

Laurel-Beltsville Senior Activity Center

2026 SPRING CALENDAR



Welcome to Laurel-Beltsville Senior Activity Center March, April & May 2026

HOURS OF OPERATION

MONDAY – THURSDAY	8:00 AM – 8:00 PM
FRIDAY	8:00 AM – 5:00 PM
SATURDAY	8:00 AM – 2:00 PM
SUNDAY	CLOSED

Closed May 25 for Memorial Day.

SPRING REGISTRATION

- Registration begins **Wednesday, February 11**, for **Residents (R)** of Prince George's County only.
- Registration begins **Wednesday, February 18**, 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.

Learn **How to Register on-line** using www.pgparksdirect.com!

Join us for special session to enable you to register from the comfort of your home:

Tuesday, Feb 3, 12 Noon – 1 pm Computer Lab Activity Code: 14505-146A

Tuesday, April 28, 12 Noon – 1 pm Computer Lab Activity Code: 14505-246A

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

Laurel-Beltsville Senior Activity Center: Spring 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>Tue</u> Mar 3 - Mar 24 (17543-246D) Mar 31 - Apr 21 (17543-246E) Apr 28 - May 19 (17543-246F)	1 - 2 pm Multi-purpose Room	\$37 (R) \$49 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Tue</u> Mar 24 - May 26 (30403-246A)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Wed</u> Mar 25 - May 27 (30403-246B)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Thu</u> Mar 26 - May 28 (30403-246C)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Chair Aerobics 50 & Better (4 weeks)	<u>Thu</u> Mar 5 - Mar 26 (17445-246A) Apr 2 - Apr 23 (17445-246B) Apr 30 - May 21 (17445-246C)	9:30 - 10:30 am Great Room	\$36(R) \$47(NR)
Computer Seniors, Level 1 (Intro) 60 & Better (6 weeks)	<u>Mon</u> Mar 2 - Apr 6 (14501-246A) Apr 13 - May 18 (14501-246B)	10 - 11 am Computer Lab	FREE
Computer: Seniors, Level 2 60 & Better (6 weeks)	<u>Mon</u> Mar 2 - Apr 6 (14502-246A) Apr 13 - May 18 (14502-246B)	11:30 am - 12:30 pm Computer Lab	\$20 (R) \$26 (NR)
Computer: Adults, Level 3, Productive Suites 18 & Better (6 weeks)	<u>Wed</u> Mar 4 - Apr 8 (14416-246A) Apr 15 - May 20 (14416-246B)	5 - 6 pm Computer Lab	\$36 (R) \$47 (NR)
Drawing/Watercolor Painting: Adults 50 & Better (12 weeks)	<u>Tue</u> Mar 3 - May 19 (30428-246B)	1 - 3 pm Arts & Crafts Room	\$80 (R) \$104 (NR)
Drawing/Watercolor Painting: Adults 50 & Better (12 weeks)	<u>Thu</u> Mar 5 - May 21 (30428-246A)	2 - 4 pm Arts & Crafts Room	\$80 (R) \$104 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon, Wed, & Fri</u> Mar 2 - Mar 27 (17435-246A) Mar 30 - Apr 24 (17435-246B) Apr 27 - May 22 (17435-246C)	9 - 10 am Great Room	\$40 (R) \$52 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Mar 2 - Mar 25 (17435-246D) Mar 30 - Apr 22 (17435-246E) Apr 27 - May 20 (17435-246F)	11 - 12 noon Great Room	\$35 (R) \$46 (NR)

