



Active Aging Week 2023

Explore Prince George's County Parks and Recreation
September 18 – 22, 2023

Enjoy **FREE** activities for ages 60 & better!



live more, play more



Explore Prince George's County Parks and Recreation!

Seniors ages 60 & better are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity, meet new people, and stay active by participating in FREE Active Aging Week activities throughout Prince George's County.

Advance registration is required for most activities. Limited spaces are available for each activity (please see event description for details). To register for an activity, visit **pgparksdirect.com** or register in person at any M-NCPPC facility during operating hours.

Active Aging Week activities are FREE to any Prince George's County or Montgomery County resident aged 60 and better. **For more information, call or email the center offering the program, call 301-446-3403, or send an email to seniors@pgparks.com.**



Monday, September 18



SENIOR DAYS

8 am-12 noon

No registration necessary.

Drop by on Mondays, Wednesdays, and Fridays to use the facility's pool, fitness center, and indoor walking track. Participants must show an M-NCPPC senior ID. Those without one can bring verification of residency and age to the facility to obtain their FREE senior membership card.

Prince George's Sports & Learning Complex
8001 Sheriff Road, Landover 20785
[301-583-2400](tel:301-583-2400); splex-distribution@pgparks.com

CLUB 300 SENIOR WALKING CLUB

8:30 am

No registration necessary.

Lift your mood and move your feet! Join Club 300, a FREE senior walking club. Meet new friends and experience different trails in Prince George's County.

Lake Artemesia (meet at the main entrance)
5400 Block Berwyn Road at Ballew Avenue,
Berwyn Heights 20740
[301-446-3403](tel:301-446-3403); seniors@pgparks.com

URBAN LINE DANCING

8:30-9:30 am

Activity Code: 17691-579A

Let your creativity loose on the dance floor! Learn all the latest dances suitable for beginners and seasoned line dancers. Enjoy this great way to exercise, socialize, and energize yourself.

Tucker Road Athletic Complex
(located in parking lot)
1770 Tucker Road, Fort Washington 20744
[301-446-6845](tel:301-446-6845); wellness@pgparks.com

FAIRLAND LAND FITNESS: ZUMBA

9-10 am

No registration necessary.

Join us for Latin-inspired dance moves and music to promote a healthy heart and a healthy dose of aerobic fun! Zumba is an exciting way to build and tone muscle, improve cardio, promote flexibility, and decrease stress.

Fairland Sports and Aquatics Complex
13820 Old Gunpowder Road, Laurel 20707
[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

Monday, September 18

LINE DANCE

10-11:30 am

Ticket Code: PPCC-SPEC-GA-20230918

This FREE activity is a great opportunity to join our award-winning line dance instructor Denise as she helps get you fit while having fun dancing and socializing!

Palmer Park Community Center

7720 Barlowe Road, Landover 20785

[301-773-5665](tel:301-773-5665); palmerparkcc@pgparks.com

CONTEMPORARY HAND DANCE

10 am-12 noon

Ticket Code: CSSAC-SPEC-GA-20230918

One and two and three and four, come and learn the art of hand dancing! It is characterized by gliding footwork and continuous hand connection/communication between the partners. This style is a graceful workout.

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

YOGA

10-11 am

Activity Code: 26501-527E

Yoga provides the connection between breath and postures, which flow in a continuous, fluid, and challenging combination of movement.

Glenn Dale Community Center

11901 Glenn Dale Boulevard, Glenn Dale 20769

[301-352-8983](tel:301-352-8983); glenndalecc@pgparks.com

CARDS SHARKS

10 am-12:30 pm

No registration necessary.

Pinochle, Bid Whist, and other games is an enjoyable way to maintain cognitive function to socialize with others and improve your overall well-being. Playing cards will be available at the center.

Lake Arbor Community Center

10100 Lake Arbor Way, Mitchellville 20721

[301-333-6561](tel:301-333-6561); lakearborcc@pgparks.com



Monday, September 18

CHAIR AEROBICS

11:30 am-12:30 pm

Activity Code: 17445-512P

Get and stay flexible! Designed to tone and stretch, this course includes a variety of exercises to keep you healthy. Enlist today and stay on the edge of your seat!

Cedar Heights Community Center

1200 Glen Willow Drive, Seat Pleasant 20743
301-773-8881; cedarheightscc@pgparks.com



DROP-IN PICKLEBALL

12 noon-2 pm

No registration necessary.

