

# Langley Park Senior Activity Center

## 2026 SPRING CALENDAR



### Welcome to Langley Park Senior Activity Center

March, April, May 2026

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

Please note the senior center will be closed: **Monday, May 25 - Memorial Day**

**Face Mask Optional!**



### SPRING REGISTRATION

- Registration - Wednesday, February 11, for Residents (R) of Prince George's County
- Registration - Wednesday, February 18, Non-Residents (NR)
- **Spring Classes:** Register early! **In-person & Virtual classes available.**
- **Trips** -Sign up early, trips fill on a first come, first serve basis.
- Don't wait! Please register at least one week prior to the class start date so we can plan accordingly. A minimum number of registrants are required for programs 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.pgparks.com](http://www.pgparks.com) or ask our center staff.

1500 Merrimac Drive, Hyattsville, MD 20783

301-408-4343 voice

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 white or tan bus
- Commission Bus – Large 24 passenger bus
- Motor Coach Bus – 40-50 passenger but with restroom

## **Trip Information:**

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



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 Center: **Virtual Classes**

<b>PIANO ADVANCE</b>	<b>Tues &amp; Thurs</b> 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)
<b>PIANO INTERMEDIATE</b>	<b>Tues &amp; Thurs</b> 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)
<b>PIANO BEGINNER</b>	<b>Tues &amp; Thurs</b> 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)
<b>PIANO BEGINNER LEVEL 1</b>	<b>Mon &amp; Wed</b> 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)
<b>PIANO BEGINNER LEVEL 3</b>	<b>Mon &amp; Wed</b> 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)
<b>BINGO</b>	<b>Fridays</b> 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)



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

<b>PIANO BEGINNERS</b>	<b>Tues &amp; Thurs</b> Mar 3- Mar 26 (23502-244A) Apr 7- Apr 30 (23502-244B) May 5 - May 28 (23502-244C)	9 - 10 am	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<b>Tues &amp; Thurs</b> Mar 3- Mar 26 (23503-244A) Apr 7- Apr 30 (23503-244B) May 5 - May 28 (23503-244C)	10 - 11 am	\$68 (R) \$89 (NR)
<b>PIANO ADVANCE</b>	<b>Tues &amp; Thurs</b> Mar 3- Mar 26 (23504-244A) Apr 7- Apr 30 (23504-244B) May 5 - May 28 (23504-244C)	11 am - 12 pm	\$68 (R) \$89 (NR)
<b>LINE DANCE</b>	<b>Mondays</b> Mar 2- Mar 23 (23501-244A) Apr 6- Apr 27 (23501-244B) May 4-May 18 (23501-244C)	11 am -12:30 pm  <small>(3week session)</small>	\$28 (R) \$37 (NR)  <small>\$21(R) / \$28(NR)</small>
<b>JEWELRY MAKING</b>	<b>Wednesdays</b> Mar 4- Mar 25 (30502-244A) Apr 8- Apr 29 (30502-244B) May 6-May 27 (30502-244C)	10:30 am-12 pm	\$28 (R) \$37 (NR)
<b>ARTS &amp; CRAFT</b>	<b>Fridays</b> Mar 6- Mar 27 (15502-244A) Apr 3- Apr 24 (15502-244B) May 8- May 29 (15502-244C)	10:30 am-12 pm	\$28 (R) \$37 (NR)
<b>TAI CHI</b>	<b>Thursdays</b> Mar 5 - Mar 26 (21501-244A) Apr 2 - Apr 23 (21501-244B) May 7 - May 28 (21501-244C)	10:30 am-11:30 pm	\$42 (R) \$55 (NR)
<b>CROCHET BEGINNERS</b>	<b>Thursdays</b> Mar 5- Mar 26 (15514-244A) Apr 2- Apr 23 (15514-244B) May 7-May 28 (15514-244C)	11:30 am-1:30 pm	\$30 (R) \$39 (NR)
<b><u>Computer Skills</u></b>	<b>Mondays</b> Mar 2- Mar 23 (14505-244C) Apr 6- Apr 27 (14505-244A) May 4-May 18 (14505-244B)	11am – 12 pm  <small>(3week session)</small>	FREE
<b>PARKS DIRECT- TRAINING</b>			

# Langley Park Senior Activity Center: **Trips & Special Events**

# **MARCH 2026**

## **Senior Fit**

**Free**

This exercise program focuses on strength, balance, agility, and cardiovascular fitness. Exercising regularly help to prevent falls, manage chronic illnesses, and achieve their quality of life. The Senior Fit instructors are experienced certified fitness professionals. Sponsored by Holy Cross Health. Registration is required!

