

Langley Park Senior Activity Center

2024 SUMMER CALENDAR



Welcome to Langley Park Senior Activity Center June, July, August 2024

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

Please note the center will be closed: Thursday, July 4 - Independence Day



Face Coverings Optional!



SUMMER REGISTRATION



- Registration - Wednesday, May 15, for Residents (R) of Prince George's County
 - **Note: the center will open at 9 am for registration.**
- Registration – Wednesday May 22, Non-Residents (NR)
- Summer Classes: Register early! **In-person & Virtual classes available.**
- 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.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:

- 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 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 Center: **Virtual Classes**

PIANO ADVANCE	<u>Tues & Thurs</u> Jun 4 - Jun 27 (31541-430A) Jul 2 - Jul 25 (31541-430B) Aug 6 -Aug 29 (31541-430C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Jun 4 - Jun 27 (31538-430A) Jul 2 - Jul 25 (31538-430B) Aug 6 -Aug 29 (31538-430C)	1 - 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Jun 4 - Jun 27 (31526-430I) Jul 2 - Jul 25 (31526-430M) Aug 6 -Aug 29 (31526-430N)	10 - 11 am	\$68 (R) \$89 (NR)
PIANO BEGINNER LEVEL-1	<u>Mon & Wed</u> Jun 3-Jun 26 (31526-444A) Jul 1- Jul 24 (31526-444B) Aug 5 -Aug 28 (31526-444C)	9:30 – 11 am	\$68 (R) \$89 (NR)
HOME PROJECTS	<u>Wednesdays</u> Jun 5 - Jun 26 (31523-430X) Jul 3 - Jul 24 (31523-430B) Aug 2 - Aug 23 (31523-430C)	10 – 11 am	\$18 (R) \$24 (NR)
BINGO	<u>Fridays</u> Jun 7- Jun 28 (31510-430A) Jul 5 - Jul 26 (31510-430B) Aug 2 - Aug 28 (31510-430C))	12 noon – 1 pm	\$20 (R) \$26 (NR)



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Jun 4 - Jun 27 (23502-444D) Jul 2- Jul 25 (23502-444E) Aug 6 - Aug 29 (23502-444F)	9 – 10 am	\$60 (R) \$78 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Jun 4- Jun 27 (23503-444G) Jul 2- Jul 25 (23503-444H) Aug 6-Aug 29(23503-444K)	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> Jun 3 - Jun 24 (14501-444A) Jul 8 - Jul 29 (14501-444B) Aug 5 - Aug 26 (14501-444C)	11am – 12 pm	FREE
LINE DANCE	<u>Mondays</u> Jun 3 - Jun 24 (23501-444H) Jul 8 - Jul 29 (23501-444O) Aug 2 - Aug 23 (23501-444P)	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**

JUNE 2024

Senior Shape

Monday & Thursday, June 3 - June 27

Free

10 am - 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!

Darnall's Chance House Museum Presents: Lunchtime Lawn Concerts

Wednesday, June 5

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

11 am - 2 pm

PARKS DIRECT code: LPSAC-20240605

Enjoy a free Lunchtime Lawn Concert. Bring a picnic lunch, blanket or lawn chair and enjoy a performance by the Harlem & The Heartbeats band. Registration required! Transportation provided.

Patti LaBelle & Gladys Knight, Wolf Trap

Saturday, June 8

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

6 pm - 11 pm

PARKS DIRECT code: LPSAC-20240608

"Godmother of Soul" Patti LaBelle and "Empress of Soul" Gladys Knight hold court with a pairing of showstopping performances. Brimming with captivating voices and soulful melodies, don't miss a night of timeless hits including "Lady Marmalade," "You Are My Friend," "Neither one of Us" and "Every Beat of My Heart." Meals at your own Expense. Transportation provided. Register early! Seats are limited!

Timbuktu Restaurant

Wednesday, June 12

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

10:30 am - 3 pm

PARKS DIRECT code: LPSAC-20240612

Delicious home-style seafood with generous portions is what you can expect with every meal serving the best Crab, Bam Bam Shrimp, Sea Scallops, Wings & the best Ribs in town made fresh daily. The Timbuktu Sampler is a must try with the famous Maryland Crab Soup with so many other options on the menu. Meals at your own expense. Transportation provided.

