

Langley Park Senior Activity Center

2024 SPRING CALENDAR



Welcome to Langley Park Senior Activity Center

March, April, May 2024

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

Please note the senior center will be closed: Monday, May 27 - Memorial Day



Face Mask Encouraged!



SPRING REGISTRATION



- **Registration - Wednesday, February 14, for Residents (R) of Prince George's County**
- **Registration - Wednesday, February 21, Non-Residents (NR)**
- **Spring Classes:** Register early! **In-person & Virtual classes available.**
- **Trips** -Sign up early, trips fill on a first come, first serve basis.
- Don't wait! Please register at least one week prior to the class start date so we can plan accordingly. A minimum number of registrants are required for programs to be held.
- A fee assistance program is available for residents who need financial help to participate in our classes 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.pgiparks.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: **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.

A graphic with the words "Hello Spring" in a stylized, cursive font. The letters are filled with a green and yellow floral pattern. The word "Hello" is on the top line and "Spring" is on the bottom line, both in a flowing script.

Langley Park/Gwendolyn Britt Senior Activity Center: **Virtual Classes**

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



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Mar 5- Mar 28 (23502-244A) Apr 2- Apr 25 (23502-244B) May 7 - May 30 (23502-244C)	9 – 10 am	\$60 (R) \$78 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Mar 5- Mar 28 (23503-244K) Apr 2- Apr 25 (23503-244G) May 7 - May 30 (23503-244H)	10 – 11 am	\$60 (R) \$78 (NR)
Computer Skills-Level 1 RecTrac Training Learn how to create an account, register for classes, & events.	<u>Mondays</u> Mar 4- Mar 25 (14501-244R) Apr 1- Apr 22 (14501-244S) May 6 - May 27 (14501-244T)	11am – 12 pm	FREE
LINE DANCE	<u>Mondays</u> Mar 4-25 (23501-244A) Apr 1-22 (23501-244B) May 6 - 27 (23501-244C)	11 am -12:30 pm	\$26 (R) \$34 (NR)

Langley Park Senior Activity Center: **Activities**

TUESDAY: 9am-11am Indoor - Pickleball Indoor at the Senior Center!	TUESDAY: 9am-11am Indoor - Pickleball Indoor at the Senior Center!	TUESDAY: 9am-11am Indoor - Pickleball Indoor at the Senior Center!
MONDAY/FRIDAY: 9am-2pm Card Sharks! Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	MONDAY/FRIDAY: 9am-2pm Card Sharks! Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	MONDAY/FRIDAY: 9am-2pm Card Sharks! Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!
WEDNESDAY: 12pm-2pm Bingo – Everybody is a winner!	WEDNESDAY: 12pm-2pm Bingo – Everybody is a winner!	WEDNESDAY: 12pm-2pm Bingo – Everybody is a winner!
MONDAY: 11am-12pm LINE DANCE A fantastic way to exercise to music! No experience necessary!	MONDAY: 11am-12pm LINE DANCE A fantastic way to exercise to music! No experience necessary!	MONDAY: 11am-12pm LINE DANCE A fantastic way to exercise to music! No experience necessary!
THURSDAY/FRIDAY: 10am-2pm GAME SWAP Game Day: Dominoes, Spades, Trouble, Uno, and others!	THURSDAY/FRIDAY: 10am-2pm GAME SWAP Game Day: Dominoes, Spades, Trouble, Uno, and others!	THURSDAY/FRIDAY: 10am-2pm GAME SWAP Game Day: Dominoes, Spades, Trouble, Uno, and others!

Langley Park Senior Activity Center: **Trips & Special Events**

MARCH 2024

Senior Shape

Free

Monday & Thursday, March 4 - 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!

National Woman's Day Celebration

Friday, March 8

PARKS DIRECT code: [LPSAC-SPEC-GA- 20240308](#)

11 am - 2 pm

\$28 (R); \$37 (NR)

This is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic, or political. As we celebrate sit back relax and enjoy the sounds of Black-Tie Excellence as we celebrate **All** Women of Excellence. Refreshments will be Served!

National Great Blacks in Wax Museum

Thursday, March 14

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

10 am - 3 pm

PARKS DIRECT code: [LPSAC-20240314](#)

This is one of the only wax museums in the nation dedicated to the preservation of African American history. This is one of the most enlightening educational experiences to see all the Greats.