**Monday & Wednesday, March 2 - 25**

**10 am - 10:45 am**

## **The Stylistics, Birchmere Theatre, Alexandria, VA**

**\$110 (R); \$143 (NR)**

**PARKS DIRECT code: LPSAC-20260308**

Stylistics are a veteran R&B soul group out of Philadelphia with a legacy of R&B hits. Formed 1968 with chart-topping first-time hits such as "Betcha by Golly Wow" "Breakup to Make Up", "Stop, Look, Listen to Your Heartbeat", and "You Make Me Feel Brand New". This legendary group is still performing around the world. Meals are at your own expense. Transportation provided.

**Sunday, March 8**

**4 pm - 10:00 pm**

## **St. Paddy's Day Paint & Pastry**

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

**PARKS DIRECT code: 15502-244L**

Interested in painting? It's easy!!! Painting is a relaxing activity and share your creative skills while you enjoy a variety of pastries. Don't forget to wear your green! All supplies & materials are provided. Refreshments served. Let's have some creative fun!

**Tuesday, March 10**

**12 am - 2 pm**

## **Women of Excellence Celebration**

**PARKS DIRECT code: LPSAC-SPEC-GA- 20260325**

**\$32 (R); \$42 (NR)**

Celebrating women who are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic, political, and from all levels of society. It's a celebration with the amazing Too Smooth Dudes Band and some of our alumni talented seniors showing off their vocal talents. This is a celebration you don't want to miss. Refreshments will be Served. Register early!

**Wednesday, March 25**

**12 pm - 2 pm**

## **National Chip & Dip Movie Day**

**PARKS DIRECT code: 26604-244M**

**\$12 (R); \$16 (NR)**

Sit back relax enjoy your chips & dip and all your concession stand favorites while watching a movie. This is your me time!

**Tuesday, March 31**

**11 am - 2 pm**



# Langley Park Senior Activity Center: **Trips & Special Events**

# APRIL 2026

## Senior Fit

**Free**

This exercise program focuses on strength, balance, agility, and cardiovascular fitness. Exercising regularly help to prevent falls, manage chronic illnesses, and achieve their quality of life. The Senior Fit instructors are experienced certified fitness professionals. Sponsored by Holy Cross Health. Registration is required!

**Monday & Wednesday, April 6 - 29**

**10 am - 10:45 am**

## *THE WIZ Broadway at The National, Washington, DC*

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

**PARKS DIRECT code: LPSAC-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.

**Wednesday, April 8**

**5:30 pm - 10 pm**

## Senior Health & Fitness Day



**Wednesday, April 8**

**10 am - 1 pm**

Senior Health and Fitness Day is 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(R); \$13 (NR)**

You must register for transportation using the following **Parks Direct code: LPSAC-20260408**. Register early! Spaces are limited! **Bus Transportation leaving from Langley Park Senior Activity Center at 9:00 am.**

## The Rose Gaming Resort, Dumfries, VA

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

**PARKS DIRECT code: LPSAC-20260415**

The Rose Gaming Resort is an entertainment complex with excellent cuisine and restaurants. Enjoy the large lounge to relax. Meals at your own expense. Transportation provided.

**Wednesday, April 15**

**10:30 am - 4 pm**

## All Set Restaurant, Silver Spring, MD

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

**PARKS DIRECT code: LPSAC-20260428**

The All-Set Restaurant offers a contemporary twist on seasonally inspired dishes that reflect a passion for fresh ingredients, nutritious foods, and unforgettable flavors. They cook American cuisine influenced by the traditions of coastal New England comforting, classic, warm, and friendly environment. Meals at your own expense. Transportation provided.

