

Langley Park Senior Activity Center



Welcome to Langley Park Senior Activity Center

September, October, November 2023

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

Please note the center will be closed: Monday, September 4-Labor Day

Thursday, November 24-Thanksgiving Day

Friday, November 25-Thanksgiving Holiday



FALL REGISTRATION

- **Registration – Wednesday, August 16, for Residents (R) of Prince George’s County**
 - **Note: On August 16, we will open at 9am for registration.**
- **Registration – Wednesday August 23, Non-Residents (NR)**
- **Fall Classes/Trips** – Sign up early, trips fill on a first come, first serve basis.
- Don’t wait and be too late! Please register at least one week prior to the class/trip start date, A minimum number of registrants are required for programs/trips to be held.
- A fee assistance program is available for residents who need financial help to participate in our classes only 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 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.



Langley Park/Gwendolyn Britt Senior Activity Center:

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Sep 5 - Sep 28 (31541-530A) Oct 3 - Oct 26 (31541-530B) Nov 7 - Nov 30 (31541-530C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER Level I	<u>Mon & Wed</u> Sep 4 - Sep 27 (31536-544A) Oct 2 - Oct 25 (31536-544B) Nov 6 - Nov 29 (31536-544C)	9:30 – 10:30 am	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Sep 5 - Sep 28 (31538-530A) Oct 3 - Oct 26 (31538-530B) Nov 7 - Nov 30 (31538-530C)	1:00 – 2:00 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Sep 5 - Sep 28 (31526-530A) Oct 3 - Oct 26 (31526-530B) Nov 7 - Nov 30 (31526-530C)	10 - 11 am	\$68 (R) \$89 (NR)
LINE DANCE	<u>Mondays</u> Sep 4 - Sep 25 (31502-544A) Oct 2 - Oct 23 (31502-544B) Nov 6 -Nov 27 (31502-544C)	11 am– 12 noon	\$26 (R) \$34 (NR)
HOME PROJECTS	<u>Wednesdays</u> Sep 6 - Sep 27 (31523-530A) Oct 4 - Oct 25 (31523-530C) Nov 1 -Nov 22 (31523-530D)	10 – 11 am	\$18 (R) \$24 (NR)
BINGO	<u>Fridays</u> Sep 8 - Sep 29 (31510-530A) Oct 6 - Oct 27 (31510-530B) Nov 3 -Nov 24 (31510-530C)	12 noon – 1 pm	\$20 (R) \$26 (NR)



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Sept 5 Sept 28 (23502-544A) Oct 3– Oct 26 (23502-544B) Nov 7 – Nov 30 (23502-544C)	9 – 10 am	\$60 (R) \$78 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Sept 5 Sept 28 (23503-544A) Oct 3 – Oct 26 (23503-544B) Nov 7 – Nov 30 (23503-544C)	10 – 11 am	\$60 (R) \$78 (NR)
LINE DANCE	<u>Mondays</u> Sep 4 - Sep 25 (23501-544A) Oct 2 - Oct 23 (23501-544B) Nov 6 -Nov 27 (23501-544C)	11 am– 12 noon	\$26 (R) \$34 (NR)
PIANO ADVANCE	<u>Tues & Thurs</u> Sep 5 - Sep 28 (23504-544A) Oct 3 – Oct 26 (23504-544B) Nov 7 - Nov 30 (23504-544C)	11 am – 12 pm	\$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!

Langley Park Senior Activity Center: Trips & Special Events

September 2023

Senior Shape

Free

Monday & Thursday, Sept 4 – Sept 28

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!

Grandparent's Day Celebration

FREE

Tuesday, September 12

10 am -12 pm

Come celebrate this special day as we share our time with Grandparents. Please sign up at the front desk by September 5, Registration required! Refreshments will be served.

