

# Langley Park Senior Activity Center



## *Welcome to Langley Park Senior Activity Center*

*September, October, November 2024*

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

Please note the center will be closed: Monday, September 2 - Labor Day



Thursday, November 28 -Thanksgiving Day

Friday, November 29 -Thanksgiving Holiday

## **FALL REGISTRATION**

- Registration - Wednesday, August 14, for Residents (R) of Prince George's County
- Registration - Wednesday, August 21, Non-Residents (NR)
- **Fall Classes:** Register early! **In-person & Virtual classes available.**
- Don't wait! Please register at least one week prior for the Trips, Classes and Special Events start dates so we can plan accordingly.  
A minimum number of registrants are required for programs to be held.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee over \$35. Fee reduction may be available based on income and family size. For more information, visit our website at [www.pgparks.com](http://www.pgparks.com) or ask our center staff.

1500 Merrimac Drive, Hyattsville, MD 20783

301-408-4343 voice

301-699-2544 TTY

301-408-4344 fax

# Langley Park Senior Activity Center: *Important Information*

## *Our Refund Policy:*

- 100% refunds are issued when M-NCPPC cancels a class.
- All other refunds are subject to a 20% administration fee.
- All withdrawals/refunds must be processed by the facility offering the activity.
- Refunds **MUST** be requested **prior** to the end of the course.
- Refunds will **NOT** be issued once the course has ended.
- Credits nor refunds will be issued for classes missed by the participant.
- The Senior Activity Center Director must approve all requested refunds.
- Trip refunds will only be issued if the spot is resold.
- Cash refunds are not allowed.
- 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 Transportation:*

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

- M-NCPPC Activity Bus – 12-15 passenger white or tan bus
- Commission Bus – Large 24 passenger bus
- Motor Coach Bus – 40-50 passenger but with restroom

## *Trip Information:*

All trip registrants are expected to return with the group to the center or fill-out a release form.

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



# Langley Park/Gwendolyn Britt Senior Activity Center:

## Virtual Classes

<b>PIANO ADVANCE</b>	<u>Tues &amp; Thurs</u> Sep 3 - Sep 26 (31541-530A) Oct 1 - Oct 24 (31541-530B) Nov 5 - Nov 28 (31541-530C)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER Level I</b>	<u>Mon &amp; Wed</u> Sep 2 - Sep 25 (31536-544D) Oct 7 - Oct 30 (31536-544E) Nov 4 - Nov 27 (31536-544F)	9:30 – 11 am	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<u>Tues &amp; Thurs</u> Sep 3 - Sep 26 (31538-530A) Oct 1 - Oct 24 (31538-530B) Nov 5 - Nov 28 (31538-530C)	1:00 – 2:00 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER</b>	<u>Tues &amp; Thurs</u> Sep 3 - Sep 26 (31526-530A) Oct 1 - Oct 24 (31526-530B) Nov 5 - Nov 28 (31526-530C)	10 - 11 am	\$68 (R) \$89 (NR)
<b>HOME PROJECTS</b>	<u>Wednesdays</u> Sep 4 - Sep 25 (31523-530A) Oct 9 - Oct 30 (31523-530C) Nov 6 -Nov 27 (31523-530D)	10 – 11 am	\$18 (R) \$24 (NR)
<b>BINGO</b>	<u>Fridays</u> Sep 6 - Sep 27 (31510-530A) Oct 4 - Oct 25 (31510-530B) Nov 1 -Nov 22 (31510-530C)	12 noon – 1 pm	\$20 (R) \$26 (NR)



## Langley Park Senior Activity Center: *In-Person*

<b>PIANO BEGINNERS</b>	<u>Tues &amp; Thurs</u> Sept 3 - Sept 26 (23502-544A) Oct 1 - Oct 24 (23502-544B) Nov 5 - Nov 28 (23502-544C)	9 – 10 am	\$60 (R) \$78 (NR)
<b>PIANO INTERMEDIATE</b>	<u>Tues &amp; Thurs</u> Sept 3 - Sept 26 (23503-544A) Oct 1 - Oct 24 (23503-544B) Nov 5 - Nov 28 (23503-544C)	10 – 11 am	\$60 (R) \$78 (NR)
<b>LINE DANCE</b>	<u>Mondays</u> Sep 9 - Sep 30 (23501-544A) Oct 7 - Oct 28 (23501-544B) Nov 4 - Nov 25 (23501-544C)	11am - 12:30 pm	\$26 (R) \$34 (NR)
<b>Computer Skills-Level 1 RecTrac Training</b> Learn how to create an account, register for classes, & events.	<u>Mondays</u> Sep 9 - Sep 30 (14501-544D) Oct 7 – Oct 28 (14501-544E) Nov 4 - Nov 25 (14501-544F)	11 am – 12 pm	FREE

