

Laurel-Beltsville Senior Activity Center

2026 Summer CALENDAR



Welcome to Laurel-Beltsville Senior Activity Center June, July & August 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 July 4 for Independence Day

Summer REGISTRATION

- Registration begins **Wednesday, May 13**, for **Residents (R)** of Prince George’s County only.
- Registration begins **Wednesday, May 20**, 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 Program Manager 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 will be credited to your PARKS DIRECT account or be issued by the original method of payment (**Credit Card Refunds are ONLY issued by request, if we cancel a class**) within 3-5 business days. 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 (i.e., 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.pgparcsdirect.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.

Finally, please be patient and courteous to LBSAC team members. We are all working 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.pgparcsdirect.com!

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

Tuesday, July 21, 12 Noon – 1 pm Computer Lab Activity Code: 14505-446A

Tuesday, August 4, 12 Noon – 1 pm Computer Lab Activity Code: 14505-446B

Bring your user ID and password for your parcsdirect.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.

Laurel-Beltsville Senior Activity Center: **SUMMER 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> Jun 2 - Jun 23 (17543-446D) Jun 30 - Jul 21(17543-446E) Jul 28 - Aug 18 (17543-446F) | 1 pm - 2 pm Multi-purpose Room | \$37 (R) \$49 (NR) |
| Ceramics: All Levels 50 & Better (10 weeks) | <u>Tue</u> Jun 23 - Aug 25 (30403-446A) | 10 am - 2 pm Ceramics Room | \$70 (R) \$91 (NR) |
| Ceramics: All Levels 50 & Better (10 weeks) | <u>Wed</u> Jun 24 - Aug 26 (30403-446B) | 10 am - 2 pm Ceramics Room | \$70 (R) \$91 (NR) |
| Ceramics: All Levels 50 & Better (9 weeks) | <u>Thu</u> Jun 25 - Aug 27 (30403-446C) | 10 am - 2 pm Ceramics Room | \$70 (R) \$91 (NR) |
| Chair Aerobics 50 & Better (4 weeks) | <u>Thu</u> Jun 4 - Jun 25 (17445-446A) Jul 2 - Jul 23 (17445-446B) Jul 30 - Aug 20 (17445-446C) | 9:30 am - 10:30 am Great Room (except June 11 and 18) | \$36(R) \$47(NR) |
| Computer: Seniors, Level 1 (Intro) 60 & Better (5 weeks) | <u>Mon</u> Jun 1 – Jun 29 (14501-446A) July 20 – Aug 17 (14501-446B) | 10 am– 11:00 am Computer Lab | FREE |
| Computer: Seniors, Level 2 60 & Better (5 weeks) | <u>Mon</u> Jun 1 – Jun 29 (14512-446A) July 20 – Aug 17 (14512-446B) | 11:30 am – 12:30 pm Computer Lab | \$20 (R) \$26 (NR) |
| Computer: Adults, Level 3, Productive Suites 18 & Better (10 weeks; no class 7/15) | <u>Wed</u> Jun 3 – Aug 12 (14416-446A) | 5 pm- 6 pm Computer Lab | \$60 (R) \$78 (NR) |
| Drawing/Watercolor Painting: Adults 50 & Better (12 weeks) | <u>Tue</u> Jun 2 - Aug 18 (30428-446B) | 1 pm - 3 pm Arts & Crafts Room | \$80 (R) \$104 (NR) |
| Drawing/Watercolor Painting: Adults 50 & Better (12 weeks) | <u>Thu</u> Jun 4 - Aug 20 (30428-446A) | 2 pm - 4 pm Arts & Crafts Room | \$80 (R) \$104 (NR) |

