

Laurel - Beltsville Senior Activity Center

Winter 2024 Calendar

December, January, February 2023-2024



Hours of Operation

Monday - Thursday: 8 am - 8 pm

Saturday: 8 am - 2 pm

Friday: 8 am - 5 pm

Sunday: Closed

Holiday Closures

Monday, December 25

Monday, January 1

Christmas Day

New Years Day

Registration Begins:

- **Wednesday, November 15 at 9:00 AM** for Prince George's County Residents.
- **Wednesday, November 22 at 9:00 AM** for Montgomery County and Non-residents.
- **HOW TO REGISTER:** www.pgparksdirect.com or in-person at any M-NCPPC facility.
- **Classes** - Register early as spaces are limited and filled on a first-come, first-served basis. Programs that don't meet the minimum number required to hold the program will be cancelled one week prior to the starting date of that program and any funds paid will be credited back to patrons.
- **See refund policy on last page.**
- A fee assistance program is available for residents who need financial help to participate in our classes (not trips) with a fee greater than \$35. Fee reduction may be available based on your income and family size. Visit www.pgparcs.com or ask center staff for details.

REV 11.8.23

Senior Nutrition Program & Transportation

The Prince George's County Senior Nutrition Program is back in operation at Laurel-Beltsville Senior Activity Center with meals being served on Monday-Friday in two sessions: 11:30 am - 12 Noon or 12:15 - 12:45 pm. Seniors 60 years and older are eligible for the Senior Nutrition Program. You must complete a registration form and make a reservation for your meal. Registration forms and a "Frequently Asked Questions" document are available at the Senior Center. Reservations must be made a week in advance and after a registration form has been submitted. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance with Rene, the Nutrition Manager at 301-206-3368.

Limited round-trip transportation services to LBSAC are available for registered lunch program participants. To schedule transportation, please contact the Department of Public Works & Transportation's intake line at 301-499-8603, option 6.

Note: There will be no lunch program when Prince George's County Public Schools have a two-hour delayed opening or are closed due to inclement weather conditions. Additional lunch days may be added as the need grows.

WMATA

Senior SmarTrip Card



For seniors ages 65 & better, you can purchase a Metro Senior SmarTrip card at the center for only \$2. Bring photo ID and proof of age. This card provides discounted fares on the Metro bus and rail.

GOING GREEN



* Please take only one (1) Senior Activity Calendar per season per household.

* Avoid paper clutter. Learn how to find the information you need online!

* Recycle paper, bottles & cans.

* Never litter! Please dispose of garbage properly.

PG Parks Alerts!



Get information on M-NCPPC for closures, cancellations, and emergencies by text or email. Sign-up today by visiting www.pg parks.com and click on the icon. You will need your mobile phone number or email address and your zip code to complete registration.

Requirements to participate in M-NCPPC Senior Activity Centers

Eligibility requirements for participation at the Senior Activity Centers and senior classes/programs are:

- ♦ Minimum age of 60 or a Pre-Senior membership
- ♦ A M-NCPPC PARKS DIRECT Senior or Pre-Senior Identification Card
- ♦ Ability to participate in a recreation program setting that has 1-2 staff present (group size may vary from large to small daily)
- ♦ Ability to participate in recreational activities with minimal personal assistance
- ♦ Ability to take care of personal needs (i.e. personal hygiene, eating, mobility, medication, etc.)

NEW CLASSES NEW CLASSES NEW CLASSES !!!!!!!!!!!!!!!!

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
Drawing Techniques: Beginners 50 & Up (6 weeks) *No class 12/26	<u>Tue</u> Dec 5 - Jan 9 Jan 16- Feb 20	10 am - 12 pm	30438-146A 30438-146E	\$43 (R); \$56(NR) \$52 (R); \$68 (NR)
Drawing Techniques: Beginners 18 & Up (6 weeks) *No class 12/27	<u>Wed</u> Dec 6 - Jan 10 Jan 17- Feb 21	5 - 7 pm	30438-146D 30438-146H	\$43 (R); \$56(NR) \$52 (R); \$68 (NR)
Drawing Techniques: Intermediate 50 & Up (6 weeks) *No class 12/26	<u>Tue</u> Dec 5 - Jan 9 Jan 16- Feb 20	1:30 - 3:30 pm	30438-146B 30438-146F	\$43 (R); \$56(NR) \$52 (R); \$68 (NR)
Drawing Techniques: Intermediate 50 & Up (6 weeks) *No class 12/27	<u>Wed</u> Dec 6 - Jan 10 Jan 17- Feb 21	2 - 4 pm	30438-146C 30438-146G	\$43 (R); \$56 (NR) \$52 (R); \$68 (NR)
Hand Dance: Seniors 60 & Better (6 weeks)	<u>Fri</u> Dec 1 - Jan 5 Jan 12 - Feb 16	10:30 am - 11:45 am	23510-146A 23510-146B	\$52 (R); \$68 (NR)
Jewelry Making: Beginners 50 & Better (4 weeks) NO CLASS 12/19	<u>Fri</u> Dec 1 - Dec 22 Jan 5 - Jan 19 Jan 26 - Feb 16	10- 11 am	30429-146A 30429-146B 30429-146C	\$45 (R); \$59 (NR) \$34 (R); \$45 (NR) \$45 (R); \$59 (NR)

