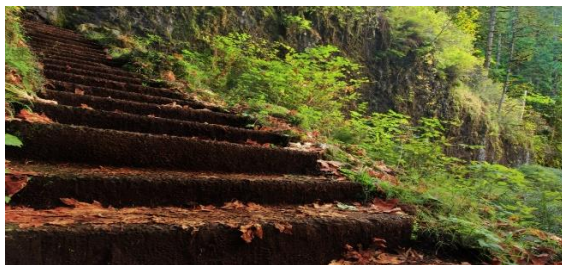


# Gwendolyn Britt Senior Activity Center

## FALL 2024 CALENDAR



### *SEPTEMBER, OCTOBER, NOVEMBER 2024*

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

Please note the center will be closed on:

Monday, September 2

Thursday, November 28

Friday, November 29

#### FALL REGISTRATION

- Registration begins Wednesday, August 14 for Residents (R).
- Registration begins Wednesday, August 21 for Non-Residents (NR).
- Fall 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.

#### 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](mailto:program.access@pgparks.com)**

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

<b>PIANO ADVANCE</b>	<b><u>Tues &amp; Thurs</u></b>  Sep 3-26 (31541-530A) Oct 1-24 (31541-530B) Nov 5-28 (31541-530C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
<b>PIANO Beginner Level I</b>	<b><u>Mon &amp; Wed</u></b>  Sep 2-25 (31526-544D) Oct 7-30 (31526-544E) Nov 4-27(31526-544F)	9:30 – 10:30 am	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<b><u>Tues &amp; Thurs</u></b>  Sep 3-26 (31538-530A) Oct 1-24 (31538-530B) Nov 5-28 (31538-530C)	1 – 2 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER</b>	<b><u>Tues &amp; Thurs</u></b>  Sep 3-26 (31526-530A) Oct 1-24 (31526-530B) Nov 5-28 (31526-530C)	10 - 11 am	\$68 (R) \$89 (NR)
<b>HOME PROJECTS</b>	<b><u>Wednesdays</u></b>  Sep 4-25 (31523-530A) Oct 9-30 (31523-530C) Nov 6-27 (31523-530D)	10 – 11 am	\$18 (R) \$24 (NR)
<b>BINGO</b>	<b><u>Fridays</u></b>  Sep 6-27 (31510-530A) Oct 4-25 (31510-530B) Nov 1-22 (31510-530C)	12 noon – 1 pm	\$20 (R) \$26 (NR)

# **SEPTEMBER 2024**



**MJ The Musical, Broadway at The National**  
**\$130 (R); \$169 (NR)**

**Thursday, September 5**  
**12 Noon - 5:00 pm**

**PARKS DIRECT code: GBSAC-20240905**

MJ the Musical is a jukebox musical based on the life of Michael Jackson and will feature over 25 of Michael Jackson's greatest hits including some of the King of Pop's most iconic tracks such as "Billie Jean," "Thriller," and "Smooth Criminal." Michael was an iconic singer, dancer, songwriter, producer, and philanthropist and intensely complex, very particular, and controversial about his music. Meals at your own expense. Transportation provided.

**Bon Appetite: G&M Restaurant**  
**\$15 (R); \$20 (NR)**

**Friday, September 13**  
**10:30 am - 3 pm**

**PARKS DIRECT code: GBSAC-20240913**

As soon as you step through the doors, you will start craving their famous lump crab cakes. In an atmosphere as inviting as their meals. They have a variety of menu items to choose from and don't forget to order one of their delicious desserts. Meals at your own expense. Transportation provided.

**5 Sneaky Causes of Weight Gain**  
**FREE**

**Monday, September 16**  
**12 – 1 pm**

Let's talk about the possible causes of weight gain as you live your best life. Reasons vary and we need to know how to be sure of the cause. Educational programming provided by Humana. Please sign up at the front desk.

**Celebrate Grandparent's Day**  
**\$25 (R); \$33 (NR)**

**Tuesday, September 17**  
**12 - 2 pm**

**PARKS DIRECT code: GBSAC-SPEC-GA-20240917**

We celebrate and give thanks to grandparents, who are the heart and soul of so many families. They offer wisdom, sharing their own stories of courage and resilience, or leading us forward by the power of their example. Many grandparents define who we are and shape who we become by blood and others by the good things in life they share. We celebrate them all! Help us do the "Grandparent Strut" with the musical sounds of DJ Sweat! Refreshments will be served.

**Crofton Bowl Centre**  
**\$22 (R); \$29 (NR)**

**Wednesday, September 18**  
**11:30 am - 3 pm**

**PARKS DIRECT code: GBSAC-20240918**

Two hours of unlimited bowling, up to six bowlers per lane, shoe rental, decorated party table and cleanup are all included. Meals at your own expense. Transportation provided.

**Active Aging Week Activity – Musical Ball**  
**FREE**

**Thursday, September 26**  
**12:30 – 1:30 pm**

**PARKS DIRECT code: GBSAC-SPEC-GA-20240926**

Looking for a fun time? Join us in this fun game where everybody gets caught. Pass the ball till it's in someone's hand when the music stops. By the way, we have a list of fun things to say or do and getting caught with the ball means you say or do one of them. Get it right or dance a jig!

