

# *Langley Park Senior Activity Center*

## *2025-2026 WINTER CALENDAR*



*Welcome to Langley Park Senior Activity Center*

*December 2025, January, February 2026*

**Hours of Operation - Monday-Friday 9 am - 3:30 pm**

**Please note the center will be closed on: Thursday, December 25 - Christmas Day**

**Thursday, January 1 - New Year's Day**



***Face Masks are Optional!***



### **WINTER REGISTRATION**



- Registration begins - Wednesday, November 12 for Residents (R)
  - Registration begins - Wednesday, November 19 for Non-Residents (NR)
  - Winter Classes: Register early! In-person & Virtual classes available.
  - Trips -Sign up early, trips fill on a first come, first serve basis.
  - 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 class/programs & trips to be held.
- 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. For more information, visit our website at [www.pg parks.com](http://www.pg parks.com) or ask our center staff.

1500 Merrimac Drive, Hyattsville, MD 20783

Phone: 301-408-4343

301-699-2544 TTY

301-408-4344 Fax

# Langley Park Senior Activity Center – Important Information

## **Our Refund Policy:**

- 100% refunds are issued when M-NCPPC cancels a class.
- All other refunds are subject to a 20% administration fee.
- All withdrawals/refunds must be processed by the facility offering the activity.
- 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.
- The Senior Activity Center Director must approve all requested refunds.
- Trip refunds will only be issued if the spot is resold.
- Cash refunds are not allowed.
- Refunds may be immediately credited to your PARKS DIRECT account or be issued by the original method of payment, like a credit card which can take 3 to 5 days to process or as a check which can take 3 to 4 weeks to process.

## **Trip Transportation:**

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

- M-NCPPC Activity Bus - 12-15 passenger
- Commission Bus - Large 24 passenger
- Motor Coach Bus - 40-50 passenger/restroom provided

## **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.

hello winter

# Langley Park/Gwendolyn Britt Senior Activity Center: **Virtual Classes**

|                                       |                                                                                                           |                                        |                                              |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------|
| <b>PIANO<br/>ADVANCE</b>              | <u><b>Tues &amp; Thurs</b></u><br>Dec 2-18 (31541-130D)<br>Jan 6-29 (31541-130E)<br>Feb 3-26 (31541-130F) | 11:30 am - 12:30 pm<br>(3week session) | \$68 (R)<br>\$89 (NR)<br>\$51 (R); \$67 (NR) |
| <b>PIANO<br/>INTERMEDIATE</b>         | <u><b>Tues &amp; Thurs</b></u><br>Dec 2-18 (31538-130A)<br>Jan 6-29 (31538-130B)<br>Feb 3-26 (31538-130C) | 1 - 2 pm<br>(3week session)            | \$68 (R)<br>\$89 (NR)<br>\$51 (R); \$67 (NR) |
| <b>PIANO<br/>BEGINNER</b>             | <u><b>Tues &amp; Thurs</b></u><br>Dec 2-18 (31526-130A)<br>Jan 6-29 (31526-130B)<br>Feb 3-26 (31526-130C) | 10 - 11 am<br>(3week session)          | \$68 (R)<br>\$89 (NR)<br>\$51 (R); \$67 (NR) |
| <b>HOME PROJECTS</b>                  | <u><b>Wednesdays</b></u><br>Jan 7-28 (31523-130B)<br>Feb 4-25 (31523-130C)                                | 10 - 11 am                             | \$26 (R)<br>\$34 (NR)                        |
| <b>BINGO</b>                          | <u><b>Fridays</b></u><br>Dec 5-19 (31510-130D)<br>Jan 9-30 (31510-130F)<br>Feb 6-27 (31510-130C)          | 12 noon - 1 pm<br>(3week session)      | \$20 (R)<br>\$26 (NR)<br>\$15 (R); \$20 (NR) |
| <b>PIANO<br/>BEGINNER<br/>LEVEL 1</b> | <u><b>Mon &amp; Wed</b></u><br>Dec 1-17 (31526-144A)<br>Jan 5-28 (31526-144B)<br>Feb 2-25 (31526-144C)    | 9:30 - 11 am<br>(3week session)        | \$68 (R)<br>\$89 (NR)<br>\$51 (R); \$67 (NR) |
|                                       |                                                                                                           |                                        |                                              |
|                                       |                                                                                                           |                                        |                                              |



