

## ***FALL 2018 CALENDAR***



### ***SEPTEMBER, OCTOBER and NOVEMBER 2019***

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

Please note the center will be closed on: **Monday, September 2**  
**Monday, November 11**  
**Thursday, November 28**  
**Friday, November 29**

### **Fall Registration**

- Registration begins Monday, August 12 for Residents.
  - Note: On August 12 ONLY, we will open at 7 am for Registration.
- Registration begins August 19 for Non-residents.
- Classes/Trips – Sign up early, trips fill on a first come, first serve basis.
- Don't Wait and Be Too Late! Register at least one week prior to the class/trip start date! A minimum number of registrants are required for programs to be held.
- See refund policy on the next 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. Based on income and family size, fee reduction may be available. Visit our website or ask center staff for details.

4009 Wallace Road • North Brentwood, Maryland 20722

Phone: 301-699-1238

Fax: 301-699-2078

TTY: 301-699-2544

# Gwendolyn Britt Senior Activity Center Important Information

## Our Refund Policy:

1. 100% refunds are issued when M-NCPPC cancels an activity.
2. All other refunds are subject to a 20% withdrawal fee except for within 24 hours of the original registration date.
3. Withdrawal from an activity may be processed at any facility or online **AT LEAST 7 DAYS PRIOR** to the activity start date.
4. Withdrawal from an activity must be processed at the offering facility if **WITHIN 7 DAYS** of the activity start date.
5. Refunds **MUST** be requested **prior** to the end of the course. Refunds will **NOT** be issued once the course has ended.
6. Refunds for trip withdrawals will be issued only if the spot can be resold.
7. Credits nor refunds will be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. Refunds may be immediately credited to your PARKS DIRECT account or be issued per original method of payment: As a credit on your 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 Information:

For your information, we have included the type of vehicle provided on a trip. Please note, this may change if necessary. Here are the vehicles we use:

M-NCPPC Activity Bus – 15 passenger small tan activity bus

Commission Bus – Large 27 passenger white bus

Motor Coach Bus – 40-50 passenger bus with restroom

- \* Following all trips, patrons will be asked to complete a trip evaluation.
- \* Trip refunds are not available unless your registration can be filled with someone from the waiting list.
- \* All trip registrants are expected to return with the group to the center.



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

# Gwendolyn Britt Senior Activity Center Information



## KEEPING IT GREEN IN 2019

1. Be like your friends and only take 1 Senior Activity Calendar per season.
2. Avoid paper clutter. Learn how to find the information you need online! Check out our free classes.
3. Recycle paper, bottles & cans. Never litter! Please dispose of garbage properly.



## **NO SMOKING POLICY**

In accordance to Maryland State Law, effective June 30, 2016, there will be **NO SMOKING** on **M-NCPPC property**. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.

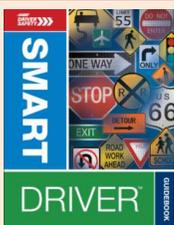


## **WMATA Senior SmarTrip Cards**

WMATA Senior SmarTrip cards are sold at the Center.

Purchaser must be at least **65 years of age** with a government issued photo ID.

Cost of the card is \$2. See the front desk staff to make your purchase.



## **AARP Smart-Driver Courses**

**Thursday, September 12**                      **10 am - 3 pm**

**Thursday, October 3**                         **10 am - 3 pm**

**Thursday, November 7**                      **10 am - 3 pm**

Tune up your driving skills and update your knowledge about rules of the road. Learn about normal age related physical changes, and how to adjust your driving to allow for these changes. Contact Ted Peterkin at (240) 603-2950 to register and pay for the course. Lunch is available for a nominal fee. Please reserve your lunch by contacting Ms. Lewis at (301) 277-4231 at least 3 days prior to class.

# Gwendolyn Britt Senior Activity Center: Classes

Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Sep 4 – Sep 25	10 am-11 am	23501-530A	\$21(R); \$26(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Oct 9 – Oct 30	10 am-11 am	23501-530B	\$21(R); \$26(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Nov 6 – Nov 27	10 am-11 am	23501-530C	\$21(R); \$26(NR)
Computer Workshop	Computer Lab	<b>Learn how to use RecTrac at home. Call the Center to schedule day and time at the Center.</b>			Free
Senior Shape Exercise Class Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u>Tues and Thurs</u> Sep 3 – Sep 26 Oct 8 – Oct 31 Nov 5 – Nov 26	10:30 am –11:20 am		Free

## Gwendolyn Britt Senior Activity Center: Short Story Book Club

READING IS FUN

Join us every 3<sup>rd</sup> Monday from 1 pm-2 pm to discuss the short story of the month! Put on your seatbelt for lively discussions. For more information, please contact the center.

**September 16**      *My Turn*      **By: Barbara Jeanne Fisher**

I got lost walking home from kindergarten on a stormy, raining, cold day. I was so scared. A very kind lady was letting her puppy out and saw me crying. I tearfully told her my name and where I lived, which was only a street way, but to a five-year old it seemed as if I was at the ...

**October 21**      *The Song in You*      **By: LaDonna Gatlin**

Back in the summer of 1976, in Nashville, Tennessee, I came to a crossroads in my life, and I had a decision to make. Should I stay with my brothers, the Gatlin Brothers, and sing their country music – or follow God’s leading in my heart and sign a different song? Although the prospect ...

**November 18**      *Flying a Kite*      **By: Amar Jyoti**

Her skin was the color of rich, hot chocolate and her brown eyes twinkled with intelligence and humor. Her name was Michelle and she spent her days in a purple wheelchair because she had been born with cerebral palsy. She rolled into my classroom – and my heart – when she was...

## SEPTEMBER 2019



**Bon Appetite, Mike's Crab House**  
**\$15 (R); \$20 (NR)**

**Friday, September 6**  
**10 am - 3 pm**

**PARKS DIRECT code: GBSAC-20190906**

Established in 1958, Mike's Crab House brings you a mouth-watering waterfront dining experience on the banks of the beautiful South River. We proudly serve our crabs in the finest Chesapeake Bay Tradition for your dining pleasure. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.



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

**Tuesday, September 10**  
**10:30 am - 2 pm**

**PARKS DIRECT code: GBSAC-20190910**

Rinaldi Riverdale Bowl is a 32-lane center located in Riverdale Park, Maryland. Our bowling business, started by my father and I have been family-owned and operated for over 50 years. Whether you are a serious bowler, or just want to relax on the lanes with friends, you are welcome to join us! Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.



**Active Aging Week Activity - The Senior Price Is Right – “Come on Down”**

**FREE**

**Tuesday, September 24**

**PARKS DIRECT: Code 26501-530A**

**12:30 - 1:30 pm**

This is a fun game played by seniors! If the number on your ticket is called (four participants), you can “COME ON DOWN” and play. If you are one of the chosen participants that selects the correct item from a list - you get to choose a numbered box and guess the price of the item. Guess within \$3 and the item is yours!



**The Birchmere – “Stylistics”**

**Sunday, September 29**

**\$78 (R) \$102 (NR)**

**5 - 11 pm**

**PARKS DIRECT code: GBSAC-20190929**

During the early '70s, the Stylistic had 12 straight Top Ten hits, including "You Are Everything," "Betcha by Golly, Wow," "I'm Stone in Love With You," "Break Up to Make Up," and "You Make Me Feel Brand New." The Stylistics was one of the smoothest and sweetest soul groups of their era and the most successful soul groups of the 70's. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

# Gwendolyn Britt Senior Activity Center: Trips

## OCTOBER 2019



### Westminster DC Jazz Night

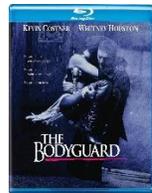
**\$15 (R); \$20 (NR)**

**PARKS DIRECT code: GBSAC-20191004**

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. Meal is available onsite by South West Catering Café from 5:30-8p at your own expense. Entrance fee included. Transportation is aboard an M-NCPPC activity bus.

**Friday, October 4**

**4:30 - 10 pm**



### Toby's – The Bodyguard

**\$85 (R); \$111 (NR)**

**PARKS DIRECT code: GBSAC-20191010**

Based on the Warner Brothers film starring Whitney Houston and Kevin Costner, The Bodyguard features a score filled with Ms. Houston's greatest hits including: "I Will Always Love You," "I'm Every Woman," "Saving All My Love," "How Will I Know," "I Wanna Dance With Somebody" ... and the list goes on and on! A bountiful buffet and make-your-own-sundae bar is included in the fee. Transportation is aboard an M-NCPPC activity bus.

