



Forever Young

Enjoying Active Life Over 55 in Takoma Park

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Holiday Closure Calendar

September 3 & 4
Labor Day

November 10
Veteran's Day

November 23, 24, 25 & 26
Thanksgiving

**December 22 (1/2 day),
23, 24, 25**
Christmas

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Culinary Camp - a sweet success! See page 4.



2017 55-plus Table Tennis Tournament! See page 3.



2017 Tournament participants (left to right): Kathy Baker, Sam Vedamony, Jonah Campbell, Barry Hinderstein, Carro Hinderstein, Donn Olsen, Anna Anatol, Peter Kovar, Margo Ritter, Joycie Faison, Vince Cain, Jay Levy (not in photo).

Coming Soon! Winter 2018 Registration

Registration for Winter 2018 (January-March) recreation classes opens on **December 15, 2017 for Takoma Park residents and December 22, 2017 for non-residents.** Registration will begin at 8:30 a.m. for walk-ins and on-line. See page 6 for "How to Register" information and procedures. For more information, please contact the Takoma Park Recreation office at 301-891-7290 or Paula Lisowski, Seniors Program Manager at 301-891-7280 or go to the Recreation Department website: takomaparkmd.gov/government/recreation



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

Saturday, September 9th - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation

Sunday, September 10th - Takoma Park Folk Festival - www.tpff.org


Saturday, September 23rd - Annual Play Day - Takoma Plays and the Takoma Park Recreation Department have teamed up to present to you the 9th Annual "Play Day!" (Rain or Shine) 10 a.m. - 2 p.m. at the Takoma Park Middle School, 7611 Piney Branch Road. This event will have fun activities for the entire family to enjoy. To see a full listing of activities and performances, please visit letsplayamerica.org

Saturday, September 23rd - Takoma Foundation BeerFest - www.takomafoundation.org


Saturday, September 30th-October 1st - Sweep the Creek - Friends of Sligo Creek - www.fosc.org

Sunday, October 1st - Takoma Park Street Festival - www.mainstreettakoma.org

Saturday, October 21st - Book Sale, Friends of the Takoma Park Library - www.ftpml.org

Saturday, October 28th - Monster Bash & Festivities - The Takoma Park Recreation Department staff is preparing activities for the entire family to enjoy. Event kicks off at 1 p.m. in front of the TPSS Co-op and ends with the Costume Award Ceremony and Celebration in Old Town Takoma Park, 1 - 6 p.m. Free. For more information about the event go to www.takomaparkmd.gov/government/recreation
 Due to the nature of this event, walking is encouraged. If you would like to volunteer for this event, please contact John Webster at johnw@takomaparkmd.gov or 301-891-7225.

Tuesday, November 7th - Election Day - City of Takoma Park - www.takomaparkmd.gov/clerk

 For the November 7th City Election, voting on election day will be held at the Takoma Park Community Center, 7500 Maple Avenue. Polls are open from 7:00 AM to 8:00 PM. For more voting information please contact Jessie Carpenter, City Clerk at 301-891-7267. **Free ride for seniors by Recreation Bus, 9:00 a.m. - 3:00 p.m.**, approximately every 30 minutes between the buildings and the polling



location, Takoma Park Community Center, 7500 Maple Avenue. Pick up locations: Victory Tower, Franklin Apartments, Essex Apartments, Maple View Apartments and the Takoma Park Recreation Center (7315 New Hampshire Avenue). For transportation information please contact Paula

Lisowski at 301-891-7280 or email paulal@takomaparkmd.gov.

Wednesday, November 15th-18th - Community Stories Festival - www.docsinprogress.org

Saturday, December 2nd - Alternative Gift Fair - www.aggw.org

Sunday, December 3rd - Old Takoma Pajamarama - www.mainstreettakoma.org

Saturday, December 9th - Holiday Arts Sale & FTPML Book Sale - takomaparkmd.gov/arts

Thursday, December 21st - Winter Solstice Celebration - www.takomapark.info/library

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 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 or Johnny Browning 301-270-0648 - jspanky1@verizon.net



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.

