

MNCPPC, DEPARTMENT OF PARKS AND RECREATION,
PRINCE GEORGE'S COUNTY



Active Aging Week 2025



live more, play more
pgparks.com

September 15-19, 2025

FUN activities for ages 60 & better!



Explore Parks and Recreation in Prince George's County

Seniors 60 and better are invited to come out and explore all that the Department of Parks and Recreation has to offer our senior community! Try a new activity, meet new people and stay active by participating in Active Aging Week activities throughout Prince George's County.

Advance registration is required for most activities. Events are **FREE** unless a fee is listed. Limited spaces are available for each activity. Please see event description for details. To register for an activity, visit **www.pgparksdirect.com** or register in person at any M-NCPPC facility during operating hours.

Active Aging Week activities are open to any Prince George's County or Montgomery County resident aged 60 & better. **For more information, call or email the center offering the program or call 301-446-3403 or email seniors@pgparks.com.**



Monday, September 15

SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

8 am-12 noon

No registration required.

Drop by the Sports & Learning Complex on Monday, Wednesday, and Friday and use the facility's pool, fitness center and indoor walking track. Must show M-NCPPC, Department of Parks and Recreation FREE senior ID. Don't worry if you do not have one, just bring verification of residency and age to the complex to obtain your FREE senior membership card.

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

[301-583-2400](tel:301-583-2400); splex@pgparks.com



CLUB 300 SENIOR WALKING CLUB - LAKE ARTEMESIA

8:30-10:30 am

No registration required.

Lift your mood and move your feet! Join Club 300, a free senior walking club. Meet new friends and experience different trails in Prince George's County.

Meet at entrance to Lake Artemesia

5400 Block Berwyn Road at Ballew Ave.,
Berwyn Heights 20740

[301-446-3403](tel:301-446-3403); seniors@pgparks.com

URBAN LINE DANCING

8:30-9:30 am

Activity Code: 17681-579A

Let your creativity loose on the dance floor! Learn all the latest dances suitable for beginners and seasoned line dancers. Enjoy this great way to exercise, socialize, and energize yourself.

Tucker Road Athletic Complex (located on basketball courts)

1770 Tucker Road, Fort Washington 20744

[301-248-4404](tel:301-248-4404); wellness@pgparks.com

MUSICAL BALL

10:30 am - 12 noon

Ticket Code: GBSAC-SPEC-GA-20250915

Get ready for a fresh and fun take on a childhood favorite! Pass the ball till the music stops. The person left with the ball must perform a silly task. Get it right or dance a jig!

Gwendolyn Britt Senior Activity Center

4009 Wallace Road, North Brentwood, 20722

[301-699-1238](tel:301-699-1238); gwendolynbrittseniors@pgparks.com

Monday, September 15

THE ULTIMATE JEOPARDY THROWDOWN

11 am-12 noon

No registration required.

Test your knowledge across a variety of fun and challenging categories from culture, history and music to random facts and brain teasers. It's your chance to show what you know, compete for bragging rights, and have a blast. Buzz in, think quick and let the throwdown begin!

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant 20743

301-386-5525; evelyncoleseniors@pgparks.com

MOTOWN MOVES TO MUSIC

1-2 pm

Activity Code: 17521-511E

Music and moves! You can't go wrong. Join us for low impact chair aerobics while you move and groove to the sounds of Motown! Bring your weights and exercise bands to intensify this workout!

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

301-449-0490; campspringsseniors@pgparks.com

PM SWEATSHOP

6-7 pm

Activity Code: 17681-579B

Looking for some variety in your workout routine? Increase your heart rate and strengthen different muscle groups with this PM Sweatshop class! Improve your fitness while working at your own level. Please bring a mat or towel to class. Level: Intermediate

**Camp Springs Senior Activity Center
(located in the parking lot)**

6420 Allentown Road, Camp Springs 20748

301-449-0490; wellness@pgparks.com



Tuesday, September 16

PICKLEBALL

9 am-1 pm

No registration required.

Pickleball combines elements of tennis, table tennis, and badminton. Gain greater balance, flexibility, endurance, and energy with each game you play. Get great exercise without being too strenuous. This is a popular sport all over the world and is one of the fastest growing games in North America. Paddles included.

