



Forever Young

Enjoying Active Life Over 55 in Takoma Park

Takoma Park's 125th Anniversary!

You are Invited to Historic Takoma's Celebration Tea



Join us for a lovely Victorian Tea hosted by Historic Takoma, Thursday, May 14, 2:00 - 4:00 p.m. Limited seating. Free event. Registration is required. Transportation will be provided by the Recreation Bus to and from the event. Please see page 7 for details about this event and the RSVP registration information. For more information, contact Paula Lisowski at 301-891-7280.

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April 12th Table Tennis Tournament Highlights



Our talented competitors: Barry and Carro Hinderstein, Jonah Campbell, Anna Anatol, Lawrence Fields, Sam Vedamony, Joel Snyder, Margo Ritter, Peter Smith, Vivian Fong, and Judge Donn Olsen.



(left to right) "Finalist" Mr. Peter Smith, and the "Champion" Ms. Vivian Fong, pose with tournament official Coach Donn Olsen.

Photos by Paula Lisowski



Mark Your Calendars - Local Community Special Events May & June - All Ages Welcome!

Friday, May 1 - Mayday Dawn Dance with Morris Dancers - www.fbmm.org

Sunday, May 3 - Safe Routes to School 5K challenge - www.tkpk5k.com

Sunday, May 3 - House & Garden Tour - www.historictakoma.org

Saturday, May 16 - Takoma Porch Music Festival - www.takomaporch.org

Saturday, May 16 - Book Sale - Friends of the T.P. MD Library - www.ftpml.org



Sunday, May 17 - Celebrate Takoma Festival & Azalea Awards - Join your friends and neighbors 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, 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>

Thursday, June 4 - Thunderbolts Baseball Opening Day - www.tbolts.org

Saturday, June 13 - Adult Play Day - www.takomaplays.org

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: jkkseamens@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

May 28 - 31 - Herndon Festival - 777 Lynn Street, Herndon, Virginia - the largest free festival in Northern Virginia features live entertainment, carnival rides, games, 10k and 5k races, model railway exhibit, arts and crafts show and fireworks display. For more information go to www.herndonfestival.net

May 30 and 31 - Delaplane Strawberry Festival - Sky Meadows State Park, 11012 Edmonds Lane, Delaplane, Virginia - family-oriented fun including live entertainment, pony rides, hayrides, a petting zoo, a raptor exhibit, antique cars and lots of food and crafts. Fresh flats and pints of strawberries for sale to enjoy on-site or take home. 10:00 a.m. - 5:00 p.m. Admission is \$20 per car in advance and \$25 at the gate. For more information, go to www.delaplanestrawberryfestival.com

June 17 - 21 - AFI DOCS Film Festival - Washington, DC and Silver Spring, MD - The festival was created through a unique alliance between the American Film Institute (AFI) and Discovery Channel to showcase, honor and expand the audience for independent documentaries. AFI DOCS brings the best new documentaries to various venues in Washington, DC and Silver Spring, MD, showcasing films from 28 countries. For more information, film schedule and to purchase tickets in advance, go to www.afi.com



March 11, 2015 visit to Hirshhorn Art Museum, Washington, DC

Museum tour review by Emily Lorens

“On a spring-like March afternoon, a group of active seniors went on our first in a series of tours of art museums planned for 2015. We celebrated the Hirshhorn Art Museum’s 40th anniversary with a tour led by a knowledgeable docent, John Hobson. We saw the third floor exhibition of modern and contemporary art, “At the Hub of Things: New Views of the Collection,” where there are thought provoking pieces such as Nick Cave’s mixed media

sculpture, “Soundsuit” designed to be worn by a dancer. Another fascinating sculpture was Ernesto Neto’s “The Dangerous Logic of Wooing,” which we were able to walk under and through. We enjoyed this trip. Please join us for the next “Art in the Afternoon” trip to a different art museum.”

- Emily Lorens

We posed outside under Alexander Calder’s 1965 painted steel sculpture *Two Discs*. (Left to Right) Lesley, John (Museum Docent), Colleen, Anne, Deborah, and Emily. For information about May and June trips, see pages 7 and 8.



