

Laurel-Beltsville Senior Activity Center

2025 FALL CALENDAR

Updated 08/06/2025



Welcome to Laurel-Beltsville Senior Activity Center September, October, November 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

Closed Sept 1 for Labor Day, November 27 for Thanksgiving, and November 28 for Employee Appreciation Day

FALL REGISTRATION

- Registration begins **Wednesday, August 13**, for **Residents (R)** of Prince George's County only.
- Registration begins **Wednesday, August 20**, for **Non-Residents (NR)** of Prince George's County
- The Center and Computer Lab opens at 8 am. In-person and On-Line **Registration starts at 9 am.**
- **How to Register:** on-line at www.pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.
- 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. Contact the center 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@pgparks.com**
- 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 most activities to be held.

7120 Contee Road, Laurel, MD 20707

301-206-3350 voice

301-699-2544 TTY

301-206-3387 fax


Laurel-Beltsville Senior Activity Center: **Information**

Our Refund Policy:

- 100% refunds are issued when M-NCPPC/LBSAC cancels an activity.
- All other refunds are subject to a 20% administration fee.
- Trip refund requests will only be issued if the spot is resold.
- All withdrawals/refunds must be processed by the facility offering the activity.
- LBSAC Director must approve all requested refunds.
- 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.**
- Refunds may be immediately credited to your PARKS DIRECT account or be issued by the original method of payment. Refunds to credit cards will take 3 to 5 days to process; refunds by check can take 3 to 4 weeks. Cash refunds are not allowed.

Trip Information:

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

 **Note:** When you see these feet with a trip or activity, it means there will be a lot of walking. All trip registrants are expected to return with the group to the center or fill out a release form.

Eligibility Requirements:

Eligibility requirements for participation at the Senior Activity Center are:

- Minimum age of 60 or a Pre-Senior Membership
- A M-NCPPC Senior or Pre-Senior Identification Card
- Ability to participate in recreation activities with minimal personal assistance. Group size may vary from large to small with 1-2 staff present
- Ability to take care of personal needs (ie hygiene, eating, mobility, medication, etc.)

No Smoking Policy:

In accordance with Maryland State Law, there is NO SMOKING on M-NCPPC property. This includes vehicles, enclosed buildings and outdoor areas including grounds, parking areas, parks, picnic areas, ballfields, etc.

REGISTRATION TIPS

Registration day can be hectic, with long lines and occasional technical 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 faster and smoother check out process when completing transactions.

Register online at www.pgparksdirect.com! This allows you to register in the comfort of your home or in our Computer Room and avoid the long lines. Log-in early to be placed in a queue. Your number may be high, however, it moves significantly faster than in-person. A staff member will be in the Computer Room to provide assistance. Be sure to have your PARKS DIRECT login user ID and password available for your use.

Plan ahead for the classes you want. Fill out the registration planning form on the next page to give to one of our front desk team members or use as your guide for on-line registration. This helps speed up the process.

Review your receipts BEFORE leaving the front desk to ensure you are registered for all of the programs you selected. This allows us to address any errors or concerns before moving to the next patron.

On registration day, there will be a sign in sheet in the Lobby for IN-PERSON registration. Please be sure to sign in and wait in the lobby or Fireside Lounge area for your name to be called.

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. If that happens, know that we are doing our best to resolve the issue.

Be prepared for Fall Registration by learning how to REGISTER ON-LINE using www.pgparksdirect.com. Join us for a special session:

How to Register online for M-NCPPC Programs

Tuesday, August 5, 12 Noon – 1 pm

Computer Lab

Bring your user ID and password for your parksdirect.com account. If a first-time user, go to www.parksdirect.com, enter your email associated with your Center membership as the ID and click on “Forgot password” to be prompted through the password reset process. You will need access to your email to get the instructions for logging on and setting a password.

