

Langley Park Senior Activity Center

2023 SUMMMER CALENDAR



Welcome to Langley Park Senior Activity Center
June, July, August 2023

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

Please note the center will be closed: Tuesday, July 4 - Independence Day



live more, play more
pgparks.com

Face Coverings Optional!



SUMMMER REGISTRATION



- Registration - Wednesday, May 17, for Residents (R) of Prince George's County
 - **Note:** the center will open at 9 am for registration.
- Registration – Wednesday May 24, Non-Residents (NR)
- Summer Classes: Register early! **In-person & Virtual classes available.**
- 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 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.pg parks.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: 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.



CELEBRATE THE NATIONAL DAY OF DANCE! SENIOR LINE DANCE PARTY

FRIDAY, JULY 21, 2023 | 9 AM-12 NOON

AGES 60 & BETTER

Enjoy an American fare breakfast, and then DANCE! DANCE! DANCE!

Registration begins Wednesday, May 17 for Prince George's County residents, and Wednesday, May 24 for non-residents. Limited spaces available.

You MUST register in advance, as NO tickets will be sold at the door. Transportation will not be provided.

Visit pgparksdirect.com and register for Ticket Code: **SPD-SPEC-GA-20230721** or keyword search "Dance Party". **Please note:** You must have a Parks Direct account to register.

Please bring your printed ticket for admission to the event. Wearing of face masks is optional.

Ticket Fee: Resident \$35; Non-Resident \$46

SEE REVERSE SIDE FOR TICKET PICK UP LOCATIONS & SCHEDULE.

(IMPORTANT: YOU MUST PRESENT YOUR RECEIPT OF PURCHASE TO RECEIVE YOUR TICKETS.)

MARTIN'S CROSSWINDS
7400 GREENWAY CENTER DRIVE,
GREENBELT, MD 20770

FOR MORE INFORMATION, CONTACT
BRENDA HARRIS AT 301-408-4343,
OR SENIORS@PGPARKS.COM.

2023 SENIOR LINE DANCE SPONSORS



For more information, please email Customer Service at 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.



SENIOR LINE DANCE PARTY

TICKET DISTRIBUTION LOCATIONS & SCHEDULE

(IMPORTANT: YOU MUST PRESENT YOUR RECEIPT
OF PURCHASE TO RECEIVE YOUR TICKETS.)

CAMP SPRINGS SENIOR ACTIVITY CENTER

6420 ALLENTOWN RD., CAMP SPRINGS 20748

TUESDAYS, MAY 23 & JUNE 6 AND MONDAY, JULY 3, 10 AM-2 PM

CEDAR HEIGHTS COMMUNITY CENTER

1200 GLEN WILLOW DR., SEAT PLEASANT 20743

THURSDAYS, JUNE 22 & JULY 6, 10 AM-2 PM

GWENDOLYN BRITT SENIOR ACTIVITY CENTER

4009 WALLACE RD., NORTH BRENTWOOD 20722

AVAILABLE FOR PICKUP MONDAY—FRIDAY, 10 AM-3 PM

JOHN E. HOWARD SENIOR ACTIVITY CENTER

4400 SHELL STREET, CAPITOL HEIGHTS 20743

TUESDAYS, MAY 30 & JUNE 13, AND WEDNESDAY, JULY 5, 10 AM-2 PM

LANGLEY PARK SENIOR ACTIVITY CENTER

1500 MERRIMAC DR., HYATTSVILLE 20783

AVAILABLE FOR PICKUP MONDAY—FRIDAY, 10 AM-3 PM

SOUTHERN AREA AQUATICS & RECREATION COMPLEX (SAARC)

13601 MISSOURI AVE., BRANDYWINE, 20613

THURSDAYS, JUNE 1 & JUNE 29 AND FRIDAY, JULY 7, 10 AM-2 PM

Langley Park/Gwendolyn Britt Senior Activity Center:

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Jun 6 - Jun 29 (31541-430F) Jul 4 - Jul 27 (31541-430G) Aug 1 -Aug 24 (31541-430H)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Jun 6 - Jun 29 (31538-430I) Jul 4 - Jul 27 (31538-430J) Aug 1 -Aug 24 (31538-430K)	1 - 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Jun 6 - Jun 29 (31526-430L) Jul 4 - Jul 27 (31526-430M) Aug 1 -Aug 24 (31526-430N)	10 - 11 am	\$68 (R) \$89 (NR)
LINE DANCE	<u>Mondays</u> Jun 5 - Jun 26 (31502-444A) Jul 3 - Jul 24 (31502-444B) Aug 7 -Aug 28 (31502-444C)	11 am– 12 noon	\$26 (R) \$34 (NR)
HOME PROJECTS	<u>Wednesdays</u> Jun 7 - Jun 28 (31523-430X) Jul 5 - Jul 26 (31523-430B) Aug 2 – 23 (31523-430C)	10 – 11 am	\$18 (R) \$24 (NR)
BINGO	<u>Fridays</u> Jun 2 – Jun 23 (31510-430A) Jul 7 – Jul 28 (31510-430B) Aug 4 – Aug 25 (31510-430C)	12 noon – 1 pm	\$20 (R) \$26 (NR)
PIANO BEGINNER LEVEL-1	<u>Mon & Wed</u> Jun 5-Jun 28 (31526-444D) Jul 3- Jul 26 (31526-444E) Aug 7 -Aug 30 (31526-444G)	9:30 – 10:30 am	\$68 (R) \$89 (NR)