Seniors Community Forum - Breakfast Meetings Lifelong Takoma & Takoma Park Village

Thursday, May 28 - Topic: Health Care Options
Thursday, June 25 - Topic: Maintaining Health with
Exercise & Nutrition

10 a.m. – 12 noon 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 noon
Six-week sessions, ongoing, Computer Lab
Takoma Park Community Center

7500 Maple Avenue

For more information, contact Phil Shapiro,
Takoma Park Library

Phone: 301-891-7269

or email: phils@takomaparkmd.gov



Incident 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.
- **Registration for TP Recreation Spring and Summer classes began: March 16**
- 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:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: www.takomaparkmd.gov/recreation, click on the ActiveNet registration logo in the top left corner. An email address and ActiveNet password is needed to login to ActiveNet.
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.
4. Fax your registration form to [301-270-4094](tel:301-270-4094). Incomplete forms cannot be processed.



Fitness Classes at the Community Center, 7500 Maple Avenue

The following Spring/Summer 2015 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes with an asterisk* next to title. Registration for these sessions began on March 16, 2015.

*Bone Builders, Mondays/Thursdays, ongoing, 10:00 - 11:00 a.m.

Gentle Yoga, Alternate Fridays, 12:00 - 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.

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

High energy and easy to follow musical 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.

Zumba Gold - Tuesdays, April 7 - June 9, 12:45 - 1:30 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 class per week, Tuesdays or Saturdays, but not both days. Choose the class that fits your schedule. **Free. Registration is required.** For more information, please call (301) 891-7280.

Zumba Gold - Saturdays, April 11 - June 13 or 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 class per week, Tuesdays or Saturdays, but not both days. Choose the class that fits your schedule. **Free. Registration is required.** For more information, please call (301) 891-7280.

Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue

The following Spring/Summer 2015 class at the Takoma Park Recreation Center is currently full, however a waiting list is available. Registration for this session began on March 16, 2015.

*Full body Fusion, Tuesday, 1:00 - 2:00 p.m.

*Tennis Fun & Fitness, Thursday, 12:00 - 1:00 p.m.

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



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

Spring Session: May 13 - June 17; Summer Session: 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.

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).
- **Gentle Yoga class - due to the nature of this class, "new" participants must attend the first two classes (per instructor) or they will not be admitted after the 2nd class. Short term waiting list only.



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

Indoor Badminton - Thursdays, up to 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, up to 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, May 28 & June 25 - 12:00 - 2:00 p.m. Try your luck. Win a prize. Drop-in. Free.

Blood Pressure Screening - Thursdays, May 28 & June 25 - 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, May 13 & June 17 - 12:00 - 1:00 p.m.

Exercising your brain is an important part of healthy living. Table games promote cognitive health. Scrabble, Rumikube, etc. 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.

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

Please register on-line, 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. 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 in 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. General 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.)

➔ May trip registration begins Friday, May 1 @ 8:30 a.m. (and not before)

Saturday, May 9 - Fine Arts Festival, Bethesda, MD

The Bethesda Fine Arts Festival, ranked by Sunshine Artist Magazine as the best fine art show in Maryland, features 130 artists along Norfolk, Auburn and Del Ray Avenues in Bethesda's Woodmont Triangle. Enjoy continuous live entertainment featuring some of the region's best rock, jazz, and reggae bands. Bring your lunch or bring spending money to purchase your lunch at one of the many fine restaurants within walking distance. Wear comfortable walking shoes. **Rain or Shine!**

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



Thursday, May 14 - Takoma Park 125th Anniversary Celebration Tea



Join us for a lovely Victorian Tea hosted by Historic Takoma at their new home, 7328 Carroll Avenue, that holds the extensive archives of Takoma Park history. Enjoy traditional light fare including tea cakes, shortbread, fruit, cucumber sandwiches, and assorted teas. In keeping with this year's celebration of Takoma Park's incorporation in 1890, learn about the influence of the 1880's Aesthetic Movement on Victorian architecture and interior design. Space is limited, so RSVP (and register) early. **Rain or shine!**

Time: 2:00 - 4:00 p.m. Free admission. No cost for transportation.

Limited seating. Reservation only. Transportation provided by the Recreation Bus to and from the event. On-line or in-person registration required by **5/11/15 deadline.**

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

Trips continued on next page ➔



More Active Adventure Trips for adults 55 plus!

