

November

CHOICES

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

Mon	Tues	Wed	Thurs	Fri
Nov 3 <u>KiloMEETers</u> Sports and Learning Complex <hr/> <u>Watercolor Painting Introduction</u> Palmer Park Community Center	4 <u>Arts on a Roll</u> Bowie Community Center <hr/> <u>AquaFit & Water Walkers</u> Fairland Aquatics	5 Bocce Ball Glenarden Community Center <hr/> <u>Group Fitness Classes</u> Sports & Learning Complex	6 <u>Gaming Club</u> Deerfield Run Community Center	7 <u>Drum-N-Tone</u> Glen Dale Community Center
10 <u>KiloMEETers</u> Sports and Learning Complex <hr/> <u>Watercolor Painting Introduction</u> Palmer Park Community Center	11 <i>Veteran's Day</i>	12 Bocce Ball Glenarden Community Center <hr/> <u>Group Fitness Classes</u> Sports & Learning Complex	13 <u>Gaming Club</u> Deerfield Run Community Center	14 <u>Drum-N-Tone</u> Glen Dale Community Center
17 <u>KiloMEETers</u> Sports and Learning Complex <hr/> <u>Watercolor Painting Introduction</u> Palmer Park Community Center	18 <u>Zumba</u> Palmer Park Community Center	19 Bocce Ball Glenarden Community Center <hr/> <u>Group Fitness Classes</u> Sports & Learning Complex	20 <u>Gaming Club</u> Deerfield Run Community Center	21 <u>Movie & Popcorn</u> Kentland Community Center
24 <u>KiloMEETers</u> Sports and Learning Complex <hr/> <u>Watercolor Painting Introduction</u> Palmer Park Community Center	25 <u>Bingo</u> Hillcrest Heights Community Center	26 <u>Group Fitness Classes</u> Sports & Learning Complex	27 <i>Happy Thanksgiving</i> 28	

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 and enter Activity Code: 25419

For more information on programs/events listed in this resource calendar, email: 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

Department Happenings

Parks & Recreation
M-N-C-P-P-C

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](#)

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

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](#)

Parks Direct Classes
& Events HERE:

