



(301) 891-7290

www.takomaparkmd.gov/government/recreation

Forever Young

Enjoying Active Life Over 55 in Takoma Park

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Holiday Closure Calendar

July 3rd & 4th
Independence Day Holiday

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“This July, discover your super powers at your local parks and rec! When we work together to further health and wellness, conservation and social equity efforts, awesome things happen!

Our nation’s local parks and recreation are the gateways to healthy, prosperous and connected communities. On any given day, someone is being positively affected through parks and recreation – whether they are taking a walk on a trail or fitness class at the community center, getting a nutritious meal or just reaping the benefits of clean air and water because of preserved open space. Parks serve as critical public places for recreation and civic engagement, essential to quality of life in urban centers. Parks help provide solutions to a myriad of national and community issues: providing healthy places to exercise, managing storm water runoff and helping clean the air, catalyzing economic and community development, and providing safe, close to home recreation options.”

~National Recreation and Park Association~

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 joined the celebration by including select trips to designated National Park Service sites in the Washington Metropolitan area. Look for the National Park Service logo.

Fall 2016 Class Registration Opens Monday, August 15th



Mark your calendars! Registration for Fall recreation classes opens on **Monday, August 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. See page 4 for details.



Mark Your Calendars - Local Community Special Events July and August - All Ages Welcome!



Monday, July 4th - 126th Independence Day Parade, Concert & Fireworks.

Be part of the tradition. All ages welcome to join in the fun. This annual family fun event is full of Takoma Park spirit! For more information and updates, go to www.takomapark4th.org

10:00 a.m. Parade Begins

7:00 p.m. Evening Program

9:30 p.m. Fireworks follows the program



Tuesday, August 2nd - National Night Out - Takoma Park Police - Join the Takoma Park Police Department, friends and neighbors, for this year's annual National Night Out, 6 - 9 p.m. Great fun for all ages! See you there! For more information, go to takomaparkmd.gov

Community Activities - Meet Up with Friends and Neighbors

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

Games Night: Meets every Tuesday from 7 to 9 p.m. at 7051 Carroll Ave. The activity is intergenerational and free. The games include Rummikub, Canasta, Spades, Bridge, and more. Contact John Goon **301-315-8297** - spineyone@yahoo.com or Johnny Browning **301-270-0648** - jspanky1@verizon.net

Special Events Around Town

July 7th - 31st- Capital Fringe Festival - Annual performing arts event featuring risk-taking art and non-traditional performances in multiple venues around Washington, DC including theater, dance, music, poetry, puppetry and more. For more information go to www.capfringe.org

July 21 - Brew at the Zoo - Proceeds support the Zoo's mission to save species. Savor beers from 60 craft brewers and enjoy snacks and live music, all in the majestic setting of the Smithsonian's National Zoo. Open to adults ages 21 and older. Rain or shine event. For more information and tickets, go to fonz.org/brew

July 25th - 30th - Loudoun County Fair - Held at the Loudoun County Fairgrounds in Virginia with carnival, rodeo-bull riding, dairy show, horseback demonstrations, magic acts, live musical entertainment and much more. For more information go to www.loudouncountyfair.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.

Sneak Peak at Fall



Art, Education, Health, Fitness - Classes, Workshops and Presentations - so much is happening in Takoma Park this fall! The Forever Young 55 plus program is expanding at the Recreation Center with new fitness classes! Look for Tai Chi Strength and Enhanced Fitness Training. Do you want to expand your computer skills and learn more about social media? Look for Computer Extras, a class that will take you beyond the basics. Get your creativity flowing and join us for De-Stress and Self-Express, Crochet, and Holiday Crafting with Alice Sims. Due to popular demand, the AARP Smart Driver Safety Course is back this fall. Holy Cross will be presenting Healthy Living with Hypertension, a new workshop for the Community Center. And for something fun and educational, Birds of Prey are on the way and so much more! Look for details about these and other classes in the Fall 2016 City Guide and the Forever Young Fall 2016 newsletter. And remember, registration begins August 15th.

Boomers & Seniors, Let's Hear From You!

It's time again to check in with you to assess your needs for planning your 55 plus recreation program for next year. As our community changes so does the needs of it's residents. We want your feedback and suggestions. Paula Lisowski, Seniors

Program Manager will host two advisory meetings this fall, one at the Community Center, 7500 Maple Avenue, and one at the Recreation Center, 7315 New Hampshire Avenue. Dates and times will be posted in the next Forever Young 55 plus

newsletter, Fall 2016, September- December. Please join your friends and neighbors and let your ideas be heard.