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

| <u>Class Name</u> | <u>Day, Dates & Code #</u> | <u>Time / Room</u> | <u>Fee</u> |
|--|--|---|--|
| Exercise: Adults 50 & Better (4 weeks; no class July 3) | <u>Mon, Wed, & Fri</u> Jun 1 - Jun 26 (17435-446A) Jun 29 - Jul 24 (17435-446B) Jul 27 - Aug 21 (17435-446C) | 9 am- 10 am Great Room (except June 12, 15, and 17) | \$40(R) / \$52(NR) \$37(R) / \$49(NR) \$40(R) / \$52(NR) |
| Exercise: Adults 50 & Better (4 weeks) | <u>Mon & Wed</u> Jun 1 - Jun 26 (17435-446D) Jun 29 - Jul 22 (17435-446E) Jul 27 - Aug 19 (17435-446F) | 11 am - 12 noon Great Room (except June 15 and 17) | \$35 (R) \$46 (NR) |
| Hand Dance: Adults, Beginners 18 & Better (10 weeks; no class on June 8 & July 13) | <u>Mon</u> Jun 1 - Aug 17 (23401-446A) | 4:30 pm - 6 pm Multi-purpose Room | LOW PRICE \$50 (R) \$65 (NR) |
| Hand Dance: Adults, Intermediate 18 & Better (10 weeks; no class on June 8 & July 13) | <u>Mon</u> Jun 1 - Aug 17 (23419-446A) | 6 pm – 7:30 pm Multi-purpose Room | LOW PRICE \$50 (R) \$65 (NR) |
| Line Dance: Seniors, Beginners 60 & Better (6 weeks) | <u>Tue</u> Jun 2 - Jul 7 (23501-446A) Jul 14 - Aug 18 (23501-446B) | 11 am - 12 noon Multi-purpose Room | LOW PRICE \$30 (R) \$39 (NR) |
| Personal Training: Seniors 60 & Better (4 weeks) | <u>Mon & Wed</u> Jun 1 - Jun 24 (17513-446A) Jun 29 - Jul 22 (17513-446B) Jul 27 - Aug 19 (17513-446C) | 1 pm- 2 pm Gym | \$45 (R) \$59 (NR) |
| Salsa: Adults 18 & Better (5 weeks; no class 7/3) | <u>Fri</u> Jun 5 - Jul 10 (236100-446A) | 12 noon – 1 pm Multi-purpose Room | \$43(R) / \$56(NR) |
| Spanish: Adults, Beginners 18 & Better (8 weeks) | <u>Mon</u> Jun 8 - Jul 27 (20422-446A) | 5 pm - 6:30 pm Former Wood Shop | \$60 (R) \$78 (NR) |
| Spanish: Adults, Beginners 18 & Better (7 weeks; no class 7/4) | <u>Sat</u> Jun 13 - Aug 1 (20422-446B) | 9 am - 10:30 am Conference Room | \$53 (R) \$69(NR) |

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

| <u>Class Name</u> | <u>Day, Dates & Code #</u> | <u>Time / Room</u> | <u>Fee</u> |
|---|---|---|---|
| Spanish: Adults, Intermediate 18 & Better (8 weeks) | <u>Tue</u> Jun 9 - Jul 28 (20403-446A) | 5 pm - 6:30 pm Conference Room | \$65 (R) \$85 (NR) |
| Spanish: Adults, Intermediate 18 & Better (7 weeks; no class 7/4) | <u>Sat</u> Jun 13 - Aug 1 (20403-446B) | 10:45 am - 12:15 pm Conference Room | \$57 (R) \$74 (NR) |
| Spanish: Adults, Advance (Level I) 18 & Better (8 weeks) | <u>Wed</u> Jun 10 - Jul 29 (20404-446A) | 5 pm - 6:30 pm Conference Room | \$70 (R) \$91 (NR) |
| Conversational Spanish: Adults, Advance (Level II) 18 & Better (8 weeks; no class 7/2) | <u>Thu</u> Jun 11 - Aug 6 (20404-446B) | 5 pm - 6:30 pm Conference Room | \$70 (R) \$91 (NR) |
| Tai-Chi: Seniors 60 & Better (10 weeks) | <u>Mon</u> June 1 - Aug 3 (21501-446A) | 2:45 pm - 3:45 pm Multi-purpose Room | \$72 (R) \$94 (NR) |
| Yoga: Adults, Beginners 50 & Better (12 weeks) | <u>Mon</u> Jun 1 - Aug 17 (17413-446A) | 1:15 pm - 2:30 pm Multi-purpose Room | LOW PRICE \$60 (R) \$78 (NR) |
| Yoga: Adults, Beginners 50 & Better (12 weeks) | <u>Thu</u> Jun 4 - Aug 20 (17413-446B) | 12 noon - 1:15 pm Multi-purpose Room | LOW PRICE \$60 (R) \$78 (NR) |
| Yoga (CHAIR): Adults 50 & Better (12 weeks) | <u>Mon</u> Jun 1 - Aug 17 (17658-446A) | 12:05 pm - 1:05 pm Multi-purpose Room | LOW PRICE \$60 (R) \$78 (NR) |
| Yoga (CHAIR): Adults 50 & Better (12 weeks) | <u>Thurs</u> Jun 4 - Aug 20 (17658-446B) | 10:45 am - 11:45 am Multi-purpose Room | LOW PRICE \$60 (R) \$78 (NR) |

