



(301) 891-7290

www.takomaparkmd.gov/government/recreation

Forever Young

Enjoying Active Life Over 55 in Takoma Park

New Year's News



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Holiday Closure Calendar

January 15
Martin Luther King Day

February 19
President's Day

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A new year of opportunities to explore and enjoy is coming your way so let's get the most out of everyday this year - - meet new people, try new things - - and stay active, healthy and happy. Come to the Takoma Park Community Center or the Takoma Park Recreation Center and try one of our healthy fitness classes. You don't want to miss our 2018 summer specialty camp. Last years camp was very popular. Sandy Egan, who participated in the 2017 specialty camp, said: "I loved the camp! I told my friends and they wished that they had signed up". In addition we have a bonus camp this year as we'll partner with Docs in Progress to offer a Filmmaking Camp, see page 3 for more information about both camps. Do you like to visit new places? Travel with us to a variety of destinations around the Washington Metropolitan area starting in spring. Look for future editions of the **Forever Young Newsletter**, and join your friends for a fun, active and Happy New Year!

Celebrating Women's History Month!

In honor of **National Women's History Month**, join us for an inspirational and entertaining film series and don't miss the special living history presentation by an award-winning actress with a fun interactive show. See pages 4 & 5 for details and schedule. We'll complete the month with our first trip of the season, by special request, to tour a fascinating museum in Washington DC that showcases the struggle for the women's rights and which was recently designated as a national historic monument by President Barack Obama. See page 9 for trip details.



Coming Soon! Spring & Summer 2018 Registration



Spring & Summer (April to August) registration for classes opens **March 15 for Takoma Park residents and March 22 for non-residents.** Registration will begin at 8:30 a.m. for walk-ins and online. See page 6 for "How to Register" information and procedures. For more information, please call 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 January, February and March - All Ages Welcome!

Thursday, January 18th, Third Thursday Poetry Reading, poetry by Jason Gebhardt, Clara B. Jones & Pamela Murray Winters, readings begin at 7:30 p.m., Takoma Park Community Center. www.takomaparkmd.gov/arts

Sunday, February 11th - 8th Annual Mid-Winter Play Day, 1- 4 p.m. Takoma Park Community Center, 7500 Maple Avenue. Open to all ages. Come enjoy a fun afternoon of indoor play. Free community event filled with fun activities. For more information go to www.letsplayamerica.org

Saturday, March 31st, Annual Egg Hunt, 10:00 a.m. games begin and the hunt will start at 11:00 a.m. sharp! Don't forget to bring your basket to Ed Wilhelm Field (behind Piney Branch Elementary School) for a morning of fun. Rain date: 4/2/18 at 4:00 p.m. For more information please contact the Takoma Park Recreation Department at 301-891-7290 or www.takomaparkmd.gov/government/recreation.

Saturday, April 7th, Fitness Expo 2018, 9:00 a.m.-2:00 p.m. The Takoma Park Recreation Department staff is preparing for the 6th Annual Fitness Expo at the Takoma Park Recreation Center, 7315 New Hampshire Avenue. Come join in this exciting day that will include demonstrations from several fitness programs as well as presentations from local community health and fitness organizations. For more information or to volunteer for this event, please contact Vincent Cain at 301-891-7289 or vincentc@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: joyces@ascgw.org

Games Night: Meets Tuesdays, 7 to 9 p.m. at 7051 Carroll Avenue. Intergenerational and free. Rummikub, Canasta, Spades, Bridge and more. Contact Johnny Browning 301-270-0648 - jspanky1@verizon.net

Special Events Around Town

Saturday & Sunday, January 20th/21st - Baltimore Bead Society Winter Bead and Jewelry Show - the 11th annual regional artisans and designers showcase of beautiful jewelry, highlighting a unique blend of skill and original artistic design. Howard County Fairgrounds, West Friendship, MD 21794. Tickets starting at \$6 per person. For more information call 443-707-9138 or go to www.info@baltimorebead.org

Saturday & Sunday, March 10th/11th - NBC4 Health & Fitness Expo - This is a free expo which offers information on how to maintain a healthy lifestyle with forums on healthy cooking, exercise and activities for children. Walter E. Washington Convention Center, 801 Mt. Vernon Place NW, Washington, DC. For more information call 202-249-3000.