Table Tennis Tournament, Game Room, Takoma Park Community Center, Sunday, March 26

Kudos to all the players who engaged in active competition at this year's table tennis tournament. In the photo at right (left to right) "Finalist" Barry Hinderstein, Coach Donn Olsen (Game Judge), Paula Lisowski, tournament coordinator Recreation Department, "Finalist" Joycie Faison and 2017 "Champion" Peter Kovar.



Spotlight on Volunteers



Alice Sims (photo right) and Sue Bracey (photo left), artists and instructors, are enthusiastic supporters of the Forever Young recreation program and dedicated to providing opportunities for seniors to be creative in the arts. Alice and Sue make it possible for seniors to participate in a variety of free art and craft workshops from basket weaving to painting silk scarves at the Takoma Park Community Center. Don't miss the next workshop on ceramics (clay). See page 7 for details. Thank you Alice and Sue!

Culinary Camp Review!



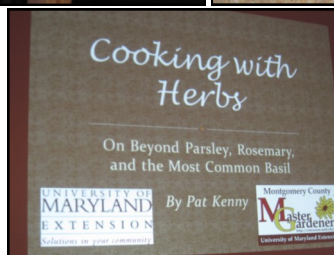
Monday, June 5th: Campers began the day with orientation followed by a trip to the Stabler-Leadbeater Apothecary Shop (founded in 1792) preserved as a museum for a fascinating tour and presentation of the historical uses of plants and herbs.



Tuesday, June 6th: Campers began the day with two LifeWork Strategies (Adventist HealthCare) seminars “Nutrition for Life” and Quick & Healthy Recipes” followed by an arts & crafts workshop presented by *Wonderfully Made4You* where each camper was able to paint and personalize a plate and a wine class with their own creative and colorful designs.



Wednesday, June 7th: Campers traveled to Frederick Maryland for a private cooking class with Head Chef Christine Van Bloem and her wonderful staff. Campers created a delicious menu of appetizers, main course and dessert. Afterwards they tasted the fruits of their labor and enjoyed every bite! They ended their day back at the Takoma Park Community Center for a delightful presentation “Cooking with Herbs” by Master Gardener Pat Kenny. Another fun filled day!





Thursday, June 8th: Campers began the day with a LifeWork Strategies healthy cooking demonstration “Vegetarian/Vegan” and tasted two quick and easy meatless recipes. Then it was on to Busboys & Poets restaurant for an educational workshop “Intro to Wine Basics” and wine tastings by the Capital Wine School’s Master Sommelier/Certified Wine Educator Raymond O’Mara.



Friday, June 9th: Campers ended the week on a sweet note with an educational factory tour and hands-on candy making workshop with Head Chocolatier Crisoire Reid at the SPAGnVOLA shop in Gaithersburg, MD. Campers created their own “Ginger Lemon Grass Chocolate Truffles” by first creating and rolling the ganache bon-bon filling and then working chocolate to ready it for dipping the truffles. Campers returned home with gift bags full of the tasty candy created with care and joy! A great camp week!

Mark your calendars! 2018 camp dates: Monday, June 4th through Friday, June 8th.

Registration Information and Policies - Fall 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 Fall 2017 classes: August 15th for residents @ 8:30 a.m., August 22nd @ 8:30 a.m. non-residents.**
- Transportation is provided for trips. Space is limited. See page 9 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 - Community Center, 7500 Maple Avenue - Fall 2017 - Registration required.

The following Fall 2017 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes. Registration for Fall 2017 classes opened on August 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. **Fall dates: 9/8, 9/22, 10/13, 10/27, 11/3, 11/17, 12/1, 12/15**

Line Dance: Wednesdays, 9/6-12/20, 10:30-11:30 a.m.

Zumba Gold: Thursdays, 9/7-11/30, 11:30 a.m.-12:30 p.m.

Spaces may still be available in the following fitness classes:

Cardio Groove - Mondays, September 11th - November 13th, 11:30 - 12:30 p.m. New day and time! ★

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. Dance Room. Instructor: Nancy Nickell. **Free.**

Line Dancing - Wednesdays, September 6th - December 20th, 11:45 a.m. - 12:45 p.m.

