

Takoma Park city guide

Fall 2019

CLASSES • PROGRAMS • SERVICES • & MORE!

Washington Sanitarium
in Takoma Park circa 1907



LEARN ABOUT AUGUST HOSPITAL MOVE

URGENT CARE CENTER TO OPEN



takomaparkmd.gov

RESIDENT PROGRAM
REGISTRATION BEGINS
AUGUST 15
AT 8:30 A.M.

What's Inside

2019 Holiday
Closure Calendar

Veterans Day

Monday, November 11

Thanksgiving

Thursday, November 28 -
Sunday, December 1

Christmas

Tuesday, December 24
at 12:30 p.m. -
Wednesday, December 25

About
the Cover

Washington Adventist Hospital has a long history in Takoma Park that began with its opening in 1907. Four years earlier, leaders from the Adventist General Conference headquarters had come to the DC area in search of a new location for its world headquarters as well as a sanitarium and a college. Ellen White, an early Adventist leader, chose Takoma Park, Maryland, as the best site for the new sanitarium.



Look for this icon throughout the guide, which identifies the City's green initiatives.



The City of Takoma Park has a new alert system. Takoma Park Alert will deliver important emergency alerts, notifications and updates to you by whichever methods you choose. The Takoma Park Alert system replaces the TP Alerts system. We encourage all residents to sign up. **Learn more at takomaparkmd.gov/alert**

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ADA



The City of Takoma Park is committed to ensuring that individuals with disabilities are able to fully participate in public meetings and programs. For auxiliary aids or services at a City of Takoma Park event, contact Jason Damweber, Deputy City Manager, at jasond@takomaparkmd.gov or 301-891-7202 or Maryland Relay Service at 800-735-2258 TTY/Voice. Two weeks advance notice is requested.



City Council

All legislative powers of the City are vested in a body designated as the Council of the City of Takoma Park, consisting of seven members. Six of these members are elected by ward and are called Councilmembers, and one is elected at large and is called the Mayor. The regular term of the Councilmembers and the Mayor is two years or until their successors have been elected and duly sworn. However, this Council will serve three years to align with the 2020 Presidential Election. Newly elected Councilmembers and the Mayor take office on the second Monday following their election.



Mayor: Kate Stewart
kates@takomaparkmd.gov
Office hours are by appointment.
Call Peggye Washington at
301-891-7230
or email PeggyeW@takomaparkmd.gov



**Ward 1:
Peter Kovar**
240-319-6281
peterk@takomaparkmd.gov



**Ward 2:
Cindy Dyballa**
240-320-6494
cindydy@takomaparkmd.gov



**Ward 3:
Kacy Kostiuk**
202-204-4912
kacyk@takomaparkmd.gov



**Ward 4:
Terry J. Seamens**
240-793-5108
terrys@takomaparkmd.gov



**Ward 5:
Jarrett Smith**
301-960-7462
jarretts@takomaparkmd.gov



**Ward 6:
Talisha Searcy**
202-339-7914
talishas@takomaparkmd.gov

City Manager

301-891-7229
suzannel@takomaparkmd.gov

Day-to-day management of the Takoma Park government is overseen by the City Manager. The City Manager is appointed by the City Council, implements the policies they adopt, and proposes an annual budget to the City Council.

To make an appointment with City Manager Suzanne Ludlow or invite her to a community meeting, please contact Executive Assistant Peggye Washington at peggyew@takomaparkmd.gov or 301-891-7230.



**City Manager
Suzanne Ludlow**

City Meetings & Events

City Council Meetings

The Takoma Park City Council meets in the Community Center located at 7500 Maple Avenue. Meetings are held on Wednesdays, unless the City Council is on recess or a Wednesday falls on a holiday; meetings then move to the next available calendar day. The Takoma Park City Council generally takes a recess in August and December. City Council meetings are open to the public unless noted otherwise.

City Council meetings are available to watch on City TV Cable and are available to view on the City website live or as archives.

Open Meetings

All meetings of the City Council and Council-appointed boards, committees, commissions, and task forces are open to the public unless noted otherwise. All are subject to the Maryland Open Meetings Act. Notice of meetings is provided on the City Calendar and on the City Council rolling agenda.

Opportunities to Serve

Takoma Park residents have many opportunities to be involved in their government. Serving on a City board, commission, committee or task force is one way to be involved and provide a service to the community. These groups are advisory to the City Council, and some have specific roles related to conducting hearings or carrying out certain activities.

Active Boards, Commissions & Committees

Arts & Humanities Commission, Board of Elections, Commemoration Commission, Commission on Landlord-Tenant Affairs (COLTA), Committee on the Environment, Emergency Preparedness Committee, Ethics Commission, Facade Advisory Board, Grants Review Committee, Noise Control Board, Nuclear-Free Takoma Park Committee, Personnel Appeal Board Recreation Committee, Complete Safe Streets Committee, Tree Commission

Members are appointed by the City Council. Check the City website for each to see membership requirements and to find out the specifics of each group's mandate. Residents are free to sit in on a meeting or two before applying to see if it is a good fit with interests and skills. See the City website for the calendar of scheduled meetings.

To learn more and apply, visit takomaparkmd.gov.

City Departments

Administration

Takoma Park Community Center Third Floor

Monday - Friday, 8:30 a.m. - 5 p.m.

The Administration Office includes the City Manager, City Clerk, City TV, and Information Systems.

City Manager: 301-891-7229

City Clerk: 301-891-7267

Finance

301-891-7212

finance@takomaparkmd.gov

takomaparkmd.gov/finance

Monday - Friday, 8:30 a.m. - 5 p.m.

The Finance Office oversees the City's financial resources, processes payroll, pays bills, collects certain fees, and safeguards and invests City funds.

Payment of City Fees

Online Payment

Payments associated with a City-issued invoices may be made online by American Express, Visa, Mastercard and Discover. A convenience fee of 2.9% or \$1.50, whichever is greater, will be charged. E-check transaction users will have a \$1.00 convenience fee charged.

The following fees can be paid online:

- Rental licensing
- Recreation programs
- Parking fines
- Stormwater

For information on other permitting fees, please contact the appropriate department.

By Mail or In-Person Payment

Finance Department, City of Takoma
Park, 7500 Maple Avenue, 3rd Floor
Takoma Park, MD 20912

Housing & Community Development

301-891-7119

housing@takomaparkmd.gov

takomaparkmd.gov/government/

housing-and-community-development

Monday - Friday, 8:30 a.m. - 5 p.m.

The Housing and Community Development Department is responsible for a wide range of housing, development, neighborhood revitalization, economic development and cultural programming, including Takoma Park Arts (arts@takomaparkmd.gov; takomaparkmd.gov/initiatives/arts-and-humanities).

Using the Takoma Park Project Directory

What is going on in Takoma Park? The Project Directory can fill you in! The Project Directory lists all major projects currently being worked on or planned citywide and includes need-to-know information for each one. takomaparkmd.gov/initiatives/project-directory

GOVERNMENT	SERVICES	INITIATIVES	NEWS
Boards, Commissions & Committees City Clerk City Council City Manager City TV Communications Finance	Bids & Contracts Business & Multifamily Recycling Careers/Jobs Community Partners and Resources Curbside Collection	Project Directory (All City Projects) Arts & Humanities Community Conversations Library Renovation Municipal Tax Duplication	City Council & Mayor Blog City Manager & Staff Blog News & News Alerts Forever Young Newsletter Sign Up For e-Newsletters

1. To access the Project Directory from the City of Takoma Park website, on the home page under initiatives, select "Project Directory" as shown above.

Initiatives > Project Directory

PROJECT DIRECTORY

About the Project Directory

This page lists all major projects currently being worked on or planned citywide.

purpose:

- Crime & Safety
- Customer Service / Community Engagement
- Economic Development
- Internal Projects
- Policy Priorities
- Public Infrastructure
- Regional
- Sustainability

2. You'll be taken to the "Project Directory" page, which lists all major projects being worked on or planned citywide. Projects are grouped by classification based on their purpose.

POLICE FACILITY IMPROVEMENTS

About the Police Facility Improvements

City Council authorized funding to evaluate and redesign the police space in the Community Center. The current goal is to expand and renovate the police space. Likely this will reduce the lobby area on the first floor of the police station.

Current Project Status

Preliminary architectural plans completed. Project is currently waiting for future funding.

Project Lead & Contact Info

Jack Powers
Police Captain
Phone: 301-891-7104
Email: Richard@takomaparkmd.gov

Police Facility Improvements Details

Project Info & Timeline

- Target completion date: 2016 - July
- Takoma Park's role in project: Lead
- Departments involved: Police

Budget & Funding Source

Links & Notes

3. Then click on the name of the project that interests you. In this example, a resident wanted more information about Police Facility Improvements.

Human Resources

301-891-7203
hr@takomaparkmd.gov
takomaparkmd.gov/hr

For an up to date listing of current vacancies and employment opportunities with the City of Takoma Park, visit takomaparkmd.gov/hr/careers.

Police

911 (fire and rescue)
301-270-1100 (emergency)
301-270-1100 (non-emergency)
police@takomaparkmd.gov
takomaparkmd.gov/police
Open 24/7

Whether online, in person or phone, the Police Department is here to serve the people of Takoma Park.

Public Works/Infrastructure

301-891-7633
publicworks@takomaparkmd.gov
takomaparkmd.gov/publicworks
Monday - Friday, 8:30 a.m. - 5 p.m.

The Public Works Department is responsible for the maintenance of City-owned roads, buildings, stormwater management systems, gardens, parks, vehicles, and equipment. The department also provides solid waste collection and recycling services to single-family residential properties in the City and in the various business districts.

Recreation Department

301-891-7290
recreation@takomaparkmd.gov
takomaparkmd.gov/recreation
Monday - Friday, 8:30 a.m. - 5 p.m.

The City of Takoma Park's Recreation Department provides recreational opportunities for all ages. Our facilities and programs are intended to refresh and rejuvenate our residents, improve our health and connect us as families and as a community.

Takoma Park Maryland Library

301-891-7259
www.takomapark.info/library
facebook.com/takomaparklibrary

Library Hours: Sunday, 12 - 5 p.m.; Monday and Wednesday, 12 - 9 p.m.; Tuesday and Thursday, 10 a.m. - 9 p.m.; Friday - 12 - 6 p.m.; Saturday - 10 a.m. - 5 p.m.

Computer Center Hours: Sunday, 12 - 5 p.m.; Monday - Friday, 12 - 8 p.m.; Saturday 12 - 6 p.m.

The Takoma Park Maryland Library is an independent municipal public

library. Library cards are free to anyone living in Montgomery County or working or attending school in Takoma Park. Others must pay an annual non-resident library card fee.

City Facilities
Heffner Park
Community Center

42 Oswego Avenue Takoma Park, MD 20912
301-891-7290

Hours of Operation: Monday - Saturday, 9 a.m. - 9 p.m.; Sunday, 10 a.m. - 8 p.m.

The Heffner Park Community Center features a multi-purpose room with a small kitchenette, restrooms and a water fountain. Rentals will also have access to 30 chairs and 10 tables. Tot music classes, arts, crafts, self-improvement, games, hobbies, and dog obedience courses are among the activities offered.

*NOTE: Heffner Park Community Center is open for Recreation Department classes and private rentals only.



301-891-7118
cabletv@takomaparkmd.gov
takomaparkmd.gov/citytv

Watch City TV online or in HD on RCN channel 1060, Comcast's Municipal Broadcast Network 997, or in SD, on channels 13 (RCN Comcast) and 28 (Verizon).

Also find us on ...



Watch City Council meetings, Snapshots, the "We Are Takoma" series and other community events on City TV.

¡Tenemos programación en Español!
¡Visítenos! Somos Takoma y El Barrio También
Canta ahora en TeleCiudad.



Public Works

31 Oswego Ave
Silver Spring, MD 20910
301-891-7633
publicworks@takomaparkmd.gov
Monday - Friday, 8:30 a.m. – 5 p.m.



Food Waste Collection Program

The City's curbside food waste collection program is available to single family and multi-family properties with City collection and recycling pickup. Please register at www.takomaparkmd.gov/publicworks/food-waste-collection.



Large Item Pick Up

Heavy items, like appliances, mattresses and furniture, are picked up by appointment only. There is a \$10 charge for the collection of up to three items. Call to schedule a pickup.



Electronics and Computer Recycling Drop-Off

Bring your old or unwanted electronic equipment to be recycled to the Public Works facility. 8:30 a.m. - 5 p.m., Monday - Friday



Trash Carts and Recycling Containers

Trash carts are available for sale. Purchase a 96-gallon trash carts for \$69.38 and 64- gallon for \$64.08. Carts have lids, wheels, and handles. Recycling containers are free and available at the Public Works facility for pick up during office hours, Monday through Friday 8:30 a.m. to 5 p.m.

Takoma Park Community Center/Sam Abbott Citizens' Center

7500 Maple Avenue
Takoma Park, MD 20912
301-891-7100

Hours of Operation: Monday – Thursday, 8:30 a.m. - 9:30 p.m.; Friday, 8:30 a.m. - 10 p.m.; Saturday, 10 a.m. - 6 p.m.; Sunday, 12 - 5 p.m.

Takoma Park Recreation Center

7315 New Hampshire Ave.
Takoma Park, MD 20912
301-891-7289

See page 16 for more information

The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!

STAY CONNECTED!

The City of Takoma Park strives to keep residents engaged and informed in a variety of ways:

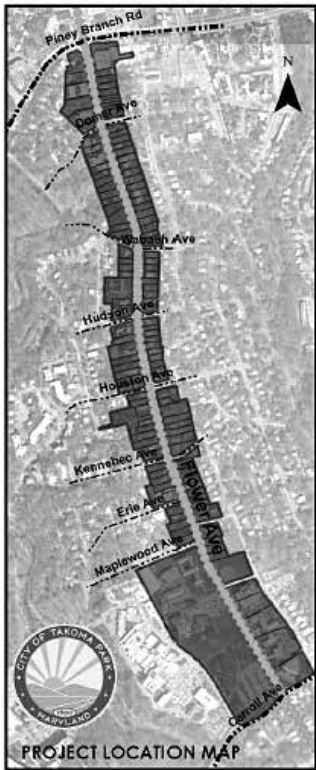
- **Social Media:** Follow TakomaPark - Facebook: *Like us* - Twitter: *@TakomaParkMD*
- **NEW! SociaMedia Hub:** Don't like Twitter or Facebook but want to know the latest post or tweets by the City? **Visit:** takomaparkmd.gov/about-takoma-park/social-media-hub/
- **Takoma Park Alert:** Public safety notifications - **Sign up** for Public Safety notifications on Takoma Park Alert: (emails/texts): takomaparkmd.gov/services/takoma-park-alert



- **Takomaparkmd.gov:** where you can **access information** on upcoming Council meetings, agendas, City news, and the status of City projects
- **Monthly Newsletter:** both in **print** and **electronic** copy
- **NEW! The Takoma Insider:** Receive our weekly eNews right to your email. **Sign up:** <http://eepurl.com/gg4dMb>
- **My TkPk:** Make a service request or report an issue using the online app. **Learn more:** takomaparkmd.gov/services/my-tkpk

#OneCommunity - TakomaParkMD.gov

PUBLIC INFRASTRUCTURE INITIATIVES



Flower Avenue Green Street Project Location Map.

