

Laurel - Beltsville Senior Activity Center

Spring 2019 Calendar

March, April, May 2019



Hours of Operation:

Monday - Thursday - 8 am - 9 pm

Saturday - 8 am - 2 pm

Friday - 8 am - 5 pm

Sunday - Closed

Holiday Closures:

Monday, May 27

Memorial Day



Registration Begins:

- Monday, **February 11** for Prince George's County Residents.
*Note: On **Monday, February 11** only, we will open at 7am to assist with registration.
- Tuesday, **February 19** for Montgomery County and Non-residents.
- Classes/Trips – Register early as spaces are limited and are filled on a first-come, first-served basis. Programs that don't meet the minimum number required to hold the program will be cancelled one week prior to the starting date of that program.
- See refund policy on last page.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (not trips) that have a fee greater than \$35. Fee reduction may be available based on your income and family size. Visit www.pgparcs.com or ask center staff for details.

7120 Contee Road • Laurel, Maryland 20707

Tel: (301) 206-3350

Fax: (301) 206-3387

TTY: (301) 699-2544

Senior Nutrition Program Transportation

The Prince George's County Senior Nutrition Program offers limited transportation services to the Laurel-Beltsville Senior Activity Center. If you are a senior 60 years & better, who resides in Prince George's County, you may be eligible for round trip transportation services to Laurel-Beltsville Senior Activity Center. Home delivered meals are also available to eligible seniors. Please contact the Prince George's County Senior Nutrition Program at 301-265-8475 for more information.

WMATA

Senior SmarTrip Card



PG Parks Alerts



For seniors 65 and older, you can purchase a Metro Senior SmarTrip card at the center for only \$2. Bring photo ID and proof of age. This card provides discounted fares on the Metro bus and rail.

GOING GREEN IN 2019

- *Be like your friends and only take one (1) Senior Activity Calendar per season.
- *Avoid paper clutter. Learn how to find the information you need online!
- *Bring us your old eyeglasses and hearing aids. With help from the Lions Club, we will recycle to help those in need.
- *Recycle paper, bottles & cans.
- *Never litter! Please dispose of garbage properly.



Get information on M-NCPPC for closures, cancellations, and emergencies by text or email. Sign-up today by visiting www.pgparcs.com and click on the icon:



You will need your mobile phone number or an email address and your zip code to complete the registration.

Senior Trip Information

For your information, we have included the mode of transportation provided on our trips. Please note, the type of vehicle is not guaranteed and may change. Here are some of the vehicles we use:

- M-NCPPC Activity bus - medium sized activity bus that seats 12 adults comfortably
- Commission bus - large (27 passenger), white bus
- Charter bus - a private company is contracted to provide a bus (typically 40-50 passengers).



Note: When you see these feet with a trip or activity, there will be a lot of walking.

Trip Refund Policy: Trip refunds will only be available if your registration is replaced by someone on the waiting list.

Sign up for trips at least 2 weeks prior to trip date so we can plan accordingly. A minimum number of trip registrants is required or the trip will be cancelled.

Laurel-Beltsville Senior Activity Center: *CLASSES*

Class Name	Location	Day/Dates	Time	Parks Direct	Fee
Billiards Skills: Level I Ages: 35 & up	Billiards Room	<u>Wed</u> Mar 13 - Apr 17 Mar 13 - Apr 17 (6 weeks)	12:30 - 2 pm 7 - 8:30 pm	27414-246A 27414-246B	\$35 (R); \$46 (NR) \$35 (R); \$46 (NR)
Billiards Skills: Level II Ages: 35 & up	Billiards Room	<u>Thurs</u> Mar 14 - Apr 18 (6 weeks)	7 - 8:30 pm	27414-246C	\$35 (R); \$46 (NR)
Ceramics: Adults, All Levels Ages: 40 & up	Ceramics Room <i>(clay is not included)</i>	<u>Tues</u> Mar 12 - May 14 (10 weeks)	10 am - 2 pm	30403-246A	\$80 (R); \$104 (NR)
Ceramics: Adults, All Levels Ages: 40 & up	Ceramics Room <i>(clay is not included)</i>	<u>Wed</u> Mar 13 - May 15 (10 weeks)	10 am - 2 pm	30403-246B	\$80 (R); \$104 (NR)
Ceramics: Adults, All Levels Ages: 40 & up	Ceramics Room <i>(clay is not included)</i>	<u>Thurs</u> Mar 14 - May 16 (10 weeks)	10 am - 2 pm	30403-246C	\$80 (R); \$104 (NR)
Chair Aerobics Ages: 50 & up 	Multi-purpose Room	<u>Tues & Fri</u> Apr 2 - Apr 26 May 7 - May 31 (4 weeks)	9:30 -10:30 am (Tues) and 12 -1 pm (Fri)	17445-246A 17445-246B	\$50 (R); \$65 (NR) \$50 (R); \$65 (NR)
Chair Yoga Ages: 35 & Up	Multi-purpose Room	<u>Mon</u> Mar 11 - May 13 (10 weeks)	12:00 - 12:45 pm	17658-246A	\$80 (R); \$104(NR)


