

Takoma Park  
Recreation Department  
7500 Maple Avenue  
Takoma Park, MD. 20912



(301) 891-7290

[www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)

Spring & Summer 2017/April - August

Issue #24

# Forever Young

Enjoying Active Life Over 55 in Takoma Park

## Summer Camp!



Look  
inside for  
details!

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### Holiday Closure Calendar

**May 28 & 29 Memorial Day**

**July 4 Independence Day**

July is Park and Recreation  
Month! See page 2



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

### Coming Soon! Two Popular Workshops

**AARP Smart Driver Safety Program**  
**Friday, April 28, 2017**

~ and ~

**Holy Cross Memory Academy**  
**Mondays, April 24 - May 22, 2017**

See page 4 for more information about the workshops and  
registration procedures.

### Coming Soon! Fall 2017 Registration

Mark your calendars. Registration for Fall 2017 recreation classes  
opens on **August 15, 2017 for Takoma Park residents and August 22,  
2017 for non-residents.** 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 "How to Register"  
information and procedures.



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

**Saturday, April 1st - Fitness Expo 2017** - 8:00 a.m. - 2:00 p.m. - The Takoma Park Recreation Department's 5th Annual Fitness Expo at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Join in demonstrations from several fitness programs and presentations from local community health and fitness organizations. For more information please contact Vincent Cain at 301-891-7289 or [vincentc@takomaparkmd.gov](mailto:vincentc@takomaparkmd.gov)

**Saturday, April 15th - Annual Egg Hunt** - The event starts at 10:30 a.m. The hunt begins at 11:00 a.m. sharp!



Get your baskets ready and join the Takoma Park Recreation Department for an "egg" citing time. Age categories 2 and under, 3-4 years, 5-6 years and 7-8 years. Ed Wilhelm Field behind Piney Branch Elementary School - [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)

**Saturday, April 22 - Earth Day Celebration** - [www.tpss.coop](http://www.tpss.coop)

**Sunday, May 7th - Historic Takoma House and Garden Tour** - [www.historictakoma.org](http://www.historictakoma.org)

**Sunday, May 14th - Grant Avenue Market** - [www.mainstreettakoma.org](http://www.mainstreettakoma.org)

**Saturday, May 20th - Celebrate Takoma Festival** - 4:00 p.m.-7:00 p.m. The Recreation Department, along with 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 and enjoy this wonderful intergenerational community event! Along Maple Avenue and in the parking lot in front of Piney Branch Elementary School. [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)



**Saturday, May 27th - Takoma Porch Music Festival** - [www.takomaporch.net](http://www.takomaporch.net)

**Saturday, June 3rd - Outdoor Movie Night** - [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)

**Sunday, June 11th - Takoma Park Jazz Festival** - [www.tpjazzfest.org](http://www.tpjazzfest.org)

**Tuesday, July 4th - 127th Independence Day Parade, Concert & Fireworks** - [www.takomapark4th.org](http://www.takomapark4th.org)

**Tuesday, August 1st - National Night Out, Takoma Park Police** - [takomaparkmd.gov](http://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](mailto:jkseamens@aol.com)

**Games Night:** Meets Tuesdays, 7 to 9 p.m. at 7051 Carroll Avenue. Intergenerational and free. 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)



This July, discover the power of play and adventure. Play is a vital part of mental and physical health. During Park and Recreation Month, the National Recreation and Park Association is challenging everyone to "get your play on" with their local parks and recreation. "Whether it's summer camp, an adult sports league, exploring a trail, Zumba class, meeting friends on the playground, playing cards in the park, or discovering nature—parks and play go hand in hand" ~ NRPA

**Want to Teach?** We are always looking for enthusiastic instructors with interesting course ideas for our 55 plus program. Please submit your class proposals to: [paulal@takomaparkmd.gov](mailto:paulal@takomaparkmd.gov)