Stretch Your Grocery Dollars

Tuesday, June 18

Free

11:30 am - 12:30 pm

Learn how to make your dollars work for you. While in the grocery store, we can strategize how we can spend less and get more. Educational programming provided by Humana. Registration required.

Hot Fun in the Summertime! **Welcome Summer!**

Tuesday, June 25

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

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20240625

LPSAC & GBSAC is ready to bring in the Summer with a **BANG!!** Get ready to have a fun time on the dance floor with the Tribe Band. Don't forget your dancing shoes. Enjoy our dancing marathon, twist, hula hoop and play our right to left game. Prizes Awarded! Don't forget to stop by the Face Caricatures station. Refreshments served. A fun-time at LPSAC!!

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

JULY 2024

Senior Shape

Free

Monday & Thursday, July 1 - July 25

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!

EVERYBODY'S BIRTHDAY!

Free

Wednesday, July 3

11 am – 1 pm

Celebrate with LPSAC & GBSAC for Everybody's Birthday. If you were born from January 1 through December 31 let's celebrate your special day and get down with the best DJ in the land DJ Sweat!!

Refreshments served. Registration Required at the Customer Service Desk.

Lunch with A Cop

FREE

Wednesday, July 17

11:30 am – 1 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20240717

The Lunch with a Cop program is an effort to provide positive social interactions between Prince Georges finest officers and the community. The goal is to strengthen relationships, to facilitate more positive contacts, and to provide relaxed, informal interactions in a friendly environment. Lunch will be provided. Registration Required! .

National Ice Cream & Pizza Day

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

Wednesday, July 24

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20240724

Ice cream is a treat we all love. The refreshing cool taste gives a pleasant wake up call to your body on a warm summer day. Don't forget to get your slice of Pizza. Music by your favorite DJ Capt. Frye.

Dorchester Seafood & Wine Tour

\$175 (R); \$228 (NR)

Wednesday, July 31

8 am - 9 pm

PARKS DIRECT code: LPSAC-20240731

Travel to Hoopers Island, passing by the beautiful scenery, which includes lush pine forests and waterways, while our tour guide educate us about the way of life in Dorchester County. We will stop at Old Salty's Restaurant for a home-cooked, buffet-style meal featuring crab cakes, clam strips, fish, chicken, salad, vegetables, a slice of homemade pie for dessert, water & Iced Tea drinks included. After lunch we'll visit Emily's Produce, a family-operated produce market and tour a wine testing at Layton's Chance Vineyard & Winery. We will finish our day with a stop at Kool Ice & Seafood for those who wish to buy seafood to take home. Don't forget to bring your coolers. Charter Bus Transportation provided. All included in the price. Register early! Seats are limited!



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

AUGUST 2024

Senior Shape

Free

Monday & Thursday, August 5 – August 29

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!

Comedy - Taco Tuesday

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

Tuesday, August 6

11 am – 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20240806

Show Time: 11:30 am

Tacos are a fun way to bring friends & families together to laugh because laughter is good for the soul and that is what Comedian E-Boogie is bringing to the stage. Sit back relax and enjoy your Taco's and laugh until you can't laugh NO MORE!!! A cheerful heart is the best medicine. Registration Required!

Game Day All Day - Game Swap

Free

Wednesday, August 14

11 am - 2 pm

Play game swap play one game at a table then when the buzzer sounds you have to switch to another table to play a different game. A terrific way to play with friends and meet new friends in our Langley Park Senior Center family. Bring your favorite game to share. Register at the front desk. Refreshments served.

Boyz II Men & Bell, Biv, DeVoe , Wolf Trap

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

Saturday, August 17

6 pm - 11 pm

PARKS DIRECT code: LPSAC-20240817

Boyz II Men return to Wolf Trap with their sweet soul harmonies and swaggering beats immortalized on hits "End Of The Road," "I'll Make Love to You," and more. Fellow '90s hitmakers Bell Biv DeVoe combined elements of soul and R&B with megahits "Poison," & "When I See You Smile". Meals are at your own Expense. Transportation provided. Seats are limited

National Hot Dog & Movie Day!

