

Laurel - Beltsville Senior Activity Center

Summer 2025 Calendar

June, July, & August 2025



HOURS OF OPERATION

MONDAY-THURSDAY

8:00 AM– 8:00 PM

FRIDAY

8:00 AM– 5:00 PM

SATURDAY

8:00 AM– 2:00 PM

SUNDAY

CLOSED

HOLIDAY CLOSURE: Friday, July 4

Registration Begins:

- **Wednesday, June 14 at 9:00 AM** for Prince George's County Residents.
Wednesday, June 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 in Prince George's County.
- **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 will be cancelled one week prior to the program start date.
- 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. Visit www.pgparcs.com or ask center staff for details.
- 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**
- **CREDIT/REFUND POLICY PG 13.**

Laurel-Beltsville Senior Activity Center

7120 Contee Road, Laurel, Maryland 20707

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

TTY 301-699-2544

REGISTRATION TIPS

Registration day can be hectic, with long lines and occasional tech hiccups. To help things go more smoothly, here are a few tips to keep the process stress-free:

- Consider adding funds to your household account in advance. This allows you to have a smoother check out process when completing transactions.
- Register online at www.pgparksdirect.com! This allows you to register in the comfort of your home and avoid the long lines.
NOTE: Sometimes you are placed in an online line, however, it moves significantly faster than in-person.
- Make sure you have your **PARKS DIRECT** login information in advance of registration day **(ONLINE REGISTRATION ONLY)**
- Fill out the pre-registration form on page 3 to give to one of our front desk team members. This allows us to ensure that we are accurately registering you for the classes you want and helps speed up the registration process. **(IN-PERSON REGISTRATION ONLY)**
- Review your receipts to ensure you are registered in all of the programs you selected **BEFORE** leaving the front desk. This allows us to address any errors or concerns before moving along to the next patron.
- On registration day there will be a sign in sheet. Please be sure to sign yourself in only and wait in the lobby area for your name to be called. **(IN-PERSON REGISTRATION ONLY)**
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- Last but not least, please be patient and courteous to our LBSAC team members. We are all working very hard to get everyone accurately registered but sometimes things do come up that are out of our control. In the event that happens, know that we are doing our best to resolve the issue.

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: 11:30 am - 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.

