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

(301) 891-7290

www.takomaparkmd.gov/government/recreation

Fall 2018/September - December Issue #28

Forever Young

Enjoying Active Life Over 55 in Takoma Park

2018 Summer Camp - What a Blast! see page 4

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Holiday Closure Calendar

November 12
Veterans Day

November 22-25
Thanksgiving

December 24 (1/2 day)
& December 25
Christmas

More Class Options for Working Seniors!

Good News for working adults 55 plus! Now you'll be able to enjoy a variety of fitness and educational classes that won't conflict with your 9-5 workweek. Per resident's requests we're adding more free and low cost senior classes that take place in the evening or weekends at 7500 Maple Avenue and 7315 New Hampshire Avenue. In addition to the popular Zumba Gold, our Saturday line-up will continue to grow in September with the "new" Heart & Core, an Aerobic/Pilates morning workout. Look for a Thursday evening session of our popular Tai Chi Strength class. We'll also be offering an evening session of the Computer Basics instructional class. Only $10 per three-week session! More activities coming soon. Requirement for classes: you must be at least age 55 to participate. Registration is required! No drop-ins. See page 6 for registration information and attendance policy. For more details about these new classes see page 7. Also, don't miss a special evening trip to Toby's Dinner Theater! See page 9.

Fall 2018 Classes Registration

Fall 2018 (September to December) registration for classes opens **August 15th for Takoma Park residents and August 22nd 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**

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

Mark Your Calendars - Local Community Special Events September - December - All Ages Welcome!

Saturday, September 8th - Annual Play Day - Let's Play America and the Takoma Park Recreation Department have teamed up to present to you the 10th 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 8th - Outdoor Movie Night - www.takomaparkmd.gov/government/recreation
Sunday, September 16th - Takoma Park Folk Festival - www.tpff.org
Saturday, September 29th-30th - Sweep the Creek - Friends of Sligo Creek - www.fosc.org
Sunday, October 7th - Takoma Park Street Festival - www.mainstreettakoma.org
Saturday, October 20th - Book Sale, Friends of the Takoma Park Library - www.ftpml.org
Saturday, October 27th - 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 - 5 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 6th - Election Day - Get out and vote! For more voting information please contact Jessie Carpenter, City Clerk at 301-891-7267. - www.takomaparkmd.gov/clerk
Also check out the Maryland State Board of Elections website: www.elections.maryland.gov
Wednesday, November 7th-10th - Community Stories Festival - www.docsinprogress.org
Saturday, December 1st - Alternative Gift Fair - www.aggw.org
Sunday, December 2nd - Old Takoma Pajamarama - www.mainstreettakoma.org
Saturday, December 8th - Holiday Arts Sale & FTPML Book Sale - takomaparkmd.gov/arts
Thursday, December 20th - 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: 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,** email: jspanky1@verizon.net

Special Events Around Town

Saturday, September 8th - In The Street, Downtown Frederick - annual tradition held along Market Street and Carroll Creek Urban Park. Explore historic downtown Frederick while sampling a variety of diverse food, local craft and national beer & wine, live music on five stages, art and crafts. 11:00 am - 5:00 pm. For more information call 301-600-2489 or go to www.celebratefrederick.com
Saturday & Sunday, October 13th/14th - Catoctin Colorfest - one of the largest outdoor craft shows on the East Coast! Amazing crafts, art, jewelry, clothing and a variety of delicious foods located throughout town. Admission is free but parking has a fee. Located in Thurmont Community Park, 21 Frederick Road, Thurmont, MD 21788. For more information call 301-271-7533 or go to www.thurmontmainstreet.com
Sunday, October 14th - Beacon Expo 50+ - Exhibitors, resources, health screenings, entertainment, flu shots, door prizes. Silver Spring Civic Center, Silver Spring, MD. Noon - 4:00 p.m. Info: 301-949-9766. Free!

Spotlight on Volunteers

Join Adventist Healthcare on the 4th Tuesday of each month for Blood Pressure screenings 11:30 a.m.—12:30 p.m. in the Senior Room at the Takoma Park Community Center, 7500 Maple Avenue, Takoma Park, MD. Friendly healthcare volunteers have been providing this free service for seniors during the past 10 years! Afterwards feel free to stay for our monthly Bingo games held in the Senior Room 12 - 2:00 p.m. Try your luck and win a prize. Free and Fun! See page 8 for Fall dates and more information about both activities.