Flower Avenue Green Street Project:

The construction of Takoma Park’s first Green Street began in June 2019. Project construction will take a year, weather permitted, we anticipate the project to be complete by June 2020. For more information visit the project page on the City’s website. Staff contact: Nima Upadhyay, 301-891-7621, nimaupadhyay@takomaparkmd.gov

Flower Avenue and Sligo Creek Parkway Traffic Calming

This intersection has long been a source of concern for the adjacent Long Branch Sligo neighborhood due to the speed of traffic entering the neighborhood from Sligo Creek Parkway. The City Council authorized staff to develop a concept plan and request permission from Maryland National Capital Park and Planning Commission, the owners of the parkway, to initiate an intersection redesign. An initial design concept has been developed that establishes a “T” intersection while providing treatment facilities in the existing roadway shoulder to treat surface water prior to entering Sligo Creek. Park and Planning has approved the project design. The construction is scheduled to be complete by winter 2019. Staff contact: Ian Chamberlain, 301-891-7611, ian@takomaparkmd.gov

Sidewalk Improvements

Since 2010, the City has embarked on a program to replace and repair existing sidewalks to provide safe accessible pathways and comply with federal regulations. The City also established a process in 2012 for the community to request new sidewalks. Since then, the City has constructed more than 10,000 linear feet of new sidewalk. Current requests include the following:

- Glenside Drive – under construction
- Maple Avenue (7900 Block) – Design stage
- Gude Avenue – Design stage

For more information about the process for requesting new sidewalks, visit takomaparkmd.gov/initiatives/project-directory/sidewalk-design-and-construction.

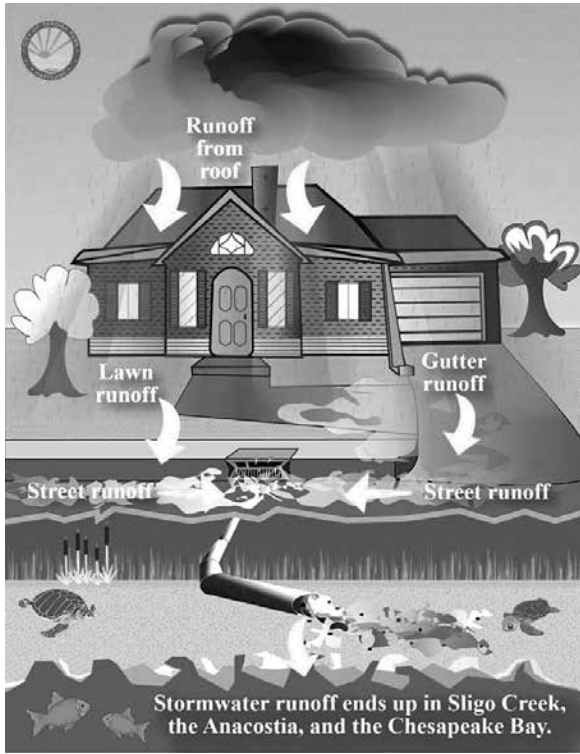
Staff contact: Daryl Braithwaite, 301-891-7615, darylbraithwaite@takomaparkmd.gov

Stormwater Management Projects

Stormwater Management projects include the design, construction, maintenance, and repair of storm drains, inlets, channels, ditches and stormwater treatment facilities. The projects are aimed toward controlling stormwater runoff for the purposes of reducing downstream erosion and water pollution and to meet State and Federal requirements for treatment of run-off. These projects are funded through the Stormwater Utility Fee, which is levied on all property owners, based on the amount of impervious surface on each property. The current list of stormwater management projects for FY20 includes the following:

- Takoma Branch Stream Restoration - Design in development
- Grant Ave and Holly Ave - Bioretention facility
- Manor Circle and Carroll Avenue - Inlet installation
- Lincoln Avenue and Hancock right of way - Structure repair and bioretention facility
- Maple Avenue Outfall Repair (Brashear’s Run)
- Albany Avenue - Inlet replacement and pipe installation
- Garland Avenue - Inlet repair

For more information about the project visit takomaparkmd.gov/initiatives/project-directory/stormwater-management-projects. Staff contact: Ali Khalilian, 301-891-7620, alik@takomaparkmd.gov



This illustration explains stormwater runoff graphically.

Urgent Care opens on WAH Takoma Park campus

On Aug. 25, the emergency and acute inpatient hospital care that Washington Adventist Hospital delivers at our Takoma Park campus closed after more than a century. That same day, a new hospital that replaces Washington Adventist Hospital opened in nearby White Oak.

The new hospital, named Adventist HealthCare White Oak Medical Center and located at 12100 Plum Orchard Drive off Cherry Hill Road in Silver Spring, will allow our community to be cared for in a modern, all private-room hospital for their privacy and comfort. The campus will also have plenty of parking and be assessable by Metrobus and RideOn.

As part of our hospital relocation plan, Adventist HealthCare opened a 24/7 Urgent Care on Aug. 26 in the former Washington Adventist Hospital Emergency Department in Takoma Park. The urgent care will treat non-life-threatening injuries and minor illnesses.

So many of us at Washington Adventist Hospital have served the community from our legacy Takoma Park site for decades. On behalf of my colleagues and those that came before me, I must say it has been our privilege and we hope to continue to serve you should you need care in the future.

—Erik Wangness, president, Adventist HealthCare Washington Adventist Hospital



Washington Adventist Hospital Takoma Park Campus: A Brief Look Back

“A few devoted reformers propose to open an institution where the sick could be treated rationally by the employment of simple agencies of nature – water, air, massage, pure food. It would be difficult to find a better place for quiet and rest.”

—The Washington Post, 1907

In the Beginning

- Founded in 1907 as Washington Sanitarium
- 40 beds, 12 staff
- Focused on healing through wellness, pure food, quiet and rest

Through the Years

- 1,350 healthcare professionals
- 650 physicians
- Key services: cardiology & heart surgery, women’s services, surgery, cancer care, emergency care, disease management

In the Future

- Urgent Care

- Physicians’ offices
- Radiation oncology, Cardiac rehab, some nonclinical services until mid-2020
- Adventist HealthCare Rehabilitation until mid-2020
- Security services

“Takoma Park has many critical needs. We need health facilities to serve those in our community who cannot easily travel for their care. I want to assure the public that we will do everything we possibly can to ensure the property remains a valuable asset meeting the vital needs of the Takoma Park community.”

—Takoma Park Mayor Kate Stewart, January 2018



Frequently Asked Questions

Where is the new hospital, Adventist HealthCare White Oak Medical Center, located?

- 11890 Healing Way, Silver Spring MD 20904
- Find the new hospital behind the Target shopping center, just off Rte. 29 and Cherry Hill Road

When will the Washington Adventist Hospital Emergency Department close?

- The Emergency Department closed at 7 a.m. on Aug. 25.
- Anyone who calls 911 for a medical emergency will be transported by county ambulance service to White Oak Medical Center or the next closest hospital.

What if I have a medical emergency?

- If you think you are having a heart attack or other serious medical emergency, always call 911.
- If you are seeking emergency care for a non-life-threatening illness, please proceed to White Oak Medical Center or your closest Emergency Department



When will the Urgent Care open on the Takoma Park campus and what are the hours?

- The urgent care opened on Monday, Aug. 26 at 7 a.m. in the former Washington Adventist Hospital Emergency Department.
- Open 24 hours, seven days a week
- Walk-ins are welcome.

What types of illnesses and injuries can be treated at the urgent care in Takoma Park?

- The urgent care will treat non-life-threatening injuries and minor illnesses like common viruses, infections, stomach and digestive conditions, orthopedic injuries, asthma and allergies.
- Like our other urgent care centers in the area, on-site x-rays and lab services will be available.

What other services will still be on the Takoma Park campus?



- In addition to urgent care, various community physicians' offices will remain in the professional building.
- Radiation Oncology, Cardiac Rehab, and Adventist Medical Group physician offices will stay until spring 2020.
- The 42-bed, inpatient rehabilitation hospital on the 5th floor of the Takoma Park hospital building will also remain until two additional floors are added to White Oak Medical Center, with completion expected in early summer 2020.

How do I request my medical records?

- Instructions for obtaining your medical record by mail are available at AdventistHealthCare.com

Emergency Care or Urgent Care

Which is right for you?

Emergency Department	Urgent Care
<ul style="list-style-type: none">Severe Abdominal PainBroken BoneChest PainFainting or Head InjurySevere HeadacheSeizureUncontrolled Bleeding  <p>Find the closest Adventist HealthCare ED at AdventistHealthCare.com/Emergency</p>	<ul style="list-style-type: none">Cold & Flu SymptomsSore Throat & Ear AcheMinor Abdominal PainCuts, Sprains & StrainsEye InfectionsSinus or Upper Respiratory Illness/SymptomsUrinary Tract Infections  <p>Walk in or make an online reservation at AdventistUrgentCare.com</p>

Call 911 if you experience loss of consciousness, signs of a heart attack or stroke, shortness of breath or life/limb threatening injury.

City Services

Public Works

301-891-7633

publicworks@takomaparkmd.gov
takomaparkmd.gov/publicworks



Services

See page 6 in the City Department Directory for a listing of additional services offered.

Mulch

Leaf mulch, made by grinding the leaves collected annually, is available for pickup and delivery. The mulch pile is accessible for self-loading every day of the week. Loading of trucks and mulch delivery is done for a fee. Deliveries are available from March through October on Fridays by appointment. To schedule a delivery, call 301-891-7633. Charges are \$45 for a 3 yard load and \$65 for a 7 or 10 yard load for City residents.

Compost Available for Program Participants

Households that are currently participating in the City's Food Waste Collection program can receive up to five buckets of compost from the program. The compost

is stored at the Public Works facility, 31 Oswego Avenue, Silver Spring, 20910. Contact: Special Projects Coordinator at 301-891-7621 for program details.

UPCOMING EVENTS

Bulk Buy Tree Sale

September 3 to October 19.

Receive a \$100 subsidy towards the cost of the first tree purchased. Contact the City Arborist at 301-891-7612 for program details.

Fall Leaf Collection

November 18 through December 20

Leaf Collection notices will be mailed out to residents in advance of the collection. Details can be found at takomaparkmd.gov/government/public-works/curbside-collection-services/yard-waste-and-fall-leaf-collection.

Holiday Trash Schedule

Mon., Sept. 2, Labor Day

Yard trimming collection is canceled.

Mon., Nov. 11, Veterans Day Observed

Yard trimming collection is canceled.

Thurs., Nov. 28, Thanksgiving

Trash, recycling and food waste collection will take place on Wednesday, November 21.

Fri., Nov. 29, Day After Thanksgiving

Trash, recycling and food waste collection will take place on Saturday, November 24.

Wed., Dec. 25, Christmas Day

Trash, recycling and food waste collection will take place on Thursday December 26.

Housing & Community Development

301-891-7119

housing@takomaparkmd.gov

takomaparkmd.gov/government/housing-and-community-development

The City's Department of Housing and Community Development staff are available to help you navigate your housing needs whether you own your home or rent in the City of Takoma Park.

Emergency Assistance Program

The Housing Division oversees an emergency assistance program for residents seeking to avoid eviction, foreclosure, utility disconnection, assistance with prescriptions or food insecurity. If you are someone you know is facing a housing emergency, please contact the Department of Housing and Community Development for assistance.

First-Time Homebuyer Workshops and Downpayment Assistance Program

Each Spring and Fall, the Housing Division sponsors free HUD-Certified first-time homebuyer workshops to assist individuals who are interested in understanding the home buying process. Participants are given a certificate at the end of the workshop, which they can use to qualify for first-time homebuyer assistance programs.



The City of Takoma Park's Downpayment Assistance Program, called *The Home Stretch*, provides financial assistance to eligible individuals and families seeking to make the City their home. \$10,000 is available for downpayment assistance per eligible individual or household, on a first-come, first-served basis.

Police

911 (emergency) • 301-270-1100 (non-emergency)
police@takomaparkmd.gov • takomaparkmd.gov/police
Open 24/7

Whether online, in person, or by phone, the Police Department serves the people of Takoma Park. Here is a sample of the programs and services we provide.



Nationwide Prescription Drug Take Back Day October 2019

The Takoma Park Police Department participates in the Drug Enforcement Administration (DEA) Nationwide Prescription Drug Take-Back Day twice a year. This campaign gives the public an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Prescriptions are brought to the Takoma Park Police Department, 7500 Maple Avenue, Takoma Park, Maryland 20912. Collection boxes are set up in the first-floor police lobby of the City building. Prescription, over-the-counter and pet medications are accepted.

Although we continue to participate in this nationwide event, as a reminder, residents looking to dispose of excess and expired prescription and over-the-counter medications can visit the safe and secure permanent drop off location at the City of Takoma Park Police Department, 7500 Maple Avenue, 1st Floor Lobby, Takoma Park, Maryland 20912. The collection site is open 24 hours a day, seven days a week. Drugs can be dropped off with no questions asked. **Items that cannot be left are liquids, inhalers, aerosol cans, regular household ointments/lotions, needles/sharps and/or thermometers.** The Takoma Park Police Department collects and stores these items and then safely disposes of them through accepted practices as done in past Take Back Events.

During the event, Takoma Park Police also offer residents an opportunity to sign up for the “Watch Your Car Program.” This

program is a way for police officers to ensure your vehicle is not being driven by an unauthorized driver. A sticker is displayed in your vehicle window, so both officers and criminals know you are participating in the program.

Services are free! The date in October has not yet been set.

If you have questions, please contact Cathy Plevy at cathyp@takomaparkmd.gov.

Community Police Academy January 2020 – Look for Applications in November 2019

The Takoma Park Police Department will be accepting applications for its Community Police Academy in November 2019 for its new session. The Community Police Academy will begin in January 2020.

The Community Police Academy meets once a week for 13 weeks during the weekdays from 7 to 9:30 p.m. **The day of week for the next session has not yet been determined.** The classes cover topics such as patrol, traffic enforcement, criminal investigations, K9 unit, drug enforcement, etc. The presentations are slide show/lecture style and are given by officers, detectives and civilians of the Takoma Park Police Department. There will also be multiple opportunities for hands-on learning through equipment demonstrations, practical scenarios, field trips and ride-alongs with patrol officers.

