

# Laurel - Beltsville Senior Activity Center

## Fall 2024 Calendar

September, October, November 2024



### Hours of Operation:

Monday - Thursday

8 am - 8 pm

Friday

8 am - 5 pm

Saturday

8 am - 2 pm

Sunday

Closed

### \*ELECTION DATES:

Early Voting: Oct 24-Oct 31 7a-8p

Election Day: Nov 5 7a-8p

### Holiday Closures

Monday, September 2 (Labor Day)

Thursday, November 28 (Thanksgiving Day)

Friday, November 29 (Employee Appreciation)

### Registration Begins:

- **Wednesday, August 14 at 9:00 AM** for Prince George's County Residents.  
**Wednesday, August 21 at 9:00 AM** for Montgomery County and Non-residents.
- **HOW TO REGISTER:** [www.pgparksdirect.com](http://www.pgparksdirect.com) or in-person at any M-NCPPC facility in Prince George's County.
- **Classes** - Register early as spaces are limited and filled on a first-come, first-served basis. Programs that don't meet the minimum number required to will be cancelled one week prior to the program start date.
- A fee assistance program is available for residents who need financial help to participate in our classes (not trips) with a fee greater than \$35. Visit [www.pgparks.com](http://www.pgparks.com) or ask center staff 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](mailto:program.access@pgparks.com)**
- **CREDIT/REFUND POLICY PG 13.**
- **CLOSURES & DELAYS:** See page 2 or 13 to register for PG Parks (Nixle) alerts for all related notifications.

Laurel-Beltsville Senior Activity Center

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 is back in operation at Laurel-Beltsville Senior Activity Center with meals being served on Monday-Friday: 11:30 am - 12:45 pm. Seniors 60 years and older are eligible for the Senior Nutrition Program. You must complete a registration form and make a reservation for your meal. Registration forms and a "Frequently Asked Questions" document are available at the Senior Center. Reservations must be made a week in advance and after a registration form has been submitted. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance with Rene, the Nutrition Manager at 301-206-3368.

Limited round-trip transportation services to LBSAC are available for registered lunch program participants. To schedule transportation, please 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 Public Schools have a two-hour delayed opening or are closed due to inclement weather conditions. Additional lunch days may be added as the need grows.

**WE NO LONGER SELL  
WMATA SMARTRIP CARDS  
AT THIS LOCATION.**

**FOR MORE INFORMATION  
ON HOW TO PURCHASE A  
SMARTRIP CARD VISIT:**

**[www.wmata.com/fares/  
smartrip/](http://www.wmata.com/fares/smartrip/)**

## GOING GREEN



- \* Please take only one (1) Senior Activity Calendar per season per household.
- \* Avoid paper clutter. Learn how to find the information you need online!
- \* Recycle paper, bottles & cans.
- \* Never litter! Please dispose of garbage properly.

## **PG Parks Alerts!**



Get information on M-NCPPC for closures, cancellations, and emergencies by text or email. Sign-up today by visiting [www.pgparcs.com/news/news-releases/pgparcs-alerts](http://www.pgparcs.com/news/news-releases/pgparcs-alerts)

### **Requirements to participate in M-NCPPC Senior Activity Centers**

Eligibility requirements for participation at the Senior Activity Centers and senior classes/programs are:

- ◆ Minimum age of 60 or a Pre-Senior membership
- ◆ A M-NCPPC PARKS DIRECT Senior or Pre-Senior Identification Card
- ◆ Ability to participate in a recreation program setting that has 1-2 staff present (group size may vary from large to small daily)
- ◆ Ability to participate in recreational activities with minimal personal assistance
- ◆ Ability to take care of personal needs (i.e. personal hygiene, eating, mobility, medication, etc.)