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/pgparks-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> Jun 3 - Jun 24 Jul 1 - Jul 22 Jul 29 - Aug 19	1 - 2 pm	17543-446D 17543-446E 17543-446F	\$37 (R); \$49 (NR) \$37 (R); \$49 (NR) \$37 (R); \$49(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Tues</u> Jun 24 - Aug 26	10 am - 2 pm	30403-446A	\$70(R); \$91 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Wed</u> Jun 25– Aug 27	10 am - 2 pm	30403-446B	\$70(R); \$91 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Thu</u> Jun 26 – Aug 28	10 am - 2 pm	30403-446C	\$70(R); \$91 (NR)
Computer: Senior Tech. 60 & Up (10 weeks) (NO CLASS 7/14)	<u>Mon</u> Jun 2 – Aug 4	10 - 11 am	14512-446A	\$40(R); \$52 (NR)
Computer: Productive Suites (10 weeks) 18 & Up (NO CLASS 7/16)	<u>Wed</u> Jun 4 – Aug 6	5 - 6 pm	14405-446A	\$54(R); \$70 (NR)
Drawing/Watercolor Painting: Adults 50 & Up (12 weeks)	<u>Thu</u> Jun 5 – Aug 21	2 - 4 pm	30428-446A	\$80 (R); \$104 (NR)
Exercise: Adults 50 & Up (4 weeks)	<u>Mon, Wed, & Fri</u> Jun 2 - Jun 27 Jun 30 - July 28 Aug 4 - Aug 29	9- 10 am	17435-446A 17435-446B 17435-446C	\$40 (R); \$52 (NR) \$40 (R); \$52 (NR) \$40 (R); \$52 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Jun 2 - Jun 25 Jun 30 - Jul 23 Jul 28– Aug 20	11 am - 12 noon	17435-446D 17435-446E 17435-446F	\$35 (R); \$46 (NR) \$35 (R); \$46 (NR) \$35 (R); \$46 (NR)
Hand Dance: Beginners Adults 50 & Up (12 weeks)	<u>Tue</u> Jun 3 - Aug 19	9:30 - 10:45 am	23401-446A	\$70 (R); \$91 (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>
Hand Dance: Beginners Adults 18 & Up (12 weeks)	<u>Tue</u> Jun 3 - Aug 19	6 - 7:30 pm	23401-446B	\$70(R); \$91 (NR)
NEW!!!Hand Dance: Intermediate Adults 18 & Up (12 weeks)	<u>Wed</u> Jun 4 - Aug 20	6:30 - 7:30 pm	23419-446A	\$75 (R); \$98 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tues</u> Jun 4 - Jul 8 Jul 15 - Aug 19	11 am - 12 pm	23501-446A 23501-446B	\$52 (R); \$68 (NR)
Personal Training: Seniors 60 & Up (4 weeks)	<u>Mon & Wed</u> Jun 2 - Jun 25 Jun 30 - Jul 23 Jul 28 - Aug 20	1- 2 pm	17513-446A 17513-446B 17513-446C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Mon</u> Jun 2 - Jul 21	5:00 -6:30 pm	20422-446A	\$60 (R); \$78 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Sat</u> Jun 7 – Jul 26	9 -10:30 am	20422-446B	\$60 (R); \$78 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Tue</u> Jun 3– Jul 22	5 -6:30 pm	20403-446A	\$65 (R); \$85 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Sat</u> Jun 7– Jul 26	10:45 am -12:15 pm	20403-446B	\$65 (R); \$85 (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>
Spanish: Adults, Advance (Level I) 18 & Up (8 weeks)	<u>Wed</u> Jun 4– July 23	5 - 6:30 pm	20404-446A	\$70 (R); \$91 (NR)
Conversational Spanish: Adults, Advance (Level II) 18 & Up (8 weeks)	<u>Thu</u> Jun 5– Jul 24	5 - 6:30 pm	20404-446B	\$70 (R); \$91 (NR)
Tai Chi: Seniors, Beginners 60 & Up (12 weeks)	<u>Mon</u> Jun 2– Aug 18	2:45 - 3:45 pm	21501-446A	\$72 (R); \$94 (NR)
Yoga: Beginners 50 & Up (9 weeks)	<u>Mon</u> Jun 30 - Aug 25	1:15 - 2:30 pm	17413-446A	\$56 (R); \$73(NR)
Yoga: Beginners 50 & Up (12 weeks)	<u>Thu</u> Jun 26 - Aug 28	12 - 1:15 pm	17413-446B	\$63 (R); \$82(NR)
Yoga (CHAIR) 50 & Up (9 weeks)	<u>Mon</u> Jun 30 - Aug 25	12:05 - 1:05 pm	17658-446A	\$56 (R); \$73(NR)
Zumba: Adults 18 & Up (6 weeks)	<u>Wed</u> Jun 5-Jul 16 Jul 23– Aug 27	5 - 6 pm	17414 -446A 17414-446B	\$52(R); \$68(NR) \$52(R); \$68(NR)
Salsa: Adults 50 & Up (4 weeks)	<u>Fri</u> Jun 6 – Jun 27	12 - 1 pm	17440-446A	\$35(R); \$46(NR)
Weighted Hula Hoop: Adults 50 & Up (6 weeks)	<u>Fri</u> Jul 18 - Aug 22	12 - 1 pm	17402-446A	\$52(R); \$68(NR)

AVENUE OF THE ARTS

UPCOMING AVENUE OF THE ARTS



FEATURING...

