

Laurel-Beltsville Senior Activity Center

2026 WINTER CALENDAR



Welcome to Laurel-Beltsville Senior Activity Center December 2025, January & February 2026

HOURS OF OPERATION

MONDAY – THURSDAY	8:00 AM – 8:00 PM
FRIDAY	8:00 AM – 500 PM
SATURDAY	8:00 AM – 2:00 PM
SUNDAY	CLOSED

Closed Dec 25 for Christmas Day and Jan 1 for New Year's Day. No classes Dec 25 – Jan 3.

WINTER REGISTRATION

- Registration begins **Wednesday, November 12**, for **Residents (R)** of Prince George's County only.
- Registration begins **Wednesday, November 19**, for **Non-Residents (NR)** of Prince George's County
- **Registration starts at 9 am.** The Center and Computer Lab opens at 8 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.
- **Neither 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 help. 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.

Be sure your CONTACT INFORMATION on your Parks Direct account is up-to-date! We need to be able to contact you if there are any changes in activities so be sure we have a correct phone and email address in your account.

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 LBSAC team members. We are all working very hard to get everyone accurately registered. Sometimes things do come up that are out of our control. Please know that we are doing our best to resolve any issues.

Be prepared for **WINTER** 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

Wednesday, November 5, 12 Noon – 1 pm

Computer Lab

Activity Code: 14505-546A

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-Beltsville Senior Activity Center: **Classes**

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Balance, Stretch & Tone: Seniors 60 & Better. (4 weeks)	<u>Tues</u> Dec 2 - Dec 23 (17543-146D) Jan 6 - Jan 27 (17543-146E) Feb 3 - Feb 24 (17543-146F)	1 - 2 pm Multi-purpose Room	\$37 (R) \$49 (NR)
Ceramics: All Levels 50 & Better. (10 weeks; no class 12/30)	<u>Tues</u> Dec 16 - Feb 24 (30403-146A)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better. (10 weeks; no class 12/31)	<u>Wed</u> Dec 17 - Feb 25 (30403-146B)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better. (9 weeks; no class 12/25 and 1/1)	<u>Thu</u> Dec 18 - Feb 26 (30403-146C)	10 am - 2 pm Ceramics Room	\$63 (R) \$82 (NR)
Chair Aerobics 50 & Better. (4 weeks; no class 12/25)	<u>Thu</u> Dec 4 - Dec 18 (17445-146A) (3 weeks, no class 12/25) Jan 8 - Jan 29 (17445-146B) Feb 5 - Feb 26 (17445-146C)	9:30 - 10:30 am Great Room	\$27(R) /\$36(NR) \$36(R) /\$47(NR) \$36(R) /\$47(NR)
Computer: Seniors, Level 1 (Intro) 60 & Better. (6 weeks; no class 12/29)	<u>Mon</u> Dec 1 - Jan 12 (14501-146A) Jan 19 - Feb 23 (14501-146B)	10 - 11:00 am Computer Lab	FREE
Computer: Seniors, Level 2 60 & Better. (6 weeks; no class 12/29)	<u>Mon</u> Dec 1 - Jan 12 (14502-146A) Jan 19 - Feb 23 (14502-146B)	11:30 am - 12:30 pm Computer Lab	\$20 (R) \$26 (NR)
Computer: Adults, Level 3, Productive Suites 18 & Better. (no class 12/24 and 12/31)	<u>Wed</u> Dec 3 - Jan 14 (14416-146A) (5 weeks) Jan 21 - Feb 25 (14416-146B) (6 weeks)	5 - 6 pm Computer Lab	\$30 (R) /\$39 (NR) \$36 (R) /\$47 (NR)
Drawing/Watercolor Painting: Adults 50 & Better. (11 weeks; no class 12/25 and 1/1)	<u>Thu</u> Dec 4 - Feb 26 (30428-146A)	2 - 4 pm Arts & Crafts Room	\$74 (R) \$96 (NR)

