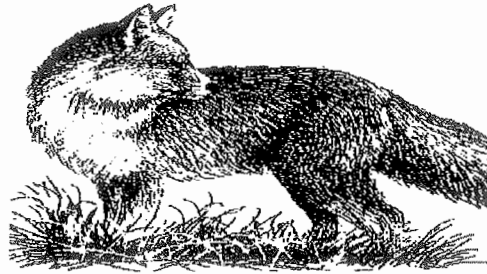


SILVER FOXES



TAKOMA PARK'S SENIOR CLUB February 2007

Please Note! The Senior Room is a drop in facility. Classes are held at various times throughout the week. Computer assistance is available in Room "A" only.

Weather Information

Please listen to your radio or television for possible school closings or delays. If Montgomery County schools are closed due to weather, all Senior programs will be cancelled. For information call our weather hotline 301-891-7101 extension 5605.

Contact Us!

The City of Takoma Park,
Recreation Dept.
7500 Maple Avenue
Takoma Park, MD 20912
Phone: 301-891-7290

Senior Program Office
Carole Ank, Program Coordinator
CaroleA@Takomagov.org
Phone: 301-891-7280



Inside this Issue:

What's New for February?

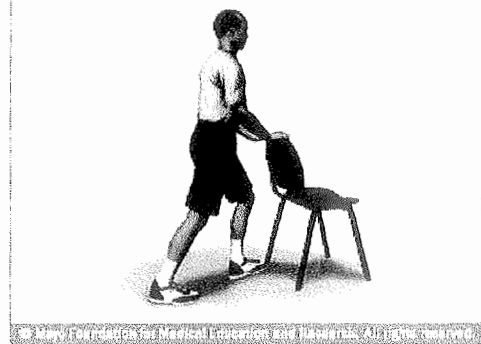
1. General Information
2. Calendar
3. Bone Builders
Gentle Exercise and Yoga for Seniors
4. Table Games
Basic Computer Class
Line Dancing
5. Bingo (Cancelled)
Old Country Buffet (Cancelled)
Blood Pressure Screening (Cancelled)
6. God Had Bid You Meet

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| | | | <p>1 Bone Builders Exercise Program 10 – 11 a.m.</p> | <p>2 Gentle Movement & Yoga for Seniors 11:30 a.m. – 12:30 p.m.</p> |
| <p>5 Bone Builders Exercise Program 10 – 11 a.m.</p> | <p>6 Table Games 11 a.m. – 2 p.m.</p> | <p>7 Basic Computer Class 10 – 11:30 a.m. ***** Line Dancing 11 a.m. – 12 p.m.</p> | <p>8 Bone Builders Exercise Program 10 – 11 a.m. ***** Social Bingo (Cancelled)</p> | <p>9 Gentle Movement & Yoga for Seniors 11:30 a.m. – 12:30 p.m.</p> |
| <p>12 Bone Builders Exercise Program 10 – 11 a.m.</p> | <p>13 Table Games 11 a.m. – 2 p.m.</p> | <p>14 Basic Computer Class 10 – 11:30 a.m. ***** Line Dancing 11 a.m. – 12 p.m. ***** Old Country Buffet Restaurant (Cancelled)</p> | <p>15 Bone Builders Exercise Program 10 – 11 a.m.</p> | <p>16 Gentle Movement & Yoga for Seniors 11:30 a.m. – 12:30 p.m.</p> |
| <p>19 President's Day ***** Community Center Closed</p> | <p>20 Table Games 11 a.m. – 2 p.m.</p> | <p>21 Basic Computer Class 10 – 11:30 a.m. ***** Line Dancing 11 a.m. – 12 p.m.</p> | <p>22 Bone Builders Exercise Program 10 – 11 a.m. ***** Social Bingo (Cancelled) ***** Blood Pressure Screening (Cancelled)</p> | <p>23 Gentle Movement & Yoga for Seniors 11:30 a.m. – 12:30 p.m.</p> |
| <p>26 Bone Builders Exercise Program 10 – 11 a.m.</p> | <p>27 Table Games 11 a.m. – 2 p.m.</p> | <p>28 Basic Computer Class 10 – 11:30 a.m. ***** Line Dancing 11 a.m. – 12 p.m.</p> | | |

Events

The Game Room is available for Seniors to play pool, ping pong, air hockey, and other active games Monday thru Friday 10:00 am to 2 pm.

