Donn Olsen, Table Tennis Coach
Club Joola, Rockville

We will supply paddles but you are welcome to bring your own.



This free tournament will be a friendly and fun event - simple rules and basic skill levels. On-line or in-person registration is required by 3/27/15. For more information, please contact Paula Lisowski, Takoma Park Recreation Department at 301-891-7280 or paulal@takomaparkmd.gov

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Spring 2015 Class Registration Opens Monday, March 16th



Revised: Mark your calendars. Registration for Spring and Summer recreation classes opens on **Monday, March 16th.**

Registration will begin at 8:30 a.m. for walk-ins and on-line. For more information, please contact the Takoma Park Recreation office at 301-891-7290 or contact Paula Lisowski, Seniors Program Manager at 301-891-7280. See page 4 for details, or look for the Spring/Summer City Guide in the March 2015 Takoma Park Newsletter.

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 - Local Community Special Events March & April - All Ages Welcome!

Wednesday, March 25 - El Barrio Tambien Canta - live musical performances from across Latin America, 7:30 p.m., Takoma Park Community Center Auditorium, free. www.takomaparkmd.gov/arts

Friday, March 27 - Casona de Lata - Spanish language theatrical performances by actors from across the Washington Metropolitan area. Storytelling, one-act plays, poetry and more. Free. 7:30 p.m., Takoma Park Community Center Auditorium. www.takomaparkmd.gov/arts

Saturday, April 4 - Annual Egg Hunt - Get ready for the Takoma Park Recreation Department's Egg Hunt. Ages 2 - 8 years. The egg hunt starts promptly at 11 a.m. sharp! Free. Don't forget to bring your basket to Ed Wilhelm Field (behind Piney Branch Elementary School) for a morning of fun!
www.takomaparkmd.gov/recreation



Saturday, April 11 - Arbor Day & Tree Give-Away - www.takomaparkmd.gov

Sunday, April 12 - Family Fun Festival - Washington Adventist University - www.wau.edu

Sunday, April 19 - Earth Day at T.P.S.S. Food Co-op - www.tpss.coop

Wednesday, April 22 - Favorite Poem Evening - Join other poetry enthusiasts and read your favorite poem; intergenerational, all ages welcome - www.takomapark.info/library

Friday-Sunday, April 24-26 - Art Hop - www.mainstreettakoma.org

Sat/Sun, April 25-26 - Sweep the Creek - Friends of Sligo Creek - www.fosc.org



Celebrate Takoma Festival - Coming Soon! Join your friends and neighbors, **Sunday, May 17**, for the 3rd annual "Celebrate Takoma" - a wonderful intergenerational community festival celebrating the cultural diversity of Takoma Park. The festival will be 12 - 5 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.

Would you like to be a part of the festival? We are looking for performers, vendors and citizens demonstrating games from their native countries. <http://takomaparkmd.gov/recreation/celebrate-takoma>

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). For information, contact Joyce Seamens, Director of Pool Operations, **(301) 565-0190**, email: 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

Special Events Around Town

March 7 and 8 - Travel & Adventure Show - Washington Convention Center, 801 Mount Vernon Place, Washington, DC - Visitors can gather information on hundreds of exciting travel destinations all at one place. Vendors offer show-only travel deals, free giveaways, educational seminars, cultural performances and more. Hours: Fri. & Sat. 10:00 a.m. - 5:00 p.m., Sunday, 11:00 a.m. - 4:00 p.m. For more information go to www.adventureexpo.com - Tickets are \$15 per person at door/\$10 online.

April 23-26 - Smithsonian Craft Show - National Building Museum, 401 F Street, NW, Washington DC
The Smithsonian Craft Show is an exhibit of 120 exceptional craft artists, representing works in basketry, ceramics, decorative fiber, furniture, glass, jewelry, leather, metal, paper, wearable art, and wood. Tickets are \$15 per adult, children under 12 are free. For more information and a schedule of events, go to www.smithsoniancraftshow.com



Need to brush up on your Driving Skills?

