<u>Takoma Park</u> (Spring/Summer 2021

CLASSES • PROGRAMS • SERVICES • & MORE







IN RETROSPECTA REFLECTIONS FROM RETIRING CITY STAFF



takomaparkmd.gov

What's Inside

2021 HOLIDAY CLOSURE CALENDAR

Memorial Day

Sunday, May 30 Monday, May 31

Independence Day

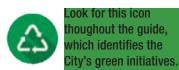
Saturday, July 3 Sunday, July 4

Labor Day

Sunday, Sept. 5 Monday, Sept. 6

About the Cover

Recent retirees Kurt Gilbert,
Peggye Washington, and
John Lupari and soon to
be retired City Manager
Suzanne Ludlow



TAKOMAPARK 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 Jessie Carpenter, City Clerk, at jessiec@takomaparkmd.gov or 301-891-7267 or Maryland Relay Service at 800-735-2258 TTY/ Voice. Two weeks advance notice is requested.

WEATHER • EMERGENCY INFO • TRAFFIC

www.takomaparkmd.gov/alert

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

City Leadership

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. Elections will take place in November of every even numbered year.



Mayor: Kate Stewart kates@takomaparkmd.gov Office hours are by appointment.



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



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



Ward 3: **Kacy Kostiuk** 240-204-4912 kacyk@takomaparkmd.gov



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



Ward 5: **Jarrett Smith** 301-960-7462



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.



City Manager Suzanne Ludlow

City Public Meetings, Boards, Commissions, and Committees

City Council Meetings

The Takoma Park City Council three-year term. Meetings are usually held on Wednesdays at 7:30 p.m., unless the City Council is on recess. The Takoma Park City Council generally takes a recess in August and December. City Council meetings are available to watch on City TV Cable and are available to view on the City website live or as archives. The Wednesday meetings include a public comment period.

Open Meetings

All meetings of the City Council and Councilappointed boards, committees, commissions 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.

Meetings will be held remotely for the duration of the public health crisis. For the most current information, visit www.takomaparkmd.gov and click on "Events and Meetings." Information on any meetings taking place will be published there along with information on how the public can observe.

Opportunities to Serve

Takoma Park residents have many opportunities to be involved in their government. Serving on a City board, commission, or committee is one way to be involved while providing 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: 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, Recreation Committee, Complete Safe Streets Committee, Tree Commission, and Youth Council.

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

Message from the City Manager

Dear Resident.

Welcome to the Spring/Summer City Guide!

I am so happy to see Takoma Park beginning to open up after more than a year in the pandemic. This Spring/Summer City Guide has more activities and a lot more hope!

We have learned the hard way that there can always be surprises, so as you review the activities, please check to make sure they are actually happening. And, keep your eve on news from the City in the Newsletter, social media and website to learn of additional activities for enjoyment and learning.



Suzanne Ludlow City Manager

Retirement

You may have heard that I will be retiring on July 1. One of the most difficult things about my last year with the City of Takoma Park is that it has been so hard to be physically near my wonderful City staff and all of the residents, store owners, school children and other great people that have made my 27 years with Takoma Park truly special.

Through it all, I have been so impressed by the strength of the helpers. Through it all, I am so grateful to the scientists and health care workers. Through it all, I am so proud of the dedication of the Takoma Park staff who kept things going in so many different ways.

I live in walking distance, so I will be around to take part in the arts events and festivals as they begin to occur again. This time as just a happy participant!

The City Council will be choosing a new City Manager. They have established a good selection process and I am sure the City will soon have a wonderful new public servant and leader. The next City Manager will be very fortunate to be coming to a caring, fiscally-responsible community with the highest of ideals and commitments.

Strength

While I am vaccinated now and seeing the possibilities of normalcy on the horizon, I cannot forget the tragedy we have gone through together. Dozens of Takoma Park residents have died from COVID-19, and many others have had hardship from illness, job loss, food insecurity, mental health challenges, isolation, remote schooling, and overall stress.

Through it all, I have been so impressed by the strength of the helpers. Through it all, I am so grateful to the scientists and health care workers. Through it all, I am so proud of the dedication of the Takoma Park staff who kept things going in so many different ways.

Enjoy

So now, please read through the opportunities that await you through August 2021. Return to things you enjoyed doing, and try something you haven't done before. Enjoy!

Suzanne Ludlow

City Manager

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, Communications, 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 licensingParking fines
- Recreation programs
- Stormwater

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

Bv Mail

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 planning@takomaparkmd.gov 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).

Tree Care Tips

Below are some considerations to keep in mind when planning to plant a tree, something that will last a lifetime.



- **Utility lines:** Consider the size of the mature tree when deciding what to buy. Take a look at any overhead power or utility lines on your property but also consider how wide the tree may grow and any competition it may have from trees or shrubs next to it in your yard.
- Planting holes: These should be only as deep
 as the root ball of the tree, but should be twice
 as wide. If a tree is planted too deep, it will cover
 the root flare, which stresses the tree. Most of the
 tree's roots spread out like the base of a wineglass
 instead of diving down deep and loosening the soil
 in a wide circle encourages healthy root growth.
- Container removal: This may seem like common sense, but make sure to remove the container before planting the tree. We've seen many trees fail, and when they are removed, we've found the burlap and wire still circling the root ball. The roots aren't strong enough to burst through that material, and the tree will eventually die if it's not removed before planting.
- Mulch rings: Once you've packed the soil back in, creating a mulch ring around the new tree can help retain water, suppress weeds, and create a barrier that prevents mowers and trimmers from getting too close to the tender bark. Mulch shouldn't be piled up around the trunk, though.
- Watering schedule: The last part of ensuring planting success is watering. Make sure to keep the tree watered, but not water-logged during the growing season after planting. A tree that has been planted within three years will need about 25 gallons of water a week. Don't water the trunk of the tree, but rather place a hose one to two feet from the trunk and let the water trickle slowly for about an hour, shifting the hose around the tree a few times during that hour. Measuring how much water you're giving the tree using a five gallon bucket can be helpful as well.

With these tips, you and your family can successfully plant a tree in your yard.

-Meg Smolinski, ISA Certified Arborist

Reprinted from October 2020 Newsletter

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 (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.

These City facilities remain closed to the public.

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

Standard Hours: 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.

This center is closed during COVID.



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.

iTenemos programación en Español! iVisítenos! Somos Takoma y El Barrio También Canta ahora en TeleCiudad. Proud partner of

♦PEG

DIRECTORY

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 \$61.12 and 64-gallon for \$52.83 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

Standard Hours: 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!

Important City Department Phone Numbers

City Information	301-891-7100
City Clerk	301-891-7267
City Manager	301-891-7229
Finance	301-891-7212
Housing & Community Development	301-891-7119
Library	301-891-7259
Neighborhood Services	301-891-7113
Police	301-270-1100 / Emergency 911
Public Works	301-891-7633
Recreation/Facilities Rental	301-891-7290









Longtime City of Takoma Park employees reflect and say goodbye

By Sean Gossard

akoma Park saw several retirements at the beginning of the year with departure of three city staff members with more than 50 years of combined experience. Sgt. Jerome Erwin with the city police department; Peggye Washington, a longtime executive assistant; and John Lupari, a facilities maintenance supervisor, each said goodbye this year after serving the city. Others retiring at about the same time were Lt. Kurt Gilbert (photo on cover) and Ellen Robbins (see March Newsletter).

Washington was an executive assistant to the city manager for more than two decades and loved being at the center of city business. "I served as a buffer for the city manager, so I was the first point of contact for business leaders, community organizers, the media and even elected officials at the county, state and federal level," said Washington. "The executive assistant was an exciting position to be in, and I loved that part the most."

Over the years, she saw the city change and evolve, and nothing could be more symbolic than the transformation of City Hall itself. "City Hall used to be two floors, but the top floor had no offices, if you can imagine that," Washington said. "In the City Manager's office, the City Clerk's office, and the HR office were all crammed together."

During the renovations, she recalled working while construction was going on all around her. "There were many times when I would just be typing or answering phones when pieces of drywall would come floating down within my vision," she said. "And of course, we were entertained by the construction symphony



Peggye Washington (center) joins colleagues for a photo in honor of Administrative Professionals Day (April 2019).

— banging, pounding, and drilling. But in the end, the result is what you see the big beautiful building it is today."

For now, Washington is waiting for an



Sgt. Jerome Erwin early and later in his career with the TPPD

end to the pandemic, so she can enjoy her retirement with family. "I cannot wait for the day when I can reunite with them again," she said. "The first thing

I would do is give my daughter a

And she leaves with loving words of encouragement for anyone who wants to work with the

"The City of Takoma Park is a very good organization to work for," she said. "There are always opportunities to grasp and life-teaching experiences to absorb. Each day that you walk into work, start the day with an open mind. Leave your ego behind. Always remember that you are a public servant, and that you must do your best for the people you serve."