REGISTRATION PLANNING FORM

[illegible]

Laurel-Beltville Senior Activity Center: **Classes**

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time</u>	<u>Fee</u>
Balance, Stretch & Tone: Seniors 60 & Better (4 weeks)	<u>Tues</u> Sep 2 – Sep 23 (17543-546D) Sep 30 – Oct 21 (17543-546E) Oct 28 – Nov 18 (17543-546F)	1 – 2 pm	\$37 (R) \$49 (NR)
Ceramics: All Levels 50 & Better (9 weeks; no class 9/23)	<u>Tues</u> Sep 16 – Nov 18 (30403-546A)	10 am – 2 pm	\$63 (R) \$82 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Wed</u> Sep 17 – Nov 19 (30403-546B)	10 am – 2 pm	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better (9 weeks; no class 10/2)	<u>Thu</u> Sep 18 – Nov 20 (30403-546C)	10 am – 2 pm	\$63 (R) \$82 (NR)
Chair Aerobics 50 & Better (4 weeks)	<u>Thu</u> Sep 4 – Sep 25 (17445-546A) Oct 2 – Oct 23 (17445-546B)	9:30 – 10:30 am	\$35 (R) \$46 (NR)
Computer: Senior Tech: All Levels 60 & Better (10 weeks; no class 10/20)	<u>Mon</u> Sep 8 – Nov 17 (14512-546A)	10 – 11:30 am	\$36 (R) \$47 (NR)
Computer: Productive Suites 18 & Better (10 weeks)	<u>Wed</u> Sep 10 – Nov 12 (14405-546A)	5 – 6 pm	\$54 (R) \$71 (NR)
Drawing/Watercolor Painting: Adults 50 & Better (12 weeks)	<u>Thu</u> Sep 4 – Nov 20 (30428-546A)	2 – 4 pm	\$80 (R) \$104 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon, Wed, & Fri</u> Sep 3 – Sep 29 (17435-546A) Oct 1 – Oct 27 (17435-546B) Oct 29 – Nov 24 (17435-546C)	9 – 10 am	\$40 (R) \$52 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Sep 3 – Sep 29 (17435-546D) Oct 1 – Oct 27 (17435-546E) Oct 29 – Nov 24 (17435-546F)	11 – 12 noon	\$35 (R) \$46 (NR)

Laurel-Beltsville Senior Activity Center: **Classes**

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time</u>	<u>Fee</u>
Hand Dance: Adults, Beginners 18 & Better	<u>Tues</u> Sep 2 – Sep 30 (23401-546B) (5 weeks) Nov 4 – Nov 18 (23401-546C) (3 weeks)	6 – 7:30 pm	\$29 (R)/\$38 (NR) \$18 (R)/\$24 (NR)
Hand Dance: Adults, Intermediate 18 & Better	<u>Wed</u> Sep 3 – Sep 24 (23419-546A) (4 weeks) Nov 5 – Nov 19 (23419-546B) (3 weeks)	6:30 – 7:30 pm	\$25 (R)/\$33 (NR) \$19 (R)/\$25 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tue</u> Sep 2 – Oct 7 (23501-546A) Oct 14 – Nov 18 (23501-546B)	11 am – 12 noon	\$52 (R) \$68 (NR)
Personal Training: Seniors 60 & Better (4 weeks)	<u>Mon & Wed</u> Sep 3 – Sep 29 (17513-546A) Oct 1 – Oct 27 (17513-546B) Oct 29 – Nov 24 (17513-546C)	1 – 2 pm	\$45 (R) \$59 (NR)
Spanish: Adults, Beginners 18 & Better (8 weeks)	<u>Mon</u> Sep 8 – Oct 27 (20422-546A)	5 – 6:30 pm	\$60 (R) \$78 (NR)
Spanish: Adults, Beginners 18 & Better (8 weeks)	<u>Sat</u> Sep 6 – Oct 25 (20422-546B)	9 – 10:30 am	\$60 (R) \$78 (NR)
Spanish: Adults, Intermediate 18 & Better (8 weeks)	<u>Sat</u> Sep 6 – Oct 25 (20403-546B)	10:45 am – 12:15 pm	\$65 (R) \$85 (NR)
Conversational Spanish: Adults, Advance (Level II) 18 & Better (8 weeks)	<u>Thu</u> Sep 4 – Oct 23 (20404-546B)	5 – 6:30 pm	\$70 (R) \$91 (NR)