The AARP Driver Safety Program, the nation's largest classroom refresher course for drivers 55 and older, is designed to help tune up driving skills, explain safe driving strategies, covers the latest rules of

the road and defensive driving techniques. Some insurance companies in Maryland may offer auto premium discounts to drivers who take this course. Check with your agency.

AARP Smart Driver Safety Program

**Monday, April 20, 2015
12:00 - 4:30 p.m. ~ Hydrangea Room
Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912**

Prior to class: Register with the Recreation Department.
Registration opens on March 16, 2015
For more information, call 301-891-7280

Day of class: Bring your check, AARP Card, and driver's license to class. Make checks payable to AARP.
Cost: \$15 for AARP Members/\$20 for Non-Members

AARP Free Tax Service for adults 55 plus

For information about the AARP free tax service and Montgomery County service locations, please contact:
Kathleen Meaney Stobie
RSVP Program Director, Montgomery County Volunteer Center
12900 Middlebrook Road, Suite 1600 Germantown, MD 20874-2646
Phone: 240-777-2612
Email: kathleen.stobie@montgomerycountymd.gov



Montgomery College Lifelong Learning Spring Classes! See page 5 for details.

Montgomery College, in partnership with the Takoma Park Recreation Department, is presenting a new class for adults in Takoma Park. **New for Spring: The Life and Works of Georgia O'Keeffe.** As with all Lifelong Learning Institute classes, fees are paid directly to Montgomery College, and registration is made directly with Montgomery College. For more information: 240-567-5188 or www.montgomerycollege.edu/wdce

**Seniors Community Forum - Breakfast Meetings
Hosted by Wolfgang Mergner**

Thursday, March 26
Topic: How to realize the Village in Takoma Park
Thursday, April 23 - Topic: Seniors and Emergencies
10 a.m. – 12 p.m. Refreshments served.
Azalea Room, Takoma Park Community Center
7500 Maple Avenue
For more information, contact Mr. Mergner
at 301-587-3050 or email: wolfgang.mergner@gmail.com

Computer Center Needs Volunteers to help teach "Beginners" Computer Class

Wednesdays, 10 a.m. – 12 p.m.
Six-week sessions, ongoing, Computer Lab
Takoma Park Community Center
7500 Maple Avenue
For more information, contact Phil Shapiro,
Takoma Park Library
at 301-891-7269
or email: phils@takomaparkmd.gov



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.

- 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 register for one class only.
- **TP Recreation Spring/Summer class registration begins: March 16/Montgomery College registration began: Nov. 19**
- Transportation is provided for trips and special events. Space is limited. See page 7 for trip registration information.
- For more information please contact the Takoma Park Recreation Department at (301) 891-7290.

Please choose one of the options below to register beginning Monday, March 16 at 8:30 a.m.:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo on the top left corner. An email address and ActiveNet password is needed to login to ActiveNet. Please confirm with staff in advance if you are unsure of your password.
2. In person at either location during specific regular business hours:
 Takoma Park Community Center, 7500 Maple Avenue
 Takoma Park Recreation Center, 7315 New Hampshire Avenue
3. Mail-in your registration to the Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, MD 20912. Incomplete forms cannot be processed. On March 16th, mailed-in forms will be processed after all walk-ins have been accommodated.
4. Fax your registration form to [301-270-4094](tel:301-270-4094). Incomplete forms cannot be processed. On March 16th, faxed-in forms will be processed after all walk-ins have been accommodated.

Fitness Classes at the Community Center, 7500 Maple Avenue

Cardio Groove Thursdays, April 2 - June 4, 1:30 - 2:30 p.m. Dance Room

High energy and easy to follow music beats designed for aerobics. Start with a warm-up, followed by fast-paced, low impact aerobics that get the heart pumping and feet moving quickly, then a cool down and stretch. **Registration is required.** Instructor: Nancy Nickell. **Free.** For information, call 301-891-7280.

Gentle Yoga Alternate Fridays, Session 1: April 10-June 26/Session 2: July 10-August 28, 12:00 - 1:00 p.m.

Carol Mermey, RYT, will introduce you to 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 more experienced students welcome, work at your own level. You must bring a yoga mat to every class. **Free. Registration is required.** For information, call (301) 891-7280.

Line Dancing Wednesdays, Session 1: April 1 - June 24/Session 2: July 1 - August 26, 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. **Free. Registration is required.** For more information, please call (301) 891-7280.

Zumba Gold - Tuesdays, Session 1: April 7 - June 9/Session 2: July 7 - August 25, 11:45 a.m. - 12:30 p.m.

-or- Saturdays, Session 1: April 11 - June 13/Session 2: July 11 - August 29, 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. You may register for one day per week, Tuesdays or Saturdays, but not both days. Choose the class that fits your schedule. **Free. Registration is required.** For more information, call (301) 891-7280.

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

Equipment Orientation - Fitness Room Thursdays, April 2 and April 16, 12:00 - 1:00 p.m.

Join Rochelle Coleman, Certified Fitness Instructor, for a one-time, 2-day orientation for using the fitness equipment. See page 6 for a list of equipment available for your use, and the hours the room is available exclusively for 55 plus. **Free. Registration is required.** For more information, call 301-891-7280.

Full Body Fusion - Tuesdays, April 7 - May 26, 1:00 - 2:00 p.m.

Active adults 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. Instructor: Jaylene Sarracino. **Free. Registration is required.** For more information, call (301) 891-7280.

Tennis Fun and Fitness - Thursdays, April 9 - May 28, 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. **Free. Registration is required.** 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 p.m.

Session 1: April 8 - May 6 /Session 2: May 13 - June 17 /Session 3: July 1 - August 5

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. **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.



Intermediate Crochet Class - Mondays, April 20 - May 11, 10:00 a.m. - 12:00 p.m.

This class requires that students are able to read patterns and do basic crochet stitches. In this class students will follow patterns to make one of the following projects: textured placemats; ripple lap blankets; lacy shawls; Tunisian crochet bag or cowl. The instructor will contact students prior to class to discuss project selection and the cost of materials which will vary depending on the choice of project. Materials will be ordered prior to the start of class. Students are required to reimburse the instructor for the project cost at the first class. Instructor: June Gable. **Instruction: Free. Cost: crochet project materials \$8 minimum - \$18 maximum per student depending on project cost. Registration is required.** For more information, call (301) 891-7280.



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. 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 240-567-5188.**



The Life and Works of Georgia O'Keeffe - Thursdays, April 16 - 30, 1:30 - 3:30 p.m.

Georgia O'Keeffe was an inspiring woman and a creative genius. Learn about her background and training as an artist. Discuss the artistic climate in the USA at the time and the way in which European art brought about change. Learn the significance of Alfred Stieglitz both as her husband and owner of the famous 291 Gallery. Discuss what drew O'Keeffe to New Mexico and how this changed her work. Course #LL1695. Three weeks. Auditorium. **Lifelong Learning Institute - cost \$65. Tuition waiver applies; adults 60 and older pay this fee only. (\$120 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-5188.**





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



Indoor Badminton- Thursdays, April 9 - June 11, 1:00 - 2:00 p.m.

Send that “birdie” over the net! Join your neighbors and friends for some lively exercise in the gymnasium. Drop-in. **Free.** For more information, call (301) 891-7280.

Indoor Walking Group - Tuesdays, March 3 - June 9, 12:00 - 1:00 p.m.

