



# July

Mon	Tues	Wed	Thurs	Fri
<b>1</b> <u>KiloMEETers:</u> Tucker Road Community Center	<b>2</b> <u>Bowling @ AMF</u> Lanes Marlow Heights Lanes ----- <u>Water Walkers</u> Fairland Aquatics Center	<b>3</b> <u>Swimming</u> Linson Splash Park	<b>4</b> Fourth of July	<b>5</b> <u>Drum-N-Tone</u> Camp Springs Senior Activity Center
<b>8</b> <u>KiloMEETers:</u> Fairlands Regional Park	<b>9</b> <u>Water Walkers</u> Fairland Aquatics Center	<b>10</b> <u>Swimming</u> Linson Splash Park	<b>11</b> <u>Gaming Club</u> Deerfield Run Community Center	<b>12</b> <u>Drum-N-Tone</u> Camp Springs Senior Activity Center
<b>15</b> <u>KiloMEETers:</u> Watkins Regional Park	<b>16</b> <u>Water Walkers</u> Fairland Aquatics Center	<b>17</b> <u>Swimming</u> Linson Splash Park	<b>18</b> <u>Gaming Club</u> Deerfield Run Community Center	<b>19</b> <u>Drum-N-Tone</u> Camp Springs Senior Activity Center
<b>22</b> <u>KiloMEETers:</u> Lake Artemesia	<b>23</b> <u>Water Walkers</u> Fairland Aquatics Center	<b>24</b> <u>Swimming</u> Linson Splash Park	<b>25</b> <u>Gaming Club</u> Deerfield Run Community Center	<b>26</b> <u>Drum-N-Tone</u> Camp Springs Senior Activity Center
<b>29</b> <u>KiloMEETers:</u> Bladensburg Waterfront park	<b>30</b> <u>CRAB</u> Sailing Adaptive Boating Center ----- <u>Water Walkers</u> Fairland Aquatics Center	<b>31</b> <u>Swimming</u> J. Franklyn Bourne Pool	<b>Aug 1</b>	<b>2</b>

# CHOICES

Choose Hands-on Opportunities,  
Integrating into Community,  
Empowering Self-Direction

Parks & Recreation CHOICES is a resource developed for Prince George's County adult residents with developmental and intellectual disabilities.

With a focus on weekday, daytime opportunities, learn all that Parks & Recreation has to offer. Sign up, get involved, and give a new activity a try!

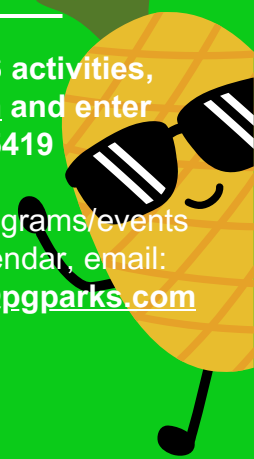
To register for CHOICES activities, visit [pgparksdirect.com](http://pgparksdirect.com) and enter Activity Code: 25419

For more information on programs/events listed in this resource calendar, email: [CountywideTRPrograms@pgparks.com](mailto:CountywideTRPrograms@pgparks.com)

Register for CHOICES Activities HERE:



Note: Activities listed in this calendar are subject to change. For the most up-to-date information, visit [pgparksdirect.com](http://pgparksdirect.com)





Mon	Tues	Wed	Thurs	Fri	Sat
<b>Urban Line Dancing</b> 1 Tucker Road Athletic Complex	<b>Yoga in the Parks: Watkins</b> 2 Watkins Regional Park	<b>Shakespeare In The Parks: A Midsummer Nights Dream</b> 3 Riverdale House Museum	<b>Yoga in the Parks: Enterprise</b> 4 Watkins Regional Park	<b>Deep Water Aerobics: Mixed Ages</b> 5 Allentown Splash, Tennis & Fitness Park	<b>Dinosaur Park Open House</b> 6 Dinosaur Park
<b>Urban Line Dancing</b> 8 Tucker Road Athletic Complex	<b>Yoga in the Parks: Watkins</b> 9 Watkins Regional Park	<b>AM Sweatshop</b> 10 Tucker Road Athletic Complex	<b>Bio Fitness &amp; Cardio Fit: Hi-Low Impact w/ Kathy</b> 11 Tucker Road Community Center	<b>Japanese Karate: Adult, All Levels</b> 12 Harmony Hall Regional Center	<b>Patuxent River Kayak Trip</b> 13 Kayaking Through History Patuxent River Park
<b>Urban Line Dancing</b> 15 Tucker Road Athletic Complex	<b>Yoga in the Parks: Watkins</b> 16 Watkins Regional Park	<b>AM Sweatshop</b> 17 Tucker Road Athletic Complex	<b>Yoga in the Parks: Enterprise</b> 18 Watkins Regional Park	<b>Darnall's Chance House Museum Guided Tour</b> 19 Darnall's Chance House Museum	<b>Get Fit Mobile: Summer Harvest Special Programs</b> 20 Division
<b>Urban Line Dancing</b> 22 Tucker Road Athletic Complex	<b>Yoga in the Parks: Watkins</b> 23 Watkins Regional Park	<b>AM Sweatshop</b> 24 Tucker Road Athletic Complex	<b>Japanese Karate: Adult, All Levels</b> 25 Harmony Hall Regional Center	<b>Japanese Karate: Adult, All Levels</b> 26 Harmony Hall Regional Center	<b>Live Animal Show</b> 27 Mt. Rainer Nature and Rec Center
<b>Fitness Boot Camp: Adults</b> 29 Tucker Road Community Center	<b>Exercise: Adults w/ Darlina</b> 30 Hillcrest Heights Community Center	<b>AM Sweatshop</b> 31 Tucker Road Athletic Complex	<b>Yoga in the Parks: Enterprise</b> Aug 1 Watkins Regional Park		<b>Fitness Dance: Adults w/ Cat Southern</b> 3 Regional Tec & Rec Complex

# Department Happenings

The Department of Parks and Recreation offers many daytime, weekday activities perfect for self-directed individuals and their caregivers/aides.

Click the event or scan the QR code for more info.

Special Programs Division  
Front Desk: 301-446-3400

Maryland Relay 7-1-1

**Parks Direct Classes & Events HERE:**