Transportation provided. Meals at your own expense.

St. Paddy's Day Paint & Sip

Tuesday, March 19

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

10:30 - 12:30 pm

PARKS DIRECT code: [LPSAC-SPEC-GA-20240319](#)

Interested in painting? It's easy!!! Painting is a relaxing activity. All supplies & materials provided.

Refreshments served. Let's have fun!

Gordon Ramsay's Fish & Chips Restaurant, THE WHARF

Wednesday, March 27

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

10 am - 3 pm

PARKS DIRECT code: [LPSAC-20240327](#)

Have a delicious meal by the iconic chef and television personality, Gordon Ramsay. The Fish & Chips offers a menu of authentic, take-away-style along with the chicken & shrimp. Ramsay has a signature Sticky Toffee and tasty Biscoff shakes. Meals at your own expense. Transportation provided.

Movie Day

Friday, March 29

PARKS DIRECT code: [LPSAC-SPEC-GA-20240329](#)

11 am - 2 pm

\$7 (R); \$10 (NR) - Sit back relax enjoy a movie! Don't forget to stop by the concession stand for your hot dog, nacho & cheese, candy & drinks. This is your me time!



Langley Park Senior Activity Center: Trips & Special Events

APRIL 2024

Senior Shape

Monday & Thursday, April 1 - 25

Free

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!

Cherry Blossoms Tour

Wednesday, April 10

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

11 am - 3 pm

PARKS DIRECT code: [LPSAC-20240410](#)

Enjoy a beautiful trip to see the Cherry Blossoms and visit the Jefferson Memorial. Lavish over a great lunch on the waterfront. Meals at your own expense. Enjoy a beautiful day in our Nation's Capital. Transportation provided.

The Blue Dolphin Restaurant

Wednesday, April 17

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

10:30 am - 2 pm

PARKS DIRECT code: [LPSAC-20240417](#)

Blue Dolphin is recognized for its tradition of great food, unsurpassed service, and friendly atmosphere. They also feature daily specials. Enjoy a great meal from the Grill & Seafood Bar. Meals at your own expense. Transportation provided.



The Stylistics, Birchmere Theatre

Friday, April 26

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

4 pm - 10:00 pm

PARKS DIRECT code: [LPSAC-20240426](#)

The Stylistics are a veteran R&B soul group out of Philadelphia with a legacy of R&B hits. Formed 1968 with chart-topping first-time hits such as "Betcha by Golly Wow", "Breakup to Make Up", "Stop, Look, Listen to Your Heartbeat", and "You Make Me Feel Brand New". This legendary group is still performing around the world. Meals are at your own expense. Transportation provided.



Scandal and Intrigue Tour, Washington DC

Monday, April 29

\$26-Resident; \$34-Non-Resident

10:30 am - 3 pm

PARKS DIRECT code: [LPSAC-20240429](#)

Tour: 11:30 am

Explore a variety of fascinating, political and historic sites. Guided by our favorite tour guide, Edward Moser, find out what really happened at the historic Willard Hotel, the Watergate, the Lincoln Memorial and other famous or infamous sites you haven't seen or had a chance to visit. Meals at your own expense. Transportation provided.



Langley Park Senior Activity Center: Trips & Special Events



MAY 2024



Senior Shape

Free

Monday & Thursday, May 6-30

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 required!

Fitness Rollcall - Pickleball

PARKS DIRECT code: [27505-244A](#)

Tuesday, May 7

9 am -12 pm

Free

Celebrate a Healthy Mind, Body, and mental fitness for a better life through exercise. Join the Langley Park Seniors for a day of fun playing Pickleball. It's a whole lot of fun!! **Let Your Paddle Do the Talking!!**

Light Refreshments served. Registration Required.

Mother's Day Brunch, Jerry's Seafood

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

Friday, May 10

11 am – 2 pm

PARKS DIRECT code: [LPSAC-SPEC-GA-20240510](#)

Celebrating **ALL mothers!** Jerry' Seafood has the absolute best authentic Maryland crab (Bomb)

In this area their focus is on outstanding service that goes beyond what people would expect. If you are a mover and shaker and love great food Jerry's is the place to serve the best crab soups on the East Coast.

