Laurel - Beltsville Senior Activity Center

Spring 2025 Calendar

March, April, & May 2025



HOURS OF OPERATION		
MONDAY-THURSDAY	8:00 AM- 8:00 PM	
FRIDAY	8:00 AM- 5:00 PM	
SATURDAY	8:00 AM- 2:00 PM	
SUNDAY CLOSED		
HOLIDAY CLOSURE: MONDAY, MAY 26 (MEMORIAL DAY)		

Registration Begins:

- Wednesday, February 12 at 9:00 AM for Prince George's County Residents. Wednesday, February 19 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.

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.



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

Class Name	Day/Dates	Time	PARKS DIRECT #	Fee
Balance, Stretch, &Tone: Seniors 60 & Up (4 weeks)	<u>Tues</u> Mar 4 - Mar 25 Apr 1– Apr 22 Apr 29– May 20	1 pm- 2 pm	17543-246D 17543-246E 17543-246F	\$37 (R); \$49 (NR) \$37 (R); \$49 (NR) \$37 (R); \$49(NR)
Belly Dancing: Adults 50 & Up (6 weeks)	<u>Mon</u> Mar 3– Apr 7 Apr 14 - May 19	4 pm - 5 pm	23404- 246A 23404- 246B	\$52 (R); \$68 (NR) \$52 (R); \$68 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Tues</u> Mar 25 - May 27	10 am - 2 pm	30403-246A	\$70(R); \$91 (NR) \$70 (R); \$91 (NR)
Ceramics: All Levels 50 & Up (8 weeks)	<u>Wed</u> Mar 26– May 28	10 am - 2 pm	30403-246B	\$70(R); \$91 (NR) \$70 (R); \$91 (NR)
Ceramics: All Levels 50 & Up (10 weeks)	<u>Thu</u> Mar 27 – May 29	10 am - 2 pm	30403-246C	\$70(R); \$91 (NR) \$70 (R); \$91 (NR)
Drawing/Watercolor Painting: Adults 50 & Up (12 weeks)	<u>Thu</u> Mar 6– May 22	2 - 4 pm	30428-246A	\$80 (R); \$104 (NR)
Exercise: Adults 50 & Up (4 weeks)	<u>Mon, Wed, & Fri</u> Mar 3 - Mar 28 Mar 31 - Arp 25 Apr 28- May 23	9- 10 am	17435-246A 17435-246B 17435-246C	\$40 (R); \$52 (NR) \$40 (R); \$52 (NR) \$40 (R); \$52 (NR)
Exercise: Adults 50 & Better (4 weeks)	<u>Mon & Wed</u> Mar 3 - Mar 26 Mar 31 - Apr 23 Apr 28– May 21	11 am - 12 noon	17435-246D 17435-246E 17435-246F	\$35 (R); \$46 (NR) \$35 (R); \$46 (NR) \$35 (R); \$46 (NR)
Hand Dance: Beginners Adults 50 & Up (12 weeks) NO CLASS 5/13	<u>Tue</u> Mar 4 - May 20	9:30 - 10:45 am	23401-246A	\$69 (R); \$90 (NR) *NORMAL 12wk will be \$75 R; \$96 NR

Laurel-Beltsville Senior Activity Center: CLASSES

Class Name	Day/Dates	<u>Time</u>	PARKS DIRECT #	Fee
NEW CLASS!! Hand Dance: Beginners Adults 18 & Up (12 weeks) NO CLASS 5/13	<u>Tue</u> Mar 4 - May 20	6 - 7:30 pm	23401-246B	\$69 (R); \$90 (NR) *NORMAL 12wk will be \$75 R; \$96 NR
Line Dance: Seniors, Beginners 60 & Better (6 weeks)	<u>Tues</u> Mar 4 - Apr 8 Apr 15 <i>-</i> May 20	11 am - 12 pm	23501-246A 23501-246B	\$52 (R); \$68 (NR)
Personal Training: Seniors 60 & Up (4 weeks)	<u>Mon & Wed</u> Mar 3 - Mar 26 Mar 31- Apr 23 Apr 28 - May 21	1- 2 pm	17513-246A 17513-246B 17513-246C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Mon</u> Mar 3 - Apr 21	5:00 - 6:30 pm	20422-246A	\$60 (R); \$78 (NR)
Spanish: Adults, Beginners 18 & Up (8 weeks)	<u>Sat</u> Mar 8– Apr 26	9 -10:30 am	20422-246B	\$60 (R); \$78 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Tue</u> Mar 3– Apr 22	5 -6:30 pm	20403-246A	\$65 (R); \$85 (NR)
Spanish: Adults, Intermediate 18 & Up (8 weeks)	<u>Sat</u> Mar 8– Apr 26	10:45 am -12:15 pm	20403-246B	\$65 (R); \$85 (NR)