City Manager Suzanne Ludlow shared kind words on Washington's departure, crediting her with being the perfect face for the city.

"She has looked out for me for 26 years, and we have been through a lot together," Ludlow said. "So many residents have had the warmth of her hug and so many administrative assistants know she has had their back. The positive view that many people have of the City of Takoma Park is directly due to their interactions with Peggye Washington."

Sgt. Erwin retired after 26 years in law enforcement, including 24 years with the Takoma Park Police Department. During his time with the City. Erwin served many roles, including patrol officer, patrol captain, field training officer, SAT sergeant, patrol sergeant and coordinator of the bike unit, member of honor guard and as a firearms instructor.

"Jerome Erwin served well for many years, always pleasant and helpful, and his family ties to Takoma Park run deep," Ludlow said. In a 2016 interview with TP News, Erwin spoke fondly of his service with the bike unit: "People like to see us mountain bike patrolling. The positive comments like, 'Thank you, great to see you out here,' motivate me to ride."

Preceding Erwin in retiring was Lt. Kurt Gilbert. Ludlow noted he served with distinction for 27 years, with an



John Lupari preparing for the day ahead

emphasis on community policing. "I have a photo of Kurt with my then 3-year old son!" Ludlow said.

Although John Lupari was only with Takoma Park for six years, his service as facilities maintenance supervisor will have a long lasting impact on the city. "My most memorable moments are the things that I have accomplished during my six years with the city," Lupari said. "I was able to renovate, upgrade and economize most of the city properties

of which I was responsible for. For those accomplishments, I am very proud."

He will remember the independence and trust he had with other members of the City's staff the most from his time with Takoma Park, "I was trusted to do my job the way I saw fit. Nobody questioned my abilities to do my job," he said "My communication with management in budgeting, planning and completing many projects was welcomed by me and many of the city staff of which it impacted."

City Manager Ludlow credits Lupari with improving buildings and leaving behind a city in better shape than when he started. "John Lupari has made enormous improvements to the craziness that is our city buildings," she said. "I think of him as Scotty on the Enterprise - always finding

some patch to keep things going – but more than that, he makes things look better besides."

Lupari is looking forward to retirement and spending time with his wife and kids and just taking it easy: "My goal is to travel and to do what I want when I want. No time clock, no agenda, just pure enjoyment. To my friends in the city, thank you. You all will be missed!"

She's Got Next!

Long-time City Manager Suzanne Ludlow will retire on July 1. In an interview in the March 2020 issue of TP News, she shared her plans for retirement: "I'd like to do some adjunct teaching about city management. I'd also like to visit my family members around the country, and I'd love to spend more time at concerts and museums." Also topping Ludlow's list is spending more time on education and support for people with neuroendocrine tumor cancer, which her late husband had.



Public Works

301-891-7633 publicworks@takomaparkmd.gov takomaparkmd.gov/publicworks

UPCOMING EVENTS

Household Hazardous Waste Drop-off

Saturday June 5, 10 am.-2 pm at the Public Works Yard. 31 Oswego Avenue

City residents can drop off their Household Hazardous Waste (HHW) for free while non-residents will be charged a \$10 fee. Event will accept computer components as well as CFL and fluorescent tubes.



Holiday Trash Schedule

Memorial Day Monday, May 31

Yard trimming collection is canceled.

Independence Day Sunday, July 4 (observed on Monday July 5)

Yard trimming collection is canceled.

SERVICES

See page 7 in the City Department Directory for a listing of additional services offered.

Food Waste Collection

Interested in participating in the curbside food waste collection program? The program is accepting new participants. To sign up, please visit www. takomaparkmd.gov/publicworks/foodwaste-collection or call the Public Works Office at 301-891-7633.

Electronics and Computer Recycling Drop-Off

Bring your old or unwanted electronic equipment and computer components for proper disposal to the Public Works facility, 31 Oswego Avenue. Hours are: 8:30 a.m.-5 p.m., Monday - Friday

Trash Carts and Recycling Containers

Trash carts are available for sale. 96-gallon trash carts are \$61.12 and 64-gallon ones are \$52.83. Carts have lids, wheels, and handles. Recycling

containers are free and available at the Public Works Yard for pick up.

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 at 301-891-7633. Office hours are 8:30 a.m. to 5 p.m., Monday - Friday.

Grow Safely

Harmful chemicals are not necessary to beautify our surroundings

This is the reasoning behind the creation of the Safe Grow Act that the City enacted back in 2014. This law was created to protect ourselves and our environment from harmful pesticides.

Of the 30 most commonly used lawn pesticides, 17 are possible and/or known carcinogens, 18 have the potential to disrupt the endocrine (hormonal) system. 19 are linked to reproductive effects and sexual dysfunction, 11 have

been linked to birth defects, 14 are neurotoxic, 24 can cause kidney or liver damage, and 25 are sensitizers and/or irritants. Children are especially sensitive to pesticide exposure as they take in more pesticides relative to their body weight than adults and have developing organ systems that are more vulnerable and less able to detoxify toxic chemicals.

Back in 2019, Montgomery County enacted the Healthy Lawns Act,

which mirrors our Safe Grow legislation so that all Montgomery County residents can reduce their exposure to the unhealthy effects of harmful lawn care pesticides.

Organic lawn care isn't difficult. In fact, it can save time and money, while protecting you, your family, your pets and the environment. As we transition to Spring: remove winter debris, test soils, dethatch if thatch is greater than a half inch,

> over-seed thin areas and apply corn gluten after snow melt for inhibiting germinating weeds. Also, consider aeration of your lawn and applying lime if needed for pH adjustment.

- For more information, visit: takomaparkmd.gov/government/ police/neighborhood-services/ safegrow
- www.montgomerycountymd. gov/lawns



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.

*We will monitor these events due to the pandemic. Please keep up to date by signing up for police information at www.takomaparkmd.gov/police or by following the police on Facebook and/or Twitter.



National Night Out*

Tuesday, August 3 6 - 9 p.m.

National Night Out, celebrated by police departments across the nation, is a unique crime/drug prevention event sponsored by the National Association of Town Watch (NATW). The Takoma Park Police Department hosts its own community event in celebration of this campaign. The department's goal is to heighten safety and crime prevention awareness; to support locally based businesses, groups, and organizations; and to strengthen relationships among community members and between the community and local police department. The event is free. If you are a locally based organization and would like to be part of the event, please reserve a spot (and there is no cost to participate). For more information, contact Cathy Plevy at cathyp@takomaparkmd.gov. This is a great way to promote your organization and build a relationship with your local police department and community members.



National Prescription Drug Take Back Day Saturday, April 24

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. Collection boxes are set up in the first-floor police lobby of the Takoma Park Community Center. 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.



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.

7500 Maple Avenue, first floor lobby. The collection site is open 24 hours a day, seven days a week. Drugs can be dropped off with no questions asked. 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.



Coffee with a Cop*

Be on the lookout for dates in the spring/ summer for Coffee with a Cop. No agenda. No speeches. Just a chance to ask questions, voice concerns, and get to know the officers in your community.

Ongoing Programs & Services

Safe Place for Online Transactions

The Takoma Park Police Department offers a safe place for online transactions. We would like the community to feel safe when dealing with strangers through online classified ad transactions, such as Craigslist. The department has set up a safe place for sellers and buyers

to carry out purchases and/or sales in the Takoma Park Police Department parking lot or lobby, 7500 Maple Avenue, Takoma Park, Maryland 20912. To learn more, visit the police website at www.takomaparkmd.gov/police under Community Policing. Crime prevention is extremely important to the men and women of the Takoma Park Police Department and the department is happy to continue to be a part of this nationwide safety trend.



Takoma Park Maryland Library

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.

E-BOOKS

To get to our digital resources, go to: www.takomapark.info/library. Click on the "ebooks" or "online" button at the top of the page, and you can have fun exploring our great collection of digital resources! We have several streaming options for ebooks.

For the youngest readers, try Tumblebook Library, which has picture books, read-alongs (kids see the text while it is read to them), comics, non-fiction, French and Spanish books, "playlists" of themed books, short (1–5 minute) National Geographic videos on animals and other subjects, and puzzles and games.

BookCloud is a great option for older kids. It offers fiction, non-fiction, books used in AP English classes, some books in French, drama, poetry, and more short National Geographic videos. In addition, BookCloud has "enhanced e-books," in which the reader follows the text while it is read aloud. **Infobase** offers basic non-fiction books for readers from middle school through adult. From biographies to history books, there are almost 2,000 books from which to choose.

For downloadable e-books, check out **Hoopla**. You will need to set up an account using your library number the first time you use it; go here for directions: www.takomapark.info/library/ ebooks2.html. Hoopla is quite easy to set up and use. It offers e-books for kids and adults, Spanish and French books, comics, and much more. In addition, patrons can check out audiobooks, TV shows, movies, and music. Each Library patron can check out five items from Hoopla each month.

