

Langley Park Senior Activity Center

2025 SPRING CALENDAR



Welcome to Langley Park Senior Activity Center

March, April, May 2025

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



Please note the senior center will be closed: Monday, May 26 - Memorial Day

Face Mask Optional!

SPRING REGISTRATION

- Registration - Wednesday, February 12, for Residents (R) of Prince George's County
- Registration - Wednesday, February 19, Non-Residents (NR)
- Spring Classes: Register early! **In-person & Virtual classes available.**
- Trips -Sign up early, trips fill on a first come, first serve basis.
- Don't wait! Please register at least one week prior to the class start date 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 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.

The words "Hello Spring" are written in a playful, cursive font. The letters are filled with a green and yellow pattern that resembles grass or leaves. A single green leaf is positioned above the second 'l' in "Hello". The background is a solid light yellow.

Langley Park/Gwendolyn Britt Senior Activity Center: **Virtual Classes**

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



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

PIANO BEGINNERS	<u>Tues & Thurs</u> Mar 4- Mar 27 (23502-244A) Apr 1- Apr 24 (23502-244B) May 6 - May 29 (23502-244C)	9 – 10 am	\$68 (R) \$89 (NR)
PIANO INTERMEDIATE	<u>Tues & Thurs</u> Mar 4- Mar 27 (23503-244A) Apr 1- Apr 24 (23503-244B) May 6 - May 29 (23503-244C)	10 – 11 am	\$68 (R) \$89 (NR)
Computer Skills-Level 1 RecTrac Training Learn how to create an account, register for classes, & events.	<u>Mondays</u> Mar 3- Mar 24 (14501-244R) Apr 7- Apr 28 (14501-244S) May 5 - May 26 (14501-244T)	11am – 12 pm	FREE
LINE DANCE	<u>Mondays</u> Mar 3 - 24(23501-244A) Apr 7-28 (23501-244B) May 5 - 26 (23501-244C)	11 am -12:30 pm	\$28 (R) \$37 (NR)

Langley Park Senior Activity Center: **Activities**

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

MARCH 2025

Senior Shape

Free

Monday & Thursday, March 3 - 27

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!

International Woman's Day Celebration

***PARKS DIRECT* code: LPSAC-SPEC-GA- 20250312**

Wednesday, March 12

11 am - 2 pm

\$28 (R); \$37 (NR)

Celebrating women who are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic, political, and from all levels of society. It's a celebration with the amazing Tribe Band as we celebrate **All** Women of Excellence. Refreshments will be Served!

St. Paddy's Day Paint & Sip

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

Wednesday, March 19

11 am - 2 pm

***PARKS DIRECT* code: 31536-244A**

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

Blackwall Barn Restaurant

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

Wednesday, March 26

10:30 am - 3 pm

***PARKS DIRECT* code: LPSAC-20250326**

A unique modern cuisine offering different tasty healthy food that will satisfy your cravings. The chef serves the most pristine high-quality ingredients to create fresh and flavorful dishes that are served warm. Meals at your own expense. Transportation provided.

Jason's Lyrics Live - Broadway at The National

\$120 (R); \$156 (NR)

Saturday, March 29

2 pm - 6 pm

***PARKS DIRECT* code: LPSAC-20250329**

Jason's Lyric is a classic, telling a story of a man haunted by his past and a guarded woman who must fight for their love and future amidst the challenges of family, betrayal, and dark forces in the gritty streets of Houston. Starring, Allen Payne, reprising his iconic role as Jason, Eva Marcille, (All the Queen's Men), as Lyric, Treach (Naughty by Nature) as Alonzo, Tyrin Turner (Menace II Society) as Josh, Lawrence Hilton-Jacobs (The Jacksons) as Mad dog, and K. Michelle (Chart-Topping R&B Artist) as Marti. Meals at your own expense. Transportation provided.



Langley Park Senior Activity Center: Trips & Special Events

🦋 APRIL 2025 🦋

Senior Shape

Free

Monday & Thursday, April 3 - 28

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!

The Rose Gaming Resort 🦶🦶

\$20 (R); \$26 (NR)

Wednesday, April 2

10:30 am - 4 pm

PARKS DIRECT code: LPSAC-20250402

The New Rose Gaming Resort is an entertainment complex with excellent cuisine and restaurants. Enjoy the large lounge to relax. Meals at your own expense. Transportation provided.

Lunch with A Cop

FREE

Monday, April 7

11:30 am – 1 pm

The Lunch with a Cop program is an effort to provide positive social interactions between Prince Georges finest officers and the community. The goal is to strengthen relationships, to facilitate more positive contacts, and to provide relaxed, informal interactions in a friendly environment. Refreshments Served! Registration Required! .