Laurel-Beltsville Senior Activity Center: **Classes**

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time</u>	<u>Fee</u>
Yoga: Adults, Beginners 50 & Better (11 weeks; no class 10/13)	<u>Mon</u> Sep 8 – Nov 24 (17413-546A)	1:15 – 2:30 pm	\$69 (R) \$90 (NR)
Yoga: Adults, Beginners 50 & Better (11 weeks; no class 10/9)	<u>Thu</u> Sep 4 – Nov 20 (17413-546B)	12 noon – 1:15 pm	\$69 (R) \$90 (NR)
Yoga (CHAIR): Adults 50 & Better (11 weeks; no class 10/13)	<u>Mon</u> Sep 8 – Nov 24 (17658-546A)	12:05 – 1:05 pm	\$69 (R) \$90 (NR)
Zumba: Adults 18 & Better (6 weeks)	<u>Wed</u> Sep 3 – Oct 8 (17414-546A) Oct 15 – Nov 19 (17414-546B)	5 – 6 pm	\$52 (R) \$68 (NR)
Zumba: Adults 50 & Better (6 weeks)	<u>Fri</u> Sep 5 – Oct 10 (17414-546C) Oct 17 – Nov 21 (17414-546D)	12 – 1 pm	\$52 (R) \$68 (NR)

LBSAC Welcomes New Program Specialist Lakeya Coates!

My name is Lakeya Coates and I am thrilled to join the team here at Laurel-Beltsville Senior Activity Center as your new Program Specialist. I have had the pleasure of serving the seniors of Washington, DC, for over a decade! With a passion for community engagement and enhancing the lives of older adults and seniors, I am excited to bring forth positive energy, compassion, and a commitment to creating a welcoming and enriching environment for all. I am looking forward to building meaningful connections and contribution to the commission mission!



Laurel-Beltsville Senior Activity Center: **Trips**

Trip Fee includes transportation on an M-NCPPC activity bus. Patrons must arrive at least 30 minutes before departure time to complete the check-in process. Patrons are expected to return to LBSAC with the group. No refunds unless the trip is canceled or unless the spot is resold. The trip coordinator must approve and process all refunds. Trips depend on sufficient registration; specific registration deadlines may apply.

Note: When you see these feet,  it means there will be a lot of walking.

St. Michael's Day Trip

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

Trip Code: LBSAC-20250909



Tuesday, September 9, 2025

8:00 am – 5:00 pm

We had so many patrons interested in this trip in August that we are going back! Join us for this trip to the beautiful historic town of St Michael's. 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 September 2.

Restaurant Outing – Seasons 52, Columbia

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

Trip Code: LBSAC-20250919

Friday, September 19, 2025

11:00 am – 2:00 pm

Join us for a trip to Season 52 restaurant! Enjoy lunch, at your own expense, at this wine bar & grill featuring fresh and seasonal dishes. Menu options from \$15-50. This trip includes transportation and support staff. Deadline to register is September 12.

Celebrate Africa: A Day of Culture, Community & Joy

\$13 (R); \$17 (NR)

Trip Code: LBSAC-20250928



Sunday, September 28, 2025

12:30 pm – 4:30 pm

Join us on a trip to the **Celebrate Africa: A Day of Culture, Community & Joy** event at Fairwood Park in Bowie showcasing the rich culture of the African continent and featuring music, dancing, crafts, and merchandise. 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. Patrons are responsible for any on-site purchases. Deadline to register is September 21.

Laurel-Beltsville Senior Activity Center: **Trips**

Restaurant Outing – Eggspectation, Burtonsville

Thursday, October 9, 2025

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

11:00 am – 2:00 pm

Trip Code: LBSAC-20251009

Join us for a trip to Eggspectation in Burtonsville. Eggspectation is famous for elevated takes on comfort-food classics. Enjoy lunch or all-day breakfast, at your own expense. Assorted menu options from \$17 – 40. This trip includes transportation and support staff. Deadline to register is October 2.