The Takoma Park Police Department

Stay Informed

To receive notifications directly from the police department, register at takomaparkmd.gov/police. Notifications include, but are not limited to crime alerts, traffic, weather, missing persons, lost pets, etc. For more information, contact Cathy Plevy at cathyp@takomaparkmd.gov.

believes that educating the community will result in gaining their understanding and support. Through implementation of the Community Police Academy, the community will gain new insight into how law enforcement officers perform their duties. The success of any law enforcement agency depends largely upon the amount of cooperation and support it receives from the community it serves.

The Community Police Academy is free to the public. Seats are limited to the first 25 students and are filled based on a first come/first serve basis. The Takoma Park Police Department encourages all applicants to be able to commit to the full length of the program to get the most out of it.

If you are interested in learning about the Takoma Park Police Department and local government, you are 18 years of age or older, and live or work in Takoma Park, you may apply. The applicants may not have any serious misdemeanor or any felony offenses.

Any questions about the Community Police Academy can be directed to the Public Information Officer, Cathy Plevy, at 301-891-7142 or cathyp@takomaparkmd.gov.



Takoma Park Maryland Library

301-891-7259
www.takomapark.info/library

The Takoma Park Maryland Library is one of only two municipal public libraries in Maryland. With a Takoma Park Maryland Library card, you can:

- Borrow print books and magazines, audiobooks and music CDs.
- Access our extensive digital resources, including college and career information, language learning programs, test preparation, and both e-books and digital audiobooks.
- Use our public computers for up to two hours each day with assistance from on-site staff.

Free public Wi-Fi is available in the Library and Community Center.

Programs

The Library offers a wide variety of programs for children and adults. To keep up with the latest schedule of library programs, please check our website, takomapark.info/library, where you also can find our five blogs: News, Books, The Children's Room, Teen Book Buzz, and Comics. You also will find a section labeled "programs" with a calendar showing specific program dates. We also post library news and program updates on our Facebook page and Twitter feed. Registration is encouraged or required for some programs (as noted). **To register for programs, please go to tinyurl.com/tplibraryevents or call us at 301-891-7259.**

Many library programs are underwritten by the Friends of the Takoma Park Maryland Library. The Friends support two reading groups and hold two to three book sales annually, among other events. More information about the Friends and their activities can be found on their website, ftpml.org, or their Facebook page (facebook.com/FTPML). In addition to support from the Friends, the library's partnership with Politics & Prose Bookstore allows us to offer programs featuring top-notch authors and illustrators for children and adults.

Library Hours

Sunday - 12 - 5 p.m.
Monday and Wednesday
12 - 9 p.m.
Tuesday and Thursday
10 a.m. - 9 p.m.
Friday - 12 - 6 p.m.
Saturday - 10 a.m. - 5 p.m.

Computer Center Hours

Sunday
12 - 5 p.m.
Monday - Friday
12 - 8 p.m.
Saturday
12 - 6 p.m.

ALL PROGRAMS ARE IN THE LIBRARY UNLESS OTHERWISE NOTED.

Weekly Library Programs



Photos by Maurice Belanger



Circle Time

Tuesdays, 10 a.m. **AND** 11 a.m.
A beloved local tradition, the 30-minute program of songs, fingerplays, rhymes, movement exercises and stories teaches early literacy concepts in a fun way. The program is geared for infants through preschoolers and their grown-ups.

Spanish Circle Time

Thursdays, 10:30 – 11 a.m.
Join Senora Geiza for a 30-minute program highlighting basic Spanish vocabulary through songs and rhymes.

Scribblers Cabal

Most Fridays, 4 p.m.
Kids are invited to draw with Library Associate Dave Burbank, our library staff artist. To keep updated about the schedule, please register.

Monthly Library Programs

Lego Club

One Sunday a month, 1:30 - 3 p.m.
Ages 3-10
Each program will have a building theme and then free play. All LEGO is provided, courtesy of the Friends of the Takoma Park Maryland Library. Registration is required.



Kid's Art

One Sunday a month, 2 - 3 p.m. Make special crafts with children's librarian Kati Nolfi. All materials are provided – kids just bring their creativity.

Caldecott Club

One Monday a month, 7 p.m.
Come join our popular family book club, where we read books – via the big screen – that are possible contenders for the Caldecott Medal, given annually by the American Library Association to the best-illustrated book for kids ages birth-14. Lemonade and cookies are served at each program!

Comics Jam

Second Tuesday of each month, 4 p.m.
September through June
Join Dave Burbank, the library's graphic novel guru, in reading comics together on the big screen. The program concludes with Dave taking "drawing requests" from the audience.



Bedtime Stories & A Craft

First Wednesday of the month, 7 p.m.
Children's Librarian Kati Nolfi leads our pre-bedtime program of songs and stories, plus a craft. Perfect for babies, toddlers, preschoolers and their grown-ups.

Petites Chansons

One Saturday a month, 10:30 a.m.
September through June
Madame Marie teaches basic French language concepts through songs and rhymes. To learn specific dates for Petites Chansons, please register and we will keep you updated.



Photo by Maurice Belanger

Fall 2019 Special Programs (Please check our website for actual dates)

End-of-SummerQuest Party, Monday

September 9, 7:30 p.m. – Come celebrate the end of another successful SummerQuest program with a party! We'll have cupcakes and lemonade, and talk about our favorite books of the summer. Anyone who registered for SummerQuest and did some reading over the summer is welcome at the party.

Babymouse Creators Jenni & Matt Holm,

Tuesday, October 1, 7 p.m. – Newbery Honor author Jenni Holm and her brother Matt Holm, creators of the popular Babymouse graphic novels, present their first picture book, The Evil Princess vs. the Brave Knight. Our program is co-sponsored with Politics & Prose Bookstore.

Kids Graphic Novelist Kevin McCloskey,

Thursday, October 3, 7 p.m. McCloskey will present, Ants Don't Wear Pants, the newest book in his "Giggle & Learn" natural history comic book series. Our program is co-sponsored with Politics & Prose Bookstore.

Friends of the Library Big Book Group –

The group will be discussing The Sound and the Fury by William Faulkner over several weeks after a kick-off lecture. For dates, please check our website.



Friends of the Library Booksale, October –

Come find some book bargains! Proceeds benefit Library programs. Please check our website for the specific date.

Folksongs for Kids & Their Grown-Ups,

Saturday, Oct. 25, 10:30 a.m. –Virginia-based folksingers Chip & Debbie Jones lead a folk song sing-a-long for all ages.

Scary Stories, Monday, October 28 – Veteran

storyteller Candace Wolf gets everyone in the mood for Halloween with some frightful tales. Two shows: 7–7:45 p.m. for ages 5–7 (less scary stories) and 7:50–8:50 p.m. for ages 8 up (scarier stories).

Eaglebear & Friends, November – Celebrate

November as American Indian Heritage Month with this program of songs, stories and dances from the Xicano & Apache cultures. Check our website for the actual date.

Winter Solstice, Thursday, Dec. 19,

6:30 p.m. – Ring in the start of winter with this popular annual program! We'll start with a drum circle at 6:30 p.m. led by Bill Jenkins, and then the Foggy Bottom Morris Men will swoop in at 7:30 p.m. with their songs, dances and high spirits.

Takoma Park Community Center/ Sam Abbott Citizens' Center

**7500 Maple Avenue
Takoma Park, MD 20912
301-891-7100**

Hours of Operation

Monday - Thursday
8:30 a.m. - 9:30 p.m.

Friday
8:30 a.m. - 10 p.m.

Saturday
10 a.m. - 6 p.m.

Sunday
12 - 5 p.m.

Art Studio

- The art room, kiln, and easels are available to students enrolled in classes.
- Not available for rentals

Auditorium

- 154 fixed chairs
- Room for six wheelchairs
- Row of seven fixed chairs can be removed
- Food and beverage not permitted

Computer Center

- Two rooms, 25 workstations equipped with ports for flash drives and headphones, and work space for laptop users
- Internet, word processing, graphics software and more
- Color printer
- Low conversation, working in pairs, cell phone use allowed in Room A
- Absolute quiet in Room B
- Valid Takoma Park Library card or purchased guest pass required for computer use of up to two hours per day

- Four additional stations with 20 minute limits available in library, additional four available in Senior Room for those 55+
Monday - Friday 12 - 8 p.m.
Saturday 12 - 6 p.m.
Sunday 12 - 5 p.m.

Dance Studio

- Large studio with mirrors and wood floor
- No street shoes on dance floor

Game Room

- Hours vary by age and time of year
- Ping pong, pool and foosball tables
- Basketball and arcade-style games
Youth & Teen (6 - 17 yrs)
Monday - Friday 2:30 - 5 p.m.
Saturday 12 - 5:30 p.m.
Sunday 12 - 5 p.m.
Young Adult (18 - 24 yrs)
Monday - Friday 6:30 - 8:30 p.m.
See page 35
Active Adult (55+)
Monday - Saturday See page 35

Library

Cards are free for Montgomery County residents and those who work or go to school in Takoma Park.

Sunday 12 - 5 p.m.
Monday 12 - 9 p.m.
Tuesday 10 a.m. - 9 p.m.
Wednesday 12 - 9 p.m.
Thursday 10 a.m. - 9 p.m.
Friday 12 - 6 p.m.
Saturday 10 a.m. - 5 p.m.

Multimedia Lab

Our educational studio features state-of-the-art video and recording equipment and instructional courses designed to accommodate aspiring audio/video engineers and intermediate level students who want to hone their skills.

Notary Public

Notary service is available by appointment only. (Monday - Thursday, 9 a.m. - 1 p.m.). The service is free for City residents. Call 301-891-7100 to set up an appointment.

Passport Service

Passport service is available at the Takoma Park Community Center. No appointment necessary. Please call Sofia Visurraga, Customer Service Representative, at 301-891-7204 for information.
Monday - Thursday 9 a.m. - 1 p.m.

*Se puede aplicar por su pasaporte americano aquí. No necesita hacer una cita para presentar aplicación. Por favor llame al 301-891-7204 para obtener información para aplicar por su pasaporte americano.
Lunes a jueves de 9 a.m. - 1 p.m.*

Senior Room (55+ yrs)

- Comfortable furnishings and relaxed atmosphere to socialize or read
 - Four computers and printer available
 - Bingo, health screenings, workshops, and more
- Monday - Friday 12 - 8 p.m.
Saturday 12 - 6 p.m.

Teen Lounge (Grades 6-12)

- Hours vary by time of year
- X-box, large screen TVs
- Area for socializing
- Daily activities



Book Your Next Event with Us!

Go online: Request a room or park pavilion with a credit card from our website at apm.activecommunities.com/takomaparkrecreation. See Page 39, Registration and Policies for instructions for online registration. Rentals within 10 business days must be requested in person. Payment is due at the time of the reservation.

Policies

Please visit us online at takomaparkmd.gov/recreation/parks-and-athletic-fields and click on Administrative Regulation No. 2011-1 (PDF) for regulations governing public use, facilities rentals and general responsibilities of the user. The renter is responsible for set-up and clean-up. This time should be included in the rental. Nothing can be affixed to the walls.

Rental Hours

Takoma Park Community Center

Monday - Friday 9 a.m. - 9 p.m.
Saturday 10:30 a.m. - 5:30 p.m.
Sunday 12:30 - 4:30 p.m.

*Hours for auditorium rentals may be until 11:00 p.m.
Monday - Thursday and until 12:00 a.m. Friday - Sunday.*

Heffner Park Community Center

Monday - Saturday 9 a.m. - 9 p.m.
Sunday 10 a.m. - 8 p.m.

Takoma Park Recreation Center

- Call for availability
- See page 16 for prices

** Business rate applies to all organizations, nonprofits, for profit entities or community groups.*

Small Meeting Rooms

Rose Room

Capacity 10 with tables
15 without tables

Lilac Room

Capacity 20 with tables
25 without tables

Hydrangea Room

Capacity 20 with tables

Fees

T.P. resident	\$25/hour
Non-resident	\$50/hour
Business*	\$70/hour

* Business rate includes commercial and nonprofit organizations.

Large Meeting Rooms

Azalea Room

Capacity 55 with tables
65 without tables

Heffner Park Community Center 42 Oswego Avenue Takoma Park, MD 20912

Capacity 40 with tables
50 without tables

Fees

T.P. resident	\$35/hour
Non-resident	\$60/hour
Business*	\$80/hour

\$50 refundable deposit required for Heffner Park Community Center.

**QUALIFYING RENTALS:
12 & UNDER PARTIES
BRIDAL SHOWERS
BABY SHOWERS
COMMUNITY MEETINGS***

**New fees for all rentals
effective 09/01/19.**

Auditorium

capacity: 154

The Auditorium, located in the Takoma Park Community Center, is LEED-CI Silver Certified and has 154 fixed seats with two aisles and room for six wheel chairs. The floating wood stage is approximately 18 inches off the floor, 30 feet wide and 19 feet deep at the center.

This environmentally friendly space has a state of the art lighting system with colored LED washes, sound system with two wireless microphones and connections for up to 10 wired microphones. The presentation system has a 6' x 11' projection screen in the center of the stage and two small screens on either side of stage.

Extra fees apply for staffing outside of normal hours of operation, specialized AV services, extraordinary maintenance demands, or required security. Insurance is required.

Fees: \$130/hour, nonprofit
\$200/hour, regular
Minimum 4 hour rental

For more information about renting the Auditorium, contact John Webster at 301-891-7225 or email johnw@takomaparkmd.gov

Takoma Park Recreation Center

**7315 New Hampshire Ave.
Takoma Park, MD 20912
301-891-7289**

Hours of Operation

Monday, Wednesday, Friday	2:30 - 9 p.m.
Tuesday & Thursday	12 - 9 p.m.
Saturday	8 a.m. - 5 p.m.
Sunday	Closed

**Tuesdays & Thursdays 12 - 2 p.m are reserved for senior use only.*

The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!

Time to Get in Shape!

The Takoma Park Recreation Center has a great fitness room featuring:

- Dumbbells (5-50 lbs.)
- Leg curl
- Leg extension
- Ellipticals
- Stationary bikes
- Treadmills
- Lat pulldown
- Chest press

Membership Fees

Recreation Center General
(1 year; does not include Fitness Room)

Adult (18+ years)	\$45
Teen (13 - 17 years)	\$10
Youth (5 - 12 years)	\$5

Fitness Room
(open same hours as building)*

Adult (6 months)	\$75
Adult (1 year)	\$110
Senior (55+)	Free

Hourly Rental Information

Gym* (capacity 294)	
General	\$40/hour
Business	\$80/hour
After hours	additional fee(s)*

Meeting Room BACK (capacity 40)

General	\$25 per hour
Business	\$70 per hour
After hours	additional fee(s)*

Meeting Room FRONT (capacity 30)

General	\$25 per hour
Business	\$70 per hour
After hours	additional fee(s)*

Call 301-891-7289 for availability.

