

Laurel-Beltsville Senior Activity Center

2026 FALL CALENDAR



Welcome to Laurel-Beltsville Senior Activity Center ***September, October & November 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 September 7, November 26 and 27

FALL REGISTRATION

- Registration begins **Wednesday, August 12**, for **Residents (R)** of Prince George's County only.
- Registration begins **Wednesday, August 19**, 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**

- 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.**
- Special Events are **NON-REFUNDABLE** unless M-NCPPC cancels the event.

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 is always an exciting time as we kick off another great season of programs! To help make your registration experience as smooth and stress-free as possible, here are a few helpful tips:

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 the 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.

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, October 20, 12 Noon – 1 pm Computer Lab Activity Code: 14505-546A

Tuesday, November 3, 12 Noon – 1 pm Computer Lab Activity Code: 14505-546B

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		
Name		
Phone on File		
CODE	ACTIVITY/CLASS/TRIP/SPECIAL EVENTS	COST
EXAMPLE: 17543-246D	EXAMPLE: Balance Stretch & Tone (Mar 3 – 24)	EXAMPLE: \$37

Laurel-Beltsville Senior Activity Center: **FALL** 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> Sept 1 – Sept 22 (17543-546D) Sept 29 – Oct 20 (17543-546E) Oct 27 – Nov 17 (17543-546F)	1 pm - 2 pm Multi-purpose Room	\$37 (R) \$49 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Tue</u> Sept 15 – Nov 17 (30403-546A)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Wed</u> Sept 16 – Nov 18 (30403-546B)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Ceramics: All Levels 50 & Better (10 weeks)	<u>Thu</u> Sept 17 – Nov 19 (30403-546C)	10 am - 2 pm Ceramics Room	\$70 (R) \$91 (NR)
Chair Aerobics 50 & Better (4 weeks)	<u>Thu</u> Sept 3 – Sept 24 (17445-546A) Oct 1 – Oct 22 (17445-546B) Oct 29 – Nov 19 (17445-546C)	9:30 am - 10:30 am Great Room	\$36(R) \$47(NR)
Computer: Seniors, Level 1 (Intro) 60 & Better (5 weeks)	<u>Mon</u> Sept 14 – Oct 12 (14501-546A) Oct 19 – Nov 16 (14501-546B)	10 am – 11:00 am Computer Lab	FREE
Computer: Seniors, Level 2 60 & Better (5 weeks)	<u>Mon</u> Sept 14 – Oct 12 (14502-546A) Oct 19 – Nov 16 (14502-546B)	11:30 am – 12:30 pm Computer Lab	\$20 (R) \$26 (NR)
Computer: Adults, Level 3, Productive Suites 18 & Better (10 weeks)	<u>Wed</u> Sept 16 – Nov 18 (14416-546A)	5 pm - 6 pm Computer Lab	\$60 (R) \$78 (NR)
Drawing/Watercolor Painting: Adults 50 & Better (12 weeks)	<u>Tue</u> Sept 1 – Nov 17 (30428-546B)	1 pm - 3 pm Arts & Crafts Room	\$80 (R) \$104 (NR)
Drawing/Watercolor Painting: Adults 50 & Better (12 weeks)	<u>Thu</u> Sept 3 – Nov 19 (30428-546A)	2 pm - 4 pm Arts & Crafts Room	\$80 (R) \$104 (NR)

Laurel-Beltsville Senior Activity Center: **FALL** 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 Sept 7)	<u>Mon, Wed, & Fri</u> Sept 2 - Sept 25 (17435-546A) Sept 28 – Oct 23 (17435-546B) Oct 26 – Nov 20 (17435-546C)	9 am - 10 am Great Room (Except Oct 23, 26, 28 & Nov 4)	\$33(R) / \$43(NR) \$40(R) / \$52(NR) \$40(R) / \$52(NR)
Exercise: Adults 50 & Better (4 weeks; no class Sept 7)	<u>Mon & Wed</u> Sept 2 – Sept 23 (17435-546D) Sept 28 – Oct 21 (17435-546E) Oct 26 - Nov 18 (17435-546F)	11 am - 12 noon Great Room (Except Oct 23, 26, 28 & Nov 4)	\$26(R) / \$34(NR) \$35 (R) / \$46(NR) \$35 (R) / \$46(NR)
Hand Dance: Adults, Beginners 18 & Better (9 weeks; no class Sept 28)	<u>Mon</u> Sept 14 – Nov 16 (23401-546A)	3:30 pm – 5:00 pm Multi-purpose Room	LOW PRICE \$45 (R) \$59 (NR)
Hand Dance: Adults, Intermediate 18 & Better (9 weeks; no class Sept 28)	<u>Mon</u> Sept 14 – Nov 16 (23419-546A)	5:00 pm – 6:00 pm Multi-purpose Room	LOW PRICE \$45 (R) \$59 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tue</u> Sept 1 – Oct 6 (23501-546A) Oct 13 – Nov 17 (23501-546B)	11 am - 12 noon Multi-purpose Room	LOW PRICE \$30 (R) \$39 (NR)
Personal Training: Seniors 60 & Better (4 weeks; no class Sept 7)	<u>Mon & Wed</u> Sept 2 – Sept 23 (17513-546A) Sept 28 – Oct 21 (17513-546B) Oct 26 - Nov 18 (17513-546C)	1 pm - 2 pm Gym	\$34 (R) / \$49(NR) \$45 (R) / \$59(NR)