### 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.



# Culinary Camp!

Monday June 5th	Tuesday June 6th	Wednesday June 7th	Thursday June 8th	Friday June 9th
First Day of Camp Orientation “Mandatory”	LifeWork Strategies Nutrition for Life Seminars	Kitchen Studio Cooking School Frederick, Maryland	LifeWork Strategies Healthy Meals Cooking Demo And Tasting	SPAGnVOLA Chocolate Factory Tour and Candy Making Workshop Gaithersburg, MD
Apothecary Alexandria, Virginia	Wonderfully Made4you Paint & Sip Party	Creative Culinary Workshops	Capital Wine School Intro to Wine Basics 101 & Tastings	End of Summer Camp Party

Welcome to Forever Young’s first Summer Camp for adults 55 plus. Our premier camp is for foodies! If you enjoy good food and wine\* then you’ll enjoy a week of hands-on educational activities designed to expand your skills and knowledge while having fun. For a one-time registration fee\*\* you’ll have access to all the week’s activities! Activities will take place at the Takoma Park Community Center unless we travel off campus to a variety of culinary venues. Orientation attendance is mandatory! Registered campers will find a detailed description for each activity in the 2017 “Culinary” Summer Camp Guide. Activities generally take place each day between the hours of 12 p.m.- 5 p.m. (and one full day, morning and afternoon included). Develop your understanding of different aspects of the culinary field as you visit an historical apothecary; learn how to grow and cook with healthy vegetables, herbs and spices; engage in chocolate truffle making from bean to bon-bon; how to taste wine like a pro; matching food and wine and the history of wine making; cake decorating techniques; discover “Nutrition for Life” and much more!

\$50.00 gift card to the TPSS Co-op will be awarded to each camper who fully participates in all activities.

\$10.00 gift card to the TPSS Co-op will be awarded to each camper who fully participates in 8-9 activities.

\*Not recommended for people with food allergies and dietary restrictions.

\*\*\$49.00 Residents; \$59.00 Non-Residents

This is a special event and not subject to discounts.





## ***Registration Information and Policies - Spring/Summer 2017***

- 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 & Summer 2017 classes opened on March 15th for residents @ 8:30 a.m. and March 22nd @ 8:30 a.m. for non-residents.
- Transportation is provided for trips. Space is limited. See page 7 for trip registration information.
- For more information call 301-891-7280 or email: [paula@takomaparkmd.gov](mailto:paula@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](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-Community Center, 7500 Maple Avenue - Spring/Summer 2017 - Registration required.***

The following Spring & Summer 2017 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes. Registration for Spring & Summer 2017 classes opened on March 15th & 22nd. 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. **Spring dates: 4/7, 4/21, 5/5, 5/19, 6/2, 6/16 Summer dates: 7/7, 7/21, 8/11, 8/25**  
Line Dance: Spring: Wednesdays, April 5th-June 28th, Summer: July 5th-August 30th, 10:30-11:30 a.m.  
Spring: Thursdays, April 6th-June 8th, Summer: July 6th-August 24th, 11:30 a.m. - 12:30 p.m.

### **Spaces may still be available in the following fitness classes:**

#### **Cardio Groove - Thursdays, April 6th-May 25th, 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, Spring: April 5th-June 28th, Summer: July 5th-August 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. **Free. (No class: 4/12, 5/3, 5/31, 6/7)**

#### **Zumba Gold - Saturdays, Spring: April 8th-June 17th, Summer: July 8th-August 26th, 2:30 - 3:30 p.m.**

Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Eight weeks. **Free. (no class Sat. 5/20)**

***Fitness- Recreation Center, 7315 New Hampshire Ave.-Spring/Summer 2017- Registration required.***

The following Spring 2017 classes at the Takoma Park Recreation Center are currently full, however a waiting list is available for classes. Registration for Spring 2017 classes opened on March 15th & 22nd.

(No summer classes while youth camps are in session)

Tai Chi Strength, Tuesdays, April 4th-June 13th, 12 - 1:00 p.m. (no class week of 4/10-4/14)

Enhanced Fitness Training, Tuesdays, April 4th-June 13th, 1:15 - 2:15 p.m. (no class week of 4/10-4/14)

Table Tennis Skills, No spring or summer sessions.

**Spaces may still be available in the following fitness classes:**

**Full Body Fusion - Tuesdays, April 4th-June 13th, 2:00 - 3:00 p.m.** (no class week of 4/10-4/14)

Active adults will enjoy this low-impact full body workout to music. Elements of balance, movement, strengthening and yoga blend to create a fun class. Instructor Jaylene Sarracino. **Free.**

**Tennis Fun and Fitness - Thursdays, April 20th-June 8th, 12:00 - 1:00 p.m. Note new starting date.**

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. Gymnasium. **Free.**

***Education- Community Center, 7500 Maple Avenue- Spring/Summer 2017- Registration Required.***

**Computer Basics - Wednesdays, May 10th - May 24th, 10:00 a.m. - 12:00 p.m.**

This three week course will introduce people with little or no experience to basic skills such as sending and receiving email, internet searching and using a word processor to compose letters, etc. You need a Takoma Park Library card to access the computers and take this course. Limit 6. Instructor: Patti Mallin. **Registration is required.** Computer Center.

**Class Fee: \$10** Payable to the City of Takoma Park.

**Computer Extras - Session 1: Wednesdays, April 19th - May 3rd, 10:00 a.m. - 12:00 p.m.**

**Session 2: Wednesdays, May 31st - June 14th, 10:00 a.m. - 12:00 p.m.**

In this three week course experiment with social media, master the calendar and other computer/smart device apps and learn what to do with all those pictures in your mailbox. Bring your questions! 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.

**Holy Cross Memory Academy - Mondays, April 24th - May 22nd, 11:30 a.m. - 1:30 p.m.**

A five-week course that provides memory improvement techniques. This course explains how memory works; offers quick strategies for remembering names, faces and numbers; provides basic memory tools; and maximizes the effectiveness of using memory aids such as lists. (This program is not intended for people with Alzheimer's disease or other forms of dementia) **Registration with Holy Cross is required.** Lilac Room. **Class fee: \$25.00** per person-includes textbook, handouts and materials. **For more information and to register directly with Holy Cross, please call 301-754-8800 or go to [www.holycrosshealth.org](http://www.holycrosshealth.org).**



**Need to  
brush up  
on your  
driving  
skills?**

**AARP Smart Driver Safety Program - Friday, April 28th, 10:00 a.m.- 3:00 p.m.**

The AARP Driver Safety Program is designed to help drivers 55 and older learn safe driving strategies and the latest rules of the road. Some insurance companies in Maryland may offer auto premium discounts to drivers who take this course. Check with your agency. Instructor: Jerry Hulman. Hydrangea Room.

Prior to class: Register with the Recreation Department, on-line or in-person.

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**

***Drop-in Activities at the Community Center, 7500 Maple Avenue  
Spring/Summer 2017—Registration not required.***

**Bingo**-Thursdays, April 27th, May 25th, June 22nd, July 27th, August 24th

12:00 - 2:00 p.m. Try your luck, win a prize. Free.

**Blood Pressure Screening** - Thursdays, April 27th, May 25th, June 22nd, July 27th, August 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.

**Table Tennis Open Play** -

**Spring Hours:** April 3rd-June 18th, Monday - Friday, 9:00 a.m. - 1:00 p.m., Saturday, 10:00 a.m. - 12:00 noon

**Summer Hours:** July 1st-August 31st, Monday-Saturday, 10:00 a.m.-12:00 p.m.

Come play this fun, energetic game. A great way to improve eye-hand coordination; helps keep the body healthy and the mind sharp. 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/Summer 2017 - Registration not required, however a free fitness pass is required.***

**Indoor Walking\*** - Tuesdays, April 4th-June 15th, 12:00 - 1:00 p.m. (No summer hours)

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 - 2:00 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.



## Best Bargain in Town, the 55 plus Active Adventure Trips!

Did you know that over the past nine years the Takoma Park Recreation Department has offered over 100 trips around the Washington metropolitan area within Maryland, Virginia and Washington D.C.? Furthermore, these trips have no transportation fees and include

door to door pick up and return service to five stops including senior buildings in Takoma Park. What a bargain! True, the city does not own a large coach bus but transportation by Recreation Bus is well organized, safe, free and requests for trip destinations are considered and

often included each season. You would have a difficult time finding a program like this anywhere else in Maryland. So get on board, get out there, and have fun!



## Active Adventure Trips - Spring and Summer 2017

Trips are popular and fill up fast, so register early. We have a fair "first come-first serve" system for all participants. You may register 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 Avenue, or 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. Please let staff know if you require any special accommodations to participate. 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 older. 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. No cost for transportation. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. General bus pick up of registered participants at the following locations: Franklin and Maplevue Apartments, Victory Tower (pick up at 9:00 a.m.) and the Takoma Park Recreation Center, 7315 New Hampshire Avenue (pick up at 8:30 a.m.)

Spring and Summer trips on next page





**Residents: April trip registration begins Monday, April 10th @ 8:30 a.m. (not before)**  
**Non-Residents: Tuesday, April 11th @ 8:30 a.m. (not before)**

**Trip #1: Wednesday, April 19 - 10th Annual Peep Show, Carroll County, MD**



You'll enjoy this whimsical display of Marshmallow Masterpieces! Featuring more than 150 sculptures, dioramas, graphic arts, oversized characters and mosaics created and inspired by Peeps®. **A fair amount of walking and standing.** Bring spending money for lunch on your own at a local restaurant. **Rain or Shine!**

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

**Trip #2: Tuesday, April 25 - Baltimore Museum of Industry Tour and Inner Harbor, MD**



Relive the Industrial Revolution and step back in time to the early days of the port city of Baltimore. We'll have a docent led tour of the museum exhibitions celebrating Maryland's industrial legacy and innovations including the stories of people who built Baltimore and shaped the region's future. **A fair amount of walking and standing.** Bring spending money for lunch on your own at Baltimore's Inner Harbor. **Rain or Shine!**

**Time: 8:45 a.m. - 3:30 p.m.\* Free admission. No cost for transportation.**

**Residents: May trip registration begins Monday, May 1st @ 8:30 a.m. (not before)**  
**Non-Residents: Tuesday, May 2nd @ 8:30 a.m. (not before)**

**Trip #1: Wednesday, May 10- Harriet Tubman Underground Railroad State Park Center, Cambridge, MD**



This new center (opened 3/11/17) commemorates the life and legacy of the legendary abolitionist encompassing her childhood in Maryland, emancipation from slavery and time as a conductor on the Underground Railroad. We'll begin with the Park Ranger's welcome and short historical presentation. Museum has a gift shop. **A fair amount of walking and standing.**

Wear comfortable shoes. Bring spending money for lunch on your own at a local restaurant. **Rain or Shine!**

**Time: 7:45 a.m. - 4:30 p.m.\* Free admission. No cost for transportation. Note extended time.**

**Trip #2: Thursday, May 18 - Washington County Rural Heritage Museum & Village, MD**



Step back into an era before 1865 and wander through log homes, a Four-Square Heirloom Garden, blacksmith and broom makers shops, doctor's office, a Victorian era farmhouse, one room schoolhouse, an authentic country store, children's toy collection, textiles, farming equipment (horse drawn and motorized), sleighs and buggies to early automobiles, bicycles, and a Conestoga wagon. Afterwards we'll travel to nearby historic **Boonsboro** where you can walk around town and visit stores (including famous writer Nora Roberts bookstore) and restaurants. Bring spending money for shopping and lunch on your own at a restaurant of your choice. **A very active amount of walking and standing. Rain or Shine!**

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

★ No Active Adventure trips in June or July while Summer Camps are in session. ★

**Residents: August trip registration begins Tuesday, August 1st @ 8:30 a.m. (not before)**  
**Non-Residents: Wednesday, August 2nd @ 8:30 a.m. (not before)**

**Trip: Tuesday, August 15 - Annual Montgomery County Agricultural Fair, Gaithersburg, MD**



We'll return again to enjoy this popular old-fashioned fair with animal and agricultural exhibits, craft shows, vendor booths and festival foods. Bring your lunch or spending money to purchase lunch, dress for hot weather and wear comfortable walking shoes. **An active amount of walking and standing.** Some, but not all, of the buildings and grounds are wheelchair accessible. **Rain or Shine!**

**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.**