Tea Around Town Tour

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

Wednesday, April 16

10:30 am - 3 pm

PARKS DIRECT code: LPSAC-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.

Kobe Japanese Steak & Seafood Restaurant

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

Wednesday, April 30

10:30 am - 3 pm

PARKS DIRECT code: LPSAC-20250430

The Teppanyaki Chef will take you on a healthy delicious interactive dining journey. Use fresh ingredients while stir-frying your meal right before your eyes. It's amazing to watch. After lunch feel free to shop at Costco's and stores in the area. Meals at your own expense. Transportation provided.



Langley Park Senior Activity Center: Trips & Special Events

 **MAY 2024** 

Senior Shape

Free

Monday & Thursday, May 5- 29

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 required!

National Physical Fitness & Sports Month - Pickleball

PARKS DIRECT code: 23705-244A

Tuesday, May 6

9 am -12 pm

Free

Celebrate a Healthy Mind, Body, and mental fitness for a better life through exercise. Join Langley Park Seniors for a day of fun playing Pickleball. It's a whole lot of fun!! **Let Your Paddle Do the Talking!!**

Light Refreshments served. Registration Required.

Celebrating our Queens, Mother's Day Brunch

\$30 (R); \$39 (NR)

Monday, May 12

11 am - 2 pm

PARKS DIRECT code: LPSAC-SPEC-GA-20250512

Embrace the joy of being a Mother's Day Queen! Celebrate the joy, love, and treasured moments spent with the amazing women who brighten our lives daily! Feel like royalty in celebration of your special day. Music by the Motown All Stars! Register early!

Senior Health & Fitness Day

PARKS DIRECT code: SAARC-SPEC-GA-20250521

Wednesday, May 21

9 am - 2 pm

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. Don't miss this opportunity to engage, have fun, and win! Transportation provided!

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

TopGolf

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

Thursday, May 29

10 am - 3 pm

PARKS DIRECT code: LPSAC-20250529

Challenge yourself by trying something NEW at Topgolf. Everyone can play, enjoy delicious food and drinks, just a Good Old Time! Games, food, drinks & Transportation. All included in the price.



Langley Park Senior Activity Center: Information/Education

Upcoming AARP Smart Driver Courses

Monday, March 10, 2025 , 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, April 21, 2025, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Monday, May 19, 2025, 10:00 am - 2:00 pm \$20/AARP Members; \$25/Non-Members

Refresh your driving skills with the AARP Smart Drivers Course. Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion, you may qualify for car insurance premium discounts. **Register online at AARP or call 301-736-1565.** Call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$4. No outside food allowed. Payment due by check or money order.

Face Coverings Optional!



Blood Pressure Screenings

<i>Thursday, March 6</i>	<i>11:00 am – 11:45 am</i>
<i>Thursday, April 3</i>	<i>11:00 am – 11:45 am</i>
<i>Thursday, May 1</i>	<i>11:00 am – 11:45 am</i>
BLOOD PRESSURE SCREENINGS PROVIDED BY SUBURBAN HOSPITAL	HEALTH & WELLNESS INFORMATION SESSIONS PROVIDED BY: <i>Special Programs Health & Wellness Program Greenbelt Community Outreach Program</i>

Langley Park Senior Activity Center: Health & Wellness Events

Health & Wellness



National Memory Screening Program Free

Monday, March 3
11 am - 12 pm

In recognition of National Memory Screening Week and in collaboration with the Dementia Friendly Prince George's County and the Alzheimer's Foundation of America (AFA), qualified healthcare professionals will provide free, confidential memory screenings. Screenings consist of a face-to-face meeting with a qualified screener and includes a series of questions and tasks that will take about 10 minutes. Participants will receive their results and information. **Sign-up in advance to schedule your screening at the customer service desk.**



CareFirst BlueCross & BlueShield

Thursday, April 24
10 am - 12 pm

Free

Join us for details about our all-inclusive Medicare Advantage Dual Prime (HMO-SNP) Plan that combines your medical, hospital, and prescription drug coverage into one convenient plan. Take advantage of additional benefits such as dental, vision, and hearing aid coverage, meals, rides and more. Learn about how you can get these benefits and more at no additional cost to you.



Low-Cost, High-Nutrition Healthy Cooking demonstration Free

Thursday, May 1
11:30 - 12:30 pm

Eating healthy doesn't have to break the bank. Discover how to transform simple ingredients into a delicious, hearty one-pan meal that's easy on your wallet. Must Register!

Ticket Code: SPD-SPEC-GA-20250501

History and Culture in your Backyard Free

Thursday, May 15
10:30 - 11:30 pm

Celebrate History and Culture with us as we dive into the uniqueness of Langley Park, 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 learning, fun and community pride!

FOR YOUR INFORMATION

In accordance with Maryland State Law, 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.



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 the 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

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.**

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 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