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

Wednesday, August 28

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20240828

The **HOT DOG** is internationally popular for being the food to eat at parades, games, barbecues, carnivals & festivals. Have a HOT DOG on us! While you relax and enjoy a movie. Bring a movie you would like to share. Don't forget to visit our concession table for some goodies. Registration required!



DON'T MISS OUR AMAZING, FUN COUNTY-WIDE EVENTS!!

Senior Line Dance Party, Martins Crosswinds
7400 Greenway Center Drive, Greenbelt MD 20770
PARK DIRECT code: SPD-SPEC-GA-20240719

Friday, July 19
9 am – 12 pm

Fee: \$38 (R); \$50 (NR)

You *DON'T* want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on first come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! Transportation not provided. A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations.

Camp Springs
10:30am-2:30 pm

Monday, May 20
Monday, June 3
Monday, July 8

Cedar Heights Community Center
10:30am-2:30 pm

Tuesday, May 28
Tuesday, June 11
Tuesday, July 2

Southern Area Aquatics & Recreation Complex (SAARC) - 10:30am-2:30pm

Friday, May 24
Friday, June 14
Friday, July 5

John E. Howard Senior Activity Center
10:30am-2:30pm

Wednesday, June 5
Wednesday, June 12
Wednesday, July 10

Laurel-Beltsville Senior Activity Center
11:00am-3:00pm

Thursday, May 23
Thursday, June 6
Thursday, July 11

Langley Park Senior Activity Center - Available for pick up Monday-Friday 9 am- 3 pm
Gwendolyn Britt Senior Activity Center -Available for pick Monday-Friday 9 am - 3 pm



BINGO-FEST (3 locations)



Calling all **SENIORS**! Join the fun and play **bingo** for GREAT prizes while helping support Prince George's County **elementary** school youth as they prepare for the upcoming school year. The Department of Family Services will provide lunch. Register at pgparksdirect.com Key word search: **Bingo**.

Friday, August 2, 2024

10:00 am – 2:00 p – (DOORS OPEN AT 9:30 am)
60 & Better

LOCATIONS

Camp Springs Senior Activity Center SPD-SPEC-GA-20240802B
6420 Allentown Road, Camp Springs (301-449-0490)

John E. Howard Senior Activity Center SPD-SPEC-GA-20240802
4400 Shell Street, Capitol Heights (301-735-2400)

Laurel-Beltsville Senior Activity Center SPD-SPEC-GA-20240802A
7120 Contee Rd, Laurel (301-206-3350)

For more information, call any senior activity center listed above.

FREE with a Parks
Direct Senior ID and
donation of new school
supplies to support
Prince George's
County Schools

Langley Park Senior Activity Center: Information/Education

Upcoming AARP Smart Driver Courses

Monday, June 10, 2024, 10:00 am - 2:00 pm	\$20/AARP Members; \$25/Non-Members
Monday, July 8, 2024, 10:00 am - 2:00 pm	\$20/AARP Members; \$25/Non-Members
Monday, Aug 12, 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.

Upon completion, you may qualify for car insurance premium discounts. Call to register (301) 736-1565 or

Register online at AARP.com.

Payment due by check or money order (no cash) the day of the class.

Call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4.

No outside food allowed.



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

Alzheimer's & Brain Awareness Month -

Free

Wednesday, June 12, 2024

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 Humana

Men's Health Month

Free

pm

Wednesday, June 26, 2024

11 am - 12

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. Sponsored by Humana

Healthy Vision Month

Free

Wednesday, July 24, 2024

11 am - 12 pm

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 Humana

National Immunization Awareness Month

Free

Wednesday, August 14, 2024

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 Humana

Blood Pressure Screenings

Thursday, June 6	11:00 am – 11:45 am
Thursday, July 4(closed)	11:00 am – 11:45 am
Thursday, August 1	11:00 am – 11:45 am

SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Mondays and Thursdays 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, or 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. 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 - No Longer Sold at The Langley Park Senior Activity Center.

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

www.wmata.com/fares/smatrip

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