Active Aging Week

The Price is Right

Tuesday, September 19

PARKS DIRECT code: LPSAC-SPEC-GA-20230919

11 am - 1 pm

You ask so we delivered! Come on Down!! Test your shopping skills & win prizes. Enjoy this fun active game with our LPSAC family and friends. Get ready for lots of laughter and fun! Registration is required!

Toby's Dinner Theatre "Sister Act"

\$85 (R); \$111 (NR)

Wednesday, September 20

10 am - 4:00 pm

PARKS DIRECT code: LPSAC-20230320

Based on the 1992 film of the same name, *Sister Act* tells the story of aspiring disco diva Deloris Van Cartier. Trying to work her way to the top in 1970s Philadelphia, Deloris falls in love with a very tough—and very married—gangster boyfriend. Though the sequin-free lifestyle doesn't agree with her, Deloris finds her calling working with the choir, and breathes new life into the dusty convent while discovering a sisterhood she's never had before. Transportation, buffet, show, tax, and gratuity included in price.

Captain Billy's Crab House

\$15/Resident; \$20/Non-Resident

Thursday, September 21

10:00 am - 3 pm

PARKS DIRECT code: LPSAC-20230921

Enjoy a seafood lunch near Pope's Creek. Captain Billy's serves hot steamed crabs and shrimp, local oysters on the half-shell, and the fresh catch of the day. Meals are at your own expense. Transportation Provided.



The Whispers, Birchmere Theatre

\$110 (R); \$143 (NR)

Friday, September 29

4 pm - 10:00 pm

PARKS DIRECT code: LPSAC-20230929

The Whispers are a veteran R&B quintet with an impressive legacy of R&B hits. Formed in Los Angeles by twins Walter and Wallace Scott. In 1969, the quintet climbed the soul charts for the first time with such hits as "The Time Has Come", Seems Like I Gotta Do Wrong, As the Beat goes on and Rock Steady. This legendary group is still performing around the world. Meals are at your own expense. Transportation provided.

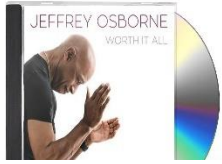
Langley Park Senior Activity Center: Trips & Special Events

OCTOBER 2023

Senior Shape Free

Monday & Thursday, Oct. 2 - Oct. 26
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!



Jeffery Osborne, Birchmere Theatre
\$110 (R); \$143 (NR)

PARKS DIRECT code: LPSAC-20231014

Saturday, October 14
4 pm - 10:00 pm

Jeffery Osborne's career has brought him four grammy nominations, five gold and platinum albums, with songs like "Stay with Me Tonight", "Only Human" and "On the Wings of Love" which became an international Hit. He is actively performing and touring around the world. A Show You Don't Want to Miss!! Meals are at your own expense. Transportation provided.



DC Scandal and Intrigue Tour, Washington DC
\$40-Resident; \$52-Non-Resident

PARKS DIRECT code: LPSAC-20231018

Wednesday, October 18
10:30 am – 3 pm

Explore a variety of fascinating, political and historic sites. Led by one of our favorite tour guides, Terry Restivo, find out what really happened at the historic Willard Hotel, the Watergate, the Lincoln & Jefferson Memorials, and other famous or infamous sites. Meals are at your own expense. Transportation provided.

Copper's Hawk Winery & Restaurant, Annapolis, MD
\$15 (R); \$20 (NR)

PARKS DIRECT code: LPSAC-20231025

Wednesday, October 25
10:30 am - 3 pm

Cooper's Hawk Winery & Restaurant combines modern, casual dining with award-winning, handcrafted wines. They serve fresh contemporary-American fare infused with flavors from around the world. From appetizers to desserts. "Menu Trendsetter" selected Cooper's Hawk Winery & Restaurants as "Hot Concept" winner. Meals are at your own expense. Transportation provided.

HARVEST FESTIVAL
\$26 (R); \$34 (NR)

PARKS DIRECT code: LPSAC-SPEC-GA-20231030

Monday, October 30
11 am - 2 pm

COME ONE! COME ALL! Join The Langley Park Senior Activity & Gwendolyn Britt Senior Activity Center for a day of fun and activities. Enjoy music, great food, arts & crafts, dancing & winning prizes.