ALL PROGRAMS ARE VIRTUAL UNLESS OTHERWISE NOTED.

Library Calendar

The Library building is closed, so most of our programs – except for Outdoor Yoga Storytime – are online via Zoom. To participate in our online programs, go to https://zoom.us. Click on "Join a Meeting" and put in the Meeting ID (and Meeting Password, if any) listed with each program. Please note that the Zoom Meeting ID and Meeting Password may occasionally change, so get the most up-to-date information by going to our program calendar: www.tinyurl.com/tplibraryevents.

Also, registration is not required for these programs, but if you are registered, we will send reminders as well as notices of any changes or cancellations. To register, go to www.tinyurl.com/tplibraryprograms. Please refresh your browser first as our line-up changes from time to time, and please remember to register for the Zoom version of the program.

Weekly Programs



Zoom Circle Time: Wednesday mornings at 10:30 a.m. Meeting ID is 995-4901-8825 and Meeting Password: 178851



Zoom Spanish Circle Time: Thursday mornings at 10:30 a.m. Meeting ID is: 959-5178-5847 and Meeting Password: 793725



Zoom Sketch Club/Scribbler's Cabal: Friday afternoons at 4 p.m. Meeting ID is: 734-913-6285 (same as for Comics Jam)





Monthly Programs



Zoom Comics Jam: Generally the second Wednesday of the month at 4 p.m. To keep up with the schedule, please register. Meeting ID is: 734-913-6285 (same as Scribbler's Cabal)

SPECIAL PROGRAMS

NEW "Books to You" HOME DELIVERY SERVICE! We have added a home delivery option, for Takoma Park residents only. If you are unable to come to the library to collect your books, please put DELIVERY in the subject line of your original email request. A staff member will contact you from this phone number - 240-856-0255 – when the delivery is ready. Delivery hours are Monday, Tuesday, Thursday, and Friday 12-3. Be sure the address and phone number in your library account are accurate.



"Take and Make" Craft Bags

On Saturdays throughout the spring, we'll be giving out "Take and Make" craft bags. The bags will be available – on our bright purple cart – on Saturdays between 12–6 in the Library parking lot, right near the table used for our "Books to Go" curbside pick-up program. The bags, put together by Children's Librarian Kati Nolfi, will contain all the materials for a craft suitable for ages 3 up. You can follow our directions or use the materials in a totally different way. It's up to you! Each month will feature a different craft, and we'll put out 25 craft bags each Saturday – first come, first served.

Outdoor Yoga Storytime

Join Ms. Kati on Sundays in April, May, and June from 10-10:30 a.m. for an Outdoor Yoga Storytime program for ages 3 up on the lawn of the Takoma Park Recreation Center, 7315 New Hampshire Ave. Space is limited to 10 children and their adults.



so social distancing can be observed. Please register at www.tinyurl.com/tplibraryevents. At the program, Ms. Kati will lead participants in some yoga poses, read a story, and blow some bubbles. All participants will leave with a "craft to go" bag. Face masks are required; please bring a towel or yoga mat.

Takoma Park Big Book Club

The Takoma Park Big Book Club, led by Phil Schewe, will continue its twice-yearly meetings in spring 2021, this time concentrating on short stories rather than a novel. At its last meeting (on Zoom during November) club members considered several candidate stories. To make all the stories available in a consistent way, we have determined to use a specific anthology of famous short stories. This book

is The Art of the Short Story (2005), edited by Dana Gioia and R. S. Gwynn, Copies are available from the Library and from booksellers.

From the long list of stories in the book, members chose the following eight to discuss:

APRIL 7 - MARGARET ATWOOD, Happy Endings; JAMES BALDWIN. Sonny's Blues

APRIL 21 - ANTON CHEKHOV, Misery; RALPH ELLISON.

A Party Down at the Square

APRIL 28 - HERMAN MELVILLE, Bartleby, the Scrivener; CHINUA ACHEBE, Dead Men's Path

May 5 – ZORA NEALE HURSTON, Sweat; and ISAAC BASHEVIS SINGER, Gimpel the Fool.

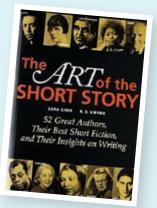
A few days before the first meeting, club organizer Phil Schewe will send out the Zoom information to those signed up. For more information about joining the discussions, check ftpml.org/upcoming-events.

The Bi-Monthly **Book Club**

The Bi-Monthly Book Club, led by Tim Rahn, meets every other month to discuss a particular book. For more information.



check the Friends of the Takoma Park Maryland website: https://ftpml.org.



Takoma Park Community Center/ Sam Abbott Citizens' Center New Feed the Fridge location

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

Standard Hours:

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.

Not all amenities/services will be available when we initially reopen.

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
- Internet, word processing, graphics software and more
- Color printer
- Low conversation, working in pairs, cell phone use allowed in Room A
- Absolute guiet in Room B
- Valid Takoma Park Library card or purchased quest 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. 12 - 6 p.m.

Saturday Sunday

· Large studio with mirrors and wood floor

12 - 5 p.m.

No street shoes on dance floor

Dance Studio

- Hours vary by age and time of year
- Ping pong, pool and foosball tables
- Basketball and arcade-style games Youth & Teen (6 - 17 yrs)

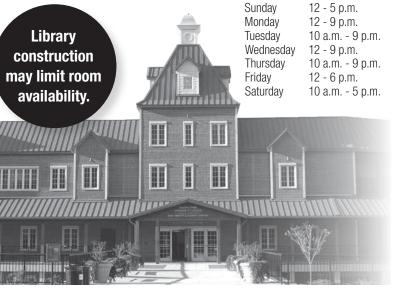
Monday - Friday 2:30 - 5 p.m. Saturday 12 - 5:30 p.m. 12 - 5 p.m. Sunday

Young Adult (18 - 24 yrs) Monday - Friday 6:30 - 8:30 p.m.

See page 35 Active Adult (55+)

Monday - Saturday **See page 35**

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



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.

(see page 23)

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 & Sunday 12 - 5 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: Reguest 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.

RENTALS UNAVAILABLE **DURING COVID** When rentals resume, **MAXIMUM ROOM CAPACITY** WILL BE DICTATED BY **GOVID GUIDELINES**.

Policies

Please visit us online at takomaparkmd.gov/recreation/parks-pavilionsand-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.

Standard 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

Small Meeting Rooms

Rose Room

10 with tables Capacity 15 without tables

Lilac Room

20 with tables Capacity 25 without tables

Hydrangea Room

20 with tables Capacity

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

55 with tables Capacity 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 \$80/hour Business*

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

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 iohnw@ takomaparkmd.gov

^{*} Business rate applies to all organizations, nonprofits, for profit entities or community groups. Not available at Heffner Park CC.

Takoma Park Recreation Center

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

Standard Hours

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

Not all amenities/services will be available when we initially reopen.

Membership Fees

Recreation Center General

(1 year; does not include Fitness Room)

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

Hourly Rental Information

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

Fitness Room closed until further notice

Meeting Room BACK (capacity 40)

\$25 per hour General \$70 per hour Business 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:

- Before & After school programs
- Classes for all ages
- Summer camps



Feed the Fridge - see page 23 for more information.



Library construction may limit room availability.



What's in our parks?

On Street **Bike Station** Picnic Playground Pavilion Facility Basketball Through Parking Transportation Within Walking Fountain Tables Rec. Dept. Accessible Distance Available Belle Ziegler Park P 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 i 🖨 7398 Jackson Ave. Ward 2 Spring Park 6999 Poplar Ave. Ward 3 Toatley-Fraser Park Eastridge Ave.

Playgrounds, pavilions and porta potties not sanitized; use at your discretion.

In addition to the parks above, the City maintains:

B. Y. Morrison Park Carroll & Ethan Allen Ave. Ward 3

Ward 5

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

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 \$115 per day T.P. resident

Non-resident/Business





FAOs

- 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.



Local Bus Shelters to Feature Artwork by Regional Artists

Bus shelters across Takoma Park will soon offer a burst of creativity with large posters featuring artwork by a diverse range of artists.

More than 100 artists from across the D.C. area submitted their work in a juried call for future exhibitions in the galleries at the Takoma Park Community Center. When the Community Center closed last year due to coronavirus restrictions, eight

bimonthly exhibitions were delayed indefinitely. Some of the artwork from ART on the MOVE artists in those exhibitions will be featured on bus shelter posters now. so the public can still see it. "Art is even more crucial now during times of crisis, so we want to share

> this inspiring artwork with the community," Arts and Humanities

Division Coordinator Brendan Smith



Takoma Park Arts

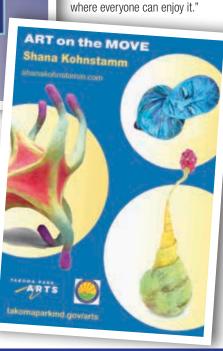
committed to organizing public art projects, and this is another way to bring art to the people."