This activity is a great excuse to run around and have fun! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. If you're feeling curious about this sport or feeling fired up with energy to burn, come out to get active and make new friends!

Fairland Sports and Aquatics Complex Tennis Bubble

13820 Old Gunpowder Road, Laurel 20707
301-362-6060; fairlandsports@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

No registration necessary.

If you've been curious about the game of tennis or just want a refresher, come out for a FREE tennis lesson offered by one of our resident pros. Enjoy a fun and leisurely game of doubles or experience the quicker and more dynamic game singles has to offer.

Cosca Tennis Bubble

1100 Thrift Road, Clinton
301-868-6462; coscatennisbubble@pgparks.com

BODY SCULPTING

12:30-1 pm

Activity Code: 17511-539G

Stay active and maintain your good health. Join us for a workout that combines flexibility and cardio while toning the muscles!

John E. Howard Senior Activity Center

4400 Shell Street, Capitol Heights 20743
301-735-2400; johnehowardseniors@pgparks.com

CIRCUIT WORKOUT

5:30-6:30 pm

Activity Code: 17681-579B

Looking for some variety in your workout routine? Increase your heart rate and strengthen different muscle groups with this Circuit Workout class! Improve your fitness while working at your own level. Please bring a mat or towel to class. Level: Intermediate.

Camp Springs Senior Activity Center (located in the parking lot)

6420 Allentown Road, Camp Springs 20748
301-446-6845; wellness@pgparks.com



Tuesday, September 19



FAIRLAND LAND FITNESS: SPIN

9-10 am

No registration necessary.

This cardiovascular workout challenges your aerobic and anaerobic thresholds through interval training while strengthening and tone your legs.

Fairland Sports and Aquatics Complex

13820 Old Gunpowder Road, Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

DROP-IN PICKLEBALL

9 am-1 pm

No registration necessary.

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle.

Southern Area Aquatics and Recreation Complex

13601 Missouri Avenue, Brandywine 20613

[301-782-1442](tel:301-782-1442); saarcseniors@pgparks.com

SENIOR CHAIR AEROBICS

10-11 am

Activity Code: 26501-527C

Designed to tone and stretch, this activity also includes a variety of exercises to keep you healthy. Enroll today for this FREE lesson and stay on the edge of your seat!

Glenn Dale Community Center

11901 Glenn Dale Boulevard, Glenn Dale 20769

[301-352-8983](tel:301-352-8983); glenndaleecc@pgparks.com

ARCHERY WITH A RANGER

10-11:15 am

Activity Code: 22601-559D

Enjoy one of the oldest sports on earth! Come out and learn how to safely shoot bows and arrows from a Park Ranger Archery instructor.

Bock Road Maintenance Yard Archery Ranger

7401 Bock Road, Fort Washington 20744

mncppcparkrangersp@mcppc.org

Tuesday, September 19

SILVER-FIT SENIOR FITNESS

10:30-11:30 am

Activity Code: 17531-545AA

This fun, medium-paced, low-impact class is designed to help you reach and maintain good physical health. Build self-confidence and lift your mood in this active course designed just for seniors!

Largo/Kettering/Perrywood Community Center

431 Watkins Park Drive, Upper Marlboro 20774

[301-390-8390](tel:301-390-8390);

largoketteringperrywoodcc@pgparks.com

THE PRICE IS RIGHT.

11 am-1 pm

Ticket Code: LPSAC-SPEC-GA-20230919

Back by popular demand! You asked and we delivered! Come on down, play the game, test your shopping skills, and win prizes! Get ready for lots of laughter! Face coverings are optional.

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville 20783

[301-408-4343](tel:301-408-4343); langleyparkseniors@pgparks.com

PRINTING WITH GELLI PLATES

11 am-12 noon

Activity Code: 30503-548A

Get "Gelli" with it and learn to create mono-printing techniques without a press. Create one-of-a-kind prints similar to printmaking using acrylic paints, stencils, magazine images, and more. Great for making cards, art, decorative paper, and more! Space is limited; register early.

Montpelier Arts Center

9652 Muirkirk Road, Laurel 20708

[301-377-7800](tel:301-377-7800); montpelierarts@pgparks.com

ARTS & CRAFTS JEWELRY MAKING

11 am-1 pm

Activity Code: 15502-540B

Learn how to make beaded jewelry in this jewelry-making class.

