



live more, play more
pgparks.com

ACTIVE AGING WEEK 2026

September 14-18, 2026

**Enjoy activities for ages 60 and better!
Live More, Play More with M-NCPPC's
Department of Parks and Recreation in
Prince George's County!**



SENIORS AGES 60 & BETTER

are invited to join us for Active Aging Week and explore everything the Department of Parks and Recreation has to offer our vibrant senior community. Discover new activities, connect with others, or stay with your favorite pastimes. Live More, Play More for a healthier and active lifestyle.

Advance registration is required for most activities. Events are FREE unless a fee is listed. Limited spaces are available for each activity. To register, visit www.pgparksdirect.com or register in person at any M-NCPPC facility.

Active Aging Week activities are open to any Prince George's County or Montgomery County residents ages 60 & Better. For more information, call or email the facility offering the program or call 301-446-3403 or email seniors@pgparks.com



Monday, September 14

SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

Use of facility's pool, fitness center or indoor track

8 am-12 noon

Drop-in Event | FREE

Prince George's Sports & Learning Complex

8001 Sheriff Rd., Landover 20785

301-583-2400; splex@pgparks.com

CLUB 300 WALK AT FORT WASHINGTON NATIONAL PARK

8:30-10:30 am

Drop-in Event | FREE

13511 Fort Washington Rd., Fort Washington
20744

301-446-3403; seniors@pgparks.com

AQUA ARTHRITIS

Workout in warm water to ease
arthritis pain

9-9:45 am

Activity Code: 10402-523D | FEE: \$4

Fairland Sports and Aquatics Complex

13820 Old Gunpowder Rd., Laurel 20707

301-362-6060; fairlandsports@pgparks.com

FITNESS IN THE PARKS - URBAN LINE DANCING

8:30-9:30 am

Activity Code: 17681-579A | FREE

Tucker Road Athletic Complex

1770 Tucker Rd., Fort Washington 20744

202-740-6365; Ryan.ross@pgparks.com

MOVE IT OR LOSE IT: LOW IMPACT, HIGH ENERGY CHAIR EXERCISE

11:30 am-12:30 pm

Activity Code: 17530-522A | FREE

Evelyn Cole Senior Activity Center

5720 Addison Rd., Seat Pleasant 20743

301-386-5525; evelyncolesseniors@pgparks.com

BOARD GAMES, CARDS AND MORE

12:30-2:30 pm

Activity Code: 26501-511A | FREE

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748

301-449-0490; campspringseniors@pgparks.com

MOVE IT OR LOSE IT: LOW IMPACT, HIGH ENERGY CHAIR EXERCISE

3:30-4:30 pm

Drop-in Event | FREE

Seat Pleasant Activity Center

5720 Addison Rd., Seat Pleasant 20743

301-773-6685; seatpleasantcc@pgparks.com

FITNESS IN THE PARKS: DANCE FITNESS

5:30-6:30 pm

Activity Code: 17681-579B | FREE

Westphalia Community Center

8900 Westphalia Rd., Upper Marlboro 20774

202-740-6365; Ryan.ross@pgparks.com

STARGAZING OF SEPTEMBER CONSTELLATIONS

*Cloud Date: September 15; bring your own
binoculars*

7:30- 9 pm

Activity Code: 22661-559A | FREE

Patuxent River Park Pavillion

16000 Croom Airport Rd., Upper Marlboro 20770

301-627-6074; Kelly.Kinkade@pgparks.com

Tuesday, September 15

PICKLEBALL

9 am-2 pm

Drop-in Event | FREE

Southern Area Aquatics and Recreation Complex

13601 Missouri Ave., Brandywine 20613

[301-782-1442](tel:301-782-1442); Felicia.Jackson@pgparks.com

SENIOR FIT

Class focus is on strength, balance, agility, and cardiovascular fitness

10 am-12 noon

Activity Code: 17531-544A | FREE

Langley Park Senior Activity Center

1500 Merrimac Dr., Hyattsville 20783

[301-408-4343](tel:301-408-4343); langleyparkseniors@pgparks.com

STEP IN THE NAME OF FALL FUN FITNESS AND LINE DANCING

10 am-1 pm

Drop-in Event | FREE

Kentland Community Center

2413 Pinebrook Ave., Landover 20785

[301-386-2278](tel:301-386-2278); kentlandcc@pgparks.com

MORNING FLOW TAI CHI

10:30-11:15 am

Activity Code: 21501-539D | FREE

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743

[301-735-2400](tel:301-735-2400); Johnehowardsseniors@pgparks.com

EXPRESSIVE ARTS WORKSHOP

Participants will use prompts to discuss and engage creatively with one another and a life coach. Project will include combining images and objects into a 3-D creation using pictures, paper, and clear gems.