Laurel-Beltsville Senior Activity Center: Spring Classes

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Hand Dance: Adults, Beginners 18 & Better (12 weeks)	<u>Tue</u> Mar 3 - May 19 (23401-246A)	6 - 7:30 pm Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Hand Dance: Adults, Intermediate 18 & Better (12 weeks)	<u>Wed</u> Mar 4 - May 20 (23419-246A)	6:30 - 7:30 pm Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tue</u> Mar 3 - Apr 7 (23501-246A) Apr 14 - May 19 (23501-246B)	11 am - 12 noon Multi-purpose Room	LOWER PRICE \$30 (R) \$39 (NR)
Personal Training: Seniors 60 & Better (4 weeks)	<u>Mon & Wed</u> Mar 2 - Mar 25 (17513-246A) Mar 30 - Apr 22 (17513-246B) Apr 27 - May 20 (17513-246C)	1 - 2 pm Gym	\$45 (R) \$59 (NR)
Spanish: Adults, Beginners 18 & Better (8 weeks)	<u>Mon</u> Mar 9 - Apr 27 (20422-246A)	5 - 6:30 pm Former Wood Shop	\$60 (R) \$78 (NR)
Spanish: Adults, Beginners 18 & Better (8 weeks)	<u>Sat</u> Mar 14 - May 2 (20422-246B)	9 - 10:30 am Conference Room	\$60 (R) \$78 (NR)
Spanish: Adults, Intermediate 18 & Better (8 weeks)	<u>Tue</u> Mar 10 - Apr 28 (20403-246A)	5 - 6:30 pm Conference Room	\$65 (R) \$85 (NR)
Spanish: Adults, Intermediate 18 & Better (8 weeks)	<u>Sat</u> Mar 14 - May 2 (20403-246B)	10:45 am – 12:15 pm Conference Room	\$65 (R) \$85 (NR)
Spanish: Adults, Advance (Level I) 18 & Better (8 weeks)	<u>Wed</u> Mar 11 - Apr 29 (20404-246A)	5 - 6:30 pm Conference Room	\$70 (R) \$91 (NR)
Conversational Spanish: Adults, Advance (Level II) 18 & Better (8 weeks)	<u>Thu</u> Mar 12 - Apr 30 (20404-246B)	5 - 6:30 pm Conference Room	\$70 (R) \$91 (NR)
Tai Chi: Seniors 60 & Better (10 weeks - no class Mar 9)	<u>Mon</u> Mar 2 - May 11 (21501-246A)	2:45 – 3:45 pm Multi-purpose Room	\$72 (R) \$94 (NR)

Laurel-Beltsville Senior Activity Center: Spring Classes

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Yoga: Adults, Beginners 50 & Better (12 weeks)	<u>Mon</u> Mar 2 - May 18 (17413-246A)	1:15 - 2:30 pm Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Yoga: Adults, Beginners 50 & Better (12 weeks)	<u>Thu</u> Mar 5 - May 21 (17413-246B)	12 noon – 1:15 pm Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Yoga (CHAIR): Adults 50 & Better (12 weeks)	<u>Mon</u> Mar 2 - May 18 (17658-246A)	12:05 - 1:05 pm Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Yoga (CHAIR): Adults 50 & Better (12 weeks)	<u>Thu</u> Mar 5 - May 21 (17658-246B)	10:45 - 11:45 am Multi-purpose Room	LOWER PRICE \$60 (R) \$78 (NR)
Zumba Toning: Adults 18 & Better (6 weeks)	<u>Wed</u> Mar 4 - Apr 8 (17417-246A) Apr 15 - May 20 (17417-246B)	5 – 6 pm Multi-purpose Room	\$52 (R) \$68 (NR)
Zumba: Adults 18 & Better (6 weeks)	<u>Fri</u> Mar 6 - Apr 10 (17414-246C) Apr 17 - May 22 (17414-246D)	12 noon – 1 pm Multi-purpose Room	\$52 (R) \$68 (NR)



May is National Physical Fitness & Sports Month

This initiative, led by the President's Council on Fitness, Sports, and Nutrition, promotes the importance of physical activity, physical fitness and sports participation. M-NCPPC, Department of Parks and Recreation, is celebrating by **offering a variety of FREE and low-cost sports, fitness, and health programs!** A separate brochure will be available detailing the programs, dates, and registration process. This is a great opportunity to explore different programs at different Parks & Recreation facilities – for low or no fee. Look for the brochure in April and plan to join in on the fun!

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



SPOTLIGHT on CLASSES



Instructor Andrea Huberty from the Health & Wellness Division brings **Tai Chi** classes back to LBSAC starting this Spring! **Lao Yang Tai Chi** is specifically renowned for its slow, deliberate movements that are kind on the joints and safe for all abilities. We focus on low-impact postures that enhance your natural balance and flexibility, allowing you to:

- **Reclaim Your Balance:** Reduce the risk of falls and feel more stable and centered throughout your day.
- **Strengthen with Ease:** Gently build core strength and lower body stability without strain or impact.
- **Calm Your System:** Use breath and mindful movement to reduce daily stress and promote restorative sleep.

