

Gwendolyn Britt Senior Activity Center

SPRING 2026 CALENDAR



MARCH, APRIL, and MAY

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

Please note the center will be closed on: **Monday, May 25, 2026**

Face Masks optional!

SPRING REGISTRATION

- Registration begins **Wednesday, February 11** for Residents (R).
- Registration begins **Wednesday, February 18** for Non-Residents (NR)
- Spring Classes – Register early! **Virtual classes are available.** Classes fill on a first come, first serve basis.
- Don't Wait and Be Too Late! Register at least one week prior to the class start date! A minimum number of registrants are required for programs to be held.
- See refund policy on the next page.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee greater than \$35. Based on income and family size, fee reduction may be available. Visit our website or ask center staff for details.

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**

4009 Wallace Road • North Brentwood, Maryland 20722

Phone: 301-699-1238 Fax: 301-699-2078 TTY: 301-699-2544

Gwendolyn Britt 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 will **NOT** be issued once the course has ended.
- Credits nor refunds will **NOT** 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 per original method of payment as a credit on your 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 white or tan bus
- Commission Bus – Large 24 passenger bus
- Motor Coach Bus – 40-50 passenger bus with restroom

Trip Information:

All trip registrants are expected to return with the group to the center or fill out a release form. **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.



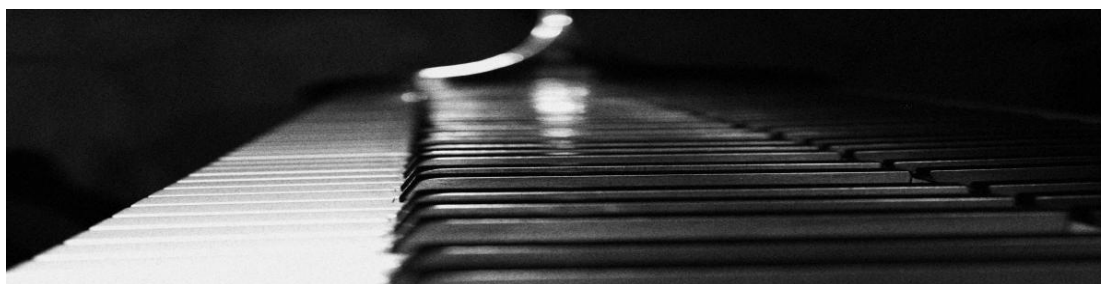
Note: When you see these feet with a trip or activity, it means there will be a lot of walking.



Langley Park/Gwendolyn Britt Senior Activity Centers

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Mar 3 - Mar 26 (31541-230A) Apr 7 - Apr 30 (31541-230B) May 5 - May 28 (21541-230C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Mar 3 - Mar 26 (31538-230A) Apr 7- Apr 30 (31538-230C) May 5 - May 28 (31538-230B)	1 - 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Mar 3 - Mar 26 (31526-230A) Apr 7 - Apr 30 (31526-230B) May 5 - May 28 (31526-230C)	10 - 11 am	\$68 (R) \$89 (NR)
PIANO BEGINNER LEVEL 1	<u>Mon & Wed</u> Mar 2 - Mar 25 (31526-244A) Apr 6 - Apr 29 (31526-244B) May 4 - May 27 (31526-244C)	9:30 – 11:00 am	\$68 (R) \$89 (NR)
PIANO BEGINNER LEVEL 3	<u>Mon & Wed</u> Mar 2 - Mar 25 (31526-244D) Apr 6 - Apr 29 (31526-244E) May 4 - May 27 (31526-244F)	11:30 am - 12:30 pm	\$68 (R) \$89 (NR)
BINGO	<u>Fridays</u> Mar 6 - Mar 27 (31510-230A) Apr 3 - Apr 24 (31510-230D) May 8 - May 29 (31510-230C)	12 noon – 1 pm	\$20 (R) \$26 (NR)



MARCH 2026

Bon Appetite: SARDIS Restaurant

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

PARKS DIRECT code: GBSAC-20260303

Take this ride with us to enjoy great company, the beginning of Spring activities and a wonderful meal! Tasty meats, sides, and desserts! Meals at your own expense. Transportation provided.

Tuesday, March 3

10:30 am - 3 pm

Celebrating MARDI GRAS with Mike Nelson

\$25 (R); \$33 (NR)

PARKS DIRECT code: GBSAC-SPEC-GA-20260311

Mardi Gras season is approaching fast. Grab an instrument and let's march around the room to "When the Saints Come Marching In!". Dancing to the sounds of Mike Nelson is going to be lots of fun. Lunch will be served. You must register for this event.

Wednesday, March 11

11 am - 2 pm

National Birthdays and Special Occasions

FREE

Birthdays and special occasions are dear to the heart of everyone. This national day was created to celebrate the occasions that stand out in your life. On this day, we celebrate you and your special occasions. Light refreshments will be served. You must register at the customer service desk.