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

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Drawing/Watercolor Painting: Adults 50 & Better. (11 weeks; no class 12/23 and 12/30)	<u>Tue</u> Dec 2 - Feb 24 (30428-146B)	1 - 3 pm Arts & Crafts Room	\$74 (R) \$96 (NR)
Exercise: Adults 50 & Better. (4 weeks; no class 12/26)	<u>Mon, Wed, & Fri</u> Dec 1 - Dec 24 (17435-146A) Jan 5 - Jan 30 (17435-146B) Feb 2 - Feb 27 (17435-146C)	9 - 10 am Great Room	\$37 (R)/\$48 (NR) \$40 (R)/\$52 (NR) \$40 (R)/\$52 (NR)
Exercise: Adults 50 & Better. (4 weeks)	<u>Mon & Wed</u> Dec 1 - Dec 24 (17435-146D) Jan 5 - Jan 28 (17435-146E) Feb 2 - Feb 25 (17435-146F)	11 - 12 noon Great Room	\$35 (R) \$46 (NR)
Fit & Strong 18 & Better. (12 weeks)	<u>Tue & Thu</u> Jan 6 - Mar 26 (17488-179A)	9 - 10:30 am Multi-purpose Room	Free
Hand Dance: Adults, Beginners 18 & Better. (12 weeks; no class 12/30)	<u>Tues</u> Dec 2 - Feb 24 (23401-146B)	6 - 7:30 pm Multi-purpose Room	\$70 (R) \$91 (NR)
Hand Dance: Adults, Intermediate 18 & Better. (11 weeks; no class 12/24 and 12/31)	<u>Wed</u> Dec 3 - Feb 25 (23419-146A)	6:30 - 7:30 pm Multi-purpose Room	\$69 (R) \$90 (NR)
Line Dance: Seniors, Beginners 60 & Better. (6 weeks; no class 12/30)	<u>Tue</u> Dec 2 - Jan 13 (23501-146A) Jan 20 - Feb 24 (23501-146B)	11 am - 12 noon Multi-purpose Room	\$52 (R) \$68 (NR)
Personal Training: Seniors 60 & Better. (4 weeks)	<u>Mon & Wed</u> Dec 1 - Dec 24 (17513-146A) Jan 5 - Jan 28 (17513-146B) Feb 2 - Feb 25 (17513-146C)	1 - 2 pm Gym	\$45 (R) \$59 (NR)
Spanish: Adults, Beginners 18 & Better. (8 weeks; no class 12/29)	<u>Mon</u> Dec 1 - Jan 26 (20422-146A)	5 - 6:30 pm Former Wood Shop	\$60 (R) \$78 (NR)

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

Class Name	Day, Dates & Code #	Time / Room	Fee
Spanish: Adults, Beginners 18 & Better. (8 weeks; no class 12/27 and 1/3)	Sat Dec 6 - Feb 7 (20422-146B)	9 - 10:30 am Conference Room	\$60 (R) \$78 (NR)
Spanish: Adults, Intermediate 18 & Better. (8 weeks; no class 12/30)	Tue Dec 2 - Jan 27 (20403-146A)	5 - 6:30 pm Conference Room	\$65 (R) \$85 (NR)
Spanish: Adults, Intermediate 18 & Better. (8 weeks; no class 12/27 and 1/3)	Sat Dec 6 - Feb 7 (20403-146B)	10:45 am - 12:15 pm Conference Room	\$65 (R) \$85 (NR)
Spanish: Adults, Advance (Level I) 18 & Better. (8 weeks; no class 12/24 and 12/31)	Wed Dec 3 - Feb 4 (20404-146A)	5 - 6:30 pm Conference Room	\$70 (R) \$91 (NR)
Conversational Spanish: Adults, Advance (Level II) 18 & Better. (8 weeks no class 12/25 and 1/1)	Thu Dec 4 - Feb 5 (20404-146B)	5 - 6:30 pm Conference Room	\$70 (R) \$91 (NR)
Yoga: Adults, Beginners 50 & Better. (12 weeks, no class 12/29)	Mon Dec 1 - Feb 23 (17413-146A)	1:15 - 2:30 pm Multi-purpose Room	\$75 (R) \$98 (NR)
Yoga: Adults, Beginners 50 & Better. (11 weeks; no class 12/25 and 1/1)	Thu Dec 4 - Feb 26 (17413-146B)	12 noon - 1:15 pm Multi-purpose Room	\$69 (R) \$90 (NR)
Yoga (CHAIR): Adults 50 & Better. (12 weeks; no class 12/29)	Mon Dec 1 - Feb 23 (17658-146A)	12:05 - 1:05 pm Multi-purpose Room	\$75 (R) \$98 (NR)
Yoga (CHAIR): Adults 50 & Better. (11 weeks; no class 12/25 and 1/1)	Thu Dec 4 - Feb 26 (17658-146B)	10:45 - 11:45 pm Multi-purpose Room	\$69 (R) \$90 (NR)