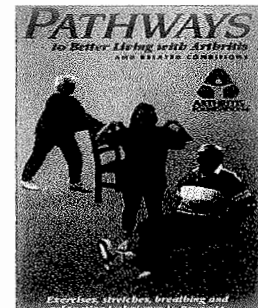
Event: **Bone Builders Exercise Program**
Date: Mondays and Thursdays,
Ongoing
(No class Monday, February 19)
Time: 10 – 11 a.m.



Description: “Bone Builders” consists of three parts; balance exercises, weight training and discussion concerning diet, safety and exercise. The Program uses trained RSVP volunteers to lead the classes with supervision by a certified trainer. It is important for participants to be on time for each class. For information call 301-891-7280.

Location: *Dance Studio* located near the rear entrance of the Takoma Park Community Center. No transportation provided.

Event: **Gentle Movement and Yoga for Seniors**
Date: Fridays,
Ongoing
Time: 11:30 a.m. - 12:30 p.m.



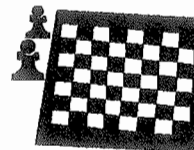
Description: This is a non-aerobic movement class geared specifically for those who attend. The class consists of some basic movement exercises to strengthen muscular development both seated and if able, standing with support. There will be coordination movements, walking or in a chair (wheelchairs okay). The class uses gentle motivation, musical inspiration and yoga principals to bring oxygen to the blood, fluidity to the joints and laughter to the soul. Drop-ins are welcome.

Location: *Dance Studio* located near the rear entrance of the Takoma Park Community Center. No transportation provided.

Event: **Table Games**

Dates: Tuesdays, (ongoing)

Time: 11 a.m. - 2 p.m.

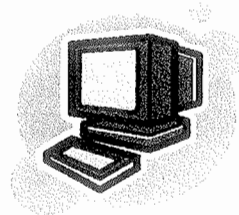


Details: Meet in the *Senior Room* of the Community Center. Transportation provided for those who can not drive. Call to be scheduled for pick-up. RSVP two days in advance. Call Matt Corley at: 301-891-7225.

Event: **Basic Computer Class**

Date: Wednesdays, (ongoing)

Time: 10 – 11:30 a.m.



Description: This is an introductory class. Jim Mueller and Phil Shapiro have teamed up to present an interesting and exciting learning experience. If you are interested in taking or repeating this class, please call 301-891-7280 and leave your name and telephone number. (You must have a Library card to use computers). If you are new to the program, you must fill out a registration form. Ask Phil Shapiro in the computer lab for the form.

Details: No transportation provided. Class is held in *Computer Room (A)*. Park in the rear of the Takoma Park Community Center. Enter through the double doors, turn right, and walk up the hall to the Computer Room.

Event: **Line Dancing**

Date: Wednesdays, Ongoing

Time: 11 a.m. – 12 p.m.

Description: Line dancing is a great way to exercise with music. No experience necessary so drop-in and enjoy the fun.



Details: Meet in the *Azalea Room* of the Takoma Park Community Center.

