

Gwendolyn Britt Senior Activity Center

SPRING 2025 CALENDAR



MARCH, APRIL, and MAY

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

Please note the center will be closed on:

Monday, May 26, 2025

Face Masks optional!

SPRING REGISTRATION

- Registration begins **Wednesday, February 12** for Residents (R).
- Registration begins **Wednesday, February 19** for Non-Residents (NR)
- Spring Classes – Register early! **Virtual classes are available.** Classes fill on a first come, first serve basis.
- Don't Wait and Be Too Late! Register at least one week prior to the class start date! A minimum number of registrants are required for programs to be held.
- See refund policy on the next page.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee greater than \$35. Based on income and family size, fee reduction may be available. Visit our website or ask center staff for details.

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**

4009 Wallace Road • North Brentwood, Maryland 20722

Phone: 301-699-1238

Fax: 301-699-2078

TTY: 301-699-2544

Gwendolyn Britt Senior Activity Center – Important Information

Our Refund Policy:

- All other refunds are subject to a 20% administration fee.
- All withdrawals/refunds must be processed by the facility offering the activity.
- 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 by the 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 bus 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 Centers

Virtual Classes

PIANO ADVANCE	<u>Tues & Thurs</u> Mar 4-27 (31541-230A) Apr 1-24 (31541-230B) May 6-29 (31541-230C)	11:30 am - 12:30 pm	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Mar 4-27 (31538-230A) Apr 1-24 (31538-230C) May 6-29 (31538-230B)	1 pm - 2 pm	\$68 (R) \$89 (NR)
PIANO BEGINNER	<u>Tues & Thurs</u> Mar 4-27 (31526-230A) Apr 1-24 (31526-230B) May 6-29 (31526-230C)	10 am - 11 am	\$68 (R) \$89 (NR)
HOME PROJECTS	<u>Wednesdays</u> Mar 5-26 (31523-230A) Apr 9-30 (31523-230B) May 7-28 (31523-230C)	10 am - 11 am	\$20 (R) \$26 (NR)
BINGO	<u>Fridays</u> Mar 7-28 (31510-230A) Apr 4-25 (31510-230D) May 2-23 (31510-230C)	12 noon - 1 pm	\$20 (R) \$26 (NR)
PIANO BEGINNER LEVEL-1	<u>Mon & Wed</u> Mar 3-26 (31526-244A) Apr 7-30 (31526-244B) May 5-28 (31526-244C)	9:30 am – 10:30 am	\$68 (R) \$89 (NR)



MARCH 2025

Bon Appetite: Kolby's Smokehouse

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

PARKS DIRECT code: GBSAC-20250304

If you like chicken, ribs, beef brisket, pulled pork, other meats, and sides made from scratch, you will love Kolby's. Our atmosphere is friendly and comfortable! Your taste buds are our number 1 priority. Come on in and take a seat – you won't regret it. Meals at your own expense.

Transportation provided.

Tuesday, March 4

10 am - 3 pm

National Hot Tea Day

FREE

It's been a cold Winter, and it may not be finished yet! Join us and enjoy a nice cup of hot tea. We have several flavors; one you have not tried before. Tea can sometimes turn a dreary day into a cozy comfy day and may even give you a little energy burst. A little chit chat and tea can go a long way to reach a relaxing mind. Register at the customer service desk.

Friday, March 7

12 - 1 pm

Healthy Eating to Control Cholesterol

FREE

Ever wonder how to tame cholesterol? Most of us may have high cholesterol. Unhealthy habits are learned throughout the years and this educational seminar will shed some light on ways to have healthier eating habits to help your numbers. Register at the customer service desk.

Monday, March 10

11 am - 12 pm

National Women's History Museum, Washington, DC

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

PARKS DIRECT code: GBSAC-20250312

Women are known to provide many roles of life to our fathers, husbands, and children. In this museum you will find many women who shared their life to educate, inspire, build up and amplify others. This museum also uncovers the many contributions made to society and their many celebrations as they have taught young girls and ladies to excel in life with pride. Meals at your own expense. Transportation provided.