** \$50 security deposit required.*

Business rate includes commercial and nonprofit organizations.

Join Us For:

- Adult open gym (18+ yrs)
Tuesdays, 7:45 - 9 p.m.
- Classes for all ages
- Summer camps
- After school programs

All programs and classes at the Takoma Park Recreation Center are co-sponsored by the Montgomery County Department of Recreation. We thank them for the continued support.

New fees effective 9/1/19



What’s in our parks?

	Reserve Through Rec. Dept.	On Street Parking Available	Public Transportation Accessible	Bike Station Within Walking Distance	Water Fountain	Picnic Tables	Playground	Pavilion	Grill	Half Basketball Court	Restroom Facility
Belle Ziegler Park 7350 Takoma Ave. Ward 1											
Colby Avenue Park Cherry & Colby Ave. Ward 2											
Forest Park 598 Elm Ave. Ward 2											
Heffner Park 42 Oswego Ave. Ward 4											
Jackson-Boyd Park 7398 Jackson Ave. Ward 2											
Spring Park 6999 Poplar Ave. Ward 3											
Toatley-Fraser Park Eastridge Ave. Ward 5											

In addition to the parks above, the City maintains:

Dorothy’s Woods Woodland & Cirlce Ave. Ward 2	Ed Wilhelm Field 2 Darwin Ave. Ward 4	Lee Jordan Field 7611 Piney Branch Rd. Ward 4	Takoma Park Dog Park Darwin Ave. Ward 4
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For information about other parks in our city, please visit montgomeryparks.org or call 301-495-2525.

Parks and Permits

It is highly recommended to secure permits for various events and activities held in public parks throughout the City. Permits guarantee location and time of a rental. Please contact the Recreation Department at 301-891-7290 before conducting business on park property.

Pavilion Rental Fees

\$95 per day T.P. resident
\$115 per day Non-resident/Business



FAQs

- In order to secure a park pavilion, it is highly recommended to have a permit. (See page 15).
- Moon bounces are not permitted on City property.
- Permits are honored rain or shine, with no refunds/reschedules.
- To reserve a pavilion, see “Book Your Next Event with Us” on page 15.
- Sale of merchandise is prohibited on City property outside of scheduled City events.
- The sale or consumption of alcoholic beverages is not permitted in any facility/park/pavilion.
- Buildings and parks are not available on City holidays.
- Reserving a pavilion does not guarantee use of an adjacent field if applicable.

TAKOMA PARK ARTS

301-891-7119 • arts@takomaparkmd.gov • takomaparkmd.gov/arts

We Are Takoma Series Has a New Name

The City’s popular *We Are Takoma* arts and culture series has a new name and a new look!

The series has been renamed *Takoma Park Arts* to more accurately reflect the focus of the cultural series that features many free events at the Takoma Park Community Center, including concerts, plays, art exhibitions, film screenings, poetry readings, and lectures. A dynamic new logo will be featured in new promotions and publications for the series.

“We hope more people from Takoma Park and the surrounding area will learn about our events in the *Takoma Park Arts* series and experience the broad array of talent in the local creative community,” said

Takoma Park Arts Coordinator Brendan Smith.

The City issues calls for proposals from performers, poets, lecturers, and artists each year to stage events at the Takoma Park Community Center at 7500 Maple Avenue. The center has a state-of-the-art auditorium where performances are held which are televised on YouTube and the City TV channel. Art opening receptions are held bimonthly with art displayed in several galleries throughout the Community Center, including large installations suspended from cables in the ceiling of the three-story atrium.

The City pays honoraria to performers, lecturers, and film directors because working just for “exposure” doesn’t pay

the bills. “Takoma Park has a well-known reputation as an arts city, and we support local artists and performers not only by providing a venue for their work but also by supporting them financially at a time when much arts funding is being cut,” Smith said.

Christoph Michaud, a graphic designer who serves on the Takoma Park Arts and Humanities Commission, created the new *Takoma Park Arts* logo, which features the same blue and yellow colors in the City logo.

Please go to www.takomaparkmd.gov/arts to learn more about upcoming events in the Takoma Park Arts series and to sign up for our weekly e-newsletter.

The Galleries at Takoma Park

The Galleries at the Takoma Park Community Center present the work of local and regional visual artists. From pottery and painting to quilting and illustration, the art displayed in our five galleries rotates every two months.

The Atrium Gallery, Corridor Space, Dempsey Gallery, and Suspended Space are located on the main floor of the community center. They are open:

Monday through Friday – 8:30 a.m. to 9:30 p.m.
Saturdays – 10 a.m. to 6 p.m.
Sundays – 12 to 5 p.m.

Gallery Three, the gallery space located on the third floor of the community center is open:

Monday through Friday – 8:30 a.m. to 5 p.m.



The Atrium Gallery at the Takoma Park Community Center

Electric Vehicle Charging Stations Get Wrapped

Hovering hummingbirds have been spotted outside the Takoma Park Community Center in a whimsical vinyl wrap covering an electric vehicle charging station.

Created by Japanese graphic designer Jay Shogo, the wrap features a “charm” of hummingbirds as a group of the tiny birds are known, flitting amongst a rainbow-colored field of leaves and flowers. Local graphic designer Cindy Herrera designed another wrap with a green energy theme with windmills and electric vehicles plugged into the City logo to represent the City’s commitment to renewable energy. That station is located in downtown Takoma Park near the intersection of Carroll Avenue and Laurel Avenue.

The vinyl wraps are part of the City’s public art program that takes art outside museums and galleries and into the streets for everyone to enjoy.

Takoma Park has 10 charging stations in various locations, and the City uses 100% wind power, so charging is emission-free. The Electric Vehicle Institute provided the charging stations for free to the City of Takoma Park in 2016 in an effort to encourage the use of electric vehicles and provide the needed public charging station infrastructure.



“Poetry is the spontaneous overflow of powerful feelings. It takes its origin from emotion recollected in tranquility.”

- William Wordsworth

Third Thursday Poetry Readings

You can hear poets from across the region read their original work at the popular Third Thursday Poetry Reading series. The free readings are held at 7:30 p.m. on the third Thursday of most months in the Takoma Park Community Center Auditorium at 7500 Maple Avenue. A reception follows the readings with an opportunity to meet the poets.

Recreation

Recreation Department

**7500 Maple Avenue
Takoma Park, MD 20912
301-891-7290
recreation@takomaparkmd.gov
takomaparkmd.gov/recreation**

*City resident program
registration: Thursday,
August 15 at 8:30 a.m.*
*Non-resident program registration:
Thursday, August 22
at 8:30 a.m.*



The City of Takoma Park Recreation Department provides recreational opportunities for all ages! The department's facilities and programs are intended to refresh and rejuvenate residents, improve health and connect

families and the community. Staff are continually working to improve our offerings while adding new and innovative programs and activities to meet the ever changing needs of our residents and community.

Rental Requests

For more information about local parks and room rentals, see pages 15-17.



Roscoe the Rooster

Roscoe the Rooster made Takoma Park his home for 10 years, roaming the city and staking his territory on the lawn in front of and behind the apartment houses near Mark's Kitchen on Carroll Avenue. Roscoe died in a hit and run in February 1999.

A life-sized statue of Roscoe the Rooster, crafted by local artist Normon Greene, stands on a pedestal in front of the clock tower in the center of downtown Takoma Park.

Roscoe makes special appearances throughout the City Guide.

Is my class canceled due to weather?



The City of Takoma Park has several ways to let you know if City facilities are closed or classes are canceled: get notices via Takoma Park Alert (www.takomaparkmd.gov/alert); check the City's webpage; or call the Recreation Department's Inclement Weather Line (**301-891-7101 x5605**). Be sure to check local recreation program updates, Morning and Afternoon Addition, and/or any other interested area for updated activity information. In general, if the Federal Government closes or has a delayed opening in the morning, the City does the same. Classes that begin before a delayed opening are usually canceled. Morning and Afternoon Addition and After the Bell programs follow the Montgomery County Public Schools declarations. If there is a two hour delay in the morning, Morning Addition starts at 9 a.m.

Takoma Park resident scholarships available for Recreation Dept. programs

Scholarship program

The benefits of recreation are too numerous to list, and often low-income families stand to gain the most. Recreation promotes physical, mental and social well-being. Recreation programs serve as settings in which friendships bloom and wholesome connections and community pride are forged. The Takoma Park Recreation Department is committed to making scholarships available to City residents (youth, teens, adults, seniors and people with disabilities) who cannot pay full price for recreation programs. Scholarships give Takoma Park residents an opportunity to learn, grow, and have fun.

Scholarship guidelines

- Applicants must be City residents.
- Scholarships are for all ages.
- If a child receives 'Free or Reduced Meals,' he/she is eligible

- for a scholarship.
- Please contact the Recreation Department for more information.

How to apply

1. Pick up an application from the Takoma Park Recreation Department, Administrative Office, 7500 Maple Ave.
2. After you have selected an activity, complete and turn in an application before the deadline along with additional forms to a staff member at the Takoma Park Recreation Department administrative office (7500 Maple Ave.).
3. It may take up to 10 business days to determine if a scholarship is approved. You will be contacted by our office with an updated status.
4. Scholarship applications and supplemental documentation must be submitted **at least three weeks prior** to the start of registration.



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



Volunteers Wanted

Volunteers assist with coaching, special events, class instruction and much more. Volunteering is a rewarding and fun way to give back to the community. Volunteers of all ages needed.

For more information, please call 301-891-7290 or visit montgomeryserves.org

Recreation

Special Events

11th Annual Play Day

Let's Play America and the Takoma Park Recreation Department have teamed up to present to you the 11th Annual Play Day. Rain or Shine.

This event will have tons of fun activities for the entire family to enjoy, including the infamous Touch-A-Truck. To see a full listing of activities and performances, please visit www.letsplayamerica.org. See you there!

Takoma Park Middle School
7611 Piney Branch Road
All ages
Saturday, September 14
10 a.m.–2 p.m.
Free



September - December 2019



Family Outdoor Movie Night

Bring your lawn chair or blanket and enjoy a movie under the stars with your family! The movie will be a family-friendly hit. The Recreation Department will provide one small bag of popcorn per person and water. Due to limited parking, walking to the event is encouraged.

Ed Wilhelm Field
Behind Piney Branch Elementary School
Saturday, September 14
Movie starts at dusk
Free



Monster Bash 2019

On Saturday, October 26, Monster Bash 2019 will kick off at 1 p.m. with games, fun activities and the Annual Costume Contest, followed by the Costume Parade, which will have the judging during the parade route. We will end the festivities with the Costume Award Ceremony and celebration. Categories include one award for Most Original, Funniest, and Scariest. Categories: Ages 4 and Under; 5–8; 9–12; Teen and Adult; and Overall Group. For additional information or if you would like to volunteer (especially be a judge) for this event, please contact John Webster at johnw@takomaparkmd.gov or 301-891-7290. In the event of inclement weather, Monster Bash will be moved indoors, and there will not be any road closures. To receive an update on weather conditions, please call our inclement weather line at 301-891-7101, ext. 5605. Due to the nature of this event, walking is encouraged.

Location TBD
All ages
Saturday, October 26
1–5 p.m.
Free

**Possible new
event location,
details to come!**

City resident
program registration:
Thursday, August 15 at 8:30 a.m.

Non-resident
program registration:
Thursday, August 22
at 8:30 a.m.

Tots

Newborn-5



DANCE

Pre Ballet

Pre Ballet for ages 3–6 is a combination of music and movement that emphasizes learning basic ballet vocabulary, movement patterns and musicality in a creative movement. By introducing students to the basic shapes, positions, postures and traditions of classical ballet, the Pre-Ballet curriculum enhances both cognitive and physical development at this important time. Instructor: Edurama

Heffner Park Community Center
42 Oswego Avenue
3–6 years
8 Week Session
Saturdays, 9–9:45 a.m.
September 7–November 16
(No class: 10/19 & 10/26)
Resident: \$95 / Non-resident: \$105



INSTRUCTORS OF UNIQUE CLASSES WANTED!

Search “suggest a class”
on our site to
share your info.



Suto Dance

The Suto Dance Company has offered quality dance instruction to all levels since 1973. Suto offers professional, well-organized dance programs as well as producing spectacular annual dance performances. The importance of technique, musicality and styling is stressed to all students at any level of training. Students are encouraged to participate for the entire program and also the two annual dance performances. **Patrons must register through Suto Dance www.sutodance.com or 301-871-1000.** Additional purchases for costumes may be required. This program runs through the entire 2019–2020 school year. Instructor: Suto Dance

Takoma Park Recreation Center
7315 New Hampshire Avenue
Front Room
3–6 years
2019–2020 School Year

Saturdays, starting September 7
10:45–11:45 a.m.
See SutoDance.com for fees

DROP-IN

Community Playtime

Enjoy open playtime, read stories, work on craft projects, enjoy the playground and socialize. Organizers will provide toys, craft supplies, story time and snack. Visit www.takomaplaytime.org for more information.

Heffner Park Community Center
42 Oswego Avenue
Newborn–5 years

English: Mondays, September 9–December 9

Spanish: Fridays, September 13–December 13
10 a.m.–12 p.m.
Free

Youth

5-12



*City resident program registration:
Thursday, August 15 at 8:30 a.m.*

*Non-resident program registration:
Thursday, August 22 at 8:30 a.m.*

ART

Clay for Kids

In this class, children will receive instruction on how to utilize a variety of techniques (coil, pinch, slab work) to create one-of-a-kind sculptures and vessels out of clay. Caregiver participation required for children ages 4 and 5. There is a \$15 materials fee (per child) due to the instructor on the first day of class. All glazes are non-toxic and food safe. Fettingling knives and other tools with sharp edges or points, such as skewers and cookie cutters, are used in class. Instructor: Caroline MacKinnon

Takoma Park Community Center
7500 Maple Avenue
Art Studio
4–12 years

6 Week Sessions
Mondays, 4:15–5:15 p.m.

Session 1: September 9–October 21
(No class: 9/30)

Session 2: October 28–December 16
(No class: 11/11, 11/25)
Wednesdays, 4:15–5:15 p.m.

