

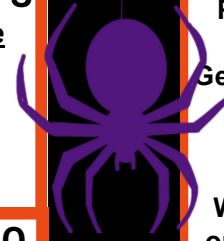
# October



# CHOICES

**Choose Hands-on Opportunities,  
Integrating into Community,  
Empowering Self-Direction**

| Mon                                                                                                       | Tues                                                                                                                   | Wed                                                                                                                                  | Thurs                                                                   | Fri                                                                          |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Sept 29</b><br><u>KiloMEETers</u><br>Watkins Regional Park<br><hr/> <u>Kickbikes</u><br>Lake Artemesia | <b>Bingo 30</b><br>Hillcrest Heights Community Center<br><hr/> <u>AquaFit &amp; Water Walkers</u><br>Fairland Aquatics | <b>Oct 1</b><br><u>Gardening Maintenance</u><br>Old Maryland Farm<br><hr/> <u>Group Fitness Classes</u><br>Sports & Learning Complex | <b>2</b><br><u>Gaming Club</u><br>Deerfield Run Community Center        | <b>3</b><br><u>Drum-N-Tone</u><br>Glen Dale Community Center                 |
| <b>6</b><br><u>KiloMEETers</u><br>Lake Artemesia<br><hr/> <u>Kickbikes</u><br>Lake Artemesia              | <b>Arts on a Roll 7</b><br>Bowie Community Center<br><hr/> <u>AquaFit &amp; Water Walkers</u><br>Fairland Aquatics     | <b>8</b><br><u>Gardening Maintenance</u><br>Old Maryland Farm<br><hr/> <u>Group Fitness Classes</u><br>Sports & Learning Complex     | <b>9</b><br><u>Gaming Club</u><br>Deerfield Run Community Center        | <b>10</b><br><u>Nature Craft</u><br>Old Maryland Farm                        |
| <b>KiloMEETers 13</b><br>Tucker Road Community Center<br><hr/> <u>Kickbikes</u><br>Lake Artemesia         | <b>Zumba 14</b><br>Palmer Park Community Center<br><hr/> <u>AquaFit &amp; Water Walkers</u><br>Fairland Aquatics       | <b>Gardening 15</b><br><u>Maintenance</u><br>Old Maryland Farm<br><hr/> <u>Group Fitness Classes</u><br>Sports & Learning Complex    | <b>16</b><br><u>Gaming Club</u><br>Deerfield Run Community Center       | <b>17</b><br><u>Drum-N-Tone</u><br>Glen Dale Community Center                |
| <b>KiloMEETers 20</b><br>Fairland Aquatics Center<br><hr/> <u>Kickbikes</u><br>Lake Artemesia             | <b>21</b><br><u>AquaFit &amp; Water Walkers</u><br>Fairland Aquatics                                                   | <b>Gardening 22</b><br><u>Maintenance</u><br>Old Maryland Farm<br><hr/> <u>Group Fitness Classes</u><br>Sports & Learning Complex    | <b>23</b><br><u>Gaming Club</u><br>Deerfield Run Community Center       | <b>24</b>                                                                    |
| <b>KiloMEETers 27</b><br>Watkins Regional Park<br><hr/> <u>Kickbikes</u><br>Lake Artemesia                | <b>Bingo 28</b><br>Hillcrest Heights Community Center<br><hr/> <u>AquaFit &amp; Water Walkers</u><br>Fairland Aquatics | <b>29</b><br><u>Gardening Maintenance</u><br>Old Maryland Farm<br><hr/> <u>Group Fitness Classes</u><br>Sports & Learning Complex    | <b>30</b><br><u>CHOICES Talent Show 2.0</u><br>Prince George's Ballroom | <b>31</b><br><u>Freaky Friday Costume Party</u><br>Kentland Community Center |



Parks & Recreation CHOICES is a resource developed for Prince George's County adult residents with developmental and intellectual disabilities.

With a focus on weekday, daytime opportunities, learn all that Parks & Recreation has to offer. Sign up, get involved, and give a new activity a try!

To register for CHOICES activities, visit [pgparksdirect.com](http://pgparksdirect.com) and enter Activity Code: 25419

For more information on programs/events listed in this resource calendar, email: [CountywideTRPrograms@pgparks.com](mailto:CountywideTRPrograms@pgparks.com)



**Register for CHOICES  
Activities HERE:**



Note: Activities listed in this calendar are subject to change. For the most up-to-date information, visit [pgparksdirect.com](http://pgparksdirect.com)

# Department Happenings



*live more, play more*  
pgparks.com

## Community Center Pass

Provides access to facility and FREE Amenities

Adult - 1 year- \$45

Senior - 1 year- FREE

## CC + Fitness Pass

Provides access to facility and Fitness Centers

Adult - 1 year/3 months/1 week- \$125/\$45/\$25

Senior - 1 year- FREE

## TR: TRIM @ Watkins

301 Watkins Park Dr

Upper Marlboro, MD 20774

Saturday October 4, 2025

Cost: \$5

1 PM to 4 PM

Registration Code:

SPD-SPEC-GA-20251004



## TR: AquaFit

Fairland Aquatics Complex

13950 Old Gunpowder Rd.

Laurel, 20707

September 16 - November 4

Cost: \$40

10AM - 10:45am

Registration Code: 25420-578B



## TR: Drum 'N Tone

College Park Community Center

5051 Pierce Ave, College Park, 20740

September 8 - October 27, 2025

6:30PM - 7:30PM (8 Sessions)

Fee: \$40

Registration Code: 25612-578A

## TR: Floor Hockey

Berwyn Heights Community Center

6200 Pontiac St. Berwyn Heights 20740

September 4 - October 23

Cost: \$40 (8 Weeks)

6:30 PM - 7:30 PM

Registration Code: 25619-578A

## TR: Tai Chi

College Park Community Center

5051 Pierce Ave, College Park, 20740

Wednesdays, October 29-November 19

6:30PM - 7:30PM (4 Sessions)

Fee: \$20

Registration Code: 25417-578A

The Department of Parks and Recreation offers many daytime, weekday activities perfect for self-directed individuals and their caregivers/aides.

Click the event or scan the QR code for more info.

Special Programs Division  
Front Desk: 301-446-3400  
Maryland Relay 7-1-1

Parks Direct Classes  
& Events HERE:

