



# Forever Young

Enjoying Active Life Over 55 in Takoma Park

## A Hearty New Year!

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### Holiday Closure Calendar

**Martin Luther King, Jr. Day**  
January 17th & 18th

**President's Day**  
February 14th & 15th

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Valentines  
Crafting  
Party!

You are invited to join Alice Sims  
Monday, February 8th  
11:30 a.m. - 1:00 p.m.  
Healthy Snacks and Crafting Fun!  
Registration is required.  
See page 3 for details.



### National Wear Red Day is Friday, February 5th



National Wear Red Day - the first Friday each February - is a special day to bring attention to the staggering fact that heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes. Get informed about the risks of heart disease and stroke and take action to live longer, healthier lives. For information about heart health go to the American Heart Association website: [www.heart.org](http://www.heart.org).

See page 4 for heart healthy fitness classes including our very active aerobic class Cardio Groove - good for the heart!



### Welcome Yesika Flores! Zumba Gold Instructor

The Takoma Park Recreation Department is pleased to welcome Ms. Yesika Flores to the Forever Young 55 plus program. Certified as a Zumba Fitness instructor since 2008, Ms. Flores has been teaching popular Zumba Fitness classes to children and adults. She added Zumba Gold to her repertoire in 2012 and comes to us highly recommended by the Live and Learn Program in Bethesda where she currently teaches Zumba Gold. She will bring her energy and enthusiasm to the Takoma Park Community Center in February for a Winter 2016 Zumba Gold session. **Registration begins January 25th at 8:30 a.m.** For more information about Zumba Gold please go to page 4.





## Mark Your Calendars - Local Community Special Events January, February & March - All Ages Welcome!

**Monday, January 18th - Rev. Martin Luther King Celebration** - for information go to [kohn@erols.com](mailto:kohn@erols.com)

**Saturday, January 30th - PB & Jam Session**, 4:00 - 6:00 p.m., ages 2-7, [www.takomaparkmd.gov/initiatives/arts-and-humanities/](http://www.takomaparkmd.gov/initiatives/arts-and-humanities/)

**Sunday, February 14th - 6th Annual Mid-Winter Play Day**, 1- 4 p.m. Takoma Park Community Center, 7500 Maple Avenue. Open to all ages. Free community event filled with fun activities. For more information go to [www.letsplayamerica.org](http://www.letsplayamerica.org)



Transportation will be provided by Recreation Department Bus for seniors (continuous loops) 12:30 - 4:30 p.m. Bus pick-up and drop-off locations: Victory Tower 7051 Carroll Ave., Franklin Apts. 7620 Maple Ave., Maplevue Apts. 7710 Maple Ave., and Essex Apts. 7777 Maple Ave.

**Thursday, March 10th - Art Exhibit Opening Reception**, 6:30 - 8:00 p.m. Artists Emalie Lorens, Gladys C. Lipton, Mike Guy and Afrika Abney, Atrium Gallery - [www.takomaparkmd.gov/initiatives/arts-and-humanities/](http://www.takomaparkmd.gov/initiatives/arts-and-humanities/)

**Tuesday, March 15th - Spring & Summer 2016 Class Registration Begins**, 8:30 a.m., Takoma Park Recreation Department, see page 4 for general registration procedure information.

**Saturday, March 26th - Annual Egg Hunt** - Get your basket ready and join the Takoma Park Recreation Department for an "egg'citing time! The hunt begins at 11:00 a.m. sharp! Ed Wilhelm Field (behind Piney Branch Elementary School) - [takomaparkmd.gov/government/recreation](http://takomaparkmd.gov/government/recreation)

### Community Activities - Meet Up with Friends and Neighbors

**Seniors Community Forum, Monthly Breakfast meetings - 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 meeting dates and more information, please contact Wolfgang Mergner, at **301-202-7654** or email: [wolfgang.mergner@gmail.com](mailto:wolfgang.mergner@gmail.com) or contact Karen Maricheau, Lifelong Program Manager at **301-891-7232** or email: [kmaricheau@takomaparkmd.gov](mailto: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: [jkseamens@aol.com](mailto: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](mailto:spineyone@yahoo.com) or Johnny Browning **301-270-0648** - [jspanky1@verizon.net](mailto:jspanky1@verizon.net)

### Special Events Around Town

**January 16th - Giant Panda Cub Debut at the National Zoo** - Bei Bei will go on public exhibit for the first time. The panda house has been closed since August to give mother and cub quiet time to bond. When it reopens, the hours will be from 9:00 a.m. to 4:00 p.m. daily. For more information, go to <http://nationalzoo.si.edu>

**January 22rd-31st - Bethesda-Montgomery County Restaurant Week** - Presented by Bethesda Magazine and sponsored by the Bethesda Urban Partnership, dozens of restaurants in the area will offer prix fixe lunch for \$18 and three-course dinner menus for \$36 per person. Restaurant cuisines include American, French, Greek, Indian, Italian and more. For a list of restaurants and more information, go to [www.dcabout.com](http://www.dcabout.com)



#### Inclement Weather:

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.