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

Fitness Room

The Fitness Room is a hidden gem. Stop by the Recreation Center (7315 New Hampshire Avenue) and see for yourself. The Fitness Room features a variety of 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
12:00 - 2:30 p.m.	2:30 - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	Closed

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, March 26 & April 23 - 12:00 - 2:00 p.m. Try your luck. Win a prize. Drop-in. Free.

Blood Pressure Screening - Thursdays, March 26 & April 23 - 11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a **free** monthly blood pressure screening. Drop-in. Free.



Mental Workouts - Wednesdays, March 18 & April 8 - 12:00 - 1:00 p.m.

Exercising your brain is an important part of healthy living. Table games promote cognitive health. Let’s start with Scrabble, and sprinkle in a few brain teasers. Looking for players, new and experienced. Drop-in. 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. Free.

*The group will not meet during inclement weather. (Get-together will not meet 4/20, 4/27, 5/4, 5/11)

Table Tennis - Ongoing, Mondays - Friday 9:00 a.m. - 1:00 p.m. and 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. **Free.**

Senior Room

Need a great place with comfortable furnishings and a relaxed atmosphere to socialize or read? Come to the Senior Room, located at the Community Center, 7500 Maple Avenue. Four computers and a printer are available, or bring your laptop. Join in activities such as Bingo, health screenings, workshops and much more.

Monday - Friday	Saturday/Sunday
12:00 - 8:00 p.m.	12:00 - 5:00 p.m.



Active Adventure Trips for adults 55 plus

MARCH TRIPS

**Please register on-line, in-person or by mail:
7500 Maple Avenue -or- 7315 New Hampshire Avenue**

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. You may also register on-line using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo on the top left corner. An email address and ActiveNet password is needed to login to ActiveNet. 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 Maplevue Apartments, Victory Tower (pick up at 9:00 a.m.) and the Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

March trip registration begins Monday, March 2 @ 8:30 a.m. (and not before)

Trip #1: Wednesday, March 11 - Tour of the Hirshhorn Art Museum, Washington, DC

It’s the Hirshhorn’s 40th anniversary and we’ll celebrate it with a docent led “highlights” tour of this beautiful museum of modern and contemporary art. This is our first in a series of “Art in the Afternoon” tours in 2015. **Rain or Shine! Lunch time not included.**

Time: 12:45 - 5:00 p.m.* Free admission. No cost for transportation.



Trip #2: Friday, March 20 - Special Extended Trip - Double Site Tours: National Electronics Museum and the historic Benson-Hammond House, Linthicum, MD

Join us for a morning tour of the National Electronics Museum, home to approximately 10,000 fascinating artifacts collected and preserved to educate the general public of the evolutionary milestones in electronics that led to the sophisticated products in use today. After lunch, we will tour the historic Benson-Hammond House Museum, operated by the Ann Arrundell County Historical Society. This museum showcases antique furniture and textiles of the Victorian era, implements of farm life in the late 19th century, quilts, cooking utensils and other artifacts as well as the Society’s large collection of antique dolls. The museum shop offers a wide selection of books on local history, and antiques and crafts for sale.



Note: the museum has stairs. Not wheelchair accessible. Wear comfortable walking shoes. Bring spending money for lunch at a local restaurant, and shopping. **Rain or shine!**

Time: 8:45 a.m. - 5:00 p.m.* \$6 per person admission (covers both locations, \$3 each), bring with you. 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.

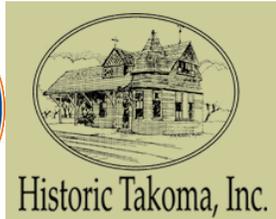


APRIL TRIPS

More Active Adventure Trips for adults 55 plus!

April trip registration begins Wednesday, April 1 @ 8:30 a.m. (and not before)

Trip #1: Tuesday, April 14 - Takoma Park 125 Anniversary Tour with Dianna Kohn



This year Takoma Park celebrates 125 years as an incorporated town. Join Diana Kohn of Historic Takoma for a narrated bus tour tracing the evolution of Takoma Park from the days of 1890 to current time. Discover what early landmarks still stand, including a walkthrough of the Cady Lee (time permitting). Hear the stories and explore the diverse neighborhoods that make up Takoma Park. We will stop for

lunch at a local restaurant. Bring spending money for lunch. Rain or shine!