# Laurel-Beltsville Senior Activity Center: *CLASSES*

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
<b>Balance, Stretch, &amp; Tone: Seniors</b> 60 & Up (4 weeks) <b>NO CLASS 10/8</b>	<u>Tues</u> Sep 9 - Sep 24 Oct 1- Oct 22 Oct 29 - Nov 19	1 pm- 2 pm	17543-546D 17543-546E 17543-546F	\$37 (R); \$49 (NR)
<b>Belly Dancing: Seniors</b> 50 & Up (6 weeks)	<u>Mon</u> Sep 9 - Oct 14 Oct 21 - Nov 25	4 pm - 5 pm	23404- 546A 23404- 546B	\$45 (R); \$59 (NR)
<b>Ceramics: All Levels</b> 50 & Up (10 weeks)	<u>Tues</u> Sep 24 - Nov 26	10 am - 2 pm	30403-546A	\$55(R); \$72(NR)
<b>Ceramics: All Levels</b> 50 & Up (10 weeks)	<u>Wed</u> Sep 25 - Nov 21	10 am - 2 pm	30403-546B	\$55 (R); \$72(NR)
<b>Ceramics: All Levels</b> 50 & Up (10 weeks)	<u>Thu</u> Sep 26 – Nov 21	10 am - 2 pm	30403-546C	\$49 (R); \$64(NR)
<b>NEW: Drawing/ Watercolor Painting: Adults w/ Willie</b> 50 & Up (12 weeks)	<u>Thu</u> Sep 5- Nov 21	2 - 4 pm	30428-546A	\$80 (R); \$104 (NR)
<b>Exercise: Adults</b> 50 & Up (4 weeks) <b>NO CLASS: 10/4 &amp; 10/7</b>	<u>Mon, Wed, &amp; Fri</u> Sep 4 - Sep 27 Sep 30 - Oct 25 Oct 28- Nov 22	9- 10 am	17435-546A 17435-546B 17435-546C	\$34 (R); \$45 (NR) \$37 (R); \$49 (NR) \$37 (R); \$49 (NR)
<b>Exercise: Adults</b> 50 & Better (4 weeks) <b>NO CLASS: 10/7</b>	<u>Mon &amp; Wed</u> Sep 4 - Sep 25 Sep 30 - Oct 23 Oct 28- Nov 20	11 am - 12 noon	17435-546D 17435-546E 17435-546F	\$28 (R); \$37 (NR) \$32 (R); \$42 (NR) \$32 (R); \$42 (NR)
<b>Hand Dance: Seniors</b> 50 & Up (6 weeks)	<u>Tue</u> Sep 10 - Oct 15 Oct 22- Nov 26	9:30 - 10:45 am	23402-546A 23402-546B	\$52 (R); \$68 (NR)

# Laurel-Beltsville Senior Activity Center: CLASSES

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
<b>Jewelry Making:</b> <b>Beginners</b> 50 & Better (4 weeks) <i>*Supplies Included*</i>	<u>Fri</u> Sep 6 - Sep 27 Oct 4 - Oct 25 Nov 1- Nov 22	3- 4 pm	30429-546A 30429-546B 30429-546C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
<b>Line Dance: Seniors,</b> <b>Beginners</b> 60 & Better (6 weeks)	<u>Tues</u> Sep 3 - Oct 8 Oct 15 - Nov 19	11 am - 12 pm	23501-546A 23501-546B	\$52 (R); \$68 (NR)
<b>Personal Training:</b> <b>Seniors</b> 60 & Up (4 weeks)	<u>Mon &amp; Wed</u> Sep 9 - Oct 2 Oct 9- Oct 30 Nov 4 - Nov 27	1- 2 pm	17513-546A 17513-546B 17513-546C	\$45 (R); \$59 (NR) \$39 (R); \$51 (NR) \$45 (R); \$59 (NR)
<b>Spanish: Adults,</b> <b>Beginners</b> 18 & Up (8 weeks)	<u>Mon</u> Sep 9 - Oct 28	5:00 - 6:30 pm	20422-546A	\$60 (R); \$78 (NR)
<b>Spanish: Adults,</b> <b>Beginners</b> 18 & Up (8 weeks)	<u>Sat</u> Sep 7- Oct 26	9 - 10:30 am	20422-546B	\$60 (R); \$78 (NR)
<b>Spanish: Adults,</b> <b>Intermediate</b> 18 & Up (8 weeks)	<u>Tue</u> Sep 3- Oct 22	5 - 6:30 pm	20403-546A	\$65 (R); \$85 (NR)
<b>Spanish: Adults,</b> <b>Intermediate</b> 18 & Up (8 weeks)	<u>Sat</u> Sep 7- Oct 26	10:45 am - 12:15 pm	20403-546B	\$65 (R); \$85 (NR)