Dalphine Queen

Apr 28 – Jun 6

William Kendrick III

Jun 9 - Jul 18

LBSAC Drawing/Watercolor Class

Jul 21 - Aug 29

SPECIAL EVENTS

Caribbean-American Cooking Demonstration **Monday, June 9, 2025**
\$5 (R); \$7 (NR) **6 – 7 pm**

TICKET code: LBSAC– SPEC-GA-20250609

Celebrate Caribbean-American Heritage Month with us! Enjoy a cooking demonstration from Chef Ros, where delicious samples of Caribbean-American recipes will be served. The deadline to register is June 2. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Father's Day Massages **Friday, June 13, 2025**
FREE **1 – 3:30 pm**

TICKET code: LBSAC-SPEC-GA-20250613

Attention all fathers! This year, we're celebrating you with a FREE 10-minute chair massage courtesy of A Classic Touch Therapy. Limited spots available! The deadline to register is June 6. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Juneteenth Trivia Cookout **Thursday, June 19, 2025**
\$5 (R); \$7 (NR) **12 – 3 pm**

TICKET code: LBSAC-SPEC-GA-20250619

Celebrate Juneteenth with us! Juneteenth marked the end of slavery in the United States therefore making all people free in 1865. Join us for Black history trivia while enjoying onsite catering fresh off the grill! Prizes will be awarded to winners who collected a designated number of points. The deadline to register is June 12. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

July 4th Popsicle Giveaway **Thursday, July 3, 2025**
FREE **1 – 2 pm**

SIGN UP AT FRONT DESK

Celebrate the 4th of July by grabbing a free popsicle! Deadline to sign up is June 26. Sign up at the front desk at LBSAC.

Charcuterie & Paint **Thursday, August 21, 2025**
\$ 20 (R); \$ 26 (NR) **4:00 – 6:00 pm**

TICKET code: LBSAC-SPEC-GA-20250821

Join us for an evening of art, music, and gourmet indulgence! Enjoy a fun paint-by-numbers session while savoring a delicious charcuterie spread featuring cheeses, meats, fruits, and desserts like macarons and chocolates, all set to the sounds of a live band. Deadline to register is August 14. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

EDUCATIONAL LECTURES & SCREENINGS (60 & BETTER)

Blood Pressure Screening

FREE

ACTIVITY Code: 20515-446A

Visiting Angels will be on-site providing free blood pressure screenings. Deadline to register is June 12. Registration is available at pgparksdirect.com or any M-NCPPC facility in Prince George's County.

Thursday, June 19, 2025

11:30 am - 12:30 pm

Make Your Own Bouquet

FREE

ACTIVITY Code: 20515-446B

Join us for a delightful and hands-on floral experience with **Janee Bushrod** of **Visiting Angels**. You'll learn the art of flower arranging in a fun, relaxed setting, no experience needed! Janee will guide you step-by-step as you create your own personalized bouquet using fresh, seasonal blooms. Deadline to register is July 9. Registration is available at pgparksdirect.com or any M-NCPPC facility in Prince George's County.

Wednesday, July 16, 2025

10 - 11 am

Financial Fraud

FREE

ACTIVITY code: 20515-446C

Join us for a free Financial Fraud Presentation with a representative from Byrd & Byrd Law firm. Anyone can fall victim to financial fraud. Come to learn about how fraud can happen and how you can take steps for protecting yourself. Deadline to register will be July 31. Registration is available online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Thursday, August 7, 2025

9:30 am - 10:30 am

TRIPS

DISCLAIMER: TRANSPORTATION WAIVER MUST BE SIGNED IN ORDER TO PARTICIPATE IN TRIPS.

No Refunds unless trip is cancelled or unless spot is resold. The trip coordinator must approve and process all refunds. Trips depend on sufficient registration; specific registration deadlines may apply

Rio Lakefront

\$10 (R); \$12 (NR)

TRIP Code: LBSAC-20250603

Explore the beautiful lakefront at Gaithersburg's shopping and dining center! Enjoy lunch, at your own expense, at one of the many restaurants available at the center.. This trip includes transportation and support staff. Deadline to register is May 26. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Tuesday, June 3, 2025

10 am - 3:30 pm

TRIPS

DISCLAIMER: TRANSPORTATION WAIVER MUST BE SIGNED IN ORDER TO PARTICIPATE IN TRIPS.

