



Forever Young

Enjoying Active Life Over 55 in Takoma Park

You are invited to a Spring Fling Crafting Party with Alice Sims

Inside this issue:

Community Activities	2
Piney Branch Pool	2
AARP Driver Safety Class . . .	3
Kidney Health	3
Newsletter News.	3
Registration Info.	4
General Classes	4, 5, 6
Drop-in Classes.	6
April Trips.	7
May & June Trips.	8



Monday, April 11th
11:30 a.m. - 1:00 p.m.
Crafting Fun!
Registration is required.
See page 5 for details.
Free!

Holiday Closure Calendar

Memorial Day
May 29th & 30th

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

Springtime De-Cluttering - It's Just That Simple!



Got Clutter - Get Organized! Judy Tiger, member of NAPO (National Association of Professional Organizers) and the owner of DC based Just That Simple, will share her top tips on taming clutter. Whether your challenge is papers, clothes, memorabilia, books, the pantry, the attic, the basement or the garage, you'll learn from her personalized approach to "stuff." As Tiger says, "Clutter can be overwhelming and stressful, but a few 'simple' steps can change chaos to calm." Join us on **Wednesday, April 13, Hydrangea Room, Takoma Park Community Center at 1:00 p.m.** and get started on your Spring cleaning! This is a **free** presentation, however on-line or in-person registration is required. Registration opens on 4/1/16 at 8:30 a.m. For more information, contact Paula Lisowski at 301-891-7280 or email: paulal@takomaparkmd.gov



Mark Your Calendars - Local Community Special Events April, May and June - All Ages Welcome!

Saturday, April 2nd - Fitness Expo. Making fitness fun and accessible is what this Fitness Expo is all about.



Free and fun for all ages! Interactive presentations, 20 minute fitness demonstrations, health screening/seminars and more! 8:00 a.m.- 2:00 p.m. Takoma Park Recreation Center, 7315 New Hampshire Avenue. For more information, go to www.takomaparkmd.gov/government/recreation

Tuesday, April 26th-Primary Voting Day - Senior citizens transportation by Recreation Bus, continuous loops:

Morning 9:00 AM - 11:45 AM: Franklin Apts., Essex Apts. and Maple View Apts.

Voting location: Takoma Park Middle School, 7611 Piney Branch Avenue.

Afternoon 12:15 PM - 3:00 PM: Victory Tower Apartments

Voting location: Piney Branch Elementary School, 7510 Maple Avenue.

For more information call Paula Lisowski at **301-891-7280** or email paulal@takomaparkmd.gov



Saturday, April 30th - Montgomery County Greenfest - 11:30 a.m. - 4:00 p.m., Takoma Park Community Center. Educational and entertaining activities for people of all ages. Attendees can hear from national and local environmental experts, participate in informational panels and how-to sessions and enjoy music, food, and outdoor entertainment. For more information, go to montgomerycountygreenfest.org

Sunday, May 1st - House and Garden Tour - www.historictakoma.org

Saturday, May 14th - Celebrate Takoma Festival - 4:00 p.m. - 7:00 p.m. The Recreation Department, along with some dedicated volunteers, will host the Annual Celebrate Takoma Festival and Azalea Awards. Come celebrate Takoma Park's cultural diversity with food, entertainment crafts and games from around the world. A wonderful intergenerational community event! For more information, go to www.takomaparkmd.gov/government/recreation



Saturday, June 4th - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation

Sunday, June 12th - Takoma Park Jazz Festival - www.TPjazzfest.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: jkseamens@aol.com

Games Night: Meets every Tuesday from 7- 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

April 17th - 19th - Bethesda Literary Festival - This annual festival features local and national authors, journalist and poets, short story and poetry contests and more. All events are free. For more information go to www.bethesdarowarts.org

April 22nd - May 1st - Shenandoah Apple Blossom Festival -This ten-day festival features more than forty-five events and is a great time to enjoy the Virginia countryside and see the blooming apple trees. For more information go to www.thebloom.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.



National Park Service 100th Birthday Celebration!

The National Park Service turns 100 on August 25th celebrating a century of stewardship of America's national parks while engaging communities through recreation, conservation and historic preservation. To learn more, go to www.nps.gov The Takoma Park Recreation Department's Forever Young 55 plus program will join the celebration by including a trip to a designated National Park Service site in the Washington Metropolitan area each season. Look for the National Park Service logo on select trips throughout the year. See pages 7 and 8 for Spring 2016 trips. And don't forget - July is Park and Recreation month. There's a lot to celebrate this year! Look for the July/August 2016 Forever Young Newsletter for more information about how you can celebrate parks and programs in your own backyard!



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. Registration is required.

AARP Smart Driver Safety Program

Friday, April 15, 2016

10:00 a.m. - 3:00 p.m. ~ Hydrangea Room
Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912

Prior to class: Register with the Recreation Department.