Friday, March 23rd-Sunday, March 25th - Virginia Horse Festival - enjoy everything equestrian - clinics, demonstrations and seminars, great shopping for tack, riding apparel and more. Demonstrations include dressage, jumping, western pleasure and general training and driving combined with great family entertainment, educational seminars, and the best vendors the horse industry has to offer. Tickets \$15 per person. Doswell, VA . For more information call 804-994-2800 or go to www.virginiahorsefestival.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.



Coming Soon! Air, Land and Sea Discovery Camp

Camp Dates: Monday, June 4 to Friday, June 8, 2018

Time: Varies daily.

Location: Takoma Park Community Center
7500 Maple Avenue

Cost: \$80 Residents; \$100 Non-Residents

Welcome to Forever Young's Summer Camp for adults 55 plus. Our 2018 camp is for explorers! If you enjoy discovering the beauty and excitement of the world around you then you'll enjoy this 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 (7500 Maple Avenue, Takoma Park, MD 20912) with trips off site to a variety of venues. Activities generally take place each day between the hours of 11 a.m.- 5 p.m. (and two full days on Monday and Thursday, morning and afternoon included). Based on last summer's survey, camper's suggestions were part of this year's planning. Develop your understanding of the different aspects of air, land and sea as you go behind the scenes to engage sea life up close; learn how to create a work of art from fire; travel over land by train and sea by boat; learn how to create balance and good karma all around you and much more! See you on June 4th.

Registration begins March 15th for residents and March 22nd for non residents. Register on-line or in person. See page 6 for registration information. For more details about the camp see the 2018 Spring/Summer Forever Young newsletter to be distributed in early March.



Coming Soon! Filmmaking Summer Camp

Join us this summer for a new camp all about filmmaking. In this week-long workshop organized by the documentary film nonprofit Docs in Progress, you'll learn how to make a short video about your experiences. With technology as a tool rather than an obstacle, you'll learn how to shoot and edit video, using a combination of interviews, photographs, archival footage and music to create a 2-3 minute video piece you can share with family and friends. For more information about this camp see the 2018 Spring/Summer Forever Young newsletter to be distributed early in March. Register directly with Docs in Progress beginning March 22nd for residents and for non-residents.

Camp Dates: Monday, June 18 - Friday, June 22, 2018

Time: 12:00 p.m.- 3:00 p.m., Multi-Media Lab

Location: Takoma Park Community Center, 7500 Maple Avenue

Cost: \$80 Residents, \$180.00 Non-Residents

Register beginning March 22nd online at <http://www.docsinprogress.org/filmmakers>.

Questions? Need help? Call [301-789-2797](tel:301-789-2797).



Celebrate Women's History Month 2018

*National Women's History Project's 2018 theme for National Women's History Month: **NEVERTHELESS SHE PERSISTED: Honoring Women Who Fight All Forms of Discrimination Against Women.***

The 2018 theme recognizes the intersecting forms of discrimination women have faced, and continue to face, throughout American history and celebrates the diverse women who have fought, and continue to fight, discrimination at all level and in all forms. For more information go to www.nwhp.org

Women's History Month Free Film Series! *

Join us for a free retrospective film series representing strong female characters real or fictional dealing with important social issues facing women presented in an entertainment format. Drop-in. Open to adults ages 18 and older. Bring your family and friends. All films are PG or PG13 and will be held at the Takoma Park Community Center, 7500 Maple Avenue, in the Auditorium.