# Laurel-Beltsville Senior Activity Center: *CLASSES*

<u>Class Name</u>	<u>Day/Dates</u>	<u>Time</u>	<u>PARKS DIRECT #</u>	<u>Fee</u>
<b>Spanish: Adults, Advance (PRT 1)</b> 18 & Up (8 weeks)	<u>Wed</u> Sep 4- Oct 23	5 - 6:30 pm	20404 -546B	\$70 (R); \$91 (NR)
<b>Conversational Spanish: Adults, Advance</b> 18 & Up (8 weeks)	<u>Thu</u> Sep 5- Oct 24	5 - 6:30 pm	20404 -546A	\$70 (R); \$91 (NR)
<b>Tai Chi: Seniors, Beginners</b> 60 & Up (12 weeks)	<u>Mon</u> Sep 9- Nov 25	2:45 - 3:45 pm	21501 -546A	\$72 (R); \$94 (NR)
<b>Yoga: Beginners</b> 50 & Up (12 weeks)	<u>Mon</u> Sep 9 - Nov 25	1:15 - 2:30 pm	17413 -546A	\$75 (R); \$98(NR)
<b>Yoga: Beginners</b> 50 & Up (12 weeks)	<u>Thu</u> Sep 5 - Nov 21	12 - 1:15 pm	17413 -546B	\$75 (R); \$98(NR)
<b>Yoga (CHAIR)</b> 50 & Up (12 weeks)	<u>Mon</u> Sep 9 - Nov 25	12:05 - 1:05 pm	17658 -546A	\$75 (R); \$98(NR)
<b>Zumba: Adults</b> 18 & Up (6 weeks)	<u>Wed</u> Sep 4 - Oct 9 Oct 16- Nov 20	5 - 6 pm	17414 -546A 17414 -546B	\$52(R); \$68(NR)
<b>Zumba: Adults</b> 50 & Up (6 weeks)	<u>Fri</u> Sep 6 - Oct 11 Oct 18- Nov 22	1:15 - 2:15 pm	17414 -546C 17414 -546D	\$52 (R); \$68(NR) \$52 (R); \$68(NR)



# AVENUE OF THE ARTS

## UPCOMING AVENUE OF THE ARTS



*FEATURING...*

**Keith Hutchins**

Sep 9- Oct 25

**Trude Hilliard**

Oct 28- Dec 13

## SPECIAL EVENTS

### Music Bingo

\$7 (R); \$9 (NR)

**ACTIVITY code: 26504-546A**

Get ready for some music bingo with a live DJ! Hear the tune on your card and put your marker down on the name of the song. With tunes from the 60's, 80's, and Motown you won't want to miss out. Winners will receive prizes! Deadline to sign-up August 30. Register online at [pgparksdirect.com](http://pgparksdirect.com) or in person at any M-NCPPC facility in Prince George's County.

**Friday, September 6, 2024**

**10 – 11:30 am**

### ACTIVE AGING WEEK: Nature Trail Walk

**FREE**

**ACTIVITY code: 22501-546A**

Join us as we walk the trail at Fairland Recreational Park! Meet us at the Storm Water Building at Fairland Sports & Aquatics (located behind the aquatics center on the opposite side of the ice skating rink)! Grab a light refreshment and water to enjoy as we walk the trail. Patrons are encouraged to walk at their own pace. Please come prepared with proper walking shoes, sun protective gear, bug spray, and additional water. Deadline to register is September 19. Register online at [pgparksdirect.com](http://pgparksdirect.com) or in-person at any M-NCPPC facility in Prince George's County.

**Thursday, September 26, 2024**

**9:30 – 11:30 am**

**DISCLAIMER:** Trail may have dips, hills, and different terrain.

### Hispanic Heritage Month: Salsa Dancing

**FREE**

**TICKET code: LBSAC-SPEC-GA-20241002**

In honor of Hispanic Heritage Month, enjoy a salsa dance lesson from one of our experienced instructors! Bring a dance partner, invite a friend, or come alone and prepare to learn some fun Latin dance moves! To keep with the "salsa" theme, we'll be serving chips & salsa for participants to snack on. All patrons must register by September 25. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Wednesday, October 2, 2024**

**6 - 7:30 pm**

### Mocktails & Trivia

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

**TICKET code: LBSAC-SPEC-GA-20241007**

Enjoy a few delicious mocktails and some light refreshments while we play "I Should Have Known That!" trivia. Earn points with correct answers and win some great prizes! Deadline to register is September 30. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Monday, October 7, 2024**