## Langley Park Senior Activity Center: *Trips & Special Events*

<b>TUESDAY: 9am-12pm</b> <b>Indoor - Pickleball</b> Indoor at the Senior Center!	<b>TUESDAY: 9am-12pm</b> <b>Indoor - Pickleball</b> Indoor at the Senior Center!	<b>TUESDAY: 9am-12pm</b> <b>Indoor - Pickleball</b> Indoor at the Senior Center!
<b>MONDAY/FRIDAY: 9am-2pm</b> <b>Card Sharks!</b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b>Card Sharks!</b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!	<b>MONDAY/FRIDAY: 9am-2pm</b> <b>Card Sharks!</b> Pinochle, Bridge & Bid Whist Players! All Bid Whist & Bridge Clubs Welcome!
<b>WEDNESDAY: 12pm-2pm</b> <b>Bingo</b> – Everybody is a winner!	<b>WEDNESDAY: 12pm-2pm</b> <b>Bingo</b> – Everybody is a winner!	<b>WEDNESDAY: 12pm-2pm</b> <b>Bingo</b> – Everybody is a winner!
<b>MONDAY: 11am-12:30 pm</b> <b>LINE DANCE</b> A fantastic way to exercise to music! <b>No experience necessary!</b>	<b>MONDAY: 11am-12:30 pm</b> <b>LINE DANCE</b> A fantastic way to exercise to music! <b>No experience necessary!</b>	<b>MONDAY: 11am-12:30 pm</b> <b>LINE DANCE</b> A fantastic way to exercise to music! <b>No experience necessary!</b>
<b>THURSDAY/FRIDAY: 10am-2pm</b> <b>GAME SWAP</b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!	<b>THURSDAY/FRIDAY: 10am-2pm</b> <b>GAME SWAP</b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!	<b>THURSDAY/FRIDAY: 10am-2pm</b> <b>GAME SWAP</b> <b>Game Day:</b> Dominoes, Spades, Trouble, Uno, and others!

# September 2024

## Senior Shape Free

Monday & Thursday, Sept 2 – Sept 26  
10 - 10:45 am

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals. Sponsored by Suburban Hospital. Registration is required!

## ***MJ The Musical, Broadway at The National*** **\$130 (R); \$169 (NR)**

***Thursday, September 5***  
**12 Noon - 5:00 pm**

***PARKS DIRECT code: LPSAC-20240905***

MJ the Musical is a jukebox musical based on the life of Michael Jackson and will feature over 25 of Michael Jackson's greatest hits including some of the King of Pop's most iconic tracks such as "Billie Jean," "Thriller," and "Smooth Criminal." Michael was an iconic singer, dancer, songwriter, producer, and philanthropist and intensely complex, very particular, and controversial about his music. Meals at your own expense. Transportation provided.

## ***Julia's On The Potomac, Old Town Alexandria*** **\$15/Resident; \$20/Non-Resident**

***Wednesday, September 18***  
**10:00 am - 3 pm**

***PARKS DIRECT code: LPSAC-20240918***

Enjoy a beautiful view while having creole shrimp linguine, shrimp & grits, pan seared salmon, lump crab cake, buffalo chicken, plain jane burger, famous serious mac & cheese, pizza, fries, club sandwiches and soup & salads. Meals are at your own expense. Transportation Provided. **Prior to ordering, alert your server of any dietary restrictions due to food allergies. This is a cashless restaurant they accept the following: Visa, Mastercard, American Express, Discover & Apple Pay.**

## ***Active Aging Week***

### ***The Price is Right with a Twist***

***Wednesday, September 25***  
**11 am - 2 pm**

***PARKS DIRECT code: LPSAC-SPEC-GA-20240925***

Back by popular demand! You keep asking, and we keep delivering! In this game, participants have to bid on items for this twist and win. Paddles and markers included. So, come on down and test your shopping skills and win prizes! Get ready for lots of laughter and fun! Registration is required!