American Indian Festival

Saturday, October 18, 2025

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

10:15 am – 3:45 pm

Trip Code: LBSAC-20251018



Join us on a trip to the American Indian Festival at Patuxent River Park featuring American Indian cultural education and celebration of traditional music, dancing, crafts, folkways, and merchandise. 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. Patrons are responsible for on-site purchases. Deadline to register is October 10.

Howard County Crafts Spectacular

Friday, October 31, 2025

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

10:00 am – 4:00 pm

Trip Code: LBSAC-20251031



This trip is perfectly timed to help with your holiday shopping! Join us on a trip to the Howard County Crafts Spectacular, hosted by A to Z Crafts, at the Howard County Fairgrounds, and featuring 375 crafters. 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. Patrons are responsible for the \$5 admission fee and on-site purchases. Deadline to register is October 24.

Maryland LIVE! & Arundel Mills Mall

Thursday, November 13, 2025

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

9:30 am – 3:30 pm

Trip Code: LBSAC-20251113

Maryland LIVE has nationally acclaimed restaurants. Shop at Arundel Mills Mall, Maryland's largest outlet and value retail shopping, dining and entertainment destination with more than 200 indoor stores. Patrons are responsible for on-site purchases. Deadline to register is November 6.

Laurel-Beltsville Senior Activity Center: **Special Events**

ACTIVE AGING WEEK, County-wide Programs September 15 – 20, 2025

Look for the separate ACTIVE AGING WEEK brochure highlighting a variety of programs offered at many of the M-NCPPC facilities at low or no cost. This is a great way to explore what the Department of Parks and Recreation offers!

ACTIVE AGING WEEK at LBSAC: STEP AEROBICS

Wednesday, September 17, 2025

Free with Registration

11:00 am – 12:00 pm

Ticket Code: LBSAC-SPEC-GA-20250917

Step Aerobics is sure to get your heart pumping! During this class, Medicine Ball exercises will be introduced to build muscle mass and overall strength.

Paint and Sip

Thursday, September 18, 2025

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

11:00 am – 12:30 pm

Activity Code: 30409-546A

Join us for this fun-filled, exciting, interactive painting class. De-stress while enjoying the benefits of the class while painting and sipping non-alcoholic beverages. Deadline to register is September 6.

ACTIVE AGING WEEK at LBSAC: GENTLE YOGA

Thursday, September 18, 2025

Free with Registration

2:00 pm – 3:00 pm

Ticket Code: LBSAC-SPEC-GA-20250918

Gentle Yoga practice emphasizes slow, mindful movements and poses focusing on relation, flexibility and stress release. This class is suitable to beginner and those with more experience.

Senior Picnic

Friday, September 19, 2025

Look for the separate flyer from the Prince George's County Department of Family Services with details about this year's Senior Picnic which will be held at Six Flags. This is a great way to interact with other Seniors! Registration will be on Eventbrite.

Paint and Sip

Thursday, October 16, 2025

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

11:00 am – 12:30 pm

Activity Code: 30409-546B

Join us for this fun-filled, exciting, interactive painting class. De-stress while enjoying the benefits of the class while painting and sipping non-alcoholic beverages. Deadline to register is October 9.

Laurel-Beltsville Senior Activity Center: **Special Events**

Healthy Swaps for Holiday Favorites Cooking

Thursday, November 6, 2025

Free with registration

1:00 pm – 2:00 pm

Ticket Code: SPD-SPEC-GA-20251106

Enjoy the holiday flavors you love—with a healthy twist! In this cooking demonstration, you'll learn how to prepare nutritious and delicious alternatives to classic holiday side dishes. Registration required. All ages welcome; FREE.

2025 Senior Veterans Luncheon

Friday, November 7, 2025

Free for Senior Veterans with advance registration

11:00 am to 1:00 pm

Ticket Code: SPD-SPEC-GA-20251107

Martin's Crosswinds, Greenbelt

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed. Register on-line at pgparks.com or in-person at any M-NCPPC facility in Prince George's County. **Please bring your printed receipt for admission to the event.** Deadline for registration is Friday, October 17.