Tuesday, March 17

11 am – 12 pm

National Museum of African Art

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

PARKS DIRECT code: GBSAC-20260325

This gallery houses a wealth of information and facts about African Art. The art is well organized, pleasing to the eye, and has over 12,000 works of art. This year marks the 60th year of celebrating service to the public.

Wednesday, March 25

11:30 am - 3 pm

Crofton Bowl Centre

\$22 (R); \$29 (NR)

PARKS DIRECT code: GBSAC-20260327

Two hours of unlimited bowling, up to six bowlers per lane, shoe rental, and cleanup are all included. Meals at your own expense. Transportation provided.

Friday, March 27

10:30 am - 3 pm

Regal Laurel Towne Centre Movie Theatre

\$25 (R); \$33 (NR)

PARKS DIRECT code: GBSAC-20260331

Let's enjoy a day at the movies. There are several films to choose from. Sit back and relax in comfortable chairs with your feet up! The cost of the movie ticket is included in the fee. Sign up early. Refreshments at your own expense. Transportation provided.

Tuesday, March 31

11 am - 3 pm



APRIL 2026

Senior Health & Fitness Day

PARKS DIRECT code: PGSL-SPEC-GA-20260408

Wednesday, April 8

10 am - 1 pm

Senior Health and Fitness Day are an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, educational programs, health screenings, and massage. Prince George's Sports & Learning Complete – 8001 Sheriff Road, Landover, Maryland. Transportation provided! **Bus Transportation Fee: \$10.00.** You must register for transportation using the following **Parks Direct code: GBSAC-20260408.** Register early! Spaces are limited! **Bus Transportation leaving from the Gwendolyn Britt Senior Activity Center at 9:00 am.**

The Wizard of Oz – National Theatre, Washington, DC

\$115 (R); \$150 (NR)

Wednesday, April 8

5:30 pm - 10 pm

PARKS DIRECT code: GBSAC-20260408

THE WIZ- is an eye-popping high-intensity groundbreaking twist on The Wizard of Oz of Broadway. Its iconic score packed with soul, gospel, rock, and 70s funk to its stirring tale of Dorothy's journey to find her place in a contemporary world with powerhouse performances and amazing choreography. Meals at your own expense. Transportation provided.

Westminster DC Blues Night, Washington, DC

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

Monday, April 13

5 pm - 10 pm

PARKS DIRECT code: GBSAC-20260413

Blues Night in DC on Monday presents some of the area's finest Blues Musicians in a lively presentation of classical straight-ahead Blues. \$10 entrance fee and meals at your own expense. Transportation provided.

FUN FACTS WITH NAMES

FREE

Tuesday, April 21

12 pm - 1 pm

Have you ever wondered what your name means? Come join us and let's find out. There are many fun facts about names. Register at the customer service desk.

Crofton Bowl Centre

\$22 (R); \$29 (NR)

Friday, April 24

10:30 am - 3 pm

PARKS DIRECT code: GBSAC-20260424

Two hours of unlimited bowling, up to six bowlers per lane, shoe rental, party table and cleanup are all included. Meals at your own expense. Transportation provided.



MAY 2026

National Physical Fitness & Sports Month - Tai Chi **FREE**

Friday, May 8
10 am - 12 pm

PARKS DIRECT code: GBSAC-SPEC-GA-20260508

Increase your inner peace! Non-competitive, self-paced, and relaxing, Tai Chi is an ancient art of exercise for balance, stretching, muscle tone, and flexibility. In this mind-body practice you gain focus, move gently, usually in a small circular fashion, while breathing deeply. Tai Chi is adaptable to those with joint, muscle, and back problems.

Bon Appetite: LISP Restaurant & Lounge **\$15 (R); \$20 (NR)**

Thursday, May 14
10:30 am - 3 pm

PARKS DIRECT code: GBSAC-20260514

Are you looking for a new dining experience? Here you will find a place to relax and enjoy good food, music and conversation. A soulful vibe that gives peace and a stress-free environment with DJ Sweat. Meals at your own expense. Transportation provided.

Motown Get Down **FEE: \$25 (R); \$33 (NR)**

Wednesday, May 20
11 am-1:30 pm

PARKS DIRECT: SAARC-SPEC-GA-20260520

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and catered lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Don't miss the fun! Retro dress code desired. Doors open at 10:30 am. Seats are limited. Transportation provided! **Bus Transportation Fee: \$10.00.** You must register for transportation using the following **Parks Direct code: GBSAC-20260520.** Register early! Spaces are limited! **Bus Transportation leaving from the Gwendolyn Britt Senior Activity Center at 9:30 am.**

National Postal Museum **\$15 (R); \$20 (NR)**

Wednesday, May 27
11 am - 3 pm

PARKS DIRECT code: GBSAC-20260527

Postal history is phenomenal! Let's learn how mail is transported from days old until now. We will also view details regarding stamps. In addition to these sites, the museum has many interesting objects imported from all over the world for you to see. Meals at your own expense. Transportation provided.