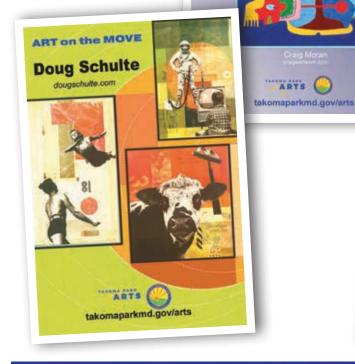
Smith curated the postponed bimonthly exhibitions, which will feature abstract art, manipulated photography, collage, and figurative work. Celebrating Sligo Creek will showcase photographs and mixedmedia artwork inspired by Sligo Creek, and four Black female artists will share their timely work in their own exhibition.

Another exhibition will feature artwork by veterans from across the ART on the MOVE

Artwork from the upcoming exhibitions will be featured on posters in local bus shelters across Takoma Park, Smith said, "We're excited to bring art out of galleries and museums and onto the streets







TAKOMA PA 7 2 ONLINE

Arts events in the Takoma Park Arts cultural series have moved online with new film screenings, concerts, poetry readings, and more. You can find more details and sign up for our weekly e-newsletter at takomaparkmd.gov/arts.

Housing & Community Development

301-891-7119

housing@takomaparkmd.gov www.takomapark.gov/housingand-communitydevelopment planning@takomaparkmd.gov

May is Bike Month!

Check the City webpage for bike information:



Bike to School Day

National Bike to School Day is Wednesday, May 5. Get your bike ready for spring and summer fun. Wipe off the spider webs, check the tires, brakes and chain and be sure to strap on your helmet and go for a ride.

Bike to Work Day

Celebrate bicycling as a clean, fun, and healthy way to exercise on Friday, May 21. Bike to Work Day will have pit stops with social distancing. Come by Takoma Park to receive a free T-shirt and refreshments. For more information and to register, visit biketoworkmetrodc.com

Takoma Park Bike Map

Takoma Park is a great place to ride a bike for your daily commute, running errands, or just for fun. Signed, on-street bike routes connect commercial districts, the Takoma Park Community Center, and transit facilities with regional multi-use trails. With access to the Sligo Creek Trail and Metropolitan Branch Trail, downtown Washington and nature are all easily within reach.

https://www.thenewave.com/files/docs/tpbikemap-online_2.pdf

Takoma Park Bike Repair Stations

Takoma Park has installed three bike repair stations, located at the Community Center outside the entrance to the Police Station, on New Hampshire Avenue near the Sligo Creek Trail, and on the Metropolitan Branch Trail across from Belle Ziegler Park. The stations include air pumps and the basic tools needed to make emergency bike repairs.

Takoma Park Safe Routes to School 5K (TKPK5K)

Plans are in the works for a Virtual TKPK5K! Since 2009. the TKPK5K has been held on the first Sunday in May (with the exception of 2020). This year you can run any route at any time from May 1 to May 31. Every precaution will be in place to ensure the safety of our community. Serious racers, first time 5Kers, runners of all ages and abilities and friends and family from all over the world can run with us! Visit http://bit.ly/TKPK5K for more information. This is going to be fun!

Capital City Bikeshare

The City has seven **Capital Bikeshare** stations in Takoma Park connecting to those in nearby Silver Spring and Washington D.C. Pick up one of the iconic red bikes in the city and ride to any of Capital Bikeshare's 370+ stations in the Metropolitan Washington area. https://secure.capitalbikeshare.com/map.

Housing Division Programs

The Housing Division is responsible for monitoring Takoma Park's rental housing stock, ensuring compliance with the City's landlord tenant laws, and administering a variety of grant opportunities designed to further its goals to create and maintain a more fiscally and environmentally sustainable community and improve the quality of life for all residents. To find out more about the services and grant programs listed, visit www.takomapark.gov/housingand-community-development.

• Rental Licensing Program

All residential rental housing in Takoma Park is required to be licensed with the City.

Rent Stabilization Program

The rent stabilization program applies to rental units in multi-family and condominium rental properties. For more information about the program and to determine if your apartment is covered and if you are paying the correct amount of rent.

Landlord and Tenant Assistance

The City's housing staff assists with answering questions, providing resources, and resolving housing related disputes.

Emergency Assistance Fund for Residents

The Emergency Assistance Fund provides financial support for residents in crisis with eviction, foreclosure, utility disconnection, food insecurity, prescription assistance, and other related needs. Assistance is provided year-round.

"Homestretch" Downpayment **Assistance Program**

The downpayment assistance program offers up to \$10,000 for low-to-moderate income, first-time homebuyers who want to purchase



a home in the City. Applications are accepted year-round.

• "Up to Code" Grant Program

Residents who are completing the last steps in bringing an Accessory Dwelling Unit into compliance with Montgomery County Code are eligible to receive assistance up to \$10,000. Applications are accepted year-round.



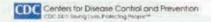


Get the Shot... We're Counting on You

Check these resources for updated vaccine info









TakomaParkMD.gov

Recreation Department

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



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 - No Rentals During COVID

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 this section of the City Guide.



Recreation Approved Resources (or R.A.R.'s for short) are links to various external sites that the Recreation Department think are fun and could be enjoyed easily during this time of quarantine. Let us be your trusted source as we vet the websites we post. Additional sites are added weekly, so check back often!

Food Security Just Next Door

For those who are food-insecure in Takoma Park and the surrounding areas, there is now a way to get healthy meals free of charge and directly from a community refrigerator.

Started this fall by restaurateur Mark Bucher, the owner of the D.C.-area steakhouse Medium Rare, Feed the Fridge is meant to make sure everyone has access to a healthy meal while also helping area restaurants hit hard by the pandemic. The latest spot for Feed the Fridge opened in early February outside the Takoma Park Recreation Center at 7315 New Hampshire Ave., offering Takoma Park residents, especially children and the elderly, a safe and reliable place or meals, no questions asked.

There is no registration or ID required to get a meal, and the refrigerators are cleaned and stocked daily. Every day, Monday through Friday, the fridges are filled with between 25 and 100 meals. So far, there are nearly 20 Feed the Fridge locations around D.C., including the community center, Recreation Center and Takoma Aquatic Center at 300 Van Buren St. NW. "We look forward to having them in the community and are thankful to add them to groups assisting those in need," said Takoma Park Mayor Kate Stewart.

"COVID-19 has impacted many in our community, in particular exacerbating issues of food insecurity," she continued. "We are grateful to all the community members, nonprofits, and City staff who have stepped in to help those most in need."

—Sean Gossard (March 2021 Takoma Park Newsletter)

Frequently Asked Questions

Q: I have a family of 5. There's really no limit on the meals I can take?

A: There are no limits to the meals you can take and no questions asked. Take as many as you need.



Takoma Park has a fridge at both the Community Center and Recreation Center.

O: Are there meatless options provided daily? And are they marked somehow? **A:** Ideally we would love to in the future; that relies heavily on donations.

Q: I have dietary restrictions. Is there a list of ingredients on the meals?

A: We ask that our partner restaurants provide labels with ingredients on their meals. If they do not include a label. the meals for that day are not labeled. We do not turn away meals even if they are not labeled, but we do request that all our partners provide a list of ingredients.

Q: Are they ready to eat or do I have to cook/assemhle them?

A: All meals are ready to eat straight out of the fridge. You have the option of heating up the meals or eating them as is.

Q: How frequently are the meals replaced and when?

A: Meals are replaced every weekday (M-F). We aim to deliver between 9 and 11 a.m.

0: Are there new meals added on weekends and holidays too?

A: Meals are not added on the weekends. Holidays are based on if the host location is open on holidays. We currently have outdoor fridges at Anacostia Community Museum (DC), Takoma Park Recreation Center (MD), Takoma Park Community Center (MD), Gaithersburg HS (MD), and Albert Einstein HS (MD) that are outdoors and accessible 24/7.

Q: How do you determine how many meals to place in the refrigerator per location?

A: The number of meals is based on the donations we receive on a week-to-week basis.

Continued on Next Page

www.takomaparkmd.gov

Recreation

Continued from Previous Page

Q: Where are these fridges located?

A: There are two Feed the Fridge refrigerators in Takoma Park. The original is at the Recreation Center. (7315 New Hampshire Ave) and the newest addition is at the Community Center (7500 Maple Ave). For additional locations visit https://feedthefridge.org.

Q: It seems as if things are finally getting better with COVID. Does that mean this program will stop?

A: The reality is, even before COVID, people were hungry. We will continue our efforts to feed the D.C. Metro area until every citizen is food secure.

Q: If I am a local restaurant, how can I get involved in providing the meals occasionally?

A: If you are a restaurant or chef interest-

ed in getting involved, please send a message through our portal on feedthefridge.org. Please include your name, your restaurant's name, and the best phone number to contact you. Within the message, please let us know if you are interested in donating meals occasionally or if you would like to join our initiative as a full partner. We will have one of our team members reach out.