Southern Area Aquatics and Recreation Complex

13601 Missouri Avenue, Brandywine 20613

[301-782-1442](tel:301-782-1442); Felicia.Jackson@pgparks.com

PICKLEBALL

9:30-10:30 am

Activity Code: 27505-544A

Looking for a fun time? Pickleball is a fantastic way to stay active, improve balance, coordination and socialize with others playing as a team. It is an easy sport to learn and have fun. Please bring your own paddles. Drop-in is also available.

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville 20783

[301-408-4343](tel:301-408-4343); langleyparkseniors@pgparks.com

BOARD GAMES, CARDS, AND MORE!

10 am-3 pm

Sign up at Camp Springs Senior Activity Center Front Desk

Challenge your strategic, memory, and thinking skills playing a variety of board games, card games, and more!

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

EXPRESSIVE ARTS WORKSHOP

11 am-2 pm

Ticket Code: MAC-SPEC-GA-20250916

Fee: \$5

Do you wish to express yourself more? Are you looking for inspiration? Join us for this three-hour self-expression workshop. Participants will use prompts to discuss and engage creatively with one another and a life coach. Projects will include combining images and objects into a 3-D creation using pictures, paper, and clear gems.

Montpelier Arts Center

9652 Muirkirk Road, Laurel 20708

[301-377-7800](tel:301-377-7800); montpelierarts@pgparks.com

ROLL, TOSS, AND TONE

11 am-12 noon

No registration required.

Get ready to roll, toss, and tone in this low impact fitness class using a soft, lightweight ball. Participants will engage their core and enhance balance and mobility. Suitable for all fitness levels. Soft lightweight balls will be provided.

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant 20743

[301-386-5525](tel:301-386-5525); evelyncolesseniors@pgparks.com

DIG INTO HEALTH: GARDENING FOR ACTIVE AGING

11 am-12:30 pm

Ticket Code: HHRC-SPEC-GA-20250916

Join us for Gardening for Active Aging, a fun and engaging event designed to nurture both your body and spirit. Whether you're a seasoned gardener or just curious, this event is for you. Tools and materials will be provided — just bring your enthusiasm!

Harmony Hall Regional Center

10701 Livingston Road, Fort Washington 20744

[301-203-6040](tel:301-203-6040); Fatima.jackson@pgparks.com

Tuesday, September 16

THE BIG DILL: PICKLEBALL DEMONSTRATION

11 am-12:30 pm

Ticket Code: THCC-SPEC-GA-20250916

Come *dink, drop shot, and laugh* with us at The Big Dill, a special pickleball demonstration designed just for our vibrant senior community!

Temple Hills Community Center

5300 Temple Hill Road, Temple Hills 20748

[301-894-6616](tel:301-894-6616); templehillscs@pgparks.com

TALENT SHOWCASE

12 noon-3 pm

Ticket Code: HHAC-SPEC-GA-20250916

Join us for an unforgettable showcase where creativity knows no bounds! This event celebrates the artistic talents of our senior community, featuring captivating performances in singing, dance, poetry, and visual arts. Whether you're an artist or an art enthusiast, this showcase promises to be a feast for the senses and a testament to the vibrant creativity of our seniors.

Harmony Hall Arts Center

10701 Livingston Road, Fort Washington 20744

[301-203-6070](tel:301-203-6070); Johnathan.archer@pgparks.com

or Harmonyhallarts@pgparks.com

MOVE TO THE BEAT

11 am-12 noon

Activity Code: 17511-539D

Dance and exercise while increasing muscle strength, flexibility, and endurance to improve your overall health. Enjoy low cardio, stretch, balance, chair, and Pilates--plus the music is going to make you want to show off your own moves! Please bring a small towel and bottled water for yourself.

John E. Howard Senior Activity Center

4400 Shell Street, Capitol Heights 20743

[301-735-2400](tel:301-735-2400); Johnehowardsseniors@pgparks.com

MOVING WISDOM WEST AFRICAN DANCE

2-3 pm

Ticket Code: PGPP-SPEC-GA-20250916

Fee: \$5

This class is designed for those who love singing, dancing, and drumming. Enjoy learning traditional dances, chants, and rhythms from Guinea, Senegal, and Mali. The class consists of moderate stretching, cardio, and crafted African movements. Wear athletic wear, sweats, leggings, or an African wrap skirt.

Note: This class is offered on 3 different dates and will be the same class each day. If you would like to attend multiple times, please register for each one.

