

Langley Park Senior Activity Center

Welcome to Langley Park Senior Activity Center ***September, October, November 2026***

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

Please note the center will be closed: Monday, September 7 - Labor Day

Thursday, November 26 -Thanksgiving Day

Friday, November 27 - Senior Center Closed



live more, play more

Face Masks Optional!

FALL REGISTRATION

- Registration - Wednesday, August 12, for Residents (R) of Prince George's County
- Registration - Wednesday, August 19, Non-Residents (NR)
- **Fall Classes:** Register early! **In-person & Virtual classes are available.**
- Don't wait! Please register at least one week prior for the Trips, Classes and Special Events start dates 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.pg parks.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:

- 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.

Langley Park/Gwendolyn Britt Senior Activity Center:

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Sep 1 - Sep 24 (31541-530A) Oct 6 - Oct 29 (31541-530B) Nov 3 - Nov 19 (31541-530C)	11:30 am – 12:30 pm (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO BEGINNER Level I	<u>Mon & Wed</u> Sep 7 - Sep 30 (31526-544A) Oct 5 - Oct 28 (31526-544B) Nov 2 - Nov 18 (31526-544C)	9:30 – 11:30 am (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Sep 1 - Sep 24 (31538-530A) Oct 6 - Oct 29 (31538-530B) Nov 3 - Nov 19 (31538-530C)	1:00 – 2:00 pm (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Sep 1 - Sep 24(31526-530A) Oct 6 - Oct 29 (31526-530B) Nov 3 - Nov 19 (31526-530C)	10 - 11 am (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO BEGINNER Level 3	<u>Mon & Wed</u> Sep 7 - Sep 30 (31526-544L) Oct 5 - Oct 28 (31526-544M) Nov 2 - Nov 18 (31526-544N)	11:30 am – 12:30 pm (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
BINGO	<u>Fridays</u> Sep 4 - Sep 25 (31510-530A) Oct 2 - Oct 23 (31510-530B) Nov 6 -Nov 20 (31510-530C)	12 noon – 1 pm (3week session)	\$20 (R) \$26 (NR) \$15 (R) \$20 (NR)

Langley Park Senior Activity Center: *In-Person*

Classes and Activities

PIANO BEGINNERS	<u>Fridays</u> Sep 4 - Sep 25 (23502-544A) Oct 2 - Oct 23 (23502-544B) Nov 6 - Nov 20 (23502-544C)	10 - 11 am (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO INTERMEDIATE	<u>Fridays</u> Sep 4 - Sep 25 (23503-544A) Oct 2 - Oct 23 (23503-544B) Nov 6 - Nov 20 (23503-544C)	11:15 am-12:15 pm (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
PIANO ADVANCE	<u>Fridays</u> Sep 4 - Sep 25 (23504-544A) Oct 2 - Oct 23 (23504-544B) Nov 6 - Nov 20 (23504-544C)	12:15 pm -1:15 pm (3week session)	\$68 (R) \$89 (NR) \$51 (R) \$67 (NR)
JEWELRY MAKING	<u>Tuesdays</u> Sep 8 - Sep 29 (30502-544A) Oct 6 - Oct 27 (30502-544B) Nov 3 -Nov 24 (30502-544C)	10 - 11 am (3week session)	\$28 (R) \$37 (NR) \$21(R) / \$28(NR)
ARTS & CRAFT	<u>Tuesdays</u> Sep 8 - Sep 29 (15502-544A) Oct 6 - Oct 27 (15502-544B) Nov 3- Nov 17 (15502-544C)	10:30 am-12 pm (3week session)	\$28 (R) \$37 (NR) \$21(R) / \$28(NR)
TAI CHI	<u>Tuesdays</u> Sep 8 - Sep 29 (21501-544A) Oct 6 - Oct 27 (21501-544B)	11:15 am-12:15 pm (3week session)	\$42 (R) \$55 (NR) \$21(R) / \$28(NR)
CROCHET BEGINNERS	<u>Mondays</u> Sep 7 - Sep 28 (15514-544A) Oct 5 - Oct 26(15514-544B) Nov 2 - Nov 23 (15514-544C)	11:30 am-1:30 pm (3week session)	\$32 (R) \$42 (NR) \$24(R) / \$32(NR)
<u>Computer Skills</u> PARKS DIRECT- TRAINING	<u>Fridays</u> Sep 4 - Sep 25 (14505-544A) Oct 2 - Oct 23 (14505-544B)	11am – 12 pm	FREE

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

SEPTEMBER 2026

Senior Fit Free

**Tuesday, September 15
10:15 am - 12 pm**

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. Drop-ins are Welcome! Registration is required!