(R) - Residents of Prince George's County and Montgomery County

(NR) - Non-Residents of Prince George's County and Montgomery County

Laurel-Beltsville Senior Activity Center: *CLASSES*

Class Name	Location	Day/Dates	Time	Barcode	Fee
Computer Skills: Beginning Ages: 40 & up	Computer Room	<u>Mon & Wed</u> Mar 4 - Mar 27 Apr 8 - May 1 May 6 - Jun 3 (4 weeks)	11:30am - 12:30pm 11:30am - 12:30pm 11:30am - 12:30pm	14405-246A 14405-246B 14405-246C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Computer Skills: Level 2 Ages: 40 & up	Computer Room	<u>Tues & Thurs</u> Mar 5 - Mar 28 Apr 9 - May 2 May 7 - May 30 (4 weeks)	11 am - Noon 11 am - Noon 11 am - Noon	14408-246A 14408-246B 14408-246C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Computer Skills: Level 3 Ages: 40 & up	Computer Room	<u>Tues & Thurs</u> Mar 3 - Mar 28 Apr 9 - May 2 May 7 - May 30 (4 weeks)	9:30 - 10:30 am 9:30 - 10:30 am 9:30 - 10:30 am	14416-246A 14416-246B 14416-246C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Drawing: Ages: 40 & up	Fine Arts Room	<u>Thurs</u> Mar 7 - May 23 (12 weeks)	11:15 am - 1:15 pm	30407-246A	\$60 (R); \$78 (NR)
Exercise Senior Fit (Bring floor mat) Ages: 50 & up	Multi-purpose Room	<u>Mon, Wed & Fri</u> Mar 4 - Mar 29 Apr 8 - May 3 May 13 - Jun 7	9 - 10 am 9 - 10 am 9 - 10 am	17435-246A 17435-246B 17435-246C	\$35 (R); \$46(NR) \$35 (R); \$46 (NR) \$35 (R); \$46 (NR)
Exercise Senior Fit (Bring floor mat) Ages: 50 & up	Multi-purpose Room	<u>Mon & Wed</u> Mar 4- Mar 27 Apr 8 - May 1 May 13 - Jun 5	11 am - Noon 11 am - Noon 11 am - Noon	17435-246D 17435-246E 17435-246F	\$30 (R); \$39(NR) \$30 (R); \$39 (NR) \$30 (R); \$39 (NR)
Fitness: Personal Training (group training) Ages: 50 & up	Multi-purpose Room	<u>Thurs</u> Mar 28 - Apr 18 May 02 - May 23 (4 weeks)	9:30 - 10:30 am 9:30 - 10:30 am	17429-246A 17429-246B	\$35 (R); \$46 (NR) \$35 (R); \$46 (NR)

Laurel-Beltsville Senior Activity Center: *CLASSES*

Class Name	Location	Day/Dates	Time	Barcode	Fee
Guitar, Beginning: Adults (with Willie) Must know A, G, E, Em, C & D Chords Ages: 35 & up	Fine Arts Room	<u>Wed</u> Mar 18 - Jun 10 (12 weeks)	6 - 8 pm	23619-246A	\$79 (R); \$103 (NR)
Guitar Beginning: Adults (with Maggie) Ages: 35 & up	Fine Arts Room	<u>Tue</u> Mar 19 - Jun 4 (12 weeks)	4:30 - 6:30 pm	23619-246B	\$79 (R); \$103 (NR)
Guitar Beginning: Adults (with Maggie) Ages: 35 & up	Fine Arts Room	<u>Wed</u> Mar 6 - May 22 (12 weeks)	4:30 - 6:30 pm	23619-246C	\$79 (R); \$103 (NR)
Line Dance: Intermediate Ages: 40 & up	Multi-purpose Room	<u>Mon</u> Mar 11 - May 13 (10 weeks)	6:35 - 7:35 pm	23408-246A	\$50 (R); \$65 (NR)
Line Dance: Beginning Ages: 60 & up	Multi-purpose Room	<u>Tues</u> Mar 12 - May 14 <u>Thurs</u> Mar 14 - May 16 (10 weeks)	11:00 am - Noon 6:30 - 7:30 pm	23501-246A 23501-246B	\$50 (R); \$65 (NR) \$50 (R); \$65 (NR)
MS Windows 10 Ages: 40 & up 	Computer Lab	<u>Mon</u> Mar 4 - Mar 25 Apr 08 - Apr 29 (4 weeks)	4 - 5 pm 4 - 5 pm	14415-246A 14415-246B	\$36 (R); \$47 (NR) \$36 (R); \$47 (NR)
Nutrition & Exercise Ages: 50 & up	Meeting Room	<u>Mon</u> Mar 11- Apr 1 (4 weeks)	12 - 1 pm	17472-246A	\$20 (R); \$26 (NR)