Publick Playhouse

5445 Landover Road, Cheverly 20784

[301-277-1710](tel:301-277-1710); PublickPlayhouse@pgparks.com



Wednesday, September 17

SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

8 am-12 noon

No registration required.

Drop by the Sports & Learning Complex on Monday, Wednesday, and Friday and use the facility's pool, fitness center and indoor walking track. Must show M-NCPPC, Department of Parks and Recreation FREE senior ID. Don't worry if you do not have one, just bring verification of residency and age to the complex to obtain your FREE senior membership card.

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

301-583-2400; splex@pgparks.com



AM SWEATSHOP

8-9 am

Activity Code: 17681-579C

Join us for this fun, effective cardio workout that combines aerobics, bodyweight strength training, and plyometrics! Enjoy a high-energy group environment as you improve your strength and cardiovascular endurance.

Tucker Road Athletic Complex
(located on basketball courts)

1771 Tucker Road, Fort Washington 20744

301-927-0822; Devan.Hardesty@pgparks.com

CYCLING SENIORS CLUB RIDE: BLADENSBURG WATERFRONT TO THE NAVY YARD

8:30 am-12 noon

Activity Code: 17549-578

Cycling is a full body and mind exercise! Join the Park Rangers and the Cycling Seniors Cycle Club on the Anacostia River Trail (ART) to the Navy Yard. We will start our ride at the Bladensburg Waterfront and ride on the ART over the new Frederick Douglass Memorial Bridge to the Navy Yard. We will stop at the Navy Yard and enjoy a coffee and bite of breakfast (at your own expense) then loop back to the Bladensburg Waterfront approximately 20 miles round trip. Bring your own bike. This paved trail has a few hills and bridges to cross and is appropriate for intermediate and advanced cyclists. The ride pushes off promptly at 9 am. A waiver of liability must be signed.

Bladensburg Waterfront Park

4601 Annapolis Road, Bladensburg 20710

301-446-3403; seniors@pgparks.com

wednesday, September 17

PRINTING IN CLAY

11 am-1 pm

Ticket Code: MAC-SPEC-GA-20250917

Fee: \$5

Get your hands dirty working with clay in this immersive workshop. Learn hand-building techniques to create tiles, pinch pots, and more. Then, decorate the surface of your piece by pressing leaves, flowers, and lace into the clay. Show off your resulting creation to your friends and family. Beginners welcome! No experience needed.

Montpelier Arts Center

9652 Muirkirk Road, Laurel 20708

301-377-7800; montpelierarts@pgparks.com

STEP AEROBICS

11 am-12 noon

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.

Laurel-Beltsville Senior Activity Center

7120 Contee Road, Laurel 20707

301-206-3350; laurelbeltsvilleseniors@pgparks.com

LINE DANCE

12 noon-1 pm

Activity Code: 23501-511G

Get down and learn step by step in various line dances, including the infamous "Boots on the Ground."

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

301-449-0490 ; campspringsseniors@pgparks.com

MOVING WISDOM

WEST AFRICAN DANCE

2-3 pm

Ticket Code: PGPP-SPEC-GA-20250917

Fee: \$5

This class is designed for those who love singing, dancing, and drumming. Participants will enjoy learning traditional dances, chants, and rhythms from Guinea, Senegal, and Mali. The class consists of moderate stretching, cardio, and crafted African movements. Wear athletic wear, sweats, leggings, or an African wrap skirt. Note: This class is offered on 3 different dates and will be the same class each day. If you would like to attend multiple times, please register for each one.

Publick Playhouse

5445 Landover Road, Cheverly 20784

301-277-1710; PublickPlayhouse@pgparks.com

FULL BODY SCULPT: RESISTANCE TRAINING

6-7 pm

Activity Code: 17681-579D

Join us for an energetic fitness class that is designed to engage and strengthen every major muscle group with emphasis on resistance training exercises. This workout program focuses on form while integrating resistance exercises and functional movements which help with the development of lean muscle, improving endurance, and fortifying overall strength.

Largo/Kettering/Perrywood Community Center (located on tennis courts)

431 Watkins Park Drive, Upper Marlboro 20774

301-390-8390; wellness@pgparks.com

Thursday, September 18

PICKLEBALL

9 am-1 pm

No registration required.