Kentland Community Center

2413 Pinebrook Avenue, Landover 20785

[301-386-2278](tel:301-386-2278); kentlandcc@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

No registration necessary.

If you've been curious about the game of tennis or just want a refresher, come out for a FREE tennis lesson offered by one of our resident pros. Enjoy a fun and leisurely game of doubles or experience the quicker and more dynamic game singles has to offer.

Fairland Sports & Aquatic Complex – Tennis Bubble

13820 Old Gunpowder Road, Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

Cosca Tennis Bubble

11000 Thrift Road, Clinton 20735

[301-868-6462](tel:301-868-6462); CoscaTennisBubble@pgparks.com

Wednesday, September 20

AM SWEATSHOP

8-9 am

Activity Code: 17681-579C

Join us for this fun, effective cardio workout that combines several different workout methods including aerobics, bodyweight strength training, and plyometrics! Enjoy a high-energy group environment as you improve your strength and cardiovascular endurance.

**Tucker Road Athletic Complex
(located in parking lot)**

1770 Tucker Road, Fort Washington 20744
[301-446-6845](tel:301-446-6845); wellness@pgparks.com



CYCLING SENIORS CLUB RIDE: BLADENSBURG WATERFRONT TO THE NAVY YARD

8 am to 12 noon

Activity Code: 17549-578A

Cycling is a full body and mind exercise! Join the Park Rangers, the Park Police, and the Cycling Seniors Cycle Club on the Anacostia River Trail (ART) to Navy Yard. We will start our ride at the Bladensburg Waterfront and ride on the ART over the new Frederick Douglass Memorial Bridge to the Navy Yard. Next, we will stop for coffee and bite of breakfast (at your own expense), then loop back to Bladensburg Waterfront (approximately 20 miles round trip). This paved trail is appropriate for intermediate and advanced cyclists. A signed waiver of liability is required for participation.

Bladensburg Waterfront Park

4601 Annapolis Road, Bladensburg 20710
[301-446-3403](tel:301-446-3403); seniors@pgparks.com

SENIOR DAYS

8 am-12 noon

No registration necessary.

Drop by Mondays, Wednesdays, and Fridays to use the facility's pool, fitness center, and indoor walking track. Participants must show an M-NCPPC senior ID. Those without one can bring verification of residency and age to the facility to obtain their FREE senior membership card.

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

[301-583-2400](tel:301-583-2400); splex-distribution@pgparks.com

MINDFUL MEDITATION

10-10:45 am

Activity Code: 22407-561A

Set in the beautiful and peaceful surroundings of the Patuxent River and experience a serene environment where you can explore a deep state of relaxation to bring about balance and peace. Focused breathing techniques, combined with guided meditation, will allow you to connect with yourself and with nature.

Patuxent River Park

16000 Croom Airport Road,
Upper Marlboro 20772

[301-627-6074](tel:301-627-6074); patuxentriverpark@pgparks.com

Wednesday, September 20

HI & LOW IMPACT AEROBICS

10 am-11 am

Activity Code: 26501-527D

Come try out this hi & low impact aerobics class that is sure to get your heart pumping!

Glenn Dale Community Center

11901 Glenn Dale Boulevard, Glenn Dale 20769

[301-352-8983](tel:301-352-8983); glenndaleecc@pgparks.com

SENIOR FUN & FITNESS DAY

10 am-12 noon

Activity Code: 26501-505A

Celebrate Active Aging Week with friends, fun, and fitness! Join us for senior-only access to indoor and outdoor wellness activities, including tennis, ping-pong, pickleball, a one-mile trail walk, and more! All equipment and light refreshments will be provided. Please register by September 13, 2023.

Beltsville Community Center

3900 Sellman Road, Beltsville 20705

[301-937-6613](tel:301-937-6613); beltsvilleecc@pgparks.com

DROP-IN PICKLEBALL

10 am-12:30 pm

Activity Code: 27429-541A

Pickleball is a great way for seniors to stay active, improve balance and coordination, and socialize with others. It is also a relatively simple game to learn, so it is accessible to people who are new to sports or have not played in a long time. Please bring your own paddle; a limited supply is available at the center.