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

| | | | |
|--|--|--------------------------------------|-----------------------|
| Zumba Toning: Adults 18 & Better (6 weeks; no class on July 22) | <u>Wed</u> Jun 3 - Jul 8 (17417-446A) Jul 15 - Aug 26 (17417-446B) | 5 pm– 6 pm Multi-purpose Room | \$52 (R) \$68 (NR) |
| Zumba: Adults 50 & Better (6 weeks; no class on July 24) | <u>Fri</u> Jul 17 - Aug 28 (17414-446D) | 12 noon – 1 pm Multi-purpose Room | \$52(R) / \$68(NR) |



LBSAC wants YOU to update your information!



When is the last time you reviewed your household information in your ParksDirect 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: **Classes**



SPOTLIGHT on CLASSES



Tai Chi class is here at LBSAC this Summer! **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
- Strengthen with Ease
- Calm Your System

Monday, June 1 – Aug 3, 2026, 2:45 pm – 3:45 pm, 10 weeks, \$72 (R) / \$94 (NR)

Activity Code: 21501-446A

Salsa: Adults

Salsa has now returned to LBSAC, bringing you a high-energy, calorie burning, muscle strengthening workout. Enjoy learning beginner's salsa moves from our experienced instructor as she incorporates moves that help to improve cardiovascular health, coordination, and flexibility.

Friday, Jun 5 - Jul 10), 12 noon – 1 pm, 5 weeks; (no class 7/3) \$43(R) / \$56(NR)

Activity Code: 236100-446A

Hand Dance

Hand Dance is a fun, smooth, and totally beginner friendly way to get moving this season! This lively partner dance is easy on the joints but big on benefits, helping you build coordination, balance, and confidence while enjoying great music. The steps are simple, the vibe is upbeat, and the class is designed for anyone who wants to try something new without feeling overwhelmed.

Hand Dance: Beginner – Monday, Jun 1 - Aug 17 4:30pm- 6pm

10 weeks; (No Class on June 8 & July 13) \$50 (R)/\$65 (NR) Activity Code: 23401-446A

Hand Dance: Intermediate- Monday, Jun 1 - Aug 17) 6pm- 7:30pm

10 weeks; (No Class on June 8 & July 13) \$50 (R)/\$65 (NR) Activity Code: 23419-446A

Laurel-Beltsville Senior Activity Center: **Summer Fun**



SPOTLIGHT on Summer Special Events

Summer has arrived, bringing with it the perfect moment to embrace the healing joy of music, laughter, and creativity. Join us for our Summer Entertainment Series, highlighting the incredible sounds of Brencore Entertainment and the artistic talents of the Laurel-Beltsville Senior Activity Center participants in watercolor, ceramics, and crochet. Celebrate art, community, and sunshine together.

