

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



(301) 891-7290

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

Fall 2019/September - December

Issue #31

# Forever Young

Enjoying Active Life Over 55 in Takoma Park

## New for Fall!



### Inside this issue:

Community Activities . . . . .	2
Inclement Weather Info. . . . .	2
Special Presentations . . . . .	3
BESA-African Dance Class . . .	3
Summer Camp Review . . . . .	4, 5
General Classes. . . . .	6, 7
Computer & Tech. Classes . . .	8
Drop-in Activities. . . . .	9
Fall Trips . . . . .	10

### Holiday Closure Calendar

**September 1 & 2**  
**Labor Day**

**November 11**  
**Veteran's Day**

**November 28, 29, 30, Dec. 1**  
**Thanksgiving Holiday**

**December 24 @ 12:30 p.m.**  
**and December 25**  
**Christmas Holiday**

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A fabulous Fall season is approaching. We're expanding the 55 plus program again this season by adding an additional Table Tennis Skills class at the Community Center, 7500 Maple Avenue, and a new variation of yoga, "Kundalini and Meditation" at the Recreation Center, 7315 New Hampshire Avenue. See page 7 for more information. In addition, we're offering more of the popular art and technology workshops and special presentations. And don't miss the new Besa African Dance class beginning Saturday, September 7th. Look inside for details on page 3.



## Letter from the Director

Dear Patrons,

The Takoma Park Recreation Department has experienced tremendous growth over the last 10-12 years. This growth has included new and exciting programs for tots, youth, teens, adults and seniors without additional fees or cost to patrons. Some of these great additions have included: Senior Day Camp, After Hours summer program at the Recreation Center, ESports Gaming Club, youth and teen specialty camps, Celebrate Takoma, Outdoor Movies, numerous fitness classes, and Clay for Kid's art class, just to name a few. In addition, the City has just acquired the Recreation Center on New Hampshire Avenue from the Maryland-National Capital Park and Planning Commission.

Beginning this September, there will be a minimal fee increase for classes, rentals and memberships. An increase in our childcare programs and summer camps will be phased in beginning January 2020. Most senior classes will now have a nominal \$5 fee. Scholarships remain available for all Takoma Park residents who qualify.

As always we appreciate your continued support of our programs and look forward to a great Fall season ahead!

*Gregory Clark*

Recreation Director  
City of Takoma Park



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

**Sunday, September 8th - Takoma Park Folk Festival** - [www.tpff.org](http://www.tpff.org)

**Saturday, September 14th - Annual Play Day** - [www.letsplayamerica.org](http://www.letsplayamerica.org)


**Saturday, September 14th - Outdoor Movie Night** - [www.takomaparkmd.gov/recreation](http://www.takomaparkmd.gov/recreation)

**Saturday, September 21st - Takoma Foundation BeerFest** - [www.takomafoundation.org](http://www.takomafoundation.org)

**Sunday, September 28th - Sweep the Creek, Friends of Sligo Creek** - [www.fosc.org](http://www.fosc.org)

**Sunday, October 6th - Takoma Park Street Festival** - [www.mainstreettakoma.org](http://www.mainstreettakoma.org)

**Saturday, October 19th - Book Sale - Friends of the Takoma Park Library** - [www.ftpml.org](http://www.ftpml.org)

 **Saturday, October 26th - Monster Bash & Festivities** - Annual family-friendly event. Free. For more information and details about the event check the Recreation Department website for updates:  
[www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation)

**Saturday, December 7th - Alternative Gift Fair** - [www.aggw.org](http://www.aggw.org)

**Saturday, December 7th - Holiday Art Sale & FTPML Book Sale** - [www.takomaparkmd.gov/arts](http://www.takomaparkmd.gov/arts)

**Sunday, December 8th - Old Takoma Pajamarama** - [www.mainstreettakoma.org](http://www.mainstreettakoma.org)

## 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](mailto: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](mailto:jspanky1@verizon.net)

Please use this hotline on inclement weather days to find out if the Takoma Park Community Center and Recreation Center have a delayed opening or are closed for the entire day.