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

Trip #2: Saturday, April 18 - Leesburg Flower and Garden Festival, Virginia

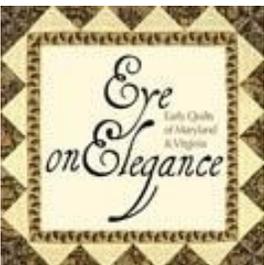


Historic Leesburg kicks off the spring season each year with the Leesburg Flower and Garden Festival showcasing lush landscapes and gorgeous gardens. Since 1991, downtown Leesburg is transformed every spring into a botanical garden with streets full of plants, flowers, garden products, family fun activities and entertainment. More than 100 vendors will display landscape designs, gardens supplies, outdoor plants, flowers, herbs and much more. The heart of the festival is the intersection of King and Market streets. Bring your lunch or spending money for lunch and shopping on your own.

Lots of walking! Wear comfortable walking shoes. Rain or shine!

Time: 8:45 a.m. - 5:00 p.m.* \$3 per person festival admission, bring with you. No cost for transportation.

Trip #3: Wednesday, April 22- DAR Museum Tour/Quilt Exhibit, Washington, DC



“Eye on Elegance: Early Quilts of Maryland and Virginia” introduces visitors to a little known history of early American quilts and their makers from 1790 to 1860. The quilts are outstanding examples of design, made from the finest imported fabrics of the time, and reflect the refined taste and style of the women artists. We will begin the day with a docent led tour of the fascinating DAR museum’s “Period Rooms” depicting regional or American interiors from the 17th century to the early 20th century. Afterwards you will have time on your own to enjoy this special limited time quilts

exhibit (no additional charge). Bring your lunch or spending money for lunch on your own at Union Station. Wear comfortable walking shoes. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m.* \$3 per person admission, bring with you.