Metro Transit "On the Move"

On the Move Travel Training is a free service that will teach you how to use Metro buses and trains to get you where you need to go safely and independently. Open to adults age 65 and older. Learn about senior passes and reduced rates. Also, a reduced fare program is available for people with disabilities. Please call in between 9:00 a.m. and 3:00 p.m., Monday-Friday, during the two week period of September 4th to 14th to schedule a one-on-one training with a travel trainer. You can arrange a meeting time and location that is convenient for you. For more information about this service and to schedule an appointment, please call **240-997-3920** or email: Hadassah Lightbourne, hlightbourne@mtm-inc.net
- or- Brandon Taylor, brtaylor@mtm-inc.net

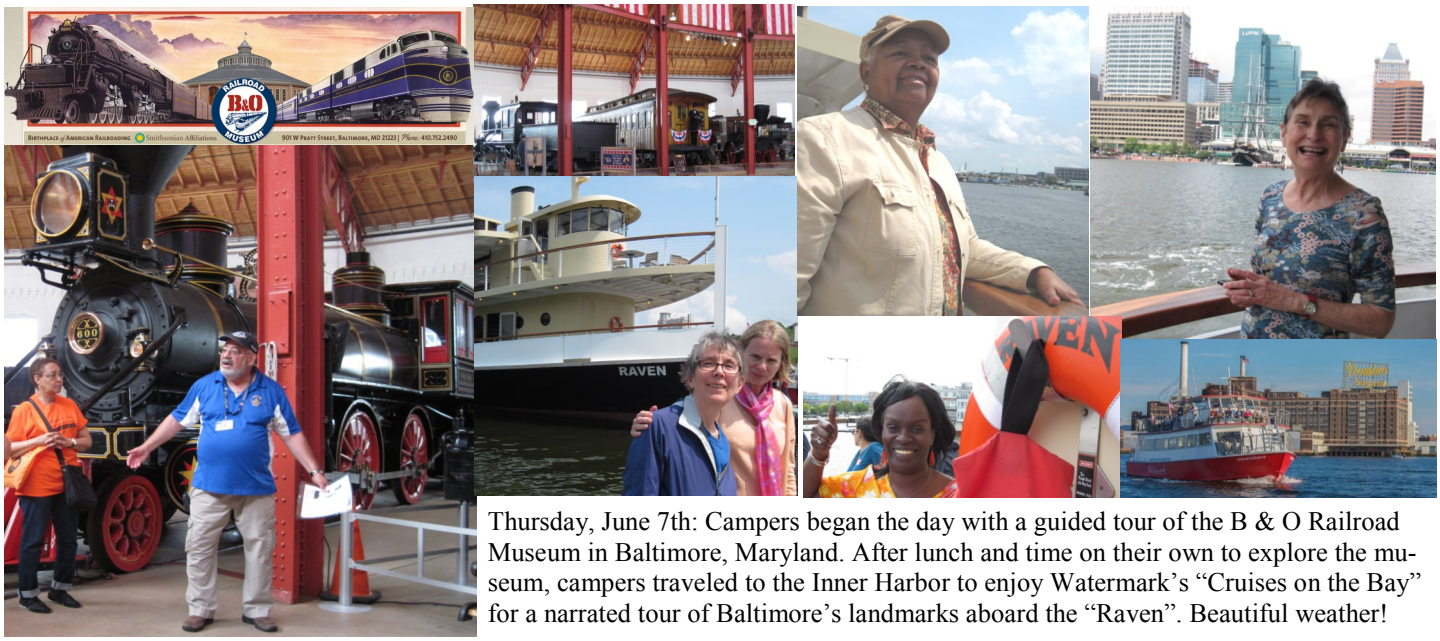
Inclement Weather: For information, call our weather hotline: **(301) 891-7101 ext. 5605**	If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.

Air, Land & Sea 2018 Camp Review!