Summer Entertainment Series: Jazz Concert featuring saxophonist Kevin Levi
Thursday, July 10, 2026; 11:00 am – 1:00 pm
\$20 (R); \$26(NR)
Ticket Code: LBSAC-SPEC-GA-20260710



Summer Entertainment Series: Blues Band featuring Anthony “Swamp Dog” Clark
Friday, August 21, 2026; 11:00 am – 1:00 pm
\$20 (R); \$26 (NR)
Ticket Code: LBSAC-SPEC-GA-20260821



Summer Entertainment Series: Comedy Show featuring Miss Gayle and Friends
Thursday, August 27, 2026; 11:00 am – 1:00 pm
\$20 (R); \$26 (NR)
Ticket Code: LBSAC-SPEC-GA-20260827



Visions and Voices Art Show
Friday, July 24, 2026; 11:00 am – 1:00 pm
Free with Registration
Ticket Code: LBSAC-SPEC-GA-20260724

Brought to you by:
Parks & Recreation
M-N C P P C
live more, play more
pgparks.com

Bingo-fest!

Friday, August 7, 2026

10 am-2 pm (DOORS OPEN AT 9:30 am) 60 & Better

Calling all **seniors**! Join the fun and play **bingo** for GREAT prizes while helping support Prince George's County **elementary** school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services.

Register at pgparksdirect.com | Key word search: **Bingo**

For more information, call any senior activity center listed below.

LOCATIONS:

Camp Springs Senior Activity Center
6420 Allentown Road, Camp Springs 20748
301-449-0490
Parks Direct Ticket Code:
SPD-SPEC-GA-20260807C

John E. Howard Senior Activity Center
4400 Shell Street, Capitol Heights 20743
301-735-2400
Parks Direct Ticket Code:
SPD-SPEC-GA-20260807A

Langley Park Senior Activity Center
1500 Merrimac Drive, Hyattsville 20783
301-408-4343
Parks Direct Ticket Code:
SPD-SPEC-GA-20260807D

Laurel-Beltsville Senior Activity Center
7120 Contee Road, Laurel 20707
301-206-3350
Parks Direct ticket Code:
SPD-SPEC-GA-20260807B



FREE with a Parks Direct Senior ID and donation of new school supplies to support Prince George's County School youth!


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.

Laurel-Beltville 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.

Arundel Mills Mall and Maryland LIVE!

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

Trip Code: LBSAC-20260604

Join us for a fun-filled day of shopping, socializing, and entertainment! Arundel Mills is your one-stop destination for leisure and excitement. Whether you want to get your steps in by walking the mall, enjoy great dining options, or experience the entertainment at Maryland Live, this trip has something for everyone. This trip includes transportation and support staff. Registration Deadline: May 28, 2026.



Thursday, June 4, 2026

9:30 am- 3:30 pm

Go-Go Museum & Cafe

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

Trip Code: LBSAC-20260618

Join us for a memorable trip to the Go-Go Museum & Café, the official home for the appreciation and study of go-go music, history, and culture. Located in the heart of historic Anacostia, this museum offers a unique look into DC's native sound. Enjoy a 1-hour guided tour led by a museum representative who will broaden your understanding of go-go's roots and cultural impact. After the tour, we'll head to Busboys and Poets for lunch (at your own expense; menu prices range from \$15-\$30) This trip includes transportation, support staff, and admission to the Go-Go Museum; deadline to register is June 11, 2026.



Thursday, June 18, 2026

9:00 am – 3:00 pm

Senior Boat Tour

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

Trip Code: LBSAC- 20260709

Join us for a relaxing, scenic day at Bladensburg Waterfront Park! Enjoy a guided boat tour highlighting the river's wildlife-birds, beavers, turtles, and more along with the history and restoration of Anacostia River. After the tour, we'll stop for lunch at Golden Corral (lunch is at your own expense; menu prices range from \$13-\$20). This trip includes transportation, a boat tour ticket, and support staff; deadline to register is July 2, 2026.

Thursday, July 9, 2026

8:30 am – 2:00 pm

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

Suicide Bridge Restaurant

\$69(R); \$72 (NR)

Trip Code: LBSAC-20260723

Back by popular demand! Join us for a trip to the Eastern Shore's renowned "under-the-sea" dining experience at Suicide Bridge Restaurant! Enjoy their famous crab feast, featuring crabs, fried chicken, corn on the cob, and a variety of other delicious favorites. Take in the beautiful river views as you indulge in a meal that's sure to leave you smiling. This trip includes crab feast, transportation, and support staff; deadline to register is July 16, 2026.

