

Gwendolyn Britt Senior Activity Center

SPRING 2024 CALENDAR



MARCH, APRIL and MAY 2024

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

**Please note the center will be closed on:
Monday, May 27 – Memorial Day**

FACE MASKS ARE ENCOURAGED!

SPRING REGISTRATION

- Registration begins Wednesday, February 14 for Residents (R).
- Registration begins Wednesday, February 21 for Non-Residents (NR).
- Spring 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:

- 100% refunds are issued when M-NCPPC cancels a class.
- All other refunds are subject to a 20% administration fee.
- All withdrawals/refunds must be processed by the facility offering the activity.
- Refunds **MUST** be requested **prior** to the end of the course.
- 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 but 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.



Langley Park/Gwendolyn Britt Senior Activity Centers

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Mar 5-28 (31541-230H) Apr 2 25 (31541-230I) May 7-30 (31541-230J)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO Beginner Level I	<u>Mon & Wed</u> Mar 4-27 (31526-244A) Apr 1-24 (31526-244B) May 6-29 (31526-244C)	9:30 – 10:30 am	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Mar 5-28 (31538-230A) Apr 2-25 (31538-230B) May 7-30 (31538-230C)	1 – 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Mar 5-28 (31526-230A) Apr 2-25 (31526-230B) May 7-30 (31526-230C)	10 - 11 am	\$68 (R) \$89 (NR)
HOME PROJECTS	<u>Wednesdays</u> Mar 6-27 (31523-230A) Apr 3-24 (31523-230B) May 1-22 (31523-230C)	10 – 11 am	\$18 (R) \$24 (NR)
BINGO	<u>Fridays</u> Mar 1-22 (31510-230A) Apr 5-26 (31510-230C) May 3-24 (31510-230D)	12 noon – 1 pm	\$20 (R) \$26 (NR)



MARCH 2024



Bon Appetite: Nautilus Diner-Restaurant
\$12 (R); \$16 (NR)

Friday, March 1
10 am - 3 pm

PARKS DIRECT code: GBSAC-20240301

This is where good people and tasty food come together. Our huge menu offers mouth-watering choices for breakfast, lunch and dinner. Meals at your own expense. Transportation provided.

Westminster DC Blues Night
\$12 (R); \$29 (NR)

Monday, March 11
4:30 - 10 pm

PARKS DIRECT code: GBSAC-20240311

Enjoy some of the area's finest musicians in a safe, friendly, and fun environment. Meal is available onsite by Southwest Catering Café from 5:30-8p at your own expense. Entrance fee (\$10) not included. Transportation provided.

National Music Therapy Day
\$25 (R); \$33 (NR)

Friday, March 15
11 am - 1 pm

PARKS DIRECT code: GBSAC-SPEC-GA-20240315

Join us as we delve into the therapy of music. For so many of us, music soothes the soul. Old and new tunes will be rendered by Tracey Cutler and the Band. You can sing along or just relax. Refreshments will be served. Register early.

Sneaky Sodium: Tame Your Salt Habit
FREE

Wednesday, March 20
11:30 am – 12:30 pm

The health effects of salt are the conditions associated with the consumption of either too much or too little. Salt is a mineral composed primarily of sodium chloride (NaCl) and is used in food for both preservation and flavor. Let's talk about it. Educational programming provided by Humana. Please sign up at the front desk.

Let's Go to the Movies, Regal Theatre in Laurel
\$12 (R); \$29 (NR)

Tuesday, March 26
11 am - 3 pm

PARKS DIRECT code: GBSAC-20240326

Let's go see one of the latest movies in town! Afterward we will grab a bite to eat. Movie fee (\$10) is not included. Meals at your own expense. Transportation provided.





APRIL 2024

National Chip and Dip Day **FREE**

Wednesday, April 3
11:30 am – 1:30 pm

Enjoy the smooth taste of different chips and dips while listening to the groovy sounds of DJ Sweat! Please sign up at the front desk.

The Shakedown on Sugar **FREE**

Tuesday, April 16
11 am - 12 pm

Eating too much sugar can contribute to people having too many calories, which can lead to weight gain. Being overweight increases your risk of health problems such as heart disease, some cancers and type 2 diabetes. Educational programming provided by Humana. Please sign up at the front desk.

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

Friday, April 19
10 am - 3 pm

PARKS DIRECT code: GBSAC-20240419

Rinaldi Riverdale Bowl is a 32-lane center located in Riverdale Park, Maryland. 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. Let's have fun! Transportation provided.