**Inclement Weather Hotline:**  
**(301) 891-7101 ext. 5605**

-or-

Go to the City of Takoma Park website: **Takomaparkmd.gov**  
Scroll down and click on **Takoma Park Alert**

**TAKOMAPARK**  
**ALERT** WEATHER • EMERGENCY INFO • TRAFFIC



**Weather Policy:** 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.

## Fabulous Fall Workshop and Presentations!



### **Fabulous Fabric Wall Hangings**

Create beautiful fabric wall hangings. All materials provided. Limited space. On-line or in-person registration is required with the Recreation Department. See page 6 for registration information. Instructors: Alice Sims and Sue Bracey. **\$5 per person.**

**Monday, October 1st, 2019, 11:30 a.m. - 1:30 p.m.**

**Azalea Room, Takoma Park Community Center, 7500 Maple Avenue**



### **Understanding Alzheimer's and Dementia**

**alzheimer's association**

Join us for an informative discussion about Alzheimer's and dementia. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior.

Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; Alzheimer's disease stages and risk factors; Alzheimer's Disease vs. Typical Aging: Myth vs. Reality; current research and treatments available to address some symptoms; and available Alzheimer's Association resources. Bring your questions. Limited space. This workshop is free however on-line or in-person registration is required with the Recreation Department. Presenter: Nancy Quarles, Alzheimer's Association. **Free.**

**Wednesday, October 9, 2019, 12:00 p.m. - 2:00 p.m.**

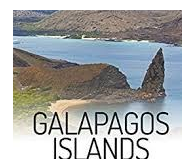
**Hydrangea Room, Takoma Park Community Center, 7500 Maple Avenue**

Bio: Ms. Nancy I. Quarles has served as Programs and Services Manager for the Alzheimer's Association/National Capital Area chapter-Prince Georges since October 2014. In this role she is responsible for delivery of education programs, caregiver support and early stage engagement groups, resources, information and services to increase the awareness about Alzheimer's disease and dementia.



### **Virtual Visit to the Galapagos Islands**

A visit to the Galapagos Islands with traveler and photographer Barry Hinderstein. Come enjoy the beauty and majesty of these islands and their inhabitants in this enjoyable slide show with commentary. Drop-in. Registration not required. **Free.**



**Thursday, October 17, 2019, 1:30 p.m. - 2:30 p.m.**

**Azalea Room, Takoma Park Community Center, 7500 Maple Avenue**

### **BESA— African Dance - "Feel the Beat, Move Your Feet"**

A grant from the City of Takoma Park for the non-profit PACAC (Performing Arts Center For African Cultures) provides for a partnership opportunity with the Takoma Park Recreation Department to bring you this African based moderate to low impact dance exercise program that allows older adults to have fun while improving their cardio in support of a healthy lifestyle. Besa was inspired by an Akan word from Ghana Besa which means "come dance" and this exercise program uses forms and techniques created from many African dances using African music and drumming. This class is free however registration is required. **Free.**

**Fall 2019 Session: Saturdays, September 7 - December 14, 2019, 1:00 p.m. - 2:00 p.m.**

**Dance Studio, Takoma Park Community Center, 7500 Maple Avenue**



See the Winter 2020 City Guide and Forever Young newsletter for details about a Winter session beginning in January. ★





# 2019 Summer Camp Review!

Creative Spirit Arts Discovery Camp



Monday, June 3rd: Campers began the week with a fascinating “Taiko” drums presentation followed by a question and answer period about this traditional art form. After instruction and practice, Mark H. Rooney led campers in energetic drumming routines.



Tuesday, June 4th: Campers participated in a collage workshop led by Katie Del Kaufman, encaustic collage artist and teacher. With emphasis on “The Arts” as subject matter including references to music, dance and visual and performing arts, the students combined color, pattern, symbols, photographs and words to create individual artworks. Afterwards they discussed and critiqued their projects.





Wednesday, June 5th: Campers traveled to Toby's Dinner Theater in Columbia, Maryland to enjoy a delicious brunch followed by a fabulous performance of Grease. A great day of wonderful artistic entertainment!