Session 1: September 11–October 23
(No class: 10/9)

Session 2: October 30–December 11
(No class: 11/27)
Resident: \$140 / Non-resident: \$160

Clay in the Studio

Students will utilize a variety of hand-building techniques (slab, pinch, and coil) to create functional and non-functional vessels and sculptures out of clay. Caregiver participation required with young children (Ages 4–6). Adult students (Ages 16+) with experience may use the studio's electric wheels. This is a great class for homeschoolers, those with flexible schedules and the generally clay-curious. All glazes are non-toxic and food

safe. Fettingling knives and other tools with sharp edges or points, such as skewers and cookie cutters, are used in class.

There is a \$20 materials fee (per child) due to the instructor on the first day of class. Instructor: Caroline MacKinnon

Takoma Park Community Center
7500 Maple Avenue
Art Studio
4 and older

6 Week Sessions
Wednesdays, 10–11:30 a.m.

Session 1: September 11–October 23
(No class: 10/9)

Session 2: October 30–December 11
(No class: 11/27)
Resident: \$130 / Non-resident: \$150



Gift Making Workshop

Participants create seasonal artwork that may be given as gifts to friends and family. The first workshop will focus on using hand-building techniques to create one-of-a-kind sculptures; the second on glazing with food-safe glazes. There will be a \$10 materials fee payable to the instructor on the first day of class. Instructor: Caroline MacKinnon

Takoma Park Community Center
7500 Maple Avenue
Art Studio

6–12 years
2 Day Session
Saturdays, 10:15–11:15 a.m.
December 7 & 14

Resident: \$35 / Non-resident: \$45

CAMPS

Winter Break Camp

Come experience Winter Break Camp with the Takoma Park Recreation Department. Campers will have the opportunity to add some excitement to their break with games, group activities and crafts. This winter break is set to be a whole lot of fun. Paperwork will need to be submitted prior to first day. Please bring a lunch and snack with you daily. There will be no camp on Monday–Wednesday, December 23–25 and Wednesday, January 1. Before and After Care are available for additional fee.

Takoma Park Community Center
7500 Maple Avenue
Azalea Room

5–12 years
Thursday–Tuesday
December 26, 27, 30, 31
9 a.m.–4 p.m.

Resident: \$110 / Non-resident: \$120

CAMP EXTENDED CARE

Winter Break Camp Before & After Care

Available for those families who require or desire additional activities beyond the regular camp hours. Activities may include free play, game room and sports.

Takoma Park Community Center
7500 Maple Avenue
Azalea Room

5–12 years
Thursday–Tuesday
December 26, 27, 30, 31

Before Care: 7–9 a.m.

After Care: 4–6 p.m.

Resident: \$28 / Non-resident: \$38

DANCE

Creative Dance

Students will learn the importance of creative movement and choreographic tools to create their own dance. Students will participate in routine warm ups and stretches. Instructor: Charonne Butler

Takoma Park Community Center
7500 Maple Avenue
Lilac Room
5–11 years
8 Week Session
Thursdays, 6:30–7:30 p.m.
September 12–October 31
Resident: \$80 / Non-resident: \$90

Suto Dance

The Suto Dance Company has offered quality dance instruction to all levels since 1973. Suto offers professional, well-organized dance programs as well as producing spectacular annual dance performances. The importance of technique, musicality and styling is stressed to all students at any level of training. Students are encouraged to participate for the entire program and also the two annual dance performances. **Patrons must register through Suto Dance, for more information and to register call 301-871-1000 or visit SutoDance.com.** Additional purchases for costumes may be required. This program runs through the entire 2019–2020 school year. Instructor: Suto Dance

Takoma Park Recreation Center
7315 New Hampshire Avenue
Back Room
7–9 years
2019–2020 School Year
Saturdays, starting September 7
12–1 p.m.
See SutoDance.com for fees

DRAMA & THEATER

Dungeons and Dragons

They creep through the twilight, quiet as shadows muttering a language long forgotten, a language only spoken by ghosts. Use your imagination and storytelling ability in this classic fantasy role-playing game. Roll dice to cast spells and battle monsters. Creativity and cooperation help the group "survive." Instructor: Dave Burbank

Takoma Park Community Center
7500 Maple Avenue
Auditorium
8–18 years
5 Week Sessions
Thursdays, 4–6 p.m.
Session 1: September 5–October 3
Session 2: October 10–November 7
Session 3: November 14–December 19
(No class 11/28)
Resident: \$60 / Non-resident: \$70

DROP-IN

Kid Night

The Takoma Park Recreation Center provides affordable, safe, fun activities for kids on the first and third Friday nights of the month. Come out to a night of games, activities and more. Bring your friends and meet new ones. Free with Recreation Center membership.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Gymnasium
5–12 years
First and Third Fridays
6:45–8:45 p.m.
Free with a Recreation Center membership card



Takoma Park Kids' Chess Meet Up

Kids in Kindergarten–5th grade are welcome to attend the Takoma Park Kids Chess Meet Up! Beginners are welcome. Bring your own tournament board if you have one, but there will be extras. There will be a brief lesson at 1:45 p.m., but general play will start by 2 p.m.

For more information, please contact takomachess@gmail.com.

Heffner Park Community Center
42 Oswego Avenue
Grades K–5
13 Week Session
Sundays, 1:45–3:30 p.m.
September 8–December 15
(No program: 11/10 & 12/1)
Free

EDUCATION & DEVELOPMENT

Babysitting

This class is designed for those interested in learning more about babysitting. Topics covered include CPR, fire safety, First Aid, infant and child care and personal safety. A certificate will be issued upon completion of all five classes and exam. Co-sponsored by the Takoma Park Volunteer Fire Department. **All classes will be held at the Takoma Park Volunteer Fire House.** Instructor: Chief Jarboe

Takoma Park Volunteer Fire House
7201 Carroll Avenue
11–13 years
5 Week Session
Mondays, September 9–October 7
7–9 p.m.
Free

FITNESS

Step Team

Stepping is a form of dance in which you use your entire body as an instrument to produce rhythms and beats through footsteps, clapping and words or chanting. This program also includes learning to jump rope Double Dutch style. Participants will learn how to turn the ropes as well as have fun jumping. Members will learn self-expression, coordination, self-discipline and teamwork. No experience is necessary, and we welcome all who are willing to learn. Free with membership.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Front Room
6–17 years
Ongoing
Tuesday & Thursdays, 6:30–7:30 p.m.
September 3–December 19
Free with Recreation Center membership

Recreation: Youth (cont.)

MARTIAL ARTS

Kung Fu for Kids

Improve your fitness and learn to defend yourself with Bungo Fu, the Jamaican style of Kung Fu. In this class students can gain flexibility and strength and improve balance and hand-eye coordination. Beginners and experienced students are welcome. There is a \$70 uniform fee due to the instructor on the first day of class. Instructor: Master Robert Thompson

Takoma Park Community Center
7500 Maple Avenue
Dance Studio

4–16 years

10 Week Sessions

Saturdays, September 7–November 9

Beginners: 10:15–11:15 a.m.

Intermediate: 11:15 a.m.–12:15 p.m.

Resident: \$140 / Non-resident: \$160

Taekwondo

Taekwondo is not only a combat sport but it is also a way of life for enthusiasts around the globe. Taekwondo benefits: enhance self-esteem by heightening your physical and mental powers, build confidence by encouraging you to succeed and to take control of your life, develop discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo. Taekwondo is a fun way to achieve fitness and focus. There is a one-time, non-refundable, \$40 uniform fee paid to the instructor at the first class. Instructor: Felix Lindeire

Takoma Park Community Center
7500 Maple Avenue
Dance Studio

6 and older

12 Week Session

Mondays, 6–7 p.m.

September 9–December 9

(No class: 11/11)

Resident: \$180 / Non-resident: \$200

SPORTS

Basketball Skills Clinic

Emphasizing individual improvement is one of the guiding philosophies of this skills clinic. Participants will be provided with excellent coaching that allows each person to develop a sense of pride and individual accomplishment. This is a basketball class not league play. Instructor: Greg Harris

Takoma Park Recreation Center

7315 New Hampshire Avenue

Gymnasium

6–12 years

7 Week Sessions

Saturdays, 10:30–11:30 a.m.

Session 1: September 7–October 19

Session 2: October 26–December 14

\$80

Futsal League

Futsal, a sport that is similar to soccer, offers the perfect combination of learning and fun. It is designed to improve fundamental technique and skill development during the winter months. It's also a great opportunity to meet new friends, stay in shape and prepare for the upcoming season. Please note that program registration is first come, first serve. Parents are encouraged to volunteer as coaches. There will be no games on January 19 and February 16. Registration opens: October 16 for Residents & October 23 for Non-residents.

Takoma Park Recreation Center

7315 New Hampshire Avenue

Gymnasium

8 Week Season

Practices: Saturdays, January 4–March 14

Games: Sundays, January 12–March 15

7–9 Year Division: 1–3 p.m.

10–12 Year Division: 3–5 p.m.

Resident: \$70 / Non-resident: \$80

Winter Basketball League 2020

The Winter Basketball League is a developmental, community league. Program goals are to introduce children to the fundamentals of basketball and to emphasize that playing the game and being a member of a team are more important than winning. The coaches in this league will focus on personal improvement, sportsmanship and fun. Practice times (1 hour a week) vary throughout the week at various local schools. Games are held on Saturdays; times vary. Specific details regarding each league will be available at takomaparkmd.gov/recreation/sports/winter-basketball-league.

Coaching Information: Volunteer coaches are always needed. Please contact the Takoma Park Recreation Department if interested (301-891-7282).

Team Assignments: K-2nd Grade divisions will reflect gender equity based

on number of participants.

Special Requests: Requests must be made in writing and submitted through ActiveNet at time of registration; though requests are not guaranteed.

Registration opens: October 16 for Residents & October 23 for Non-residents.

Games played at various local school gymnasiums

Kindergarten–8th Grade

8 Week Session

Games: Saturdays, January 18–March 7

Resident: \$80 / Non-resident: \$90

TRIPS



Fun Days

When school is out join us for a Fun Day! Participants will meet at the Takoma Park Community Center. Trips, activities and performers are subject to change. Space is limited; sign up early. Paperwork will need to be completed prior to the first day of program. Please provide your child(ren) with a non-perishable lunch, snack and water bottle.

Meeting location: Takoma Park Community Center

7500 Maple Avenue

Azalea Room

Trip 1: Monday, September 30

(ClimbZone)

Trip 2: Wednesday, October 9

(Castle Laser Tag)

8:30 a.m.–5:30 p.m.

Fee per trip: Resident: \$50 / Non-resident:

\$60

Teens

13-17

*City resident program registration:
Thursday, August 15 at 8:30 a.m.
Non-resident program registration:
Thursday, August 22 at 8:30 a.m.*



ART



Drawing & Watercolor

Have fun learning to draw with black, white and colored drawing materials, paint with watercolors, use pen and ink and explore mixed media approaches to representational imagery. Subjects will include still life, portrait, landscape (weather permitting) and floral studies. Beginning students welcome. The focus of the class is appropriate for students interested in developing a portfolio for entry into the Visual Art Center at Albert Einstein High School. Materials fee of \$25, paid directly to the instructor, will be due on the first day of each session. Instructor: Katie Dell Kaufman

Takoma Park Community Center
7500 Maple Avenue
Art Studio
11–14 years
6 Week Sessions
Tuesdays, 3:30–5:30 p.m.

Session 1: September 10–October 22
(No class 10/1)

Session 2: November 5–December 17
(No class 11/12)
Fridays, 3:30–5:30 p.m.

Session 1: September 13–October 25
(No class 10/4)

Session 2: November 1–December 20
(No class 11/8 & 11/29)
Resident: \$160 / Non-resident: \$180

CAMPS

Frost Bite - Winter Break Teen Trips

Don't want to be stuck in the house during winter break or tired of going to the same hang out spots? Break the routine and have some fun! Join us during winter break as we take trips to Dave & Busters, laser tag, glow in the dark mini golf, movies, and so on, just to give you an idea. New ideas are always welcome. Advanced registration is required. *Some trips may require additional fees. Register per day for trips.

Meeting Location: Takoma Park Community Center
7500 Maple Avenue
Teen Lounge
Grades 6–12
Monday, December 30
Tuesday, December 31
10 a.m.–4 p.m.

Fee Per Day: Resident: \$35 / Non-resident: \$45

DANCE

Suto Dance

The Suto Dance Company has offered quality dance instruction to all levels since 1973. Suto offers professional, well-organized dance programs as

well as producing spectacular annual dance performances. The importance of technique, musicality and styling is stressed to all students at any level of training. Students are encouraged to participate for the entire 33-week program and also the two annual dance performances. **To register and for more information visit www.sutodance.com or call 301-871-1000.** Instructor: Suto Dance

Takoma Park Recreation Center
7315 New Hampshire Avenue
Front Room
12–16 years
2019–2020 School Year
Saturdays, starting September 7
12–1:15 p.m.
See SutoDance.com for fees

DRAMA & THEATER



On Stage: Scene Study

Students participate in warm-ups and games, experiment with aspects of acting theory and then work a portion of each class on a scene over the eight weeks. In Scene Study, we will apply Stanislavski-based acting techniques (objective/obstacle, subtext, sensory perception, truth and belief, substitution, imagination, etc.) used to build a character and create a believable scene. We will also combine some of these concepts with

Recreation: Teens

TOTS

YOUTH

TEENS

ADULTS

55+

those from other great acting teachers/theorists like Uta Hagen, Sanford Meisner and Michael Chekhov. Students will pair up and work on a scene throughout the course, culminating in a performance for family and friends, so you can see the fruit of their labors. Material is provided, or students may bring their own scenes to be approved. Provided materials include scenes from some amazing playwrights and hot plays, television series and films and more! Instructor: Gretchen Weigel

Takoma Park Community Center
7500 Maple Avenue
Auditorium

11–16 years

8 Week Session

Mondays, 4–5:30 p.m.

September 16–November 4

(No class: 9/30)

Resident: \$185 / Non-resident: \$205

DROP-IN

Power Hour

Take advantage of our homework power hour focusing on academic support. We are the perfect balance of academics and fun. Students are given quiet time to complete homework or read. Staff is available to assist and can review the completed assignments. Upon completion of work, students are invited to lounge, play games, and/or participate in activities. No registration required.

Takoma Park Community Center
7500 Maple Avenue

Teen Lounge

Grades 6–12

Ongoing during school year

Monday–Thursdays: 3:30–4:30 p.m.

(No meeting: 11/11, 11/28, 12/24, 12/25)

Free

Smashing Smoothies & Movie Rap Night

Do you like movies? How about smoothies? How much more would you like them if they were free?! Join us on the first and third Friday of each month as we bring you Smashing Smoothie & Movie Rap Night. Hang out with your friends, watch movies, make smoothies and be Takoma Park's own movie critic. Watch the movies and tell us what you think!

Takoma Park Community Center
7500 Maple Avenue

Teen Lounge

Grades 6–12

First & Third Fridays of the month
5–7 p.m.