The Life of Donna Summers, Toby's Dinner Theater, Columbia, MD

Wednesday, September 2

\$93 (R); \$121 (NR)

9:00 am - 2:00 pm

PARKS DIRECT code: LPSAC-20260902

Donna Summer is known as the "Queen of Disco". She rose to fame in the 1970s with smash hits like "Love to Love You Baby," "Hot Stuff," and "Last Dance." Won five Grammy Awards and was inducted into the Rock & Roll Hall of Fame. Meals & Transportation included in price.

Active Aging Week - Senior Fitness

Tuesday, September 15

PARKS DIRECT code: 17531-544A

10 am - 12 pm

Exercise at your own pace! Enjoy this fun medium-paced, low impact fitness class designed to help you reach and maintain good physical health. Build relationships, self-confidence, awareness, and lift your mood. This is a Drop-in fun fitness exercise class. All are Welcome! Register early!

Get Fit Mobile: Wellness Talks/Mind Matters: Mental Wellness

Tuesday, September 15

Free

11:30 am - 12:30 pm

A free interactive talk on how mental health is an important part of overall wellness and affects how we handle stress, build relationships, and navigate everyday life. This discussion will focus on practical ways adults can manage stress and anxiety, build healthy routines, practice self-care, recognize signs of depression, and access supportive mental health resources. Partnership with Medstar!

SAARC Pool Party, Brandywine, MD

Wednesday, September 16

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

10:30 am - 3 pm

PARKS DIRECT code: LPSAC-20260916

Enjoy meeting new friends from the southern end of Prince Georges County with great music and refreshments on the pool patio. Sounds like a good Party!! Register early! Transportation Only!

Fall Fabulous Fashion & Fun

Wednesday, September 23

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

Doors Open: 11:30 am

PARKS DIRECT code: LPSAC-SPEC-GA-20260923

Show Time: 12:00 pm – 2:00 pm

Get ready for the ultimate LPSAC & GBSAC Fashion Show! Where style meets celebration! Our seniors will bring fashion styles from the past to present trends. This senior fashion show is designed to inspire, empower, and entertain. Bring your best energy to cheer for our seniors. Enjoy the musical sounds of Capt. Frye. Refreshments served. Register early!

Langley Park Senior Activity Center: Special Events & Trips

OCTOBER 2026

Senior Fit

Free

Tuesday & Thursday, Oct 6 – Oct 29

10:15 am – 11:00 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

Western Maryland Scenic Railroad Tour, Cumberland, Maryland

\$125 (R); \$163 (NR)

Wednesday, October 7

7:30 am - 6:30 pm

PARKS DIRECT code: LPSAC-20261007

As you glide past scenic ridges, valleys, and small towns, you'll ascend to the "Mountain City" of Frostburg. Upon arrival in Frostburg, visit the 1891 Cumberland and Pennsylvania Railroad depot and tour the Thrasher Carriage Museum. Your adventure begins at the historic Western Maryland Railway Station in the "Queen City" of Cumberland and enjoy the amazing sights and visit the gift shops. Enjoy a nice lunch selection included in price. Register early! Spaces are limited. Transportation provided.

Museum of the Bible, Washington, DC

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

Tuesday, October 13

10:00 am - 3 pm

PARKS DIRECT code: LPSAC-20261013

Back By Popular Demand! You ask and we will deliver!! The Museum of the Bible is a museum dedicated to exploring the narrative, history, and impact of the Bible. The museum mission is to engage all people with the Bible through interactive exhibits, innovative technology, and a variety of information and educational programs. This is an amazing Tour! Meals at your own expense. Transportation provided.

HARVEST FESTIVAL

\$28 (R); \$37 (NR)

Wednesday, October 28

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20261028

Join Langley Park and Gwendolyn Britt Senior Activity Centers for a day of fun and activities. Enjoy music, great food, arts & crafts, dancing, games, button making, karaoke and dancing. Prizes awarded for the best Karaoke performance. Invite new friends 60 or better. It's a **SENIOR FAMILY AFFAIR!** Music by your favorite Mike Nelson and the Edge Band. Register early! Spaces are limited!

Millers Farm, Clinton, Maryland

\$18/Resident; \$24/Non-Resident

Friday, October 30

10:00 am - 2 pm

PARKS DIRECT code: LPSAC-20261030

Forgot Something?? Millers Farm is Prince Georges County hidden local gem from the fresh homegrown fruits and vegetables, bakery selections, hot food concession with hot dogs, half-smokes, hamburgers, and much more. Don't forget to try their homemade ice cream. Get your last-minute shopping items for Thanksgiving. Meals at your own expense. Transportation provided.

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

NOVEMBER 2026

Senior Fit

Free

Tuesday & Thursday, Nov. 3 -19

No classes November 26 & 27 - 10:15 am - 11:00 am

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

Sponsored by Suburban Hospital.

Registration is required!

