# **Laurel - Beltsville Senior Activity Center**

# Winter 2025 Calendar

# December '24, January, February 2025



#### **Hours of Operation:**

Monday - Thursday

8 am - 8 pm

Friday

8 am - 5 pm

Saturday

8 am - 2 pm

Sunday

Closed

#### **Holiday Closures**

Wednesday, December 25 (Christmas Day)

Wednesday, January 1 (New Years Day)

#### Registration Begins:

- Wednesday, November 13 at 9:00 AM for Prince George's County Residents. Wednesday, November 20 at 9:00 AM for Montgomery County and Non-residents.
- HOW TO REGISTER: 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 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
- CREDIT/REFUND POLICY PG 13.
- CLOSURES & DELAYS: See page 2 or 13 to register for PG Parks (Nixle) alerts for all related notifications.

## 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 VIST:

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.pgparks.com/news/news-releases/pgparks-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>	Day/Dates	<u>Time</u>	PARKS DIRECT #	<u>Fee</u>
Balance, Stretch, &Tone: Seniors 60 & Up (4 weeks)	Tues Dec 3 - Dec 24 Dec 31– Jan 21 Jan 28 - Feb 18	1 pm- 2 pm	17543-146D 17543-146E 17543-146F	\$37 (R); \$49 (NR)
Belly Dancing: Adults 50 & Up (6 weeks)	Mon Dec 2– Jan 6 Jan 13 - Feb 17	4 pm - 5 pm	23404 - 146A 23404 - 146B	\$45 (R); \$59 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	Tues Dec 24 - Feb 25	10 am - 2 pm	30403-146A	\$60(R); \$78(NR)
Ceramics: All Levels 50 & Up (8 weeks)	<u>Wed</u> Jan 8 - Feb 26	10 am - 2 pm	30403-146B	\$48 (R); \$63(NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Thu</u> Dec 26 – Feb 27	10 am - 2 pm	30403-146C	\$60 (R); \$78(NR)
Drawing/Watercolor Painting: Adults 50 & Up (12 weeks)	Thu Dec 5– Feb 20	2 - 4 pm	30428-146A	\$80 (R); \$104 (NR)
Exercise: Adults 50 & Up (4 weeks) NO CLASS: 12/25 & 1/1	Mon, Wed, & Fri Dec 2 - Dec 27 Dec 30 - Jan 24 Jan 27- Feb 21	9- 10 am	17435 -146A 17435 -146B 17435 -146C	\$34 (R); \$45 (NR) \$34 (R); \$45 (NR) \$37 (R); \$49 (NR)
Exercise: Adults 50 & Better (4 weeks) NO CLASS: 12/25 & 1/1	Mon & Wed Dec 2 - Dec 23 Dec 30 - Jan 22 Jan 27– Feb 19	11 am - 12 noon	17435 -146D 17435 -146E 17435 -146F	\$28 (R); \$37 (NR) \$28 (R); \$37 (NR) \$32 (R); \$42 (NR)
Hand Dance: Adults 50 & Up (6 weeks) NO CLASS: 12/24 & 2/25	<u>Tue</u> Dec 3 - Jan 14 Jan 21– Feb 18	9:30 - 10:45 am	23402 -146A 23402 -146B	\$52 (R); \$68 (NR) \$43 (R); \$56 (NR)

# Laurel-Beltsville Senior Activity Center: CLASSES

Class Name	Day/Dates	<u>Time</u>	PARKS DIRECT #	<u>Fee</u>
Jewelry Making: Beginners 50 & Better (4 weeks) *Supplies Included* NO CLASS: 12/27	<u>Fri</u> Dec 6 - Jan 3 Jan 10- Jan 31 Feb 7– Feb 28	3- 4 pm	30429-146A 30429-146B 30429-146C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Line Dance: Seniors, Beginners 60 & Better (6 weeks) NO CLASS: 12/24	<u>Tues</u> Dec 3 - Jan 14 Jan 21 - Feb 25	11 am - 12 pm	23501-146A 23501-146B	\$52 (R); \$68 (NR)
Personal Training: Seniors 60 & Up (4 weeks) NO CLASS: 12/25 & 1/1	Mon & Wed Dec 2 - Dec 30 Jan 6- Jan 29 Feb 3 - Feb 26	1- 2 pm	17513-146A 17513-146B 17513-146C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Mon</u> Dec 2 - Jan 20	5:00 - 6:30 pm	20422-146A	\$60 (R); \$78 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Sat</u> Dec 7– Jan 25	9 -10:30 am	20422-146B	\$60 (R); \$78 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	Tue Dec 3– Jan 21	5 -6:30 pm	20403 -146A	\$65 (R); \$85 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Sat</u> Dec 7– Jan 25	10:45 am -12:15 pm	20403 - 146B	\$65 (R); \$85 (NR)

