



Useful Information

City of Takoma Park 301-891-7100

Takoma Park Police Department
Non-Emergency 301-270-1100

Takoma Park residents in need of
masks: 301-891-7119
housing@takomaparkmd.gov

Public Works Department
301-891-7633

Recreation Department
301-891-7290
recreation@takomaparkmd.gov

City TV, find City Council meetings
and local programming and updates
on RCN - Channel 13; HD Channel
1060; Comcast/Xfinity - Channel 13;
Verizon Fios - Channel 28.

Hotlines for Health Information:
The State of Maryland - Hotline #211
Montgomery County Department of
Health and Human Services Helpline:
#240-777-1755

Montgomery County Crisis Center
240-777-4000

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Takoma Park Recreation
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Phone: (240) 687-4132

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Greetings! Keeping in Touch/Staying Informed

Dear Recreation Friends and Participants,

The Recreation Department is working on plans for a fun and safe summer of virtual activities and classes while being mindful of the challenges presented by COVID-19. Safety standards will require us to restructure the way we deliver leisure services and we are working with the County and other local jurisdictions to see how services might be provided.

Thank you for your patience and understanding as we navigate these unprecedented times. Should you have any questions or concerns, email us at Recreation@takomaparkmd.gov or call the Recreation Office during normal business hours at 240-687-4132 or 301-891-7290.

To participate in our exciting programs and activities from home, visit us at our Virtual Community Center at: <https://takomaparkmd.gov/recreation> and click on the Virtual Community Center image. For COVID information from the City visit takomaparkmd.gov and click on the red alert at the top of the page. Continue to be safe and we look forward to seeing you again soon.

Services and Activities

Connecting with Seniors, Phone a Neighbor Program

Are you a Senior who would like to receive occasional phone calls while staying at home? Volunteers are ready. To be connected with a neighbor/volunteer, please email Javonte McDonald at JavonteM@takomaparkmd.gov or call Paula Lisowski at 240-687-4132.

Virtual Community Center

Visit the Virtual Community Center online to find a mix of activities for all ages, fun websites and classes delivered online for Takoma Park residents. Go online, see link above, to see what's available. Activities are free (unless otherwise noted)! Currently there are two fitness classes for 55 plus:

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m.

Zumba Gold with Yesika Flores, Fridays at 10:00 a.m.

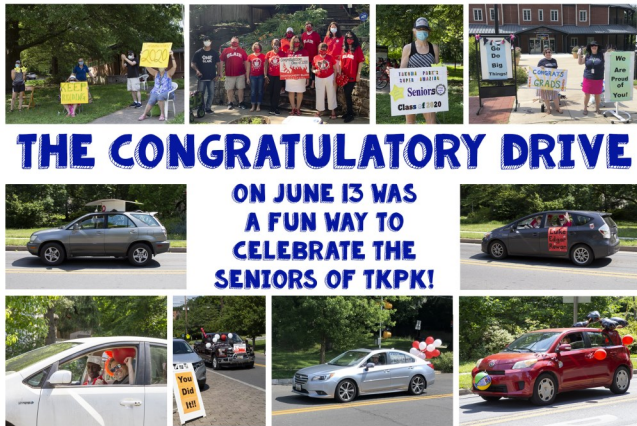
More to come!

Village of Takoma Park

Founded in 2014, the Village of Takoma Park provides intergenerational support and services to seniors and persons with disabilities who wish to live actively in the Takoma Park Community. To find out more about this non-profit organization's services and how to become a member please call 301-646-2109 or go online:

villageoftakomapark.com or email: villageoftp@gmail.com

Many activities are open to non-members. Check it out!



The City of Takoma Park wanted to bring some excitement to the 2020 graduating class of high school seniors and held a “Congratulatory Drive” on Saturday, June 13th, from 3:00 - 4:00 p.m., to celebrate this milestone while following social distancing guidelines. This event allowed the graduates to be showcased through Takoma Park and residents to share their enthusiasm for the graduates. Thank you to everyone who participated in this event. To listen to Takoma Radio’s Graduation Show go to : takomaradio.org/takoma-radio-now/2020/6/pomp-amp-circumstance-2020

What’s Cooking?



While we’ve been staying inside many of us are doing more cooking and baking. Do you have any recipes to share with us? Send your favorites to Paula Lisowski at paula@takomaparkmd.gov and it may appear in the next mid-summer issue of Forever Young.

Try this game. Have fun, keep your mind sharp!

Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J U N E S T S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

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|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |

Library News. Looking for summer reading?

The Takoma Park Library began “Books-to-Go” curbside service on July 6th. The Library will take orders by email (strongly preferred) and phone Monday, Wednesday and Saturday mornings 10 a.m.-12:00 p.m. More program details are available here:

- Phone: 301-891-7259
- Email: library@takomaparkmd.gov
- Online: <http://www.takomapark.info/library/>

Montgomery County Libraries resumed some services on July 6th as well by providing “contactless holds” pick up service at all branches except Noyes and Long Branch. You will be able to place items on hold online or by phone, and then make an appointment to pick them up in the library vestibule or at an outside table. For more information, go to: <https://montgomerycountymd.gov/library/coronavirus.html> Phone: Customer service 240-777-0005 Administrative offices: 240-777-0002

Hello friends. How you doing?

How have you been spending your time while at home? Are you gardening, walking your dog, exercising, reading, writing, tutoring children and grandchildren? Feel free to share your experiences by email or mail to Paula Lisowski (addresses on front page) and we may highlight it in the next newsletter. Photos are always welcome. We miss you and wish you well.