Laurel-Beltsville Senior Activity Center *CLASSES*


Class Name	Location	Day/Dates	Time	Barcode	Fee
Nutrition & Exercise: Eating Right for Your Heart Ages: 50 & up	Meeting Room	<u>Mon</u> Apr 15 - May 6 (4 weeks)	12 - 1 pm	17472-246B	\$20 (R); \$26 (NR)
Painting: Chinese Brush Ages: 40 & up	Fine Arts Room	<u>Wed</u> Mar 6 - May 8 (10 weeks)	9 - 11 am	30410-246A	\$65 (R); \$85 (NR)
Photography: Digital Ages: 40 & up	Fine Arts Room	<u>Wed</u> Mar 13 - May 1 (8 weeks)	11:30 am - 1:00 pm	30415-246A	\$60 (R); \$78 (NR)
Piano: Beginning 1 Beginning 2 Ages: 60 & up	Fine Arts Room	<u>Sat</u> Mar 9 - May 11 Mar 9 - May 11 (10 weeks)	8:30 - 9:20 am 9:30 - 10:20 am	23502-246A 23502-246B	\$75 (R); \$98 (NR) \$75 (R); \$98 (NR)
Piano: Intermediate 1 Intermediate 2 Ages: 60 & up	Fine Arts Room	<u>Sat</u> Mar 9 - May 11 Mar 9 - May 11 (10 weeks)	10:30 - 11:20 am 11:30 - 12:20 pm	23503-246A 23503-246B	\$75 (R); \$98 (NR) \$75 (R); \$98 (NR)
Piano: Advanced Ages: 60 & up	Fine Arts Room	<u>Sat</u> Mar 9 - May 11 (10 weeks)	12:30 - 1:20 pm	23504-246A	\$75 (R); \$98 (NR)
Portuguese Ages: 40 & up	Meeting Room	<u>Tues</u> Mar 13 - May 15 (10 weeks)	7 - 8:30 pm	20426-246A	\$65 (R); \$85 (NR)
Spanish Beginning Ages: 40 & up	Meeting Room	<u>Mon</u> Mar 11 - May 13 <u>Sat</u> Mar 16 - May 18 (10 weeks)	5 - 6:30 pm 9:00 - 10:30 am	20422-246A 20422-246B	\$70 (R); \$91 (NR) \$70 (R); \$91 (NR)

Laurel-Beltsville Senior Activity Center *CLASSES*

Class Name	Location	Day/Dates	Time	Barcode	Fee
Spanish: Intermediate 1	Meeting Room	<u>Tues</u> Mar 12 - May 14	5 - 6:30 pm	20403-246A	\$70 (R); \$91 (NR)
Intermediate 1		<u>Sat</u> Mar 16 - May 18	10:45 am - 12:15 pm	20403-246B	\$70 (R); \$91 (NR)
Intermediate 2		<u>Wed</u> May 13 - May 15 (10 weeks)	5:00 - 6:30 pm	20403-246C	\$70 (R); \$91 (NR)
Ages: 50 & up					
Spanish, Advanced, Conversational	Meeting Room	<u>Thurs</u> Mar 14 - May 16	5:00 - 6:30 pm	20404-246A	\$70 (R); \$91 (NR)
Ages: 40 & up		<u>Sat</u> Mar 16 - May 18 (10 weeks)	12:30 - 2:00 pm	20404-246B	\$70 (R); \$91 (NR)
Tai Chi Intermediate with Mei Yu	Multi-purpose Room	<u>Wed</u> Mar 13 - May 15 (10 weeks)	12:10 - 1:10 pm	17407-246A	\$70 (R); \$91 (NR)
Ages: 40 & up					
Tai Chi Beginner with Mei Yu	Multi-purpose Room	<u>Mon</u> Mar 11 - May 13 (10 weeks)	3 - 4 pm	17407-246B	\$70 (R); \$91 (NR)
Ages: 40 & up					
Watercolor	Fine Arts Room	<u>Thurs</u> Mar 14 - May 30 (12 weeks)	1:20 - 3:20 pm	30501-246A	\$60 (R); \$78 (NR)
Ages: 60 & up					
Work Your Body Circuit Training w/Renee!	Multi-purpose Room	<u>Thurs</u> May 16 (one day only)	12:30 - 1:30 pm	17436-246A	FREE
Ages: 60 & up					



Laurel-Beltsville Senior Activity Center: *CLASSES*

Class Name	Location	Day/Dates	Time	Barcode	Fee
Yoga, All Levels <i>with Theresa</i> Ages: 40 & up	Multi-purpose Room	<u>Tues</u> Mar 12 - May 28 (12 weeks)	7:35 - 8:50 pm	17413 -246A	\$80 (R); \$104(NR)
Yoga, All Levels <i>with Theresa</i> Ages: 40 & up	Multi-purpose Room	<u>Mon</u> Mar 11 - May 27 (12 weeks)	1 - 2:15 pm	17413 -246B	\$80 (R); \$104 (NR)
Restorative Yoga, Beginning <i>with Theresa</i> Ages: 50 & Up	Multi-purpose Room	<u>Wed</u> Mar 13 - May 29 (12 weeks)	1:30 - 2:30 pm	17504 -246A	\$84 (R); \$110 (NR)
Yoga, All Levels <i>with Shelley</i> Ages: 40 & up 	Multi-purpose Room	<u>Thurs</u> Mar 22 - May 31 (12 weeks)	11 am - 12:15 pm	17413 -246C	\$80 (R); \$104 (NR)
Zumba Gold <i>with Maguett</i> Ages: 50 & up	Multi-purpose Room	<u>Mon</u> Mar 12 - Apr 30 (12 weeks)	5:30 - 6:30 pm	17415 -246A	\$70 (R); \$91 (NR)
Zumba Gold <i>with Tyra</i> Ages: 50 & up	Multi-purpose Room	<u>Wed</u> Mar 03 - May 16 (10 weeks)	3 - 4 pm	17415 - 246B	\$65 (R); \$85 (NR)



Laurel-Beltsville Senior Activity Center: AVENUE OF THE ARTS

Raymond “Rob” Robinson

“Eclectic Art”

Rob’s Exhibit continues on display through April 4.

The Art of Kimeko Robinson

“The Grace of Movement”

Dance series exhibit on display
April 8 - June 6

Artist’s reception
Monday, April 8, 2019 at 7 - 8 pm

FREE Workshops: TECH TALKS

Friday, March 8

11:00 am - 12:30 pm

On-line Shopping

Familiarize yourself with how to shop online. This will cover common shopping websites, how to make purchases online, and how to protect your information while making purchases online.

Friday, March 22

11:00 am - 12:30 pm

Computer Q & A

Bring your computer related questions and we’ll supply the answers.

Friday, April 12

11:00 am - 12:30 pm

Smart Devices

Learn how to use your new technology! This free workshop will:

- * Teach you how to use your smartphone.
- * Teach you how to use your tablet.
- * Teach you how to use your digital camera.



Friday, April 26

11:00 am - 12:30 pm

How to Use Rec Track

Learn how to use the new online registration system, Parks Direct. Save yourself time and learn how to register online for M-NCPPC classes and trips. Not sure how to find the information you need at pgparks.com? We will show you how!

Friday, May 17

11:00 am - 12:30 pm

Using an Apple iPhone or iPad

A special version of our popular Smart Devices Tech Talk focused on Apple iPhones and iPads.

**Sign up at the center front lobby!
Classes are held in the computer lab.**

Laurel-Beltsville Senior Activity Center: *BOOK CLUB*



Spring 2019 Book Club

Club meets 2nd and 4th Fridays from 2 - 4 pm

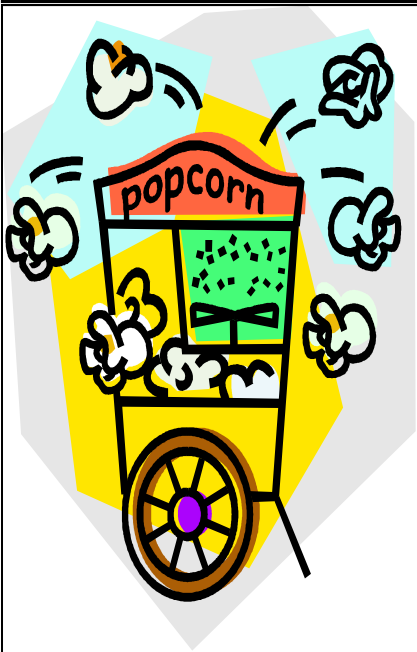
March - *An American Marriage* by Tayori Jones. Newlyweds Celestial and Ray are the embodiment of the American dream and the new South. He is a young executive and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together they are ripped apart by circumstances neither could have imagined. This novel is a deft exploration of love, loyalty, race, justice, and black masculinity and black womanhood in 21st century America.

April - *A Man Called Ove* by Fredrik Backman. This novel, set in Sweden, tells the story of a grumpy yet loveable man who finds his solitary world turned on its head when a boisterous neighbor moves next door. Meet Ove. He is a curmudgeon, the kind of man who points at people he dislikes as if they are burglars caught outside his bedroom window. Behind his really cranky exterior is a story and a sadness.

May - *Chasing Space* by Leland Melvin. When former Detroit Lion player, Leland Melvin's football career was cut short by an injury, Leland didn't waste time mourning his broken dream. Instead, he found a new one - something that was completely out of this world. He joined NASA, braved an injury that nearly left him permanently deaf and still managed the courage and resolve to travel to space on the shuttle Atlantis to help build The International Space Station. His problem-solving methods and can-do attitude turned his impossible-seeming dream into reality.

Laurel-Beltsville Senior Activity Center: *MOVIES*

Catch a Movie with Us!



<i>Crazy Rich Asians</i>	Thursday, March 14	9:30 -11:30 am
<i>The Old Man and the Gun</i>	Thursday, March 28	9:30 -11:30 am
<i>First Man</i>	Thursday, April 11	9:30 -11:30 am
<i>Won't You Be My Neighbor</i>	Thursday, April 25	9:30 -11:30 am
<i>Green Book</i>	Thursday, May 9	9:30 -11:30 am
<i>Creed 2</i>	Thursday, May 23	9:30 -11:30 am

Laurel-Beltsville Senior Activity Center: *TRIPS*

National Law Enforcement Museum

\$17 (R); \$23 (NR)

Parks Direct Trip Code: LBSAC20190321



March 21, 2019

9:00 am - 4:00 pm

The museum introduces visitors to the proud history and many facets of American law enforcement in an experience you won't find anywhere else. The "walk in the shoes" experience lets visitors learn what it's like to be a law enforcement officer through innovative and engaging exhibits, artifacts and programs. Fee includes transportation aboard the M-NCPPC activity bus and admission to the museum. Lunch will be in the museum at your own expense. Pre-registration for this trip is required by March 14.

Newseum Experience

\$34 (R); \$45 (NR)

Parks Direct Trip Code: LBSAC20190408



Monday, April 8

9 am - 3:30 pm

Come and explore the story of news, the role of free press in major events in history, and how the core freedoms of the First Amendment- religion, speech, press, assembly and petition - apply to American lives. Considered one of the most interactive museums in the world, the Newseum has seven levels with 15 galleries and 15 theaters. Cost includes admission to the museum and transportation aboard an M-NCPPC bus. Lunch will be at the museum's café at your own expense. Pre-registration for this trip is required by April 1.

Seniors on Stage

Bowie Center for the Performing Arts

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

PARKS DIRECT # SPD-SPEC-GA-20190417

Wednesday, April 17

9 am - 3:30 pm

Come and hear some of our very own talented Prince George's County seniors from past Seniors on Stage shows as they sing some of the favorite songs! Register early as this very popular show will fill very fast! Limited transportation is provided from the center. You must first register in PARKS DIRECT and then sign up for transportation at the center. Transportation is limited and offered on a first come first serve basis. Transportation will depart at 9 am and return at 3:30 pm following lunch at your own expense at a local restaurant. Average menu prices: \$12 and up. Pre-registration for this trip is required by April 10.

Museum of the Bible

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

Parks Direct Trip Code: LBSAC20190424

Wednesday, April 24

8:30 am - 4 pm

Immerse yourself in this state-of-the-art museum sharing the history, narrative, and impact of the Bible. Explore the 430,000-square-foot museum featuring 1,150 items, as well as over 2,000 items on loan from other institutions and collections. Enjoy lunch in the museum at one of their two restaurants, cost at your own expense. Cost includes entrance to the museum and transportation aboard a M-NCPPC bus. Pre-registration for this trip is required by April 17.

Laurel-Beltsville Senior Activity Center: TRIPS

Dallas Black Dance Theater at Publick Pla

\$25 (R); 32 (NR)

PARKS DIRECT# LBSAC-20190426

The incredible Dallas Black Dance Theatre is back with a new program of modern, jazz, and spiritual dance by celebrated choreographers planned especially for the "Sassy Seniors" of the Publick Playhouse. Transportation aboard a M-NCPPC bus. Lunch will be at your own expense at a local restaurant. Pre-registration for this trip is required by April 19.

Friday, April 26

10 am – 2:30 pm

Arena Stage “Jubilee”

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

Parks Direct Trip Code: LBSAC20190502

Come join us for a spectacular showing at Arena Stage. The world-renowned Fisk Jubilee Singers shattered racial barriers in the U.S. and abroad, entertaining kings and queens. Lunch will be at a local restaurant prior to the performance, cost is at your own expense. Transportation is aboard the Commission Bus. Pre-registration for this trip is required by April 25.

Thursday, May 2

9:00 am - 4:00 pm

Spirit of Baltimore

\$72 (R); \$94 (NR)

Parks Direct Trip Code: LBSAC20190516

Baltimore cruise, DJ, and buffet! Can it get any better? Relish the outdoors with us on the Spirit of Baltimore's Senior Lunch Cruise. This will be an afternoon of entertainment on the Inner Harbor. Enjoy a bountiful lunch buffet backed by wonderful views of the Baltimore skyline with deck games, and throwback tunes everyone will love. Fee includes transportation aboard the Commission bus and admission. Pre-registration is required by May 9.

Thursday, May 16

4:30 pm - 10:30 pm

National Harbor

\$29 (R); \$38 (NR)

Parks Direct Trip Code: LBSAC20190522

Take a stroll along the riverfront, visit shops including the new Tanger Outlets, and have lunch at one of the many fine restaurants at your own expense available in the area. Fee includes transportation aboard the M-NCPPC activity bus and admission to the Capitol Wheel. Pre-registration for this trip is required by May 15.



Wednesday, May 22

10:00 am - 4pm

Bowie Baysox

Publick Playhouse, Hyattsville, MD

\$30 (R); 39 (NR)

PARKS DIRECT# LBSAC-20190530

Take me out to the ballgame! Revel in great minor league action with the Bowie Baysox. Feast on a delicious two-hour lunch buffet and bingo in the Diamond View Restaurant overlooking home plate. Start your field of dreams by signing up for this fun excursion of connecting with friends and enjoying the outdoors. Transportation aboard the M-NCPPC activity bus. Fee includes transportation, admission & lunch. Pre-registration for this trip is required by May 23.

Thursday, May 30

10 am – 2:30 pm

Laurel-Beltsville Senior Activity Center: *SPECIAL EVENTS*

Musical Performance

Wednesday, March 20

FREE

1 – 2 pm

Come and enjoy some sweet sounds from Karen Lovejoy. Her “Tribute to Nat King Cole” performance will take you back to the “good ole days”. Sign up at the center lobby.

Casino Day

Friday, April 5

\$5 (R); \$7 (NR)

1 - 3 pm

Parks Direct Code: LBSAC-SPEC-GA-20190405

MGM and Maryland Live have nothing on the Casino Day at LBSAC! Well, maybe they do, but come and join us for some fun-filled casino-based games, refreshments, and relive the casino experience. Register at the front desk or online at www.pgparcs.com.

Earth Day Event

Monday, April 22

Free

12 - 1 pm

Come and shred! Shred! Shred! Take advantage of this wonderful opportunity to de-clutter. You can safely dispose of old bank statements, tax returns, credit card applications and other personal documents. Sign up at the center lobby.

Musical Performance

Thursday, April 25

FREE

1 - 2 pm

Time for some toe-tapping and hand-clapping! Enjoy the soothing sounds of ragtime pianist Eric Abrahamson . Sign up at the center lobby.

Paint & Sip

Thursday, May 9

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

5:30 pm- 7:30 pm

Parks Direct Code: LBSAC-SPEC-GA-20190509

Time to paint and sip. A Paint and Sip combines the fun and relaxation of a party with the challenge of a class! Guided by an artist, you will work at individual easels, while you sip Sparkling Cider, to create a beautiful masterpiece that is suitable for framing. Register early, spaces are limited.