(R) - Residents of Prince George's County and Montgomery County
 (NR) - Non-Residents of Prince George's County and Montgomery County

Laurel-Beltsville Senior Activity Center: *CLASSES*

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
Balance, Stretch, & Tone: Seniors 60 & Up (4 weeks)	<u>Tues</u> Dec 5 - Dec 26 Jan 2- Jan 23 Jan 30 - Feb 20	1 pm- 2 pm	17543-146D 17543-146E 17543-146F	\$37 (R); \$49 (NR)
Belly Dancing: Seniors 50 & Up (6 weeks)	<u>Mon</u> Dec 4 - Jan 15 Jan 22 - Feb 26	4 pm - 5 pm	17522- 146A 17522- 146B	\$45 (R); \$59 (NR)
Billiards: Level I 18 & Up (6 weeks)	<u>Wed</u> Dec 6 - Jan 10	5:30 pm - 7 pm	27414- -146A	\$37 (R); \$49 (NR)
Billiards: Level II 18 & Up (6 weeks)	<u>Wed</u> Jan 17 - Feb 21	5:30 pm - 7 pm	27422- -146B	\$37 (R); \$49 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Tues</u> Dec 26 - Feb 27	10 am - 2 pm	30403-146A	\$55(R); \$72(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Wed</u> Dec 27 - Feb 28	10 am - 2 pm	30403-146B	\$55 (R); \$72(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Thu</u> Dec 28 – Feb 29	10 am - 2 pm	30403-146C	\$55 (R); \$72(NR)
Chair Aerobics: Seniors 50 & Up (4 weeks)	<u>Tues & Fri</u> Dec 5 - Dec 29 Jan 2- Jan 26 Jan 30- Feb 23	(T) 9:30 -10:30 am (F) 12 -1 pm	17445-146A 17445-146B 17445-146C	\$52 (R); \$68 (NR)

Laurel-Beltsville Senior Activity Center: *CLASSES*

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
Chinese Brush Paint: Adults (Beg. & Inter.) 18 & Up (12 weeks)	<u>Mon</u> Dec 4 - Feb 26	5:15 - 7:15 pm	30410-146A	\$64 (R); \$84(NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon, Wed, & Fri</u> Dec 4 - Dec 29 Jan 3 - Jan 26 Jan 29- Feb 23	9:00 am - 10:00 am	17435-146A 17435-146B 17435-146C	\$34 (R); \$45 (NR) \$34 (R); \$45 (NR) \$37 (R); \$49 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Dec 4 - Dec 27 Jan 3 - Jan 24 Jan 29- Feb 21	11:00 am - 12:00 pm	17435-146D 17435-146E 17435-146F	\$28 (R); \$37 (NR) \$28 (R); \$37 (NR) \$32 (R); \$42 (NR)
Fitness Room Training 60 & Up (4 weeks)	<u>Mon & Wed</u> Dec 4 - Dec 27 Jan 3- Jan 24 Jan 29 - Feb 21	1:00 pm - 2:00 pm	17513-146A 17513-146B 17513-146C	\$32 (R); \$42 (NR) \$32 (R); \$42 (NR) \$37 (R); \$49 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tues</u> Dec 5 - Jan 9 Jan 16 - Feb 20	11:00 am - 12:00 pm	23501-146A 23501-146B	\$52 (R); \$68 (NR)