Monday	3/12/18	Hidden Figures - 2016 American biographical historical drama directed by Theodore Melfi and based on the non-fiction book by Margot Lee Shetterly. Three brilliant African-American women at NASA serve as the brains behind one of the greatest achievements in history. Drama.	12PM-2 PM
Tuesday	3/13/18	Battle of the Sexes - 2017 American biographical film loosely based on the 1973 tennis match between Billie Jean King and Bobby Riggs that became the most watched televised sports event of all time and their personal battles off the court. Directed by Jonathan Dayton & Valerie Faris, written by Simon Beaufoy. Comedy/Drama.	12PM-2PM
Wednesday	3/14/18	Wonder Woman - 2017 American superhero film based on the DC Comics character, directed by Patty Jenkins with screenplay by Allan Heinberg. Diana, princess of the Amazons, leaves her home to fight alongside men in a war and discovers her full powers and destiny. Action/Drama.	12PM-2PM
Thursday	3/15/18	One Woman, One Vote – Witness the 70-year struggle for Women’s suffrage. Narrated by actress Susan Sarandon this PBS documentary film covers the contributions of pioneers such as Susan B. Anthony and Elizabeth Cady Stanton and the second wave of suffragettes Alice Paul, Lucy Burns and others who led the fight for the 19th Amendment right to vote. 2006 Historical/Drama Bonus: Meet author Rebecca Boggs Roberts and hear the fascinating story of the 1913 parade for women’s right to vote in Washington, DC!	12PM-2PM 2PM-3PM
Friday	3/16/18	A League of Their Own - 1992 classic American sports comedy-drama that tells a fictionalized account of the real-life All American Girls Professional Baseball League that sprang up in the American Midwest during World War II. Directed by Penny Marshall with screenplay based on a story by Kelly Candaele & Kim Wilson. Comedy/Drama.	12PM-2PM

*Film selection subject to change. Call 301-891-7280 for updates.



LOOKING BACK...
MOVING FORWARD...
CELEBRATING WOMEN'S HISTORY MONTH!

Meet Rosie the Riveter!

Monday, March 19th, 1:00 – 2:00 p.m.
Auditorium, Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912

During World War II, women joined the U.S. workforce by the millions to replace the men who'd gone off to fight. Award winning actress and Smithsonian Scholar Mary Ann Jung presents the delightful story of Rosie the Riveter through the eyes of Rose Leigh Monroe who worked at the largest aircraft factory in the world-Willow Run in Michigan. Discover which came first, the Rosie posters, songs, or the real women who worked in factories to help America win the war. Who was the real Rosie? The answer is riveting! Drop-in. Free performance is open to adults 18 and older. Bring your family and friends.

About the Actress

Making History Fun - Mary Ann Jung's amazing portraits of famous ladies and their times encourage a love of history, drama, and literature - in young and old alike. Ms. Jung has performed at the National Theatre of Washington, Smithsonian Institution, the Folger Shakespeare Library, Port Discovery Children's Museum and the National Museum of Civil War Medicine and she has appeared on CNN, the Today Show and Good Morning America. She has been a lead actress and Director of Renaissance History and Shakespeare Language at the Maryland Renaissance Festival.

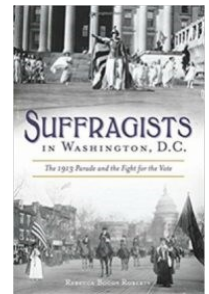


Following the performance: Stay for door prize giveaways. Entertaining, educational and lots of fun!



Meet Author Rebecca Boggs Roberts!

Thursday, March 15th, 2:00 – 3:00 p.m.
Auditorium, Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912



Journalist, producer, forensic anthropologist, political consultant, radio talk show host and currently a program coordinator for Smithsonian Associates, author Rebecca Boggs Roberts' latest book is titled "Suffragists in Washington, D.C.: The 1913 Parade and the Fight for the Vote". The Great Suffrage Parade was the first civil rights march to use the nation's capital as a backdrop. In 1913 Alice Paul came to Washington, D.C. and planned a grand spectacle on Pennsylvania Avenue on the day before Woodrow Wilson's inauguration-marking the beginning of many protests covered by newspapers across the nation which finally led to the ratification of the Nineteenth Amendment in 1920. Ms. Roberts narrates the heroic struggle of Alice Paul and the National Women's Party as they worked to earn the vote. Drop-in. Free. Open to adults 18 and older.

Forever Young's Special Trip on Wednesday, March 21st



By special request, join us on our trip to the historic Belmont-Paul Women's National Monument, Washington, DC Home to the National Woman's Party for nearly 90 years, this was the epicenter of the struggle for women's rights. See page 9 for details and registration information. Open to adults ages 55 and older.