Feed the Fidge ribbon cutting last month.

0: I'm interested in volunteering for Feed the Fridge. How do I sign up?

A: If you are interested in getting involved as a volunteer, please let us know your interest in and availability (full-time, part-time, once a month, etc.) through the portal on feedthefridge.org.

Q: How do I donate to Feed the Fridge?

A: You can donate through our website, feedthefridge.org

We Belong Here: The Takoma Park Equity Walk

Click, scan, swipe, jump, play and talk about all things Equity.

You can plan your visit on the City web site: takomaparkmd.gov/government/ housing-and-community-development/ planning-and-community-development/webelong-here-the-takoma-park-equity-walk, where you can find lots of information and resources to guide you.

Pass it on! This fun, engaging, educational activity can be enjoyed at a physical distance. Go ahead and

explore! See page 39 for a complete quide to the activities.

Look for the QR code:



IN-PERSON, OUTDOOR CLASSES

Basketball Skills

Learn the fundamentals of the sport. Participants will be provided with excellent coaching which allows each person to develop a sense of pride and individual accomplishment. Participants are required to wear a mask and keep a safe physical distance from each other. Please bring your own basketball. Registration is required; spaces are limited. Instructor: Greg Harris

Takoma Park Community Center **Outside Basketball Court** 7500 Maple Avenue 11-17 years 6 Week Sessions

Group A: Tuesdays, 4–5 p.m. April 13-May18 **Group B:** Thursdays, 4-5 p.m. April 15-May 20 Free

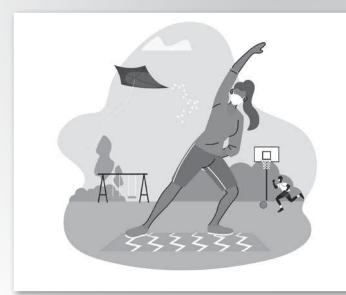


This course is designed for the novice golfer. This class will focus on the fundamentals of the sport including the equipment, some rules, etiquette and the history of the sport. This is an in-person/outdoor class. Physical Distancing rules will be followed and a mask must be worn during class. Supplies and equipment will be provided for participants. In-



person classes are available to Takoma Park Residents only. Registration is required via ActiveNet. Instructor: Fred Harllee

Takoma Park Recreation Center Outside Classroom 7315 New Hampshire Avenue 10-12 years 5 Week Session Saturdays, 10-10:50 a.m. April 17-May 22



Mindful Movement for Teens

Mindfulness is paying attention in the present moment with kindness. Practicing it can help you be more calm and happy, gain mental focus for sports or performing, and learn to tame strong emotions. You will learn mindful listening, breathing, gratitude, and movement practices. Come find out why celebrities like Lebron James, Katy Perry, and Will Smith practice mindfulness. This is an in-person class. Registration is required via ActiveNet.

Instructor: Jen Langer-Smith

Ed Wilhelm Field 2 Darwin Avenue Grades 6-12 Tuesdays & Thursdays, 4-4:45 p.m. April 6-May 27 Free





Takoma Park Recreation Department's

Phone a Neighbor **Program**

Supporting each other during this time of social distancing.

We are looking for Takoma Park Seniors who would like an occasional phone call during this time of uncertainty.

We have a list of neighbors willing to reach out.

To sign up call Ms. Paula at 240-687-4132.

There is nothing in the world like hearing a concerned voice on the other end of the phone sometimes. Neighbors can quickly become family.



YOUTH

ART

Be Creative Arts & Crafts with Carla

This class focuses on working with recycled materials to create usable artwork. Projects will include creating with paper, card stock, plastic bottles, yarn, string, boxes and more. Students will learn to make block letters, origami, tie knots, braid and sewing by hand. Supplies needed can be found in your home or can be picked up at the instructor's home across from the Takoma Park Community center, Instructor: Carla Perlo

6-13 years 6 Week Session Saturdays, 12-12:30 p.m. April 3-May 8 Free

Let's Grow-Gardening & Garden Art with Carla

Develop your green thumb by learning about plants, starting your own container garden, germinating plants from seeds, creating new plants from cuttings and creating art projects with themes from the garden. Learn to make your own containers and garden tools from recycled materials. In necessary supplies (pots, soil, seeds and cuttings) will be provided by the instructor. Supplies can be picked up at the instructor's home across from the Takoma Park Community Center.



Instructor: Carla Perlo

6-14 years 6 Week Session Saturdays, 1-1:30 p.m. April 3-May 8 Free

DANCE

Youth Dance Class

Youth ages 5–12 are encouraged to join us as Ms. Charonne teaches a different dance technique weekly. Show off your skills in this free and fun class. Clear the floor and get ready to move! Instructor: Charonne Butler

5-12 years 7 Week Session Sundays, 11:30 a.m.-12 p.m. April 4-May 23 Free

FITNESS

Recess Break

It's Zoom Recess, time to shake your sillies out and get moving! Join Ms. Charonne for stretching and fun fitness. Spreading the word spreads more fun! Clear the floor and get ready to move. Instructor: Charonne Butler

5-12 years 8 Week Session Saturdays, 10:30-11 a.m. April 3-May 22 Free



TEENS

ART

Art Elements

This free virtual class engages grades 6–12 in a variety of art & craft techniques. using easy-to-source materials and mediums (inexpensive, common household items, etc.) in the safety and convenience of their own homes. Students will be able to create a finished (or nearly finished) piece of artwork by the end of each class, Instructor: Shannon Tomac

Grades 6-12 4 Week Session Mondays, 4-5 p.m. April 19-May 10 Free

EDUCATION & DEVELOPMENT

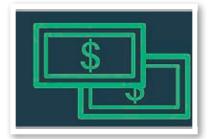
Learn To Code: HTML & CSS

Participants in this virtual program will learn how to use HTML and CSS coding to create web pages. From a blank Notepad page, teens will craft web pages with content and design aspects they chose. HTML and CSS are fundamental languages that compose all webpages on the Internet and structure each page. CSS is an extension to HTML that allows the rapid styling of web pages for customization and aesthetic considerations. Students will need access to a computer in order to participate in this class. Registration is required via ActiveNet for this activity. Once registered, a link to the class link can be found on the receipt. Instructor: Jamal Butler

Grades 5-8 6 Week Session Thursdays, 4-5 p.m. June 10-July 15 Free

Teenage Money Management

This financial literacy program specifically focused on basic personal finance skills that are relevant to the lives of teens. By learning the concepts listed below and putting them into practice, participants will be much better prepared when they begin building their own credit history. Topics include: Long Term Saving Goals, Credit Cards, Credit Reports, Opening a Bank Account, Student Loans and Budgeting. Registration is required via ActiveNet.



Once registered you will receive a Zoom link on emailed receipt. Instructor: Tyronda Boone of Zoey & Zander

7 Week Sessions Mondays, April 12-May 24

Grades 5–8: 4–4:45 p.m. **Grades 9–12:** 5–5:45 p.m.

Virtual Wall Street

Students will learn about the stock market, the role of all the related financial institutions, and how they all come together. Each session has a different focus. We will learn three focus topics: How does Wall Street work? Financial Technology and Jobs. **Registration is** required via ActiveNet. Once registered you will receive a class link on the emailed receipt. Instructor: Powel Deslandes

13-18 years 6 Week Session Fridays, 4-5 p.m. April 16-May 21 Fre

FITNESS Commit 2 B Fit

Get your yoga mat and water bottles and join us virtually on Saturday mornings at 10:30 a.m. for a fun and energized session to work out and get fit. Limited spaces available, registration required. Please see receipt for Zoom details. Instructor: B Strong Fitness

Teen-Adult 10 Week Session Saturdays, 10:30-11:30 a.m. April 10-June 12 Free



SOCIAL

Friday Night Lights

Join us every 2nd Friday of the month for a fun filled Friday Night! Each month we will host a different event to include: movie watch parties, DJ dance offs, Minute to Win It games, trivia. Prizes will be given and you can enter to win a family pizza night on us! This is a virtual program. Registration is required via ActiveNet, a link will be sent after registration. Host: Leicia Monfort Grades 6-12

3 Dates Fridays, 5-6:30 p.m. April 9, May 14, June 11 Free



Teen Talk Tuesday with Ms. Leicia

Join Ms. Leicia at 5 p.m. for Teen Talk Tuesdays. The "floor" is yours to discuss what is on your mind. It can be fashion, fads, questions, advice, current events, "tea". You name it! Some weeks we will have experts or special guests join in on the conversations. Host: Leicia Monfort Grades 6-12 9 Week Session Tuesdays, 5-6 p.m. April 13-June 8

Free

ADULTS

ART

Painting Exploration

In this beginning level painting class, participants will explore different techniques and materials used in painting. While Zoom lessons will provide some instruction and time for sharing and critique, participants will be encouraged to continue with assignments when class is not in session. We will try projects painting from life, such as still life and from photographs, as well as more imaginative and experimental possibilities. The instructor will send a suggested supply list to participants before the class starts. Instructor: Caroline MacKinnon

