



Forever Young

Enjoying Active Life Over 55 in Takoma Park

New for Fall 2015! Register Now!

Art, Education, Health, Fitness - Classes, Workshops and Presentations: Landscapes and Seascapes; Getting Started with Social Media (Montgomery College Lifelong Learning); Gold Leaf Through the Ages; How to Earn a "Free" College Degree (Washington Adventist University); Basketball Skills Clinic; Living Well (Holy Cross Hospital) and more!. See pages 4 - 6 for details. For more information, contact Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department at 301-891-7280 or email: paulal@takomaparkmd.gov

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2nd Annual Lifelong Takoma Day Event October 10 • 11 AM to 5 PM Takoma Park Community Center 7500 Maple Avenue

"One Community - Engaged and Inclusive"

City of Takoma Park Residents

Join us at this annual social connection and wellness event! The event is intergenerational so we'd love to have you bring your family, invite your neighbors and friends.

Enjoy free food, music, health screenings, attend demo classes, compelling presentations, and participate in community conversations.

This year we will have interpreters providing limited translation for Spanish, Amharic and Mandarin Chinese at the event. Residents needing interpreter services for these languages should let us know by September 14. there will be personal guides for residents who may need assistance.

If you are interested in volunteering or for more information please contact:
www.takomaparkmd.gov/lifelongtakoma or call (301) 891-7232





Mark Your Calendars - Local Community Special Events September & October - All Ages Welcome!



Thursday, September 3 - Earn that degree you've always wanted - for free! Washington Adventist University, information workshop, 12:00 - 1:00 p.m. Come learn about Washington Adventist University educational opportunities for older adults. See page 6 for more details.

Sunday, September 20 - Takoma Park Folk Festival - www.tpff.org

Saturday, September 26 - Old Takoma Fall Clean-Up - www.mainstreettakoma.org



Saturday, September 26 - 7th Annual Play Day - Takoma Park Middle School, 10:00 a.m. - 2:00 p.m., 7611 Piney Branch Road. Takoma Park citizens of all ages are welcome. Enjoy good old-fashioned playful activities: board games, performers, artists, dress-up, face painting, music, and so much more! Free community event. For more information, please go to www.takomaplays.org

Sunday, October 4 - Takoma Park Street Festival - www.takomafestival.com

Saturday, October 24 - Book Sale, Friends of the Takoma Park, Maryland Library - www.ftpml.org



Saturday, October 31 - Monster Bash Annual Costume Contest, Parade and Celebration: Be part of the tradition. All ages welcome. This annual event is fun for the entire family! Meet at the Public Parking Lot beside the TPSS Co-op on Carroll Avenue at 1:00 p.m. for the costume contest, followed by the parade at 3:00 p.m. and ending at Old Town Takoma for the Award Ceremony and festivities - www.takomaparkmd.gov

Community Activities - Meet Up with Friends and Neighbors

Seniors Community Forum, Breakfast meetings - Thursday, September 24 and October 22, 10 a.m. - 12 p.m. Presented by Lifelong Takoma and Takoma Park Village. Refreshments will be served. Azalea Room, Takoma Park Community Center, 7500 Maple Avenue. For more information, contact Wolfgang Mergner, at 301-202-7654 or email: wolfgang.mergner@gmail.com or contact Karen Maricheau, Lifelong Program Manager at 301-891-7232 or email: kmaricheau@takomaparkmd.gov

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

September 12, 13 - Virginia Wine Festival – the largest wine festival in Virginia features tastings from 50 Virginia wineries, gourmet food samples, seminars, concerts, arts and crafts and more. 11:00 a.m. - 6:00 p.m. For more information about the event and tickets, go to www.virginiawinefest.com

September 19, 20 - Alexandria King Street Art Festival - free outdoor art festival lines six blocks of King Street in Old Town Alexandria featuring the works of 200 national top-award winning artists. 10:00 a.m. - 5:00 p.m. For more information, go to www.artfestival.com



Takoma Park Tea at Two O'clock for Twenty Five

On a lovely May afternoon, twenty five ladies and gentlemen gathered together at 7328 Carroll Avenue to celebrate the 125th Anniversary of Takoma Park with a Victorian Style Tea. The event was hosted by Historic Takoma, Inc. and the

Takoma Park Recreation Department. Diana Kohn (President) and Lorraine Pearsall (Vice President) of Historic Takoma, Inc. entertained the group with the history of Takoma Park's incorporation during the Victorian Era. Participants indulged in a delightful array of

refreshments served on vintage floral decorated china and beautifully intricate antique pattern glass from Ms. Pearsall's private collection. So popular was this event that more "Teas" will be planned for the future.



