

Langley Park Senior Activity Center

2024-2025 WINTER CALENDAR



Welcome to Langley Park Senior Activity Center

December 2024, January, February 2025

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

Please note the center will be closed on: Wednesday, December 25 - Christmas Day

Wednesday, January 1 - New Year's Day



Face Masks are Encourage!

WINTER REGISTRATION

- Registration begins - Wednesday, November 13 for Residents (R)
- Registration begins - Wednesday, November 20 for Non-Residents (NR)
- **Winter Classes:** Register early! **In-person & Virtual classes available.**
- **Trips** -Sign up early, trips fill on a first come, first serve basis.
- Don't wait and be too late! Please register at least one week prior to the class/trip start date so we can plan accordingly.
A minimum number of registrants are required for class/programs & trips 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

Phone: 301-408-4343

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/trip.
- 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.

hello winter

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

PIANO ADVANCE	<u>Tues & Thurs</u> Dec 3-26 (31541-130D) Jan 7-30 (31541-130E) Feb 4-27 (31541-130F)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Dec 3-26 (31538-130A) Jan 7-30 (31538-130B) Feb 4-27 (31538-130C)	1 - 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Dec 3-26 (31526-130A) Jan 7-30 (31526-130B) Feb 4-27 (31526-130C)	10 - 11 am	\$68 (R) \$89 (NR)
LINE DANCE	<u>Mondays</u> Dec 2-Dec 23(31502-144A) Jan 6-Jan 27 (31502-144B) Feb 3- Feb 24 (31502-144C)	11 am– 12 noon	\$26 (R) \$34 (NR)
HOME PROJECTS	<u>Wednesdays</u> Dec 4-25(31523-130A) Jan 8-29 (31523-130B) Feb 5-26 (31523-130C)	10 – 11 am	\$18 (R) \$24 (NR)
BINGO	<u>Fridays</u> Dec 6-27 (31510-130D) Jan 10-31 (31510-130F) Feb 7-28 (31510-130C)	12 noon – 1 pm	\$20 (R) \$26 (NR)
PIANO BEGINNER LEVEL 1	<u>Mon & Wed</u> Dec 2-25 (31526-144A) Jan 6-29 (31526-144B) Feb 3-26 (31526-144C)	9:30 – 10:30 am	\$68 (R) \$89 (NR)



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Dec 3- Dec 26 (23502-144B) Jan 7- Jan 30 (23502-144C) Feb 4 - Feb 27 (23502-144D)	9 – 10 am	\$65 (R) \$85 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Dec 3- Dec 26 (23503-144A) Jan 7- Jan 30 (23503-144B) Feb 4 - Feb 27 (23503-144C)	10 – 11 am	\$65 (R) \$85 (NR)
Computer Skills-Level 1 RecTrac Training Learn how to create an account, register for classes, & events.	<u>Mondays</u> Dec 2 - Dec 23 (14501-144A) Jan 6 - Jan 27 (14501-144B) Feb 3 - Feb 24 (14501-144C)	11am – 12 pm	FREE
LINE DANCE	<u>Mondays</u> Dec 2 - Dec23 (23501-144D) Jan 6 -Jan 27 (23501-144P) Feb 3 – Feb 24 (23501-144R)	11 am– 12 noon	\$26 (R) \$34 (NR)

Langley Park Senior Activity Center: **Activities**

TUESDAY: 9am-12pm Indoor - Pickleball Indoor at the Senior Center!	TUESDAY: 9am-12pm Indoor - Pickleball Indoor at the Senior Center!	TUESDAY: 9am-12pm 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-12:30 pm LINE DANCE A fantastic way to exercise to music! No experience necessary!	MONDAY: 11am-12:30 pm LINE DANCE A fantastic way to exercise to music! No experience necessary!	MONDAY: 11am-12:30 pm 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



DECEMBER 2024



Senior Shape

Monday & Thursday, December 2-19

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!