Senior Veterans Day Luncheon, Martins Crosswinds, Greenbelt, Maryland

Friday, November 6

PARKS DIRECT code: SPD-SPEC-GA-20261106

11:00 am - 1 pm

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed. To register, visit pgparksdirect.com. Please bring your printed receipt for admission to the event. Deadline for registration is Friday, October 16.

Thanksgiving Feast & Reflections

Wednesday, November 11

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

12 pm - 2 pm

PARKS DIRECT code: LPSAC-20261111

Thanksgiving is a time for celebrating everything you love. We must find time to stop and thank the people who make a difference in our lives. The Langley Park Senior Activity Center staff are thankful for your support and trusting us to show you an enjoyable time! May the good things of life be yours in abundance not only at Thanksgiving but throughout the year. Join us for a Thanksgiving meal with all the fixings! Entertainment provided by The Exclusives Band!! Must Register early!

World Kindness Day - Bingo

Thursday, November 19

Free

12 pm - 2 pm

It is a day that encourages individuals to overlook boundaries, and for the moment. A kind word, a hello, a smile, and just helping family, friends, or someone you don't know will make you smile knowing you had influence in someone's life, even if only for that moment. Make this day special by showing acts of kindness! Don't forget your special kind words bingo cards. Match the kind words with the questions and win a prize. Prizes awarded! Register at the customer service desk! Light refreshments served!

Thanksgiving Annual Luncheon, Accokeek, Maryland

Tuesday, November 24

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

9 am - 2 pm

PARKS DIRECT code: LPSAC-20261124

Enjoy a Thanksgiving Feast with all the fixings and giving thanks and gratefulness for everyday life. This event is sponsored by The Masons Prince Georges County Chapter every year for our seniors in Prince Georges. Register early! Transportation provided. Seats are limited.

Langley Park Senior Activity Center: Activities

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

Langley Park Senior Activity Center: Information/Education

Upcoming AARP Smart Driver Courses

Monday, Sept. 21, 2026, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members
Monday, Oct. 19, 2026, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members
Monday, Nov. 9, 2026, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Refresh your driving skills with the AARP Smart Drivers Course.
safety strategies, and new traffic laws and rules of the road. There are no tests to pass.
Upon completion, you may qualify for car insurance premium discounts.

Call to register (301) 736-1565 or **Register online at AARP com.**

Payment due by check or money order (no cash) on the day of the class. For lunch call the Senior Nutrition Program Office at (301) 265-8475 to register at least one day in advance.

The lunch donation is \$5.00. **No outside food allowed!**

Health & Wellness, “Absorb & Exchange”

Important Information!

Medicare 101 Seminar

Free

Tuesday, September 22, 2026

11:30 am - 12:30 pm

This Educational Seminar is designed to help you better understand your Medicare options and make informed healthcare decisions. Topics Covered are Medicare Parts, A,B,C,& D, Medicare vs. Medicare Advantage, Medicare Supplement(Medigap) Plans, Prescription Drug Coverage, Medicare Costs & Out-of-Pocket Expenses & Common Medicare Mistakes to Avoid Medicare Beneficiaries, Caregivers and Family Members. Engage in a question & answer session while enjoying a gourmet ice cream sandwich from Moo Moo Cakes. No obligation. Educational purposes only! Sponsored by Ameri Life.

Senior Real Estate Housing Seminar

Free

Thursday, October 15, 2026

11:30 am - 12:30 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.

Maryland Insurance Administration

Free

Tuesday, October 20, 2026

11:30 am - 12:30 pm

Do you have questions about your home, auto, life, or long-term care insurance policies and do you wonder if you should cancel your coverage? Before you cancel any of your policies, come to this presentation by the Maryland Insurance Administration to help you make a more informed decision. You will also receive some tips on how to save money on your insurance costs. Sponsored by Maryland Insurance Administration

Harvest Blooms & Healthy Choices

Free

Wednesday, November 18, 2026

11:30 am - 1:00 pm

This is a hands-on program where seniors will create beautiful seasonal flower arrangements while participating in Humana’s ***“Shakedown on Sugar”*** presentation in recognition of National Diabetes Month. Through creative expression and engaging conversation, participants will learn practical tips for making mindful, healthier choices during this Fall season and beyond. Sponsored by Humana

Blood Pressure Screenings

Thursday, September 3

11:00 am - 11:45 am

Thursday, October 1

11:00 am - 11:45 am

Thursday, November 5

11:00 am- 11:45 am

SENIOR NUTRITION PROGRAM

Effective the month of September 2026, 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 Senior Nutrition Program for additional information please call (301) 265-8475. You must register at least one day 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: 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.

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 today!

SENIOR EMERGENCY CONTACT INFORMATION

***Please stop by the Senior Center to update your Emergency Contact information.
Monday - Friday 10:30 am - 3:00 pm.***

***It's important to update this information if attending our Classes, Seminars & Trips & Excursions.
For further information call (301) 408-4343.***

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