- 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 Fall classes began: August 17/Montgomery College Classes began: July 22**
- 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. Registration began Monday, August 17 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.
2. In person at either location during specific regular business hours:
Takoma Park Community Center, 7500 Maple Ave., or Takoma Park Recreation Center, 7315 New Hampshire Ave.
3. Mail-in your registration to the Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, MD 20912. Incomplete forms cannot be processed. On August 17th, 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 August 17th, faxed-in forms will be processed after all walk-ins have been accommodated.

Fitness Classes at the Community Center, 7500 Maple Avenue

The following Fall 2015 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes. Registration for these classes began August 17th.

Bone Builders, Mondays/Thursdays, 10:00 - 11:00 a.m. & Tuesdays/Fridays, 10:30 - 11:30 a.m.

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

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

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

Cardio Groove - Thursdays, September 10 - October 29, 1:30 - 2:30 p.m.

High energy and easy to follow to the music beat 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, September 15 - November 19, 12:45 - 1:30 p.m. - or -

Saturdays, September 19 - November 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. You may register for **one** class per week, a Tuesday class or Saturday, but not both days. **Free. Registration is required.** For more information, please call (301) 891-7280.

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

Basketball Skills Clinic - Tuesdays, September 8 - October 27, 12:00 - 1:00 p.m.



You'll have fun in this class learning basketball fundamentals such as ball handling, shooting form and defensive stance. In addition, students will participate in games of 1 on 1, 3 on 3, and 5 on 5 games. Instructor: Rochelle Coleman. **Free. Registration is required.** For more information, call (301) 891-7280.

Full Body Fusion - Tuesdays, September 8 - November 10, 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.

Fitness Classes at the Recreation Center, 7315 New Hampshire Avenue

Table Tennis Skills - Thursdays, September 10 - October 22, 1:00 - 2:00 p.m.

Great fun! Led by Coach Donn Olsen, 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.** For more information, please call (301) 891-7280.

Tennis Fun and Fitness - Thursdays, September 10-November 19, 12:00 - 1:00 p.m. (No class 10/1/15)

Rediscover your love of tennis or help find it for the first time. Learn or review tennis skills. Enjoy fun and fitness utilizing special equipment for 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 Class - Wednesdays, September 9 - October 14 or October 28 - December 9; 10 a.m. -12:00 p.m.

Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit six. Instructors: Patti Mallin and Jim Mueller. **Registration is required.** Computer Center. Class Fee: \$10 Payable to the City of Takoma Park. **(No class on 11/25)**

*Library card fees: Free/Takoma Park residents, \$37/ Montgomery County residents, and \$60 /Non-Mont. Co. residents.

Gold Leaf Through the Ages - Wednesday, October 14, 12:30 - 2:00 p.m. 

Gold leaf has been used to give surfaces beauty and value because of its unique qualities. In this overview presentation you will learn its many uses, how it is applied, and its many imitators. Presenters: Allen and Ina Marx. Lilac Room. **Free. Registration is required.** For more information, please call (301) 891-7280.

 **Landscapes and Seascapes** - Thursdays, October 8 - November 12, 1:30 - 3:30 p.m. 

Learn to paint exquisite landscapes and seascapes interpreting photos to create lively and expressive paintings using watercolor, acrylic or oil. For inspiration, students will analyze the work of French Impressionists and Post Impressionists. Instructor: Evan Goldman. Art Studio. Course #LL1705.

Lifelong Learning Institute - cost \$88.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$170.00 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.

 **Getting Started with Social Media: Facebook and Twitter** 

Thursdays, October 15 - October 29, 1:30 - 3:30 p.m.

This course is for anyone interested in learning the basics of social media communication and networking by creating, using and maintaining a Facebook page and Twitter account. Students will learn how to post photos and videos and much more. Instructor: Vicki McGill. Multi-Media Lab. Course #LL1694. **Lifelong Learning Institute** - cost \$60.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$129.00 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.