This event is at Gwendolyn Britt Senior Activity Center. Invite new friends 60 or better. Enjoy **ONE BIG SENIOR FAMILY AFFAIR!** Music by your favorite DJ Capt Frye! . Registration is required! Spaces are limited!

Langley Park Senior Activity Center: Trips & Special Events

NOVEMBER 2023

Senior Shape

Free

Monday & Thursday, Nov. 6 - Nov. 30

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!

Thanksgiving Feast & Party

\$30 (R); \$39 (NR)

Thursday, November 16

11 am – 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20231116

Thanksgiving is a time for celebrating everything you love. We must find time to stop and thank the people who make a difference in our lives. The Langley Park Senior Activity Center staff are thankful for your support and trusting us to show you an enjoyable time! May the good things of life be yours in abundance not only at Thanksgiving but throughout the coming year. Join us for a Thanksgiving meal with all the fixings! Entertainment provided by Ray Apollo Allen. Must Register early! Space is limited.

Miller Farms

\$15/Resident; \$20/Non-Resident

Tuesday, November 21

10:00 am – 2 pm

PARKS DIRECT code: LPSAC-20231121

Forgot Something?? Miller Farms Farmer's Market has a wide array of fresh fruits and vegetables, baked goods, beautiful flowers, plants, and much more. Meals are at your own expense. Get your last-minute items for your Thanksgiving meal. Transportation provided.

World Kindness Day – Open Mic

FREE

Tuesday, November 27

1 pm – 2 pm

World Kindness Day is a day that encourages individuals to overlook boundaries, and for the moments. A kind word, a hello, a smile, and just helping family, friends, or someone you don't know will make you smile knowing you had influence in someone's life, even if only for that moment. Make this day special by showing acts of kindness! Bring your kind words, get on the microphone, and share with us. Prizes awarded! Light refreshments served!

Me Time! MOVIE DAY

PARKS DIRECT code: LPSAC-SPEC-GA-20231130

Thursday, November 30

11 am – 2 pm

\$10/Resident; \$13/Non-Resident

Sit back, relax, enjoy light refreshments while watching a movie. This is your me time.

**IT'S
SHOWTIME**

Upcoming AARP Smart Driver Courses

Monday, September 11 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-AARP Members

Monday, October 9 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-AARP Members

Monday, November 6 10:00 am - 2:00 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.** Payment is due by check or money order (no cash) to AARP the day of the class. Bring your own lunch or call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4. No outside food allowed.



Blood Pressure Screenings

BLOOD PRESURE SCREENINGS	Every 1st Thursday
Thursday, September 7	11:00 am – 11:45 am
Thursday, October 5	11:00 am – 11:45 am
Thursday, November 2	11:00 am – 11:45 am



Langley Park Senior Activity Center: Health & Wellness Events

Nutrition - Healthy Eating to Control Cholesterol **Free**

Monday, September 18
11 am – 12 pm

Learn the basics of a healthy diet and tips for following to Control your Cholesterol. We'll discuss what cholesterol is, what affects cholesterol levels, helpful tips to manage cholesterol. Educational programming presented by Humana.

Brain Boot Camp - Battling the Aging Brain **Free**

Monday, October 9
11 am – 12 pm

Similar to other parts of the body, the human brain tends to become less agile as people get older. Learn about the changes you can expect and how to keep your brain healthy. Educational programming presented by Humana.

Decompress from Stress - Stress Be Gone! **Free**

Monday, November 13
11 am – 12 pm

Everyone experiences stress from time to time; it isn't entirely avoidable. But how you respond to stress is what matters. It covers personal stressors, what stress means to you, how to manage stress, tips to minimize/reduce stress. Educational programming presented by Humana.



Senior Safety **FREE**

Monday, November 20
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)

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 SmarTrip 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 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.pg parks.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