Free

Teen Lounge

This special room is for teens only (middle school and high school students)! You are welcome to gain access to two 50-inch and one 70-inch LED SMART TV. We also have X-Box One and Wii Games, workstations, board games and comfy sitting areas for socializing with friends. Come join us after school for fun and laughs and on special events for an amazing time.

Takoma Park Community Center
7500 Maple Avenue

Teen Lounge

Grades 6–12

Ongoing during school year

Mondays, Wednesdays, Thursdays:
3–7 p.m.

Tuesdays: 4:30–7 p.m.

Fridays: 3–5 p.m.

Free

Xpression Tuesdays

Allow your imagination and creative juices to come alive on Tuesdays in the Teen Lounge. Join Ms. Leicia as you express yourself through art. Create pieces that you can take home or leave in the Teen Lounge as a display. We are always looking for more ideas of ways to create and express ourselves.

Takoma Park Community Center
7500 Maple Avenue

Teen Lounge

Grades 6–12

Tuesdays, 3–4:30 p.m.

September 10–December 17

Free

EDUCATION & DEVELOPMENT

Check out
Babysitting Class
in the Youth section,
page 25.



Competitive Gaming

Esports, or electronic sports, is the term used to describe the sport of competitive video game playing. Currently, more than 475 of the nation's colleges now support



Esports at the club level, providing more than \$9 million in scholarships to talented gamers. Our Competitive Gaming program will provide our teenage youth (Grades 6–12) the opportunity to participate in competitive Esports and compete for scholarship opportunities. This program encompasses competitive participation while providing the social/emotional learning and soft skills developed by being on a sports team. This includes a local field trip and class visits from gaming industry companies to promote STEM career paths. Space is limited. The game we will be competing in is Fortnite. Instructor: Department Staff

Takoma Park Community Center
7500 Maple Avenue

Rose Room

Grades 6–12

12 Week Session

Mondays & Wednesdays, 3:30–6 p.m.

October 2–December 18

Free

First of Many

There's something special about being the first, especially being the first in your family to attend and graduate from college. First of Many is a series of informative workshops to help you discover and take advantage of the possibilities offered for first-generation students. Find answers to your questions about college and receive guidance on the road to applying and getting the most out of college.

Takoma Park Community Center
7500 Maple Avenue

Rose Room

Grades 6–12

8 Week Session

Tuesdays, 4–5:30 p.m.

September 10–October 29

Resident: \$5 / Non-resident: \$10

Healthy Cooking for Teens

The healthy eating program is a fun and interactive course about basic cooking and kitchen skills as well as healthy recipes (easy to replicate at home). Teens will be able to learn some nutritional components and how to create their own recipes. Teens will also take a trip to the Crossroad's Farmers Market and learn about growing and purchasing the right foods. Proper use of kitchen appliances and tools will be taught. Participants will be transported offsite to the kitchen, leaving at 3:30 p.m. Instructor: Crossroads Farmers Market

Meeting at: Takoma Park Community Center
7500 Maple Avenue
Teen Lounge
Grades 6–12
7 Week Session
Mondays, 3:45–4:45 p.m.
September 16–October 28
Resident: \$5 / Non-Resident: \$10

Let's Chat

Let's Chat provides a small group environment at Takoma Park Middle School designed to promote positive dialogue and nurture meaningful relationships between 6–8th grade students, who need academic, emotional, and/or social support. Mentors commit to one lunchtime visit per month for the duration of an academic year. Participants must be Takoma Park Middle School students.

Takoma Park Middle School
7611 Piney Branch Road
Grades 6–8
Second Tuesday of each month
October 8–December 10
12–2 p.m.
Free

Telling Your Story 201

Introspection is essential in the healthy development of any adolescent. In the spirit of fostering self-expression and boosting writing skills, this six-week writing workshop aims to push students to write about a conflict they've faced in their life and explore how it changed them as a person. In the process of crafting their stories, students will learn about the relationship between conflict and character development, analyze published writings, and navigate the writing process to create their own narrative that they'll present before an audience during the final session. Instructor: Sam Collins

Takoma Park Community Center
7500 Maple Avenue
Hydrangea Room
8 Week Session
Mondays, 4–5:30 p.m.
September 9–October 28
Resident: Free / Non-resident: \$10

Think Tank

Think Tank offers a quiet and respectful space for assisting our 6th–12th grade students with their homework needs. Participants will receive one on one study help, assistance on projects, and homework questions/concerns answered or addressed after school. Through using tutors the program will help lower their frustration, boost their comprehension and teach them how to apply new skills. Tuesdays (4–5 p.m.) will include an Adolescent Substance Abuse Prevention Program session with the Department of Health and Human Services with a focus on stress relief activities.

New Hampshire Towers
7401 New Hampshire Avenue
Grades 6–12
Tuesdays & Thursdays, 3:30–5 p.m.
September 17–December 19
Free

FITNESS

Hip Hop Yoga

This in-school program is a fun and structured way to reduce stress and promote body positivity of 6th through 8th grade students. Each session targets physical strength and emotional stability through age appropriate yoga poses, guided discussions, breathing techniques and meditation. (No experience needed) This is a drop-in program for Takoma Park Middle School students only; no registration is needed. Instructor: Khepera Wellness

Takoma Park Middle School
7611 Piney Branch Road
Grades 6–8
Tuesdays & Thursdays, during lunch period
September 17–November 12
Free

Teen Fitness


It does not matter your fitness level. We will show you how to do a workout appropriate for your ability level. You will be able to concentrate on your cardio and strength. These two healthy and

energizing routines will help you burn calories and strength while building muscles; to help you build a lean, healthy body. This class will be held in the front room. There will be an opportunity to use the fitness room equipment as well. Please bring a towel, floor mat and water bottle. Free with a membership.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Front Room
12–17 years
Mondays, 7–8 p.m.
September 9–December 16
Free with Recreation Center membership

MARTIAL ARTS

Check out Karate class information in the Adult section, page 34.



SPECIAL EVENTS

Cornucopia Celebration

Join the Teen Program for a night to celebrate a season of gratitude. Participate in creating thankful crafts, silly games and fun activities. End the evening with a family style dinner courtesy of the Takoma Park Recreation Department's Teen Program.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Gymnasium
Grades 6–12
Friday, November 8
6–9 p.m.
Free

Fall Harvest Festival

Mark your calendars! The Teen Program is hosting a Fall Harvest Festival. This will be a great event with something for every teen, including crafts and games, demonstrations, face and pumpkin painting, music, food and much more.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Gymnasium
Grades 6–12
Friday, October 11
6–9 p.m.
Free

TOTS

YOUTH

TEENS

ADULTS

Glow Back 2 School Teen Party

School is back in session, and we're excited! Come celebrate and start this new school year off right! This is one end of the summer party you don't want to miss. We will have food, backpack giveaways, free haircuts, and more. Please dress appropriately. Try to wear white or neon colors. Enjoy the DJ, raffles and refreshments. Everything is free!

Takoma Park Recreation Center
7315 New Hampshire Avenue
Gymnasium
Grades 6–12
Friday, September 13
6–9 p.m.
Free

Ugly Sweater Holiday Party

Come out and see who wins the prize for the ugliest sweater! The evening will include dreidel games, gingerbread houses, Kwanzaa gift exchange, food, music, fun and more.

Takoma Park Recreation Center
7315 New Hampshire Avenue
Back Room
Friday, December 13
6–9 p.m.
Free

TRIPS



College Tour Trip

There is no better way to understand college than by spending time on campus. During your visit to Howard University, you will observe the day-to-day life of students. Participants will be provided with information about the university's wide range of academic programs, the admission process, financial aid, and student life on campus. The information session and campus tour lasts approximately two hours. The campus trip includes a group tour and scavenger hunt. Transportation will be provided from the Takoma Park Recreation Center (1 p.m.)

& Community Center (1:30 p.m.), arriving back by 5 p.m.
Meeting at: Takoma Park Community Center & Recreation Center
Grades 6-12
Friday, October 4
1–5 p.m.
Free

Gaver Farm Trip

It's a half day of school, so why not have a little fun? Join us as we head out to Gaver Farm to pick your own pumpkin. Gaver Farm's Harvest Mania has a corn maze and over 55 farm attractions. We'll take a hayride to pick your own pumpkins and apples! The Farm Market is also full of pumpkins, apples, mums, fall decor, cider, straw, corn stalks and squash. Also who doesn't love apple cider donuts? Departure and return will be at Takoma Park Community Center. Space is limited, so register today!

Leaving from: Takoma Park Community Center
7500 Maple Avenue
Grades 6–12
Friday, October 4
1–6 p.m.
Resident: \$5 / Non-resident: \$10

Movies and Dave & Buster's Trip

Let's all head to the movies, and afterwards we'll get to release our energy into healthy competitions at Dave & Buster's in downtown Silver Spring. Departure and return will be to Takoma Park Community Center.
Meeting at: Takoma Park Community Center
7500 Maple Avenue
Teen Lounge
Grades 6–12
Tuesday, November 12
1–5 p.m.
Resident: \$10 / Non-resident: \$20

National Museum of African American Culture & History Trip

The National Museum of African American Culture and History is the first museum completely and exclusively devoted to the documentation of African American life, history, and culture. Join us as we explore and revel in this history through interactive exhibitions and see how their stories, histories, and cultures are shaped and informed by global influences. Departure and return will be to Takoma Park

Community Center.
Leaving from: Takoma Park Community Center
7500 Maple Avenue
Grades 6–12
Monday, September 30
11 a.m.–4 p.m.
Free

WORKSHOPS

FAFSA Night

Experts will go over everything you need to know about how to file the FAFSA in a one-on-one session, so you can get the maximum financial aid for which you are eligible. If you are a junior or senior in high school, attend our FAFSA Night with your parents to apply for and accept financial aid. You will also get a heads up on the hidden minefields you should look out for while applying for and accepting the different types of financial aid packages. For a list of required documents, view this activity online via ActiveNet or call Javonte McDonald (301-891-7284).

Takoma Park Community Center
7500 Maple Avenue
Computer Lab
Monday, October 21
5:30–7:30 p.m.
Free

Using Digital Media for Community Engagement

Participants will learn a step-by-step guide to digital media as a marketing tool for community engagement. Participants will also learn steps for creating useful community engagement. Instructor: Isaac Asare

Takoma Park Community Center
Multi Media Lab
7500 Maple Avenue
14 and older
2 Day Session
Thursdays, October 3 & October 10
7:30–9 p.m.
Resident: \$130 / Non-resident: \$150

Look for Parent Empowerment Night listed in the Adult section, page 32.

Adults

16+ years

*City resident program registration:
Thursday, August 15 at 8:30 a.m.*

*Non-resident program registration:
Thursday, August 22 at 8:30 a.m.*



See our new all
ages class "Clay
in the Studio" listed
under Youth, page 24.



ART

Ceramics: Hand Building & Sculpture

The class focuses on hand-building techniques, including pinch, coil and slab construction, as well as surface treatment and glazing. Open to all levels of experience. Students can create functional items such as vases, soap dishes and teacups, as well as sculptures, including portrait heads and whimsical animals. Dream something up and try it out in the studio! Experienced potters may use studio's electric wheels to pursue independent projects. \$25 materials fee due to instructor first day of class. Registration for Monday's class includes studio time on most Fridays from 10 a.m. – 1 p.m. All glazes are non-toxic and food safe. Fettling knives and other tools with sharp edges or points, such as skewers and cutters, are used in class. Instructor: Caroline MacKinnon

Takoma Park Community Center
7500 Maple Avenue
Art Studio
16 and older

6 Week Sessions

Mondays, 9:30–11:30 a.m.

Session 1: September 9–October 28
(No class: 9/30 & 10/14)

Session 2: November 4–December 23
(No class: 11/25)
Resident: \$100 / Non-resident: \$120

Ceramics-Wheel Throwing

Have you ever day-dreamed about serving dinner to your friends and family on a set of your own hand made dishes. This is a class for beginners and more advanced students can join and work at their own pace. Learn the challenging and fascinating skill of wheel throwing and fire in an electric kiln. Start with mugs and work up to teapots. Glazes are all food safe. Tools such as needle tool or trimming knives are sharp. There is a materials fee of \$25 due on the first day of class. Instructor: Art For the People

Takoma Park Community Center
7500 Maple Avenue

Art Studio

16 and older

8 Week Sessions

Tuesdays, 6:30–8:30 p.m.

Session 1: September 3–October 22

Session 2: October 29–December 17
Wednesdays, 6:30–8:30 p.m.

Session 1: September 4–October 23

Session 2: October 30–December 18
Resident: \$120 / Non-resident: \$140



Collage

Have fun working with found, purchased and altered papers, while learning how

collage methods can enhance your art making process, whatever medium you use. This class explores ways of combining collage materials and art media. You will be introduced to a variety of collage techniques (includes optional use of a paper cutter and exacto knives), work with elements and principles of design, and explore creative two- and three-dimensional assembly. Instruction will be given in surface preparation, adhesives, color theory and composition and is suitable for beginners, as well as more experienced students. Basic materials (adhesives, supports, papers and paints) will be available (some personal or found collage elements may be desirable in addition to materials provided). A materials fee of \$30, paid directly to the instructor, will be due on the first day of class. Scissors are included in the materials baggie. Instructor: Katie Dell Kaufman

Takoma Park Community Center
7500 Maple Avenue

Art Studio

16 and older

6 Week Sessions

Tuesdays, 11 a.m.–2 p.m.