 **Living Well Workshop** - Mondays, September 14 - October 26 (No class 10/12/15) 

11:30 a.m. - 2:00 p.m. Living Well: A chronic disease self management workshop presented by Holy Cross Hospital. This is a six-week series for those who want to learn how to better manage and maintain an active and fulfilling life with chronic conditions such as arthritis, asthma, diabetes, heart disease, osteoporosis and high blood pressure. Learn healthy eating, appropriate exercise, communication skills, informed treatment decisions, action planning, problem solving and more. **Bring a lunch. Free. Registration is required with Holy Cross.** For more information and to register, please call Holy Cross Hospital at 301-754-8800.

Drop-in Activities, Community Center, 7500 Maple Avenue



Earn that degree you've always wanted - for free!

Washington Adventist University, Thursday, September 3, 12:00 - 1:00 p.m.

Are you interested in earning a college or graduate-level degree, or just enrolling in a class for your own personal enrichment? Nicole Currier, Dean of WAU's School of Graduate and Professional Studies, will share information about the diversity of course offerings available and will provide information that will help you easily navigate the enrollment process.

If you've wanted a college degree and never had the chance to fulfill that dream, the School of Graduate and Professional Studies (SGPS) offers free classes (all tuition costs are waived) to adults over the age of 70. Moreover, for anyone ages 60–64 the cost is reduced by 50%, and 75% off for adults 65–69. Come learn about Washington Adventist University educational opportunities for older adults. Lilac Room. Drop-in. Free.

Blood Pressure Screening - Thursdays, September 24 & October 22, 11:30 a.m. - 12:30 p.m.

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

Bingo - Thursdays, September 24 & October 22, 12:00 - 2:00 p.m. Try your luck. Win a prize. Drop-in. Free.

Needlework Get-together - Mondays, Ongoing* 11:30 a.m. - 1:00 p.m.

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 - Fridays, 9:00 a.m.– 1:00 p.m. and Saturdays 10:00 a.m. - 12:00 noon

Come play this fun, energetic game. A great way to improve eye-hand coordination; helps keep the body healthy and the mind sharp. Drop-in. **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, 12:00 - 8:00 p.m.

Saturday and Sunday, 12:00 - 5:00 p.m.

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.

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

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)
12:00 - 2:30 p.m.

Monday - Friday
2:30 - 9:00 p.m.

Saturdays
8:00 a.m. - 5:00 p.m.

Sundays
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 call 301-891-7280.



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 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. General bus pick up of registered participants at the following locations: Franklin and Mapleview 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.)

★ **Sept. & Oct. Trip registration begins Tuesday, September 1 @ 8:30 a.m. (not before)**

Trip #1: Wednesday, September 9 - Cylburn Arboretum, Baltimore, MD



Cylburn Arboretum is a beautiful 207 acre park and surrounding forest with over 20 themed gardens and 3 miles of wooded trails. Join the arboretum guide for a tour of the gardens property, historic mansion and aquaponics facility. Time permitting, there is also a small nature museum, located in an 1880's carriage house, where you can learn about local wildlife and geology. There are picnic tables on the lawn. Bring your picnic lunch. After lunch, you are free to further explore the gardens and woodland trails. Dress for comfort and wear comfortable walking shoes.



Note: very limited wheelchair accessibility.

Lots of walking! Rain or Shine!

Time: 8:45 a.m. - 4:30 p.m.* \$5 per person admission. No cost for transportation.

Trip #2: Wednesday, September 16 - Fort McHenry, Baltimore, MD



Join a Fort McHenry Park Ranger for a fascinating program on the historic grounds of this "National Monument". After the program, you are free to explore the Visitor Center and Gift shop. After leaving Fort McHenry we will travel to Baltimore's Inner Harbor for lunch on your own, where you can visit the restaurant of your choice, or weather permitting, bring

your lunch and enjoy it outside along the waterfront. You may also choose to visit one of the museums or the Aquarium on your own. There are entrance fees to most of these sites. Dress for comfort and wear comfortable walking shoes. **Note: standing and walking and limited wheelchair accessibility. Rain or Shine!**

Time: 8:45 a.m. - 4:00 p.m.* \$7 per person entrance fee. 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.

★ Sept. & Oct. Trip registration begins Tuesday, September 1 @ 8:30 a.m. (and not before)

Trip #3: Saturday, October 3 - Annual Manassas Fall Jubilee, Virginia



Honored as a Virginia Main Street Community, the City of Manassas has a superb variety of shops, museums, galleries and restaurants. Come with us to the 33rd Annual Fall Jubilee in Historic Downtown Manassas where you can enjoy an assortment of live music and entertainment, over 100 crafters, community booths that hold raffles and drawings throughout the day, a farmer's market, pumpkin patch and more. The Manassas Museum will offer free admission this day! The Fall Jubilee is a free public event held rain or shine. You are welcome to explore the city and it's shops. Have lunch on your own at one of the festival food vendors or visit a local restaurant in town. Bring spending money for lunch and shopping.