Laurel-Beltsville Senior Activity Center: CLASSES

Class Name	Day/Dates	<u>Time</u>	PARKS DIRECT #	<u>Fee</u>
Spanish: Adults, Advance (Level I) 18 & Up (8 weeks)	Wed Mar 5– Apr 23	5 - 6:30 pm	20404-246A	\$70 (R); \$91 (NR)
Conversational Spanish: Adults, Advance (Level II) 18 & Up (8 weeks)	<u>Thu</u> Mar 6– Apr 24	5 - 6:30 pm	20404 <i>-</i> 246B	\$70 (R); \$91 (NR)
Tai Chi: Seniors, Beginners 60 & Up (12 weeks)	<u>Mon</u> Mar 3– May 19	2:45 -3:45 pm	21501-246A	\$72 (R); \$94 (NR)
Yoga: Beginners 50 & Up (12 weeks)	<u>Mon</u> Mar 3 - May 19	1:15 - 2:30 pm	17413-246A	\$75 (R); \$98(NR)
Yoga: Beginners 50 & Up (12 weeks)	<u>Thu</u> Mar 6 - May 22	12 - 1:15 pm	17413-246B	\$75 (R); \$98(NR)
Yoga (CHAIR) 50 & Up (12 weeks)	<u>Mon</u> Mar 3 - May 19	12:05 - 1:05 pm	17658-246A	\$75 (R); \$98(NR)
Zumba: Adults 18 & Up (6 weeks)	<u>Wed</u> Mar 5-Apr 9 Apr 16– May 21	5 - 6 pm	17414 -246A 17414-246B	\$52(R); \$68(NR) \$52(R); \$68(NR)
Zumba: Adults 50 & Up (6 weeks)	<u>Fri</u> Mar 7– Apr 11 Apr 18 <i>-</i> May 23	12 - 1 pm	17414-246D 17414-246E	\$52 (R); \$68(NR) \$52(R); \$68(NR)

AVENUE OF THE ARTS

UPCOMING AVENUE OF THE ARTS



FEATURING...

Nancy Pfeffer Feb 3– Mar 21

Laurel Art Guild Mar 22– Apr 25

SPECIAL EVENTS

Women's History Month Giveaway FREE

Celebrate Women's History Month by grabbing a small give away! Every Thursday between 11:00 am – 12:00pm, come to the front desk and use the code phrase, "We made history!" for your give away. No registration required, give aways available while supplies last.

BOOKED Series FREE (60 & BETTER)

Join us for our BOOKED series, where each week we will focus on a different literature genre. Bring your favorite book from that genre and share with the group. Light refreshments and non-alcoholic drinks will be available. Deadline to register is one week prior to each scheduled date. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County. ACTIVITY code: 20621-246A Mystery/Thriller Genre (Thursday, March 6)

ACTIVITY code: 20621-246B Romance Genre (Thursday, March 13)

ACTIVITY code: 20621-246C True Crime Genre (Thursday, March 20)

ACTIVITY code: 20621-246D Fiction/Sci-Fiction (Thursday, March 27)

Mad Hoops Happy Hour \$5 (R); \$7 (NR) TICKET code: LBSAC-SPEC-GA-20250319

Come dressed in your college basketball gear and enjoy live music, food, and non-alcoholic drinks! Check-in will end at 1:30 pm. Deadline to register is March 12. Deadline to register is March 12. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

LBSAC Debate Night!! \$5 (R); \$8 (NR) ACTIVITY code: LBSAC-SPEC-GA-20250403

Join us for a friendly debate night! Come prepared to be broken into teams where we will debate light -hearted and fun topics. Food and non-alcoholic drinks will be available. Deadline to register is March 27. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Glow Style Line Dance Party \$ 10 (R); \$12 (NR) ACTIVITY code: 23407-246A

Join us for our glow in the dark line-dance party. Learn some new line dance steps from our instructor, Carolyn, or introduce some new dances yourself. Enjoy a catered lunch and non-alcoholic drinks and music from a DJ. Worried about it being to dark?? Don't! There will be just enough lighting for moving and grooving! Deadline to register is Wednesday, April 16. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

7

Wednesday, March 19 , 2025 1 – 3 pm

Wednesday, April 23, 2025 11 am – 1 pm

Thursday, April 3, 2025

5 - 6:30 pm

Every Thursday in March 11:00 am - 12:00 pm

Every Thursday in March

12:30 – 1:30 pm

SPECIAL EVENTS

Mother's Day Social FREE SIGN –UP AT FRONT DESK

Monday, May 12, 2025 2:00 - 3:00 pm

Calling All Mothers! Join us for some delicious frozen yogurt from Sweet Frog. Deadline register is May 5. Register by signing the front desk sign-up sheet at Laurel-Beltsville Senior Activity Center.