Thursday, June 6th: Campers began the day with a drama improv workshop and a behind the scenes guided tour of the Olney Theatre Center led by Melinda Wintrol. After lunch break, campers traveled to the Sandy Spring Museum for jewelry metalworking workshop led by Loretta Dipanda of Catch A Dream Studio, one of the artists in residence. Campers created beautiful metalwork pendants.



Friday, June 7th: Campers ended the week with a dance performance and workshop led by Kasi of Prakriti Dance Co. to learn steps, gestures and rhythmic patterns of a classical Indian dance style, Bharata Natyam. Afterwards, campers joined Noah Gitlis, House of Musical Traditions, for a mini ukulele lesson ending with a group performance of Mary Had a Little Lamb. A great camp week!

**Mark your calendars! 2020 camp dates: Monday, June 1st through Friday, June 5th.**



## Registration Information and Policies - Fall 2019

- 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. **Class and workshop fee is \$5 per person.**
- Advance registration is required for all classes and trips, unless otherwise noted. Transportation is provided for trips.
- 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 2019 registration opens August 15th residents @ 8:30 a.m. and August 22nd @ 8:30 a.m. non-residents.** ★
- For more information call 301-891-7280 or email: [paulal@takomaparkmd.gov](mailto: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](http://www.takomaparkmd.gov/government/recreation), click on the ActiveNet registration logo on the bottom left corner. An email address and ActiveNet password is needed to login to ActiveNet.
2. In person at either location during specific regular business hours:  
Takoma Park Community Center, 7500 Maple Ave., or Takoma Park Recreation Center, 7315 New Hampshire Ave

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).

The fitness class program is designed for active independent adults, age 55 and older. Each class requires a substantial amount of physical movement, 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 class.

## Fitness Classes at the Community Center, 7500 Maple Avenue - Fall 2019

**Bone Builders - A. Mondays/Thursdays, September 5th-December 30th, 10:00 - 11:00 a.m. Free.**

**- or - B. Tuesdays/Fridays, September 10th-December 27th, 10:30 - 11:30 a.m. Free.**

Supervised by Montgomery County RSVP certified trainer and volunteers, classes consist of balance exercises, weight training and discussion of safety and diet. Dance Room. **Register for one class session only! Choose A or B.**

**Cardio Groove - Mondays, September 9th-December 2nd, 11:30 a.m. - 12:30 p.m. Class Fee: \$5**

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. **No class: 11/11**

**Gentle Yoga - Fridays, September 6th-November 22nd, 12:00 - 1:00 p.m. Class Fee: \$5**

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.

**Line Dancing-A. Wednesdays, September 4th-December 18th, 10:30 a.m. - 11:30 a.m. Class Fee: \$5**

**- or - B. Wednesdays, September 4th-December 18th, 11:45 a.m. - 12:45 p.m. Class Fee: \$5**

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.

**Register for one class session only! Choose A or B. that fits your schedule. No class: 9/18, 9/25, 11/27, 12/25.**

**Zumba Gold - Thursdays, September 5th-November 21, 11:30 a.m. - 12:30 p.m. Class Fee: \$5**

Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Register for one class session only! Choose Thursday or Saturday.**

**Fitness Classes at the Community Center, 7500 Maple Avenue - Fall 2019 - continued**

**Table Tennis Skills - Mondays, September 9th-November 18th, 12:00 - 1:00 p.m. Class Fee: \$5**  
Great fun! Led by Coach Donn Olsen. Learn game rules and practice skills. Limit 8 students. Game room.  
**Register for one class only! Choose Monday or Thursday. No class 11/11.**



**Table Tennis Skills - Thursdays, September 5th - November 21st, 12:00 - 1:00 p.m. Class Fee: \$5**  
Great fun! Led by Coach Donn Olsen. Learn game rules and practice skills. Limit 8 students. Game room. **Register for one class only! Choose Monday or Thursday.**

**Fitness classes at the Recreation Center, 7315 New Hampshire Avenue – Fall 2019**

**Enhanced Fitness Training - Thursdays, September 5th-November 21st, 12:00 - 1:00 p.m. Class Fee: \$5**  
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.



