

# Gwendolyn Britt Senior Activity Center

# FALL 2023 CALENDAR



*SEPTEMBER, OCTOBER and NOVEMBER*

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

**Please note the center will be closed on:**

- Monday, September 4**
- Thursday, November 23**
- Friday, November 24**

## FALL REGISTRATION

- Registration begins Wednesday, August 16 for Residents (R).
- Registration begins Wednesday, August 23 for Non-Residents (NR)
- Fall Classes – Register early! **Virtual classes are available.** Classes fill on a first come, first serve basis.
- Don't Wait and Be Too Late! Register at least one week prior to the class start date! A minimum number of registrants are required for programs to be held.
- See refund policy on the next page.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee greater than \$35. Based on income and family size, fee reduction may be available. Visit our website or ask center staff for details.

4009 Wallace Road • North Brentwood, Maryland 20722

Phone: 301-699-1238      Fax: 301-699-2078      TTY: 301-699-2544

# Gwendolyn Britt Senior Activity Center – Important Information

## **Our Refund Policy:**

- All other refunds are subject to a 20% administration fee.
- All withdrawals/refunds must be processed by the facility offering the activity.
- Refunds will **NOT** be issued once the course has ended.
- Credits nor refunds will be issued for classes missed by the participant.
- The Senior Activity Center Director must approve all requested refunds.
- Trip refunds will only be issued if the spot is resold.
- Cash refunds are not allowed.
- Refunds may be immediately credited to your PARKS DIRECT account or be issued per original method of payment as a credit on your credit card which can take 3 to 5 days to process or 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 with a trip or activity, it means there will be a lot of walking.

FALL

# Langley Park/Gwendolyn Britt Senior Activity Centers

## Virtual Classes

<b>PIANO ADVANCE</b>	<b><u>Tues &amp; Thurs</u></b>  Sep 5-28 (31541-530A) Oct 3-26 (31541-530B) Nov 7-30 (31541-530C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<b><u>Tues &amp; Thurs</u></b>  Sept 5-28 (31538-530A) Oct 3-26 (31538-530B) Nov 7-30 (31538-530C)	1 - 2 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER</b>	<b><u>Tues &amp; Thurs</u></b>  Sept 5-28 (31526-530A) Oct 3-26 (31526-530B) Nov 7-30 (31526-530C)	10 - 11 am	\$68 (R) \$89 (NR)
<b>LINE DANCE</b>	<b><u>Mondays</u></b>  Sep 4-25 (31502-544A) Oct 2-23 (31502-544B) Nov 6-27 (31502-544C)	11 am– 12 noon	\$26 (R) \$34 (NR)
<b>HOME PROJECTS</b>	<b><u>Wednesdays</u></b>  Sep 6-27 (31523-530A) Oct 4-25 (31523-530C) Nov 1-22 (31523-530D)	10 – 11 am	\$18 (R) \$24 (NR)
<b>BINGO</b>	<b><u>Fridays</u></b>  Sep 8-29 (31510-530A) Oct 6-27 (31510-530B) Nov 3-24 (31510-530C)	12 noon – 1 pm	\$20 (R) \$26 (NR)
<b>PIANO BEGINNER LEVEL-1</b>	<b><u>Mon &amp; Wed</u></b>  Sep 4-27 (31526-544A) Oct 2-25 (31526-544B) Nov 6-29 (31526-544C)	9:30 – 10:30 am	\$68 (R) \$89 (NR)

# **SEPTEMBER 2023**



**Bon Appetite: Angies (Baltimore)**

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

**PARKS DIRECT code: GBSAC-20230905**

Enjoy an easy-going restaurant serving traditional seafood, American & Italian dishes. Meal is at your own Transportation provided.

**Tuesday, September 5**

**10 am - 3 pm**

**Bowling at Rinaldi's**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230908**

Rinaldi Riverdale Bowl is a 32-lane center located in Riverdale Park, Maryland. This has been a family-owned business for over 50 years. Whether you are a serious bowler, or just want to relax with friends, you are welcome to join us! Shoes (\$4.99), games (\$5.49). Meals at your own expense. Transportation provided.