Laurel-Beltsville Senior Activity Center: *CLASSES*

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
Tai Chi: Seniors, Beginners 60 & Up (10 weeks)	<u>Mon</u> Dec 4 - Feb 26	2:45 pm - 3:45 pm	17528-146A	\$66 (R); \$94 (NR)
Yoga: Beginners (with Theresa) 50 & Up	<u>Mon</u> Dec 4 - Feb 26	1:15 pm - 2:30 pm	17413-146A	\$75 (R); \$98 (NR)
Yoga: Beginners (with Theresa) 50 & Up (12 weeks)	<u>Thu</u> Dec 7 - Feb 22	12:00 pm - 1:15 pm	17413-146B	\$82 (R); \$107 (NR)
Yoga (CHAIR) Seniors 50 & Up	<u>Mon</u> Dec 4 - Feb 26	12:05 pm- 1:05 pm	17658- 146A	\$75 (R) \$98 (NR)
Zumba: Adults (with Maggie) 18 & Up (6 weeks)	<u>Wed</u> Dec 6 - Jan 10 Jan 17- Feb 21	5:00 pm - 6:00 pm	17414-146A 17414-146B	\$52 (R); \$68(NR)
Zumba: Adults (with Maggie) 18 & Up (6 weeks)	<u>Fri</u> Dec 1 - Jan 5 Jan 12- Feb 16	1:15 pm - 2:15 pm	17414-146D 17414-146E	\$52 (R); \$68(NR)

UPCOMING AVENUE OF THE ARTS



FEATURING...

Diane Doyle

December 4- January 12

Laurel Art Guild

January 15 - March 1

Laurel-Beltsville Senior Activity Center: *SPECIAL EVENTS*

S'mores & More

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

PARKS DIRECT code: LBSAC-SPEC-GA-20231211

Join us for our S'mores & More event! Enjoy making your own s'mores at our outdoor firepit and live music entertainment in our lobby. Deadline to register for this event is Monday, December 4. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Monday, December 11, 2023

4 pm - 5:30 pm

Senior Holiday Concert

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

PARKS DIRECT code: SPD-SPEC-GA-20231214

Celebrate the holiday season and enjoy a concert featuring the sounds of Jim Hession's Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event will be sure to get you in the spirit of the holidays! Transportation is not provided. See attached flyer at the back!

Thursday, December 14, 2023

10:30 am - 12 pm

Puzzles & Pizza

FREE

ACTIVITY code: 26607-146A

Celebrate International Brain Teaser month with us! Challenge yourself by engaging in a variety of brain teasing activities from puzzles to games. Prizes will be available for those who solve the most challenging activities. Enjoy pizza and non-alcoholic drinks. Deadline to register for this event is January 10. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Wednesday, January 17, 2024

10 am - 12 pm

Black History in Motion

Publick Playhouse

PARKS DIRECT# SPD-SPEC-GA-20240209

Celebrate Black History Month with seniors from throughout Prince George's County and beyond, with a historical journey highlighting the contributions of African Americans through musical performances. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the theater. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784.

Friday, February 9, 2024

11 am - 12:30 pm

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

Dinner & A Movie

\$ 15 (R); \$ 20 (NR)

ACTIVITY code: 26604-146A

Celebrate Valentine's Day with dinner and a movie! Come out with your spouse, partner, friend, or to make new friends! Enjoy a delicious catered meal and a classic romantic comedy. Deadline to register is February 7. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Wednesday, February 14, 2024

3 pm - 6 pm

Laurel-Beltsville Senior Activity Center: *EDUCATIONAL WORKSHOPS*

Holiday Scams (VIRTUAL)

FREE

Friday, December 1 , 2023

11 am - 12 pm

ACTIVITY Code: 20419-146A

In this presentation you will hear about fraud that often occurs during the upcoming holiday season and how one can do their best to avoid being a victim. Microsoft Teams virtual invitations will be provided to all registered patrons the week of the virtual educational lecture. Deadline to register is November 24. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Snack & Chat: Martin Luther King Jr.

FREE

Friday, January 12, 2024

10 am - 12 pm

ACTIVITY Code: 20419-146B

Join us as we watch the full "I Have a Dream Speech" by Martin Luther King Jr. and have a discussion on his impact. Light snacks will be available. Deadline to register is January 5. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Laurel-Beltsville Senior Activity Center: *TRIPS*

Maryland Live Casino

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

Wednesday, December 20, 2023

9 am - 5 pm

PARKS DIRECT Ticket Code: LBSAC-20231220

Join us on a trip to Maryland Live Casino! Enjoy lunch, at your own expense, at the mall food court or one of the restaurants in the casino. Deadline to register is December 13. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

PA Dutch Market Cockeysville

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

Thursday, January 18 , 2024

9 am - 3 pm

PARKS DIRECT Ticket Code: LBSAC-20240118

Join us on a trip to Cockeysville's PA Dutch market! Come with your reusable bags prepared to grab your fresh produce. Enjoy lunch, at your own expense, at one of the eateries within the market. Deadline to register is January 11. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Stoney River Steakhouse and Grill

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

Wednesday, February 21, 2024

11 am - 3 pm

PARKS DIRECT Ticket Code: LBSAC-20240221

Join us on a trip to Stoney River Steakhouse and Grill in Annapolis! Enjoy lunch, at your own expense, at this upscale steakhouse. Deadline to register is Thursday, February 14. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Catch a Movie with Us!