Thursday, July 23, 2026

8:00 am – 4:30 pm

North Beach & Rod and Reel Restaurant

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

Trip Code: LBSAC-20260806

Summer is here and the beach is near! Join us for a full-day trip to North Beach, where you can stroll the well-known boardwalk filled with boutiques, shops, and delicious ice cream. If relaxation is more your style, feel free to bring a small chair and enjoy the sand beneath your feet as you unwind by the water. After exploring the boardwalk, we'll head just five minutes away to Rod & Reel Restaurant for lunch (at your own expense; menu prices range from \$25-\$55). Followed by leisure time to enjoy the surrounding area. This trip includes beach entry, transportation, and support staff; deadline to register is July 30, 2026.



Thursday, August 6, 2026

7:30 am – 3:30 pm

National Museum of Natural History

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

Trip Code: LBSAC-20260820

Join us for an engaging and educational experience at the Smithsonian National Museum of Natural History! Located on the National Mall, this world-renowned museum is one of the most visited in the world, featuring captivating exhibits on dinosaurs, ancient fossils, gemstones, human evolution and so much more. After exploring the museum, you'll have the opportunity to enjoy lunch at one of the museum cafes (at your own expense; menu prices range from \$15-\$25). This trip includes transportation and support staff; deadline to register is August 13, 2026.



Thursday, August 20, 2026

9:00 am – 3:30 pm

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

Juneteenth Free Ice-cream and Keepsake

Friday, June 19, 2026

Free with Registration

11:00 am – 12:30 pm

Ticket Code: LBSAC-SPEC-GA-20260619

Juneteenth is a powerful celebration of freedom, African American resilience, and liberation. In recognition of Juneteenth and its lasting impact on our society, stop by the front desk from 11:00 AM - 12:30 PM to receive a free ice cream and a Juneteenth keepsake. Registration is free and required to receive ice cream and keepsake; deadline to register is June 15, 2026.

Father's Day Cook-out

Friday, June 26, 2026

Free with Registration

11:00 am – 1:30 pm

Ticket Code: LBSAC-SPEC-GA-20260626

Join us as we kick off the summer season with a special celebration honoring fathers! We're bringing the sunshine, the fun, and the flavor with a cookout you won't want to miss. Enjoy great food, good music, and plenty of laughter and socializing with friends as we welcome the warm weather in celebration of Father's Day. Please note: This is an outdoor event, and you must be registered to participate. Your ticket includes entry, a meal, and snacks. Deadline to register is June 19, 2026.

Summer Entertainment Series: Jazz Concert

Thursday, July 10, 2026

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

11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260710

Join us for our Summer Entertainment Series Kickoff featuring Brencore Entertainments very own Jazz Band. Renowned saxophonist Kevin Levi brings his debut project ATONE to life in a dynamic performance blending hip-hop, R&B, neo-soul, and ballads. With over two decades of experience, he delivers an intimate, groove-driven sound that captivates audiences. This concert highlights his original music and the expressive power of the saxophone. Deadline to register is July 7, 2026.

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

Visions and Voices Art Show
Free with Registration

Friday, July 24, 2026,
11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260724

Join us for “Visions and Voices Art Show” as we celebrate the creativity, skill, and personal expression of our senior artists of Laurel-Beltsville Senior Activity Center. This showcase brings together vibrant works from Senior Ceramics, Drawing with Watercolors, and Crochet, highlighting the unique perspectives and handcrafted talents of each student. From sculpted forms to delicate watercolor compositions and intricately woven fiber art, Visions and Voices invite viewers to experience the stories, imagination, and artistry of our senior creators. This event is free with registration; deadline to register is July 21, 2026.

Patio Paint & Sip
\$20(R); \$26 (NR)

Friday, July 31 2026
11:00 am – 1:00 pm

Activity Code: 30409-446A

Get creative at our Summer Paint & Sip on the Patio! Relax, paint, sip, and enjoy a fun social atmosphere perfect for seniors looking to unwind and connect with others while creating your own masterpiece. Your ticket includes an 8×10 canvas, refreshing sips, small bites, and guided instruction; deadline to register is July 24, 2026.