Paint and Sip

Thursday, November 13, 2025

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

11:00 am – 12:30 pm

Activity Code: 30409-546C

Join us for this fun-filled, exciting, interactive painting class. De-stress while enjoying the benefits of the class while painting and sipping non-alcoholic beverages. Deadline to register is November 6.

Thanksgiving Fellowship Luncheon

Thursday, November 20, 2025

Free with unexpired canned good donation

11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20251120

Join us for our annual Thanksgiving Luncheon! Enjoy a catered meal and musical entertainment by Too Smooth Dudes. Deadline to register is November 3 however this is a popular event with limited space so register early! This event is FREE for those who register in advance and bring in an unexpired canned good for a local food shelter. Meal will be served promptly at 11:30 am. Registration is available online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

The Thanksgiving Fellowship Luncheon is FREE with a Parks Direct Senior ID, registration, and donation of unexpired canned good to support a local food shelter.

Laurel-Beltsville Senior Activity Center: Educational Lectures & Health Screenings

Ask the Attorney

Activity Code: 20515-546A

Free

Have a legal question? Get wise counsel and advice from experienced attorneys from Byrd and Byrd LLC. This session will address needs on the following: Advance Medical Directives, Bankruptcy and Real Estate, and the Elderly. Register by September 11.

Thursday, September 18, 2025

10:00 am - 11:00 am

Transportation

Activity Code: 20515-546D

Free

Join representatives from Prince George's County Department of Public Works & Transportation outreach team to learn about transportation options for both general use and accessibility including the Call-A-Bus on-demand curb-to-curb service available to all residents of Prince George's County who are not served by, or cannot use, existing bus or rail services. Register by September 23.

Tuesday, September 30, 2025

10:00 am - 11:00 am



CALL-A-BUS
301.498.8603

A demand response, curb-to-curb service, for **Prince George's County Residents**, who are not served by, or cannot use existing bus or rail services.

- Make Reservations 7 days in advance!
- Call us Monday - Friday, from 7:30 am - 4:30 pm, excluding County holidays!
- Be ready 15 minutes before your pick-up!

Hours of Service: 8:30am - 3:30pm
Service Monday - Friday ONLY!
No Service on Holidays!
No Changes to Routes!



SCAN ME
bit.ly/Call-A-Bus

Municipal Call-A-Bus: Serryn Heights 301.474.0000 • Bowie 301.969.2300 • Capital Heights 301.320.0000 • Blodensburg 301.942.7448 • Cottage City 301.778.2161 • Colmar Manor 301.277.4920 • District Heights 301.336.1400 • Fairmount Heights 301.926.9589 • Glenarden 301.773.2100 • Greenbelt 301.474.4100 • Hyattsville 301.943.5000 • Laurel 301.486.3883 • Mount Rainier 301.765.4591 • New Carrollton 301.458.9103 • College Park 301.345.8100 • Suit Phosom 301.336.6676 • University Park 301.927.4262

MEMORY CONCERNS? YOU'RE NOT ALONE.




National Memory Screening Program
ALZHEIMER'S FOUNDATION OF AMERICA

FREE CONFIDENTIAL MEMORY SCREENINGS

A MEMORY SCREENING IS A SIMPLE AND SAFE "HEALTHY BRAIN CHECK-UP" THAT TESTS MEMORY AND OTHER THINKING SKILLS.

YOU CAN RECEIVE A MEMORY SCREENING AT THE LOCATION BELOW:

Monday, October 6, 2025, from 10 am-12 pm

Laurel-Beltsville Senior Activity Center
7120 Contee Rd, Laurel, MD 20707

Each memory screening takes approximately 10 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.

National Memory Screening Program is an initiative of:
Alzheimer's Foundation of America
www.alzfdn.org | 866-232-8484

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MEMORY SCREENING

Sign-up for a specific time

Free

Representatives from the National Memory Screening Program, an initiative of the Alzheimer's Foundation of America, will provide memory screening that tests memory and other thinking skills. Sign up at the Front Desk for a specific 10-minute time period for your confidential screening. Limited to 12 patrons so sign up early.