Led by instructor Barbara Brown, this class provides enjoyable physical exercise to music. Benefits include strengthening of bones and muscles, weight loss, increased stamina and stress reduction. Dance Room. **Free. (No class: 9/20, 9/27, 11/22, 12/27, 1/31, 2/7)**

Zumba Gold - Saturdays, September 9th - December 2nd, 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. Dance Room. **Free. (No class Sat. 11/11, 11/25)**

Table Tennis Skills - Thursdays, September 14th - November 16, 12:00 - 1:00 p.m. New time and location! ★

Great fun! Led by Coach Donn Olsen, this class provides enjoyable physical exercise and requires *no* prior experience. Students will learn game rules and practice skills. Limit 8 students. Game room. **Free.**

Table Tennis Skills (Ping Pong) has moved to the Game Room, Community Center, 7500 Maple Avenue.
Same day, new time and location. See page 6.

Fitness- Recreation Center, 7315 New Hampshire Ave. Fall 2017- Registration required.



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

Enhanced Fitness Training, Tuesdays, September 12th - November 14th, 1:15 - 2:15 p.m.

Tai Chi Strength, Tuesdays, September 12th - November 14th, 12:00 p.m.

Spaces may still be available in the following fitness classes:

Full Body Fusion - Tuesdays, September 12th - November 14th, 2:00 - 3:00 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 class. Instructor Jaylene Sarracino. Gymnasium. **Free.**

Tennis Fun and Fitness - Thursdays, September 14th - November 16th, 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. Gymnasium. **Free.**

Education - Community Center, 7500 Maple Avenue - Fall 2017- Registration required.



Ceramics Clay Workshop - Wednesdays, September 20th - October 18th

10:00 a.m. - 12:00 p.m.

Create your own beautiful cup, small plate and teaspoon (glazed, fired, washable and food safe) needed for a tea party held on the last day of the workshop. All supplies provided. Limit twelve.

Instructor: Alice Sims. **Registration is required.** Art Room. **Free.**



Computer Basics - Wednesdays, September 13th - 27th, 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 - Wednesdays, October 11th - 25th, 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.

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

*Drop-in Activities at the Community Center, 7500 Maple Avenue
Fall 2017— Registration is not required.*

Bingo-Thursdays, September 28th, October 26th, November 16th, December 21, 12:00 - 2:00 p.m.

Try your luck, win a prize. Free.

Blood Pressure Screening - Thursdays, September 28th, October 26th, November 16th, December 21
11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a **free** monthly blood pressure screening. Free.

Table Tennis Open Play - Monday, Tuesday, Wednesday, Friday, 9:00 a.m. - 1:00 p.m., Thursday, 9:00
a.m. - 12:00 p.m. (Table Tennis Skills Class in session 12-1 p.m.), 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, the Library and the Media Lab during designated hours.

*Drop-in Activities at the Recreation Center, 7315 New Hampshire Avenue
Fall 2017 - Registration is not required, however a free fitness pass is required.*

Indoor Walking* - Tuesdays, September 12th - December 12th, 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 - 2:00 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.

Please note: Due to the popularity of the National Museum of African American History and Culture, we would like to return for a second visit, however according to the museum website, "The museum has processed 25,000 requests for group tours, however the backlog is 30,000 requests as of February 28, 2017. For that reason, group reservations have been suspended until the backlog is successfully addressed." When tickets become available, we will schedule a visit.

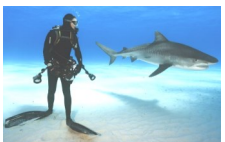
Active Adventure Trips - Fall 2017



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, 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 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 and Takoma Park Recreation Center, 7315 New Hampshire Avenue.

Residents: September & October trips registration begins Tuesday, September 5th @ 8:30 a.m. (not before)
Non-Residents: Wednesday, September 6th @ 8:30 a.m. (not before)

Trip #1: Wednesday, September 13th - National Geographic Museum and the National Gallery of Art, Washington DC



The National Geographic Museum's special exhibit "Sharks" presents photographer Brian Skerry's incredible body of work showcasing why sharks should be protected and appreciated as integral species within our ecosystem. The exhibition includes large-scale images, videos, artifacts, models and interactive experiences. Afterwards we'll board the bus for lunch at the National Gallery of Art. Bring spending money for lunch on your own at the National Gallery of Art café. After lunch you may choose to visit the newly renovated and expanded East Wing including two sky-lit tower galleries with 500 works of art. ***An active amount of walking and standing at your own pace. Rain or Shine!***
Time: 8:45 a.m. - 4:00 p.m.* \$12 seniors admission (ages 62 and older). No cost for transportation.

Trip #2: Thursday, September 21st - NASA Goddard Spaceflight Visitor Center, Greenbelt, MD



Named for rocketry pioneer Dr. Robert H. Goddard, NASA established the area in Greenbelt Maryland as its first space flight complex in 1959 dedicated to the study of Earth, the sun, our solar system and the universe. We'll enjoy a self-guided tour through the "Visitor Center" exhibits. ***A fair amount of walking and standing at your own pace.*** Bring spending money for lunch on your own at a local restaurant. **Rain or Shine!**
Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.



[More trips 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.

Residents: September (page 9) & October trips registration begins Tuesday, September 5 @ 8:30 a.m. (not before)
Non-Residents: Wednesday, September 6th @ 8:30 a.m. (not before)

Trip #1: Thursday, October 5th - Discover the Power of Age Expo, Timonium, MD



Baltimore County Department of Aging

Baltimore County Department of Aging's extravaganza showcases the latest in information, resources, products and services for "reimagining aging" during this regional event (formerly the Baby Boomer/Senior Expo) at the Maryland State Fairgrounds. Explore 300 exhibitors and vendors, continuous entertainment and free health screenings. Enjoy the Art and Craft Show, fitness class demos and the Job Fair. **A fair amount of walking and standing at your own pace in a very large exhibit building.** Wear comfortable shoes. Bring spending money for lunch on your own at the expo. **Rain or Shine!**
Time: 8:45 a.m.- 4:00 p.m.* Admission: \$2 (or free with two cans of non-perishable food). No cost for transportation.

Trip #2: Wednesday, October 11th - Woodlawn Manor Cultural Park Tour, Sandy Spring, MD



Our guided tour of the Woodlawn Museum and Manor House grounds includes an historic 19th-century stone barn, carriage house and interactive multimedia exhibits showcasing the Underground Railroad, the Quakers in Sandy Spring, and enslaved and free African American communities in Montgomery County. We'll learn about daily life at Woodlawn Plantation, 19th century agricultural history and the lives of Woodlawn's early residents. **A fair amount of walking and standing during the guided tour.** Bring spending money for lunch at a local restaurant. **Rain or Shine!**

Time: 8:45 a.m. - 3:00 p.m.* \$4 per person admission and tour. No cost for transportation.

Residents: November & December trips registration begins Wednesday, November 1st @ 8:30 a.m. (not before)
Non-Residents: Thursday, November 2nd @ 8:30 a.m. (not before)

Trip #1: Thursday, November 9th - National Capital Radio & Television Museum, Bowie, MD



Join us for a nostalgic walk down memory lane. The museum at Harmel House in Bowie, Maryland contains seven galleries presenting a chronological history of the receivers used by radio listeners and television watchers over nearly a century. We will have a guided tour through the museum. The museum is located in a century-old farmhouse and the second floor does require the use of a staircase (no elevator) but the first floor galleries are fully accessible and there is a virtual tour of what is on the second floor. **A fair amount of walking and standing.** Bring spending money for lunch on your own at a restaurant of your choice in the Bowie Town Center Mall. **Rain or Shine!**

Time: 8:45 a.m. - 3:30 p.m.* \$5 admission and tour. No cost for transportation.

Trip #2: Wednesday, November 15th - Glenview Mansion Art Gallery, Rockville MD



Come with us to the Maryland Pastel Society's National Show inside the elegant Glenview Mansion built in 1926 (included on the National Register of Historic Places) and located in the 153-acre Rockville Civic Center Park. Bring spending money for lunch on your own at Teppanyaki Grill & Buffet. **A fair amount of walking and standing at your own pace.** **Rain or Shine!**

Time: 8:45 a.m. 3:00 p.m.* Free admission. No cost for transportation

December Trip: Friday, December 8th – Dutch Country Farmer's Market, Laurel, MD



You'll enjoy this popular market full of delicious foods including fresh produce, baked goods, dairy products, organic meats and much more. Stock up for the holidays! Bring spending money for shopping and to purchase lunch on your own at the market. **A fair amount of walking and standing at your own pace through the market.** **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.