11 am-1 pm

Ticket Code: MAC-SPEC-GA-20260915 | \$5

Montpelier Arts Center

9652 Muirkirk Rd., Laurel 20708

[301-377-7800](tel:301-377-7800); montpelierarts@pgparks.com

LINE DANCING

11:30 am-1 pm

Drop-in Event | FREE

Hillcrest Heights Community Center

2300 Oxon Run Dr., Temple Hills 20748

[301-894-6616](tel:301-894-6616); templehillsc@pgparks.com

HAND DANCE

11:45 am-12:45 pm

Activity Code: 23402 - 527A | FREE

Glenn Dale Community Center

11901 Glenn Dale Blvd., Glenn Dale 20769

[301-352-8983](tel:301-352-8983); glenndalecc@pgparks.com

SENIOR TALENT SHOWCASE

Enjoy an inspiring celebration of senior talent featuring singing, dance, poetry, and visual arts.

12 noon-3 pm

Drop-in Event | FREE

Harmony Hall Arts Center

10701 Livingston Rd., Fort Washington 20744

[301-203-6070](tel:301-203-6070); harmonyhallarts@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

Drop-in Event | FREE

Watkins Tennis Bubble

311 Watkins Park Dr., Upper Marlboro 20774

[301-218-6870](tel:301-218-6870); watkinsstennisbubble@pgparks.com

AFRICAN DANCE WITH FRITETE ENSEMBLE

Enjoy traditional African dances, chants, and rhythms in this fun, active class featuring stretching, cardio, and movement.

2-3 pm

Ticket Code: PGPP-SPEC-GA-20260915 | \$5

Publick Playhouse

5445 Landover Rd., Cheverly 20784

[301-277-1710](tel:301-277-1710); publickplayhouse@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

Drop-in Event | FREE

Fairland Sports & Aquatics Complex Tennis Bubble

13820 Old Gunpowder Rd., Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

CHAIR FITNESS CLASS

12 noon-1 pm

Drop-in Event | FREE

Fairland Sports and Aquatics Complex - Dance room

13820 Old Gunpowder Rd., Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com



GROWING WELLNESS: GARDENING FOR ACTIVE AGING

11 am-12:30 pm

Ticket Code: HHRC-SPEC-GA-20260915 | FREE

Harmony Hall Regional Center

10701 Livingston Rd., Fort Washington 20744

[301-203-6040](tel:301-203-6040); Fatima.jackson@pgparks.com

Wednesday, September 16

SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

Use of facility's pool, fitness center or indoor track

8 am to 12 noon

Drop-in Event | FREE

Prince George's Sports & Learning Complex

8001 Sheriff Rd., Landover 20785

[301-583-2400](tel:301-583-2400); splex@pgparks.com

FITNESS IN THE PARKS - AM SWEATSHOP

8-9 am

Activity Code: 17681-579C | FREE

Tucker Road Athletic Complex

(located in parking lot)

1770 Tucker Rd., Fort Washington 20744

[202-740-6365](tel:202-740-6365); Ryan.ross@pgparks.com

CYCLING SENIORS CLUB RIDE - WASHINGTON, BALTIMORE, ANNAPOLIS (WB&A) RAILROAD TRAIL

This flat and paved trail extends from Route 450 in Glenn Dale, running northeasterly to the Patuxent River. This trail is appropriate for beginner and intermediate cyclists and is a total of approximately 12 miles. For those who want further mileage and a challenge, can take the bridge over to Anne Arundel County and ride to Odenton. The connection is appropriate for intermediate and advanced cyclists who can navigate a steep hill. Must transport own 2-wheel bike, wear a bike helmet and sign liability waiver.

8:30-11:30 am

Activity Code: 17549-278D | FREE

Glenn Dale Community Center

11901 Glenn Dale Blvd., Glenn Dale 20769

[240-821-7207](tel:240-821-7207); Lynn.Butler@pgparks.com

AQUA ARTHRITIS

Workout in warm water to ease arthritis pain

9-9:45am

Activity Code: 10402-523E | \$4

Fairland Sports & Aquatics Complex

13820 Old Gunpowder Rd., Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

SIP, MOVE & PLAY

Come enjoy a game of pickleball or ping pong, refresh with a delicious smoothie and get your body moving in our chair fitness class.

10 am-12 noon

Drop-in Event | FREE

Beltsville Community Center

3900 Sellman Rd., Beltsville 20705

[301-937-6613](tel:301-937-6613); beltsvillecc@pgparks.com

PICKLEBALL PARTY

10 am-2 pm

Activity Code: 27505-539A | FREE

Tucker Road Community Center

1771 Tucker Rd., Fort Washington 20744

[301-248-4404](tel:301-248-4404); tuckerroadcc@pgparks.com

COGNITIVE ACTIVITY: SENIOR CARDS/ DOMINO CHALLENGE AND ELDER FRAUD WORKSHOP

Engaging activities to stimulate memory, judgement and reasoning, informative Elder Fraud workshop and healthy light lunch.