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

<u>Class Name</u>	<u>Day, Dates & Code #</u>	<u>Time / Room</u>	<u>Fee</u>
Tai-Chi: Seniors 60 & Better (10 weeks)	<u>Mon</u> Sept 14 – Nov 16 (21501-546A)	2:15 pm – 3:15 pm Multi-purpose Room	\$72 (R) \$94 (NR)
Zumba Toning: Adults 18 & Better (6 weeks)	<u>Wed</u> Sept 2 – Oct 7 (17417-546A) Oct 14 – Nov 18 (17417-546B)	5 pm – 6 pm Multi-purpose Room	\$52 (R) \$68 (NR)
Zumba: Adults 18 & Better (6 weeks)	<u>Fri</u> Sept 4 – Oct 9 (17414-546C) Oct 16 – Nov 20 (17414-546D)	12 noon – 1 pm Multi-purpose Room	\$52(R) \$68(NR)
Yoga: Adults, Beginners 50 & Better (10 weeks)	<u>Mon</u> Sep 14 – Nov 16 (17413-546A)	1:00 pm - 2:00 pm Multi-purpose Room	LOW PRICE \$50 (R) \$65 (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 and Hand Dance Class Time Change

Tai Chi is here to stay, but at a new time! Join us on Mondays for our 10-week Fall Session.

Mondays - September 14, 2026 - November 16, 2026; 2:15pm - 3:15pm.
Activity Code: 21501-546A

Are you ready to dance? Join us at a new time on Mondays for our 9-week Hand Dance Classes beginning September 14, 2026 - November 16, 2026 (NO CLASS on September 26, 2026).

Hand Dance: Adults Beginners
Mondays - September 14, 2026 - November 16, 2026; 3:30pm - 4:30pm
Activity Code: 23401-546A

Hand Dance: Adults Intermediate
Mondays - September 14, 2026 - November 16, 2026; 4:30pm - 5:30pm
Activity Code: 23419-546A

September 14-18 is Active Aging Week!

How are you staying active during Active Aging Week? Join us for a fun, free Multi-Fit Class packed with energy, blending strength, balance, and cardio in a lively, supportive environment. Every movement is adaptable, every fitness level is welcome, and the goal is simple: move with joy, laugh together, and celebrate feeling strong at every age. Come ready for great music, good company, and a boost of confidence that lasts long after class ends.

Friday, September 18, 2026; 2pm – 3pm
Free with registration
Activity Code: 26501-546A



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



SPOTLIGHT on Fall Special Events

October is Breast Cancer Awareness Month, and Laurel-Beltsville Senior Activity Center warmly invites you to join us for a series of senior-friendly breast cancer awareness events.

Throughout the month, we'll offer gentle wellness activities, informative sessions, and uplifting community gatherings that honor survivors and support those touched by breast cancer. These events are designed to be welcoming, comfortable, and encouraging for all participants, creating a space where we can learn together, connect with one another, and celebrate hope, strength, and early detection.

Breast Cancer Awareness Month Walk
Friday, October 2, 2026; 10:00 am – 11:30 pm
Free with Registration
Ticket Code: LBSAC-SPEC-GA-20261002

“The Journey to Wellness” Cooking Demo
Friday, October 9, 2026; 12:00 pm – 1:00 pm
Free with Registration
Ticket Code: LBSAC-SPEC-GA-20261009

Breast Cancer Awareness Month Brunch
Friday, October 30, 2026; 11:00 am – 1:00 pm
\$20 (R); \$26(NR)
Ticket Code: LBSAC-SPEC-GA-20261030



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.

