

# Langley Park Senior Activity Center

## 2023 SPRING CALENDAR



### *Welcome to Langley Park Senior Activity Center*

*March, April, May 2023*

Hours of Operation - Monday-Friday 9 am - 3:30 pm



*live more, play more*  
pgparks.com

Please note the senior center will be closed: Monday, May 29 - Memorial Day

*Face Covering Encourage!*



### **SPRING REGISTRATION**



- Registration - Wednesday, February 16, for Residents (R) of Prince George's County
- Registration - Wednesday, February 22, Non-Residents (NR)
- Spring Classes: Register early! **In-person & Virtual classes available.**
- Trips -Sign up early, trips fill on a first come, first serve basis.
- Don't wait! Please register at least one week prior to the class start date so we can plan accordingly.  
A minimum number of registrants are required for programs to be held.
- A fee assistance program is available for residents who need financial help to participate in our in our classes that have a fee over \$35. Fee reduction may be available based on income and family size. For more information, visit our website at [www.pgparks.com](http://www.pgparks.com) or ask our center staff.

1500 Merrimac Drive, Hyattsville, MD 20783

301-408-4343 voice

301-699-2544 TTY

301-408-4344 fax

# Langley Park Senior Activity Center – Important Information

## **Our Refund Policy:**

1. All refunds are subject to a 20% Refund Administrative Fee.
2. All withdrawals/refunds must be processed by the facility offering the activity.
3. The Senior Activity Center Director must approve all requested refunds.
4. Trip refunds will only be issued if the spot can be resold.
5. Cash refunds are not allowed.
6. Refunds can be issued:
  - As an immediate credit to your PARKS DIRECT account.
  - As a credit on your credit card which can take 3 to 5 days to process.
  - As a check which can take 3 to 4 weeks to process.

## **Trip Transportation:**

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

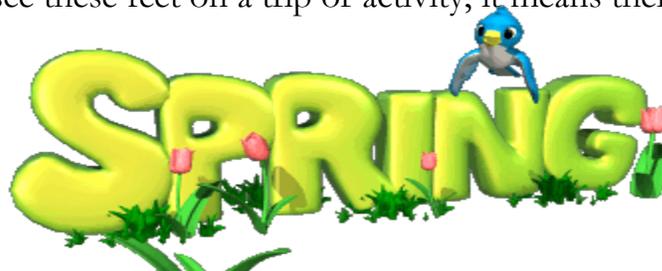
- M-NCPPC Activity Bus-12-15 passenger white or tan bus
- Commission Bus- Large 24 passenger bus
- Motor Coach Bus- 40-50 passenger bus with restroom

## **Trip Information:**

All trip registrants are expected to return with the group to the center or fill-out a release form.



Note: When you see these feet on a trip or activity, it means there is lots of walking.



# Langley Park/Gwendolyn Britt Senior Activity Center: **Virtual Classes**

<b>PIANO ADVANCE</b>	<b><u>Tues &amp; Thurs</u></b> Mar 7-30 (31541-230D) April 4 -27 (31541-230E) May 2 - 25 (31541-230F)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
<b>PIANO ADVANCE Level I</b>	<b><u>Mon &amp; Wed</u></b> Mar 6 - 29 (31541-244D) April 3 - 26 (31541-244E) May 1 - 24 (31541-244F)	9:30 – 10:30 am	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<b><u>Tues &amp; Thurs</u></b> Mar 7-30 (31538-230D) April 4 -27 (31538-230E) May 2 - 25 (31538-230F)	1 – 2 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER</b>	<b><u>Tues &amp; Thurs</u></b> Mar 7-30 (31526-230D) April 4 -27 (31526-230E) May 2 - 25 (31526-230F)	10 - 11 am	\$68 (R) \$89 (NR)
<b>LINE DANCE</b>	<b><u>Mondays</u></b> Mar 6 - 27 (31502-244A) April 3 - 24 (31502-244B) May 1 - 22 (31502-244C)	11 am– 12 noon	\$26 (R) \$34 (NR)
<b>HOME PROJECTS</b>	<b><u>Wednesdays</u></b> Mar 8 - 22 (31523-230D) April 5 - 19 (31523-230E) May 3 - 17 (31523-230F)	10 – 11 am	\$18 (R) \$24 (NR)
<b>BINGO</b>	<b><u>Fridays</u></b> Mar 3 - 24 (31510-230F) April 7 - 28 (31510-230E) May 5 - 26 (31510-230D)	12 noon – 1 pm	\$20 (R) \$26 (NR)



# Langley Park Senior Activity Center: **In-Person**

<b>PIANO BEGINNERS</b>	<u><b>Tues &amp; Thurs</b></u> Mar 7 - 30 (23502-244E) April 4 - 27 (23502-244F) May 2 - 25 (23502-244D)	9 – 10 am	\$60 (R) \$78 (NR)
<b>PIANO INTERMEDIATE</b>	<u><b>Tues &amp; Thurs</b></u> Mar 7 - 30 (23503-244E) April 4 - 27 (23503-244D) May 2 - 25 (23503-244F)	10 – 11 am	\$60 (R) \$78 (NR)
<b>LINE DANCE</b>	<u><b>Mondays</b></u> Mar 6 - 27 (23501-244B) April 1 - 24 (23501-244C) May 1 - 22 (23501-244D)	11am – 12 pm	\$26 (R) \$34 (NR)
<b>COMPUTER BEGINNERS</b>	<u><b>Mondays &amp; Wednesdays</b></u> Mar 6 - 29 (14501-244E) April 3 - 26 (14501-244F) May 1 - 24 (14501-244D)	10 – 11 am	\$50 (R) \$65 (NR)

# Langley Park Senior Activity Center: **Activities**

<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Sassy “Senior” Walk</i></b> Indoor at the Senior Center!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Sassy “Senior” Walk</i></b> Indoor at the Senior Center!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Sassy “Senior” Walk</i></b> Indoor at the Senior Center!
<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Card Sharks!</i></b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Card Sharks!</i></b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b><i>Card Sharks!</i></b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!
<b>WEDNESDAY: 12pm-2pm</b> <b><i>Bingo</i></b> – Everybody is a winner!	<b>WEDNESDAY: 12pm-2pm</b> <b><i>Bingo</i></b> – Everybody is a winner!	<b>WEDNESDAY: 12pm-2pm</b> <b><i>Bingo</i></b> – Everybody is a winner!
<b>WEDNESDAY: 10am-12pm</b> <b><i>LINE DANCE</i></b> Line Dances from Country Western to the Electric Slide. A fantastic way to exercise to music! <b>No experience necessary!</b>	<b>WEDNESDAY: 10am-12pm</b> <b><i>LINE DANCE</i></b> Line Dances from Country Western to the Electric Slide. A fantastic way to exercise to music! <b>No experience necessary!</b>	<b>WEDNESDAY: 10am-12pm</b> <b><i>LINE DANCE</i></b> Line Dances from Country Western to the Electric Slide. A fantastic way to exercise to music! <b>No experience necessary!</b>
<b>THURSDAY/FRIDAY: 10am-2pm</b> <b><i>GAME SWAP</i></b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!	<b>THURSDAY/FRIDAY: 10am-2pm</b> <b><i>GAME SWAP</i></b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!	<b>THURSDAY/FRIDAY: 10am-2pm</b> <b><i>GAME SWAP</i></b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!

## **MARCH 2023**

### **Senior Shape**

**Monday & Thursday, March 6 - 30**

**Free**

**10 - 10:45 am**

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals.

Sponsored by Suburban Hospital. Registration is required!

### **National Woman's Day Celebration**

**Wednesday, March 8**

**PARKS DIRECT code: [LPSAC-SPEC-GA-20230308](#)**

**11 am - 1 pm**

This is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic, or political. As we celebrate sit back relax and enjoy the sounds of Black-Tie Excellence as we celebrate *All* Women of Excellence.

### **The Women of Motown, Publick Playhouse**

**Friday, March 10**

**\$20 (R); \$26 (NR)**

**10 am - 3 pm**

**PARKS DIRECT code: [LPSAC-20230310](#)**

The story of Motown is a story of female empowerment. Its finest female talents were spotlighted such as Diana Ross & the Supremes, Gladys Knight, Martha & The Vandellas, Mary Wells and many more. Enjoy all your Motown favorites and celebrate this tribute to the Women of Motown. After the show enjoy a meal at Golden Coral. Meals at your own expense. Transportation provided.

### **National Museum of African American History & Culture**

**Wednesday, March 15**

**\$20 (R); \$26 (NR)**

**10 am - 3 pm**

**PARKS DIRECT code: [LPSAC-20230315](#)**

The National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American life, history, and culture. The museum has collected more than 36,000 artifacts. Meals at your own expense. Transportation provided.

### **St. Paddy's Day Paint & Sip with Pizza & Ice Cream**

**Friday, March 17**

**\$10 (R); \$13 (NR)**

**10:30 - 12:30 pm**

**PARKS DIRECT code: [LPSAC-SPEC-GA-20230317](#)**

Interested in painting? It's easy!!! Painting is a relaxing activity. All supplies & materials provided.

Pizza & Ice Cream will be served. Let's have fun!