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Jun 6 - Jun 29 (23502-444D) Jul 4 - Jul 27 (23502-444E) Aug 1 -Aug 24 (23502-444F)	9 – 10 am	\$60 (R) \$78 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Jun 6 - Jun 29 (23503-444G) Jul 4 - Jul 27 (23503-444H) Aug 1 -Aug 24 (23503-444K)	10 – 11 am	\$60 (R) \$78 (NR)
LINE DANCE	<u>Mondays</u> Jun 5 - Jun 26 (23501-444H) Jul 3 - Jul 24 (23501-444O) Aug 7 -Aug 28 (23501-444P)	11 am– 12 noon	\$26 (R) \$34 (NR)
PIANO ADVANCE	<u>Tues & Thurs</u> Jun 6 - Jun 29 (23504-444A) Jul 4 - Jul 27 (23504-444B) Aug 1 -Aug 24 (23504-444C)	11 am – 12 noon	\$60 (R) \$78 (NR)

Langley Park Senior Activity Center – **ACTIVITIES** - FREE

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

17

3

4

44

Bingo-fest!

Calling all **seniors**! Join the fun and play **bingo** for GREAT prizes while helping support Prince George's County **elementary** school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services.

Register at pgparksdirect.com

Key word search: **Bingo**

Friday, August 11, 2023

10 am-2 pm (Doors open at 9:30 am)

60 & better

LOCATIONS:

Camp Springs Senior Activity Center
6420 Allentown Road, Camp Springs 20748
301-449-0490

Parks Direct ticket code:
SPD-SPEC-GA-2023-0811B

John E. Howard Senior Activity Center
4400 Shell Street, Capitol Heights 20743
301-735-2400

Parks Direct ticket code:
SPD-SPEC-GA-2023-0811

Laurel-Beltsville Senior Activity Center
7120 Contee Road, Laurel 20707
301-206-3350

Parks Direct ticket code:
SPD-SPEC-GA-2023-0811A

FREE with a Parks
Direct Senior ID and
donation of new school
supplies to support
Prince George's County
School youth!

Need more information? Please call 301-446-3400.

Langley Park Senior Activity Center: Trips/Special Events

JUNE 2023

National Outlet Shopping Day at Tanger Outlets

\$12 (R); \$16 (NR) --

PARKS DIRECT code: LPSAC-20230601

Shop Till You Drop! Discover the latest styles from your favorite designer brands at discounted prices. With over one hundred designer brands. Meals at your own expense. Transportation provided.

Thursday, June 1

10:30 am - 3 pm

Senior Shape

Free

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!

Monday & Thursday, June 5 - June 29

10 - 10:45 am

Crafty Crab, Restaurant

\$12 (R); \$16 (NR) --

PARKS DIRECT code: LPSAC-20230607

Delicious home-style seafood with generous portions is what you can expect with every meal serving the best crab, crawfish, calamari, and lobster in the kitchen, made fresh daily. Not into shellfish? Try the Cajun seasons and chicken tenders, and many other options on the menu. Meals at your own expense. Transportation provided.

Wednesday, June 7

10:30 am - 3 pm

National Museum of African American History & Culture

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

PARKS DIRECT code: LPSAC-20230614

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, this is a tour you don't want to miss. Meals at your own expense.

Transportation provided. Registration is required!

Wednesday, June 14

10 am - 3 pm

Lunch & Learn - Hearing Loss

FREE

Are you or someone you know experiencing hearing loss? Learn more about what may cause inner ear nerve damage. It may be caused by a congenital defect, injury, disease, certain medications, exposure to loud noise, or age-related issues. For some, hearing may be possible with surgery or a hearing device. Light refreshments served! This program is sponsored by Clear Captions. Registration is required.

Monday June 12

11:30 am - 12:30 pm

Father's Day Lunch & Ice Cream Social

Free

Help celebrate and honor our fathers and grandfathers and for those who provided in both capacities we want to celebrate ALL. Music provided by **Capt Frye**. Don't forget your Ice Cream Sundae. Families are welcome! Registration is required!

Friday, June 23

11 am - 1 pm



Langley Park Senior Activity Center: Trips/Special Events

🦋 JULY 2023 🦋

Independence Day Bash

\$24 (R); \$27 (NR)

PARKS DIRECT code: LPSAC-SPEC-GA-20230705

The Tribe Band will get you moving and grooving come represent with your smooth dance moves and don't forget your dancing shoes. You ask and we will deliver. Refreshments served. Registration required!