## **Medicare 101** **Free**

**Thursday, September 26, 2024**  
**11 am – 12:30 pm**

This presentation covers getting to know Medicare, who is eligible, understanding enrollment periods, understanding Medicare options and helpful resources. Provided by Humana. Registration required.



**Langley Park Senior Activity Center: *Trips & Special Events***

# **OCTOBER 2024**

## **Senior Shape** **Free**

**Monday & Thursday, Oct. 7 - Oct. 31**  
**10 - 10:45 am**

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals. Sponsored by Suburban Hospital. Registration is required!

## **Warm Coats/Warm Hearts Coat Drive & Show**

**Wednesday, October 9**  
**11 am - 2 pm**

**\$26 (R); \$34 (NR)**

**PARKS DIRECT code: LPSAC-SPEC-GA-20241009**

Do you have a coat you aren't wearing? Fall/Winter is here and people within our own community are struggling to stay warm. Donate a new, gently used clean winter coat. All coat donations will be delivered to a local organization serving the homeless community. The coat drive will continue through *December 20*. We appreciate all coat donations however, jackets, hats, gloves, and scarves are accepted. A donation box will be provided at the Langley Park Senior Activity Center and Gwendolyn Britt Senior Activity Center during regular hours of operation. Refreshments will be served. We can't accept items that are not in mint condition. Enjoy the soulful sounds of Mid-Day Groove. Registration Required!



**DANIEL, Sight & Sound, Lancaster, PA**

**\$162 (R); \$ 211 (NR)**

**PARKS DIRECT code: LPSAC-20241023**

**Wednesday, October 23**  
**8:00 am - 9:00 pm**

Taken from his people, Daniel is exiled far from home in the perilous kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in God remain steadfast through every test of faith? From the fiery furnace to the infamous den of lions, Daniel is a spectacular theatrical experience. Dinner at Bird In-Hand/Revere Tavern. Meals at your own expense. Transportation provided.

**Gordon's Ramsey Hell's Kitchen Restaurant**

**\$12 (R); \$16 (NR)**

**PARKS DIRECT code: LPSAC-20241030**

**Wednesday, October 30**  
**10:00 am - 3 pm**

Hell's Kitchen serves iconic Chef Ramsay dishes like Beef Wellington, Pan-Seared Scallops, Lobster Risotto, a personal favorite the Sticky Toffee Pudding and delectable desserts. With beautifully plated dishes, experiential cocktails being served in smoking lanterns, and the famous red and blue kitchen. . Meals at your own expense. Transportation provided.

**Langley Park Senior Center**

**Let's Eat!**

**Special Events**

# **NOVEMBER 2024**

## Senior Shape

Free

10 - 10:45 am

Senior Shape focuses on the four areas recommended by the National Institute on Aging for strength, endurance, flexibility & balance. A certified fitness instructor will help you reach your fitness goals. Sponsored by Suburban Hospital. Registration is required!

Monday & Thursday, Nov. 4 - Nov. 14

Nov. 18 - Nov. 25

**No class - Nov. 28**

## Grateful Hearts -Thanksgiving Breakfast

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

**PARKS DIRECT code: LPSAC-SPEC-GA-20241113**

Thanksgiving is a time for celebrating everything you love. We must find time to stop and thank the people who make a difference in our lives and be Grateful for everyday life. The Langley Park Senior Activity Center staff are thankful for your support and trusting us to show you an enjoyable time! May the good things of life be yours in abundance not only at Thanksgiving but throughout the coming year. Join us for a Catered Thanksgiving Breakfast with our very own personal Chef. Smooth sounds by DJ Sweat . Must Register early! Space is limited.

Wednesday, November 13

Breakfast- 10:30 am –1:30 pm

Entertainment – 11 am – 2 pm

## Miller Farms

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

**PARKS DIRECT code: LPSAC-20241120**

**Forgot Something??** Miller Farms Farmer's Market has a wide array of fresh fruits and vegetables, baked goods, beautiful flowers, plants, and much more. Meals are at your own expense. Get your last-minute items for your Thanksgiving meal. Transportation provided.