Monday, June 4th: Campers began the week with a group photo-op in their new summer camp shirts and then a trip to the National Aquarium in Baltimore for a fascinating "behind-the-scenes" tour followed by lunch and extra time on their own to explore!

Tuesday, June 5th: Campers traveled to McFadden Art Glass studio for an exciting day of glass making using a variety of methods: heating the glass, adding color, reheating, rolling, blowing into the glass, shaping and finishing. With the help of expert and very patient staff, each camper created a colorful glass object: marble, pendant, cup, ring holder, paperweight, bowl, flower or fruit.

Wednesday, June 6th: Campers traveled to Boyds, Maryland for an instructional class with IPP instructor Ed Leibolt of the DC Radio Control Club. After an intro to the basics about model planes and flight controls, Mr. Leibolt helped the campers send the "trainer" plane skyward. The day ended with a delightful air show by expert members of the club, ending with a fast model jet plane! Fun Day!



Thursday, June 7th: Campers began the day with a guided tour of the B & O Railroad Museum in Baltimore, Maryland. After lunch and time on their own to explore the museum, campers traveled to the Inner Harbor to enjoy Watermark's "Cruises on the Bay" for a narrated tour of Baltimore's landmarks aboard the "Raven". Beautiful weather!

Friday, June 8th: Campers ended the week on an artistic note in a collage workshop with Katie Dell Kaufman, an award-winning encaustic collage artist. After the collage workshop campers relaxed with refreshments and a presentation by Nobuyo Anne Sakata of the International Feng Shui Guild who discussed using the art of Feng Shui to create harmony in living spaces. A great camp week!

Mark your calendars! 2019 camp dates: Monday, June 3rd through Friday, June 7th.

Registration Information and Policies - Fall 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.
- **Fall 2018 registration opens August 15th residents @ 8:30 a.m., August 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

The Recreation Department's "Forever Young 55 Plus" program continues to grow. In an effort to be fair to everyone, we must adhere to attendance policies and procedures. Our goal is to continue to offer free or low cost activities, which is important to our participants. Often classes fill up quickly and create long waiting lists. To be fair, we must monitor the attendance in all courses. Consistent attendance in our program is important. After three consecutive absences, the participant will be withdrawn from the course and notified. Special consideration may be extended if we receive advance notice of your extended absence or there is a medical reason (doctor's note required).

Fitness Classes at the Community Center, 7500 Maple Avenue - Fall 2018

Bone Builders - A. Mondays/Thursdays, September 6th - December 27th, 10:00 - 11:00 a.m. (No class 11/22)
- or - B. Tuesdays/Fridays, September 11th - December 28, 10:30 - 11:30 a.m. (No class 12/25)
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 session only! Choose A or B.**

Cardio Groove - Mondays, September 10th - December 3rd, 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, September 14th - December 7th, 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 Mermey. **Free.**

Line Dancing - Wednesdays, September 5th - December 19th, 10:30 a.m.-11:30 a.m., early session.
- or - Wednesdays, September 5th - December 19th, 11:45 a.m.-12:45 p.m., later session.
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.**
Register for one class session only! Choose the time that fits your schedule. No class: 9/19, 9/26, 11/21 and 12/26.

Zumba Gold - Thursdays, September 13th - December 6th, 11:30 a.m. - 12:30 p.m. (No class 11/22)
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 session only! Choose Thursday or Saturday.**

Table Tennis Skills - Thursdays, September 6th - November 8th, 12:00 - 1:00 p.m. 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.**

Fitness classes at the Recreation Center, 7315 New Hampshire Avenue – Fall 2018

Enhanced Fitness Training - Tuesdays, September 4th - November 20th, 12:00 - 1:00 p.m.
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. Gymnasium. **Free.**

Full Body Fusion - Tuesdays, September 4th - November 20th, 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.**

Tai Chi Strength - Tuesdays, September 4th - November 20th, 12:00 - 1:00 p.m.
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. Front Room. **Free. Choose Tuesday or Thursday**.