***Note:** Please see the listing posted in the center lobby for movie titles. Movies will be offered from **10:00 -12 Noon** on the following dates:*

Thursday, December 21

Thursday, January 18

Thursday, February 22





NO SMOKING POLICY

In accordance with Maryland State Law, effective June 30, 2016, there will be **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.

Special Groups & Club Meetings

ACTIVITY	DAY	TIME	FEE
Bid Whist	Tuesday & Friday	11 am - 7 pm (Tue) 11 am - 4 pm (Fri)	FREE with ID
Bridge	Monday & Friday	1 - 4:30 pm	FREE with ID
Fan Tan	4th Wednesday	12:10 - 3:50 pm	FREE with ID
Chess Drop-In	Thursday	2 - 4:45 pm	FREE with ID

Laurel Senior Friendship Club (LSFC)

General Membership Meeting	2nd Wednesday	10:30 am - 1:30 pm
Bingo	Every Tuesday	12 Noon - 3 pm
New Member Orientation Program	Call LSFC office at 301-206-3380 for orientation dates and times.	
Exec/Chairpersons Meetings	1st Wednesday	9 am - 1 pm
Loving Hands Comfort Blankets for breast cancer patients (now part of LSFC). Materials and instructions provided; must have basic knowledge of how to crochet.	2nd & 4th Tuesdays	11 am - 1 pm

NARFE

Board Meeting	1st Wednesday of the Month	1 - 2 pm
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Laurel-Beltsville Senior Activity Center: Information Corner



IMPORTANT PHONE NUMBERS

Dept. of Public Works & Transportation	301-499-8603 Option 6
Dept. of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

For Your Information

Membership

LBSAC membership is required by all patrons. **M-NCPPC Senior ID** membership cards are available at no charge for Prince George's and Montgomery County residents age 60 and better. Pre-senior membership is available for a fee. Membership must be renewed every 12 months. Visit the Front desk for more information.

Refund Policy

The registrant is entitled to a 100% refund, or credit to account, in the event that M-NCPPC cancels a course. Registrant may withdraw from a course at any time prior to course end, and be entitled to receive a pro-rated credit to account, based on the number of classes remaining at the time the withdrawal is requested. All withdrawals performed within 7 days of the course start must be processed by the facility offering the program; withdrawals with additional advanced notice may be processed online. If registrant chooses to request a refund, a 20% Refund Administration Fee will be imposed, reducing the amount to be refunded. Trip refunds are only available if your registration is replaced by someone on the waiting list. No requests for refunds will be accepted after a course is completed. No cash refunds will be allowed. Refunds for credit card purchases will be issued as a credit to the PARKS DIRECT account, subject to the 20% Refund Administration Fee. Check refunds may take 3 - 4 weeks to process. No refund or credit will be issued for classes missed by the participant. Some activities have different Refund/Withdrawal Policies that supersede this standard policy, as identified in the course description or details.

Disability Accommodations

M-NCPPC, 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. To contact the Program Access office directly, e-mail northern.inclusion@pgparks.com or call 301-

Inclement Weather Policy and Closures

Get up to date information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparks.com and click on the **PGPARKS ALERTS!** icon. You will need a mobile phone or an email address and your zip code to complete the registration.



SENIOR HOLIDAY CONCERT

Celebrate the holiday season with Jim Hession's Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event is sure to get you in the spirit!

Thursday, December 14, 2023
10:30 am-12 noon; doors open at 10:15 am
Fee: Resident \$12; Non-Resident \$16
Seniors ages 60 & better

Register today at pgparksdirect.com
Ticket Code: SPD-SPEC-GA-20231214

Please note: A printout of your ticket(s) is required for admission to the concert

Location: Laurel-Beltsville Senior Activity Center | 7120 Contee Road, Laurel 20707
For more information, call 301-446-3400 or email seniors@pgparks.com.

Connect with us!



@pgparks



@pgparks



@pgparksandrec



@pgparksandrec

- For more information, please email us 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. Register at least a minimum of two weeks** in advance of the program start date to request and **receive a disability accommodation**.