Brookside Gardens

\$26 (R); \$34 (NR)

Trip Code: LBSAC-20260903



Thursday, September 3, 2026

8:30 am - 12:30 pm

Join us for an immersive day in nature as we explore and The Butterfly Experience at Brookside Gardens. Brookside Gardens is a 54-acre public display located in Wheaton Regional Park that features two conservatories and a variety of distinct garden areas that are home to hundreds of seasonal flowers and plants. We will begin at The Butterfly Experience where you will be surrounded by beautiful butterflies flying freely within space for twenty minutes. There is also a gift shop onsite where you can purchase some unique keepsakes. NO outside food is allowed, please eat before you arrive and bring snacks for the ride if you would like to. This trip includes your Butterfly Experience ticket, transportation, and support staff. Deadline to register is August 25, 2026.

Toby's Dinner Theater

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

Trip Code: LBSAC-20260916

Wednesday, September 16, 2026

9:30 am - 3:30 pm

Join us for an amazing experience as we visit Toby's Dinner Theatre for "Summer: The Donna Summer Musical." The show will take you on a time travel that will highlight three key stages throughout her life along with her greatest hits of all time! This trip includes admission to the live Broadway show, a chef-prepared buffet, water, coffee, tea, and iced tea (all other food and beverages are at your own expense), transportation and support staff. Deadline to register is September 8, 2026.

Trip Suggestions?

Drop them in the suggestion box at the front desk.

You never know where you may go!

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

Butlers Orchard

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

Trip Code: LBSAC-20261001

Thursday, October 1, 2026

9:00 am - 3:30 pm



Join us as we kick off the fall season with an amazing outing to Butlers Orchard Farm and Market located in Germantown, MD. Get ready to enjoy their annual pumpkin festival which includes a tractor-driven hayride, pumpkins for purchase, giant slides, corn mazes and warm fresh apple cider doughnuts and beverages (food and beverages are at your own expense). Feel free to bring your lunch or purchase a bite at their onsite café (at your own expense). For our next stop, we head over to the Butlers Orchard Market where you can purchase some of their exclusive seasonal items. This trip includes entry into the Pumpkin Festival, transportation, and support staff. Deadline to register is September 22, 2026.

Expand Your Palate

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

Trip Code: LBSAC-20261105

Thursday, November 5, 2026

9:30 am - 3:30 pm

Join us for a trip to an elegant mystery restaurant that you will not know until you go! That's right, you will only know the Restaurant once you arrive, but the menu will consist of something for everyone to eat. The restaurant's menu prices will range from \$20-\$50 and lunch is at your own expense. Come and expand your palette on this mystery restaurant trip. This trip includes transportation and support staff. Deadline to register is October 27, 2026.

Museum of the Bible

\$37 (R); \$48 (NR)

Trip Code: LBSAC-20261112

Thursday, November 12, 2026

8:30 am - 3:30 pm



Join us for a transformative experience at Museum of the Bible as you explore the museum on your own or with a friend! The museum consists of multiple floors that feature hundreds of amazing artifacts, interactive exhibits and immersive experiences detailing the history, narrative, and global impact of the Bible. After exploring at your own leisure, we will head over to Bistro Lunch where you will enjoy a boxed lunch that consists of your meal choice, fruit, and water. This trip includes a boxed lunch (each person selects their desired lunch from a curated museum menu prior to the trip), transportation and support staff. Deadline to register is November 3, 2026.

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

Game Day

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

Ticket Code: LBSAC-SPEC-GA-20260911

Back by popular demand! Join us as we kick off the Fall Season with a fun-filled Game Day! Come and run a Boston while playing spades or yell “Domino!” once the final piece is laid. From memory games and board games, to puzzles and classic favorites, this exciting event promotes social, intellectual, and physical wellbeing, all while having fun! Pizza, salad, mocktails, and water are included with your ticket. Deadline for registration is September 4, 2026.

Friday, September 11, 2026

11:00 am – 1:00 pm

Patio Concert

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

Ticket Code: LBSAC-SPEC-GA-20260925

Join us for a Patio Concert that you won’t want to miss. Music is a universal language that brings people from all walks of life together. This Brencore Entertainment talented duo is ready to have you singing and dancing to some of your favorite oldies but goodies. Feel free to bring your lunch, relax and enjoy an afternoon filled with great music, fun, and fellowship. Deadline to register is September 23, 2026.

Friday, September 25, 2026

11:00 am – 1:00 pm

Breast Cancer Awareness Month Walk

Free with Registration

Ticket Code: LBSAC-SPEC-GA-20261002

In honor of Breast Cancer Awareness Month, join us as we walk the grounds of Laurel-Beltsville Senior Activity Center to honor the incredible women who have battled breast cancer, those currently in the fight, and the beautiful legacies of those we have lost. Lace up your sneakers and wear your favorite shade of pink as we let these brave women know that the entire LBSAC community stands right beside them. Light refreshments will be provided after the walk. Deadline to register is September 29, 2026.

