

# Langley Park Senior Activity Center

## 2019 SPRING CALENDAR



### *Welcome to Langley Park Senior Activity Center March, April, May 2019*

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

Please note the senior center will be closed: Monday, May 27 – Memorial Day



### **SPRING REGISTRATION**

- Registration – Monday, February 11, for Residents (R) of Prince George’s County
  - **Note: On February 11, ONLY, we will open at 7am for registration.**
- Registration - Tuesday, February 19, Non-Residents (NR)
- Spring Classes/Trips – Sign up early, trips fill on a first come, first serve basis.
- Don’t wait and be too late! Please register at least one week prior to the class/trip 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](http://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: Amenities

## FITNESS ROOM

The fitness room is available Monday thru Friday, 10:30 am – 3 pm. The fitness room is FREE for bi-county residents (Prince George's and Montgomery County) 60 & Better. You must present your membership card at the front desk in order to use the fitness room.



## COMPUTER LAB

Seniors 60 & Better who have M-NCPPC PARKS DIRECT account may “drop-in” to use the lab during the designated drop-in times, Tuesday & Thursday, 10:30am-3pm. Schedule is subject to change. See center staff for regulations.



## NIXLE

Get information on M-NCPPC closures, cancellations, and emergencies by text or email. Sign up today by visiting [www.pgparcs.com](http://www.pgparcs.com) and click on



## WMATA Senior SmarTrip Cards

WMATA Senior SmarTrip cards provide discounts to seniors for use on Metrorail, Metro bus, all regional bus systems, and parking at most Metro operated lots are sold at the center. To purchase a Senior SmarTrip card, you must be 65 years of age with a photo ID. The cost is \$2. See our Langley Park Senior Activity Center front desk staff to purchase.



## SENIOR WALKS

Come and join the Sassy “Senior” Walks indoors at the center. Earn prizes, just for walking! Monday and Friday 9:30 am.



## BILLARDS

Enjoy a friendly game of pool in our pool/game room. Monday-Friday 10am-2 pm.



Billiards classes available!

## LINE DANCING

Line Dancing is a great way to exercise to music. No experience necessary. Drop-in and join the fun!  
Every Wednesday, 10 am - Noon.



## INSPIRATIONAL HOUR

Our very own senior volunteer Marie Fuller will lead interested seniors in an inspirational hour. Every Thursday, 10 -11:30am.



## BINGO

A weekly tradition you don't want to miss. Come use our large print shutter cards with easy to read numbers!  
Every Wednesday 12:30 - 2 pm.



# Langley Park Senior Activity Center: Information

## Important Information

### Our Refund Policy:

1. 100% refunds are issued when M-NCPPC/LPSAC cancels an activity.
2. All other refunds are subject to a 20% Refund Administrative Fee.
3. All withdrawals/refunds must be processed by the facility offering the activity.
4. The Senior Activity Center Director must approve and process all requested refunds.
5. Trip refunds will only be issued only if the spot can be resold.
6. Class refunds **MUST** be requested **prior** to the course end. Refunds will NOT be issued once the course has ended.
7. Refunds will not be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. Refunds can be issued:
  - As an immediate credit to your PARKS DIRECT account
  - As a credit on your credit card which can take 3 to 5 days to process
  - 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** –15 passengers white or tan bus
- **Commission Bus** – Large 27 passenger bus
- **Motor Coach Bus** – 40-50 passenger bus with restroom

Note:



When you see these feet with a trip or activity, it means there will be a lot of walking.

### Trip Information:

Refunds not granted for cancellations unless trip is cancelled or spot is resold. Following all trips, patrons will be asked to complete a trip evaluation. All trip registrants expected to return with the group to the center.



## **NO SMOKING POLICY**

In accordance to 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, ballfields, etc.

## **GOING GREEN IN 2019**

1. Be like your friends and only take one Senior Activity Calendar per season.
2. Avoid paper clutter. Learn how to find the information you need online! Free classes offered!
3. Bring us your old eyeglasses and hearing aids. With help from the Lions Club, we will recycle to help those in need.
4. Recycle paper, bottles & cans.
5. Never litter! Please dispose of garbage properly.