Lots of walking. Rain or Shine!

Time: 8:45 p.m. - 4:00 p.m.* Free admission. No cost for transportation.

A special tour of the DAR Museum Period Rooms and the historic quilts exhibit.



On April 22nd, we traveled to the DAR (Daughters of the American Revolution) Museum for a docent led tour of the period rooms based on the United States. We saw 15 of the current 31 open rooms decorated in the style of each state filled with historic furniture and fine arts. Our tour guide Felicia Farr (upper left photo, far right) is a member of the DAR and very knowledgeable about the history of the museum. After our tour, we were free to visit the exhibit, "Eye on Elegance" filled with beautiful historic quilts of Maryland and Virginia.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p>	<p>2</p> <p>Line Dancing 10:50—11:50 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p>	<p>3</p> <p>Bone Builders 10—11 a</p> <p>Game Room-Table Tennis 9 a—1 p</p> <p>Washington Adventist University Continuing Education Presentation ★ 12—1 p</p>	<p>4</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p>	<p>5</p> <p>Game Room Open Table Tennis 10 a—12 p</p> <p>Zumba Gold Make up class 2-2:45 p</p>
<p>6</p> <p><i>Center Closed</i></p>	<p>7</p> <p><i>Center Closed</i></p>  <p>Labor Day Holiday</p>	<p>8</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room /Table Tennis 9 a—1 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Basketball Skills Begins 12—1 p Full Body Fusion Begins 1—2 p</p>	<p>9</p> <p>Line Dancing 10:50—11:50 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 p</p> <p>Trip: Arboretum 8:45 a—4:30 p</p> 	<p>10</p> <p>Bone Builders 10—11 a</p> <p>Game Room /Table Tennis 9 a—1 p</p> <p>Cardio Groove Begins 1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit Begins 12—1 p Table Tennis Skills Begins 1—2 p</p>	<p>11</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Gentle Yoga </p> <p>Fall Session Begins 12—1 p</p>	<p>12</p> <p>Game Room Open Table Tennis 10 a—12 p</p>
<p>13</p>	<p>14</p> <p>Bone Builders 10—11 a</p> <p>Game Room Table Tennis 9 a—1 p</p> <p>Living Well Workshop Begins 11:30 a—2 p ★</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>15</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room /Table Tennis 9 a—1 p</p> <p>Zumba Gold Fall Session Begins 11:45 a—12:30 p</p> <p>12:45 a—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Basketball Skills 12—1 p Full Body Fusion 1—2 p</p>	<p>16</p> <p>Line Dancing 10:50—11:50 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 p</p> <p>Trip: Fort McHenry 8:45—4:30 p</p> 	<p>17</p> <p>Bone Builders 10—11 a</p> <p>Game Room /Table Tennis 9 a—1 p</p> <p>Cardio Groove 1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit 12—1 p Table Tennis Skills 1—2 p</p>	<p>18</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p>	<p>19</p> <p>Game Room Open Table Tennis 10 a—12 p</p> <p>Zumba Gold Fall Session Begins 2—2:45 p</p>
<p>20</p>	<p>21</p> <p>Bone Builders 10—11 a</p> <p>Game Room Table Tennis 9 a—1 p</p> <p>Living Well 11:30 a—2 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>22</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room/ Table Tennis 9 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p> <p>12:45 a—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room/ 12—2 p Basketball Skills 12—1 p Full Body Fusion 1—2 p</p>	<p>23</p> <p>No Line Dancing</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 p</p>	<p>24</p> <p>Bone Builders 10—11 a</p> <p>Game Room /Table Tennis 9 a—1 p</p> <p>Blood Pressure 11:30 a—12:30 p</p> <p>Bingo 12—2 p</p> <p>Cardio Groove 1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Tennis Fun & Fit 12—1 p Table Tennis Skills 1—2 p</p> 	<p>25</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Gentle Yoga 12—1 p</p> 	<p>26</p> <p>Game Room Open Table Tennis 10 a—12 p</p> <p>Zumba Gold 2—2:45 p</p> <p>Play Day 10 a—2 p ★</p>