Senior Health and Fitness Day

Wednesday, May 22

Sports and Learning Complex, Landover

9 am - 2 pm

Free

In celebration of “Older Americans Month”, the Annual Senior Health & Fitness Day draws more than 1200 seniors from around the county. Fitness classes and activities, health screenings, vendors, and more! This fun event promotes health and wellness for seniors 60 & better at this premier fitness facility. ***Limited transportation is provided from the center. You must sign up for transportation at the center. Transportation is limited and offered on a first come first serve basis.***

Laurel-Beltsville Senior Activity Center: *EDUCATIONAL WORKSHOPS*

Fraud Awareness Seminar



Wednesday, March 6

Free
The Juanita C. Grant Foundation (JCGF) and M-NCPPC join together to present riveting conversations with local and federal law enforcement, community banks and cybersecurity firms on what we all need to know about fraudulent schemes aimed at the 50+ community. Hear insightful recommendations to help you avoid fraud and abuse. Sign up at the center lobby.

9:30 am - 11:30 am

What's New with Taxes



Monday, March 11

Free
Join Tax Pros from H&R Block to hear highlights of how the Tax Cuts and Jobs Act may affect you. Each participant will receive a Tax Prep planning check sheet to help you get set for completing your tax return. Sign up at the center lobby.

10 am - 11 am

Spring Cleaning: Review & Refresh!

Free
Judy Tiger, local organizer and owner of Just That Simple, will share tips for welcoming Spring - what to do with papers, closets, pantries, and all the rest! Don't miss this energizing and comforting start to the season. Sign up at the center lobby.

Friday, March 15

10 am - 11:30 am

Balance Assessment



Monday, March 18

Free
The Physical Therapists from Chesapeake Bay Aquatic Physical Therapy will help you learn how to avoid falls and improve your balance. During the workshop you will have an individual assessment of balance and falls risk. All participants will receive a home exercise program for preventing future falls. Sign up in the center lobby.

9:30 am - 10:30 am

5 @ 55!

Wednesday, March 20

Free
A knowledgeable lawyer from Byrd and Byrd, LLC, will explain why it is important to plan now for unavoidable life events and inform you of the 5 legal documents you should have in place, so you and your loved ones can avoid nasty and costly surprises. Sign up at the center lobby.

10:00 am - 11:00 am

Medicare Advantage vs. MediGap ?



Monday, March 25

Free
The Prince George's County Aging and Disability Resource Center's SHIP will be presenting a workshop on navigating the differences between Medicare Advantage and Medigap (supplemental) plans. This workshop will help to provide resources and information on your Medicare questions. In addition, the class will discuss subsidy programs and how to qualify. Sign up at the center lobby.

10:00 am - 11:00 am

Laurel-Beltsville Senior Activity Center: *EDUCATIONAL WORKSHOPS*

Nine Things Seniors Should Know About Funerals

Free



Wednesday, April 3

10:30 am - 11:30 am

Lincoln Heritage Insurance will share information on how to avoid funeral fraud and providing guidance on how you can make informed decisions when planning for your final expenses. Each participant will receive a booklet in which they can record their final wishes and share with their loved ones. Light refreshments will be provided. Sign up at the center lobby.

MedNovate

Free

Monday, April 8

10:30 am - 11:30 am

Take advantage of this opportunity to learn about the MedNovate program which allows you, at no cost, to speak one-on-one with a Pharmacist and get additional information on your medicines. Sign up at the center lobby.



Creative Doodling Artwork

Free

Friday, April 19

10:00 am - 11:00 am

This program is for the non-artist. Certified Mindfulness and Meditation Instructor, Kris Mahan will explain this unique way to make beautiful art through doodling. Engaging in this form of Artwork has been shown to provide benefits of: relaxation, relief from stress and overthinking, improved sleep, and more! If you want to learn to doodle or take your doodling to a new level, and turn it into Artwork, then this program is for you. Sign up in the center lobby.

AARP Jobs Workshop & Networking

Free



Wednesday, April 24

10:30 am - 2 pm

AARP Foundation brings its Jobs & Network Workshop to LBSAC. Learn how to find jobs online, effectively network and ace the interview to get the job you want. Enjoy light refreshments! Sign up will be directly with AARP by phone or on-line; watch for notices at the Center lobby.

Senior Law Day

Free

Wednesday, May 1

By Appointment

Don't miss this opportunity to complete your Health Care Directive (Medical Power of Attorney). See Center Office Staff to sign up and collect the necessary paperwork to be completed in advance of your appointment.

UM Laurel Medical Center Update

Free



Monday, May 6

10:00 am - 11:30 am

Join us for an informational session as University of Maryland Laurel Medical Center, formerly UM Laurel Regional Hospital shares information on their services, campus offerings and more. Sign up in the center lobby.

Prince George's County Memorial Library at Laurel

Free



Monday, May 20

10:00 am - 11:00 am

Join one of the Librarians to learn about services and programs available in-person and on-line through the Laurel Branch of the Library. Sign up in the center lobby.