# Langley Park Senior Activity Center: *In-Person*

|                                                                    |                                                                                                                              |                                    |                                                    |
|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------|
| <b>PIANO<br/>BEGINNERS</b>                                         | <b><u>Tues &amp; Thurs</u></b><br>Dec 16 - Dec 30 (23502-144B)<br>Jan 6 - Jan 29 (23502-144C)<br>Feb 3 - Feb 26 (23502-144D) | 9 - 10 am<br>(3week session)       | \$68 (R)<br>\$89 (NR)<br><br>\$51 (R)<br>\$67 (NR) |
| <b>PIANO<br/>INTERMEDIATE</b>                                      | <b><u>Tues &amp; Thurs</u></b><br>Dec 16 - Dec 30 (23503-144A)<br>Jan 6 - Jan 29 (23503-144B)<br>Feb 3 - Feb 26 (23503-144C) | 10 - 11 am<br>(3week session)      | \$68 (R)<br>\$89 (NR)<br><br>\$51 (R)<br>\$67 (NR) |
| <b>PIANO<br/>ADVANCE</b>                                           | <b><u>Tues &amp; Thurs</u></b><br>Dec 16 - Dec 30 (23504-144A)<br>Jan 6 - Jan 29 (23504-144B)<br>Feb 3 - Feb 26 (23504-144C) | 11 am - 12 pm<br>(3week session)   | \$68 (R)<br>\$89 (NR)<br><br>\$51 (R)<br>\$67 (NR) |
| <b>LINE DANCE</b>                                                  | <b><u>Mondays</u></b><br>Dec 15 - Dec 29 (23501-144D)<br>Jan 5 - Jan 26 (23501-144P)<br>Feb 2 - Feb 23 (23501-144R)          | 11 am -12:30 pm<br>(3week session) | \$28 (R)<br>\$37 (NR)<br><br>\$21(R) / \$28(NR)    |
| <b>JEWELRY MAKING</b>                                              | <b><u>Wednesdays</u></b><br>Dec 17 - Dec 31 (30502-144A)<br>Jan 7 - Jan 28 (30502-144B)<br>Feb 4 - Feb 25 (30502-144C)       | 10:30 am-12 pm<br>(3week session)  | \$28 (R)<br>\$37 (NR)<br><br>\$21(R) / \$28(NR)    |
| <b>ARTS &amp; CRAFT</b>                                            | <b><u>Fridays</u></b><br>Jan 9 - Jan 30 (15502-144B)<br>Feb 6 - Feb 27 (15502-144C)                                          | 10:30 am-12 pm                     | \$28 (R)<br>\$37 (NR)                              |
| <b>NOVELTY<br/>PRINT-MAKING</b>                                    | <b><u>Mondays</u></b><br><b>NO WINTER CLASSES</b>                                                                            | 11 am - 1 pm                       | \$42 (R)<br>\$55 (NR)                              |
| <b>CROCHET BEGINNERS</b>                                           | <b><u>Thursdays</u></b><br>Jan 8 - Jan 29 (15514-144B)<br>Feb 5 - Feb 26 (15514-144C)                                        | 11:30 am-1:30 pm                   | \$30 (R)<br>\$39 (NR)                              |
| <b><u>Computer Skills</u></b><br><b>PARKS DIRECT-<br/>TRAINING</b> | <b><u>Mondays</u></b><br>Dec 15 - Dec 29 (14505-144A)<br>Jan 5 - Jan 26 (14505-144B)<br>Feb 3 - Feb 23 (14505-144C)          | 11am – 12 pm                       | FREE                                               |

# Langley Park Senior Activity Center: Trips & Special Events



## DECEMBER 2025



### Senior Shape

Monday & Wednesday, December 1 - 31

Free

**Wednesday, December 24-(NO CLASS) 10 am - 10:45 am**

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals.

Sponsored by Suburban Hospital. **December 1,3,8 &10 (10am) classes will be held at GBSAC.**

### Lights On The Bay, Annapolis, MD

Wednesday, December 10

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

3:30 pm - 9 pm

**PARKS DIRECT code: LPSAC-20251210**

Enjoy three miles of spectacular whimsical lights and celebrate the magic of the season featuring dazzling displays with more than 2.5 million LED lights throughout the park and a giant, 54-foot LED musical tree and much more. Don't forget your 3D glasses to get the full experience of this amazing light show.