Patio Concert Series \$ 10 (R); \$ 13 (NR)

Every Thursday in May 6:00 - 7:00 pm

Join us for our outdoor patio concert series featuring artist from all different music genre. You won't want to miss it! Light refreshments and non-alcoholic drinks will be available. Deadline to register is one week prior to the start date of each concert date. Register online at pgparksdirect.com or inperson at any M-NCPPC facility in Prince George's County.

Troy King and Kathrin Murray (Classical)

Thursday, May 1 TICKET code: LBSAC-CON-GA-20250501

Max Gergits Trio (Jazz) Thursday, May 8 TICKET code: LBSAC-CON-GA-20250508

Karen Collins and Ira Gitlin (Folk)

Thursday, May 15 TICKET code: LBSAC-CON-GA-20250515

Sammy Munguia Trio (Caribbean Jazz) Thursday, May 22 TICKET code: LBSAC-CON-GA- 20250522

Carol Takafuji for Hua o Kapua Illima (Music of Hawaii) Thursday, May 29 TICKET code: LBSAC-CON-GA– 20250529

SENIOR SERVICES COUNTY-WIDE EVENT

This program is brought to you by M-NCPPC, Department of Parks and Recreation, Prince George's County more Senior Health and Fitness Day Wednesday, Join us for Senior Health and Fitness Day, an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in May 21, 2025 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 year, the event will feature an exciting health & fitness challenge! 10 am - 1 pm Participants who successfully complete the challenge will have their names entered into a drawing for special prizes. Don't miss this opportunity to engage, have fun, and win **Southern Area Aquatics** & Recreation Complex Visit the department of Family Services table for information and a healthy snack (while supplies last). 13601 Missouri Avenue Brandywine 20613 Register today! Visit pgparksdirect.com and type in keyword "SHFD" or ticket For information, contact: code SAARC-SPEC-GA-20250521 **Senior Services** in the search box. 301-446-3400, or seniors@pgparks.com FREE event for seniors ages 60 & better! All participants must have an M-NCPPC Senior ID to register.

 Connect with us! @ @pgparks
Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.

- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.

* LIMITED TRANSPORTATION AVAILABLE FOR THOSE WHO REG-ISTER FOR THE TRIP SHOWN ON PAGE 12!! YOU MUST REGISTER FOR THE TRIP IN ORDER TO GET TRANSPORATION!

EDUCATIONAL LECTURES & SCREENINGS (60 & BETTER)

Decluttering/Downsizing (VIRTUAL) FREE

ACTIVITY Code: 20515-246A

Join us for a session with an AARP representative for a presentation on downsizing and decluttering items that we store as keepsakes over the years. All that accumulating "stuff" can make downsizing feel like a monumental endeavor and daunting when you want to relocate, get health care and prepare for your next stage in life. Deadline to register is February 27. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Memory Screening (IN-PERSON) FREE SIGN – UP AT FRONT DESK

Sign up for 10-minute memory screenings at the front desk! Get information and resources on dementia. Deadline to sign up is March 3. Sign up at the front desk at Laurel-Beltsville Senior Activity Center with one of our team members.

National Historic Resources Presentation (IN-PERSON) FREE

ACTIVITY code: 20515-246D

Join us for a 45 minute to one hour presentation and interactive workshop from our National Historic Resources Division (NHRD) representative. In 2026, the United States will turn 250 years old. Many museums, states, and organizations around the country are preparing to commemorate the founding of the country with a variety of programs and events. NHRD is currently planning our projects for the 250th, that will include an exhibit, museum passport, engagement with youth centered projects, and seniors. Deadline to register April 3rd. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

Oral Cancer Presentation (VIRTUAL) FREE

ACTIVITY code: 20515-246B

April is Oral Cancer Awareness Month! Oral Cancer awareness in the American public is low. Join us for an Oral Cancer Awareness Presentation to learn important information for early detection in order to save lives. Deadline to register for this will be April 17. Registration is available online at pgparksdirect.com or in-person at M-NCPPC facility in Prince George's County.