**Thursday, October 10**

**5 - 11 pm**



### Bon Appetite: Cracker Barrel

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

**PARKS DIRECT code: GBSAC-20191018**

It starts with quality food served with care and friendly service. We are dedicated to pleasing people and treating our guests and staff like family. Maybe that's why, for over 45 years, millions of folks have trusted Cracker Barrel as a home-away-from-home where they can get a warm, comforting meal. It is a trust we take seriously and couldn't be more grateful for. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Friday, October 18**

**10 am - 3 pm**

### Thrift Store Shopping

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

**PARKS DIRECT code: GBSAC-20191022**

Everybody loves a great bargain. Find the best deals on a trip to local thrift shops. Shopping and meal are at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Tuesday, October 22**

**10 am - 3 pm**

# Gwendolyn Britt Senior Activity Center: Trips

## NOVEMBER 2019

### Ripley's Believe It Or Not Museum

\$37 (R); \$49 (NR)

**PARKS DIRECT code: GBSAC-20191105**

This journey started with one man, Robert Ripley a wildly successful and eccentric character who rose to fame. Robert Ripley traveled the world in search of more bizarre stories and while visiting relatively unknown areas, he picked up a slew of unbelievable souvenirs that became fixtures in several of Ripley's museums. All included in the price of this adventure are the Odditorium Tour, 4D Moving Theatre, The Marvelous Mirror Maze and a Scavenger Hunt so you can take home pictures to remember this great time. Meal is at your own expense at the Baltimore Harbor. Transportation is aboard an M-NCPPC activity bus.

Tuesday, November 5

10 am - 3 pm

### Bon Appetite: Fish Market

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

**PARKS DIRECT code: GBSAC-20191115**

The Fish Market serves only the freshest catches from waters near, far and everywhere in between. Seafood is our passion, freshness is our mission, and quality is our commitment. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, November 15

10 am - 3 pm

### Bowling

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

**PARKS DIRECT code: GBSAC-20191119**

Rinaldi Riverdale Bowl is a 32-lane center located in Riverdale Park, Maryland. Our bowling business, started by my father and I have been family-owned and operated for over 50 years. Whether you are a serious bowler, or just want to relax on the lanes with friends, you are welcome to join us! Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.



Tuesday, November 19

10:30 am - 2 pm



# Gwendolyn Britt Senior Activity Center: Special Events



## National Telephone Tuesday FREE

Tuesday, September 3  
12:30 - 1:15 pm

Who made the first telephone? What are the most modern day uses of the telephone? Who has the oldest telephone? Who has the newest telephone? Fun facts about the telephone you may not know. Sign up at the front desk.

## National Chicken Day \$10 (R); \$13 (NR)

Friday, September 20  
10:30 am -12 noon

**PARKS DIRECT code: GBSAC-20190920**

Chicken can be cooked in sooooo many different ways!! Come out n taste a few and enjoy the sounds of The Tribe Band! You must register for this event.



## Madhatter Day FREE

Friday, October 11  
10:30 - 11:30 am

Bring a hat that lets your silliness out! Make your hat an original designed by you... 1st, 2nd and 3rd place winners. Sign up at the front desk

## Senior Halloween Trick & Treat \$10 (R), \$13 (NR)

Thursday, October 31  
12:30 - 2 pm

**PARKS DIRECT code: GBSAC-20191031**

Join us and get your “Trick & Treat” on! You will be mesmerized by the “Amazing Josini Magic Show” and receive senior treats. You must register for this event.



## Jersey Friday FREE

Friday, November 1  
10:30 - 11:30 am

Express your fandom for your favorite professional players on Jersey Friday! Every weekend during the fall, football fever sweeps the nation, from youth leagues to the professional ranks. Bring some facts about your team. Sign up at the front desk

## National Cake Day \$5 (R), \$7 (NR)

Tuesday, November 26  
12:30 - 1:30 pm

**PARKS DIRECT code: GBSAC-20191126**

On this day, we celebrate one of the world’s favorite desserts—cake. The cake we know and love today evolved from early leavened breads, which were sweetened with honey, fruit, and nuts. Did you know that the word “cake” means a baked flour confection? Whether you prefer vanilla, chocolate, red velvet, or even the pineapple-upside-down variety, grab a taste of your favorite cake to celebrate this delicious day! Happy National Cake Day! You must register for this event.

# Gwendolyn Britt Senior Activity Center: Weekly Activities

Activity	Day/Dates	Time	Fee
Short Story Book Club	3rd Mondays	1 pm-2 pm	Free
Let's Talk	Mondays	1 pm-2 pm	Free
Arts and Crafts	Thursdays	12:30 pm-1:30 pm	Free
Inspirational Hour	Wednesdays	11 am-12 pm	Free
Seasoned Players Practice	4 <sup>th</sup> Fridays	12 pm-2 pm	Free
Blood Pressure Sponsored by the NIH Heart Center at Suburban Hospital	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays	11:20 am-12 pm	Free
Tai Chi Sponsored by the NIH Heart Center at Suburban Hospital	Wednesdays	12 pm-1 pm	Free



## FANTASTIC FRIDAY MOVIE DAYS

Sign up at the front desk. Movies are subject to change!

Friday, September 20	<i>Aladdin</i>	10:30 am - 12:30 pm
Friday October 25	<i>Breakthrough</i>	10:30 am - 12:30 pm
Friday, November 15	<i>Little</i>	10:30 am - 12:30 pm

## Computer Lab

Our computer lab is available for you to come and use to check your email, play a computer game, or refine your computer skills!

### The computer lab is open:

Mondays	9 am – 12 pm
Wednesdays	9 am – 10 am
Thursdays	9 am – 10 am
Fridays	9 am – 12 pm

Note the following dates and times **the computer lab is closed** due to center activities:

Mondays	12:30 - 3:30 pm
Tuesdays	ALL DAY
Wednesday	10 am - 3:30 pm
Thursday	10 am - 3:30 pm
Fridays	12 noon - 3:30 pm

# Gwendolyn Britt Senior Activity Center: Health and Wellness Workshops

Please sign up at the front desk so we can plan accordingly!

## Living Assistance

**FREE**

**Friday, September 13**

**11 am - 12 noon**

Living Assistance services is provided for seniors and persons recovering from illness and surgery which allows them to maintain their independence and recover in the comfort of their home. Also, participants are encouraged to ask questions. In addition, we will raffle off a gift to those who attend. This sessions is sponsored by Visiting Angels.

## The Invisible Shield

**FREE**

**Monday, September 30**

**11 am - 12 noon**

Did you know there are four recommended vaccinations for adults over the age of 60 and six for those over the age of 65? How well are you protected from illnesses such as the flu, pneumonia, and shingles? This session is sponsored by Suburban Hospital. Vaccinations will not be given. Sign up at the front desk.

## Understanding Alzheimer's & Dementia

**FREE**

**Monday, October 7**

**11 am – 12 noon**

Alzheimer's disease is **not** a normal part of aging. If you or someone you know is experiencing a decline in mental ability, it's time to learn the facts. Delivered by the Alzheimer's Association, this program will include information on detection, causes and risk factors, stages of the disease, treatment, and much more, including the difference between dementia and Alzheimer's. This session is sponsored by Suburban Hospital. Sign up at the front desk.

## REAL ID

**FREE**

**Thursday, October 17**

**11 am – 12 noon**

REAL ID is a piece of federal legislation that establishes security standards for all driver's licenses and ID cards. After October 1, 2020, you will be required to have a REAL ID compliant driver's license or ID card in order to use your driver's license or ID card to board commercial aircraft for domestic flights or to gain access to federal facilities. This session is sponsored by MDOT MVA. Sign up at the front desk.

## Healthy Holiday Eating

**FREE**

**Monday, November 18**

**11 am – 12 noon**

The holidays can be a stressful time of the year. Sometimes making healthy decisions is put off until the New Year. A nutritionist from Giant Food will share shopping and eating tips to help you maintain your nutrition goals during the holiday season. This session is sponsored by Suburban Hospital. Sign up at the front desk.

Today, do one little thing to  
take better care of yourself

*...then repeat tomorrow*

# Gwendolyn Britt Senior Activity Center Corner



## 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 Senior Nutrition Program is offered Monday through Friday featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager, Cecilia Lewis at 301-277-4231 or by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475.

You must register at least one day in advance.

The suggested donation is \$3.00. If you need to cancel your meal, please do so at least two (2) days in advance with Nutrition Manager Cecilia Lewis, at 301-277-4231. Please bring exact change to cover your donation.

**Note:** There will be no lunch program when Prince George's County schools have a delayed opening or closed due to inclement weather conditions.

**Reminder:** Lunch is subject to change depending on the Aging Services Division Office schedule.

## FOR YOUR INFORMATION

### Moved? Number changed? Update Your Information

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

### Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors, here at the Gwendolyn Britt Senior Activity Center? If so, give us a call at (301) 699-1238.

### Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. If you must cancel your reservation, please contact the center as soon as possible at 301-699-1238.

## 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.pgparcs.com](http://www.pgparcs.com) today!

## 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.