# OCTOBER 2024



**Bon Appetite: BJ's Restaurant, Bowie MD**

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

**PARKS DIRECT code: GBSAC-20241001**

BJ's Restaurant & Brewhouse is a natural choice for great food and beer. You'll find a truly special atmosphere inside and plenty of room! Meals at your own expense. Transportation provided.

**Tuesday, October 1**

**10:30 am - 3 pm**

**Luminis Health Flu Shot**

**FREE**

Lunimis Health – Community Health Improvement Department is providing a FREE Flu Shot Clinic. Flu shots can help prevent the flu and its complications and help make illness less severe if you get sick. Don't forget to sign up early at the front desk.

**Wednesday, October 2**

**11 am – 2 pm**

**Warm Coats/Warm Hearts Coat Drive**

**Wednesday, October 9–December 20**

Do you have a coat you aren't wearing? Fall/Winter is here and people within our own community are struggling to stay warm. Donate a new, gently used clean winter coat. All coat donations will be delivered to a local organization serving the homeless community. The coat drive will continue through *December 20*. We appreciate all coat donations however, jackets, hats, gloves, and scarves are accepted. A donation box will be provided at Gwendolyn Britt Senior Activity Center and the Langley Park Senior Activity Center during regular hours of operation. We can't accept items that are not in mint condition. Thank you for your donations!

**National Pie Day**

**FREE**

No matter how you slice it, pie in just about any form makes a crowd happy. Enjoy a wonderful slice with your favorite music selections. **Give us your favorite song before November 10<sup>th</sup>.**

**Thursday, October 17**

**12:30 – 1:30pm**

**DANIEL, Sight & Sound, Lancaster, PA**

**\$185 (R); \$ 241 (NR)**

**PARKS DIRECT code: GBSAC-20241023**

Taken from his people, Daniel is exiled far from home in the perilous kingdom of Babylon. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in God remain steadfast through every test of faith? From the fiery furnace to the infamous den of lions, Daniel is a spectacular theatrical experience. Meals at you own expensive at Bird-In-Hand/Revere Tavern. Transportation provided by Coach Bus.

**Wednesday, October 23**

**8 am – 9 pm**

# **NOVEMBER 2024**



**Westminster DC Jazz Night, Washington, DC**

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

**PARKS DIRECT code: GBSAC-20241101**

Jazz nite in DC on Fridays presents some of the area's finest Jazz Musicians in a lively presentation of classical straight-ahead Jazz. \$10 entrance fee and meals at your own expense. Transportation provided.

**Friday, November 1**

**5 pm - 10 pm**

**Bon Appetite: Blackwall Barn & Lodge, Gambrills, MD**

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

**PARKS DIRECT code: GBSAC-20241105**

A unique modern cuisine offering different tasting healthy food that will satisfy your cravings. The chef serves the most pristine high-quality ingredients to create fresh and flavorful dishes that are served warm. Meals at your own expense. Transportation provided.

**Tuesday, November 5**

**10:30 am – 3 pm**

**Cow Town Farmers Market, Southern, NJ**

**\$70 (R); \$91 (NR)**

**PARKS DIRECT code: GBSAC- 20241112**

Cowtown Farmers Market is a large indoor & outdoor flea market that is full of great discounts, shopping, & delicious food vendors. Join us for a GREAT DAY of fun and Holiday Shopping!! Meals at your own expense. Transportation provided by a charter bus.



**Tuesday, November 12**

**8 am - 5 pm**

**Organic food: To buy or not to buy**

**FREE**

Are all organic foods good for you? Organic farming is the production of food without the use of synthetic chemicals or genetically modified components. Organic foods are not necessarily completely chemical free, but the pesticide residues will be considerably lower than those found in produce manufactured with synthetic chemicals. Let's learn some of the facts about organic food. Educational programming provided by Humana. Please sign up at the front desk.

**Monday, November 18**

**12 – 1 pm**

**Turkey and Dancing**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20241122**

Enjoy turkey games, contest and dancing with the Tribe Band. If you think you can Turkey Trott better than anybody else, come prove it and win a prize! Don't forget to practice your Turkey Trott dance and be ready. Refreshments served. You MUST register for this event.

**Friday, November 22**

**11:30 am – 1:30 pm**

# 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, 1<sup>st</sup> and 3<sup>rd</sup> Thursdays):** Tap into your creativity!

## FRIDAYS



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

## AARP Smart-Driver Courses (2024)

Tuesday, September 10	10 am - 3 pm
Tuesday, October 8	10 am – 3 pm
Tuesday, November 12	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

<b>Senior Shape Exercise Class</b> Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<b><u>THURS</u></b> Sep 5-26 Oct 3-31 Nov 7-28	11:30 am –12:15 pm	Free
<b>Blood Pressure Screenings</b>	Multi-Purpose Room A	<b><u>THURS</u></b> Sep 5 Oct 3 Nov 7	12:30 – 1:15 pm	Free

## SENIOR SMARTRIP INFORMATION



**WMATA Senior SmarTrip Cards - No Longer Sold at Gwendolyn Britt Senior Activity Center.**

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

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

## 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.pgparcs.com](http://www.pgparcs.com) today!

## 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.



## SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Tuesdays and Wednesdays here at Gwendolyn Britt 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:** 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.



### **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