

Laurel - Beltsville Senior Activity Center

Spring 2024 Calendar

March, April, May 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, May 27

Memorial Day

Registration Begins:

- **Wednesday, February 14 at 9:00 AM** for Prince George's County Residents.
- **Wednesday, February 21 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.
- 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.
- **See refund policy on page 12.**
- 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@pgparcs.com.
- **CLOSURES & DELAYS:** See page 2 or 13 to register for PGParks (Nixle) alerts for all related notifications.

REV. 2/15/24

Laurel-Beltsville Senior Activity Center

7120 Contee Road, Laurel, Maryland 20707

Tel 301-206-3350 Fax 301-206-3387

TTY 301-699-2544

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.

**WE NO LONGER SELL
WMATA SMARTRIP CARDS
AT THIS LOCATION.**

**FOR MORE INFORMATION
ON HOW TO PURCHASE A
SMARTRIP CARD VISIT:**

**[www.wmata.com/fares/
smartrip/](http://www.wmata.com/fares/smartrip/)**

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/news/news-releases/pg parks-alerts

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.)

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> Mar 5 - Mar 26 Apr 2- Apr 23 Apr 30 - May 21	1 pm- 2 pm	17543-246D 17543-246E 17543-246F	\$37 (R); \$49 (NR)
Belly Dancing: Seniors 50 & Up (6 weeks)	<u>Mon</u> Mar 4 - Apr 8 Apr 15 - May 20	4 pm - 5 pm	17522- 246A 17522- 246B	\$45 (R); \$59 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Tues</u> Mar 26 - May 28	10 am - 2 pm	30403-246A	\$55(R); \$72(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Wed</u> Mar 28 - May 29	10 am - 2 pm	30403-246B	\$55 (R); \$72(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Thu</u> Mar 29 – May 30	10 am - 2 pm	30403-246C	\$55 (R); \$72(NR)
Chair Aerobics: Seniors 50 & Up (4 weeks)	<u>Tues & Fri</u> Mar 5 - Mar 29 Apr 2- Apr 26 Apr 30- May 31	(T) 9:30 - 10:30 am (F) 12 - 1 pm	17445-246A 17445-246B 17445-246C	\$52 (R); \$68 (NR)
Chinese Brush Paint: Adults (Beg. & Inter.) 18 & Up (12 weeks)	<u>Mon</u> Mar 4 - May 20	5:15 - 7:15 pm	30410-246A	\$64 (R); \$84(NR)
Drawing Techniques: Beginners 50 & Up (6 weeks)	<u>Tue</u> Mar 5 - Apr 9 Apr 16- May 20	10 am - 12 pm	30438-246A 30438-246E	\$52 (R); \$68 (NR) \$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>
Drawing Techniques: Beginners 18 & Up (6 weeks)	<u>Wed</u> Mar 6 - Apr 10 Apr 17- May 22	5 - 7 pm	30438-246D 30438-246H	\$52 (R); \$68 (NR) \$52 (R); \$68 (NR)
Drawing Techniques: Intermediate 50 & Up (6 weeks)	<u>Tue</u> Mar 6 - Apr 9 Apr 16- May 21	1:30 - 3:30 pm	30438-246B 30438-246F	\$52 (R); \$68 (NR) \$52 (R); \$68 (NR)
Drawing Techniques: Intermediate 50 & Up (6 weeks)	<u>Wed</u> Mar 6 - Apr 10 Apr 17- May 22	2 - 4 pm	30438-246C 30438-246G	\$52 (R); \$68 (NR) \$52 (R); \$68 (NR)
Exercise: Adults 50 & Up (4 weeks)	<u>Mon, Wed, & Fri</u> Mar 4 - Mar 29 Apr 1 - Apr 26 Apr 29- May 29	9- 10 am	17435-246A 17435-246B 17435-246C	\$37 (R); \$49 (NR) \$37 (R); \$49 (NR) \$37 (R); \$49 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Mar 4 - Mar 27 Apr 1 - Apr 24 Apr 29- May 22	11 am - 12 noon	17435-246D 17435-246E 17435-246F	\$32 (R); \$42 (NR) \$32 (R); \$42 (NR) \$32 (R); \$42 (NR)
Hand Dance: Seniors 50 & Up (6 weeks)	<u>Fri</u> Mar 8 - Apr 12 Apr 19 - May 24	10:30 - 11:45 am	23402-246A 23402-246B	\$52 (R); \$68 (NR)
Jewelry Making: Beginners 50 & Better (4 weeks) *Supplies Included*	<u>Fri</u> Mar 8 - Mar 29 Apr 5 - Apr 26 May 3 - May 24	10- 11 am	30429-246A 30429-246B 30429-246C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (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>
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tues</u> Mar 5 - Apr 9 Apr 16 - May 21	11 am - 12 pm	23501-246A 23501-246B	\$52 (R); \$68 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Mon</u> Mar 4 - Apr 22	5:00 - 6:30 pm	20422-246A	\$60 (R); \$78 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Sat</u> Mar 2- Apr 20	9 - 10:30 am	20422-246B	\$60 (R); \$78 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Tue</u> Mar 5- Apr 23	5 - 6:30 pm	20403-246A	\$60 (R); \$78 (NR)
Spanish: Adults, Advance 18 & Up (8 weeks)	<u>Thu</u> Mar 7- Apr 25	5 - 6:30 pm	20404-246A	\$60 (R); \$78 (NR)
Tai Chi: Seniors, Beginners 60 & Up (12 weeks)	<u>Mon</u> Mar 4 - May 20	2:45 - 3:45 pm	17528-246A	\$72 (R); \$94 (NR)
NEW!! Total Fitness: Adults 50 & Up (4 weeks)	<u>Wed</u> Mar 6 - Mar 27 Apr 3- Apr 24 May 1 - May 22	1- - 2 pm	17460-246A 17460-246B 17460-246C	\$37 (R); \$49 (NR) \$37 (R); \$49 (NR) \$37 (R); \$49 (NR)
Yoga: Beginners 50 & Up (7 weeks)	<u>Mon</u> Apr 8 - May 20	1:15 - 2:30 pm	17413-246A	\$48(R); \$63 (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>
Yoga: Beginners 50 & Up (8 weeks)	<u>Thu</u> Apr 4 - May 23	12 - 1:15 pm	17413-246B	\$55(R); \$72 (NR)
Yoga (CHAIR) Seniors 50 & Up (7 weeks)	<u>Mon</u> Apr 8 - May 20	12:05 - 1:05 pm	17658- 246A	\$48 (R) \$63 (NR)
MINI SERIES! Chair Yoga w/ Balance Seniors 50 & Up (2 week)	<u>Mon</u> Mar 4 - Mar 11	12:05 - 1:05 pm	17658- 246S	\$16 (R) \$21 (NR)
MINI SERIES! Slow Flow Yoga Seniors 50 & Up (2 week)	<u>Mon</u> Mar 4 - Mar 11	1:15 - 2:30 pm	17413- 246S	\$16 (R) \$21 (NR)
MINI SERIES! Slow Flow Yoga Seniors 50 & Up (2 week)	<u>Thu</u> Mar 7 - Mar 14	12 - 1:15 pm	17413- 246M	\$16 (R) \$21 (NR)
Zumba: Adults (with Maggie) 18 & Up (6 weeks) *NO CLASS 3/20	<u>Wed</u> Mar 6 - Apr 10 Apr 17- May 22	5 - 6 pm	17414-246A 17414-246B	\$43 (R); \$56(NR) \$52(R); \$68(NR)
Zumba: Adults (with Maggie) 18 & Up (6 weeks) *NO CLASS 3/15 & 3/22	<u>Fri</u> Mar 1 - Apr 5 Apr 19- May 24	1:15 - 2:15 pm	17414-246C 17414-246D	\$34 (R); \$44(NR) \$52 (R); \$68(NR)