Lake Arbor Community Center

10100 Lake Arbor Way, Mitchellville 20721

[301-333-6561](tel:301-333-6561); lakearborcc@pgparks.com

PRINTING IN CLAY

11 am-1 pm

Ticket Code: MCAC-SPEC-GA-20230920

Get your hands dirty working with clay. Learn hand-building techniques to create tiles, pinch pots and more, and then decorate the surfaces by pressing leaves, flowers, and lace into the clay. Show off your creation to your friends and family. Even beginners can participate! Space is limited, so please register early.

Montpelier Arts Center

9652 Muirkirk Road, Laurel 20708

[301-377-7800](tel:301-377-7800); montpelierarts@pgparks.com



Wednesday, September 20

ZUMBA

11:30 am-12:30 pm

Activity Code: 17529-540A

This specially modified Zumba class recreates the original moves you love at a lower intensity.

Kentland Community Center

2413 Pinebrook Avenue, Landover 20785

[301-386-2278](tel:301-386-2278); kentlandcc@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

No registration necessary.

If you've been curious about the game of tennis or just want a refresher, come out for a FREE tennis lesson offered by one of our resident pros. Enjoy a fun and leisurely game of doubles or experience the quicker and more dynamic game singles has to offer.

Watkins Tennis Bubble

301 Watkins Park Drive, Upper Marlboro 20774

[301-218-6870](tel:301-218-6870); watkinstennisbubble@pgparks.com

DROP-IN PICKLEBALL

12 noon-2 pm

No registration necessary.

This activity is a great excuse to run around and have fun! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. If you feel curious about this sport or feeling fired up with energy to burn, come out to get active and make new friends!

Fairland Sports and Aquatics Complex – Tennis Bubble

13820 Old Gunpowder Road, Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

BODY SCULPTING

12:30-1 pm

Activity Code: 17511-539G

Stay active and maintain your good health! Join us for a workout that combines flexibility and cardio while toning the muscles!

John E. Howard Senior Activity Center

4400 Shell Street, Capitol Heights 20743

[301-735-2400](tel:301-735-2400); johnehowardseniors@pgparks.com

HEALTHY VEGGIE COOKING DEMO

1-3 pm

Ticket Code: CSSAC-SPEC-GA-20230920

Learn to make a delicious dish of succulent spinach and garlic mashed cauliflower.

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

YOGA

3-4 pm

Activity code: 17413-546AA

Learn basic yoga to improve health and flexibility and/or practice skills previously learned.

Laurel-Beltsville Senior Activity Center

7120 Contee Road, Laurel 20707

[301-206-3350](tel:301-206-3350); laurelbeltsvilleseniors@pgparks.com



Thursday, September 21

DROP-IN PICKLEBALL

9 am-1 pm

No registration necessary.

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle or one can be provided at the center.

Southern Area Aquatics and Recreation Complex

13601 Missouri Avenue, Brandywine 20613
[301-782-1442](tel:301-782-1442); saarcseniors@pgparks.com

OLDIES BUT GOODIES CHAIR

AEROBICS

9:30-10:30 am

Ticket Code: CSSAC-SPEC-GA-20230921A

Get your heart pumping while enjoying the sounds of the past!

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748
[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

TAI CHI

10-11 am

Activity Code: 26501-527B

Does life have you a little stressed? Drop by to learn about and try this healthful martial art form of exercise, which promotes deep breathing; improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's; reduces bone loss in menopausal women; reduces blood pressure; improves balance and stability by strengthening ankles and knees; and enhances mental capacity and concentration. Please wear comfortable clothing and athletic shoes for this activity.

Glenn Dale Community Center

11901 Glenn Dale Boulevard, Glenn Dale 20769
[301-352-8983](tel:301-352-8983); glenndalecc@pgparks.com

KAYAKING THE PATUXENT

10 am-12 noon

Activity Code: #26501-561A – checking on code

Explore the beauty of the river from a kayak! Life jackets, paddles, kayaks, and instructions included. Please wear appropriate attire and bring water and sunscreen.

Patuxent River Park

16000 Croom Airport Road
Upper Marlboro 20772
[301-627-6074](tel:301-627-6074); patuxentriverpark@pgparks.com

FITNESS

10:30-11:30 am

Activity Code: 17531-545AA

This fun, medium-paced, low-impact class is designed to help you reach and maintain good physical health. Build self-confidence and lift your mood in this active course designed just for seniors!