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

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Zumba: Adults 18 & Better. (no class 12/24 and 12/31)	<u>Wed</u> Dec 3 - Jan 14 (17414-146A) (5 weeks) Jan 21 - Feb 25 (17414-146B) (6 weeks)	5 - 6 pm Multi-purpose Room	\$44 (R)/\$57 (NR) \$52 (R)/\$68 (NR)
Zumba: Adults 18 & Better. (no class 12/26 and 1/2)	<u>Fri</u> Dec 5 - Jan 16 (17414-146C) (5 weeks) Jan 23 - Feb 27 (17414-146D) (6 weeks)	12 noon - 1 pm Multi-purpose Room	\$44 (R)/\$57 (NR) \$52 (R)/\$68 (NR)



SPOTLIGHT on CLASSES

Fit & Strong - Are you looking for a class to improve exercise frequency, increase strength, and help with goal setting to promote overall health? Sign-up for Fit & Strong, an evidence-based physical activity program that combines aerobics, stretching, balance, strength, endurance exercises, and health education to promote healthy behavior changes. This class is limited to new students or ones who have taken the class only once at a different location. Tue & Thu, 9 – 10:30 am, Jan 6 – Mar 26, Activity Code: 17488 - 179A, FREE.



Senior Exercise and Chair Aerobics - LBSAC is delighted to share that Senior Exercise and Chair Aerobics classes have moved to the Great Room. This change allows for more participants in each class.



LBSAC needs YOU!



When is the last time you reviewed your household information in your ParksDirect account? This information needs to be re-confirmed or updated at least once per year and whenever there is a significant change. The information is used to ensure we can contact you if there is a change to any of your activities or if there is key information about LBSAC that needs to be shared. See a Front Desk staff member to review your address, phone number, email address, and emergency contact information.

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



SPOTLIGHT on CLASSES

Computer Classes - Now three classes to better meet your needs!



Computer: Level 1, Introduction for Seniors - The Level 1 class is a 6-week hands-on intro to using computers with ease and confidence. Designed for beginners, this course focuses on building essential keyboard and mouse skills while helping participants become comfortable with basic computer operations. Each week includes simple, guided practice to strengthen coordination, accuracy, and confidence in navigating the computer. Whether brand new to technology or looking to refresh your skills, this class provides a friendly, supportive environment to learn at your own pace. Bringing your personal laptop is encouraged but not required. Mon, 10 – 11 am, Dec 1 - Jan 12 (14501-146A) or Jan 19 - Feb 23 (14501-146B). FREE.



Computer: Level 2 for Seniors - The Level 2 class is a 6-week course designed to build on basic computer skills and introduce more practical digital tools for everyday life. Participants will learn how to stay organized with files and folders, create and edit documents using programs like Word or Google Docs, and explore safe browsing habits to protect personal information online. The course also introduces emerging technologies such as Artificial Intelligence tools like ChatGPT and Microsoft Copilot, as well as the basics of using smartphones and tablets safely and effectively. Each session includes hands-on practice and real-world examples to help learners feel confident and independent in today's digital world. Bringing your personal laptop is encouraged but not required. Mon, 11:30 am – 12:30 pm, Dec 1 - Jan 12 (14502-146A) or Jan 19 - Feb 23 (14502-146B). \$20 (R), \$26 (NR).



Computer: Level 3, Productive Suites - Discover the power of cloud tools with our Level 3, 6-week productivity class designed specifically for adults! Learn how to access and manage your files from anywhere using Microsoft 365 and Google Workspace through hands-on activities and engaging discussions. Join us to build your digital confidence and stay connected in today's tech-savvy world. Wed, 5 - 6 pm, Dec 3 - Jan 14 (14416-146A, 5 sessions, \$30 (R), \$39 (NR)) or Jan 19 - Feb 25 (14416-146B, 6 sessions, \$36 (R), \$47 (NR)).

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.

SAARC Mingle & Jingle All Red Holiday Darty

Wednesday, December 10, 2025

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

Darty: 11:00 am – 1:30 pm

(Darty) Ticket Code: SAARC-SPEC-GA-20251210

(Transportation) Trip Code: LBSAC-20251210

Transportation: 9:30 am – 3:00 pm

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

Join us as we Mingle and Jingle at the Southern Area Aquatics and Recreation Complex's (SAARC) All Red Holiday Darty! Enjoy a festive afternoon with live music, dancing, and a light meal. **Please note: Tickets are sold separately. You must purchase both your event ticket and transportation ticket (if transportation from LBSAC is needed) individually.** The deadline to register is December 3, 2025.

Marietta House Museum

Thursday, January 15, 2026

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

10:30 am – 2:30 pm

Trip Code: LBSAC-20260115



In honor of Dr. Martin Luther King, Jr., the Marietta House Museum will offer a special guided tour, highlighting civil rights and the self-emancipated individuals who lived, worked, and sought freedom in Marietta. Guests will explore the many ways these families exercised their agency in the pursuit of freedom. Please bring your lunch to enjoy after the tour. This trip includes transportation and support staff; deadline to register is January 8, 2026.

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

Black History in Motion

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

Trip Code: LBSAC-20260205

Thursday, February 5, 2026

10:00 am – 3:00 pm

Join us for a trip to the Publick Playhouse to experience Black History in Motion — a powerful performance that takes audiences on a journey through the American experience, highlighting the contributions of African Americans to U.S. history and culture. Enjoy the crowd-thrilling musical talents of The Exclusives, one of the hottest bands in the DMV! The trip will conclude with lunch (at your own expense) at Golden Corral Buffet & Grill, where prices range from \$13 to \$20. This trip includes transportation, an event ticket, and support staff; deadline to register is January 29, 2026.

African American History and Cultural Museum

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

Trip Code: LBSAC-20260212

Thursday, February 12, 2026

9:00 am – 3:00 pm



Join us in celebrating Black History Month with a trip to the African American History and Cultural Museum on the National Mall in Washington, DC. This one-of-a-kind museum highlights African American life, history, and culture through powerful exhibits and personal stories. Lunch is available for purchase at the Sweet Home Café, with prices ranging from \$20–\$30. This trip includes transportation and support staff; deadline to register is February 5, 2026.

African Art Museum and Lunch

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

Trip Code: LBSAC-20260226

Thursday, February 26, 2026

9:30 am – 4:00 pm



Join us as we celebrate Black History Month at The National Museum of African Art located on the National Mall of the United States Capitol. Get ready to explore both traditional and contemporary immersive African Art exhibits from both Sub-Saharan and North Africa. The trip will conclude with lunch at your own expense at the Cheesecake Factory, which features a wide range of menu options prices range from \$10-\$40. This trip includes transportation and support staff; deadline to register is February 19, 2026.

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

Stampin' Up Holiday Card Making
FREE with registration

Thursday, December 11, 2025
10:30 am – 11:30 am

Activity Code: 30439-146B

Join us for a fun and festive *Holiday Card Making Session* led by a representative from Stampin' Up! All supplies will be provided, so just bring your creativity and holiday cheer! This event is **FREE with registration**, but space is limited. Deadline to register is December 4, 2025. .



Senior Holiday Concert
\$10 (R); \$13 (NR)

Friday, December 12, 2025
10:30 am – 12 Noon

Ticket Code: SPD-SPEC-GA-20251212

Get ready to kick off the holidays in style with an unforgettable Senior Holiday Concert hosted by LBSAC. Music provided by Bencore Entertainment featuring the incredible vocalist Ameya Taylor. The soulful sounds and holiday favorites are sure to have you singing and feeling the joy of the season. Doors open at 10:15 am. Register early, Seating is limited.

Soup for the Soul
Free with Registration

Thursday, January 8, 2026
11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260108

Join us as we bring you warm and cozy feels with a bowl of Soup for the Soul! Sit back and relax as you enjoy a bowl of soup while listening to soft tunes. Deadline to register is January 2, 2026. This event is free with Registration online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Mindful Eating Experience
Free with Registration

Friday, January 16, 2026
12:00 Noon – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260116

Join us as we begin our new year with a "Mindful Eating Experience". In this cooking demonstration, you will learn how to prepare nutritious and delicious meals that support both heart and brain health. You will explore how mindful eating can enhance your connection to food, improve digestion, and promote overall well-being. This event is FREE with registration; deadline to register is January 9, 2026.

SENIOR HOLIDAY CONCERT

Friday, December 12, 2025
10:30 am - 12 noon; Doors Open at 10:15 am

Get ready to celebrate the season with joy, music, and connection at our Senior Holiday Concert!

Join us for an uplifting afternoon with Brencore Entertainment, featuring the amazing vocalist Ameya Taylor. Let the soulful sounds and holiday favorites lift your spirits, energize your mind, and bring you together with friends old and new.

Sing along, share a smile, and feel the warmth of the season!

Fee: Resident \$10; Non-Resident \$13
Seniors ages 60 & better

Register today at pgparksdirect.com
Ticket Code: SPD-SPEC-GA-20251212

Please note: A printout of your receipt is required for admission to the concert.

For more information, call
301-446-3400 or
email seniors@pgparks.com.

Laurel-Beltsville Senior Activity Center | 7120 Contee Road, Laurel 20707

Connect with us!

 [@pgparks](https://www.facebook.com/pgparks)

 [@pgparks](https://twitter.com/pgparks)

 [@pgparksandrec](https://www.instagram.com/pgparksandrec)

 [@pgparksandrec](https://www.youtube.com/pgparksandrec)

- 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: **Special Events**

Express Yourself Paint & Sip

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

Activity Code: 30409-146A

Join us for this fun-filled, exciting, interactive self-led painting experience. De-stress while enjoying the benefits of Art expression through painting. Light refreshments and non-alcoholic beverages will be served as you turn an 8X10 pre-drawn canvas into your own creation. Deadline to register is January 15, 2026.

Thursday, January 22, 2026

11:00 am – 2:00 pm

Spread Love Party

Free with registration

Ticket Code: LBSAC-SPEC-GA-20260213

Come one, come all, as we spread love. Love is in the air as we celebrate Valentine's Day in style! Bring your heart full of love as we fellowship, indulge in small bites, snacks and beverages and dance in the name of Love! This event is free with registration; deadline to register is February 6, 2026.



Friday, February 13, 2026

11:00 am – 2:00 pm

Avenue of the Arts



ARTIST

Diane Shipley
Terry Wright
Pamela Washington

DISPLAY DATES

November 24 - January 2
January 5 - February 13
February 16 - March 27

Laurel-Beltsville Senior Activity Center:

Educational Lectures & Health Screenings

Retirement: "Making Your Money Last"

Thursday, December 4, 2025

Activity Code: 20515-146A

10:30 am – 11:30 am

FREE with registration

Join us for a session with an Edward Jones representative for a presentation supporting people who are thinking about retiring or have already retired. The workshop will help you focus on what matters most to you and building a financial strategy to achieve it. Deadline to register is November 26.

What's New with Taxes?

Thursday, January 29, 2026

Activity Code: 20515-146C

9:30 am – 10:30 am

FREE with registration

Join a Tax Professional from H&R Block to learn about some of the key changes potentially impacting your 2025 tax return. Focus will be on significant changes to personal (rather than business) taxes. Deadline to register is January 22.

Importance of Home Health Services

Thursday, February 5, 2026

Activity Code: 20515-146B

10:30 am – 11:30 am

FREE with registration

Join us for a session to learn about resources to help seniors remain independent. The Owner and Director of Nursing for Interim Healthcare - Prince George's County will be our spokesperson for this lecture to discuss this very important topic. Deadline to register is January 29.

Natural Resources Division Workshop - Ospreys

Thursday, February 26, 2026

Activity Code: 20515-146E

12:30 pm – 2:00 pm

FREE with registration

Enjoy a workshop presentation with a M-NCPPC Natural and Historic Resources Division specialist on Ospreys, also known as Seahawks, a beloved species around the world and especially in the Chesapeake Bay. Join us as a park naturalist discusses this fascinating bird, the Department's research studying their local population, and what may be causing their recent decline in the mid-Atlantic region. Deadline to register is February 19.

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



AARP Driver Safety Courses at LBSAC

Have you heard? AARP is coming to LBSAC this spring to host Driver Safety Courses just for seniors! This class helps you stay confident and safe behind the wheel and may even help lower your car insurance. Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Registration is already open at www.AARP.org – see below for registration instructions.

Class Dates

March 13, 2026, 9:00 am – 2:00 pm

April 10, 2026, 9:00 am – 2:00 pm

May 8, 2026, 9:00 am – 2:00 pm

Cost: \$20 with AARP Membership or \$25 for Non-Members of AARP

Please note: **All registration must be completed online through the AARP website.** If you need help, feel free to stop by the front desk, our staff will be happy to assist you!

How to Register Online:

1. Log into aarp.org
2. If you have an account, you can log in. If not, you must “Create an Account”.
3. Click on “Search” (Magnify glass located on the right)
4. Search for “Driver Safety Class Locator”
5. Scroll down to “AARP Driver Safety: Online and Classroom Courses.”
6. Click on link.
7. Under the heading, “AARP Smart Driver Course”, click on “Find a Course.”
8. Click on “In Person”
9. Enter City, State, or Zip Code
10. Select the following filters:
 - In your State
 - Duration - 4 Hours
 - Language-English
 - Date – Custom Dates
 - MM/DD/YYYY -MM/DD/YYYY
 - Distance – 10 or 25 miles.
11. Once the course is seen listed, select the course by clicking, “Course Details” and proceed with the registration. Note: you will need to enter your AARP Membership number to get the discounted price.

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	Dec 10, Jan 7, Feb 4	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	Last 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
Crochet Club	Every Monday	11 am – 12:30 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:

Friday, December 19, 2025
 Friday, January 16, 2026
 Friday, February 27, 2026

Snacks available!

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

Winter Safety Tips for Seniors

Winter presents particular challenges, especially for Seniors. We want YOU to be SAFE so we are sharing information from the National Institute on Aging. Additional information is available at www.NIA.NIH.gov/health/safety

Avoiding falls in cold weather

To help reduce the risk of **falls** in icy and snowy weather during the winter months, it's important to ensure that surfaces are as dry and safe as possible.

- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.

If possible, stay inside when the weather is bad. Consider using services that deliver prescriptions, groceries, and other necessities so you don't need to go out.

5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit www.nia.nih.gov/health/exercising-outdoors.