### **National Chip & Dip Movie Day**

**Wednesday, March 29**

**PARKS DIRECT code: [LPSAC-SPEC-GA-20230329](#)**

**11 am - 2 pm**

Sit back relax enjoy your chips & dip while watching a movie. This is your me time!



# Langley Park Senior Activity Center: Trips & Special Events

## APRIL 2023

### Senior Shape

Free

Monday & Thursday, April 3 - 27

10 - 10:45 am

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals.

Sponsored by Suburban Hospital. Registration is required!

### Cherry Blossoms Tour

\$10 (R); \$13 (NR)

Monday, April 3

10 am - 2 pm

**PARKS DIRECT code: [LPSAC-20230403](#)**

Enjoy a beautiful trip to see the Cherry Blossoms and visit the Jefferson Memorial. Lavish over a great lunch at Shake Shack on the waterfront. Meals at your own expense. Enjoy a beautiful day in our Nation's Capital. Transportation provided.

### Spring Egg-citement Egg Hunt

**PARKS DIRECT code: [LPSAC-SPEC-GA-20230410](#)**

Monday, April 10

1 -2 pm

Enjoy the egg-citement!!! Look all over your senior center to find your prize. You could find the golden Easter egg prize. Keep looking, good luck!!

### Maryland Live & Arundel Mills Mall

\$20 (R); \$26 (NR)

Wednesday, April 19

10 am - 4 pm

**PARKS DIRECT code: [LPSAC-20230419](#)**

The Maryland Live! Casino features slot machines, electronic table games and nationally acclaimed restaurants. Don't forget to shop at Arundel Mills Mall, Maryland's largest outlet. Meals are at your own expense. Transportation provided.

### ALL SET RESTAURANT

\$10 (R); \$13 (NR)

Wednesday, April 26

10:30 am - 2 pm

**PARKS DIRECT code: [LPSAC-20230426](#)**

The All Set Restaurant & Bar, added a contemporary twist on seasonally inspired dishes that reflect a passion for fresh ingredients, nutritious foods, and unforgettable flavors. They cook American cuisine influenced by the traditions of coastal New England comforting, classic, and warm and friendly.

Meals at your own expense. Transportation provided.



# Langley Park Senior Activity Center: **Trips & Special Events**

## **MAY 2023**

### **Senior Shape**

**Monday & Thursday, May 1 -25**

**Free**

**10 - 10:45 am**

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals.

Sponsored by Suburban Hospital. Registration required!

### **National Chocolate Parfait Day**

**Monday, May 1**

**Free**

**12 - 2 pm**

With layers of sweetness enjoying a delicious chocolate parfait would be a perfect way to end your day. Parfait literally means perfect in French! The American style layers parfait cream, ice cream, and flavored gelatin topped with whipped cream, parfait has recently taken a wholesome turn using yogurt layered with nuts and fresh fruits, instead of ice cream. Registration required!

### **City Entertainment “Mother’s Day” Cruise**

**Friday May 12**

**\$82 (R); \$107 (NR)**

**10:00 am - 4:00 pm**

**PARKS DIRECT code: [LPSAC-20230512](#)**

Enjoy this exciting Mother’s Day Lunch Cruise honoring our mothers on the Potomac River. See the beautiful sights from five heated decks. Enjoy a lavish Mother’s Day lunch buffet, Individual photos, entertainment by a live musical revue and DJ. All included in the price. Transportation provided.

### **Senior Health and Fitness**

**Wednesday, May 24**

**Free**

**10 am – 2 pm**

**PARKS DIRECT Code: [SPD-SPEC-GA-20230524A](#)**

Get your body moving and engaged at the 2023 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, Drum ‘n Tone, swimming, a spin class, chair massages, wellness screenings, art, and more at Southern Area Aquatic and Recreation Center in Brandywine, MD. Transportation is being provided from each senior activity center. Please sign up at a senior activity center, seats are limited.

### **National Meditation Month**

**Friday, May 26**

**“Free Your Mind, Free Your Body”**

**10:30 - 11:30 am**

Tons of research show that meditation transforms and heals our mind, body, and soul. Just sit in a place of peace, get silent, and clear your mind. Open your senses and slowly breathe in light, and healing into your body, mind, and soul.



# Langley Park Senior Activity Center: **Information/Education**

## Upcoming AARP Smart Driver Courses

Monday, March 13, 2023,	10:00 am - 2:00 pm	\$20/AARP Members; \$25/Non-Members
Monday, April 10, 2023,	10:00 am - 2:00 pm	\$20/AARP Members; \$25/Non-Members
Monday, May 8, 2023,	10:00 am - 2:00 pm	\$20/AARP Members; \$25/Non-Members

Refresh your driving skills with the AARP Smart Drivers Course. Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion, you may qualify for car insurance premium discounts. **Register online at AARP or call 301-736-1565.** Call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4. No outside food allowed. Payment due by check or money order (no cash) to AARP the day of the class.