Wednesday, May 20 - James E. Richmond Science Center, Waldorf, MD



Our experience at this brand new science center (opened September 2014) will begin with a feature film in the state-of-the-art 360 degrees *Digital Dome* theatre, using Digistar 5 technology. With a diameter of 60 feet and seating for up to 184 people, it's one of the largest of its kind. In addition, we will be treated to a planetarium sky show, and access to *Science on a Sphere* (a room-sized globe that provides visitors with visual instruction about science, the Earth, and the environment. Developed by the National Oceanic and Atmospheric Association (NOAA), computers and video projectors display animated, 3-dimensional data onto this six-foot diameter sphere. Time permitting, we will be able to see the Science Gallery & Exploration Station, containing an array of science-related images and space exploration artifacts including two satellites (*Vanguard 1* and *SolRad*), and the

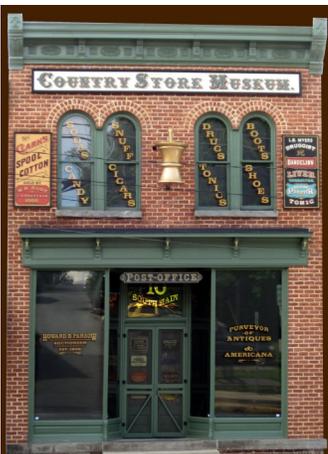


Newton's Apple gift shop. After our visit, we will stop for lunch at a local restaurant. Bring spending money for lunch. Rain or shine!

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

➔ **June trip registration begins Monday, June 1 @ 8:30 a.m. (and not before)**

Thursday, June 11 - Country Store Museum & Rock Hill Orchard, Mount Airy, MD



Step back to the 1880's and rediscover a time when a glass of soda or a good cigar cost a nickel. Thousands of "old store" items fill this historic building including a turn of the century oak and marble soda fountain, a candy department, a pharmacy, and colorful cases and cabinets filled with products. Originally, the building was the Mount Airy Post Office, and is located in heart of downtown historic Mount Airy. We'll tour this fun museum with owner and curator Mr. Howard Parzow, as he tells us lively stories about the museum and the town's history. After our tour you are free to explore the historic town, and it's shops, enjoy lunch in one of the restaurants, or walk to a nearby small park to eat the lunch you brought with you. Bring your lunch or spending money for lunch and shopping on your own. Wear comfortable walking shoes. **Rain or shine!**

On our way home we will make a quick stop at Rock Hill Orchard where you will be able to stock up on fresh seasonal produce.