Session 1: September 10–October 22
(No class: 10/1)

Session 2: November 5–December 17
(No class: 11/12)
Resident: \$230 / Non-resident: \$260

Paint on Canvas

Come paint and have fun in a non-judgmental class. Make mistakes and explore styles of painting. Find your style. We will be painting in acrylics and paint. Brushes, canvases and canvas paper will be provided. There will be a \$20 materials

Recreation: Adults

TOTS

YOUTH

TEENS

ADULTS

55+

fee. Instructor: Art For The People
Takoma Park Community Center
7500 Maple Avenue
Art Studio
16 and older
6 Week Session
Saturdays, 10–11:30 a.m.
September 21–November 2
(No class: 10/26)
Resident: \$70 / Non-resident: \$80

DANCE

Mindful Movement

What happens when you combine meditation, dance and yoga together? Mindful Movement! This class is for dancers and non-dancers alike. Using creative movement and principals from different dance styles, we will explore and observe, through sensing and moving, our mind and body connection to bring awareness and creative freedom to the wonderful world of your body. Expect free dancing, some technical elements of dance (e.g. African, jazz, contemporary, modern), breathing techniques, meditative stretching, and lots of insight and fun! Whether you want to view your body with more compassion and understanding, learn to properly stretch and tone, or you want to gain dancing insight and creativity, this is for you. Instructor: Beth Mwano

Heffner Park Community Center
42 Oswego Avenue
16 and older
8 Week Session
Wednesdays, 7:30–8:30 p.m.
September 11–October 30
Resident: \$90 / Non-resident: \$100

Suto Dance

The Suto Dance Company has offered quality dance instruction to all levels since 1973. Suto offers professional, well-organized dance programs as well as producing spectacular annual dance performances. The importance of technique, musicality and styling is stressed to all students at any level of training. Students are encouraged to participate for the entire program and also the two annual dance performances. **Patrons must register through Suto Dance www.sutodance.com or 301-871-1000.** Additional purchases for costumes may be required. This program runs through the entire 2019–2020 school year. Instructor: Suto Dance

Takoma Park Recreation Center
7315 New Hampshire Avenue
Front Room
18 and older
Saturdays, starting September 7
2–3:45 p.m.
See SutoDance.com for fees

DRAMA & THEATER

Acting Technique for the Stage

“How did you learn all those lines?” Learning to create a believable three-dimensional character for the stage is an extraordinary process. The lines are only the beginning for developing a successful performance. After selecting a monologue with the instructor, you will learn (through lively theatre exercises) the fundamentals of acting and stage technique, script analysis, and character development that will heighten your performance and provide a dependable process for continued growth. In addition, the class will prepare you with essential tools for auditioning, including techniques for cold-readings and scene callbacks. The class will culminate with a public presentation of the monologues for an invited audience. No materials needed. Instructor: W. Allen Taylor

Takoma Park Community Center
Azalea Room
7500 Maple Avenue
16 and older
10 Week Session
Mondays, 7–9 p.m.
September 9–November 1
Resident: \$190 / Non-resident: \$210

Look for FAFSA Night listed in the Teen section, page 30.



EDUCATION & DEVELOPMENT

Parent Empowerment Night

Parent Empowerment Night provides workshops that will engage lively discussions and meaningful exchanges of ideas with experts in youth development, systems of care, out of school time, and social and emotional learning. To



support students’ right to a high-quality education, we must support parents and their students in expressing their power. Learn, share, network and celebrate with community members and experts dedicated to improving how young people are served in our community. We encourage families to attend this event together. Sample of Workshops: Transitioning from Middle to High School, LGBT+ Youth: Understanding & Allying, Cultivating Resources for Girls of Color, Teaching Mindfulness to Teens, Being an Advocate for Youth Mental Health.

Takoma Park Community Center
7500 Maple Avenue
Friday, November 15
6–9 p.m.
Free

Writing Life Stories

Do you want to share important life experiences through your writing? Our stories are part of what makes us human. Whether you are a lifelong writer or a beginner, this class is for you! This class will help you jump-start your memories, organize your ideas and edit your work. Prepare to have fun! Bring a notebook or laptop to each class and be ready to have fun. We use *Writing the Memoir* by Judith Barrington. Instructor: Barbara Rosenblatt
Takoma Park Community Center
7500 Maple Avenue
Rose Room
16 and older
8 Week Session
Wednesdays, 7–8:30 p.m.
September 4–October 30
(No class: 10/9)
Resident: \$135 / Non-resident: \$155



FITNESS

Ladies Boot Camp

A challenging workout within a quick hour, this total body program includes a circuit of drills, such as jumping jacks, running, push-ups, squats, crunches and weight training. Students are required to bring their own mats. This class is open to all those identifying as female. Instructor: KJ Total Fitness

Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
16 and older
Tuesdays & Thursdays, 6:30–7:30 p.m.

Session 1: (8 Weeks): September 10-October 31
\$95
Session 2: (6 Weeks): November 5-December 19
\$75

Pilates

With moves both on and off the mat, this Pilates takes a refreshing approach to building a stronger core. Props include three kinds of exercise balls and other tools. With soft lighting and great music, the hour flies by! Students are required to bring their own mats and hand weights. Instructor: Nancy Nickell

Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
16 and older
6 Week Sessions
Wednesdays, 6–7 p.m.
Session 1: September 4-October 9
Session 2: October 16-November 20
\$70

Qi Gong – Moonlight

Moonlight Qi Gong enhances the quiet, gentle, peaceful yin side of our energy in the fall months, balancing the warm, active, bright sunlight yang energy. These six beautiful movement forms strengthen and align the body, focus the mind, reducing stress and tension while bringing body and mind together with the breath. No experience necessary. Instructor: Patrick Smith

Takoma Park Community Center
7500 Maple Avenue
Dance Studio
16 and older
8 Week Session
Tuesdays, 7–8 p.m.
October 15-December 3
Resident: \$105 / Non-resident: \$115

ReVampFIT Men’s Boot Camp

This class offers you an adaptive interval training sequence with low- to high-intensity exercises. The class builds cardiovascular fitness in addition to helping you to improve muscular strength and endurance. People are challenged to push their limits and walk out feeling strong. Join us on our journey of self-improvement! This class is open to all those identifying as male. Instructor: Abel Asafere

Heffner Park Community Center
42 Oswego Avenue
16 and older
8 Week Session
Tuesdays & Thursdays, 6:30–7:30 p.m.
September 10-October 31
Resident: \$95 / Non-resident: \$105

Demo Class 9/3/19

Yoga (Iyengar): Beginners

This class will introduce to you yoga as taught by the Iyengar Method. In this method the emphasis is on alignment and precision. The basic postures are introduced, and awareness is created in the whole body. As awareness of every part of the body is felt, so also energy is generated and the breath is engaged. The goal is to bring into alignment not just the different parts of the body but alignment of the body with the mind and the mind with the soul. Mats and props will be provided to make all poses accessible to all. Students are requested to wear comfortable clothing, and please do not eat in the two hours prior to the class. Instructor: Tehseen Chettri

Takoma Park Community Center
7500 Maple Avenue
Dance Studio
18 and older
15 Week Session
Wednesdays, 6–7:15 p.m.
September 4-December 18
(No class: 11/27)
Resident: \$200 / Non-resident: \$230

Yoga (Iyengar): Intermediate

Practice and persistence brings transformation! After achieving a firm foundation in the beginner’s class, students wish to go forward in their exploration of the discipline of yoga. This intermediate level offers a deeper penetration of the consciousness from the periphery towards the core. The more advanced postures are introduced, and inversions are included. The practice of pranayama (breathing) is included in the session. Mats and props are provided. Instructor: Tehseen Chettri

Takoma Park Community Center
7500 Maple Avenue
Dance Studio
18 and older
15 Week Session
Wednesdays, 7:30–9 p.m.
September 4-December 18
(No Class: 11/27)
Resident: \$200 / Non-resident: \$230

Zumba

Zumba is a total workout, combining all elements of fitness with cardio, muscle conditioning, balance and flexibility. Zumba takes the work out of workout by mixing low- and high-intensity moves. The class will incorporate Latin music that will easily move you through your workout.

Recreation: Adults

TOTS

YOUTH

TEENS

ADULTS

55+

Instructor: Laura Stewart
Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
16 and older
6 Week Sessions
Saturday, 11:45 a.m.–12:45 p.m.
Session 1: September 7–October 12
Session 2: October 19–November 23
\$55

MARTIAL ARTS



Karate Self-Defense
Promote physical fitness, self-defense, leadership and cultural exchange through the practice of a traditional Okinawan karate style, Isshinryu (which means One Heart Way). This program is a partnership between the Takoma Park Recreation Department and the Penn State University Karate Club. Instructor: Penn State University Karate Club. This program requires a Recreation Center membership.
Takoma Park Recreation Center
7315 New Hampshire Avenue
Back Room
16 and older
16 Week Session
Mondays & Wednesdays, 7–8:30 p.m.
September 4–December 18
Free with Recreation Center membership

Kung Fu
Bungo Fu, is the Jamaican style of Kung Fu. Come learn meditation, self-defense, improved flexibility and self-awareness. This ancient form of self-defense provides physical and mental exercise which could help the students defend themselves by strengthening hand and eye coordination

as well as assist with the maintaining of balance as they get older. The students will gain physical fitness, mental and spiritual strength. Instructor: Master Thompson
Takoma Park Community Center
7500 Maple Avenue
Dance Studio
16 and older
10 Week Session
Mondays, 7:30–8:30 p.m.
September 9–November 18
(No class: 11/11)
Resident: \$165 / Non-resident: \$185

See Taekwondo on page 26 (in Youth).

MULTIMEDIA
How To Manage Your Digital Photos
Do you know how many photos you have on your smart phone? Can you locate them? This class will teach you how to organize, store, protect, enhance and use hundreds, possibly thousands of photographs on your computer, tablet and smart phone. Students will be introduced to programs that make it easier to work with digital photos. Students will learn how to scan old family photos for the purpose of retouching and restoring. This includes Adobe Lightroom and Photoshop. You will be able to use these programs on the iMac computers in the Multi Media Lab. It is recommended that students have an external memory drive of at least 3 gigabytes to store photos used in the class. Written material will be provided. Instructor: Barry Hinderstein

Takoma Park Community Center
7500 Maple Avenue
Multi Media Lab
18 and older
8 Week Session
Wednesdays, 6:30–8:30 p.m.
September 4–October 23
Resident: \$80 / Non-resident: \$90



Video Production and Editing
From pre-production techniques to properly videotaping with any device and techniques of editing, learn the art of video production. Participants will edit a project using FCPX or Premiere Pro. Instructor: Isaac Asare
Takoma Park Community Center
7500 Maple Avenue
Multi Media Lab
14 and older
4 Week Session
Thursdays, 7:30–9 p.m.
October 17–November 7
Resident: \$165 / Non-resident: \$185

Also check out Using Digital Media for Community Engagement listed under Teens, page 30.

SPORTS
Takoma Park Volleyball Club
Join the Takoma Park Volleyball Club! Grab a friend or make a new one on the court. The club will meet weekly at the Takoma Park Recreation Center for pick-up games of volleyball. Registration is required to participate, all skill levels are welcome.
Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
16 and older
7 Week Session
Wednesdays, 6:30–8:30 p.m.
October 9–November 20
\$10

55+

*City resident program registration:
Thursday, August 15
at 8:30 a.m.*

*Non-resident program registration:
Thursday, August 22
at 8:30 a.m.*



**Registration required for classes,
unless otherwise noted.**

**See page 21 for a Letter from the Director
regarding the new fee structure.**

***Ask us about scholarship opportunities**

DROP-IN

(Registration not required)

Bingo

Come and try your luck. Win a prize.
This program is drop-in; no registration
required. No bingo in November and
December. Host: Paula Lisowski

Takoma Park Community Center
7500 Maple Avenue
Senior Room
55 and older
Tuesdays, 12–2 p.m.
September 17 & October 22
Free

Game Room Open Play

The Game Room is available for adults
age 55 and older to play pool, table tennis,
basketball arcade and other active games.
The game room is a great place to join friends
for lively conversation, and just to "hang
out" before, in-between and after classes
during the day. (Game Room not available
during Table Tennis Skills classes Fall session
Mondays & Thursdays, 12–1 p.m. Game
Room not available Saturday, 10/26)

Takoma Park Community Center
7500 Maple Avenue
Game Room
55 and older
Tuesday/Wednesday/Friday: 9 a.m.–1 p.m.
Monday/Thursday: 9 a.m.–12 p.m.
Saturday: 10 a.m.–12 p.m.
Free

EDUCATION & DEVELOPMENT

Computer Basics

This three week course will introduce
people with little or no previous 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.
Instructor: Anne LeVeque

Takoma Park Community Center
7500 Maple Avenue
Computer Lab
55 and older
3 Week Session
Wednesdays, 10 a.m.–12 p.m.
September 4–September 18
\$5 (Plus a Takoma Park Library Card)

Computer Extras

Take your computer skills to the next
level. In these three classes, 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.
Instructor: Anne LeVeque

Takoma Park Community Center
7500 Maple Avenue

Computer Lab
55 and older
3 Week Session
Wednesdays, 10 a.m.–12 p.m.
October 16–October 30
\$5 (Plus a Takoma Park Library Card)

Digital Connectivity Workshop

Learn about the various ways to digitally
connect and the proper etiquette of
digital connectivity. Discover accessories
and apps to communicate with others
with your computer and other devices.
Explore best ways to connect with
others via computer and various smart
devices. Bring your device. Limited space.
Instructor: Isaac Asare

Takoma Park Community Center
7500 Maple Avenue
Hydrangea Room & Multi Media Lab
55 and older
1 Day Session
Saturday, October 5
10:30 a.m.–12 p.m.
\$5

Social Media Workshop

Learn how to use social media in
connecting and communicating with
others. Participants will learn about the
safety of using email and how to avoid
email fraud and scams. Limited space.

TOTS

YOUTH

TEENS

ADULTS

55+

Instructor: Isaac Asare.

Takoma Park Community Center
7500 Maple Avenue
Hydrangea Room & Multi Media Lab
55 and older
1 Day Session
Saturday, October 19
10:30–12 p.m.
\$5

Smart Phones and Tablets Workshop

Participants will learn the basic use of smartphones and tablets and how to customize them to their needs. Bring your questions and device. Limited space.
Instructor: Isaac Asare

Takoma Park Community Center
7500 Maple Avenue
Hydrangea Room & Multi Media Lab
55 and older
1 Day Session
Saturday, October 12
10:30 a.m.–12 p.m.
\$5

Smart Technology Workshop Review

This workshop is for anyone who participated in one or more of the smart technology workshops, Digital Connectivity, Smartphone and Tablets and Social Media, and needs a follow-up refresher and the opportunity for more information. Bring your questions and your devices. Limited space.
Instructor: Isaac Asare

Takoma Park Community Center
7500 Maple Avenue
Hydrangea Room & Multi Media Lab
55 and older
1 Day Session
Saturday, November 2
10:30 a.m.–12 p.m.
\$5

FITNESS

Blood Pressure Screening

Adventist Healthcare will conduct a monthly blood pressure screening. Drop-in, no registration is required. No blood pressure screenings in November or December.