# Laurel-Beltsville Senior Activity Center: CLASSES

<u>Class Name</u>	Day/Dates	<u>Time</u>	PARKS DIRECT #	<u>Fee</u>
Spanish: Adults, Advance (PRT 1)				
18 & Up (8 weeks) NO CLASS 12/25 & 1/1	Wed Dec 4– Feb 5	5 -6:30 pm	20404-146A	\$70 (R); \$91 (NR)
Conversational Spanish: Adults, Advance 18 & Up (8 weeks)	Thu Dec 5– Jan 23	5 - 6:30 pm	20404-146B	\$70 (R); \$91 (NR)
Tai Chi: Seniors, Beginners 60 & Up (12 weeks)	Mon Dec 2– Feb 17	2:45 -3:45 pm	21501-146A	\$72 (R); \$94 (NR)
Yoga: Beginners 50 & Up (12 weeks)	<u>Mon</u> Dec 2 - Feb 17	1:15 - 2:30 pm	17413-146A	\$75 (R); \$98(NR)
Yoga: Beginners 50 & Up (12 weeks) NO CLASS: 12/12	Thu Dec 5 - Feb 27	12 - 1:15 pm	17413-146B	\$75 (R); \$98(NR)
Yoga (CHAIR) 50 & Up (12 weeks)	Mon Dec 2 - Feb 17	12:05 - 1:05 pm	17658-146A	\$75 (R); \$98(NR)
Zumba: Adults 18 & Up (6 weeks) NO CLASS: 12/25 & 1/1	<u>Wed</u> Dec 4 - Jan 15 Jan 22– Feb 19	5 - 6 pm	17414-146A 17414-146B	\$45(R); \$59(NR)
<b>Zumba: Adults</b> 50 & Up (6 weeks)	<u>Fri</u> Dec 6 - Jan 10 Jan 17– Feb 21	12 - 1 pm	17414-146D 17414-146E	\$52 (R); \$68(NR)

## **AVENUE OF THE ARTS**

# **UPCOMING AVENUE OF THE ARTS**



FEATURING...

Ray Robinson

Dec 16– Jan 31

Nancy Pfeffer

Feb 3– Mar 21

## **SPECIAL EVENTS**

**Holiday Card Making** 

Tuesday, December 3, 2024

10 - 11 am

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

ACTIVITY code: 30439-146A

Join us for a holiday card making session with a representative from Stampin' Up! All supplies will be provided. Deadline to register is November 26. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Senior Holiday Concert

Thursday, December 12, 2024

Laurel-Beltsville Senior Activity Center

10:30am-12pm

TICKET Code: SPD-SPEC-GA-20241212 \$10 (R); \$13 (NR)

Join us for a festive celebration this holiday season with a lively concert by The Rise Band and Show! Their music is sure to get you into the holiday spirit. Doors open at 10:15 AM, and don't forget to a copy of your receipt for entry. Be sure to register early, as seating is limited. The ticket fee includes admission to the performance.

The Cookie Bar Concert

Thursday, December 12, 2024

\$5 (R); \$7 (NR)

1 - 2 pm

TICKET code: LBSAC-CON-GA-20241212

Join us in our fireside lounge for a variety of delicious cookies and some live entertainment! Deadline to register is December 5. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

2025 Kickoff Party

Friday, January 10, 2025

\$8 (R); \$10 (NR)

12 - 2 pm

TICKET code: LBSAC-SPEC-GA-20250110

Celebrate the new year with us! Enjoy games, raffles, a live DJ, and a delicious catered meal. (Food will be served between 12:15-12:45 pm. Second meal servings are NOT guaranteed but will be announced by the event host if available.) Deadline to register is January 3. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Soup for the Soul

Wednesday, January 15, 2025

FREE (60 & Better)

 $12 - 1 \,\mathrm{pm}$ 

TICKET code: LBSAC-SPEC-GA-20250115

Join us in celebrating National Soup Month! Relax and enjoy a comforting bowl of hot soup while listening to soft tunes. Please note that second helpings are not guaranteed but may be announced by the event host if available. The registration deadline is January 8. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

## SPECIAL EVENTS

Valentine's Day: Brunch & a Movie

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

TICKET code: LBSAC-SPEC-GA-20250214

Friday, February 14, 2025 11 am - 1:30 pm

Celebrate Valentine's Day with brunch and a movie! Bring your spouse, partner, or friend, or come and make new friends! Indulge in a delicious catered meal and watch a classic romance movie. Please note that food will be served from 11:15-11:45 am. Second helpings are not guaranteed but may be announced by the event host if available. The registration deadline is February 7. You can register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

**Black History in Motion** 

Friday, February 7, 2025

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

Publick Playhouse 11 am-12:30 pm

TICKET code: PGPP-SPEC-GA-20250207

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture while enjoying the sounds of GP Promotions as they perform some old school R & B. Tickets may be purchased at pgparks.com, the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. **A printout of your ticket(s) is required for admission to the concert.** The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784

Pre-Game Party \$8 (R); \$10 (NR)