Pickleball combines elements of tennis, table tennis, and badminton. Gain greater balance, flexibility, endurance, and energy with each game you play. Get great exercise without being too strenuous. This is a popular sport all over the world and is one of the fastest growing games in North America. Paddles included.

Southern Area Aquatics and Recreation Complex

13601 Missouri Avenue, Brandywine 20613

301-782-1442; Felicia.Jackson@pgparks.com

PATUXENT RIVER KAYAK TRIP

10 am-12 noon

Activity Code: 22644-561

Enjoy Active Aging Week with a guided paddle down the Patuxent! September is one of the best months to see Jug Bay in full bloom. Experience all that nature has to offer with knowledgeable naturalists and kayak instructors by your side. We will launch from Mt. Calvert. Wear comfortable clothes and shoes that can get wet. Bring water, hat, sunscreen, and snacks, if desired.

Patuxent River Park (launching from Mt Calvert)

16000 Croom Airport Road, Upper Marlboro 20772

301-627-6074; patuxentriverpark@pgparks.com

GUIDED CERAMICS WORKSHOP

11 am-1 pm

Ticket Code: HHAC-SPEC-GA-20250918

This hands-on session is designed for older adults to explore their creativity and learn the art of ceramics in a supportive environment. Our experienced instructor will guide you through the basics of pottery, from shaping clay to glazing your masterpiece. No prior experience is needed; bring your enthusiasm and a willingness to have fun. Connect with peers, express yourself artistically, and take home a beautiful, handmade piece. All materials are provided. Let's create something extraordinary together!

Harmony Hall Arts Center

10701 Livingston Road, Fort Washington 20744

301-203-6070; Johnathan.archer@pgparks.com

or Harmonyhallarts@pgparks.com

SEATED STRENGTH TRAINING

11 am-12 noon

Ticket Code: UMCC-SPEC-GA-20250918

Discover the power of movement in a safe, supportive, and seated environment. Our low-impact Seated Strength Training class is designed to help you build muscle, improve joint health, and boost your overall fitness — without the stress of standing exercises or high-impact movements.

Upper Marlboro Community Center

5400 Marlboro Race Track Road, Upper Marlboro 20772

301-627-2828; shettima.abdulmalik@pgparks.com



Thursday, September 18

CHING-CHING AND SWAY

11 am-12 noon

Activity Code: 17522-511C

Belly Dancing is a great way to keep your waist in shape. Feel free to bring your adorned hip scarves and ching-ching with us!

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

301-449-0490 ; campspringsseniors@pgparks.com

SASSY SENIOR BRUNCH IN THE REC

11 am-2 pm

Ticket Code: SCC-SPEC-GA-20250918

Join us for a joyful and enriching brunch experience tailored for our vibrant senior community! Enjoy a delicious meal, live music, wellness activities, and meaningful connections in a welcoming environment that celebrates the vitality of aging.

Suitland Community Center

5600 Regency Lane, Forestville 20747

301-736-3518; suitlandcc@pgparks.com

MOVING WISDOM WEST AFRICAN DANCE

2-3 pm

Ticket Code: PGPP-SPEC-GA-20250918

This class is designed for those who love singing, dancing, and drumming. Participants will enjoy learning traditional dances, chants, and rhythms from Guinea, Senegal, and Mali. The class consists of moderate stretching, cardio, and crafted African movements. Wear athletic wear, sweats, leggings, or an African wrap skirt. Note: This class is offered on 3 different dates and will be the same class each day. If you would like to attend multiple times, please register for each one.

Publick Playhouse

5445 Landover Road, Cheverly 20784

301-277-1710; PublickPlayhouse@pgparks.com

GENTLE YOGA

2-3 pm

Ticket Code: LBSAC-SPEC-GA-20250918

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

Laurel-Beltsville Senior Activity Center

7120 Contee Road, Laurel 20707

301-206-3350; laurelbeltsvilleseniors@pgparks.com

RUNNING CLUB

6-7 pm

Activity Code: 17681-579E

Join our NEW Running Club! Improve your fitness, meet new people, and enjoy group runs. Whether you are a beginner or seasoned runner, all paces are welcome!

Watkins Regional Park

(located near Central Area Office)

301 Watkins Park Drive, Upper Marlboro 20774

301-218-6700; wellness@pgparks.com

Friday, September 19

SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

8 am-12 noon

No registration required.