Largo/Kettering/Perrywood Community Center

431 Watkins Park Drive, Upper Marlboro 20774
[301-390-8390](tel:301-390-8390);
largoketteringperrywoodcc@pgparks.com

SEWING

11:30 am-12:30 pm

Activity Code: 15501-540B

Learn how to thread the sewing machine, practice straight and zigzag stitches, lay out and cut a pattern, and sew them together.

Kentland Community Center

2413 Pinebrook Avenue, Landover 20785
[301-386-2278](tel:301-386-2278); kentlandcc@pgparks.com

Thursday, September 21

CARDS, DOMINO CHALLENGE & HEALTH SCREENINGS

11:30 am-1:30 pm

Ticket Code: RCCC-SPEC-GA-2023

Seniors will challenge their minds through mental action of engaging their memory, judgement, and reasoning while playing cards and dominoes amongst their peers. Various health screenings will be available for the seniors to also take part in. A healthy light lunch will be served. Please register by September 15.

Rollingcrest-Chillum Community Center
6120 Sargent Road, Chillum 20782
[301-853-2005](tel:301-853-2005); rollingcrestcc@pgparks.com

WHIRL AND SWIRL, HOOP AND TWIRL

11:30 am-12:30 pm

Ticket Code: CSSAC-SPEC-GA-20230921

Have fun and get fit while twirling in a hula hoop! Give your core a whirl and have a memorable experience that will motivate you to sign up for future classes. Hula hoops will be provided, or you are welcome to bring your own.

Camp Spring Senior Activity Center
6420 Allentown Road, Camp Springs 20748
[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

No registration required.

If you've been curious about the game of tennis or just want a refresher, come out for a free tennis lesson offered by one of our resident pros. Enjoy a fun and leisurely game of doubles or experience the quicker and more dynamic game that singles has to offer. Bring your own racket or borrow one of ours!

Fairland Sports and Aquatic Complex – Tennis Bubble
13820 Old Gunpowder Road, Laurel 20707
[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

Watkins Tennis Bubble

301 Watkins Park Drive, Upper Marlboro 20774
[301-218-6870](tel:301-218-6870); watkinstennisbubble@pgparks.com

MUSICAL BALL

12:30-2 pm

Ticket Code: GBSAC-SPEC-GA-20230921

Looking for a fun time? Join us in this game where everybody gets caught. Pass the ball until it's in someone's hand when the music stops. By the way, we have a list of fun things to say or do and getting caught with the ball means you say or do one of them. Get it right or dance a jig!

Gwendolyn Britt Senior Activity Center
4009 Wallace Road, North Brentwood 20712
[301-699-1238](tel:301-699-1238); gwendolynbrittseniors@pgparks.com

SENIOR SIP & PAINT

1-3 pm

Ticket Code: PGPC-SPEC-GA-20230921

You've aged like fine wine, now it's time to indulge in a glass or two while you create a masterpiece of your own. Enjoy a relaxing, instructed sip and paint class in the beautiful gardens.

Riversdale House Museum
4811 Riverdale Road, Riverdale Park 20737
[301-864-1611](tel:301-864-1611); tristan.colding@pgparks.com

MOVING WISDOM WEST AFRICAN DANCE CLASS

2-3 pm

Ticket Code: PGPP-SPEC-GA-20230921

This class is designed for seniors who love to sing, dance, and drum. Participants will enjoy learning traditional dances, chants, and rhythms from Guinea, Senegal, and Mali. The class consists of moderate stretching, cardio, and crafted African movements. Please wear athletic wear, sweats, leggings, or an African wrap skirt.

Publick Playhouse
5445 Landover Road, Cheverly 20784
[301-277-1710](tel:301-277-1710); publickplayhouse@pgparks.com

Friday, September 22

SENIOR DAYS

8 am-12 noon

No registration necessary.

Drop by Mondays, Wednesdays, and Fridays to use the facility's pool, fitness center, and indoor walking track. Participants must show an M-NCPPC senior ID. Those without one can bring verification of residency and age to the facility to obtain their FREE senior membership card.

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

301-583-2400; splex-distribution@pgparks.com

BALANCE & STRETCH

8:30-9:30 am

Activity Code: 17681-579E

Improve your balance, mobility, and flexibility with this beginner-friendly workout! Learn how to properly stretch your muscles to experience enhanced functionality and quality of life. Please bring a mat or towel to class.