Wednesday, March 12

10 am - 3 pm

Crofton Bowl Centre

\$22 (R); \$29 (NR)

PARKS DIRECT code: GBSAC-20250328

Two hours of unlimited bowling, up to six bowlers per lane, shoe rental, and cleanup are all included. Meals at your own expense. Transportation provided.

Friday, March 28

11:30 am - 3 pm

St. Paddy's Day Paint & Sip

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

PARKS DIRECT code: 31536-230A

Interested in painting? It's easy!!! Painting is a relaxing activity. All supplies & materials provided. Refreshments served. Let's have fun!

Monday, March 31

11 am - 1 pm



APRIL 2025

Protein, Are You Getting Enough?

FREE

Health and Wellness is important to us all. Let's discover if we are getting enough protein to sustain our ever-growing bodies. Proteins serve as building blocks for good health. Learn how good protein can help you. Register at the customer service desk.

Friday, April 4

12 pm - 1 pm

Spring Fling

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

PARKS DIRECT code: GBSAC-20250408

Sometimes, when you think about it, you just want to dance! Good music, light refreshments, and great company! DJ Sweat will get you on the floor and keep your moving. You must register for this event.

Tuesday, April 8

12 pm - 2 pm

Tea Around Town

\$100 (R); \$130 (NR)

PARKS DIRECT code: GBSAC-20250416

Indulge in a fusion of lovely teas, luscious cuisine, opulent decor & live entertainment, exquisite teas, three tiers of savory food, luxe floral vibes, and panoramic views of the Cherry Blossoms. It's an oasis of warmth. Relax, enjoy the ride on this beautiful, decorated bus. Spaces are Limited! Transportation provided.

Wednesday, April 16

10:30 am - 3 pm

Westminster DC Blues Night, Washington, DC

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

PARKS DIRECT code: GBSAC-20250421

Blues Night in DC on Monday presents some of the area's finest Blues Musicians in a lively presentation of classical straight-ahead Blues. Entrance Fee is \$10. Meals at your own expense. Transportation provided.

Monday, April 21

5 pm - 10 pm

National Fruit Day

FREE

There are so many different fruits to choose from, each has it season to shine. We all have our favorites. Fruit is a major source of healthy eating. Share your favorite. Enjoy sampling the many diverse types of fruits. Register at the customer service desk.

Friday, April 25

12:30 - 1:30 pm

Bon Appetite: Ruby's Southern Kitchen, Bowie

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

PARKS DIRECT code: GBSAC-20250429

Ruby's is a great place to visit for really good southern food. The doors swing open with an aroma that fills the room with deliciousness! The selection you must choose from is quite plentiful. Oh, taste and see! Meals at your own expense. Transportation provided.

Tuesday, April 29

11 am - 3 pm



MAY 2025

National Create a Flower Day for Mothers
FREE

Tuesday, May 6
12 pm - 1:30 pm

This session will bring out the creative side of yours. Creating flowers can be a thing of art. Everyone will be able to put their individualized touch on their flower. Light refreshments will be served. Register at the customer service desk.

Top Golf
\$48 (R); \$63 (NR)

Thursday, May 15
10 am - 3 pm

PARKS DIRECT code: GBSAC-20250515

Challenge yourself by trying something new at top golf. Everyone can play, enjoy delicious food and drinks, and have a good time! Games, food, and drink are included in the price. Transportation provided.

Senior Health and Fitness Day
FREE

Wednesday, May 21
9 am – 2 pm

PARKS DIRECT code: SAARC-SPEC-GA-20250521

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, and health screenings. This event will feature an exciting health & fitness challenge! Participants who successfully complete the challenge will have their names entered into a drawing for special prizes. Transportation provided!

Bus Transportation Fee: (\$10.00). You must register for transportation using the following **Parks Direct code: GBSAC-20250521.** Register early! Spaces are limited! **Bus Transportation leaving from the Gwendolyn Britt Senior Activity Center.**

History and Culture in your Backyard
FREE

Thursday May 22
12:30 – 1:30 pm

Celebrate History and Culture with us as we dive into the uniqueness of North Brentwood, and Prince George's County. This interactive program will be presented by M-NCPPC's Natural and Historic Resource Division. Play trivia, share stories, and learn about the upcoming United States 250th commemoration in 2026. Join us for a day of fun and community pride!