<p>27</p>	<p>28</p> <p>Bone Builders 10—11 a</p> <p>Game Room Table Tennis 9 a—1 p</p> <p>Living Well 11:30 a—2 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>29</p> <p>Bone Builders 10:30—11:30 a</p> <p>Game Room-Table Tennis 9 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p> <p>12:45 p—1:30 p</p> <p>Recreation Center 7315 New Hampshire Ave. Fitness Room 12—2 p Basketball Skills 12—1 p Full Body Fusion 1—2 p</p>	<p>30</p> <p>No Line Dancing</p> <p>Game Room Open</p> <p>Table Tennis 9 a—1 p</p> <p>Computer Class 10 a—12 p</p>			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <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>Inclement Weather: For information, call our weather hotline: (301) 891-7101 ext. 5605</p>		<p>1 <u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Cardio Groove</u> 1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>No Tennis Fun & Fit</u> <u>Table Tennis Skills</u> 1—2 p</p>	<p>2 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>3 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p <u>Trip: Fall Jubilee</u> 8:45 a—4:30 p</p> 
<p>4</p>	<p>5 <u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Living Well</u> 11:30 a—2 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>6 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room -Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p <u>Zumba Gold</u> 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Basketball Skills</u> 12—1 p <u>Full Body Fusion</u> 1—2 p</p>	<p>7 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p</p>	<p>8 <u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Landscapes & Seascapes Begins</u> Art Room 1:30 p <u>Cardio Groove</u> 1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room Open</u> 12—2 p <u>Tennis Fun & Fit</u> 12—1 p <u>Table Tennis Skills</u> 1—2 p</p> 	<p>9 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>10 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p <u>Lifelong Takoma Day</u> 11 a—5 p</p> 
<p>11</p>	<p>12 <u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>No Living Well</u> <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>13 <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 <u>Zumba Gold</u> 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Basketball Skills</u> 12—1 p <u>Full Body Fusion</u> 1—2 p</p>	<p>14 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p <u>Session 1 ends</u> <u>Gold Leaf Class</u> 12:30 p</p> 	<p>15 <u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Landscapes & Seascapes</u> 1:30 p <u>Social Media Class Begins</u> Multi-Media Lab 1:30 p <u>Cardio Groove</u> 1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Tennis Fun & Fit</u> 12—1 p <u>Table Tennis Skills</u> 1—2 p</p> 	<p>16 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>17 <u>Game Room Open</u> <u>Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>18</p>	<p>19 <u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Living Well</u> 11:30 a—2 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>20 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room /Table Tennis</u> 9 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p <u>Zumba Gold</u> 2:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Basketball Skills</u> 12—1 p <u>Full Body Fusion</u> 1—2 p</p>	<p>21 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p</p>	<p>22 <u>Bone Builders</u> 10—11 a <u>Game Room/Table Tennis</u> 9 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p <u>Landscapes & Seascapes</u> 1:30 p <u>Social Media Class</u> 1:30 p <u>Cardio Groove</u> 1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Tennis Fun & Fit</u> 12—1 p <u>Table Tennis Skills</u> 1—2 p</p>	<p>23 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>24 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>25</p>	<p>26 <u>Bone Builders</u> 10—11 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Living Well Ends</u> 11:30 a—2 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>27 <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 <u>Zumba Gold</u> 12:45 a—1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Basketball Skills</u> 12—1 p <u>Full Body Fusion</u> 1—2 p</p>	<p>28 <u>Line Dancing</u> 10:50—11:50 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Computer Class</u> 10 a—12 p <u>Session 2 Begins</u></p>	<p>29 <u>Bone Builders</u> 10—11 a <u>Game Room /Table Tennis</u> 9 a—1 p <u>Landscapes & Seascapes</u> 1:30 p <u>Social Media Class Ends</u> 1:30 p <u>Cardio Groove</u> 1:30 p Recreation Center 7315 New Hampshire Ave. <u>Fitness Room</u> 12—2 p <u>Tennis Fun & Fit</u> 12—1 p <u>Table Tennis Skills</u> 1—2 p</p>	<p>30 <u>Bone Builders</u> 10:30—11:30 a <u>Game Room</u> <u>Table Tennis</u> 9 a—1 p <u>Gentle Yoga</u> <u>Last class</u> <u>Summer Session</u> 12—1 p</p>	<p>31 <u>Game Room Open</u> <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p <u>Monster Bash</u> Begins 1 pm</p> 