Meals at your own expense. Transportation provided.

### Senior Holiday Concert. Laurel Beltsville Senior Activity Center

Friday, December 12

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

Concert: 10:30 am - 12 pm

**PARKS DIRECT code: SPD-SPEC-GA-20251212**

**Doors Open at 10:15 am**

Get ready to kick off the holidays in style with an unforgettable Senior Holiday Concert. Music by Bencore features the incredible vocalist Ameya Taylor. The soulful sounds and holiday favorites are sure to have you singing and feeling the joy of the season.

**Transportation provided by Langley Park Senior Activity Center using Parks Direct code: LPSAC-20251212. Leaving from LPSAC at 9:00 am.**

**Transportation Fee: \$10(R); \$13 (NR) Seats are limited.** Meals at your own expense at Olive Garden.

**TRANSPORTATION FEE DOES NOT INCLUDE ADMISSION TICKET TO THE CONCERT.**



### Earth Wind, & Fire, National Harbor, Oxon Hill MD

Friday, December 12

\$140 (R); \$182 (NR)

6 pm - 10 pm

**PARKS DIRECT code: LPSAC-20251212**

Earth, Wind & Fire is one of the best-selling music artists of all time, with over 100 million albums sold worldwide. Their distinctive sound and positive messages made a lasting impact, spans multiple genres, including Jazz, R&B, Soul, Funk, and Afro-pop. Meals at your own expense.

Transportation provided. Tickets are limited. Register early!

### Senior Holiday Piano Class Recital

Featuring our Virtual & In-Person Classes

Tuesday, December 16

FREE

11 am - 2 pm

Please join us in celebrating our talented seniors for a special Holiday Recital with our Virtual and In-Person Piano Classes. Refreshments served. Register early!

IT'S  
SHOWTIME

# JANUARY 2026

## **Senior Shape**

**Monday & Wednesday, January 5 - 28**

**Free**

**10 am - 10:45 am**

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals. Sponsored by Suburban Hospital. Registration is required!

## **A Soulful New Year's Celebration**

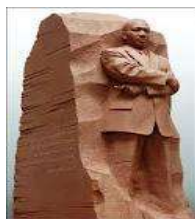
**Wednesday, January 7**

**\$30 (R); \$39 (NR)**

**12 pm - 3 pm**

**PARKS DIRECT code: [LPSAC-SPEC-GA-20260107](#)**

Bring in the New Year with the peaceful soulful sound of Saxophonist Tracey Cutler & Band, giving us some of the greatest hits of all times! This year is a time for Relaxation, Reflection & Rejuvenation. Refreshments served. Register early!



## **Senior Tribute to Dr. Martin Luther King, Jr.**

**Monday, January 19**

**FREE**

**11 am - 2 pm**

The Langley Park Seniors will present a tribute to Dr. King with poems, short skits and singing. Join this special Birthday Celebration. If you would like to participate in this tribute to Dr. King and share your talents please contact Karen Moore, our senior coordinator, for this tribute. Don't forget to sign up at our customer service desk. Refreshments served. Register early!

## **Soup for the Soul**

**Wednesday, January 21**

**PARKS DIRECT code: [LPSAC-SPEC-GA-20260121](#)**

**11 am - 2 pm**

***We all love Soup!*** Everyone has soup recipes and family traditions from long ago. It comes as no surprise that soup is one of the oldest forms of food. Sit back and reminisce on the chilly days when the family sat around the fireplace with a bowl of soup sharing stories. Stop by to enjoy a bowl of soup with our Langley Park family & friends. Featuring Michael Nelson and "The Edge Band." Registration required!



*Happy Holidays*

# Langley Park Senior Activity Center: Trips & Special



## FEBRUARY 2026



### Senior Shape Free

Monday & Wednesday, February 2 - 25  
10 am - 10:45 am

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals. Sponsored by Suburban Hospital. Registration is required!

### Living Benefits "Your Safety Net" Free

Monday, February 2  
11 am - 12 pm

This session will help you learn how life insurance can provide financial support and cover how Living Benefits work when facing serious illnesses like heart attack, stroke, or cancer offering peace of mind during challenging times. The goal is simply to ensure our senior community is informed of options that could help them and their families. Register at the customer service desk. Sponsored by Heritage Hope.