Tennis Fun and Fitness - Thursdays, September 6th - November 29th, 12:00 - 1:00 p.m. (No class 11/22)
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.**

★ Evening/ Weekend Classes - Fitness and Education – Fall 2018 at the Community Center, 7500 Maple Avenue ★

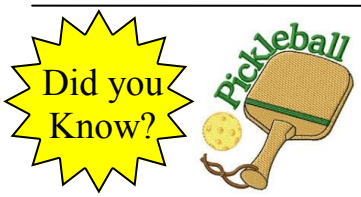
Computer Basics, Evenings (New), Wednesdays, September 5th - 19th, 7:00 - 9:00 p.m.
This three week course will introduce people with little or no experience to basic skills such as sending and receiving email, internet searching and using a word processor to compose letters, etc. You need a Takoma Park Library card to access the computers and take this course. Limit six. Instructor: Anne Leveque. **Registration is required.** Computer Center. **Class Fee: $10** Payable to the City of Takoma Park. **Register for one class only! Choose day or evening session.**

Tai Chi Strength, Evenings (New), Thursdays, September 6th - November 15th, 6:30 - 7:30 p.m.
Begin with meditation and stretching followed by Tai Chi forms for strength and endurance. End with cool down exercises. Instructor: Master Robert Thompson. Dance Room. **Free. Register for one class only! Choose Tuesday or Thursday.**

Zumba Gold, Saturdays, September 15th - December 8th, 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 Zumba class only! Choose Saturday or Thursday.**

★ and the Recreation Center, 7315 New Hampshire Avenue ★

Heart & Core (New), Saturdays, September 8th - December 8th, 9:15 - 10:15 a.m. (No class 10/27 & 11/24).
Move to the high energy beat to pump up the heart rate followed by 20 minutes of Pilates core floor workout to strengthen the area from shoulders through hips. Class members should bring their own mats. Gymnasium. Instructor: Nancy Nickell. **Free.**



Long Branch Senior Center hosts drop-in Pickleball on Fridays at 10:00 a.m. for adults 55 plus. Takoma Park residents are welcome! Check it out and join in the fun. The Long Branch Senior Center, is located close by to Takoma Park on 8700 Piney Branch Road, Silver Spring, MD 20901. For more information about this activity, call 240-777-6975.

Art and Education Activities at the Community Center, 7500 Maple Avenue - Fall 2018

Computer Basics - Wednesdays, September 5th - September 19th, 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. **Register for one class only! Choose day or evening session.**

Computer Extras - Wednesdays, October 10th - October 24th, 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.

"New" - Mirror Mosaics - Mondays, October 15th & 22nd, 11:00 a.m. - 1:00 p.m.
In this two week art workshop you'll experiment with selecting and arranging mosaic tiles to create a beautiful mirror. Light refreshments provided. Limit ten. Instructors: Alice Sims and Sue Bracey. **Registration is required.** Azalea Room. Free.

Drop-in Activities at the Community Center, 7500 Maple Avenue Fall 2018 — Registration is not required.

Bingo - Free!

Tuesdays, September 25th and October 23rd, 12:00 - 2:00 p.m.
(No November or December bingo).
Come and try your luck. Win a prize. Share in the laughter and fun.

Blood Pressure Screening - Tuesdays, September 25th and October 23rd. (No Nov. or Dec. screenings).
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.

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

Indoor Walking* - Tuesdays, September 4th - December 18th, 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)	Monday - Friday	Saturdays	Sundays
12:00 - 2:00 p.m.	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.**

Active Adventure Trips - Fall 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. 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. Other bus pick up locations available for registered participants: Franklin and Mapleview Apartments, Victory Tower and Takoma Park Recreation Center, 7315 New Hampshire Avenue.

September and October trips registration begins:
Residents: Tuesday, September 4th @ 8:30 a.m. (not before)
Non-Residents: Wednesday, September 5th @ 8:30 a.m. (not before)

Trip #1: Thursday, September 20 - Evening Performance - Toby's Dinner Theatre, Columbia, MD

Come with us to Toby's Dinner Theatre for an enjoyable evening production of *Ain't Misbehavin'*. This musical is known as one of the most popular, well crafted musical revues of all time and a Tony Award winner for Best Musical. Thomas "Fats" Waller rose to international fame during the Golden Age of the Cotton Club with his infectious swing music. *Ain't Misbehavin'* evokes the delightful humor and powerful energy of the music made famous from uptown clubs to Tin Pan Alley to Hollywood.
Please note: fog, haze and strobe light effects may be used in this production.