Summer Entertainment Series: Blues Band
\$20 (R); \$26 (NR)

Friday, August 21, 2026
11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260821

Join us for our Summer Entertainment Series featuring Brencore Entertainment’s very own Blues Band. Anthony “Swamp Dog” Clark is a world-class musician who has performed and recorded with some of the best local and national blues artists. He began playing drums at the age of five and, by twelve, was already studying blues legends like Little Walter, Big Walter Horton, Paul Butterfield, and Sonny Boy Williamson. Limited seating is available, so be sure to register early. Deadline to register is August 18, 2026.

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

Summer Entertainment Series: Comedy
\$20 (R); \$26 (NR)

Thursday, August 27, 2026
11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20260827

Join us for our Summer Entertainment Finale Comedy Show featuring none other than Brencore Entertainments Miss Gayle and Friends. “Miss Gayle” is a high-energy, outrageously funny comedienne whose down-home humor and captivating stage presence have kept audiences laughing since her debut in 1992. With performances across the county and appearances on national television, she brings charm, wit, and explosive talent to every stage. Get ready for an afternoon of nonstop laughter. Deadline to register is August 24, 2026.

Avenue of the Arts



ARTIST

Bernice Smith
Willie Kendrick

LBSAC Drawing/Watercolor Instructor

DISPLAY DATES

June 22 - July 31
August 3 – September 11

Summer Tips for Seniors

1. Keep a water bottle nearby during activities and outings.
2. Wear light-colored, loose-fitting clothing.
3. Stay indoors or in shaded areas during the hottest part of the day.
4. Eating smaller and lighter meals help prevent overheating.
5. Use sunscreen with SPF 30 or higher.
6. Arrange for family, friends, or neighbors to check on you at least twice a day during heat waves.

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

Kaiser Permanente

Thursday, June 25, 2026

Activity Code: 20515-446A

10:30 am – 11:30 am

FREE with registration

Join us for a Medicare Wellness educational session with a Kaiser Permanente representative. The seminar will be covering Medicare Parts A, B, C, and D for those approaching eligibility or transitioning. Deadline to register is June 18, 2026.

Truist Fraud Bingo

Thursday, July 23, 2026

Activity Code: 20515-446C

10:30 am – 11:30 am

FREE with registration

Join us for Fraud Bingo, a fun way for you to learn more about the ways to identify and avoid fraud scams. It's an engaging, low-pressure way to build your confidence in spotting red flags before they become real problems. You'll leave better prepared to recognize suspicious activity and protect yourself from common fraud tactics. Deadline to register is July 16, 2026.

Safe Internet & Cybersecurity Basics

Thursday, August 20, 2026

Activity Code: 20515-446B

11:30 am - 12:30 pm

Free with registration

Join us for an Internet and Cybersecurity Basics Seminar with Prince George's County representative from the Office of Information Technology's Tech E.L.E.V.A.T.E. This session provides a welcoming and supportive environment where you can build confidence in using technology, learn essential digital skills, and better protect themselves in today's connected world. Delivered through clear instruction, hands-on guidance, and engaging demonstrations, Tech E.L.E.V.A.T.E. empowers seniors to stay informed, connected, and secure—while supporting OIT's mission to Elevate Technology Together across all generations. Deadline to register is August 13, 2026

Laurel-Beltsville Senior Activity Center: Games, Special Groups & Club Meetings

| ACTIVITY | ACTIVITY | TIME | FEE |
|---------------|------------------|--------------------|--------------|
| Bid Whist | Tuesday & Friday | 11 am – 4 pm | Free with ID |
| Fan Tan | 4th Wednesday | 12:10 pm – 3:50 pm | Free with ID |
| Chess Drop-In | Thursday | 2 pm – 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 pm – 2 pm |

Catch a Movie with Us!

Movie titles will be posted in the center lobby. Movies will be offered from 12noon – 2 pm on the following dates:

Thursday, July 16, 2026
Thursday, August 13, 2026

Snacks available!

Laurel-Beltville 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-Beltville 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