**Friday, September 8**

**10 am – 3 pm**

**Technology 101**

**FREE**

Everything from computers, use of internet, all about smartphones/tablets(androids/iPhones), safety while online (shopping and social media) will be discussed. Educational programming provided by Humana. Please sign up at the front desk.

**Monday, September 11**

**12 – 2 pm**

**Active Aging Week Activity – Musical Ball**

**FREE**

**PARKS DIRECT code: GBSAC-SPEC-GA-20230921**

Looking for a fun time? Join us in this fun game where everybody gets caught. Pass the ball till 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!

**Thursday, September 21**

**12:30 – 2 pm**

**National Grandparents Day**

**FREE**

Celebrating all grandmothers, grandfathers and grandparents. It is a day to appreciate and show your love and celebrate the grands with The Tribe Band. Please sign up at the front desk.

**Friday, September 29**

**12:30 – 2:30 pm**



# **OCTOBER 2023**



## **Bon Appetite: Copper Canyon Grill**

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

**PARKS DIRECT code: GBSAC-20231010**

The open-air kitchen give you the opportunity to see first-hand how our Chefs prepare your meal. Signature dishes include the famous iron skillet cornbread, rotisserie chicken and barbecued ribs. Meals at your own expense. Transportation provided.

**Tuesday, October 10**

**10:30 am - 3 pm**

## **Maryland Insurance Administration**

**FREE**

Do you have insurance questions? The MIA can help you better understand your policies, answer your insurance questions and concerns, help you compare home and auto insurance rates. Please sign up at the front desk.

**Friday, October 13**

**10 am – 1 pm**

## **National Great Blacks in Wax Museum**

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

**PARKS DIRECT code: GBSAC-20231020**

Culture and history abound with the help of more than 150 life-sized, life-like wax figures at the National Great Blacks In Wax Museum. As one of the only wax museums in the nation dedicated to the preservation of African American history, the Great Blacks In Wax Museum offers one of the most enlightening and educational experiences around. Meals at your own expense. Transportation provided.



**Friday, October 20**

**10 am - 3 pm**

## **Movie Day**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20231024**

Have you missed most of the movies in theatres since the pandemic? Come on by the center and let's catch up! Sit back, relax and enjoy scene after scene of exciting acting. Hot dog, chips, drink and candy are included! You must register, so don't wait...**REGISTER EARLY.**

**Tuesday, October 24**

**11 am – 2 pm**

## **HARVEST FESTIVAL**

**\$26 (R); \$34 (NR)**

**PARKS DIRECT code: GBSAC-SPEC-GA-20231030**

COME ONE! COME ALL! Join The Langley Park Senior Activity Center & Gwendolyn Britt Senior Activity Center with a day of fun and activities. Enjoy music, great food, arts & crafts, dancing & win prizes. Invite new friends 60 or better to enjoy **ONE BIG SENIOR FAMILY AFFAIR!** Music by your favorite DJ Capt Frye! Registration is required! Spaces are limited!

**Monday, October 30**

**11 am - 2 pm**





# **NOVEMBER 2023**



## **Bon Appetite: Red Hot and Blue**

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

**PARKS DIRECT code: GBSAC-20231101**

Join us and get the best BBQ in Laurel, MD! Whether you're looking for Smoked Turkey, Brisket, or the best Chicken Wings anywhere in Laurel, get your BBQ here. Meals at your own expense. Transportation provided.

**Wednesday, November 1**

**10 am - 3 pm**

## **Cow Town Farmers Market, Southern, NJ**

**\$60 (R); \$78 (NR)**

**PARKS DIRECT code: GBSAC-SPEC-GA-2023**

Cowtown Farmers Market is a large indoor & outdoor flea market that is full of great discounts, shopping, & delicious food vendors. Join us for a GREAT DAY of fun!! Meals at your own expense. Transportation provided by a charter bus.