Takoma Park Recreation Department

Get out and play! Youth Programs - Grades K-6

Please refer to Fall 2006 Brochure or our web site www.tprecreation.org for more details on days, times and age appropriateness. For more information on any of these programs please call 301-891-7290

Sports and Fitness

| | |
|--------------------|-------------------------|
| Tennis Clinics | Weekdays depends on age |
| Basketball | Weekdays depends on age |
| Soccer Clinic | Tuesdays and Thursdays |
| Indoor Soccer | Sundays |
| Intro to Billiards | Mondays and Fridays |
| Kung Fu | Saturdays |
| Fencing | Tuesdays |



Art

Classes

| | |
|------------------------------|------------|
| Dungeons and Dragons | Thursdays |
| Alternative Games | Saturdays |
| Off the Dome (hair grooming) | Wednesdays |
| Chess Club | Tuesdays |
| Baby Sitting | Mondays |

| | |
|---------------------------|------------------|
| Knitting for Kids | Tuesdays |
| Crochet for Kids | Tuesdays |
| Abakadoodle Art Education | |
| Mini Doodlers | Wednesdays |
| Doodlers | Wednesdays |
| Winter Break Camp | Tuesday - Friday |

Before and Afterschool Programs Monday - Friday



Morning Addition

7 - 9 a.m.

Afternoon Addition

3:30 - 6:30 p.m.



Dance

| | |
|---------------|--------------------|
| Jazz Dancing | Mondays or Fridays |
| Hip Hop | Fridays |
| Belly Dancing | Tuesdays |

Music

| | |
|-----------------|------------|
| Beginning Piano | Wednesdays |
| Learn How to DJ | Tuesdays |

TAKOMA PARK RECREATION DEPARTMENT TOT PROGRAMS 2007

Please refer to the Winter 2007 Program Guide or our web site www.tprecreation.org. For more information about these and other classes please call 301-891-7290.

GET OUT AND PLAY!

MUSIC

Kindermusik

| | |
|---------------------------------|-----------------------|
| Village - Zoom Buggy | ages 0 - 18 mos. |
| Our Time - Milk and Cookies | ages 18 mos. - 3 yrs. |
| Imagine That - Hello Weather... | ages 3 - 5 yrs. |
| Family Time - Our Kind of Day | ages 0 - 7 yrs. |



DANCE AND MOVEMENT

| | |
|-------------------|-----------------------|
| Kids Dance | ages 2- 6 yrs. |
| Do a Little Dance | ages 3 - 4 yrs. |
| FUNFIT® | ages 1 - 2 yrs. |
| Family FUNFIT® | ages 18 mos. - 4 yrs. |

ENRICHMENT

| | |
|--------------------------------|-------------------------|
| "Read All About It" | ages 1 1/2 - 3 1/2 yrs. |
| Montessori Morning | ages 1 1/2 - 3 1/2 yrs. |
| Bright Minds Science | ages 1 1/2 - 3 1/2 yrs. |
| 1, 2, 3, Cooking Up Math w/ Me | ages 1 1/2 - 3 1/2 yrs. |
| Arts Alive | ages 1 1/2 - 3 1/2 yrs. |
| Little Linguists | ages 1 1/2 - 5 yrs. |

For more information about any of the program you see listed please call the Recreation Office at 301-891-7290.

**TAKOMA PARK COMMUNITY CENTER / HEFFNER HISTORY OF
FREE USE JULY 06 - JAN 07**

| Name of Group | Number of Uses |
|-----------------------------------------------------|----------------|
| CERT | 6 |
| Conflict Resolution Center of Montgomery County | 9 |
| Cub Scouts | 1 |
| Danny Epps Swing Jazz Band | 15 |
| Friends of The Takoma Park Library | 1 |
| Historic Takoma | 4 |
| La Leche League of Takoma Park | 7 |
| Lions Club | 2 |
| Old Town Residents' Association | 2 |
| Red Cross | 2 |
| Ritchie's Citizen Association | 5 |
| Sligo Station Condominium | 4 |
| Somali American Community Association | 3 |
| Takoma Artist Guild | 5 |
| Takoma Attachment Parenting | 5 |
| Takoma Horticultural Club | 2 |
| Takoma Jazz Fest | 2 |
| Takoma Neighborhood Youth Soccer | 2 |
| Takoma Park Community Action Group | 23 |
| Takoma Park Community Band | 23 |
| Takoma Park Film Festival | 9 |
| Takoma Park Folk Festival | 4 |
| Takoma Park Silver Spring Babe Ruth Baseball League | 13 |