Registration is open now

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

Your Kidneys and You, National Kidney Foundation Presentation

Monday, May 23, 2016

2:00 - 3:00 p.m.

Lilac Room

Takoma Park Community Center

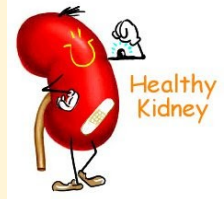
7500 Maple Avenue

Free

Registration is required.

This short program highlights the many critical roles the kidneys play in maintaining overall health, and encourages individuals to take action if they are at risk for kidney disease. If caught early, kidney disease can be

slowed or even stopped. In this presentation you will learn about: how kidneys function, the importance of early detection, two simple, inexpensive tests people can get at their doctor's office, and how people can improve their life-



styles to prevent kidney disease. In-person or on-line registration is required. For more information, please call 301-891-7280.

Forever Young Newsletter Update

- 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 Spring 2016 activities from April through June. 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/

Registration Information and Policies - Spring 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 Spring 2016 classes opened on March 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, 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](tel: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 - Spring 2016 *Registration is required.*

The following Spring 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, 4/8, 4/22, 5/6, **5/27, 6/10**, 6/17, 12:00 noon - 1:00 p.m. *Dates revised per instructor.*

Line Dancing - Wednesdays, April 6th - June 29th, 10:30 a.m. - 11:30 a.m.

Zumba Gold - Thursdays, April 14th - June 16th, 11:30 a.m. - 12:30 p.m.

Spaces available in:

Cardio Groove - Thursdays, April 7th - June 9th, 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, April 6th - June 29th, 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: 5/11, 5/25, 6/1.**

Zumba Gold - Saturdays, April 16th - June 25th, 2:30 - 3:30 p.m. (No class 4/30)

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. - Spring 2016
Registration is required.

Spaces available in:

Full Body Fusion - Tuesdays, April 5th - May 31st, 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.**

Tennis Fun and Fitness - Thursdays, April 7th - May 26th, 12:00 - 1:00 p.m.

Rediscover your love of tennis or find it for the first time. Learn or review tennis skills utilizing special equipment for indoor play. All equipment provided or you can bring your own racquet. Instructor Coach SJ. **Free.**

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

Beginning Knitting - Mondays, April 11th - May 2nd, 10:00 a.m. - 12:00 noon.



No prior experience needed. Complete an easy piece during class. Learn basic stitches and how to increase and decrease. Yarn and needles will be provided at no cost. Azalea room. Instructor: June Gable. **Free.**

Beginning Latch Hook - Mondays, May 16th - June 13th (No class 5/30), 11:30 a.m. - 1:00 p.m.



Use a latch hook to knot small pieces of yarn on a 12' x 12" mesh canvas. Use suggested designs or create your own to make a small wall hanging. Latch hook, yarn and canvas are provided at no charge. Instructor: June Gable. Azalea Room. **Free. Come see the current Latch Hook wall hangings display in the Senior Room.**

Computer Class - Session 1: Wednesdays, April 13th - May 18th, 10 a.m. - 12:00 p.m.

Session 2: Wednesdays, May 25th - June 29th, 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.



Spring Fling Crafting Party with Alice Sims

11:30 a.m. - 1:00 p.m. Monday, April 11th

Azalea Room - Takoma Park Community Center



Fun and easy craft projects for adults ages 55 and older. All supplies provided. Enjoy healthy snacks & door prizes. A free event however registration is required starting **Friday, April 1st at 8:30 a.m.** online using the "ActiveNet" system, or in-person during regular business hours: Takoma Park Community Center, 7500 Maple Avenue, or Takoma Park Recreation Center, 7315 New Hampshire Avenue. For more information, please contact Paula Lisowski, Takoma Park Recreation Department, Forever Young 55 Plus Program at 301-891-7280 or email: paulal@takomaparkmd.gov.



During the February 8th Valentine Crafting Party, Alice Sims taught her students a printmaking method called poly prints, similar to wood block, using foam board to produce ink images.

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

Bingo-Thursdays, April 28th, May 26th, June 23rd, 12:00 -2:00 p.m. Try your luck, win a prize. Free.

Blood Pressure Screening - Thursdays, April 28th, May 26th, June 23rd, 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 meetings 4/11- 6/13.

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
Spring 2016 - Registration not required, however a free fitness pass is required.*

Basketball Open Play*- Tuesdays, April 5th - June 21st, 12:00 - 1:00 p.m.

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

Indoor Walking* - Tuesdays, April 5th to June 21st, 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)	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 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, 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.)

