

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



(301) 891-7290

www.takomaparkmd.gov/government/recreation

Spring & Summer 2018/April - August Issue #27

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Summer Camps!



Coming Soon, two great summer camps for adults 55 plus. You don't want to miss our 2018 summer specialty camps. Last years camp was very popular. In addition we have a bonus camp this year as we'll partner with Docs in Progress to offer a Filmmaking Camp, see pages 2 & 3 for more information about both camps. Don't miss out!



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Holiday Closure Calendar

May 27 & 28
Memorial Day

July 4
Independence Day

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Get Fit 4 Life!



The National Institute of Aging has chosen Takoma Park as one of it's host sites for the 2018 Go4Life Program. The Fit4Function workshop is a pilot program to assist older adults in getting started with regular physical activity based on the Go4Life principles to use educational, instructional, and motivational materials for goal-setting activities designed to move participants from sedentary (or semi-sedentary) to physically active behavior. The outcome of this workshop is to develop a program of additional workshops tailored to the needs of Takoma Park residents. See page 5 for workshop details and registration information.

Parks and Recreation: A Lifetime of Discovery!

This July, during National Parks and Recreation Month, the National Recreation and Park Association welcomes you to explore everything your local parks and recreation has to offer - - playgrounds, recreation centers, sports leagues and summer camps. In addition, throughout the year, explore the many "undiscovered" roles of local parks and recreation like science, technology, STEM/STEAM programming, innovative health and wellness opportunities, community celebrations, and so much more! Redefine how you think about your local parks and recreation and uncover a lifetime of discovery!

Spring and Summer 2018 Classes Registration



Spring & Summers 2018 (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 4 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 April, May, June, July & August - All Ages Welcome!

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

Sunday, May 6th - Historic Takoma House and Garden Tour - www.historictakoma.org

Saturday, May 19th - 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

Saturday, June 2nd - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation

Sunday, June 10th - Takoma Park Jazz Festival - www.tpjazzfest.org

Wednesday, July 4th - Independence Day Parade, Concert & Fireworks - www.takomapark4th.org

Tuesday, August 7th - National Night Out, Takoma Park Police - 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



Docs in Progress Filmmaking Summer Camp for 55 Plus

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. 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

Questions? Need help? Call (301) 789-2797.

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



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.

Air, Land & Sea Discovery Camp!

Monday June 4th	Tuesday June 5th	Wednesday June 6th	Thursday June 7th	Friday June 8th
Camp Orientation Sea Life Awaits You!  National Aquarium Baltimore, MD	Beauty from Fire! Create a Masterpiece  McFadden Art Glass Studio Baltimore, MD	Fly it!  DCRC Radio Control Club Flight Training Boyds, MD	Rails & Sails!  B & O Railroad Museum  Watermark Cruise Baltimore, MD	Sense of Place!  True Harmony Living Feng Shui  Nobuyo Anne K. Sakata



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 earth and fire; travel over land and sea; learn how to create balance and good karma all around you and much more!

Registration begins March 15th for residents and March 22nd for non residents. Register on-line or in person with the Takoma Park Recreation Department. See page 4 for registration information. “Registered” campers will receive the 2018 “Air, Land & Sea Discovery Camp” brochure with detailed activity itinerary.



Registration Information and Policies - Spring & Summer 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.
- **Spring and Summer 2018 registration is March 15th residents @ 8:30 a.m., March 22nd @ 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 - Spring & Summer 2018

Bone Builders - Mondays/Thursdays, Spring: April 5th-June 28th/Summer: July 2nd-August 30th, 10:00 - 11:00 a.m. -or- Tuesdays/Fridays, Spring: April 3rd-June 29th/Summer: July 3rd-August 31st, 10:30 -11:30 a.m. Supervised by Montgomery County RSVP certified trainer and volunteers, classes consists of balance exercises, weight training and discussion of safety and diet. Dance Room. **Free. Register for one class only! Choose the day.**

Cardio Groove - Mondays, Spring: April 9th - June 18/Summer: July 2nd-August 20, 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.**

Gentle Yoga - Fridays, Spring: April 6th-June 8th/Summer: July 6th-August 24th, 12:00 - 1:00 p.m. Yoga can help you increase flexibility, strength, and balance, using a series of seated and standing poses and breathing and relaxation techniques. You must bring a yoga mat to every class. Dance Room. Instructor: Carol Merme. **Free**