Your journey to greater vitality and freedom of movement begins here. Mon, 2:45 – 3:45 pm, 10 weeks, \$72 (R) / \$94 (NR). Activity Code: 21501-246A.



Spring Tips for Seniors

Many older adults slow down and spend more time indoors once winter arrives. Spring provides an opportunity for a nice change of pace. Here are some spring health tips for seniors to help get you back on track:

1. Enjoy Exercise and the Outdoors
2. Eat Seasonal Foods
3. Manage Seasonal Allergies Appropriately
4. Take in More Water
5. Reschedule Missed Doctor Appointments
6. Get the Right Amount of Rest

Laurel-Beltsville Senior Activity Center: Spring 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 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. Optional to bring your personal laptop. Mon, 10 – 11 am, 6 weeks, FREE. Activity Code: 14501- 246A or 14501-246B.



Computer: Level 2, for Seniors - The Level 2 class is designed to build on basic computer skills and introduce more practical digital tools for everyday life. 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. Optional to bring your personal laptop. Mon, 11:30 am – 12:30 pm, 6 weeks, \$20 (R)/\$26 (NR). Activity Code: 14502-246A or 14502-246B.



Computer: Level 3, Productive Suites - Discover the power of cloud tools with our Level 3, 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. Wed, 5 - 6 pm, 6 weeks, \$36 (R)/\$47 (NR). Activity Code: 14416-246A or 14416-246B.



LBSAC wants YOU to update your information!



When is the last time you reviewed your household information in your Parks Direct account? This information should be reviewed and updated at least once per year and whenever there is a significant change. Correct contact information allows us to notify you of changes to your program and to get assistance for you if it is ever needed. See a Front Desk staff member to review and update your address, phone number, email address, and emergency contact information.

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.

Horseshoe Live Entertainment & Dining

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

Trip Code: LBSAC-20260306

Join us for an exciting outing to one of Baltimore's most highly rated destinations for dining, entertainment, and shopping! Spend the day exploring a vibrant location filled with a variety of options to suit every taste. Enjoy a delicious meal at one of the many fine dining establishments available on site at your own expense. This trip includes transportation and support staff; deadline to register is February 27, 2026.



Friday, March 6, 2026

10:00 am- 4:00 pm

National Museum of Women in the Arts

\$28 (R); \$36 (NR)

Trip Code: LBSAC-20260319



Thursday, March 19, 2026

9:30 am – 3:00 pm

Join us on a captivating journey to the world's first museum dedicated entirely to celebrating women artists. Discover a stunning array of exhibits that highlight the creativity, vision, and achievements of women throughout history and in contemporary art. The trip will conclude at Match Box Restaurant for lunch (at your own expense; price ranges from \$14-\$22), located in the Gallery Place Chinatown area. This trip includes transportation, a museum ticket, and support staff; deadline to register is March 12, 2026.

Senior Health & Fitness Day

Event: Free

(Event) Ticket Code: SPLEX-SPEC-GA-20260408

(Transportation) Trip Code: LBSAC-20260408

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



Wednesday, April 8, 2026

Event: 9 am – 1 pm

Transportation: 8:30 am – 2:00 pm

Join us for Senior Health & Fitness Day as we celebrate and engage in the seven dimensions of wellness. Enjoy a full day of activities including Zumba Gold, Line Dancing, Cardio Drumming, Health Screenings, a Vendor Fair, Healthy Cooking Demonstrations, and more. Healthy snacks will be provided while supplies last, and you are welcome to bring your own lunch. **Please note: Tickets are sold separately. You must purchase both your event ticket and your transportation ticket (if transportation from LBSAC is needed) individually. The deadline to register is April 1, 2026.**

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

Tea Around Town

\$70 (R); \$91 (NR)

Trip Code: LBSAC-20260414

Join us for a stylish tour of the Nation's Capital with Tea Around Town. Take in the sights of Washington, DC aboard a luxurious pink bus while enjoying freshly baked treats paired with exquisite teas. This trip includes transportation, full luxurious experience (bus, tour guide, small bites and teas), and support staff; deadline to register is April 7, 2026.