Time: 5:00 - 11:00 p.m.* Note evening hours. Rain or Shine! No cost for transportation.
$35 per person (40% off regular price tickets includes show, dinner, tax & gratuity) due at the time of registration.**
* *Discounted tickets are not refundable.

***Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.**

More Fall trips on next page.

September and October trips registration information please see previous page 9

Trip #2: Friday, October 12th - Pumpkin Harvest Day, Butler's Orchard, Germantown, MD

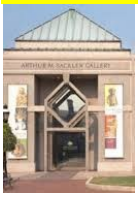
It's the annual Pumpkin Harvest! Visitors experience a working farm and see how food is grown and harvested. Visit the barnyard animals, take a hayride to pick a pumpkin from the pumpkin patch, and explore the straw maze. Each person may pick one small pumpkin and a fresh Butler's Apple. You are welcome to purchase additional goods at the farm market. The picnic area is also open to enjoy your bagged lunch. After our visit to the orchard, we'll stop at Milestone Shopping Center where you can purchase lunch and do some shopping at Wegmans, Walmart, Kohl's, Target and much more. Bring your lunch or bring spending money for lunch and shopping. ***An active amount of walking & standing at your own pace.*** **Rain or Shine!**
Time: 8:45 a.m. - 3:30 p.m.* $7.50 per person admission. Bring with you on 10/12/18. No cost for transportation.

Trip #3: Wednesday, October 17 - "New" Observation Deck at the CEB Tower, Arlington, VA

See the nation's capital like never before at D.C's latest trendy local. Bring your cameras and smart phones and be ready to take some of your most spectacular photos and "selfies". The new "Observation Deck" at CEB Tower is the place where you can take in the full grandeur of the D.C. metropolis, for a 360 degree panoramic view of the city's most majestic monuments, famous landmarks and natural beauty. You can use the interactive touch-screen displays for information about what you see before you and you can watch historical figures come to life to tell their stories on state-of-the-art, multi-sided holographic displays. Afterwards you'll have time to enjoy light lunch fare on your own at the CEB cafe.
A light amount of walking and standing at your own pace. **Rain or Shine!**
Time: 9:45 a.m. - 2:30 p.m.* Free admission. No cost for transportation.

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

Trip #4: Thursday, November 8th - (1/2 Day) - Freer/Sackler Galleries, Washington, DC



In 1923 Charles Lang Freer gave his vast collection of Asian and American art to the Smithsonian. In 1987 the Sackler Gallery joined the Freer Gallery to showcase Dr. Arthur M. Sackler's amazing collection of 1,000 objects including Chinese jade and bronzes, along with other significant works of art.
A fair or active amount of walking and standing at your own pace through the galleries. **Rain or Shine!**
Time: 12:30 p.m. - 4:30 p.m.* Afternoon only. Free admission. No cost for transportation.

Trip #5: Wednesday, November 14th - Washington National Cathedral Tour, Washington, DC

From its 112 gargoyles to the 215 stained glass windows, the Washington National Cathedral, completed 83 years to the day (September 29, 1907-September 29, 1990) is the sixth largest in the world and second largest in the United States. Join us for our first docent led tour of the cathedral. After the tour we'll board the bus for lunch and shopping on your own at Westfield Montgomery Mall in Bethesda, MD.
A fair amount of walking and standing through the cathedral and at the mall. **Rain or Shine!**
Time: 8:45 a.m. 3:00 p.m.* Cost: $6 per person. Pay at time of registration. No cost for transportation.

Trip #6: Friday, December 7 - "New" Clarksburg Premium Outlets Shopping Mall, MD

Join us for a day of shopping at more than 90 stores in a new outlet center that features a Market Hall dining pavilion. Lunch on your own. ***A fair or active amount of walking at your own pace through the outlet center.*** **Rain or Shine!**
Time: 8:45 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.**

Coming Soon! Winter 2019 Registration

Winter 2019 (January to March) registration for classes opens **Friday, December 14th for Takoma Park residents and Friday, December 21st for non-residents.** Registration will begin at 8:30 a.m. for walk-ins and on-line.