Line Dancing -Wednesdays, Spring: April 4th-June 30th/Summer: July 11th-August 29th, 10:30 a.m.-11:30 a.m. - or - Wednesdays, Spring: April 4th-June 30th/Summer: July 11th-August 29th, 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 5/30, 6/6. Register for one class only! Choose the time that fits your schedule.**

Zumba Gold - Thursdays, Spring: April 5th-June 7th/Summer: July 5th-August 23rd, 11:30 a.m. - 12:30 p.m. - or - Saturdays, Spring: April 7th-June 23rd/Summer: July 7th-August 25th, 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. Register for one class only! Choose the day that fits your schedule.**

No Table Tennis Skills class (ping-pong). The class will return in the fall.

Fitness-Recreation Center, 7315 New Hampshire Avenue--Spring 2018 only, no summer classes.

Enhanced Fitness Training - Tuesdays, April 10th - June 12th, 12:00 - 1:00 p.m. (No summer session).

This class focuses on increasing flexibility, strength and balance through stretching, breathing, aerobic movement, core training and proper posture alignment. Resistance bands provided. Instructor: Adriene Buist. Front Room. **Free.**

Full Body Fusion - Tuesdays, April 10th - June 12th, 2:00 - 3:00 p.m. (No summer session)

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.**

Tai Chi Strength - Tuesdays, April 10th - June 12th, 12:00 - 1:00 p.m. (No summer session).

Begin with meditation and stretching followed by Tai Chi forms and balance exercises to build strength and endurance. End with cool down exercises. Instructor: Master Robert Thompson. Back Room. **Free.**

Tennis Fun and Fitness - Thursdays, April 12th - June 14th, 12:00 - 1:00 p.m. (No summer session).

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 2018



Computer Basics - Wednesdays, April 4th - April 18, 10:00 a.m. - 12:00 p.m.

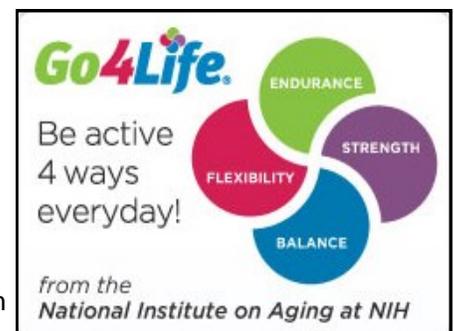
This three week course will introduce people with little or no experience to basic skills such as sending and receiving email, internet searching and using a word processor to compose letters, etc. You need a [Takoma Park Library card](#) to access the computers and take this course. Limit 6. Instructor: Anne LeVeque. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park.

Computer Extras - Wednesdays, May 2nd - May 16th, 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. Bring your questions! You need a [Takoma Park Library card](#) to access the computers and take this course. Limit six. Instructor: Anne LeVeque. **Registration is required.** Computer Center. **Class Fee: \$10** Payable to the City of Takoma Park.

Fit4Function Workshop - Friday, April 13th, 10:00 a.m. - 12:00 p.m.

The Fit4Function workshop will explore ways to help older adults get started with regular physical activity using educational, instructional and motivational materials to engage participants in discussions, reflection and goal-setting designed to move from sedentary (or semi-sedentary) to physically active behavior. This educational workshop will discuss 4 types of recommended exercises: endurance, strength, flexibility and balance. This workshop is not for people who already exercise on a regular basis. This program is designed to help participants identify strategies to overcome barriers to regular exercise and craft a successful approach to starting and maintaining a regular physical activity program that works for them. **Registration is required.** Limited space. Azalea Room. **Free.**



*Drop-in Activities at the Community Center, 7500 Maple Avenue
Spring & Summer 2018 – Registration is not required.*

★ **Please Note:** In order to coordinate with Village of Takoma Park meetings the Blood Pressure Screening/ Bingo Game Sessions have been moved to the fourth Tuesday of each month, same time, see dates below. ★

Bingo-Tuesdays, April 24th, May 22nd, June 26th, July 24th, August 28th, 12:00 - 2:00 p.m.

Come and try your luck. Win a prize. Share in the laughter and fun. Free.