Senior Holiday Piano Class Recital

Featuring our Virtual & In-Person Classes

Tuesday, December 3

FREE

11 am - 2 pm

Please join us in celebrating our talented seniors for a special Holiday Recital by our Virtual and In-Person Piano Classes. Refreshments served. Register early!

SENECA PARK Festival of Lights

Wednesday, December 11

\$22 (R); \$29 (NR)

4:30 pm - 9 pm

PARKS DIRECT code: [LPSAC-20241211](#)

Enjoy the 3.5-mile drive through Seneca Creek State Park past more than 380 illuminated displays and 65 animated vignettes that light up the night. Themed areas include Winter Woods, Teddy Bear Land, Victorian Village, the North Pole, and much more. Meals at your own expense. Transportation provided.

Senior Holiday Concert. Laurel Beltsville Senior Activity Center

Thursday, December 12

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

Concert: 10:30 am - 12 pm

PARKS DIRECT code: [SPD-SPEC-GA-20241212](#)

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

Transportation Leaving from LPSAC at 9:00 am

Celebrate the holiday season and enjoy a concert featuring the sounds of the Rise Band & Show. This event will be sure to get you in the holiday spirit! **Transportation provided! You must register for transportation using the following Parks Direct code: [LPSAC-20241212](#). TRANSPORTATION FEE IS NOT INCLUDED IN THE CONCERT TICKET PRICE.** Meals at your own expense. Register early!

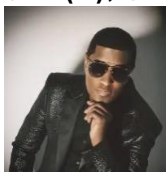
Maryland Live featuring Baby Face



Sunday, December 15

\$95 (R); \$124 (NR)

4 pm - 10 pm



PARKS DIRECT code: [LPSAC-20241215](#)

Kenneth "Babyface" Edmonds is known as a soulful R&B legend and has written and produced over 26 number one R&B hits throughout his career. Travel back down memory lane with his chart-topping hits like "Whip Appeal," "Two Occasions," "When Can I See You Again", and "For The Cool In You." The Hall at Maryland Live is directly adjacent to Arundel Mills Mall where you have everything at your fingertips-gaming, shopping, entertainment, and dining. Meals at your own expense. Transportation provided. Tickets are limited. Register early!

Langley Park Senior Activity Center: Trips & Special Events

JANUARY 2025

Senior Shape Free

Monday & Thursday, January 6 - 30
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!



Senior Tribute to Dr. Martin Luther King, Jr. FREE

Monday, January 20
11 am - 2 pm

The Langley Park Seniors will present a tribute to Dr. King with poems, short skits and singing. Join this special Birthday Celebration. If you would like to participate in this tribute to Dr. King, and share your talent please let our senior center staff sign you up. Light refreshments will be served. Register early!

Soup for the Soul

Wednesday, January 22
12 pm - 2 pm

PARKS DIRECT code: [LPSAC-SPEC-GA-20250122](#)

We all love Soup! Every country in the world has soup recipes and family traditions from long ago. It comes as no surprise that soup is the oldest form of food right up there with bread. Sit back and reminisce on the chilly days when the family sat around the fireplace with a bowl of soup sharing stories. Featuring the soulful Jazz sound of Wayne "Saleem" Waters. Registration required! Register early seats are limited!



Will Downing, Birchmere Theatre

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

PARKS DIRECT code: [LPSAC-20241130](#)

Will Downing is one of the most versatile and loved voices of our time. Known as The Prince of Sophisticated Soul, his repertoire consists of signature R&B classics like "I Go Crazy", "Wishing On A Star" and "I Try", with original hits "A Million Ways", "Sorry I" and the show-stopping duet with Rachelle Ferrell, "Nothing Has Ever Felt Like This". His distinctive baritone voice has resonated in the hearts of people world-wide. He continues to serve his fan base through his sold-out tour dates across the country. Meals at your own expense; Transportation provided.