**Tuesday, April 28**

**10:30 am - 2 pm**

# Langley Park Senior Activity Center: Trips & Special Events



# MAY 2026



## Senior Fit

Free

Monday & Wednesday, May 4 - 27

Monday, May 25-Memorial Day (NO CLASS) – 10 am - 10:45 am

This exercise program focuses on strength, balance, agility, and cardiovascular fitness. Exercising regularly help to prevent falls, manage chronic illnesses, and achieve their quality of life. The Senior Fit instructors are experienced certified fitness professionals. Sponsored by Holy Cross Health.

Registration is required!

## National Physical Fitness & Sports Month - Tai Chi

Free

Thursday, May 7

10 am - 12 pm

**PARKS DIRECT code: LPSAC-SPEC-GA-20260507**

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.

## Rusty Scupper Restaurant, *Mother's Day Brunch*, Baltimore, MD

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

Monday, May 11

10:30 am - 3 pm

**PARKS DIRECT code: LPSAC-20260511**

Enjoy the beautiful scenery at Baltimore Inner Harbor for an elegant lunch, enjoy live piano entertainment, fresh seafood, and unique seasonal cuisine at this distinctive waterfront restaurant. Don't forget your mother's day gift celebrating all Mother's. Meals at your own expense; Transportation provided.

## Motown Get Down, Brandywine, MD

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

Wednesday, May 20

11:00 am - 2 pm

**PARKS DIRECT code: SAARC-SPEC-GA-20260520**

*Doors Open at 10:30 am*

We're going to the 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. Seats are limited. **Transportation provided by Langley Park Senior Activity Center using Parks Direct code: LPSAC-20260520. Leaving from LPSAC at 9:30 am. Transportation Fee: \$10(R); \$13 (NR)** Seats are limited. **TRANSPORTATION FEE DOES NOT INCLUDE ADMISSION TICKET TO THE MOTOWN GET DOWN CONCERT.**

## AMISH Market, Upper Marlboro, MD

\$15 (R); \$18 (NR)

Thursday, May 28

10 am - 2 pm

**PARKS DIRECT code: LPSAC-20260528**

The Amish Market is a wonderful place to get your organic produce, meats & desserts and the value of other items and enjoy lunch. Meals at your own expense. Transportation provided.

# Langley Park Senior Activity Center: Activities

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

## Langley Park Senior Activity Center: Information/Education

### Upcoming AARP Smart Driver Courses

Monday, March 9, 2026, 10:00 am - 2:00 pm      \$20/AARP Members; \$25/Non-Members

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

Monday, May 18, 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.



# **Langley Park Senior Activity Center**

## **Health/Wellness & Information Sessions**

### **Senior Real Estate Housing Seminar**

**Wednesday, March 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.

### **Health Care Facilities/Levels of Care**

**Wednesday, April 22, 2026**

**11 am - 12:30 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. Sign up at our customer service desk.

### **Diabetes Prevention Workshop**

**Monday, May 4, 2026**

**10:30 am - 11:30 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. Stay after the session for a free health screening! Ticket Code: *LPSAC-SPEC-GA-20260504*

### **Health Screenings & Educational Resources**

**Monday, May 4, 2026**

**11:30 am - 1:30 pm**

This is a drop-in event, please note: receiving a screening is not guaranteed. Screenings will be provided as time and resources allow. Take charge of your health! Join us for a comprehensive FREE health screening with Luminis Health, where you can get your blood pressure, glucose, A1C, and cholesterol levels checked. You will get all the results of your screening on the same day. Based on the screening results, you will be provided with educational resources to help improve your health.

## **Blood Pressure Screenings**

<i>Wednesday, March 4, 2026</i>	<i>11:00 am – 11:45 am</i>
<i>Wednesday, April 1, 2026</i>	<i>11:00 am – 11:45 am</i>
<i>Wednesday, May 6, 2026</i>	<i>11:00 am – 11:45 am</i>
<b><i>BLOOD PRESSURE SCREENINGS PROVIDED BY: SUBURBAN HOSPITAL</i></b>	<b><i>HEALTH and WELLNESS SENIOR INFORMATION SESSIONS</i></b>

# ***Department Of Family Services***

## **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**

### **Update Your Information Moved? Number Changed?**

Please contact us to make sure we have all your updated information. Let us know of any changes to your emergency contacts, telephone numbers & email addresses.

## **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