Dallas Black Dance Theatre

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

Trip Code: LBSAC-20260423

Join us for an inspiring visit to the Publick Playhouse to experience the Dallas Black Dance Theatre. This contemporary modern dance ensemble features seasoned, full-time dancers performing a dynamic repertory of modern, jazz, ethnic, and spiritual works by acclaimed choreographers from around the world. The trip will conclude with lunch (at your own expense) at Golden Corral Buffet & Grill where prices range from \$13-\$20. This trip includes transportation, an event ticket and support staff; deadline to register is April 16, 2026.

Tribute to Roberta Flack

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

Trip Code: LBSAC-20260508

Join us for a special trip to the Publick Playhouse to experience a moving tribute to the legendary Roberta Flack. This unforgettable event celebrates her remarkable career and lasting influence on music. The performance is thoughtfully curated by musical director Daryl L. A. Hunt, a respected Roberta Flack Band alumnus, who brings both musical excellence and personal insight to this tribute. The trip will conclude with lunch (at your own expense) at Golden Corral Buffet & Grill where prices range from \$13-\$20. This trip includes transportation, an event ticket and support staff; deadline to register is May 1, 2026.

Tuesday, April 14, 2026

10:15 am – 3:00 pm

Thursday, April 23, 2026

9:30 am – 3:00 pm

Friday, May 8, 2026

10:00 am – 3:00 pm

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

Planet Word Museum

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

Trip Code: LBSAC-20260514

Join us as we explore the world of language at Planet Word Museum. Come ready to explore this language arts museum that brings language to life through its interactive exhibits plus more. Within walking distance, you will find a diverse selection of food options with prices ranging from \$10-\$30 (at your own expense). This trip includes transportation and support staff; deadline to register May 7, 2026.

Glenstone

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

Trip Code: LBSAC-20260521



Thursday, May 21, 2026

9:00 am – 2:30 pm

Join us for an immersive Art experience at Glenstone. In honor of Mental Health Awareness Month, come and unwind in nature as you explore a unique collaboration of art, architecture and nature. The museum consists of indoor modern art and an expansive outdoor sculpture garden that will leave you in awe. You may bring your lunch or enjoy lunch on your own onsite at “The Café”. Deadline to Register is May 14, 2026.

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

Women's Mocktail Hour

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

Ticket Code: LBSAC-SPEC-GA-20260312

Join us as we celebrate Women's History Month in style! Come experience the soulful sounds of a live band while sipping on deliciously crafted mocktails and enjoying Hor d'oeuvres. Deadline to register is March 5, 2026.

We've Got Games!

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

Ticket Code: SPD-SPEC-GA-20260320

It's March Madness and we've got games! From billiards, to bid whist, spades, connect four, and so much more. Come and join us for an interactive game day that will stimulate your mind and get you up and moving! Pizza and Snacks is included with your ticket. Deadline to register is March 13, 2026.

Thursday, March 12, 2026

11:00 am – 1:00 pm

Friday, March 20, 2026

11:00 am – 1:00 pm

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

Blossom & Bloom Line Dance Party

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

Ticket Code: LBSAC-SPEC-GA-20260410

Friday, April 10, 2026

11:00 am – 2:00 pm

Show us your moves as we put you in the line dance groove! As the Cherry Blossoms are blooming, we invite you to come and celebrate on the dance floor, while wearing pink & white. The DJ will be spinning the top-line dance songs that will keep you on the floor all day long. Light refreshments will be provided. Deadline to register is April 3, 2026.

Spring Eats

Free with Registration

Ticket Code: LBSAC-SPEC-GA-20260424

Friday, April 24, 2026

12:00 Noon – 1:00 pm

Spring is here, and it's time to eat with the season! Join us for a live cooking demonstration curated by an amazing chef who will leave your taste buds fully satisfied. In this cooking demonstration, you will learn how to prepare a nutritious and delicious light meal using fresh ingredients that promote cleansing and overall well-being. This event is FREE with registration; deadline to register is April 17, 2026.