April trips registration begins Friday, April 1 @ 8:30 a.m. (not before)

Trip #1: Thursday, April 14 - MusicaliTea, Strathmore Music Center, Bethesda, MD



Back by popular demand! A great time for music lovers to gather together to enjoy great music. Musical (vocal and/or instrumental) performances by Levine School of Music faculty-artists, students and guests. Tea and light refreshments served. Rain or shine!

Time: 9:45 a.m. - 1:00 p.m. * Free admission. No cost for transportation.

Trip #2: Wednesday, April 20 - G. W. University Museum & Textile Museum, DC



Join us for our spring "Art in the Afternoon" visit to Washington. D.C.'s newest cultural destination that joins The Textile Museum with the Albert H. Small "Washingtoniana" Collection. The new museum, located on the George Washington University's Foggy Bottom Campus in the heart of DC, fosters the study and appreciation of art, history and culture. Enjoy the permanent collection of textile art representing six continents and five millennia; the historic artifacts that tell the story of the founding and evolution of our nation's capital; and the relevant artworks from the university's collections, which include paintings, prints, drawings, photography, sculpture and decorative arts. In addition, you can explore the special temporary art exhibition of ink and watercolor paintings by famous watercolorist and journalist Lily Spandorf. Rain or Shine! Afternoon only, no lunch included. You are welcome to bring snacks/lunch with you to enjoy on the bus to and from the museum.

Time: 11:45 a.m. - 4:30 p.m.* \$8 per person voluntary suggested donation by the museum, but not required. No cost for transportation.

Trips continued on next page

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

May trips registration begins Monday, May 2 @ 8:30 a.m. (not before)

Trip #1: Wednesday, May 11 - U.S. Botanic Garden, Washington, DC



A world of plants fill the 28,944 square feet of growing space in the two courtyards and 10 garden rooms of this historic Lord & Burnham greenhouse constructed in 1933. After a 45-minute docent led tour of the U.S. Botanic Conservatory, you are free to explore the outdoor National Garden, weather permitting, featuring the Regional Garden, the Rose Garden, the Butterfly Garden and the First Ladies Water Garden. **A fair amount of walking and standing is required to tour the Conservatory and walk the grounds.**

Rain or Shine! Bring spending money for lunch at a local restaurant.
Time: 8:45 a.m. - 3:30 p.m.* Free admission. No cost for transportation.

Trip #2: Tuesday, May 17 - Clark's Elioak Farm and the Enchanted Forest, MD



Enter through the Castle and into a magical world of the Enchanted Forest. Do you remember it from childhood? In addition to being a local destination for the public to purchase "Made in America" gifts and locally raised farm-to-table food, 100% grass fed beef, pasture-raised pork, chicken and eggs, the Clark's Elioak Farm in Clarksville, MD is now the new home for the Enchanted Forest. The original Ellicott City based family park, opened in 1955, closed in the 1990's and was dismantled. In 2004 the Elioak Farm began locating and purchasing many original structures, restoring them, piece by piece over 10 years. In 2015, a new version was re-opened to the public. A petting farm was added. Join us for a fun day at the farm and re-live the magic of childhood. **Uneven ground/outdoor paths/not wheelchair accessible.** Afterwards, lunch and shopping on your own at Columbia Mall. **Rain or Shine! If heavy rain, trip will be rescheduled.**

Time: 8:45 a.m. - 3:00 p.m.* \$6 admission. No cost for transportation.

June trips registration begins Wednesday, June 1 @ 8:30 a.m. (not before)

Trip #1: Wednesday, June 8 - Franciscan Monastery Tour & Gardens, Wash. DC



One of Washington, D.C.'s hidden treasures, the Franciscan Monastery, built in the late 1800's by Roman architect Aristide Leonori, is an architectural marvel and includes a sprawling expanse of beautiful gardens designed and nurtured by Franciscan friars for more than a century. Join us for a special afternoon tour of the monastery. **A fair amount of walking and standing is required to see the upper and lower church. (Stairs)** Afterwards you are free to visit the gardens on your own. Afternoon only, no lunch included. You are welcome to bring snacks/lunch with you to enjoy on the bus to and from the monastery. **Rain or Shine!**

Time: 11:45 a.m. - 4:00 p.m.* Free admission. No cost for transportation

Trip #2: Saturday, June 11 - Hampton Historic Site Mansion Tour, Baltimore, MD



A palatial estate north of Baltimore this grand mansion is the centerpiece amid formal gardens and rolling hills. In stark contrast, slave quarters and an overseer's house are located nearby. Join us for a Park Ranger-led tour of this historic property and learn about it's history of American entrepreneurship, women's history, slavery, and the Civil War representing a key era of United States history. **An active amount of walking and standing is required to see the Mansion and grounds. Limited wheelchair and walker accessibility (stairs).** Bring spending money for lunch at a nearby restaurant. **Rain or Shine!**

Time: 8:45 a.m. - 4:30 p.m.* Free. No cost for transportation.

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