AVENUE OF THE ARTS

UPCOMING AVENUE OF THE ARTS



FEATURING...

Melba Brown
March 4— April 19

John Cholod
April 22 - May 31

SPECIAL EVENTS

Women's History Trivia Brunch

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

ACTIVITY code: 18601-246A

Celebrate Women's History Month with us! Come prepared for some trivia fun on women's history and the chance to win small prizes. Enjoy a delicious catered brunch and non-alcoholic beverages. Please arrive at least 15 minutes prior to the start time to check in. We will be beginning our event sharply at 10:30 am and doors will close afterwards. Deadline to register is March 7. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Thursday , March 14, 2024

10:30 am - 12:30 pm

Craft It Up!

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

ACTIVITY code: 15609– 246A

Come prepared to do a surprise craft with us! All supplies included. Deadline to register is Wednesday, March 20. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Wednesday, March 27, 2024

10:30 am - 12 pm

Spring Line Dance Party

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

ACTIVITY code: 23407– 246A

Join us as we line dance our way into spring. Learn some new line dance steps from our instructor, Carolyn, or introduce some new dances yourself. Enjoy a catered lunch and non-alcoholic drinks and music from a DJ. Deadline to register is Wednesday, April 10. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Wednesday, April 17, 2024

12:30 pm – 3:30 pm

Mother's Day Cupcake Giveaway

FREE

SIGN UP IN THE LOBBY

Happy Mother's Day! Calling all mom to come over and grab your cupcake. You deserve it! Deadline to register is May 6. Register by sign up in the front lobby of Laurel-Beltsville Senior Activity Center. Limited slots available.