Monday, March 10, 2025

10 am – 12 pm

Thursday, April 17, 2025 11 am – 12 pm

Thursday, April 24, 2025

10 – 11:30 am

Thursday, March 6, 2025 10:30 - 11:30 am

11

Healthy Living for The Brain and Body (IN-PERSON) FREE

ACTIVITY code: 20515-246C

Join us for a session with a representative from the Prince George's Speaker Bureau Network for a presentation on Healthy Living for the Brain and Body. Over the years, we have known that the health of the brain and the body are connected. Now, science provides insights on how to optimize our physical and cognitive health as we age. We will learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Deadline to register is May 1. Register online at pgparksdirect.com or in person at any M-NCPPC facility in Prince George's County.

*LINK WILL BE EMAILED DAY BEFORE VIRTUAL EDUCATIONAL LECTURES.

TRIPS

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

Carolina Kitchen \$10 (R); \$12 (NR) TRIP Code: LBSAC-20250304

Join us for a lunch trip to delicious soul food restaurant, Carolina Kitchen. Lunch will be at your own expense. This trip includes transportation and support staff. Deadline to register is February 5 or until full. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

MGM Casino \$10(R); \$12 (NR) TRIP Code: LBSAC-20250319

Join us for a trip to MGM Casino! Enjoy lunch, at your own expense, at one of the many restaurants at the National Harbor. This trip includes transportation and support staff. Deadline to register is March 12 or until full. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

Steven F. Udvar-Hazy Center \$15 (R); \$20 (NR) TRIP Code: LBSAC-20250402

Join us on a trip to see the display of thousands of aviation and space artifacts! Enjoy lunch, at your own expense, at Lazy Dog Restaurant & Bar.. This trip includes transportation and support staff. Deadline to register is March 26. Register online at pgparksdirect.com or at any M-NCPPC facility in Prince George's County.

10:30 am - 1 pm

9 am - 3 pm

9 am - 3p

Tuesday, March 4. 2025

Wednesday, March 19, 2025

Wednesday, April 2, 2025

Thursday, May 8, 2025 12:30 – 1:30 pm

TRIPS

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

Baltimore Lunch Cruise \$60 (R); \$78 (NR) TRIP Code: LBSAC-20250430

Join us for a lunch cruise in Baltimore City with live entertainment, great food, and window seats! Enjoy a scenic ride down the inner harbor and Patapsco river! Dress code is casual. This trip includes cruise tickets, transportation, and support staff. Deadline to register is April 23. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

Crab House Tour \$12 (R); \$16 (NR)

Every Wednesday in May See Times Below

Join us as we check out different crab houses throughout Maryland. Enjoy crabs, seafood, and more at your own expense. This trip includes transportation and support staff. Deadline to register is 1 week prior to each date. Register online at pgparksdirect.com or in-person at any M-NCPPC facility in Prince George's County.

TRIP code: LBSAC-20250507	The Jetty Dock Bar
	Wednesday, May 7
	10 am– 3 pm
TRIP code: LBSAC-20250514	Captain James Crab house
	Wednesday, May 14
	3:30pm– 7 pm
TRIP code: LBSAC-20250521	The Point Crab House & Grill
	Wednesday, May 21
	10:30 am– 2 pm
TRIP code: LBSAC-20250528	Fisherman's Crab Deck
	Wednesday, May 28
	10 am– 3 pm

Senior Health & Fitness Day (TRANSPORTATION ONLY) FEE: \$ 10

Wednesday, May 21, 2025 8:30 am - 2:00 pm

TRIP Code: LBSAC-20250521

Please note this trip code is separate from the Senior Health & Fitness Day registration. See Page 9 for instructions on how to register for the Senior Health & Fitness Day event. Limited transportation is available for those who register for this trip. Departure from Laurel-Beltsville Senior Activity Center.

Wednesday, April 30, 2025 10:30 am - 3:30 pm

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

Catch a Movie with Us!

Note: Please see the listing posted in the center lobby for movie titles. Movies will be offered from **1–3 pm** on the following dates:

Thursday, March 20 Thursday, April 17 Thursday, May 22

* Snacks available!



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
opeciai	Uloups C	x Ciub	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

Laurel-Beltsville Senior Activity Center: Information Corner



IMPORTANT PHONE NUMBERS

Dept. of Public Works & Transportation

Dept. of Family Services Seniors County Information Medicare Information Call-A-Bus 301-499-8603 Option 6 301-265-8401 301-265-8450 800-633-4227 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 for Montgomery and County residents age 60 better. and Pre-senior membership is available for a fee. Membership must be renewed every 12 months. Visit the Front desk for more information.

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 accepted after a course is completed. No cash refunds will refunds will be 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.

Refund Policy

***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.