Friday, February 7, 2025

2 - 3:30 pm

TICKET code: LBSAC-SPEC-GA-20250207

It's time to get ready for Super Bowl LIX! Put on your football team gear and join us for games, activities, pizza, and wings at our pre-game party. (Please note: Food will be served from 2:15-2:30 pm. Second meal servings are NOT guaranteed but will be announced by the event host if available.) Deadline to register is January 31. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Black History Luncheon FREE (60 or better)

Wednesday, February 26, 2025 11 am - 3:30 pm

ACTIVITY code: 18501-146A

Celebrate Black History Month with us! Enjoy a light lunch, while watching the documentary: "Is That Black Enough for You?", which discusses the history and revolution of black cinema. Following the documentary, we will breakout into groups to discuss our thoughts on the documentary and the impact of different cultural aspects on black history. (Please note: Food will be served from 12 pm— 12:15pm. Second meal servings are NOT guaranteed but will be announced by the event host if available). Deadline to register is February 19. Register online at pgparksdirect.com or in-person as any M-NCPPC facility in Prince George's County.

# EDUCATIONAL LECTURES & SCREENINGS (60 & BETTER)

Chess: Beginners

FREE

Every Thursday in December
10 - 11:30 am

ACTIVITY Code: 20515-146D

Interested in learning the basics of chess?? Join experienced chess player, Kannan, as he teaches the basic skills for beginners interested in learning the game. This 4 week workshop series will be held every Thursday between December 5th—26th. Each week patrons will build upon learned skills from the previous week. Deadline to register is November 28. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Senior Safety Session FREE

Thursday, December 19, 2024 10 – 11:30 am

**ACTIVITY code: 20515-146A** 

The Maryland National Capital Park Police Finest will be onsite to discuss essential daily practices for maintaining safety. They will cover topics such as personal safety, home security, and everyday precautions to be mindful of. Additionally, officers will provide valuable information on best practices for reporting a crime. This is a valuable opportunity to ask questions, share concerns, and learn practical tips from law enforcement professionals who are dedicated to protecting our community. Your participation is crucial in fostering a safer environment for everyone, so don't miss out on this informative session. Deadline to register is December 12. Registration is available online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

2025 Tax Updates FREE

FREE

Tuesday, January 28, 2025 9:30 – 10:30 am

ACTIVITY code: 20515-146B

Join us for a session with an H&R Block representative for a presentation of the new 2025 tax updates and refreshers to be aware of when filing this year. Deadline to register is January 21.Registration is available at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

"Should I Trust my Trust?"

Thursday, February 6, 2025 10 – 11 am

ACTIVITY code: 20515-146C

Join us for a session on the importance of planning for the unexpected. A lawyer from Byrd and Byrd, LLC will discuss essential parts of estate planning and the benefits of having a trust. Deadline to register is January 30. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

#### **TRIPS**

**DISCLAIMER:** TRANSPORTATION WAIVER MUST BE SIGNED IN ORDER TO PARTICIPATE IN TRIPS.

**Queenstown Premium Outlets** 

Thursday, December 5, 2024

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

9 am - 3 pm

TRIP Code: LBSAC-20241205

Get into the holiday spirit and join us on a shopping trip to outdoors Queenstown Premium Outlets! Enjoy checking out stores such as Coach, Michael Kors, Nike, and many more with discounted rates. After shopping we will be heading over to Bridges on Kent Narrows restaurant for lunch as your own expense. This trip includes transportation and support staff. Deadline to register is November 28. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Planet World Museum

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

Wednesday, December 18, 2024

9 am - 3 pm

TRIP Code: LBSAC-20241218

Explore the Planet World museum with us! This is the only museum in the country dedicated to journeying through language and words. With a vision that focuses on strengthening literacy, this museum as found an innovated way to engages it's visitors. Enjoy lunch, at your own expense, at the museum restaurant, Immigrant Food. This trip includes transportation and support staff. Deadline to register is December 11. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Lancaster County Dutch Market \$12 (R); \$16 (NR)

Thursday, January 16, 2025

9 am - 2 p

TRIP Code: LBSAC-20250116

Join us for a trip to the Lancaster County Dutch Market in Germantown. 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 staff. Deadline to register is January 9. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Seasons 52

Wednesday, February 19, 2025

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

11 am - 2 p

TRIP Code: LBSAC-20250219

Join us for a trip to the restaurant Season 52! Enjoy lunch, at your own expense, at this win bar & grill featuring fresh and seasonal dishes. This trip includes transportation and support staff. Deadline to register is February 12. Register online at 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

Rosalyn.dortch@pgparks.com

### **MOVIE SHOWING**





**Board Meeting** 

# 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.		11 am - 1 pm	

NARFE	
1st Wednesday of the Month	1 - 2 pm

## Laurel-Beltsville Senior Activity Center: Information Corner



#### 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 Prince George's Montgomery and 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.pgparks.com/news/news-releases/pgparks-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.