National Physical Fitness & Sports Month
FREE

Friday, May 23
10 am - 12 pm

PARKS DIRECT code: 27505-230A

Pickleball is a racket or paddle sport in which two or four players hit a perforated, hollow plastic ball with paddles over a 34-inch-high net. Equipment provided.

Bon Appetite: Mike's Crab House, Annapolis, MD
\$15 (R); \$20 (NR)

Tuesday, May 27
10 am - 3 pm

PARKS DIRECT code: GBSAC-20250527

This Crab House is on a beautiful waterfront. The ambiance is breathtaking and peaceful. Crabs are served in Chesapeake Bay Tradition. Meals at your own expense. Transportation provided.

Gwendolyn Britt Senior Activity Center – ACTIVITIES – FREE

MONDAYS

FANTASTIC MONDAYS FREE MOVIE DAYS (12:30 pm - 2:30 pm):
Movies are fun to watch. Let us know what you would like to watch!
MUST HAVE A MINIMUM OF 10 PATRONS.



TUESDAYS

PICKLE BALL. Equipment provided (11 am – 12 pm)
BINGO (12:30 pm - 1:30 pm)



WEDNESDAYS

GAME DAY (12 pm - 3 pm): Dominoes, Spades, Trouble, Uno, and others!



THURSDAYS

SENIOR SHAPE EXERCISE CLASS (11:30 am - 12:15 pm)
ARTS & CRAFTS (12:30 pm - 2 pm, 1st and 3rd Thursdays): Tap into your creativity!



FRIDAYS

WALKING (11 am - 12 pm) Come take a walk with us
GAME DAY (12:30 pm – 3 pm): Dominoes, Spades, Trouble, Uno, and others!



YOU ARE WELCOME!!!

FITNESS ROOM – FREE TO USE



Gwendolyn Britt Senior Activity Center
4009 Wallace Rd., North Brentwood, MD 20722
(301) 699-1238

SENIOR SHAPE – EXERCISE CLASS AND BLOOD PRESSURE SCREENING - FREE

Senior Shape Exercise Class Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u>THURS</u> Mar 6-27 Apr 3-24 May 1-29	11:30 am - 12:15 pm	Free
Blood Pressure Screenings	Multi-Purpose Room A	<u>THURS</u> Mar 6 Apr 3 May 1	12:30 pm - 1:15 pm	Free

AARP Smart-Driver Courses

Friday, March 14 10 am - 3 pm
Friday, April 18 10 am - 3 pm
Friday, May 16 10 am - 3 pm

Tune up your driving skills and update your knowledge about rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes. Contact Cleante Apollon (914-588-7182) to register and pay for the course.

SENIOR SMARTRIP INFORMATION



WMATA SENIOR SMARTRIP CARDS – NO LONGER SOLD AT GWENDOLYN BRITT SENIOR ACTIVITY CENTER.

FOR MORE INFORMATION ON HOW TO PURCHASE A SMARTRIP CARD VISIT
www.wmata.com/fares/smartrip

DISABILITY ACCOMMODATIONS

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive disability accommodation.



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

SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Tuesdays and Wednesdays here at Gwendolyn Britt featuring a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager, Barbara Goldsmith, at 301-277-4231 or by stopping by the kitchen or by calling 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 with Nutrition Manager Barbara Goldsmith, at 301-277-4231. Please bring exact change to cover your donation.

Transportation: Transportation services can be reserved directly by the Seniors. 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 in order 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.

FOR YOUR INFORMATION

Moved? Number changed? Update Your Information

From time to time, please stop at the office and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors here at the Gwendolyn Britt Senior Activity Center? If so, give us a call at (301) 699-1238.

NO SMOKING POLICY

In accordance with Maryland State Law, there is **NO SMOKING on M-NCPPC property.** This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.

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.pgparcs.com today!