Fairwood Community Park (located near restrooms)

12390 Fairwood Parkway, Bowie 20720

301-446-6845; wellness@pgparks.com

FAIRLAND LAND FITNESS: YOGA

10-11 am

No registration necessary.

Yoga is the connection between breath and postures, which flow in a continuous, fluid, and challenging combination of movement.

Fairland Sports and Aquatics Complex

13820 Old Gunpowder Road, Laurel 20707

301-362-6060; fairlandsports@pgparks.com

CHAIR EXERCISE

11:30 am-12 noon: Activity Code 17517-522A

1-1:30 pm: Activity Code 17517-522B

Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, and low-impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant 20743

301-386-5525; evelyncoleseniors@pgparks.com

Prince George's County Department of Family Services
Presents

SENIOR FITNESS DAY & PICNIC

Friday, September 22, 2023 ■ 10 am-2 pm

Six Flags America
13710 Central Avenue
Bowie 20721

Pavilion Picnic Area
Rain or shine event

Seniors ages 60 & better
are invited to join us!

Register between August 1–September 10.

Visit [eventbrite.com/e/prince-georges-county-senior-picnic-2023-tickets-682158593717](https://www.eventbrite.com/e/prince-georges-county-senior-picnic-2023-tickets-682158593717)



Please call 301-265-8421 if you require assistance with registration.



AGE MY WAY!

Dancing, Fun, Fitness, and Food



Angela D. Alsobrooks
County Executive



live more, play more
pgparks.com



Elana Belon-Butler
Director

This event is a recreational and social activity for older adults. Prince George's County, Maryland, and the Department of Family Services and its staff do not provide supervision for attendees of this event.

FREE online Safety classes

Participants will have until November 30 to complete the online self-guided safety classes (Please note: These are not in-person or virtual instructor-led sessions.) Once the class begins, participants will receive an enrollment email from the American Red Cross (Salesforce Automation) with instructions on how to access it online. **Participants will have until the class end date to complete the online materials.** A completion certificate will then be emailed to participants within two business days after the course.

For more information, call 301-446-6896.

CHILD AND BABY FIRST AID/CPR/AED

Activity Code: 31697-5100A

Be prepared for real world emergencies! Learn, virtually, how to recognize and respond to a variety of dangers. These incidents may include breathing and cardiac emergencies involving children and babies, as well as the need for first aid. Sign up for this American Red Cross online course featuring award-winning, interactive simulation. Course requirement: a PC or tablet with high-speed internet connection. Not supported: smart phones and Internet Explorer. Our course does not meet OSHA requirements for workplace certification.

WATER SAFETY FOR PARENTS AND CAREGIVERS

Activity Code: 31692-5100A

Be water safe! This important and free online course from The American Red Cross will develop your awareness of the risks of drowning and how to minimize the danger, especially for young children. Adults learn drowning prevention, water safety skills, especially concerning children in common environments, and the chain of drowning survival. Don't miss this opportunity to become confident and safe around water.

BECOMING A WATER SAFETY AMBASSADOR

Activity Code: 31691-5100A

Be an H2O hero! Teachers, adults, and youth leaders can become a water safety ambassador in our exciting and FREE online course from The American Red Cross. Learn water safety basics and understand how to teach water safety in a classroom to your community with American Red Cross materials. Register now and have a positive impact on the drowning rates in your locality.







CHANGE

THE WAY

↳ You Age!

Live more, play more at M-NCPPC parks and recreation facilities throughout Prince George's County!

Senior Activity Centers

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs, MD 20748 • 301-449-0490

Evelyn Cole Senior Activity Center

5720 Addison Rd., Seat Pleasant, MD 20743 • 301-386-5525

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood, MD 20722 • 301-699-1238

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights, MD 20743 • 301-735-2400

Langley Park Senior Activity Center

1500 Merrimac Dr., Hyattsville, MD 20783 • 301-408-4343

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel, MD 20707 • 301-206-3350

Southern Area Aquatics

and Recreation Complex (SAARC)

13601 Missouri Ave., Brandywine, MD 20613 • 301-782-1455

FREE COMMUNITY CENTER/FITNESS ROOM ID CARDS FOR PRINCE GEORGE'S COUNTY SENIORS 60 & BETTER

Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening a account, and to get information about ID cards and Fitness Room cards, visit pgparks.com or call the Customer Service Help Desk at 301-699-CALL (2255); Maryland Relay 7-1-1.



live more, play more
pgparks.com

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