11 am-2 pm

Activity Code: 26501-571A | FREE

Rollingcrest-Chillum Community Center

6120 Sargent Rd., Chillum 20782

[301-853-2005](tel:301-853-2005); rollingcrestcc@pgparks.com

STEP STRONG

Build the functional strength and balance for daily living

11 am-12 noon

Drop-in Event | FREE

Prince George's Sports & Learning Complex

8001 Sheriff Rd., Landover 20785

[301-583-2562](tel:301-583-2562); noteisha.womack@pgparks.com

PRINTING IN CLAY

Hand-building techniques to create tiles, pinch pots, and more

11 am-1 pm

Ticket Code: MAC-SPEC-GA-20260916 | \$5

Montpelier Arts Center

9652 Muirkirk Rd., Laurel 20708

[301-377-7800](tel:301-377-7800); montpelierarts@pgparks.com

MID-DAY MOVERS ON THE HILL – LINE DANCE PARTY

11 am-2 pm

Ticket Code: THCC-SPEC-GA-20260916 | \$5

Temple Hills Community Center

5300 Temple Hills Rd., Temple Hills 20748

[301-894-6616](tel:301-894-6616); templehillsgcc@pgparks.com

YOUR BODY IN MOTION- TOTAL BODY WORKOUT

11:30 am-12:30 pm

Activity Code: 17517-511G | FREE

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

POOL PARTY

Relax and rejuvenate by the pool, refreshing drink and music

12 noon-2 pm

Activity Code: 15509-575A | FREE

Southern Area Aquatics and Recreation Complex

13601 Missouri Ave., Brandywine 20613

[301-782-1442](tel:301-782-1442); Felicia.Jackson@pgparks.com

GENTLE AQUA

Class uses resistance of water to strengthen and tone the body while helping to improve cardiovascular fitness

12-12:45 pm

Drop-in Event | \$2

Rollingcrest-Chillum Community Center

6120 Sargent Rd., Chillum 20782

[301-853-2005](tel:301-853-2005); rollingcrestcc@pgparks.com

DROP-IN TENNIS

12 noon-2 pm

Drop-in Event | FREE

Cosca Tennis Bubble

11000 Thrift Rd., Clinton 20735

[301-868-6462](tel:301-868-6462); coscatennisbubble@pgparks.com

AFRICAN DANCE WITH FRITETE ENSEMBLE

Enjoy traditional African dances, chants, and rhythms in this fun, active class featuring stretching, cardio, and movement.

2-3 pm

Ticket Code: PGPP-SPEC-GA-20260916 | \$5

Publick Playhouse

5445 Landover Rd., Cheverly 20784

[301-277-1710](tel:301-277-1710); publickplayhouse@pgparks.com

FITNESS IN THE PARKS – CIRCUIT WORKOUT

5:30-6:30 pm

Activity Code: 17681-579D | FREE

Largo Kettering Perrywood Community Center (located in the parking lot)

431 Watkins Park Dr., Upper Marlboro 20774

[202-740-6365](tel:202-740-6365); Ryan.ross@pgparks.com

Thursday, September 17

PONTOON ECOLOGY BOAT TOUR

Park Naturalist interpreted boat tour in the Patuxent River and marshes

10-11 am

Activity Code: 22643-561C | FREE

Jackson's Landing

16000 Croom Airport Rd., Upper Marlboro 20772

[301-627-6074](tel:301-627-6074); Kelly.Kinkade@pgparks.com

RACK 'EM UP!

SENIOR BILLIARDS SOCIAL

10 am-2:30 pm

Activity Code: 27501-539A | FREE

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743

[301-735-2400](tel:301-735-2400); Johnehowardsseniors@pgparks.com

SENIOR PICKLEBALL

10 am-2 pm

Activity Code: 27505-626A | FREE

Glenarden Community Center

8615 McLain Ave., Glenarden 20706

[301-772-3151](tel:301-772-3151); glenardenc@pgparks.com

TABLE GAMES DAY

11 am-1 pm

Activity Code: 27242-530A | FREE

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood 20722

[301-699-1238](tel:301-699-1238); gwendolynbrittseniors@pgparks.com

GUIDED CERAMICS

Explore your creativity and learn the art of ceramics

11 am-1 pm

Ticket Code: HHAC-SPEC-GA-20260917 | FREE

Harmony Hall Arts Center

10701 Livingston Rd., Fort Washington 20744

[301-203-6070](tel:301-203-6070); harmonyhallarts@pgparks.com

SEATED STRENGTH TRAINING & SWEET SMOOTHIE TASTING

12 noon-2pm

Ticket Code: UMCC-SPEC-GA-20260917 | FREE

Upper Marlboro Community Center

5400 Marlboro Racetrack Rd., Upper Marlboro 20772

[301-627-2828](tel:301-627-2828); uppermarlorocc@pgparks.com

GOLDEN BEATS DRUM FITNESS

Drum to your favorite songs while enjoying a fun, energizing full-body workout.