# Forever Young Newsletter News!

Forever Young newsletter updates:

- To be more user friendly the newsletter will adhere more closely to the City Guide and relate directly to seasonal information about current activities. Example: this current newsletter will cover Winter 2016 activities from January to March. Less paper and printing - more environmentally friendly too!
- A monthly calendar is no longer included so as to reduce the confusion due to date and time changes, class cancellations and facility closures that happen after printing and website postings. A flexible master calendar will be available for reference. This calendar will be updated on an ongoing basis and will be posted in the Takoma Park Community Center's Dance Room, Senior Room and Recreation Department Office, as well as the Recreation Center on New Hampshire Avenue.
- A new web site address has been developed for the Takoma Park Recreation Department's Forever Young newsletter. To find the newsletter online please go to: **[www.takomaparkmd.gov/news/forever-young-newsletter/](http://www.takomaparkmd.gov/news/forever-young-newsletter/)**



## Valentines Crafting Party!

**11:30 a.m. - 1:00 p.m. Monday, February 8th**

**Azalea Room - Takoma Park Community Center**



Holiday fun and creativity! Artist Alice Sims will lead adults age 55 and older in a craft project. All supplies provided. Enjoy healthy snacks and door prizes. Please feel free to bring your lunch. This is a free event however registration is required. Limited seating so register early. Registration begins Monday, January 25th at 8:30 a.m. Please choose one of the options below to register:

1. Online using the "ActiveNet" system: Go to the Recreation Department website: [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation), click on the ActiveNet registration logo on the bottom 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.
4. Fax your registration form to 301-270-4094. Incomplete forms cannot be processed.

For more information, please contact Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department, Forever Young 55 Plus Program at 301-891-7280 or email: [paulal@takomaparkmd.gov](mailto:paulal@takomaparkmd.gov).

## *Want to Teach?*

We are always looking for enthusiastic instructors with interesting course ideas for our 55 plus program. If you have a special knowledge or skill please submit your credentials and proposals for class ideas to: **[paulal@takomaparkmd.gov](mailto:paulal@takomaparkmd.gov)** A great place to volunteer too!

## *Registration Information and Policies - Winter 2016*

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, or the Takoma Park Recreation Center, 7315 New Hampshire Avenue, unless otherwise noted.
- **Advance registration is required for all classes and trips, unless otherwise noted.**
- 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 Takoma Park Recreation Winter 2016 classes opened on December 15th @ 8:30 a.m.**
- Transportation is provided for trips. Space is limited. See page 7 for trip registration information.
- For more information call 301-891-7280 or email: paulal@takomaparkmd.gov.

**Please choose one of the options below to register for classes, trips and events:**

1. Online using the "ActiveNet" system:  
Go to the Recreation Department website: [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation), click on the ActiveNet registration logo on the bottom 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.
4. Fax your registration form to 301-270-4094. Incomplete forms cannot be processed.

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. 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).

## *Fitness Classes at the Community Center, 7500 Maple Avenue - Winter 2016* *Registration is required.*

The following Winter 2016 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes.

Bone Builders, ongoing, Mondays/Thursdays, 10:00 -11:00 a.m. & Tuesdays/Fridays, 10:30 - 11:30 a.m.  
Gentle Yoga, Alternate Fridays, 1/8, 1/22, 2/5, 2/26, 3/4, 3/18, 12:00 noon - 1:00 p.m.

### **Spaces available in:**

#### **Cardio Groove - Thursdays, January 7th - March 10th, 1:30 - 2:30 p.m.**

High energy and easy to follow Aerobics. Start with a warm-up, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly. Instructor: Nancy Nickell. **Free.**

#### **Line Dancing - Wednesdays, January 6th - March 30th, 10:30 - 11:30 a.m.**

- or - Wednesdays, January 6th - March 30th, 11:45 a.m. - 12:45 p.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. You may register for one class per week only. **Free. No class: 1/27, 2/3, 3/23.**

**We are pleased to announce our new Zumba Gold Class. Registration opens January 25th @ 8:30 a.m. Online or in-person.**

#### **Zumba Gold - Thursdays, February 11th - March 31st, 11:30 a.m. - 12:30 p.m. or - Saturdays, February 13th - April 2nd, 2:30 - 3:30 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 one class per week only. Instructor: Yesika Flores. Eight weeks. **Free.**







***Fitness Classes at the Recreation Center, 7315 New Hampshire Ave. - Winter 2016***  
***Registration is required.***

The following Winter 2016 classes at the Takoma Park Recreation Center are currently full, however a waiting list is available. Registration for these classes began December 15th.