Monday, May 13, 2024

1 pm – 2 pm

SENIOR SERVICES COUNTYWIDE EVENTS

- **ANNUAL CENTENARIAN CELEBRATION (FRIDAY, MAY 17)**
- **SENIOR HEALTH & FITNESS DAY (WEDNESDAY, MAY 22)**

EDUCATIONAL LECTURES AND SCREENINGS (60 or BETTER)

Blood Pressure Screening

FREE

Wednesday, March 13, 2024

10 - 11 am

ACTIVITY Code: 20419-246A

Visiting Angels will be stopping by to provide blood pressure screenings. This will be done in 5 minute increments. Deadline to register will be March 6. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

LEGO Art Session

FREE

Friday, April 19, 2024

9:30 - 10:30 am

ACTIVITY Code: 20419-246B

Join us for some fun with LEGO's! Findings support that LEGO manipulations stimulates different functions in the brain and is used to help patients with dementia. Deadline to register for this will be April 10. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Relationships with Primary Care Providers

FREE

Friday, May 10, 2024

10 - 11 am

ACTIVITY Code: 20419-246C

Join us for a discussion on establishing a relationship with your primary care providers. This discussion will be led by UM Capitol Region physicians, Dr. Saulters and Dr. Najeeb. Deadline to register is May 3. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's county.

TRIPS

JAM Eateries

\$12 (R) ; \$ 14 (NR)

Thursday, March 7, 2024

9 - 11:30 am

PARKS DIRECT TICKET Code: LBSAC-20240307

Join us for a trip to JAM Eateries in Ellicott City! Enjoy breakfast, at your own expense at this popular brunch spot. This trip includes transportation to and from the destination. Deadline to register is Friday, February 23. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

National Portrait Gallery

\$12 (R); \$ 14 (NR)

Thursday, March 14, 2024

10:30 am - 4:30 pm

PARKS DIRECT TICKET Code: LBSAC-20240314

Join us for a trip to the National Portrait Gallery. Enjoy viewing portraits of those in American history who played a significant role in our countries development and culture. Grab lunch, at your own expense, at the gallery's The Courtyard Café. This trip includes transportation to and from the destination. Deadline to register is Thursday, March 7. Registration is available online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

TRIPS

Top Golf

\$35 (R); \$45 (NR)

Wednesday, April 3, 2024

10 am - 2:00 pm

PARKS DIRECT TICKET Code: LBSAC-20240403

Join us for a trip to Top Golf! Enjoy golfing at this popular gaming spot. Appetizer food will be included, however, beverages will be at your own expense. This trip includes 2 hours of golf time, appetizer food, and transportation. Deadline to register is Wednesday, March 27. Registration is available online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Sight & Sound: Daniel

\$150 (R); \$ 195 (NR)

Wednesday, April 24 , 2024

7:30 am - 5:30 pm

PARKS DIRECT TICKET Code: LBSAC-20240424

Join us for a trip to Sight & Sound (Lancaster, PA) to see the showing of Daniel! Enjoy main floor seating with an excellent view. Following the play we will be heading over to Bird -in-Hand Family Restaurant & Smorgasbord for lunch at your own expense. This trip includes ticket cost coverage and transportation on a mini coach bus. Deadline to register is April 4. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility Prince George' County.

Orioles Vs. Yankees

\$45 (R); \$ 58 (NR)

Wednesday, May 1 , 2024

4:45 pm - 10:30 pm

PARKS DIRECT TICKET Code: LBSAC-20240501

Join us for a trip to see the Baltimore Orioles play the New York Yankees baseball game. With great seats, you won't want to miss it! This time includes coverage of the tickets and transportation, any additional stadium purchases will be at your own expense. Please be sure to review stadium guidelines to be aware of items allowed and prohibited. Deadline to register is April 24. Register for this trip at pgparksdirect.com or in-person at any M-NCPPC facility.

***NOTE:** Return time may be later depending on the ending time of the last inning. Unless early departure is agreed upon by the group, patrons will stay until the end of the game.

PA Dutch Market Cockeysville

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

Thursday, May 16 , 2024

9 am - 3 pm

PARKS DIRECT TICKET Code: LBSAC-20240516

Join us on a trip to the Cockeysville Dutch Market! Come with your reuseable 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 May 9. 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, March 28

Thursday, April 25

Thursday, May 30





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	Wednesday	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.

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.pg parks.com/news/news-releases/pgparks-alerts . You will need a mobile phone or an email address and your zip code to complete the registration.