Mother's Day Tea

Free with registration

Ticket Code: LBSAC-SPEC-GA-20260507

Thursday, May 7, 2026

11:00 am – 1:00 pm

Join us as we celebrate Mother's Day with a teacup in hand and the smooth sounds of a live jazz band! Indulge in a variety of fine hot teas, delicate finger sandwiches, and a selection of savory and sweet bites while enjoying the music. Wear your favorite hat and bring your favorite teacup as you experience an elegant tea in honor of all mothers. This event is free with registration; deadline to register is April 30, 2026.

Stampin'up! Spring Crafts

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

Ticket Code: LBSAC-SPEC-GA-20260515

Friday, May 15, 2026

10:00 am – 12:00 pm

Join us for a fun and festive "Spring" themed craft led by a representative from Stampin'up! All supplies will be provided, so just bring your creativity and positive energy. Deadline to register is May 8, 2026.

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

Avenue of the Arts



ARTIST

Pamela Washington
Trude Hilliard
Marsha Salzberg

DISPLAY DATES

February 16 - March 27
March 30 – May 8
May 11 – June 19

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

Visiting Angels: Supporting Independence, Dignity, and Peace of Mind

Activity Code: 20515-246B

FREE with registration

The seminar will focus on educating seniors, caregivers, and community members about the importance of in-home support in maintaining physical health, emotional well-being, and quality of life. Visiting Angels helps families understand how proactive home care can prevent health decline, reduce hospital readmissions, and provide peace of mind. Deadline for registering is April 2.

Thursday, April 9, 2026

10:30 am – 11:30 am

Final Expense Planning

Activity Code: 20515-246C

FREE with registration

Join us for a heartfelt and eye-opening session where you'll learn how to protect your family from unexpected financial and emotional burdens. We'll walk you through final expense coverage options, what to look out for, and the pros and cons of common plans, so you can make confident, informed choices. Deadline for registering is May 14.

Thursday, May 21, 2026

11:30 am – 12:30 pm



SENIOR HEALTH & FITNESS DAY

Wellness for Every Dimension



**WEDNESDAY,
APRIL 8, 2026
9 AM-1 PM**

**Prince George's Sports
& Learning Complex**

8001 Sheriff Road, Landover 20785

Explore the seven dimensions of wellness—physical, emotional, social, intellectual, spiritual, environmental, and occupational—while having FUN.

FEATURING

- *Zumba Gold*
- *Line Dancing*
- *Chair Yoga*
- *Strength & Stretch*
- *Cardio Drumming*
- *Cycling Class*
- *Track Walk / Step Challenge*
- *Health Screenings and Vendor Fair*
- *Massage and Relaxation Area*
- *Tai Chi for Balance*
- *Healthy Cooking Demonstration*

FREE for Prince George's County Residents 60 & Better!

TO REGISTER

go to pgparksdirect.com
and enter ticket code:
SPLEX-SPEC-GA-20260408.

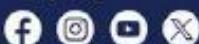
For more information contact
Seniors@pgparks.com or call
301-446-3400.



**Healthy snack
provided by the
Department of
Family Services
while supplies last!**

Connect with us!

@pgparks



- 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.



The Pillars of Our Community



2026 CENTENARIAN CELEBRATION



DO YOU KNOW ANY PRINCE GEORGE'S COUNTY RESIDENTS BORN IN 1926 OR EARLIER?

M-NCPPC, Department of Parks and Recreation is hosting a luncheon for **Prince George's County residents who were born in 1926 or earlier** (January 1, 1926 to December 31, 1926 or before) to celebrate centenarians. **The luncheon will be held on Friday, May 1, 2026**, at the Martin's Crosswinds (7400 Greenway Center Drive, Greenbelt, MD 20770). **This year's event will be limited to the Centenarian and up to five (5) guests. The Centenarian must be present with their guests.**

If you know someone who was born in 1926 or earlier and resides in Prince George's County, please share this information or complete the online registration form at pgparks.com/centenarian no later than March 27, 2026.

For centenarian registration assistance, please call at **301-446-3403** or send an email to **Seniors@pgparks.com**.

- 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.

► **Connect with us!**

@pgparks



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 as 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
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	1 st Wednesday	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
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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:

Thursday, March 26, 2026

Thursday, April 23, 2026

Thursday, May 28, 2026

Snacks available!



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



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 \$5.00. 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