**1:30 - 3 pm**

### The Great Gatsby Day Party

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

**TICKET code: LBSAC-SPEC-GA-20241101**

Join us for our Great Gatsby Day Party! Come dressed to impress in your theme costume. Enjoy live entertainment, games, light refreshments, and non-alcoholic beverages. Deadline to register is October 25. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Friday, November 1, 2024**

**3 – 6 pm**

## SPECIAL EVENTS

### Thanksgiving Fellowship Luncheon

Friday, November 22, 2024

FREE

11 am – 1 pm

**TICKET code: LBSAC-SPEC-GA-20241122**

Join us for our annual Thanksgiving Luncheon! Enjoy a catered meal and live entertainment. Food will be served between 11:15 am– 11:45 am. Second meal servings are NOT guaranteed by will be announced by the event host if available. Deadline to register is November 15. This event is FREE for those who register in advance and bring in an unexpired canned good for a local food shelter. Registration is available online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

## EDUCATIONAL LECTURES AND SCREENINGS (60 or BETTER)

### Snack & Chat: Remembering 9/11

Wednesday, September 11, 2024

FREE

1 – 2 pm

**ACTIVITY code: 20515-546A**

Join us for a reflection conversation on the historic event of September 11, 2001. Light snacks will be available. Deadline to register is September 4. Registration is available online at [pgparksdirect.com](http://pgparksdirect.com) or in-person at any M-NCPPC facility in Prince George's County.

### Nutrition & Hydration

Tuesday, September 17, 2024

FREE

10 – 11 am

**ACTIVITY code: 20515-546B**

Join us for an educational lecture on the importance of healthy nutrition & hydration by a nurse from Visiting Angels. Deadline to register is September 10th. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

### Head to Toe Skin Care

Friday, October 25, 2024

FREE

10 – 11 am

**ACTIVITY code: 20515-546C**

Join us for an educational lecture on the importance of head to toe skin care for seniors by a nurse from Visiting Angels. Deadline to register is October 18. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

### Senior SCAMS!

Friday, November 8, 2024

FREE

1 – 2 pm

**ACTIVITY code: 20515-546D**

Join us for an educational lecture on senior scams. Learn about the new scam and become aware of ways to protect yourself from a representative from Visiting Angels. Deadline to register is November 13. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.



# TRIPS

## **Guinness Brewery Company**

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

**PARKS DIRECT TICKET Code: LBSAC-20240905**

Join us on a trip to Guinness Brewery! Enjoy a guided tour and tasting experience. Food purchases will be at your own expense. Please note this is a cashless facility. This trip included support facility staff, transportation, the tour, and tasting experience. Deadline to register is August 29. Registration is available on [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Thursday, September 5, 2024**

**2:30 - 6:30 pm**

## **Museum of the Bible**

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

**PARKS DIRECT TICKET Code: LBSAC-20240912**

Enjoy a trip to the Museum of the Bible! This trip includes museum admission, a virtual tour of the holy land, a private tour of the World of Jesus of Nazareth, support facility staff, and transportation. You won't want to miss this self-guided and guided combination tour. Lunch is available, at your own expense, at your choice of one of the museum cafes. Deadline to register is September 5. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Thursday, September 12, 2024**

**8:30 am - 2 pm**

## **Dutch Village Farmers Market**

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

**PARKS DIRECT TICKET Code: LBSAC-20240919**

Join us for a trip to the Dutch Village Farmers Market in Upper Marlboro. Be sure to bring your reusable bags and come prepared to do some shopping. Grab lunch, at your own expense, at one of the cafes within the market. This trip includes transportation and support facility staff. Deadline to register is September 12. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Thursday, September 19, 2024**

**9 am - 1 pm**

## **Arundel Mills Mall**

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

**PARKS DIRECT TICKET Code: LBSAC-20241003**

Join us on a trip to Arundel Mills Mall! Enjoy shopping, visiting Maryland Live Casino!, catch a movie, etc.! This trip includes transportation and trip leads. Deadline to register is September 24. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Tuesday, October 1, 2024**

**10 am - 4 pm**

## **Toby's Dinner Theatre: The Addams's Family**

**\$65 ( R); \$ 85 (NR)**

**PARKS DIRECT TICKET Code: LBSAC-20241031**

Spend Halloween with us for dinner and a showing of The Addam's Family at Toby's Dinner Theatre. Deadline to register is October 24. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