Wednesday, July 5

11 am - 2 pm

Senior Shape

Free

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!

Monday & Thursday, July 3 - July 27

10 - 10:45 am

Star Spangled Banner Flag House Tour

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

PARKS DIRECT code: LPSAC-20230713

This is the birthplace of the Star-Spangled Banner Flag that inspired Francis Scott Key to pen what is now our National Anthem. Meals are at your own expense. Transportation provided.

Thursday July 13

10 am - 3:30 pm

Tour: 11 am

TopGolf

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

PARKS DIRECT code: LPSAC-20230719

If you're not tired of celebrating your independence let's keep the party going by trying something NEW at the TopGolf Club. This is a place where everyone can play, enjoy delicious food and drinks, and just have a good old time. Meals are at your own expense. Transportation provided.

Wednesday, July 19

10 am - 3 pm

National Hot Dog & Movie Day! --

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

PARKS DIRECT code: LPSAC-SPEC-GA-20230726

The Hot Dog has been celebrated since 1971. The **HOT DOG** is internationally popular for being the food to eat at parades, games, barbecues, carnivals & festivals. Have a HOT DOG on us! While you relax and enjoy a movie. Registration required!

Wednesday, July 26

11 am - 2 pm



AUGUST 2023

Senior Shape

Free

Monday & Thursday, August 7 – August 31

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!

Name That Tune -Taco Tuesday

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

Wednesday, August 9

11:00 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20230809

Tacos are a fun way to bring friends & families together to talk, and just connect with each other stop by and connect with our Langley Park family on Taco Tuesday and bring a friend. Don't forget to bring your music skills for our Name That Tune Trivial. Prizes awarded. Music by Capt. Frye. Registration Required!

Show and Learn – DHC Medical Supply

FREE

Thursday, August 10

11:30 am – 12:30 pm.

William McClary from DHC Medical Supply will answer any questions you may have about supplies that are covered by Medicare/Medicaid and what you need to stay independent and thriving! He has a display of many supplies and equipment. Registration is Required!

Blue Lights in the Basement

\$24 (R); \$27 (NR)

Wednesday, August 16

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20230816

Back Down Memory Lane! with N.A. Chord Soulful R&B Doo Wop group. Reminisce, Indulge, and revel in all the great memories. Don't forget your dancing shoes! Trivia players win prizes. Light refreshments.

Back by Popular Demand! Registration is required!

Hot Fun in The Summertime Cook-Out

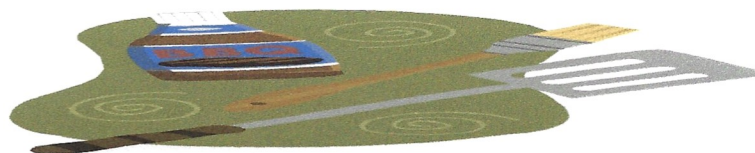
\$20 (R); \$26 (NR)

Tuesday, August 29

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20230829

A day of celebration honoring our Seniors 60 & better! Cooking out is fun for everyone! Enjoy traditionally favorite cookout music, dancing, food & drinks, games, prizes and more that are guaranteed to bring back that feeling of nostalgia.



Langley Park Senior Activity Center: Health & Wellness Events

Blood Pressure Screenings

Thursday, June 1	11:00 am – 11:45 am
Thursday, July 6	11:00 am – 11:45 am
Thursday, August 3	11:00 am – 11:45 am

Upcoming AARP Smart Driver Courses

Monday, June 5	10:00 am - 2:30 pm	\$20/AARP Members; \$25/Non-AARP Members
Monday, July 10	10:00 am - 2:30 pm	\$20/AARP Members; \$25/Non-AARP Members
Monday, August 14	10:00 am - 2:30 pm	\$20/AARP Members; \$25/Non-AARP Members

Refresh your driving skills with the AARP Smart Drivers Course. You will 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.** Lunch is available through the Department Family Services Nutrition Program by calling the nutrition site manager at **301-439-3056** in advance to reserve your lunch for a donation of \$4. No outside food is allowed. Payment is due by check or money order (no cash) to AARP the day of the class.



GOING GREEN IN 2023



Be like your friends and only take one Senior Activity Calendar per season.
Avoid paper clutter. Learn how to find the information you need online!
Recycle paper, bottles & cans. Never litter! Please dispose of garbage properly.



FOR YOUR INFORMATION

Moved? Number changed?

Update Your Information

Please stop by our senior centers to make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors here at the Langley Park Senior Activity Center? Give us a call at (301) 408-4343.

NO SMOKING POLICY

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 60 & 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 \$2.00. See the front desk staff to make your purchase.

WEATHER POLICY

Sign up for PG Parks Alert and get the latest information on M-NCPPC closing due to weather, facility maintenance and other emergencies. Visit our website at www.pg parks.com today!

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 disability accommodation.



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