Blood Pressure Screening-Tuesdays, April 24th, May 22nd, June 26th, July 24th, August 28th,

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- Friday, 9:00 a.m. - 1:00 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. **(Summer hours: Monday-Saturday 10:00 a.m. - 12:00 p.m. begins 6/18/18.)**

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
Spring 2018 only - Registration is not required, however a free fitness pass is required.*

Indoor Walking* - Tuesdays, April 3rd - May 29th, 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)	Monday - Friday	Saturdays	Sundays
12:00 - 2:00 p.m. (Spring only)	2:30 - 9:00 p.m.	8:00 a.m. - 5:00 p.m.	Closed

*The Takoma Park Recreation Department is offering a free pass for adults 55 and over who would like to use the fitness center and/or the indoor gymnasium. You can register for this free pass at any time during business hours. For more information call 301-891-7280 or the Recreation Center 301-891-7289.

<p>Coming Soon! Fall 2018 Registration</p>		<p>Fall 2018 (September to December) registration for classes opens August 15 for Takoma Park residents and August 22 for non-residents. Registration will begin at 8:30 a.m. for walk-ins and on-line. See page 4 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</p>
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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 - Spring and Summer 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 Mapleview Apartments, Victory Tower and Takoma Park Recreation Center, 7315 New Hampshire Avenue.



April and May trips registration begins - Residents: Monday, April 2nd @ 8:30 a.m. (not before)
Non-Residents: Tuesday, April 3rd @ 8:30 a.m. (not before)

Trip #1: Wednesday, April 11th - "New" Museum of the Bible, Washington, DC



Just three blocks from the nation's Capitol, this new 430,000-square-foot museum lets guests explore the history, narrative and impact of the Bible using cutting-edge technology and exhibits. Approximately 1,150 items from the permanent collection and another 2,000 items on loan from other institutions from around the world. Bring spending money for lunch in the museum cafe. Group bonus, you get 20% off in the museum gift shop. **A fair amount of walking and standing at your own pace through the museum. Rain or Shine!**

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

Trip #2: Thursday, April 19th - Walters Art Museum, Baltimore, MD



Internationally renowned for its collection of art, the Walters Art Museum currently has these fabulous new exhibitions: **Faberge and the Russian Crafts Tradition: An Empire's Legacy** - exquisite royal treasures designed by Peter Carl Faberge, jeweler and goldsmith to the Russian imperial court; **Arts of Asia** - an exceptional array of 150 works spanning 2,000 years from diverse cultures and regions across India, Nepal, Tibet, China, Korea, Japan, Myanmar, Thailand and Cambodia; **Crowning Glory: Art of the Americas** - intricate cultural items from the Wari and Nasca of Peru, the Olmec of Mexico, and the Jama-Coaque of Ecuador. Bring spending money for lunch on your own at the museum's cafe. **A fair amount of walking and standing at your own pace through the museum. Rain or Shine!**



Time: 8:45 a.m. 4:00 p.m.* Free admission to the museum. No cost for transportation.

Trip #3: Monday, May 7th - Active Aging Expo, Gaithersburg, MD



The City of Gaithersburg's 10th Annual Active Aging Expo at Bohrer Park is filled with educational talks, interactive demonstrations, facials, massages, manicures, preventive screenings, speakers, demonstrations, and health information. **A fair amount of walking.** Expo provides attendees with a free lunch: pizza, fruit, power bar and water or you can bring your own lunch. **Rain or Shine!**

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



Trip # 4: Wednesday, May 16th - Chesapeake Beach - or - North Beach, MD



Come with us to the Chesapeake Bay coastline and enjoy the small beach town experience of your choice. If you're feeling adventuresome, try both (adjoining communities 1 mile apart, active walking). **LOCATION A:** Spend the day at Chesapeake Bay Resort & Spa for "Daytime Bingo Luncheon", \$12 per person admission includes bingo cards for play including a cash jackpot, coffee, Danish, light lunch (sandwich, side, beverage). Skip bingo, buy lunch-Rod & Reel restaurant or bring lunch. Stroll along the boardwalk, visit the Chesapeake Railway Museum or the Veteran's Memorial Park (both free).

LOCATION B: Spend the day exploring North Beach. Start your walking tour at the Welcome Center, visit boutiques & shops and have lunch at a local restaurant. Visit the Bayside History Museum (free), spend the day at the Pier (bring your lunch, maybe your fishing gear!). **A fair or active amount of walking at your own pace. Rain or Shine!**

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

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

August Trip: Tuesday, August 14 - 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. **A fair or active amount of walking.** 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.