This is a seafood lover's dream with elegantly prepared food and a calming atmosphere. Registration Required! Meals at your own expense. Transportation provided.

National Physical Fitness & Sports Month

PARKS DIRECT code: [17531-244A](#)

Monday, May 20

10 am -12 pm

Free

Physical Fitness focuses on four areas Strength, Endurance, Flexibility & Balance to help reach your fitness goals. A certified fitness instructor will be on site. Sponsored by Suburban Hospital.

Registration required!

Senior Health & Fitness Day

PARKS DIRECT code: [SAARC-SPEC-GA-20240522](#)

Wednesday, May 22

9:00 am - 2:00 pm

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.

Registration Required! Transportation from the Langley Park Senior Activity Center on a first come basis.

TopGolf

\$45 (R); \$59 (NR)

Wednesday, May 29

10 am - 3 pm

PARKS DIRECT code: [LPSAC-20240529](#)

Challenge yourself by trying something NEW at Topgolf. Everyone can play, enjoy delicious food and drinks, just a Good Old Time! Games, food, drinks & Transportation. All included in the price.

Langley Park Senior Activity Center: Information/Education

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, for 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 at Laurel-Beltsville Senior Activity Center at 301-206-3351/3350 or send an email to Seniors@pgparks.com.

Upcoming AARP Smart Driver Courses

Monday, March 11, 2024, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, April 8, 2024, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, May 13, 2024, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Refresh your driving skills with the AARP Smart Drivers Course. 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.** Call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4. No outside food allowed. Payment due by check or money order (no cash) to AARP the day of the class.



GOING GREEN IN 2024



Be like your friends and only take one Senior Activity Calendar per season. Avoid paper clutter. Learn how to find the information you need online! Recycle paper, bottles & cans. Never litter!

Please dispose of garbage properly. Staff is always available to help you!



Langley Park Senior Activity Center - Health & Wellness

Aging in Place - Embracing the Years Where You Live!

Wednesday, March 20, 2024

Free

11 am - 12 pm

Embracing the Years Where You Live. Discover valuable insights and practical tips on making your home a haven for graceful aging. Explore ways to enhance comfort, safety, and well-being, ensuring that your living space evolves seamlessly with the passage of time. Don't miss this opportunity to gain wisdom towards a fulfilling and comfortable aging experience at home. Sponsored by Serenity Estate Home Care.

Parkinson's Awareness Month

Wednesday, April 17, 2024

A Closer Look at Symptoms and Solutions

11 am - 12 pm

Free

Exploring its various symptoms and offering insightful solutions and compassionately navigates the challenges faced by those affected by Parkinson's, providing a beacon of hope and practical strategies for enhancing quality of life. This is an opportunity to gain valuable insights and support while bringing awareness to the disease. Sponsored by Serenity Estate Home Care.

Melodies of Memory

Wednesday, May 15, 2024

Free

11 am - 12 pm

Dive into a nostalgic journey with 'Melodies of Memory' – the ultimate musical showdown where timeless tunes take center stage! Are you the music champion? Can you recognize the beats and rhythms of every melody that has shaped the soundtrack of your life? Join us for a beachside trivia extravaganza, as we groove to the sounds of the 60s, 70s, and 80s. Test your musical prowess, reminisce with friends, and let the harmonies transport you to cherished moments of the past. Don't miss out on being the maestro of memories at this soulful and rhythmic experience! Sponsored by Serenity Estate Home Care.

Fighting Inflammation Naturally Workshop

Wednesday, May 29, 2024

Free

12 pm - 1 pm

Inflammation can be a friend or foe, but when it sticks around too long it can cause long-term health issues. Join us as we explore the causes of inflammation with a Giant nutritionist. In this session, you'll also learn how to fight inflammation naturally by incorporating healthy foods in your diet to improve your overall health. Registration required.

Ticket Code: SPD-SPEC-GA-20240529

Blood Pressure Screenings

Thursday, March 7	11:00 am – 11:45 am
Thursday, April 4	11:00 am – 11:45 am
Thursday, May 2	11:00 am – 11:45 am

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, Barbara Goldsmith, 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 240-419-4664. 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

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.**

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.pgparks.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