1-2 pm

Activity Code: 17546-539D | FREE

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743

[301-735-2400](tel:301-735-2400); Johnehowardsseniors@pgparks.com

IF I WERE A DRUMMER

Drum to the sounds of Go-Go and R&B

1-2 pm

Activity Code: 17546-511D | FREE

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

AFRICAN DANCE WITH FRITETE ENSEMBLE

Enjoy traditional African dances, chants, and rhythms in this fun, active class featuring stretching, cardio, and movement.

2-3 pm

Ticket Code: PGPP-SPEC-GA-20260917 | \$5

Publick Playhouse

5445 Landover Rd., Cheverly 20784

[301-277-1710](tel:301-277-1710); publickplayhouse@pgparks.com



FITNESS IN THE PARKS - ZUMBA

5:30-6:30 pm

Activity Code: 17681-579E | FREE

**Fairwood Community Park
(located near restrooms)**

12390 Fairwood Pkwy., Bowie 20720

202-740-6365; Ryan.Ross@pgparks.com

Friday, September 18

MINDFUL NATURE WALK

Guided trail walk with mindfulness activities to relax, refresh, and recharge

9-10 am

Activity Code: 22409-575A | \$5

Brandywine-North Keys Park

11500 North Keys Rd., Brandywine 20613

[301-782-1454](tel:301-782-1454); Paula.Mcneil@pgparks.com

AQUA ARTHRITIS

Workout in warm water to ease arthritis pain

9-9:45am

Activity Code: 10402-523F | \$4

Fairland Sports & Aquatics Complex

13820 Old Gunpowder Rd., Laurel 20707

[301-362-6060](tel:301-362-6060); fairlandsports@pgparks.com

LINE DANCE

9:30-10:30 am

Activity Code: 23501-511G | FREE

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748

[301-449-0490](tel:301-449-0490); campspringsseniors@pgparks.com

OPEN PICKLEBALL

10 am-2 pm

Drop-in Event | FREE

Glenn Dale Community Center

11901 Glenn Dale Blvd., Glenn Dale 20769

[301-352-8983](tel:301-352-8983); glenndaleecc@pgparks.com

PICKLEBALL RALLY

10 am-2 pm

Activity Code: 27505-539A | FREE

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743

[301-735-2400](tel:301-735-2400); Johnehowardsseniors@pgparks.com

DROP-IN PICKLEBALL

10 am-2 pm

Drop-in Event | FREE

Palmer Park Community Center

7720 Barlowe Rd., Landover 20785

[301-773-5665](tel:301-773-5665); palmerparkcc@pgparks.com

MULTI-FIT AEROBICS

High energy, full body, all fitness levels

2-3 pm

Activity Code: 26501-546A | FREE

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel 20707

[301-206-3350](tel:301-206-3350); LBSAC@pgparks.com





SENIOR DAYS AT PRINCE GEORGE'S SPORTS & LEARNING COMPLEX

Use of facility's pool, fitness center or indoor track

8 am-12 noon

Drop-in Event | FREE

8001 Sheriff Rd., Landover 20785

301-583-2400; splex@pgparks.com

Change the Way You Age!

Live more, play more at M-NCPPC parks and recreation facilities throughout Prince George's County!



Senior Activity Centers

Camp Springs Senior Activity Center

6420 Allentown Rd.
 Camp Springs, MD 20748
 301-449-0490

Evelyn Cole Senior Activity Center

5720 Addison Rd.
 Seat Pleasant, MD 20743
 301-386-5525

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd.
 North Brentwood, MD 20722
 301-699-1238

Hampton Park Senior Activity Center

9187 Hampton Mall Dr.
 Capitol Heights, MD 20743
 301-851-5232

John E. Howard Senior Activity Center

4400 Shell St.
 Capitol Heights, MD 20743
 301-735-2400

Langley Park Senior Activity Center

1500 Merrimac Dr.
 Hyattsville, MD 20783
 301-408-4343

Laurel-Beltville Senior Activity Center

7120 Contee Rd.
 Laurel, MD 20707
 301-206-3350

Senior Programs located at: Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Ave.
 Brandywine, MD 20613
 301-782-1455

FREE community center/fitness room ID cards for Prince George's County Seniors 60 & better

Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening a account, and to get information about ID cards and Fitness Room cards, visit **pgparks.com**.

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.