### Black History in Motion, Publick Playhouse \$10 (R); \$13 (NR)

Thursday, February 5  
11 am - 12:30 pm

**PARKS DIRECT code: PGPP-SPEC-GA-20260205**

**Doors Open: 10:15 am**

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture. Enjoy the crowd-thrilling musical experience of The Exclusives – one of the hottest bands in the DMV! They will deliver an unforgettable musical experience spanning the greatest hits from the '60s to today. Get ready to dance, sing along, and be impressed by a band that knows how to keep the party going! Tickets may be purchased at [pgparks.com](http://pgparks.com), the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. **A printout of your ticket(s) is required for admission to the concert.** The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784. Register early, seating is limited. **Transportation provided by the Langley Park Senior Activity Center using Parks Direct code: LPSAC-20260205. Departing LPSAC at 10 am. Transportation Fee: \$10(R); \$13(NR)** Seats are limited. Meals are at your own expense. **TRANSPORTATION FEE DOES NOT INCLUDE ADMISSION TICKET TO THE CONCERT.**

### Valentine's Day "Heart 2 Heart" Celebration \$30 (R); \$39 (NR)

Wednesday, February 11  
11 am - 2 pm

**PARKS DIRECT code: LPSAC-SPEC-GA-20260211**

Valentine's Day comes once a year when it does, it means time to spread the love, give those you know a big hug, a few chocolates, and flowers. Enjoy the smooth sounds of Twin Magic Essence of the Whispers Tribute featuring the All Stars! Refreshments served. Register early!



# Langley Park Senior Activity Center: **Activities**

|                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TUESDAY: 9am-11am</b><br><b>Indoor - Pickleball</b><br>Indoor at the Senior Center!                                                                              | <b>TUESDAY: 9am-11am</b><br><b>Indoor - Pickleball</b><br>Indoor at the Senior Center!                                                                              | <b>TUESDAY: 9am-11am</b><br><b>Indoor - Pickleball</b><br>Indoor at the Senior Center!                                                                              |
| <b>MONDAY/FRIDAY: 9am-2pm</b><br><b>Card Sharks!</b><br>Pinochle, Bridge & Bid Whist Players!<br>All Bid Whist & Bridge Clubs Welcome!                              | <b>MONDAY/FRIDAY: 9am-2pm</b><br><b>Card Sharks!</b><br>Pinochle, Bridge & Bid Whist Players!<br>All Bid Whist & Bridge Clubs Welcome!                              | <b>MONDAY/FRIDAY: 9am-2pm</b><br><b>Card Sharks!</b><br>Pinochle, Bridge & Bid Whist Players!<br>All Bid Whist & Bridge Clubs Welcome!                              |
| <b>WEDNESDAY: 12pm-2pm</b><br><b>Bingo</b> – Everybody is a winner!                                                                                                 | <b>WEDNESDAY: 12pm-2pm</b><br><b>Bingo</b> – Everybody is a winner!                                                                                                 | <b>WEDNESDAY: 12pm-2pm</b><br><b>Bingo</b> – Everybody is a winner!                                                                                                 |
| <b>MONDAY: 11:30am-1:30pm</b><br><b>MAHJONG</b><br>All Mahjong Senior Clubs are<br>Welcome!!<br>Register at the customer service desk<br>or call the senior center. | <b>MONDAY: 11:30am-1:30pm</b><br><b>MAHJONG</b><br>All Mahjong Senior Clubs are<br>Welcome!!<br>Register at the customer service desk<br>or call the senior center. | <b>MONDAY: 11:30am-1:30pm</b><br><b>MAHJONG</b><br>All Mahjong Senior Clubs are<br>Welcome!!<br>Register at the customer service desk<br>or call the senior center. |
| <b>THURSDAY/FRIDAY: 10am-2pm</b><br><b>GAME SWAP</b><br>Game Day: Dominoes, Spades,<br>Trouble, Uno, and others!                                                    | <b>THURSDAY/FRIDAY: 10am-2pm</b><br><b>GAME SWAP</b><br>Game Day: Dominoes, Spades,<br>Trouble, Uno, and others!                                                    | <b>THURSDAY/FRIDAY: 10am-2pm</b><br><b>GAME SWAP</b><br>Game Day: Dominoes, Spades,<br>Trouble, Uno, and others!                                                    |

## Langley Park Senior Activity Center: **Information/Education**

### Upcoming AARP Smart Driver Courses

Monday, December 15, 2025, 10:00 am - 2:00 pm      \$20/AARP Members; \$25/Non-Members

Monday, January 12, 2026, 10:00 am - 2:00 pm      \$20/AARP Members; \$25/Non-Members

Monday, February 16, 2026, 10:00 am - 2:00 pm      \$20/AARP Members; \$25/Non-Members

Refresh your driving skills with the AARP Smart Drivers Course. Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion, you may qualify for car insurance premium discounts. **Register online at AARP or call 301-736-1565.** Call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4. No outside food allowed. Payments due by check or money order.

***Face Coverings Encouraged!***

# Langley Park Senior Activity Center

## Health/Wellness & Information Sessions

### Holiday Bootcamp

Monday, December 15, 2025

#### *The Health & Wellness Guide*

11 am - 12:00 pm

Get ready for a healthier, more balanced holiday season! This course is designed to support your health and wellbeing throughout the holiday season. Participants will explore strategies for Balanced nutrition, Smart meal planning, Budget-friendly grocery shopping, Reducing holiday stress & Maintaining physical activity. Register at the customer service desk. Sponsored by Luminis Community Health.

### Health Care Facilities/Levels of Care

Wednesday, December 17, 2025

11 am - 12 pm

This information is good for self-care and caregivers to understand the range of healthcare facilities available, the levels of care they provide, activities, meals, and round-the-clock care and how to make informed decisions. Register at the customer service desk.

### Senior Real Estate Housing Seminar

Wednesday, February 25, 2026

11 am - 12 pm

Learn the key steps to downsizing and exploring housing options such as assisted living, reverse mortgages, and aging in place. Brandi Boxley is a licensed real estate specialist who takes pride in informing our senior population of what options are available. Register at the customer service desk.

### Diabetes Prevention Workshop

Monday, February 23, 2026

11 am - 12 pm

Learn practical strategies and tools to take control of your health. This engaging session focuses on lifestyle changes, nutrition tips, and exercise ideas to help reduce the risk of developing diabetes. Perfect for anyone looking to make informed and sustainable choices for a healthier future.

## Blood Pressure Screenings

|                                                                     |                                                             |
|---------------------------------------------------------------------|-------------------------------------------------------------|
| <i>Monday, December 1, 2025</i><br><i>Gwendolyn Britt</i>           | <i>11:00 am – 11:45 am</i>                                  |
| <i>Monday, January 5, 2026</i>                                      | <i>11:00 am – 11:45 am</i>                                  |
| <i>Monday, February 2, 2026</i>                                     | <i>11:00 am – 11:45 am</i>                                  |
| <b>BLOOD PRESSURE SCREENINGS<br/>PROVIDED BY: SUBURBAN HOSPITAL</b> | <b>HEALTH and WELLNESS/<br/>SENIOR INFORMATION SESSIONS</b> |

## Department Of Family Services

### SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Monday-Thursday here at Langley Park featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are sixty & better can reserve a meal by contacting our Nutrition Manager, Brenda Wilkins, or the Department of Family Services Aging Services Division at (301) 265-8475. You must register at least one day in advance or stop by to register in person. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance with the Nutrition Manager. Please bring the exact change to cover your donation.

**Transportation:** The Seniors can directly reserve Transportation services. They must call DPW&T Intake line (301) 499-8603 to reserve their transportation ride to the Senior Center and must participate in the lunch program to be transported.

**Note:** There will be no lunch program when Prince George's County schools have a delayed opening or are closed due to inclement weather conditions.

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

### SENIOR SMARTRIP INFORMATION

**WMATA Senior SmarTrip Cards - No Longer Sold at The Langley Park Senior Activity Center.**

**FOR MORE INFORMATION ON HOW TO PURCHASE A SMARTRIP CARD VISIT:**

[www.wmata.com/fares/smatrip](http://www.wmata.com/fares/smatrip)

### 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](mailto: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](http://www.pgparks.com) today!

### 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 |