Crofton Bowl Centre **\$22 (R); \$29 (NR)**

Friday, May 29
10:30 am - 3 pm

PARKS DIRECT code: GBSAC-20260529

Two hours of unlimited bowling, up to six bowlers per lane, shoe rental, party table and cleanup are all included. Meals at your own expense. Transportation provided.



Gwendolyn Britt Senior Activity Center – IN-HOUSE ACTIVITIES

LET'S GET FIT!

TAI CHI (10:30 am – 11:30 am)

FRIDAYS, Mar 6-27 (21501-230A) \$20 (R); \$26 NR)

FRIDAYS, Apr 3-24 (21501-230B) \$20 (R); \$26 NR)

FRIDAYS, May 1-22 (21501-230C) \$20 (R); \$26 NR)

LET'S HAVE FUN AND WIN A PRIZE!

BINGO (12:30 pm - 1:30 pm)

TUESDAYS, Mar 3-24 (26504-230A) \$20 (R); \$26 (NR)

TUESDAYS, Apr 7-28 (26504-230B) \$20 (R); \$26 (NR)

TUESDAYS, May 5-26 (26504-230C) \$20 (R); \$26 (NR)

TAP INTO YOUR CREATIVITY!

ARTS & CRAFTS (12:30 pm - 2 pm)

THURSDAYS, Mar 5-26 (15502-230A) \$26 (R); \$34 (NR)

THURSDAYS, Apr 2-23 (15502-230B) \$26 (R); \$34 (NR)

THURSDAYS, May 7-28 (15502-230C) \$26 (R); \$34 (NR)

REFRESHMENTS INCLUDED!

MOVIE DAY (12:30 pm - 2:30 pm)

Wednesday, April 22, 2026

GBSAC-SPEC-GA-20260422 - \$12 (R), \$16 (NR)

Gwendolyn Britt Senior Activity Center – FREE ACTIVITIES

TUESDAYS

WALKING (11 am - 12 pm) / Take a walk with us

PICKLE BALL - Equipment provided (9 am - 10:30 am)
(you must sign up at the front desk)

WEDNESDAYS

GAME DAY (12 pm - 3 pm) / Dominoes, Spades, Trouble, Uno, Pokeno, and others!

THURSDAYS

WALKING (10 am - 11 am) / Take a walk with us

FRIDAYS

GAME DAY (12:30 pm - 3 pm) / Dominoes, Spades, Trouble, Uno, Pokeno, and others!

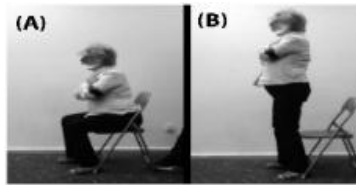
HEALTH AND WELLNESS PROGRAMS - FREE

PLEASE SIGN UP AT THE CUSTOMER SERVICE DESK FOR THESE PROGRAMS

MONDAY, MARCH 9th 11 AM – 12 PM	<u>BATTLING THE AGING BRAIN</u> Learn about changes you can expect and how to keep your brain healthy.
MONDAY, APRIL 27th 11 AM – 12 PM	<u>USING TECHNOLOGY TO STAY CONNECTED</u> Technology is for everyone – no matter your age.
MONDAY, MAY 4th 11 AM – 12 PM	<u>MENTAL HEALTH AWARENESS</u> Know the mental health signs about others or yourself.

Blood Pressure Screenings sponsored by Suburban Hospital	Multi-Purpose Room A	<u>WEDS</u> Mar 4 Apr 1 May 6	12:30 pm – 1:15 pm	Free
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SENIOR FIT SCHEDULE sponsored by Holy Cross Hospital



GBSAC – 11:45 am – 12:30 pm (Wednesdays only)

AARP Smart-Driver Courses

Friday, March 13 10 am - 3 pm
Friday, April 17 10 am - 3 pm
Thursday, May 7 10 am - 3 pm

Tune up your driving skills and update your knowledge about rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes. Contact Lisa Pizarre (646-725-0100) to register and pay for the course.



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 Senior Nutrition Program is offered Tuesdays through Thursdays here at Gwendolyn Britt featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager, Barbara Goldsmith, at 301-277-4231 or by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475. You must register at least one day 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 with Nutrition Manager Barbara Goldsmith, at 301-277-4231. Please bring exact change to cover your donation.

Transportation: Transportation services can be reserved directly by the Seniors. 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 in order 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.

FOR YOUR INFORMATION

**Moved? Number changed?
Update Your Information**

Please stop the office to make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

NO SMOKING POLICY

In accordance with Maryland State Law, there is **NO SMOKING on M-NCPPC** property. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.

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.pg parks.com today!