Wednesday, November 20

10:00 am – 2 pm

## Bid Whist & Spades Marathon

**PARKS DIRECT code: LPSAC-SPEC-GA-20241122**

Join us for a Bid Whist & Spades Marathon. Trophies and prizes will be awarded. Clubs are welcome to play. Register your club or group name at Langley Park Senior Activity Center. Need a group to play with? No worries! We will help you find one. Refreshments served.

Friday, November 22

10:00 am – 2 pm



## The Manhattans, Birchmere Theatre

\$110 (R); \$143 (NR)

**PARKS DIRECT code: LPSAC-20241130**

The Manhattans are an American popular R&B vocal group with hit songs like "Let's Just Kiss and Say Goodbye", "Shining Star," "There's No Me Without You," "Feels So Good To Be Loved So Bad." The Manhattans featuring Gerald Alston. Meals at your own expense; Transportation provided.

Saturday, November 30

4 pm - 10:00 pm

**IT'S  
SHOWTIME**

Langley Park Senior Activity Center: **Information/Education**

*Upcoming AARP Smart Driver Courses*



## GOING GREEN IN 2024



Be like your friends and only take one Senior Activity Calendar per season. Avoid paper clutter. Learn how to find the information you need online! Recycle paper, bottles & cans. Never litter! Please dispose of garbage properly. Staff is always available to help you!





# Langley Park Senior Activity Center - *Health & Wellness*

## **“5 Sneaky Causes of Weight Gain**

**Free**

**Monday, September 9, 2024**

**11 am - 12:30 pm**

Let's talk about the probable causes of weight gain as you live your best life. Reasons vary and we need to know how to be sure of the cause. Educational Information provided by Humana. Registration required.

## **Luminis Health Flu Shot Clinic**

**Free**

**Thursday, October 10, 2024**

**11 am - 12:30 pm**

Luminis Health - Community Health Improvement Department is providing a FREE Flu Shot Clinic. Flu shots can help prevent the flu and its complications and help make illness less severe if you get sick. Don't forget to sign up at the customer service desk. Educational Information provided by Humana. Registration required

## **“Battling Dangerous Belly Fat”**

**Free**

**Thursday, October 24, 2024**

**11 am - 12:30 pm**

This presentation covers the types of belly fat, causes, consequences, and prevention. Get tips to battle belly fat and prevent serious health impacts. Educational Information provided by Humana. Registration required.

## **“Organic Foods: To buy or not to buy”**

**Free**

**Thursday, November 7, 2024**

**11 am - 12:30 pm**

Are all organic foods good for you? Organic farming is the production of food without the use of synthetic chemicals or genetically modified components. Organic foods are not necessarily completely chemical free, but the pesticide residues will be lower than those found in produce manufactured with synthetic chemicals. Learn the facts about organic food. Educational programming provided by Humana.

## **The Maryland Insurance Administration**

**Free**

**Thursday, November 14, 2024**

**11 am - 12:30 pm**

Learn more about the several types of Insurance and receive help with insurance issues. How to choose the best insurance for your needs. Registration required.

## ***Blood Pressure Screenings***

*Thursday, September 5*

*11:00 am – 11:45 am*

*Thursday, October 3*

*11:00 am – 11:45 am*

*Thursday, November 7*

*11:00 am – 11:45 am*

***BLOOD PRESSURE SCREENINGS  
PROVIDED BY SUBURBAN HOSPITAL***

***HEALTH & WELLNESS INFORMATION  
SESSIONS PROVIDED BY HUMANA***

# SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Mondays and Thursdays here at Langley Park featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are sixty & better can reserve a meal by contacting our Nutrition Manager, Barbara Goldsmith, or 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 \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring exact change to cover your donation.

**Transportation:** The Seniors can directly reserve Transportation services. They must call DPW&T Intake line (301) 499-8603 to reserve their transportation ride to the Senior Center and must participate in the lunch program to be transported.

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

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

## SENIOR SMARTRIP INFORMATION

**WMATA Senior SmarTrip Cards - No Longer Sold at The Langley Park Senior Activity Center.**

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

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

## DISABILITY ACCOMMODATIONS

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).**

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

### **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