The Village at Waugh Chapel Shopping Center **\$12 (R); \$16 (NR)**

Wednesday, April 24
10 am - 3 pm

PARKS DIRECT code: GBSAC-20240424

The Village at Waugh Chapel in Gambrills, MD is your one-stop spot for convenience and fun, all in one lively center for shopping and eating. Visit with us today! Meals at your own expense. Transportation provided.

Bon Appetite: Stoney River Steakhouse and Grill **\$12 (R); \$16 (NR)**

Tuesday, April 30
10 am - 3 pm

PARKS DIRECT code: GBSAC-20240430

Immerse yourself in the diverse and flavorful world of American cuisine at Stoney River in Annapolis, Maryland. Our extensive menu features a remarkable selection of prepared dishes designed to satisfy your culinary cravings. We are committed to providing a memorable dining experience that celebrates the rich tradition of American classics. Meals at your own expense. Transportation provided.



MAY 2024



Horseshoe, Baltimore, MD

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

PARKS DIRECT code: GBSAC-20240502

At the center of Baltimore lies an expansive two-story casino. Experience any one of our three premier restaurants, or authentic Charm City food outlets. Meals at your own expense.

Transportation provided.

Thursday, May 2

10 am - 3 pm

“MOTHERS” – A Bouquet of Flowers

\$25 (R); \$33 (NR)

PARKS DIRECT code: GBSAC-SPEC-GA-20240510

Green represents the protective nature of mothers, while yellow alludes to their optimistic outlook towards life and for their children. Pink captures their compassionate and nurturing side and red focuses on their passion and empowerment drive. Help us celebrate Mother’s Day with the sounds of Ray Apollo and the Band.

Friday, May 10

11:30 am – 1:30 pm

National Physical Fitness & Sports Month

FREE

PARKS DIRECT code: 27505-230A

Pickleball is a racket or paddle sport in which two or four players hit a perforated, hollow plastic ball with paddles over a 34-inch-high net until one side is unable to return the ball.

Tuesday, May 21

10 am – 12 pm

Senior Health and Fitness Day

FREE

PARKS DIRECT Code: SAARC-SPEC-GA-20240522

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. Typically organized on the last Wednesday in May, this day brings together seniors from various communities to participate in a wide range of fitness activities, educational programs, and health screenings.

Wednesday, May 22

9:30 am – 12:30 pm

Bon Appetite: The Crab Gallery

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

PARKS DIRECT code: GBSAC-20240528

We are your family owned and operated seafood market and catering company. We pride ourselves by providing extraordinary customer service and the highest quality seafood at an affordable price. Meals at your own expense. Transportation provided.

Tuesday, May 28

10 am - 3 pm



The Pillars of Our Community - 2024 Centenarian Celebration

M-NCPPC, Department of Parks and Recreation is hosting a luncheon for Prince George's County Residents who were born in 1924 or before (January 1, 1924, to December 31, 1924 or before) to celebrate centenarians. The luncheon will be held on **Friday, May 17, 2024, at the Laurel-Beltsville Senior Activity Center (7120 Contee Road, Laurel, MD 20707)**. This year's event will be limited to the Centenarian and up to five (5) guests. The Centenarian must be present with their guests. Transportation is not provided.

For centenarian registration assistance, please contact staff of Laurel-Beltsville Senior Activity Center at 301-206-3351/3350 or send an email to ***Seniors@pgparks.com***.

YOU ARE WELCOME TO THE FITNESS ROOM



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

A FEW RULES:

Hours: 9 am – 3 pm.

Must scan in at the front desk.

Appropriate Fitness attire is required.

No cell phone use is allowed.

Only drinks in closed, plastic containers with secure tops are allowed.

Gwendolyn Britt Senior Activity Center – ACTIVITIES – FREE

MONDAYS



FANTASTIC MONDAYS FREE MOVIE DAYS (12:30 – 2:30 pm): Movies are fun to watch. So let us know what you would like to watch!

TUESDAYS



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, 1st and 3rd Thursdays): Tap into your creativity!

FRIDAYS



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

AARP Smart-Driver Courses (2024)

Tuesday, March 12 10 am - 3 pm

Tuesday, April 9 10 am - 3 pm

Tuesday, May 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 SHAPE – EXERCISE CLASS AND BLOOD PRESSURE SCREENING - FREE

Senior Shape Exercise Class Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u>THURS</u> March 7-28 April 4-25 May 2-30	11:30 am –12:15 pm	Free
Blood Pressure Screenings	Multi-Purpose Room A	<u>THURS</u> March 7 April 4 May 2	12:30 – 1:15 pm	Free

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

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 modification. **To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email program.access@pgparks.com.**



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 today!