Drop by the Sports & Learning Complex on Monday, Wednesday, and Friday and use the facility's pool, fitness center and indoor walking track. Must show M-NCPPC, Department of Parks and Recreation FREE senior ID. Don't worry if you do not have one, just bring verification of residency and age to the complex to obtain your FREE senior membership card.

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

301-583-2400; splex@pgparks.com

LOOSEN UP WITH CHAIR YOGA

9:30 – 10:30 am

Activity Code: 17504-5111

Loosen up those joints and tired muscles and start your morning by stretching and strengthening. Be seated and let chair yoga movements give you the gentle stretch you need.

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs 20748

301-449-0490; campspringsseniors@pgparks.com



Friday, September 19



OPEN COURT PICKLE PARTY

10 am-2 pm

Activity Code: 27505-539D

Play pickleball during our Open Gym. It's a great chance to work on your skills, enjoy some friendly competition, and meet other players. We've got paddles and balls, just bring your energy and get in a little cardio while having fun. See you on the court!

John E. Howard Senior Activity Center

4400 Shell Street, Capitol Heights 20743

301-735-2400; Johnehowardsseniors@pgparks.com

MOVE, GROOVE, AND IMPROVE CHAIR EXERCISE

11 am-12 noon

Activity Code: 17530-522A

Get ready to sit, sweat, move, and groove all while in the chair. Join us for a low-impact high-energy chair exercise that is perfect for all fitness levels.

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant 20743

301-386-5525; evelyncolesseniors@pgparks.com



Dancing, Fun, Fitness, Train Rides, and Food

Prince George's County Department
of Family Services in Partnership with
M-NCPPC Parks & Recreation

ANNUAL SENIOR PICNIC & FITNESS DAY

Friday, September 19, 2025

10:00 AM-2:00 PM | The Pavillion Picnic Area at Six Flags America
13710 Central Ave, Bowie, MD 20721

Register between August 11 - September 12, 2025

To register, visit <https://bit.ly/pgcseiniorpicnic2025>

Please call 301-265-8421 if you need additional information.

- Shuttle Service to the Pavillion Area at Six Flags begins at 9:00 AM.
(Please follow signs to catch the tram shuttles at the entrance gate of the park)
- Buffet Style Lunch • Ice Cream • Unlimited Fountain Drinks/Water

This event is a recreational and social activity for older adults. Prince George's County, Maryland, and the Department of Family Services and its staff do not provide supervision for attendees of this event.



Aisha N. Braveboy
County Executive



Elana Belon-Butler
Director

EXPLORE THE ARTS

The 2025–2026 season is packed with inspiring opportunities to experience the arts in all forms—from music and theater to visual art exhibitions, dance and movement classes, films, and so much more!

- BRENTWOOD ARTS EXCHANGE
- HARMONY HALL ARTS CENTER
- MONTPELIER ARTS CENTER
- PRINCE GEORGE'S PUBLIC PLAYHOUSE



Scan the QR Code to learn more about arts programs and events.

Tickets for exhibitions, performances, and other special events are on sale now! Learn more at pgparks.com.



@ArtsPGParks

Arts programs of M-NCPPC are supported in part by the Maryland State Arts Council (msac.org)



Change the Way You Age!

Live more, play more at M-NCPPC parks and recreation facilities throughout Prince George's County!



Senior Activity Centers

Camp Springs Senior Activity Center

6420 Allentown Rd.
Camp Springs, MD 20748
301-449-0490

Evelyn Cole Senior Activity Center

5720 Addison Rd.
Seat Pleasant, MD 20743
301-386-5525

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd.
North Brentwood, MD 20722
301-699-1238

Hampton Park Senior Activity Center

9187 Hampton Mall Dr.
Capitol Heights, MD 20743
301-851-5232

John E. Howard Senior Activity Center

4400 Shell St.
Capitol Heights, MD 20743
301-735-2400

Langley Park Senior Activity Center

1500 Merrimac Dr.
Hyattsville, MD 20783
301-408-4343

Laurel-Beltsville Senior Activity Center

7120 Contee Rd.
Laurel, MD 20707
301-206-3350

Senior Programs located at: Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Ave.
Brandywine, MD 20613
301-782-1455

FREE community center/fitness room ID cards for Prince George's County Seniors 60 & better

Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening a account, and to get information about ID cards and Fitness Room cards, visit **pgparks.com**.

Connect with us!

@pgparks



- 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.