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Needlework Get-together 11:30 a—1p	3 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12— 2 p.m. Indoor Walking Gym, 12—1 p Full Body Fusion 1—2 p	4 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p	5 Bone Builders 10—11 a Game Room-Table Tennis 9 a—1 p Mont. College Drawing Class Begins 1—3 p Recreation Center 7315 New Hampshire Ave.  Fitness Room Open 12— 2 p.m. Tennis Fun & Fit Ends 12—1 p Table Tennis Class 12—1 p	6 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12— 1 p 	7 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p
8	9 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Beginners Crochet Class begins 10 a—12 p	10 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12— 2 p.m. Indoor Walking 12—1 p Full Body Fusion Make-up class 1—2 p	11 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p Trip to Hirshhorn 12:30—5 p 	12 Bone Builders 10—11 a Game Room-Table Tennis 9 a—1 p Mont. College Drawing Class 1—3 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12— 2 p.m. Table Tennis Class 12—1 p	13 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p	14 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p
15	16 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Crochet Class 10 a—12 p	17 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold Ends 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Indoor Walking Gym, 12—1 p Full Body Fusion Make-up 1—2 p	18 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p Mental Workout 12—1 p 	19 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p (No Mont. College today) Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Table Tennis Class 12—1 p	20 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12— 1 p  Trip to Linthicum Museums 8:45 a—5 p 	21 Game Room Open Table Tennis 10 a—12 p Zumba Gold Ends 2—2:45 p
22	23 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Crochet Class 10 a—12 p	24 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p.m. Indoor Walking Gym, 12—1 p	25 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p	26 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Blood Pressure 11:30 a—12:30 p Bingo 12—2 p Mont. College Drawing Class 1—3 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p.m. Tab. Tenn. Class Ends 12—1 p 	27 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12—1 p	28 Game Room Open Table Tennis 10 a—12 p
29	30 Bone Builders 10—11 a Game Room Open-Table Tennis 9 a—1 p Crochet Class Ends 10 a—12 p	31 Bone Builders 10:30—11:30 a Game Room-Table Tennis 9 a—1 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p.m. Indoor Walking Gym, 12—1 p				This star symbol denotes a new class, or a special event.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> <u>Winter Session Ends</u> 10 a—12 p</p>	<p>2 <u>Bone Builders</u> 10—11 a <u>Game Room-Table Tennis</u> 9 a—1 p <u>Mont. College</u> <u>Drawing Class</u> 1—3 p <u>Cardio Groove Begins</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Orientation with Rochelle</u> 12—1 p</p>	<p>3 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>4 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Egg Hunt Event</u> 11 a.m. </p>
<p>5</p>	<p>6 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room -Table Tennis</u> 9 a—1 p <u>Zumba Gold Begins</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking</u> 12—1 p <u>Full Body Fusion Begins</u> 1—2p</p>	<p>8 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> <u>Spring Session Begins</u> 10 a—12 p <u>Mental Workout</u> 12—1 p</p>	<p>9 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Mont. College</u> <u>Drawing Class</u> 1—3 p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Tennis Fun/Fit Begins</u> 12-1 p <u>Indoor Badminton Begins</u> 1—2 p</p>	<p>10 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p </p>	<p>11 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold Begins</u> 2—2:45 p</p>
<p>12 <i>Table Tennis Tourny Event 2-4 pm</i> </p>	<p>13 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>14 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room - Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking</u> Gym, 12—1 p <u>Full body Fusion</u> 1—2 p <u>Takoma Park History Trip</u> 8:45 a—3 p </p>	<p>15 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p</p>	<p>16 <u>Bone Builders</u> 10—11 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Mont. College - O'Keefe Class Begins</u> 1:30—3:30 p  <u>Cardio Groove</u> 1:30—2:30 p <u>Mont. College</u> <u>Drawing Class Ends</u> 1—3 p Recreation Center <u>Fitness Room Open</u> 12 - 2 <u>Orientation w/Rochelle</u> 12-1 p <u>Tennis Fun/Fit</u> 12—1 p <u>Indoor Badminton</u> 1—2 p</p>	<p>17 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>18 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p <u>Trip Leesburg Flower Show</u> 8:45 a—5 p </p>
<p>19</p>	<p>20 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Intermediate Crochet Begins</u> 10 a—12 p No Needlework Get-together <u>ARP Driver Safety Class</u> 12—4:30 p  </p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking</u> Gym, 12—1 p <u>Full body Fusion</u> 1—2 p</p>	<p>22 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p <u>Trip to DAR</u> 8:45 a—3 p </p>	<p>23 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> 9 a—1 p <u>Blood Pressure</u> 11:30 a-12:30 p <u>Bingo</u> 12—2 p  <u>Mont. College - O'Keefe</u> 1:30—3:30 p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center <u>Fitness Room Open</u> 12—2 p <u>Tennis Fun Fit</u> 12—1 p <u>Indoor Badminton</u> 1—2 p</p>	<p>24 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p </p>	<p>25 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>26</p>	<p>27 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Intermediate Crochet Class</u> 10 a—12 p No Needlework Get-together</p>	<p>28 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room -Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p.m. <u>Indoor Walking</u> Gym, 12—1 p <u>Full Body Fusion</u> 1—2 p</p>	<p>29 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room Open-Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p</p>	<p>30 <u>Bone Builders</u> 10—11 a <u>Game Room Open</u> 9 a—1 p <u>Mont. College - O'Keefe</u> 1:30—3:30 p <u>Cardio Groove</u> 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Tennis Fun/Fit</u> 12—1 p <u>Indoor Badminton</u> 1—2 p</p>	<p> This star symbol denotes a new class, or a special event.</p>	