**Kundalini Yoga & Meditation - Tuesdays, September 3rd-November 19th, 2:30 - 3:30 p.m. Class Fee: \$5**  
Kundalini Yoga will introduce participants to integrating mind, body and spirit using meditation, sound vibrations (chanting) and modified poses to help increase strength, flexibility and tranquility. Please bring your yoga mat. Limited space. Instructor: Polly Matthews. Gymnasium.



**Tai Chi Strength - Tuesdays, September 3rd-November 19th, 12:00 - 1:00 p.m. Class Fee: \$5**  
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. **Register for one class only. Choose Tuesday afternoon or Thursday evening.**

**Tennis Fun and Fitness - Thursdays, September 5th-November 21st, 12:00 - 1:00 p.m. Class Fee: \$5**  
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.

**Evening/Weekend Classes - Fitness and Education –  
at the Recreation Center, 7315 New Hampshire Avenue - Fall 2019**

**Heart & Core, Saturdays, September 7th-November 23rd, 9:15 - 10:15 a.m. Class Fee: \$5**  
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. Instructor: Nancy Nickell. Gymnasium.

**and the Community Center, 7500 Maple Avenue - Fall 2019**

**Tai Chi Strength, Evenings, Thursdays, September 5th-November 21st, 6:30 - 7:30 p.m. Class Fee: \$5**  
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. **Register for one class only! Choose Tuesday afternoon or Thursday evening.**

**Zumba Gold, Saturdays, September 7th-November 23rd, 2:30 - 3:30 p.m. Class Fee: \$5**  
Designed for the active senior with less intense dance routines for beginners and older adults using modified movements. Instructor: Yesika Flores. Dance Room. **Register for one class session only! Choose Saturday or Thursday.**

## Computer classes at the Community Center, 7500 Maple Avenue - Fall 2019

Registration is required.



### **Computer Basics - Wednesdays, September 4-September 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. 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: \$5** Payable to the City of Takoma Park.

### **Computer Extras - Wednesdays, October 16-October 30, 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 about internet safety. Bring your questions! You need a Takoma Park Library card to access the computers and take this course and you need an email address. Limit six. Instructor: Anne LeVeque. **Registration is required.** Computer Center. **Class Fee: \$5** Payable to the City of Takoma Park.

## Smart Technology Saturdays at the Community Center, 7500 Maple Avenue - Fall 2019

Registration is required.

### **Digital Connectivity - Saturday, October 5th, 10:30 a.m. - 12:00 p.m.**

Learn about the various ways to digitally connect and the proper etiquette of digital connectivity. Limited space. Instructor: Isaac Asare. **Registration is required.** Hydrangea Room/Multi-Media Lab. **Workshop Fee: \$5**



### **Smart Phones and Tablets - Saturday, October 12th, 10:30 a.m. - 12:00 p.m.**

Participants will learn the basic use of smartphones and tablets and how to customize it to their needs. Bring your questions. Limited space. Instructor: Isaac Asare. **Registration is required.** Hydrangea Room/Multi-Media Lab. **Workshop Fee: \$5**

### **Social Media - Saturday, October 19th, 10:30 a.m. - 12:00 p.m.**

Learn how to use social media in connecting and communicating with others, and learn about safety of using email and how to avoid email fraud and scams. Bring your questions. Bring your questions. Limited space. Instructor: Isaac Asare. **Registration is required.** Hydrangea Room/Multi-Media Lab. **Workshop Fee: \$5**

### **Social Media, Smart Phones and Digital Connectivity "Review"-**

**Saturday, November 2nd, 10:30 a.m. - 12:00 p.m.**

This workshop is for anyone who participated in one or more of the smart technology workshops above and wants a follow-up refresher and the opportunity for more information. Bring your questions. Limited space. Instructor: Isaac Asare. **Registration is required.** Hydrangea Room/Multi-Media Lab. **Workshop Fee: \$5**





## Drop-in Activities at the Community Center, 7500 Maple Avenue Fall 2019 - Registration is not required.



### **Bingo - Tuesdays, September 17 and October 22, 12:00 - 2:00 p.m.**

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

No bingo in November or December.