Thomas Dixon Jr. Aircraft Observation Area

Wednesday, June 18, 2025

\$10 (R); \$12 (NR)

9 am - 3p

TRIP Code: LBSAC-20250618

Join us on a trip to Thomas A. Dixon, Jr. Aircraft Observation Area! Watch the airplanes come and go from BWI with a perfect view at this outdoor park. Take a walk along the trail or bring a blanket with some snacks to just lay out and enjoy the view. Enjoy lunch, at your own expense, at The Grill at Quarterfield Station. Deadline to register is June 11. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Tea Around Town DC-Annapolis

Tuesday, June 24 , 2025

\$117 (R); \$ 152 (NR)

10:30 am– 3:30 pm

TRIP Code: LBSAC-20250624

Join us for the Luxe all inclusive lovely bus tour from D.C to Annapolis! The Luxe experience includes an enhanced menu, priority boarding, mocktails, and more! Enjoy beautiful scenery and live entertainment as well. This trip includes transportation, covers ticket fee, and support staff. Deadline to register is June 17. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Georgetown Day Trip

Thursday, July 17, 2025

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

9 am– 4 pm

TRIP Code: LBSAC-20250717

Discover the charm of downtown Georgetown on a scenic day trip! Explore historic landmarks, vibrant shops, museums, and top-notch restaurants at your own pace .This trip is designed for those who are comfortable with independently exploring. The bus will drop off and pick up patrons at designated times and locations. This trip includes transportation and support staff. Deadline to register is July 10. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Larriland Farm

Tuesday, July 23, 2025

\$10 (R); \$ 12 (NR)

8:30 am– 12 pm

TRIP Code: LBSAC-20250723

Join us for a fun-filled day at Larriland Farm! Purchase your preferred bag size, on site, and pick your own fresh fruits and veggies. Be sure to visit the local grocery shop for even more delicious finds! Please note, this trip includes walking through the picking fields, with the bus making stops at different picking locations. This trip includes transportation and support staff. Deadline to register is July 16. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

TRIPS

DISCLAIMER: TRANSPORTATION WAIVER MUST BE SIGNED IN ORDER TO PARTICIPATE IN TRIPS.

St. Michaels Day Trip

\$20 (R); \$26 (NR)

TRIP Code: LBSAC-20250813

Tuesday, August 5, 2025

8 am – 5 pm

Join us on a trip to the beautiful historic town, of the eastern shore, St. Michaels. Explore the historic landmarks, museums, distillers, activities, restaurants, and more! This trip is designed for those who are comfortable independently exploring. The bus will drop off and pick up patrons at designated times and locations. This trip includes transportation and support staff. Deadline to register is July 29. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Suicide Bridge Restaurant: Crab Feast

\$65 (R); \$ 85 (NR)

TRIP Code: LBSAC-20250813

Wednesday, August 13, 2025

8 am– 4 pm

Join us on a trip to the eastern shore's population Suicide Bridge Restaurant! Enjoy the crab feast special serving crabs, fried chicken, corn on the cob, and more! Take in the beautiful scenery on the water while chowing down! This trip will include 1 rest stop on the way down and 1 on the way back. This trip includes the crab feast cost, transportation, and support staff. Deadline to register is August 6. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

JOIN OUR LBSAC EMAIL BLAST

Join our email blast to get information about upcoming events and classes! Interested in

joining send an email with the
subject line titled, **“SIGN ME UP!”** to

Rosalyn.dortch@pgparks.com

MOVIE SHOWING

Catch a Movie with Us!

***Note:** Please see the listing posted in the center lobby for movie titles. Movies will be offered from **1–3 pm** on the following dates:*

Thursday, June 19
Thursday, July 17
Thursday, August 24

* Snacks available!



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- 4 pm	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% credit to account or refund per request, 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.

***NOTE:** Patrons accounts will be credited up to **1 week** following the end of the course session for any classes cancelled by LBSAC. Patrons must request refunds back to their credit cards or in the form of a check

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