Friday, October 2, 2026

10:00 am – 11:30 am

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

“The Journey to Wellness” Cooking Demo

Friday, October 9, 2026

Free with Registration

12:00 pm – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20261009

Join us on “The Journey to Wellness!” In honor of Breast Cancer Awareness Month, join us for a special cooking demonstration led by Chef Ros. This interactive session will feature a delicious healthy recipe that focuses on overall wellness and the benefits of nutritious eating habits. Come learn practical tips for preparing wholesome meals that support a healthier lifestyle while enjoying a fun and informative experience. Your ticket includes a free sample of the Chef prepared food. Deadline to register is October 5, 2026.

Breast Cancer Awareness Month Brunch

Friday, October 30, 2026

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

11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20261030

Join us as we close out Breast Cancer Awareness Month with a Pink-Themed brunch! Together we will celebrate the strength, resilience, and courage of women who have endured breast cancer while continuing to spread hope, love, and encouragement. This special event will feature a guest speaker who is a passionate advocate for women’s health, sharing an inspiring message about awareness, early detection, survivorship, and the importance of supporting one another. Your ticket includes event entry, your meal, water, and juice. Deadline to register is October 23, 2026.

Sip and Chat

Friday, November 13, 2026

Free with Registration

10:30 am – 11:30 am

Ticket Code: LBSAC-SPEC-GA-20261113

We want to hear from you! Join us as we would love to hear your ideas for Trips, Special Events, and Classes that you would love to see here at LBSAC. This event is designed to bring management and patrons together to ensure that your ideas are heard so that we can continue to provide an amazing experience for our patrons. Space is limited and registration is free but required to participate in this session. Light breakfast snacks and beverages will be provided. Deadline to register is November 6, 2026.

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

Thanksgiving Luncheon

Friday, November 20, 2026

Free with can good donation

11:00 am – 1:00 pm

Ticket Code: LBSAC-SPEC-GA-20261120

Step away from the holiday prep and let us serve you at our community Thanksgiving Luncheon. Join us as we come together to celebrate the season of abundance with a beautifully curated menu featuring smoked seasonal dishes, artisanal sides, and comforting desserts. Bring your appetite and your favorite dancing shoes as we celebrate. Registration is free and required to participate. Deadline to register is November 13, 2026.

Avenue of the Arts



ARTIST

Willie Kendrick III
Ray Robinson

DISPLAY DATES

September 14 – October 23
October 26 – December 4

Fall Season Tips for Seniors

Boost Immunity — Enjoy fall produce like apples, pumpkins, and leafy greens.

Stay Active — Take advantage of cooler weather for walks or try simple indoor exercises.

Manage Shorter Days — Spend time in daylight and keep a steady sleep routine to support mood and energy.

Prevent Falls — Wear sturdy shoes, keep walkways clear, and ensure your home has good lighting.

Stay Connected — Join community events, volunteer, or reach out to loved ones regularly.

Schedule Checkups — Review medications, update screenings, and check vision and hearing as the season changes.

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

Park Police Senior Safety Presentation

Thursday, September 10, 2026

Activity Code: 20515-546B

10:30 am – 11:30 am

FREE with registration

Join us for the Park Police Senior Safety Presentation with Corporal De'Aja Tucker that will provide older adults with practical tips and resources to help enhance their personal safety and well-being. Topics may include scam and fraud prevention, home and community safety, crime prevention strategies, and how to stay connected with local law enforcement resources. Deadline to register is September 3, 2026.

Elder Fraud Bingo

Wednesday, October 14, 2026

Activity Code: 20515-546E

10:30 am – 11:30 am

FREE with registration

Join us as United States Attorney's Office host Elder Fraud Bingo! Spaces on the cards will list helpful elder fraud prevention resources and highlight popular scams for seniors to avoid. This fun and interactive activity is free to all participants. Participants will receive light refreshments. Registration is required to participate. Deadline to register is October 7, 2026.

A Silver Circle

Thursday, October 15, 2026

Activity Code: 20515-546A

11:30 am – 12:30 pm

FREE with registration

Join us for a Silver Circle discussion with presenter Sheriff John D. B. Carr who will cover topics about targeted scams and frauds towards the 55+ community. Deadline to register is October 8, 2026.

Medicare

Thursday, November 5, 2026

Activity Code: 20515-546C

10:30 am - 11:30 am

FREE with registration

Join us for a Medicare educational lecture with a United Healthcare representative to inform seniors and Medicare eligibles of their options for affordable healthcare. Deadline to register is October 29, 2026.

Laurel-Beltsville Senior Activity Center:

Games, Special Groups & Club Meetings

ACTIVITY	WEEKDAY	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 – 12:30 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 – 3 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 date:

Thursday, September 17, 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