**Tuesday, November 7**

**8 am - 5 pm**

## **Celebrate Your Profession Day**

**FREE**

Everybody has a profession. What's yours? Join us as we celebrate the magnificent work we all have done and are doing. Professions are special to someone all over the world, so there is no small or large work – just work done with heart. Please sign up at the front desk.

**Thursday, November 9**

**12:30 – 1:30 pm**

## **Medicare 101**

**FREE**

It's open enrollment time for your Medicare choices. A Medicare professional will be on site for any questions or concerns. Educational programming is sponsored by Humana. Please sign up at the front desk.

**Wednesday, November 15**

**11 am - 12 noon**

## **Memory Screening**

**FREE**

This is a free confidential memory screening, that is simple and safe. The test consists of a "Healthy Brain Check-up" that tests memory and other thinking skills. Sponsored by National Memory Screening Program Alzheimer's Foundation of America. Please sign up at the front desk.

**Monday, November 20**

**10 am – 12 pm**



# Gwendolyn Britt Senior Activity Center – ACTIVITIES – FREE

## MONDAYS



**FANTASTIC MONDAYS FREE MOVIE DAYS (12:30 – 2:30 pm):** Movies are fun to watch and with the pandemic we missed seeing a lot of them. So let us know what you would like to watch!

## TUESDAYS



**INDOOR PICKLEBALL (9 – 11 am):** Not sure how to play? Come anyway, we will help you!  
**BINGO (12:30 - 1:30 pm):** Everybody is a winner!

## WEDNESDAYS



**GAME DAY (12 – 3 pm):** Dominoes, Spades, Trouble, Uno, and others!

## THURSDAYS



**SENIOR SHAPE EXERCISE CLASS (11:30 am – 12:15 pm)**  
**ARTS & CRAFTS (12:30 - 2 pm):** Tap into your creativity!

## FRIDAYS



**GAME DAY (12:30 – 3 pm):** Dominoes, Spades, Trouble, Uno, and others!

## YOU ARE WELCOME!!!

### FITNESS ROOM



Gwendolyn Britt Senior Activity Center  
4009 Wallace Rd., North Brentwood, MD 20722  
(301) 699-1238

## SENIOR SHAPE – EXERCISE CLASS AND BLOOD PRESSURE SCREENING - FREE

<b>Senior Shape Exercise Class</b> Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<b><u>THURS</u></b> Sep 7-28 Oct 5-26 Nov. 2-30	11:30 am –12:15 pm	Free
<b>Blood Pressure Screenings</b>	Multi-Purpose Room A	<b><u>THURS</u></b> Sep 7 Oct 5 Nov 2	12:30 – 1:15 pm	Free

### AARP Smart-Driver Courses

**Tuesday, September 12      10 am - 3 pm**  
**Tuesday, October 10      10 am - 3 pm**  
**Tuesday, November 14      10 am – 3 pm**

Tune up your driving skills and update your knowledge about rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes. Contact Ted Peterkin at (240) 603-2950 to register and pay for the course.

## SENIOR SMARTRIP INFORMATION



WMATA Senior SmarTrip Cards are sold at the Center.

The purchaser must be at least 65 years of age with a government issued photo ID and M-NCPPC registration card. Cost of the SmarTrip card is \$2. See the front desk staff to make your purchase.

## 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.



### 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



## SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Wednesdays and Fridays here at Gwendolyn Britt 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, Barbara Goldsmith at 301-277-4231 or by stopping by the kitchen or by calling 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 Barbara Goldsmith, at 301-277-4231. Please bring exact change to cover your donation.

**Transportation:** Transportation services can be reserved directly by the Seniors. 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 in order 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.

## FOR YOUR INFORMATION

### **Moved? Number changed? Update Your Information**

From time to time, please stop at the office and 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 Gwendolyn Britt Senior Activity Center? If so, give us a call at (301) 699-1238.

## NO SMOKING POLICY

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

## 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.pg parks.com](http://www.pg parks.com) today!