16 and older 5 Week Session Wednesdays, 12-1 p.m. July 7-August 4 Free

Pandamit Painting

Instruction in how to paint with acrylics with topics such as values, color mixing, complimentary colors and mixed media. The purpose is also to support and assist each other in this time of restrictions and to provide a fun and informative activity. A list of the supplies suggested will be given to students. Students are responsible for their own materials, but money saving tips will be given. This is a virtual zoom class. Instructor: Alice Sims

16 and older 6 Week Session Saturdays, 11 a.m.-12 p.m. April 3-May 8 Free

EDUCATION & DEVELOPMENT

Writing Life Stories

Are you at home thinking about life? This is a terrific time to write about your life. Whether you have been writing for years or are a beginner, this class is for you. We help each other with constructive feedback and complete optional homework. We will read the book, Writing the Memoir, by Judith Barrington. Have a notebook and pen ready for each session. Instructor: Barbara Rosenblatt

16 and older 8 Week Sessions Wednesdays, 7-8:30 p.m. Session 1: April 7-May 26 Session 2: July 7-August 25

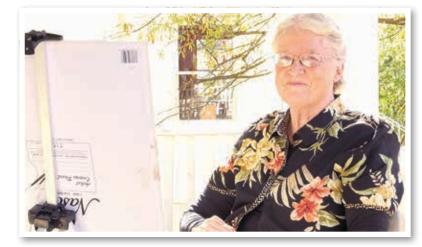
FITNESS

16 and older

Fitness for Life

This class is for anyone looking to reach their health, fitness and life goals. Whether you are an athlete, novice exerciser, or looking to enhance your current workout routine. This class will set you on the path to achieving your fitness goals. Your coach will ensure you are performing the exercises in a safe and effective manner. This class is designed for you to work at your own pace. Modification instructions will be given as well. Instructor: Sergio Quisquinay

Thursdays, 11 a.m.-12 p.m. Session 1 (8 Weeks): April 8-May 27 Session 2 (4 Weeks): June 3-June 24 Session 3 (8 Weeks): July 1-August 19 Free





Foundational Fitness & Training II

This is a fitness program for participants that have or are currently involved in a fitness regimen. The program builds on the concepts of Classic FFT which utilizes various movements from numerous disciplines while utilizing minimal resistance and multiple repetitions. This class adds more resistance and incorporates floor or mat exercises using hand weights; bands/tubes; abdominal roller and exercise balls. All equipment will need to be provided by the participants. FFT II will enhance tone/strengthen all major muscle groups; increase stamina and flexibility. Instructor: Michael Williams

18 and older

Saturdays, 10:30-11:30 a.m.

Session 1 (9 Weeks): April 3-May 29 Session 2 (3 Weeks): June 5-June 19 Session 3 (8 Weeks): July 10-August 28

Let's Move Afro Caribbean Dance

Grab your rag or your flag and let's whine and wave! Shake, move, two steps to the left and shimmy to the right. Yep! That's basically all it takes to join this party! For this workout, you will need ample space to move laterally, diagonally and forward and back. Please clear surroundings of all sharp objects. Each work out will consist of: Warm-up, Introduction of moves, Combinations of basic moves, Routines, Floor or Balance moves, Cool down/ Stretch *Shoes are optional* Instructor: KJ Total Fitness

16 and older Fridays, 6-7 p.m.

Session 1 (8 Weeks): April 2-May 21 Session 2 (4 Weeks): June 4-June 25 Session 3 (9 Weeks): July 2-August 27

Free

Meditation, Mudras & Yoga

Part class, part experience, dive into the world of guided meditation along with hand mudras, gestures that promote healing, psychological balance and spiritual awakening. The use of mudras has been used in almost all wisdom traditions throughout the world and notably in yoga. Yoga Asanas, or postures, will be broken down as well, going deeper into the postures in order to better holistically understand the asanas for yourself and enhance your practice. Great for curious folks who want more guidance in their meditation practice as a whole and who want to explore new ways of experiencing yoga. Instructor: Beth Mwano

16 and older 6 Week Session Wednesdays, 7–7:50 p.m. May 5-June 9

Free

ReVamp Fit Exercise

Get your heart rate up and your stress levels down. Start slow and build up. People of all fitness levels can do this type of workout. It can be done anywhere as long as you have space available to move around. Don't do anything your doctor hasn't authorized you to do. Instructor: Abel Asafere

18 and older Wednesdays, 10–11 a.m.

Session 1 (8 Weeks): April 7-May 26 Session 2 (5 Weeks): June 2-June 30 Session 3 (8 Weeks): July 7-August 25

Rise and Move

Start your morning with movement and feel better throughout the day. This class will strengthen your muscles (including your heart), increase mobility in your joints, provide you with energy and improve your coordination. Your coach will educate, guide and assist you throughout the entire class to ensure you are performing movements safely and effectively. Equipment needed: Floor space, high back chair, mat and weights (optional). Instructor: Sergio Quisquinay

18 and older Mondays, 10–11 a.m.

Session 1 (8 Weeks): April 5-May 24 Session 2 (4 Weeks): June 7-June 28 Session 3 (8 Weeks): July 12-August 30 Free



Spirit Club Fitness

Class will be geared toward supporting all members of the community, as each class spotlights trainers leading versions of the exercises for those standing, seated, progressed and exercising alongside a supporter (which is a great option for those with limited mobility or with a developmental disability). Truly, a person of any fitness and ability level can get a meaningful exercise experience from these classes. Classes will begin on time. Please Note: This is not a live class; a new routine will be uploaded to the site every Wednesday.

16 and older New video every Wednesday Free

Stretch and Strengthen

Workout with a certified fitness instructor that will lead you through a class that will increase your flexibility and help you tone your muscles. This class is for all fitness levels and you are encouraged to work at your own pace.

Instructor: Geneva Jimreivat

18 and older Mondays, 6–6:30 p.m.

Session 1 (8 Weeks): April 5-May 24 Session 2 (4 Weeks): June 7-June 28 Session 3 (8 Weeks): July 12-August 30 Free

Sunlight Qi Gong

Sunlight Qi Gong is a powerful, beautiful series of movements designed to increase the practitioner's connection to the vitality, warmth, joy, & heart energy of the sun. As spring wakens flowers and beckons us outdoors, Sunlight Qi Gong helps us access our vital "Qi" energy within ourselves and in nature, balancing the Yin of winter with the bright, active Yang energy of spring. Join today - Your Health Is in Your Hands! No experience needed. Instructor: Patrick Smith

16 and older 8 Week Session Tuesdays, 7–7:30 p.m. April 6-May 25 Free



We are all experts of something and someone is looking to benefit from your expertise. Learn the key digital marketing skills that can help you monetize your expertise. In this course you will learn how to navigate the digital world in order to sell a product or your services. This virtual class will cover: Ideation to Activation & Market Research, Which platforms are best for your business, Effective social media ads and how to set them up. How to build a website layout that converts into sales. Live interviews with digital consultants, hairstylists, clothing designers and organizational leaders on how they use the digital world to grow their business. Instructor: Vinny Mwano

16 and older 8 Week Session Thursdays, 6–7 p.m. April 1-May 20 Free

Voice Overs...Now is Your Time

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for! Instructor: Nicole Porch

18 and older 1 Day Workshops Mondays, 6:30-8:30 p.m. May 10 & July 12 Free



Total Body Blast Fitness

Are you ready to have a blast, get your body in shape and toned? Grab your mat and weights and join KJ Total Fitness for an all-around workout tailored for beginners to intermediate exercisers. Please work at your own pace and make modifications as necessary. Each 55 minute workout will consist of: Warmup, Upper & Lower Body Toning, Core Strengthening and Stretch. Recommended equipment: sneakers, floor mat, hand held weights, training gloves, towel and water. Instructor: KJ Total Fitness

16 and older Saturdays, 9-10 a.m.

Session 1 (8 Weeks): April 3-May 22 Session 2 (4 Weeks): June 5-June 26 Session 3 (9 Weeks): July 3-August 28 Free

Yoga (Beginners)

This Zoom class will get you on your feet, stretching and reaching; energize you when you feel dull and bring calm on stressful days. Appropriate for seniors. No prior experience needed. Equipment needed: Yoga mat, 2 blocks, 2 blankets, 1 belt, Instructor: Tehseen Chettri

18 and older 8 Week Session Wednesdays, 5:30-6:30 p.m. April 7-May 26 Free

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 class will consist of warm-ups, stretching, and learning and practicing Isshinryu Karate upper and lower body basics. Instructor: Ellen Marcus

16 and older Mondays, 6:30-7 p.m.