**Thursday, October 31, 2024**

**5:30 - 11pm**

## TRIPS

### National Museum of Health & Medicine

Wednesday, November 6, 2024

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

8 am - 12 pm

**PARKS DIRECT TICKET Code: LBSAC-20241106**

Join us for a trip to the National Museum of Health & Medicine. Enjoy breakfast, at your own expense, at Milk & Honey. Following breakfast we will be heading down to the museum in Silver Spring. This trip includes transportation and facility trip leads. Deadline to register is October 30. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

### Smashing Grapes

Thursday, November 21, 2024

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

10:30 am - 12:30 pm

**PARKS DIRECT TICKET Code: LBSAC-20241121**

Join us for a trip to Smashing Grapes! Enjoy lunch, at your own expense, at this beautiful restaurant. Featuring exquisite wines and delicious food you won't want to miss out of this elegant dining experience. Deadline to register is November 5. Register online at [pgparksdirect.com](http://pgparksdirect.com) or at any M-NCPPC facility in Prince George's County.

## JOIN OUR LBSAC EMAIL BLAST

Join our email blast to get information about upcoming events and classes! Interested in joining send an email with the subject line titled, **“SIGN ME UP!”** to [laurelbeltsvilleseniors@pgparks.com](mailto:laurelbeltsvilleseniors@pgparks.com)

## Catch a Movie with Us!

***Note:** Please see the listing posted in the center lobby for movie titles. Movies will be offered from **10:00 -12 Noon** on the following dates:*

Thursday, September 12

Thursday, October 10

Thursday, November 14





## NO SMOKING POLICY

In accordance with 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, and ballfields.

### Special Groups & Club Meetings

ACTIVITY	DAY	TIME	FEE
Bid Whist	Tuesday & Friday	11 am- 4 pm	FREE with ID
Bridge	Wednesday	1 - 4:30 pm	FREE with ID
Fan Tan	4th Wednesday	12:10 - 3:50 pm	FREE with ID
Chess Drop-In	Thursday	2 - 4:45 pm	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 orientation dates and times.	
Exec/Chairpersons Meetings	1st Wednesday	9 am - 1 pm
Loving Hands Comfort Blankets for breast cancer patients (now part of LSFC). Materials and instructions provided; must have basic knowledge of how to crochet.	2nd & 4th Tuesdays	11 am - 1 pm

### NARFE

Board Meeting	1st Wednesday of the Month	1 - 2 pm
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## IMPORTANT PHONE NUMBERS

Dept. of Public Works & Transportation	301-499-8603 Option 6
Dept. of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

## For Your Information

### Membership

LBSAC membership is required by all patrons. **M-NCPPC Senior ID** membership cards are available at no charge for Prince George's and Montgomery County residents age 60 and better.

Pre-senior membership is available for a fee. Membership must be renewed every 12 months.

Visit the Front desk for more information.

### Refund Policy

The registrant is entitled to a 100% credit to account or refund per request, in the event that M-NCPPC cancels a course. Registrant may withdraw from a course at any time prior to course end, and be entitled to receive a pro-rated credit to account, based on the number of classes remaining at the time the withdrawal is requested. All withdrawals performed within 7 days of the course start must be processed by the facility offering the program; withdrawals with additional advanced notice may be processed online. If registrant chooses to request a refund, a 20% Refund Administration Fee will be imposed, reducing the amount to be refunded. Trip refunds are only available if your registration is replaced by someone on the waiting list. No requests for refunds will be accepted after a course is completed. No cash refunds will be allowed. Refunds for credit card purchases will be issued as a credit to the PARKS DIRECT account, subject to the 20% Refund Administration Fee. Check refunds may take 3 - 4 weeks to process. No refund or credit will be issued for classes missed by the participant. Some activities have different Refund/Withdrawal Policies that supersede this standard policy, as identified in the course description or details.

**\*NOTE:** Patrons accounts will be credited up to **1 week** following the end of the course session for any classes cancelled by LBSAC. Patrons must request refunds back to their credit cards or in the form of a check

## 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/news/news-releases/pgparcs-alerts](http://www.pgparcs.com/news/news-releases/pgparcs-alerts) . You will need a mobile phone or an email address and your zip code to complete the registration.