**Face Coverings Encourage!**

## Blood Pressure Screenings

<b>BLOOD PRESURE SCREENINGS</b>	<b>Every 1<sup>st</sup> Thursday</b>
Thursday, March 2	11:00 am – 11:45 am
Thursday, April 6	11:00 am – 11:45 am
Thursday, May 4	11:00 am – 11:45 am



# Langley Park Senior Activity Center: **Health & Wellness Events**



## **CVS Pharmacy Presentation** **FREE**

**Friday, March 31**  
**10 am - 12 pm**

This presentation will share valuable information on the importance of staying current with your immunizations. The discussion will focus on:

- the flu, tetanus (Td/Tdap), pneumococcal, and shingles vaccinations
- who and when should receive these vaccines.
- common side effects of these vaccines
- how to get vaccinations (schedule follow up visit for January)

Back By Popular Demand!



## **CareFirst BlueCross & BlueShield** **FREE**

**Thursday, April 13**  
**11 am – 12:30 pm**

CareFirst Bingo Day + Health Benefit Information! Evaluate your Health care knowledge and win prizes. Take advantage of additional benefits such as dental, vision, and hearing aid coverage, meals, rides and more. Learn about how you can get these benefits and more at no additional cost to you.



## **Senior Safety** **FREE**

**Thursday, May 25**  
**10 am - 12 pm**

Did you know that at age 65, people are twice as likely to be injured by fires compared to the population at large? During this session, you will hear from Prince George's Fire Department to learn ways to stay safe by making simple changes in your home.(Virtual) Sponsored by Suburban Hospital.

## **FOR YOUR INFORMATION**

In accordance with Maryland State Law, **NO SMOKING** on M-NCPPC property. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, and ballfields.



# SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Monday and Wednesdays here at Langley Park featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are sixty & better can reserve a meal by contacting our Nutrition Manager, Austin Simpson at 301-439-3056 or stop in to register in person. You can also call the Department of Family Services, Aging Services Division at (301) 265-8475. You must register at least one day in advance. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance with Nutrition Manager Austin Simpson, at 301-439-3056. Please bring exact change to cover your donation.

**Transportation:** The Seniors can directly reserve Transportation services. They must call DPW&T Intake line (301) 499-8603 to reserve their transportation ride to the Senior Center and must participate in the lunch program to be transported.

**Note:** There will be no lunch program when Prince George's County schools have a delayed opening or are closed due to inclement weather conditions.

**Reminder:** Lunch is subject to change depending on the Aging Services Division Office schedule.

# SENIOR SMARTRIP INFORMATION



WMATA Senior SmartTrip Cards are sold at the Center.

The purchaser must be at least 65 years of age with a government issued photo ID. Cost of the card is \$2.

# DISABILITY ACCOMMODATIONS

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

# WEATHER POLICY

Sign up for PG Parks Alerts and get the latest information on M-NCPPC closings due to weather, facility maintenance and other emergencies. Visit our website at [www.pgparcs.com](http://www.pgparcs.com) today!

## IMPORTANT PHONE NUMBERS



Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

# The Pillars of Our Community



## 2023 CENTENARIAN CELEBRATION

DO YOU KNOW ANY PRINCE GEORGE'S COUNTY  
RESIDENTS BORN IN 1923 OR BEFORE?

IF SO, WE NEED YOUR HELP!

M-NCPPC, Department of Parks and Recreation is collecting information about **Prince George's and Montgomery County residents who were born in 1923 or before** (January 1, 1923 to December 31, 1923 or before) to invite them to a special centenarian luncheon. **The luncheon will be held on Friday, May 5, 2023**, at the Laurel-Beltsville Senior Activity Center (7120 Contee Road, Laurel, MD 20707). **This year's event will be limited to the Centenarian and up to five (5) guests.**

If you know someone who was born in 1923 or before and resides in Prince George's or Montgomery County, please share this information or complete the online registration form at [pgparks.com/centenarian](https://pgparks.com/centenarian) no later than March 15, 2023.

For centenarian registration assistance, please contact staff at Laurel-Beltsville Senior Activity Center at 301-206-3351/3350 or send an email to [Seniors@pgparks.com](mailto:Seniors@pgparks.com)



For more information, please email Customer Service at [customerservice@pgparks.com](mailto:customerservice@pgparks.com) or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.