Registration Information and Policies - Winter 2018

- 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 unless otherwise noted.
- If a specific class is offered at two different times, you may register for one class only.
- **Registration Winter 2018 began December 15th residents @ 8:30 a.m., December 21st @ 8:30 a.m. non-residents.**
- Transportation is provided for trips. Space is limited.
- 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 - Winter 2018

The following Winter 2018 classes at the Takoma Park Community Center are currently full, however a waiting list is available for classes. Registration for Winter 2018 classes opened on December 15th & 21st.
Bone Builders: Mondays/Thursdays, 10:00 -11:00 a.m. & Tuesdays/Fridays, 10:30 - 11:30 a.m.
Gentle Yoga: Fridays, 12:00 noon - 1:00 p.m.
Line Dance: Wednesdays, 10:30-11:30 a.m.
Table Tennis Skills: Thursday, 12:00 - 1:00 p.m.
Zumba Gold: Thursdays, 11:30 a.m.-12:30 p.m.

Spaces may still be available in the following fitness classes:

Cardio Groove - Mondays, January 8th - March 26th, 11:30 a.m. - 12:30 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. Dance Room. Instructor: Nancy Nickell. **Free.**

Line Dancing - Wednesdays, January 10th - March 28th, 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 1/31, 2/7.**

Zumba Gold - Saturdays, January 13th - March 17th, 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.**

Fitness- Recreation Center, 7315 New Hampshire Avenue - Winter 2018



The following Winter 2018 classes at the Takoma Park Recreation Center are currently full, however a waiting list is available. Registration for Winter 2018 classes opened on December 15th & 21st.
 Enhanced Fitness Training: Tuesdays, 12:00 - 1:00 p.m. (New Time!), Front Room.
 Full Body Fusion: Tuesday, 2:00 - 3:00 p.m., Gym
 Tai Chi Strength: Tuesdays, 12:00 - 1:00 p.m., Back Room.

Spaces may still be available in the following fitness class:

Tennis Fun and Fitness - Thursdays, January 11th - March 15th, 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 - Winter 2018



Spaces may still be available in the following classes:

Computer Basics - Wednesdays, January 17th - January 31st, 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, February 14th - February 28th, 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
Winter 2018 – Registration is not required.*

Bingo-Thursdays, January 25th, February 22nd, March 22nd, 12:00 - 2:00 p.m.

Try your luck, win a prize. Free.

Blood Pressure Screening-Thursdays, January 25th, February 22nd, March 22nd, 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 Thursdays 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
Winter 2018 - Registration is not required, however a free fitness pass is required.*

Indoor Walking* - Tuesdays, January 9th - March 23rd, 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 - Winter 2018



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.



Trip in honor of National Women's History Month!

Wednesday, March 21st-Belmont-Paul Women's National Monument, Wash., DC

Residents: registration begins Thursday, March 1st @ 8:30 a.m. (not before)
Non-Residents: registration begins Friday, March 2nd @ 8:30 a.m. (not before)



Home to the National Woman's Party for nearly 90 years, this was the epicenter of the struggle for women's rights. From this house in the shadow of the U.S. Capitol and Supreme Court, Alice Paul and the NWP developed innovative strategies and tactics to advocate for the Equal Rights Amendment and equality for women. President Barack Obama designated the 200-year-old historic house as a national monument on April 12, 2016. The Belmont-Paul Women's Equality National Monument tells the story of a community of women who dedicated their lives to the fight for women's rights. We'll have a docent led tour of this fascinating site. The first floor is accessible. Bring spending money for lunch on your own

at Union Station. **A fair amount of walking and standing during the tour. Rain or Shine!**

Time: 9:15 a.m. - 3:30 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.

Great trip to the new Harriet Tubman Underground Railroad Visitor Center on Wednesday, May 10, 2017.



Students in the Fall 2017 Ceramics Clay class were very creative and the Tea Party was very enjoyable!



Students made ceramic plates, cups, spoon rests, spoons, bowls, trays, and other table-ware they used for an end of class party.



Do you remember me?

We enjoyed visiting the Radio & Television Museum and Goddard Space Flight Visitor Center!