Takoma Park Community Center
7500 Maple Avenue
Senior Room
55 and older
Tuesdays, 11:30 a.m. –12 p.m.
September 17 & October 22
Free

Bone Builders: Monday/Thursday

The Bone Builders program, in partnership with Montgomery County, consists of three parts: balance exercises, weight training, and discussion concerning diet, safety and exercise. The program uses trained RSVP volunteers to lead the classes with supervision by a certified trainer. For best health benefits and increase in bone density, participants are encouraged to attend class twice a week. Instructors: Martha Feldman, Darlene Levenson and Mary Anne Annis

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
18 Week Session
Monday & Thursdays, 10–11 a.m.
September 5–December 30
(No class: 11/11 & 12/26)
Free

Bone Builders: Tuesday/Friday

The Bone Builders program, in partnership with Montgomery County, consists of three parts: balance exercises, weight training, and discussion concerning diet, safety and exercise. The program uses trained RSVP volunteers to lead the classes with supervision by a certified trainer. For best health benefits and increase in bone density, participants are encouraged to attend class twice a week. Instructor: Anne McHenry

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
17 Week Session
Tuesdays, 10:30–11:30 a.m.
September 10–December 31
(No class: 11/29)
Free

Cardio Groove

High-energy and fast-paced, low-impact Aerobics get the heart pumping and feet moving quickly. Followed by a cool down and stretch. Instructor: Nancy Nickell

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
12 Week Session
Mondays, 11:30 a.m.–12:30 p.m.
September 9–December 2
(No class: 11/11)
\$5

Enhanced Fitness Training

This well rounded hour of fitness focuses on increasing flexibility, strength and balance through stretching, breathing, aerobic movement, core training and proper posture alignment. Students will use resistance bands. Please bring mat, towel and water. Instructor: Adriene Buist

Takoma Park Recreation Center
Front Room
7315 New Hampshire Avenue
55 and older
12 Week Session
Thursdays, 12–1 p.m.
September 5–November 21
\$5

Gentle Yoga

Yoga can help increase flexibility, strength, and balance, using a series of seated and standing poses. Learn breathing and relaxation techniques. Beginners and experienced students welcome. Work at your own level. You must bring a yoga mat to class. Instructor: Carol Mermey

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
12 Week Session
Friday, 12–1 p.m.
September 6–November 22
\$5

Heart and Core

Move to the high energy beat to pump up the heart rate then 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

Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 and older
12 Week Session
Saturdays, 9:15–10:15 a.m.
September 7–November 23
\$5

Kundalini Yoga and Meditation

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



Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 and older
12 Week Session
Tuesdays, 2:30–3:30 p.m.
September 3–November 19
\$5

Line Dancing

Line Dancing is great physical and mental exercise and an enjoyable social activity that leads to meeting new people and making new friends. Strengthening of bones and muscles, weight loss, increased stamina and flexibility, and stress reduction are just some of the benefits of dancing. Learn how exercise can be fun with music. No experience necessary. Register for one class only, early session or the later session. Instructor: Barbara Brown

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
13 Week Sessions

Wednesdays *Except below dates

Early Session: 10:30–11:30 a.m.

Late Session: 11:45 a.m.–12:45 p.m.
September 4–December 18
(No class 9/18, 9/25, 11/11, 12/25)
\$5

Tai Chi Strength (Daytime)

This class begins with meditation and stretching followed by Tai Chi forms and balance exercises to build strength and endurance and ends with cool down exercises. Instructor: Master Thompson

Takoma Park Recreation Center
Front Room
7315 New Hampshire Avenue
55 and older
12 Week Session
Tuesdays, 12–1 p.m.
September 3–November 19
\$5

Tai Chi Strength (Evenings)

This class begins with meditation and stretching followed by Tai Chi forms and balance exercises to build strength and endurance and ends with cool down exercises. Instructor: Master Thompson

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
12 Week Session

Thursdays, 6:30–7:30 p.m.
September 5–November 21
\$5

Walking Group

Don't worry about the cold weather and join your neighbors and friends for indoor lap walking. Go at your own pace. Drop-in, no registration is required; however, a Recreation Center Fitness Membership is needed to use the facility. (Same day, same location, new time per walker's requests)

Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 and older
12 Week Session
Tuesdays, 1:15–2 p.m.
September 3–November 19
Free, with a Recreation Center Fitness Membership

Zumba Gold

Zumba Gold is the Latin-inspired dance fitness program that makes working out fun. Designed for the active senior, the Zumba Gold workout provides participants with the opportunity to improve balance, flexibility and cardiovascular strength. Due to the popularity of the Zumba Gold classes, you may register for one class per week only. Choose the class that best fits your schedule, either Thursday or Saturday. Instructor: Yesika Flores

Takoma Park Community Center
Dance Studio
7500 Maple Avenue
55 and older
12 Week Sessions
Thursdays, 11:30 a.m.–12:30 p.m.
September 5–November 21
Saturdays, 2:30–3:30 p.m.
September 7–November 23
\$5

SPORTS

Table Tennis (Ping Pong)

This class provides enjoyable physical exercise and requires no prior experience. Students will learn games rules and practice skills. Register for one Table Tennis Skills session only, either Mondays or Thursdays. Instructor: Coach Donn Olsen

Takoma Park Community Center
Game Room
7500 Maple Avenue



55 and older
Mondays, 10 Week Session
September 9–November 18
(No class: 11/11)
12–1 p.m.
Thursdays, 12 Week Session
September 5–November 21
12–1 p.m.
\$5

Tennis Fun & Fitness

Rediscover your love of tennis or help find it for the first time by playing this lifelong game. This class blends exercise with learning or reviewing skills. The goal is fun and fitness utilizing special equipment for indoor play. All equipment provided, but you can bring your own racket. Instructor: Coach SJ

Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 and older
12 Week Session
Thursdays, 12–1 p.m.
September 5–November 21
\$5

TRIPS, WORKSHOPS
& PRESENTATIONS

Fall Trips

Registration opens September 3 for residents.

Fabric Wall Hangings

Oct. 1, 11:30 a.m. –1:30 p.m.
Takoma Park Community Center
Azalea Room
\$5

Understanding Alzheimer's
& Dementia

Oct. 9, 12–2 p.m.
Takoma Park Community Center
Hydrangea Room
Free

Virtual Visit to Galapagos Islands

Oct. 17, 1:30–2:30 p.m.
Takoma Park Community Center
Azalea Room
Free

See our Fall Edition of the Forever Young Newsletter for registration dates and details on these activities and much more! Pick up a copy at one of our buildings, or view it online at: takomaparkmd.gov/news/forever-young-newsletter.

Partnerships

The Takoma Park Recreation Department has formal partnerships established with neighborhood, community, business and not-for-profit organizations. These partnerships allow our department to leverage resources and generate citywide interest and support for our facilities, programs and events. We appreciate your support!

Let's Play America

Let's Play America is a nonprofit that encourages people of all ages to play. LPA and the Recreation Department co-sponsor four play events a year; a pool party and three play days. The dates are on the LPA website under events. People of all ages interested in helping with planning play events and/or volunteering are welcome to attend monthly meetings on the second Wednesday of the month at 7 p.m. in the TPCC Hydrangea Room. Residents who want to close their street for play, help with the independent play events or would like more information are welcome to contact Pat Rumbaugh at theplaylady@gmail.com or 301-928-9962 or visit www.letsplayamerica.org.



Credit: Selena Malott

Pat Rumbaugh, The Play Lady, is joined by the volunteers who helped with the Seventh Annual Mid-Year Play Day on February 12, 2017.



Piney Branch Pool (Adventist Community Services)

Sunday, 8 a.m. – 4 p.m.; Monday - Friday, 6:30 – 9 a.m.; Monday – Thursday, 4 – 8 p.m.; Friday, 4 – 7:30 p.m.; Saturday, 8 a.m. – 4 p.m.

Pool hours are subject to change. Lane swimming, water aerobics, kayak classes, and much more are available. The pool is located at Piney Branch Elementary School, 7510 Maple Avenue. Park behind the Community Center, and use side entrance to school on Grant Avenue. For more information, contact Joyce Seamens at 301-565-0190, tjseamens@aol.com, or visit acsgw.org.

Takoma Park Boys & Girls Club

The Takoma Park Boys and Girls Club is a nonprofit organization that has operated in the Takoma Park community for over 50 years. The Club focuses on academics, the fundamentals of football and cheer, and most importantly, building the team concept. For more information, visit takomaparkbgc.teamopolis.com.



Credit: www.manupnow.org

M.A.N.U.P. operates two types of mentoring programs: in-school and community-based.

Takoma Park Community Band

The band is open to any community member who plays an instrument. The band is looking for musicians at all levels of expertise who would enjoy being a part of a musical group. Practices held Mondays at 7:30 p.m. at Heffner Park Community Center, 42 Oswego Avenue. For more information, contact Gene Herman at 301-585-5832 or gene511@aol.com.



Credit: Takoma Park City TV

The Takoma Park Community Band held its 40th Anniversary Concert in April 2014.

Takoma Soccer

Takoma Soccer is a volunteer program whose goal is to provide local kids with a fun, recreational soccer program close to home. Takoma Soccer strives to teach children the value and fun of teamwork, cooperation, practice, and sportsmanship. For more information, contact Howard Kohn at 301-270-8187 or kohn@erols.com.



Credit: www.takomasoccer.org

Children as young as three years old can play with Takoma Soccer.

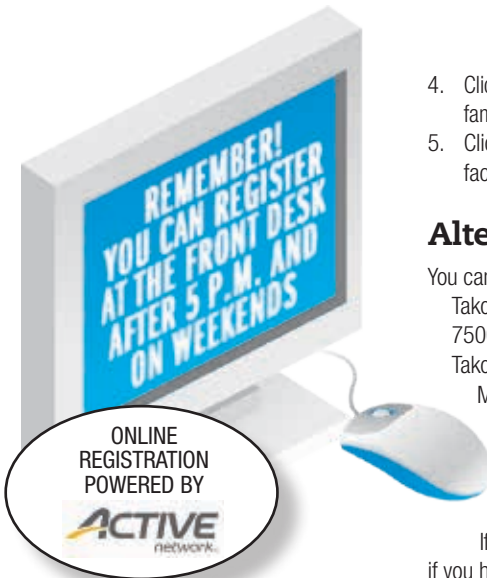
M.A.N.U.P.

The programs for MANUP are gender specific to enhance male and female development through the principles of education, social responsibility, self-empowerment and economic awareness. Several programs include guest speakers, field trips to various educational and fun locations, career development and more. This mentoring program is made possible by countless volunteer hours. These mentors work in cooperation with the Takoma Park Recreation Department. This is a drop-in program, and permission slips are required for trips. They meet Tuesdays at 6:30 – 8 p.m. in the Teen Lounge at the Community Center.

visit us online @

<http://apm.activecommunities.com/takomaparkrecreation>

Resident
Program
Registration
Begins
AUGUST 15
at 8:30 A.M.



With ActiveNet® you can use a credit card to:

- Register for recreation classes 24 hours a day, 7 days a week!
- Request a park or recreation facility for an event.
- Receive class confirmation via e-mail.
- View and print class schedules.
- Purchase memberships to the gym and fitness room.
- Service fee applies online.

Instructions for creating an account

Contact the Recreation Department in advance if you currently have an account and need to verify your username and password.

1. Access **apm.activecommunities.com/takomaparkrecreation**
2. Click **Create an Account**.
3. Complete all necessary information; fields marked with an asterisk are required.

4. Click **Create Account** or enter other family members into the system at this time.
5. Click **Intro** and search for a course or facility.

Alternative registration

You can still register via mail or walk in:
Takoma Park Recreation Department
7500 Maple Avenue
Takoma Park, MD 20912

Make checks or money orders payable to: City of Takoma Park. List program name and participant's name on front of check. No phone registrations.

If you are having trouble registering or if you have questions concerning classes, please call **301-891-7290** or e-mail us at **recreation@takomaparkmd.gov**.

Wait list policy

In the event that a program has more interest than available space, we will keep a waiting list. Individuals on the waiting list will be accommodated on a first-come, first-served basis. In the event that another class is created, individuals from the waiting list will be contacted.

Registration policies

- The Recreation Department reserves the right to cancel any program/class due to insufficient enrollment or to substitute teachers without participant notification.
- Classes may be canceled on school holidays, vacations, snow days or any other dates noted in the guide. If schools close midday due to a weather or other emergency, children's classes will also be canceled. Every attempt will be made to reschedule classes canceled due to weather emergencies.

- A resident of Takoma Park is any person who lives within the 2.4 square mile corporate limits. A nonresident lives outside the corporate limits. If you are not sure of your residency status, please call us and we will be happy to assist you. Or visit takomaparkmd.gov/council and review the street listing.
- We require, for most programs, that participants are the required age as the date of the first class. All age requirements are set to benefit the participant and allow for more consistent program instruction. In some instances, the requirements have been set for the participant's safety.
- Customers can only register individuals listed on their household account for programs.

Refund policy

PLEASE READ CAREFULLY

- Registrants assume the risk of changes in personal affairs or health.
- Refunds will be approved with written/electronic notification received **seven (7) business days** prior to scheduled start of program. A \$15 administrative fee will be deducted per participant/per class and may take up to 30 days to receive.
- Registrant may choose to receive a credit for the remaining amount, which may be used for another program.
- Refunds after the program has begun will be considered only with medical verification (**no exceptions**). No refund after the program has ended.
- Membership passes are not eligible for a refund.
- The online processing fee will not be included in refunds.



WE DON'T SPAM

Periodically you will receive emails about upcoming registration dates, special events, weather closings, special promotions or new programs. It is important that you have a valid email address in our database. If you change email addresses, move, etc., please let us know.



REGISTER EARLY!

Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

Fall 2019

Special Events



11th Annual Play Day

Let's Play America and the Takoma Park Recreation Department have teamed up to present to you the 11th Annual Play Day. Rain or Shine. This event will have tons of fun activities for the entire family to enjoy, including the infamous Touch-A-Truck. To see a full listing of activities and performances, please visit www.letsplayamerica.org. See you there!



Takoma Park Middle School
7611 Piney Branch Road
All ages
Saturday, September 14
10 a.m.–2 p.m.
Free

Meet Babymouse Creators Jenni & Matt Holm

Newbery Honor author Jenni Holm and her brother Matt Holm, creators of the popular *Babymouse* graphic novels, present their first picture book, *The Evil Princess vs. the Brave Knight*. The library's program is co-sponsored with Politics & Prose Bookstore.



Takoma Park Maryland Library
Tuesday, October 1
7 p.m.
Free

Monster Bash 2019

On Saturday, October 26, Monster Bash 2019 will kick off at 1 p.m. with games, fun activities and the Annual Costume Contest, followed by the Costume Parade, which will have the judging during the parade route. We will end the festivities with the Costume Award Ceremony and celebration. Categories include one award for Most Original, Funniest, and Scariest. Categories: Ages 4 and Under; 5–8; 9–12; Teen and Adult; and Overall Group. For additional information or if you would like to volunteer (especially be a judge) for this event, please contact John Webster at johnw@takomaparkmd.gov or 301-891-7290. In the event of inclement weather, Monster Bash will be moved indoors, and there will not be any road closures. To receive an update on weather conditions, please call our inclement weather line at 301-891-7101, ext. 5605. Due to the nature of this event, walking is encouraged.

Location TBD
All ages
Saturday, October 26
1–5 p.m.
Free

Possible new
event location,
details to come!