### **Blood Pressure Screening - Tuesdays, September 17 and October 22, 11:30 a.m. - 12:30 p.m.**

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

No screening in November and December.



### **Fall Prevention Presentation - Thursday, September 12, 11:00 a.m. - 12:00 p.m.**

Adventist Healthcare will be doing a **free** special presentation about preventing falls. Drop in. Azalea Room. **Free.**



**Game Room/Table Tennis Seniors Open Play - Tuesdays, Wednesdays and Fridays, 9:00 a.m. - 1:00 p.m., Mondays and Thursdays, 9:00 a.m. - 12:00 p.m. (Table Tennis class 12-1 p.m.) and Saturdays, 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. 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 2019 Registration is not required, however a free fitness pass is required.

### **Indoor Walking\* - Tuesdays, September 3rd - November 19th, 1:15 - 2:15 p.m.\*\***

Enjoy indoor laps around the Gymnasium. **Free.** \*\*New time per walker's requests.

**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.

<b>Tuesdays &amp; Thursdays (55+ only)</b>	<b>Monday - Friday</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>12:00 - 2:00 p.m.</b>	<b>2:30 - 9:00 p.m.</b>	<b>8:00 a.m. - 5:00 p.m.</b>	<b>Closed</b>

\*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.

# Trips

Forever Young - Takoma Park 55 Plus - [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation) 301-891-7290 Page 10



We have a fair "first come-first serve" system for all participants. You may register in person at either location during specific regular business hours: Takoma Park Community Center, 7500 Maple Ave., or Takoma Park Recreation Center, 7315 New Hampshire Avenue, or register on-line using the "ActiveNet" system: Go to the Recreation Department website: [www.takomaparkmd.gov/government/recreation](http://www.takomaparkmd.gov/government/recreation), click on the ActiveNet registration logo. 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 trip 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 Maplevue Apartments, Victory Tower and Takoma Park Recreation Center, 7315 New Hampshire Avenue.

**Trips 1-4 registration opens for Residents: Tuesday, September 3rd @ 8:30 a.m. (not before)**  
**Non-Residents: Wednesday, September 4th @ 8:30 a.m. (not before)**

## Trip #1: Wednesday, September 18 - Museum of African American History & Culture, DC



Join us for a return visit to this beautiful and popular museum where Americans can learn about the richness and diversity of the African American experience, what it means to their lives and how it helped shape this nation. Bring spending money to purchase lunch in the museum's dining hall. ***An active amount of walking and standing at your own pace through this very large museum.*** Rain or Shine!

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

## Trip #2: Thursday, October 10 - UMUC Art Galleries, College Park, MD



We'll spend the afternoon visiting the permanent and temporary art exhibits including one of the largest compilations of works by Maryland artists in the state as well as collections featuring works by international artists, as well as Asian art, including Chinese ceramics, traditional scrolls and contemporary Japanese prints. ***A fair amount of walking and standing at your own pace through the galleries.*** Rain or Shine!

**Time: 11:45 a.m. - 3:30 p.m.\* Free admission. No cost for transportation.**

## Trip #3: Wednesday, October 16 - Smithsonian National Museum of Natural History, DC



*Deep Time*, the new David H. Koch Hall of Fossils has officially opened after five years of preparation. This 31,000-square-foot fossil hall invites you to explore the epic story of Earth's distant past; witness the evolution of life and get up close to some 700 fossil specimens including Tyrannosaurus Rex, Diplodocus and the woolly mammoth. Don't miss the Hall of Mammals, Hall of Geology, Gems and Minerals, Ocean Hall, the Ancient Egypt exhibit and so much more. You may choose to purchase a \$7 ticket on arrival to visit the Butterfly Exhibit. ***An active amount of walking and standing at your own pace through the museum.*** Bring spending money for lunch in the Ocean Terrace Café (under the new Mega-toothed Shark exhibit) or the Atrium Café, the museum's largest cafe, and five gift shops. Rain or shine!

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

## Trip #4: Friday, November 8 - 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. Market has limited seating. ***A fair to active 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.