Full Body Fusion, Tuesdays, January 5th - March 8th, 1:00 - 2:00 p.m.

Table Tennis Skills, Thursdays, January 14th - March 17th, 1:00 - 2:00 p.m.

**Spaces available in:**

**Tennis Fun and Fitness - Thursdays, January 14th - March 3rd, 12:00 - 1:00 p.m.**

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.**

***Art & Education Classes at the Community Center, 7500 Maple Ave. - Winter 2016***  
***Registration is required.***

**Computer Class - Session 1: Wednesdays, January 6th - February 10th, 10 a.m. - 12:00 p.m.**

**Session 2: Wednesdays, February 24th - March 30th, 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. Instructor: Patti Mallin. **Registration is required.**

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.



**Expressive Portraits: Painting & Drawing - Thursdays, March 3rd - April 14th**

**1:30 - 3:30 p.m. No Class on 3/17/15.**



Turn your favorite family photos into brilliant works of art in the exciting portraiture class. Inspired by a diverse range of traditional and non-traditional portrait artists, including John Singer Sargent, Norman Rockwell and Chuck Close students will learn to draw and paint a variety of personalities using charcoal, pastel, oil and acrylic. This class is ideal for beginners and experienced students interested in bringing an extra level of personality to their artwork. Art Studio. Course #LL1834. **Lifelong Learning Institute - cost \$89.00. Tuition waiver applies; adults 60 and older pay this fee only. (\$171.00 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.**



**Coming soon! Mark your calendars! Registration News!**

Registration for Spring/Summer 2016 recreation classes opens on **Tuesday, March 15th.** 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 or email: [paulal@takomaparkmd.gov](mailto:paulal@takomaparkmd.gov).

***Drop-in Activities at the Community Center, 7500 Maple Avenue - Winter 2016***  
***Registration not required.***

**Bingo**-Thursdays, January 28th, February 25th, March 24th, 12:00 -2:00 p.m. Try your luck, win a prize. Free.

**Blood Pressure Screening** - Thursdays, January 28th, February 25th, March 24th, 11:30 a.m. - 12:30 p.m. Adventist Healthcare will be doing a **free** monthly blood pressure screening. 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. Free. \*The group will not meet during inclement weather. No meeting: 1/18, 2/15.

**Table Tennis Open Play** - Monday - Friday, 9:00 a.m.- 1:00 p.m., and Saturday, 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. 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 at the Recreation Center, 7315 New Hampshire Avenue***  
***Winter 2016 - Registration not required, however a free fitness pass is required.***

**Basketball Open Play\***- Tuesdays, January 5th - March 29th, 12:00 - 1:00 p.m.

Join your friends and neighbors to practice basketball fundamentals and game play. Gymnasium. Free.

**Indoor Walking\*** - Tuesdays, January 5th to March 29th, 12:00 - 1:00 p.m.

No need to worry about the weather. Enjoy indoor laps around the Gymnasium. Free.

**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 and/or the indoor gymnasium. You can register for this free pass at any time during business hours.

For more information call 301-891-7280 or the Recreation Center 301-891-7289.



## 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 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/government/recreation](http://www.takomaparkmd.gov/government/recreation), click on the ActiveNet registration logo on the bottom 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.)

## Trips will resume Spring 2016.



Our September 16th trip to Fort McHenry in Baltimore, Maryland was educational and entertaining. We toured the museum, the historic buildings and grounds while Park Rangers told us fascinating facts about the Fort. We enjoyed participating in the hands-on flag ceremony on the grounds and learning about the history of Fort McHenry. After visiting Fort McHenry, we travelled to Baltimore's Inner Harbor for lunch and shopping on our own and to explore the Harbor's attractions on a beautiful sunny afternoon.





**September 2015: Cylburn Arboretum, Baltimore, Maryland**



**October 2015: Special Gold Leaf Through the Ages Presentation**



**October 2015: Line Dancers Dress in Costume**



**November 2015: Festival of Leaves Crafting Party and the Maryland Christmas Show Trip**