Takoma Park Recreation Department
55 and Over
 Activities Program



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 Summer 2016 activities for July and August. 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 - Summer 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 Summer 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 - Summer 2016 *Registration is required.*

The following Summer 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, 7/1, 7/15, 7/29, 8/12, 8/26, 12:00 noon - 1:00 p.m.

Line Dancing - Wednesdays, July 6th - August 31st, 10:30 a.m. - 11:30 a.m.

Zumba Gold - Thursdays, July 7th - August 25th, 11:30 a.m. - 12:30 p.m.

No summer session of Cardio Groove. This class will resume September 2016.

Spaces available in:

Line Dancing - Wednesdays, July 6th - August 31st, 11:45 a.m. - 12:45 p.m. (No class: 8/3/16)

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.**

Zumba Gold - Saturdays, July 9th - August 27th, 2:30 - 3:30 p.m. (No class 7/30/16)

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 - Recreation Center, 7315 New Hampshire Ave.- Summer 2016
Registration is required.*

The 55 plus fitness classes at the Takoma Park Recreation Center are currently on hiatus while youth summer camps are taking place. However 55 plus classes will resume in September. See you then!
The fitness room is open extended hours in the summer. See page 6 for details.

In the News: Living Longer, Healthier, and Happier to 100!

In his new book, *The Blue Zones Solution: Eating and Living like the World's Healthiest People* (National Geographic Books), journalist and longevity expert Dan Buettner, includes the most important longevity-boosting habits of centenarians around the globe. First, the people who live the longest are socially connected with others. Having a sup-

portive network of friends, neighbors and relatives has a positive effect on health. Second, *eat smart*. The world's healthy 100-year olds stick with diets of mostly plant-based foods. Eating little meat, but mostly fish, and seven or more portions of fruits and vegetables every day lowered the risk of dying from the two leading causes of death, cancer and cardi-

ovascular disease, by 25 to 31 percent. Thirdly, *seek a purpose*. Healthy adults often engage in an activity, passion or career that motivates and gives their lives meaning. Sense of purpose can come from a variety of sources but volunteering is a common one. Having a sense of purpose may contribute to lowering the stress hormone cortisol which leads to inflam-

mation, associated with age-related disease. Lastly, *move it!* Physical activity from baking to gardening or simply walking to the store or work, and of course structured exercise can extend life expectancy by 4.5 years. It's social support, purpose and staying active that keeps us going strong.

Parade, April 5, 2015

★ **Summer Game Show is Back!**



Have you been watching other people win prizes on television over the years and wish you could play to win? Now is your chance. Paula of the Recreation Department will act as host for our interpretation of this popular television game show **The Price is Right**. A variety of great prizes you can win! See some of the happy winners from 2012 pictured below. Come and play! One time only! Don't miss it! Limited seating. **Friday, August 19. Senior Room, 12 - 2 p.m.** The event is free however your reservation is required with the Takoma Park Recreation Department, by phone-in or email, this event only. Please call 301-891-7280 or email paulal@takomaparkmd.gov for more information or to RSVP beginning 7/7/16.



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

Bingo-Thursdays, July 28, August 25, 12:00 - 2:00 p.m. Try your luck, win a prize. Free.

Blood Pressure Screening - Thursdays, July 28, August 25, 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.

Table Tennis Open Play - Summer Schedule 

Monday - Friday, 10:00 a.m. - 12:00 p.m., 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
Summer 2016 - Registration not required, however a free fitness pass is required.

Fitness Room* - Summer Schedule

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.

Monday - Friday

9:00 a.m. - 9:00 p.m.

Saturdays

8:00 a.m. - 1:00 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.

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 A great place to volunteer too!



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.)

July trips are on hiatus while summer camps season is underway. See you in August!

August trip registration begins Monday, August 1st @ 8:30 a.m. (not before)

Trip #1: Tuesday, August 16 - Montgomery County Fair, Gaithersburg, Maryland



Back by popular demand, we will return again this year to enjoy a good old-fashioned county fair with animal and agricultural exhibits, craft shows, commercial vendor booths and festival foods. Bring your lunch or spending money to purchase lunch and wear comfortable walking shoes. Some, but not all, of the fairground's buildings and grounds are accessible by wheelchair. Dress appropriately for comfort. **Rain or Shine! Lots of walking!**

Time: 8:45 a.m. - 3:00 p.m.* Free admission. 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.

May 11, 2016: Trip to the U.S. Botanic Garden, Washington DC



May 17, 2016: Trip to Clark Elioak Farm and the Enchanted Forest, Clarksville, MD