Friday, January 31

4 pm - 10:00 pm

IT'S
SHOWTIME

Langley Park Senior Activity Center: Trips & Special



FEBRUARY 2025



**American Heart Healthy Month!!
Health Screenings**

**Monday, February 3
10:45 am-12:45pm**

PARKS DIRECT code: [SPD-SPEC-GA-20250203](#)

Take charge of your health! Join us for a FREE comprehensive health screening with Luminis Health, where you can get your blood pressure, glucose, A1C, and cholesterol levels checked. You will get all the results of your screening the same day. Based on the screenings results, you will be provided educational resources to help improve your health. Register early! Sign-up sheets are provided at the customer service desk.

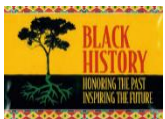
Senior Shape

Monday & Thursday, February 3 - 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!



**Black History in Motion, Publick Playhouse
\$10 (R); \$13 (NR)**

**Friday, February 7
11 am - 12:30 pm**

PARKS DIRECT code: [SPD-SPEC-GA-20250207](#)

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

Transportation Leaving from LPSAC at 10:00 am

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture while enjoying the sounds of GP Promotions as they perform some old school R & B. Tickets may be purchased at [pgparks.com](#), the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. **A printout of your ticket(s) is required for admission to the concert.** The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784. **Transportation provided! must register for transportation using the following Parks Direct code: [LPSAC-20250207](#). TRANSPORTATION FEE IS NOT INCLUDED IN THE CONCERT TICKET PRICE. Register early! Spaces are limited.**

**Rusty Scupper Restaurant, *Valentine's Day Lunch*
\$15 (R); \$20 (NR)**

**Friday, February 14
10:30 am - 3 pm**

PARKS DIRECT code: [LPSAC-SPEC-GA-20250214](#)

Valentine's Day comes once a year so pamper yourself or a loved one at the Baltimore Inner Harbor for an elegant lunch, enjoy live piano entertainment, fresh seafood, and seasonal cuisine at this distinctive waterfront restaurant. Meals at your own expense; Transportation provided.



Langley Park Senior Activity Center: **Information/Education**

Upcoming AARP Smart Driver Courses

Monday, December 9, 2024, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, January 20, 2025, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, February 17, 2025, 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.

Face Coverings Optional!



Blood Pressure Screenings

<i>Thursday, December 5, 2024</i>	<i>11:00 am – 11:45 am</i>
<i>Thursday, January 3</i>	<i>11:00 am – 11:45 am</i>
<i>Thursday, February 6</i>	<i>11:00 am – 11:45 am</i>
BLOOD PRESSURE SCREENINGS PROVIDED BY SUBURBAN HOSPITAL	HEALTH & WELLNESS INFORMATION SESSIONS PROVIDED BY JOHNS HOPKINS

Health & Wellness

**What you need to know about HPV(Human Papillomavirus), Thursday, December 19
11 am – 12:30 pm**



Join our Community Health Educators for this health education session on What You Need to Know about HPV. Our session will define HPV, discuss the risk factors, signs and symptoms and screening options. The presentation will also discuss ways to reduce your risk. healthy-living strategies. Sign up at our customer service desk. Educational programming presented by Johns Hopkins Community Outreach.



Nutrition & Exercise Session

**Friday, January 3, 2025
11 am – 12:30 pm**

The session will define nutrition and exercise, the impact of poor nutrition and lack of exercise and how to improve overall health by improving diet and increasing physical activity levels. Sign up at our customer service desk. Educational programming presented by Johns Hopkins Community Outreach.



**American Heart Healthy Month!! Monday, February 3, 2025
Health Screenings 10:45 am -12:45 pm
PARKS DIRECT: SPD-SPEC-GA-20250203**

Take charge of your health! Join us for a FREE comprehensive health screening with Luminis Health, where you can get your blood pressure, glucose, A1C, and cholesterol levels checked. You will get all the results of your screening the same day. Based on the screenings results, you will be provided educational resources to help improve your health. Register early! Sign-up sheets are provided at the customer service desk.

FOR YOUR INFORMATION

In accordance with Maryland State Law, 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.



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