

# November

# CHOICES

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

Mon	Tues	Wed	Thurs	Fri
<b>Oct 28</b> <b>KiloMEETers</b> <u>with Linda</u> Watkins Regional Park	<b>29</b> <b>AquaFit &amp; Water Walkers</b> Fairland Aquatics	<b>30</b> <u>Cabachon Jewelry with Linda</u> Old Maryland Farm <b>Martial Arts with Ray</b> Allentown Splash, Tennis and Fitness Park	<b>31</b> <b>Spooky Dance Party</b> Palmer Park Community Center	<b>Nov 1</b> <b>Drum-N-Tone</b> Glen Dale Community Center
<b>4</b> <b>KiloMEETers</b> <u>with Linda</u> Sports and Learning Complex	<b>5</b> <b>Arts on a Roll</b> Bowie Community Center <u>AquaFit &amp; Water Walkers</u> Fairland Aquatics	<b>6</b> <b>Drum-N-Tone</b> Allentown Splash, Tennis and Fitness Park	<b>7</b> <b>Fall Painting</b> <u>with KiKi</u> Palmer Park Community Center	<b>8</b> <b>Mixed Martial Arts with Ray</b> Glen Dale Community Center
<b>11</b> <b>Veterans Day</b>	<b>12</b> <b>Zumba with Maria</b> Palmer Park Community Center <b>Water Walkers</b> Fairland Aquatics	<b>13</b> <b>Drum-N-Tone</b> Allentown Splash, Tennis and Fitness Park	<b>14</b> <b>Mindful Chair Movement</b> <u>with KiKi</u> Palmer Park Community Center	<b>15</b> <b>Mixed Martial Arts with Ray</b> Glen Dale Community Center
<b>18</b> <b>KiloMEETers</b> <u>with Linda</u> Sports and Learning Complex	<b>19</b> <b>AquaFit &amp; Water Walkers</b> Fairland Aquatics	<b>20</b> <b>Drum-N-Tone</b> Allentown Splash, Tennis and Fitness Park	<b>21</b> <b>Gaming Club</b> Deerfield Run Community Center	<b>22</b> <b>Movie &amp; Popcorn</b> <u>Kentland</u> Community Center
<b>25</b> <b>KiloMEETers</b> <u>with Linda</u> Sports and Learning Complex	<b>26</b> <b>Bingo</b> Hillcrest Heights Community Center	<b>27</b>	<b>28</b> <b>Happy Thanksgiving</b>	<b>29</b>

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)

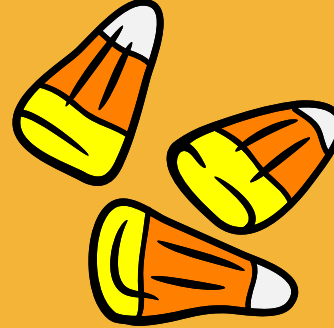
Register for CHOICES Activities HERE:



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



# Department Happenings



**Community Center Pass**  
 Provides access to facility and FREE Amenities  
 Adult - 1 year- \$45  
 Senior - 1 year- FREE  
**CC + Fitness Pass**  
 Provides access to facility and Fitness Centers  
 Adult - 1 year/3 months/1 week- \$125/\$45/\$25  
 Senior - 1 year- FREE

**AquaFit**  
 Fairland Sports & Aquatics Center  
 Held prior to CHOICES Water Walkers  
**10-Week Session:**  
 Tues: 9/17 - 11/19  
 Registration Code: **25420-578A**  
 Cost:\$50  
 Registrants do not need to register for Water Walkers

**AquaTone**  
 Southern Area Aquatics and Recreation Complex  
**Session 2 (4 classes):**  
 Thursdays  
 10/31 - 11/21  
 Registration Code: **25414-578B**  
 Cost: \$20

**Winter Registration Opens**  
 November 13, 2024  
 Register for all your winter activities @ [PGPARKSDIRECT.com](http://PGPARKSDIRECT.com)  
 Registration opens at 9am

**Disability Services' 50th Anniversary Family Ice Skating Event**  
 Tucker Road Athletic Complex  
 November 3, 2024 - 12:30pm - 3pm  
 Cost: \$8  
 Register [HERE!](#)

**Disability Services' 50th Anniversary Camp Fire & S'Mores**  
 Watkins Nature Center  
 November 15, 2024 -6:30pm -8pm  
 Cost: \$5  
 Register [HERE!](#)

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:](#)