55+

FITNESS

Classic Foundational Fitness & Training

Classic is a group exercise program that is appropriate for all age and skill levels, but especially for those who are new to fitness training. Classic is designed to improve health and skill-related fitness components with focus on muscular strength and endurance; flexibility, agility, balance, coordination, speed variance and power. The program is designed to enhance muscular definition and strength; decrease fall risks; improve cardiovascular capacity; increase physical fitness level; improve movement efficiency and range of motion; and enhance general sense of well-being. The exercises and movements can be modified to challenge all levels of fitness. Classic utilizes a high back chair: light hand weights (1, 2, or 3 lb, weights depending on fitness level) and/or a resistance tube. Each participant will need to have their own equipment, also have a towel and water bottle nearby. Instructor: Michael Williams

55 and up Tuesdays & Thursdays, 10-11 a.m. Session 1 (11 Weeks): April 16-June 17 Session 2 (8 Weeks): July 6-August 26

Vital Living 55+ in Takoma Park

is a new cable show for Takoma Park residents, 55 and older. Each show will highlight an important topic through interviews, presentations and performances. More to come! So tune in and stay engaged! Vital Living is available Tuesdays at 6:30 a.m.; Wednesdays at 8 a.m.; Thursdays 8:30 p.m., and Fridays 7 p.m. on Comcast and RCN: Channel 13 / Verizon Fios: Channel 28 (This schedule is always subject to change because of the council or other live productions). The program is also available through YouTube.



Enhance Your Fitness

A great total body workout using lowimpact aerobic movement and gentle resistance training. This class focuses on increasing strength, balance and flexibility through stretching, breathing, core training and proper posture alignment using standing and seated exercises including warm-up and cool down routines. Instructor: Adriene Buist

55 and up Tuesdays, 8:45-9:45 a.m.

Session 1 (11 Weeks): April 6-June 15 Session 2 (8 Weeks): July 6-August 24 Free

Line Dance

Line Dancing is an enjoyable social activity that provides great physical and mental exercise. It helps to strengthen bones and muscles. It also increases stamina and flexibility as well as supports weight loss and stress reduction. No experience necessary. Instructor: Barbara Brown

55 and up

Wednesdays, 1-2 p.m.

Session 1 (11 Weeks): April 7-June 16 Session 2 (8 Weeks): July 7-August 25

Yoga for Healthy Aging

This class (formerly called Gentle Yoga for Seniors) helps build strength and endurance, increase flexibility and range of motion, improve posture and balance and create a general sense of well-being. Special attention is paid to bone health. Work at your own pace in a series of seated, chair, standing and floor poses and incorporates breathing and relaxation techniques. Students need to provide their own voga sticky mat, a straight-backed chair, access to a wall, a yoga belt (or

equivalent, e.g., a necktie), a tennis ball and preferably a yoga block and blanket. Instructor: Carol Mermey

55 and up

Wednesdays, 2:15-3:15 p.m.

Session 1 (11 Weeks): April 7-June 16 Session 2 (8 Weeks): July 7-August 25 Free

7oomba Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Instructors: Yesika Flores

55 and up Fridays, 10–11 a.m.

Session 1 (11 Weeks): April 9-June 18 Session 2 (8 Weeks): July 9-August 27 Free



Phone a Neighbor

Are you a senior who would like occasional phone calls while staving home? To be connected with a friendly volunteer, contact Paula Lisowski (240-687-4132 or paulal@takomaparkmd.gov).

Books-to-Go

Check Out our Books-to-Go Service!

We are delighted to continue offering our curbside service!

Here are the basics:

To check out books, all OVERDUE books on your library card first must be returned. So, if possible, check your account online before you request books. Go here to check your account: https://takoma. bywatersolutions.com.

Note: Once you return your books in the book-drop, they are guarantined for two days BEFORE they are checked in, for staff and patron safety, so they still will appear on your account for a couple of days after you have returned them.

We take book orders by email (strongly preferred) and phone.

Emails can be sent any time, of course. Phone requests can be made Monday through Friday, from noon until 6 p.m. by calling 240-507-0229. (See below for details on sending emails and making phone requests)

Patrons are limited to 5 books per order.

Before requesting books, please check our catalog, https://takoma.bvwatersolutions.com to see if we have the book, and if it is available. Your search will give you a list of possibilities, click on the one that is of interest. That will take you into the catalog itself and give you all the basic information about the book - the full call number (which we need), availability, reviews, and many other details. Be sure to scroll all the way to the bottom of the record. If the item is checked out, you will see -- in red letters -- CHECKED OUT. If the book is checked out, you may place a hold on it if you are logged into your account. Just click the hold button.

When you request books, by email or phone, we will need your name plus either your birthday or the last 4 digits of your library card number so we can call up your account, and also to ensure you get the books you order. If this is an email request, this information should go in the subject line, along with an indication as to whether you are asking for adult books or children's/teen books.

Once we have fetched your books, we will give you a pick-up window. Regular pick-up times are: Monday through Friday, 2 p.m.- 8 p.m. and Saturday 12 p.m.- 6 p.m. Note we fulfill the requests in the order received, so it may take a day or two before we get to yours.





Call when you get to the Library parking lot. The number to call is 301-580-0085. We'll bring out your books and leave them on a table for you to pick up.

Note: If you are having problems with your library account, need a card replacement or renewal, or need us to validate a new card, please go to our program registration page and then

> look for an entry labeled "Library Card Fixes."

How to Request Books

EMAIL REQUESTS:

The email for book requests is: librarytakomapark@ amail.com.

The subject line should include your name (even if it is part of your email

address), the type of books you want

(A for adult books, J for children's/teen books), and either the last four digits of your Library card OR the month and day of your birthday.

In the body of the email, list the books you are requesting. It will help us to help you if you first search our online catalog. https://takoma.bywatersolutions.com and provide us with the title, and call number (NOT the barcode). Also, please make sure it is available. If it is a fiction work, please use what we have in the catalog: for instance, the call number for "Catcher in the Rye," by J.D. Salinger is FIC SALINGER. For a nonfiction book, such as "Birds of Eastern North America," by Paul Sterry, the call number is 598.097 STERRY.

We will reply when we have fulfilled your request, and let you know when your books are ready to be picked up.

PHONE REQUESTS:

To request books, call: 240-507-0229 Monday through Friday noon-6 p.m.

We will ask you for your name and the last four digits of your Library card number or the month and day of your birthday.

PICKING UP BOOKS:

Call when you get to the Library - 301-580-0085. We'll bring out your books and leave them on a table in back of the library for you to pick up. The table is next to the parking lot and near the entrance to the computer center. In case of rain, we put them on a cart just inside the door.



Shine Brighter Together: Autism Acceptance Month in Montgomery County

Lava Lamps & **Sensory Globes**

In celebration of National Autism Awareness Month, the City of Takoma Park Recreation Department has partnered with local recreation departments for: Shine Brighter Together: Autism Acceptance Month in Montgomery County.

In this event, participants will use inexpensive and common household items to create Lava Lamps & Sensory Glitter Globes. This virtual STEAM activity provides an art project the entire family can enjoy from the safety and convenience of their own homes

Materials needed:

Empty clear plastic bottles Food coloring Vegetable Oil Water

Vinegar

Baking soda or Alka Seltzer tablets Optional—glitter, beads, sequins, aluminum foil, label stickers

Free but registration required at: takomaparkmd.gov/recreation

Wednesday, April 14th

Time: 4-5 pm

All Ages

For more info contact: JavonteM@takomaparkmd.gov









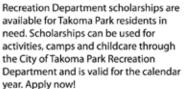




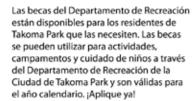




SO THAT ALL TAKOMA PARK RESIDENTS CAN PLAY... SCHOLARSHIPS ARE AVAILABLE FOR RECREATION PROGRAMMING



For more information visit takomaparkmd.gov/recreation



Para obtener más información, visite takomaparkmd.gov/recreation







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ስበስጠ መረጃ takomaparkmd.gov/recreation ን ይታብኙ Des bourses du département des loisirs sont disponibles pour les résidents de Takoma Park dans le besoin. Les bourses peuvent être utilisées pour des activités, des camps et la garde d'enfants par l'intermédiaire du département des loisirs de la ville de Takoma Park et sont valables pour l'année civile. Postulez dès maintenant!