Wellness on Wheels Mobile Health Clinic



Free Health Services

Thursday, March 7	9 am - 12 Noon
Thursday, April 4	9 am - 12 Noon
Thursday, May 9	9 am - 12 Noon

A collaboration between the Prince George's County Health Department and Doctors Community Hospital, Wellness on Wheels or W.O.W. is a mobile clinic that travels to various locations in the area and provides **FREE** services to help you maintain or improve your health.

Wellness on Wheels is staffed by a team of experienced and compassionate healthcare professionals. They provide a wide range of services to people ages 18 and older.

Services provided include:

- + **Diabetes screenings**
- + **Cholesterol screenings**
- + **Blood pressure screenings**
- + **Medication reviews and education**



Special Groups & Club Meetings

AARP Driver's Safety Course

Thursday, Mar 21, Apr 18, May 16

\$15/AARP Members; \$20/AARP Non-Members

9:30 am - 3 pm

Tune up your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes. Reduce your traffic violations, crashes, and chances for injuries. Drive more safely. You may get an insurance discount. Fee is to be paid by check or money order only made payable to AARP. Bring AARP card or number. Lunch* break on your own. Class is limited to 15 students. Sign up in the center lobby. Instructor: Makeda.

*If you want to purchase lunch at the center, please call the kitchen staff at 301-206-3368 by the Tuesday before class to reserve your lunch.

Loving Hands Comfort Blankets

2nd and 4th Tuesdays of the month

Free

11 am - 1 pm

Help crochet comfort blankets that are given to breast cancer patients. All materials and instructions are provided; however, you must have the basic knowledge of how to crochet.

ACTIVITY	DAY	TIME	FEE
Chess Drop-In	Thursday	2 - 7 pm	FREE with ID
Chess Club: Join the Chess Club! Share and learn new chess moves.	Thursday	6:30 - 8:45 pm	FREE with ID
Bid Whist: Time for some bid whist!	Tuesday & Friday	11 - 4:00 pm	FREE with ID
Bridge: Bridge anyone?	Monday & Friday	1 - 4:30 pm	FREE with ID
Fan Tan	4th Wednesday	12:10 - 3:50 pm	FREE with ID
Photo Club: Bring your pictures to share.	4th Friday	10- 11:30 am	FREE with ID

Laurel Senior Friendship Club (LSFC)

General Membership Meeting	2nd Wednesday	10:30 am - 1:30 pm
Bingo	Every Tuesday	12 noon - 3 pm
New Member Orientation Program	Call LSFC office at 301-206-3380 for details.	Call LSFC office at 301-206-3380 for orientation dates and times.
Exec/Chairpersons Meetings	1st Wednesday	9 am - 1 pm
Crochet Club	Every Monday	11:30 am - 12:30 pm

National Active and Retired Federal Employees (NARFE)

Monthly Chapter Meeting (lunch or refreshments served depending on month)	1st Wednesday	1 - 3 pm
Officers Board Meeting	Last Friday	10 am - 12 noon

Coffee and Cops for Seniors

General Meeting	1st Thursday of the Month	1 - 3pm
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Laurel-Beltsville Senior Activity Center: Information Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	1-800-633-4227
Call-A-Bus	301-499-8603
Call-A-Bus (City of Laurel)	301-498-3384

Senior Nutrition (Lunch) Program

Lunch is offered Monday through Friday from 11:30am -12:30pm, featuring a healthy, hot, well-balanced meal by the Prince George's County, Department of Family Services. Seniors who are 60 & better can reserve a meal by contacting the Nutrition Manager, Rene Marshall at (301) 206-3368; by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475. The suggested donation is \$3.00. If you need to cancel your meal, please do so at least 2 days in advance with Rene, the Nutrition Manager at 301-206-3368. **Note:** There will be no lunch program when *Prince George's County schools* have a two hour delayed opening or closed due to inclement weather conditions.

For Your Information

Moved? Number changed?

From time to time, please stop at the reception desk and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Membership Card

Come and get your M-NCPPC Senior ID membership card to join the center. Your card is good for one year from the date you receive it. Remember to update it each year! Visit the reception desk for more information.

Refund Policy

Class and activity refunds are subject to a 20% handling fee and must be requested in writing. **Trip refunds will only be available if your registration is replaced by someone on the wait list.** If you must cancel your reservation, please contact the center staff as soon as possible or call 301-206-3350.

Disability Accommodations

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

Inclement Weather Policy and Closures

Get up to date information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.com and click on PG Parks alerts. You will need a mobile phone or an email address and your zip code to complete the registration.