Time: 8:45 a.m. - 4:00 p.m.* \$8 per person admission and tour, bring with you, pay at the door. 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
<p> This star symbol denotes a new event or class .</p>	<p>Coming Soon - Summer Camps! Children's Tremendous Trips Week is June 15 - 19 Summer Camps Begin Monday, June 22 Summer Camps End Friday, August 14</p>				<p>1 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p</p>	<p>2 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p</p>
3	<p>4 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Intermediate Crochet Class 10 a—12 p</p>	<p>5 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Zumba Gold 12:45 p—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Indoor Walking 12—1 p Full Body Fusion 1—2 p</p>	<p>6 No Line Dancing Game Room Open Table Tennis 9 a—1 p Computer Class Session 1 Ends 10 a—12 p</p>	<p>7 Bone Builders 10—11 a Game Room-Table T 9 a—1 p Cardio Groove 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Tennis Fun & Fit 12—1 p Badminton 1—2 p</p>	<p>8 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12—1 p</p> 	<p>9 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p Trip to Festival 8:45 a—3 p</p> 
10	<p>11 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Intermediate Crochet Class Ends 10 a—12 p</p>	<p>12 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Zumba Gold 12:45 p—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Indoor Walking 12—1 p Full Body Fusion 1—2 p</p>	<p>13 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class Session 2 Begins 10 a—12 p</p>	<p>14 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Cardio Groove 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Tennis Fun & Fit 12—1 p Badminton 1—2 p Takoma Park Tea 12:30—4 p</p> 	<p>15 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p</p>	<p>16 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p</p>
<p>17 <i>Celebrate Takoma Event</i> </p>	<p>18 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Needlework Get-together 11:30 a—1 p</p>	<p>19 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Zumba Gold 12:45 p—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Indoor Walking 12—1 p Full Body Fusion 1—2 p</p>	<p>20 Line Dancing 10:50—11:50 a Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p Trip to Science Center 8:45 a—3 p</p> 	<p>21 Bone Builders 10—11 a Game Room Open Table Tennis 9 a—1 p Cardio Groove 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Tennis Fun & Fit 12—1 p Badminton 1—2 p</p>	<p>22 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p Gentle Yoga 12—1 p</p> 	<p>23 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p</p>
24	<p>25 Bone Builders 10—11 a Game Room Open-Table Tennis 9 a—1 p Needlework Get-together 11:30 a—1 p</p>	<p>26 Bone Builders 10:30—11:30 a Game Room-Table Tennis 9 a—1 p Zumba Gold 11:45 a—12:30 p Zumba Gold 12:45 p—1:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Indoor Walking Gym, 12—1 p Full Body Fusion Ends Last Class 1—2 p</p>	<p>27 No Line Dancing Game Room Open Table Tennis 9 a—1 p Computer Class 10 a—12 p</p>	<p>28 Bone Builders 10—11 a Game Room-Table Tennis 9 a—1 p Blood Pressure 11:30 a-12:30 p Bingo 12—2 p Cardio Groove 1:30—2:30 p Recreation Center 7315 New Hampshire Ave. Fitness Room Open 12—2 p Tennis Fun/Fit Ends 12—1 p Badminton 1—2 p</p> 	<p>29 Bone Builders 10:30—11:30 a Game Room Open Table Tennis 9 a—1 p</p>	<p>30 Game Room Open Table Tennis 10 a—12 p Zumba Gold 2—2:45 p</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>1</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Needlework</u></p> <p><u>Get-together</u> 11:30 a—1 p</p>	<p>2</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Zumba Gold</u> 11:45 a—12:30 p</p> <p><u>Zumba Gold</u> 12:45 p—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12 - 2 p <u>Indoor Walking</u> 12—1 p</p>	<p>3</p> <p><u>No Line Dancing</u></p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Computer Class</u> 10 a—12 p</p>	<p>4</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1p</p> <p><u>Cardio Groove</u> 1:30—2:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> <u>Open</u> 12— 2 p <u>Badminton</u> 1—2 p</p>	<p>5</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Gentle Yoga</u> 12—1 p</p> 	<p>6</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a— 12 p</p> <p><u>Zumba Gold</u> 2—2:45 p</p>	
7	<p>8</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Needlework</u></p> <p><u>Get-Together</u> 11:30 a—1 p</p>	<p>9</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room -Table Tennis</u> 9 a—1 p</p> <p><u>Zumba Gold Ends</u> 11:45 a—12:30 p</p> <p><u>Zumba Gold Ends</u> 12:45 a—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Indoor Walking Ends</u> 12—1p</p>	<p>10</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Computer Class</u> 10 a—12 p</p>	<p>11</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Badminton Ends</u> 1—2 p <u>Trip to Mount Airy</u> 8:45 a—3 p</p> 	<p>12</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p>	<p>13</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Zumba Gold Ends</u> 2—2:45 p</p>	
14	<p>15</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Needlework</u></p> <p><u>Get-together</u> 11:30 a—1 p</p>	<p>16</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p>	<p>17</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Computer Class</u> <u>Ends</u> 10 a—12 p</p>	<p>18</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p>	<p>19</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 9 a—1 p</p> <p><u>Gentle Yoga</u> 12—1 p</p> 	<p>20</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p>	
21	<p>22</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Needlework</u></p> <p><u>Get-together</u> 11:30 a—1 p</p>	<p>23</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p>	<p>24</p> <p><u>Line Dancing</u> 10:50—11:50 a</p> <p><u>Game Room Open-</u> <u>Table Tennis</u> 10 a—12 p</p>	<p>25</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room</u></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>26</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Gentle Yoga</u> <u>Last Session</u> <u>Class</u> 12—1 p</p> 	<p>27</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p>	
28	<p>29</p> <p><u>Bone Builders</u> 10—11 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p> <p><u>Needlework</u></p> <p><u>Get-together</u> 11:30 a—1 p</p>	<p>30</p> <p><u>Bone Builders</u> 10:30—11:30 a</p> <p><u>Game Room Open</u></p> <p><u>Table Tennis</u> 10 a—12 p</p>	<p>Coming Soon - Summer Camps! Children's Tremendous Trips Week is June 15 - 19 Summer Camps Begin Monday, June 22 Summer Camps End Friday, August 14</p> <p>Summer Game Room Hours adults 55 plus June 22 - August 14 Monday - Saturday 10:00 a.m. - 12:00 p.m.</p>				