Pour plus d'informations, visitez le site takomaparkmd.gov/recreation









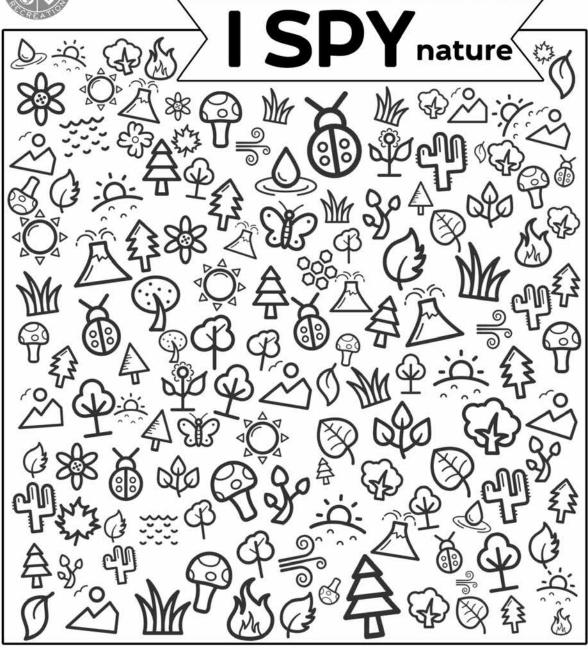












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SUNNY **PARADISE POPSICLE FLAMINGO** FLIP FLOPS **VACATION**

SNOWCONE WATERMELON SUNGLASSES **BEACH SNORKEL PICNIC**

BARBECUE OCEAN PALM TREE SAND CASTLE SUNBLOCK POOL

TOWEL **ICE CREAM STRAWBERRY LIFEGUARD FIREFLIES SWIMMING**

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!



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.

Let's Play America

Let's Play America is a nonprofit that encourages people of all ages to play. LPA and the Recreation Department cosponsor four play events a year; a pool party and three play days. The dates are on the LPA website under events. 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.

Piney Branch Pool (Adventist Community Services)

Pool closed due to COVID.

The pool is located at Pinev 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.

Please reach out to these organizations directly regarding programming and hours during COVID

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. For more information, email takomaparkcommunityband@ gmail.com or call the band president, Ryle Bell, at 703-620-2327.



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.

We Belong Here Activity Guide

For more information and QR Code, please see page 20.

Trail Stop	Location	Directions	Discussion Prompts
Taking Steps	By the Community Center Basketball Court Anne Street	Step from stone to stone. Only step on the big stones, only step on the small stones. Pick a color and only step on that color.	What makes you feel successful? What makes you feel proud? What are your goals? Think abou baby steps versus giant leaps. How does it feel to challenge yourself?
Bursting Bubbles	Near the Takoma Park Library Entrance Anne Street	Jump on the bubble to burst stereotypes and make affirmations: Spread the Word, Back Lives Matter, Girl Power, I Belong, You Belong, We Belong. Think up your own thing to say as you "pop" the bubbles.	What is a stereotype? What is an assumption? What is bias? What is prejudice? What is discrimination? What is an affirmation?
Walk the Walk	200 Block of Philadelphia Ave	Follow the steps of a bear, elephant, frog.	If you were an animal, what animal would you be? What is your favorite animal and why? What are the ways different animals get around? What are the different ways humans get around? What makes you feel unique? What makes you feel valued?
Leaps and Bounds	Corner of Philadelphia Ave and Holly Ave Anne Street	Jump from log to log.	What does is mean to take a risk? How does it feel to take a risk? Give an example of taking a good risk? Give an example of a bad or dangerous risk?
lop, Skip and Jump	Holly Ave across from Hodges Lane Anne Street	Find a rock or twig. Toss it to the number 1. Hop through the numbers, skipping number one. Turn around and come back picking up your rock at number 1. Now toss to number 2 and continue. Two or more can play by taking turns.	What games do you like? Do you like to play on a team or on your own? What does it mean to take turns? What does fair mean? Is fair the same as equal?
Walking on Tiptoe	Corner of Holly Ave and Grant Ave Anne Street	Stay on your tip toes, follow the snake's body from head to tail.	What does it mean to tiptoe around a subject? Have you been quiet when you could have said something? What makes you want to speak out?
Staying Balanced	300 Block of Grant Ave	Balance on the tightrope, walking with one foot in front of the other. Pretend you are high up in the air. Try not to fall off.	What does it mean to have balance in our life? What makes you feel anxiety or "out of balance?" What if you fall? Can you get back up again?
Lead and Fellow	On Grant Ave near TPMS	Stand facing another person. One person is the leader; the other follows. Dance, make funny faces, move your arms and legs, be creative. Say something in another language or in sign language. Switch the leader and the follower.	How are we the same, how are we different? How does it feel to be different? What makes you feel proud? What makes you feel unique? Are you a leader or a follower?
Valking and Talking	200 Block Grant Ave Anne Street (Insprational words only)	Follow the foot prints heel to toe. Pause at each word. Think about the meaning. Talk about what each word means in your family, in your community in our country. Say these and your own affirmations. I am kind. I am curious. I am creative. I belong.	What does it mean to "walk in someone else's shoes?" Are you kind? Are you curious? Are you creative? Do you respect others? Do you respect yourself? What makes you feel included? What is an affirmation?
Tree Pose	Entrance to the Takoma Piney Branch Park Anne Street	Begin by standing with your arms at your sides. Shift your weight to your left foot. Position your right foot like in the picture. Do not rest your foot against your knee, only above or below it. Inhale as you extend your arms overhead, reaching your fingertips to the sky. Rotate your palms inward to face each other.	What is hard for you? What is easy? Why is practice important? What makes you feel calm?





MONDAY

Rise and Move - ADULT, 10-11 a.m. Stretch & Strengthen - ADULT, 6-6:30 p.m. Karate Self-Defense - ADULT, 6:30-7 p.m.

TUESDAY

Enhance Your Fitness - 55+, 8:45-9:45 a.m. Classic Foundational Fitness - 55+, 10-11 a.m. Teen Talk - TEEN, 5-6 p.m. Qi Gong - ADULT, 7-7:30 p.m.

WEDNESDAY

Spirit Fitness - ADULT, new video each week ReVamp Fit Exercise - ADULT, 10-11 a.m. Line Dance - 55+ 1-2 p.m. Yoga for Healthy Aging - 55+, 2:15-3:15 p.m. Yoga (Beginners) - ADULT, 5:30-6:30 p.m. Meditation, Mudras & Yoga - ADULT, 7-7:30 p.m. Writing Life Stories - ADULT, 7-8:30 p.m.

THURSDAY

Classic Foundational Fitness - 55+, 10-11 a.m. Fitness for Life - ADULT, 11 a.m.-12 p.m. Digital Marketing - ADULT, 6-7 p.m.

FRIDAY

Zoomba Gold - 55+, 10-11 a.m. Let's Move Afro Caribbean Dance - ADULT, 6-7 p.m.

SATURDAY

Total Body Blast Fitness - ADULT, 9-10 a.m. Recess Break - YOUTH, 10:30-11 a.m. Commit 2 B Fit - TEEN, 10:30-11:30 a.m. Foundational Fitness II - ADULT, 10:30-11:30 a.m. Pandamit Painting - ADULT, 11 a.m.-12 p.m. Be Creative Arts & Crafts - YOUTH, 12-12:30 p.m. Let's Grow, Garden Art - YOUTH, 1-1:30 p.m.

SUNDAY

Youth Dance Class - YOUTH, 11:30 a.m.-12 p.m.

Check ActiveNet for the most current list of classes, including those that require registration and summer sessions.

Participant Waiver

I acknowledge, understand, and accept that there are inherent risks associated with participation in this program and that doing so could result in an injury. The City of Takoma Park assumes no liability for injuries or damages from the results of participation (virtually or in person). I acknowledge the fact that the Takoma Park Recreation Department does not provide accident insurance to its program participants. I certify that, to the best of my knowledge, I /my child am / is physically fit and, should this condition change at any time during the program I will notify the administration of the Recreation Department immediately. The Recreation Department has my permission to call Emergency 911 and/or to send me/my child to a hospital or emergency care facility, and the hospital and medical staff have my authorization to provide emergency treatment deemed necessary for the well-being of me/my child. I agree to abide by all posted, written, or verbally communicated rules and regulations administered by the Recreation staff concerning this program. I have read, understood, and accept the terms of this participant's agreement as outlined. I do hereby on behalf of my child, my heirs, and executors, agree to indemnify the Mayor and Council of the City of Takoma Park and all of its agents, officers and employees, from any and all claims for

injuries or loss of any person or property which may arise out of or result from my/my child's participation in the above-referenced program or activity. I hereby and represent that if the participant is a minor, I am their parent/guardian and authorized to provide the releases, authorizations, and permissions stated herein and all the information provided is accurate and complete. I hereby give permission for the participant named above to participate in the TPRD's program, including transportation in approved vehicles (TPRD Vehicles, Board of Education School Buses, or Commercial Motor Coaches). I acknowledge that the Takoma Park Recreation Department has a policy for conduct in recreation programs and facilities and I hereby agree that the participant is subject to said policies, including the disciplinary provisions. I authorize the Recreation Department to take, display, and publish photographs, slides or videos for promotional and/or educational purposes. PLEASE READ CAREFULLY. THIS RELEASE OF LIABILITY CONTAINS A RELEASE OF KNOWN AND UNKNOWN CLAIMS BY YOU AND YOUR CHILD. BY PARTICIPATING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY, AND KNOWINGLY AND VOLUNTARILY AGREE TO ALL TERMS.