Monday, October 6, 2025

10:00 am - 12:00 Noon

Laurel-Beltsville Senior Activity Center:

Educational Lectures & Health Screenings

MEDICARE MANDATED REMOTE CARE SERVICES

Activity Code: 20515-546C

Free

The goal is to prevent unnecessary falls, improve cognitive abilities and provide remote care services to prevent and reduce unnecessary hospitalizations and nursing home stays. Adult children helping with your care could benefit greatly by learning about these mandated programs and becoming involved in helping their parents or elderly relatives age safely where they live. Register by October 11.

Wednesday, October 18, 2025

10:00 am - 11:00 am

TOWARD THE BETTER END: END OF LIFE DECISIONS AND HOSPICE CARE

Activity Code: 20515-546B

Free

Join in for this informative session to understand the basics of hospice philosophy, services, insurance coverage, eligible diagnoses, and understand the importance of talking with loved ones about end of life, advance directives and grief. Register by November 6.

Thursday, November 13, 2025

10:00 am - 11:00 am

Avenue of the Arts

ARTIST

Willie Kendrick & Willie Kendrick III
Ray Robinson
Diane Shipley



DISPLAY DATES

September 1 – October 10
October 13 – November 21
November 24 – January 2

Laurel-Beltsville Senior Activity Center:

Games, Special Groups & Club Meetings

Games			
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	4 th 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	2 nd Wednesday	10:30 am – 1:30 pm
Bingo	Every Tuesday	12 Noon – 3 pm
New Member Orientation	Call LSFC office at 301-206-3380 for date and time	
Exec / Chairpersons Meeting	1 st Wednesday	9 am – 1 pm
Loving Hand Comfort Blankets for breast cancer patients. Materials and instructions provided; must have basic knowledge of how to crochet.	2 nd & 4 th Tuesday	11 am – 1 pm

NARFE		
Board Meeting	1 st Wednesday	1 – 2 pm

Catch a Movie with Us!

Movie titles will be posted in the center lobby. Movies will be offered from 1 – 3 pm on the following dates:

Thursday, September 25, 2025
Thursday, October 23, 2025
Thursday, November 13, 2025

Snacks available!

This program is brought to you by

Parks & Recreation
M-N C P P C
live more, play more
pgparks.com



COMING SOON!

HAMPTON PARK SENIOR ACTIVITY CENTER

9187 HAMPTON MALL DRIVE
CAPITOL HEIGHTS, MD 20743

Opening Fall 2025

- **FITNESS CENTER**
- **DANCE STUDIO**
- **BILLIARDS ROOM**
- **NUTRITION PROGRAM**
- **CLASSES AND WORKSHOPS**
- **TRIPS AND SPECIAL EVENTS**

**FOR MORE INFORMATION
CONTACT 301-446-3403 OR
EMAIL SENIORS@PGPARKS.COM**



Connect with us!



@pgparks



@pgparks



@pgparksandrec



@pgparksandrecreation

- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.

Laurel-Beltsville Senior Activity Center: **Information Center**



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

Senior Nutrition Program

The Prince George's County Department of Family Services' Senior Nutrition Program operates at the Laurel-Beltsville Senior Activity Center five days a week, Mondays-Fridays, 11:30 am – 12:45 pm. Individuals who are sixty & better can reserve a healthy, well-balanced meal by contacting our Nutrition Manager, Rene Marshall at 301-206-3368. You must complete a registration form and make a reservation for your meal. Reservations must be made a week 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 the exact change to cover your donation.

Transportation: Limited round-trip transportation services to LBSAC are available for registered lunch program participants. To schedule transportation, 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 schools have a two-hour delayed opening or are closed due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Aging Services Division Office schedule.

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 to enroll.

LBSAC Email Blast

Are you receiving our email blast with information about upcoming events and classes? If not, send an email with Subject **"SIGN ME UP"** to Rosalyn.dortch@pgparks.com