# Langley Park Senior Activity Center: Classes

<b>Class</b>	<b><u>Day/Dates</u></b>	<b>Time</b>	<b>Barcode</b>	<b>Fee</b>
<b>Computer Level 1</b>	<b><u>Mon &amp; Wed</u></b> Mar 4-Mar 27	9-10am	14501-244A	\$48 (R); \$63 (NR)
	Apr 1-Apr 24	9-10am	14501-244B	\$48 (R); \$63 (NR)
	May 6-May 22 (3wks)	9-10am	14501-244C	\$36 (R); \$47 (NR)
<b>Computer Level 2</b>	<b><u>Mon &amp; Wed</u></b> Mar 4-Mar 27	10-11am	14502-244A	\$48 (R); \$63 (NR)
	Apr 1-Apr 24	10-11am	14502-244B	\$48 (R); \$63 (NR)
	May 6-May 22 (3wks)	10-11am	14502-244C	\$36 (R); \$47 (NR)
<b>Computer Lab “drop-in”</b>	<b><u>Tues &amp; Thurs</u></b> Schedules are subject to change	10am-2pm	Ask about our Senior ID card.	FREE
<b>IPAD Workshop:</b> Learn your IPAD and its various features. <b>IPAD not provided!</b>	<b><u>Fridays</u></b> Mar 8 & Mar 29	10am-11pm	14504-244A	\$38 (R); \$50 (NR)
	Apr 5 & Apr 26	10am-11pm	14504-244B	\$38 (R); \$50 (NR)
	May 10 & May 31	10am-11pm	14504-244C	\$38 (R); \$50 (NR)
<b>Piano – Beginner</b>	<b><u>Tues &amp; Thurs</u></b> Mar 5 Mar 28	9-10am	23502-244A	\$60 (R); \$78 (NR)
	Apr 2 – Apr 25	9-10am	23502-244B	\$60 (R); \$78 (NR)
	May 7-May 30	9-10am	23502-244C	\$60 (R); \$78 (NR)
<b>Piano-Intermediate</b>	<b><u>Tues &amp; Thurs</u></b> Mar 5 Mar 28	10-11am	23503-244A	\$60 (R); \$78 (NR)
	Apr 2 – Apr 25	10-11am	23503-244B	\$60 (R); \$78 (NR)
	May 7-May 30	10-11am	23503-244C	\$60 (R); \$78 (NR)
<b>Jewelry Making-Beginners</b>	<b><u>Tuesday</u></b> Mar 5 – Mar 26	10-11am	30502-244A	\$26(R); \$34 (NR)
	Apr 2 – Apr 23	10-11am	30502-244B	\$26(R); \$34 (NR)
	May 7 – May 28	10-11am	30502-244C	\$26(R); \$34 (NR)
<b>Line Dance-Beginners</b>	<b><u>Monday</u></b> Mar 4- Mar 25	10:30am-12:30pm	23501-244A	\$28 (R); \$37 (NR)
	Apr 1-Apr 22	10:30am-12:30pm	23501-244B	\$28 (R); \$37 (NR)
	May 6-May 20 (3wks)	10:30am-12:30pm	23501-244C	\$21 (R); \$28 (NR)

<b>Billiards</b>	<b><u>Tuesday</u></b>			
	Mar 5 – Mar 26	11am-12pm	15507-244A	\$27 (R); \$36 (NR)
	Apr 2 – Apr 23	11am-12pm	15507-244B	\$27 (R); \$36 (NR)
	May 7 – May 28	11am-12pm	15507-244C	\$27 (R); \$36 (NR)
<b>Zumba Gold</b>	<b><u>Tues/Thurs</u></b>			
	Mar 5 Mar 28	10:30-11:30 am	17529-244A	\$34 (R); \$45 (NR)
	Apr 2 – Apr 25	10:30-11:30 am	17529-244B	\$34 (R); \$45 (NR)
	May 7-May 30	10:30-11:30 am	17529-244C	\$34 (R); \$45 (NR)
<b>PARKS DIRECT Workshop</b>	<b><u>Friday</u></b>			
	Mar 8 & Mar 29	11am-12 pm	14505-244A	Learn how to register yourself online with the new PARKS DIRECT SYSTEM. Basic Computer Skills Required!  <b>FREE</b>
	Apr 5 & Apr 26	11am-12 pm	14505-244B	
May 10 & May 31	11am-12 pm	14505-244C		

## Upcoming AARP Smart Driver Courses

**Monday, March 4      10 am – 3 pm    \$15/AARP Members; \$20/Non-AARP Members**

**Monday, April 8      10 am – 3 pm    \$15/AARP Members; \$20/Non-AARP Members**

**Monday, May 6        10 am – 3 pm    \$15/AARP Members; \$20/Non-AARP Members**

Refresh your driving skills with the AARP Smart Drivers Course. You will 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 301-899-8490.** Bring your own lunch or call our nutrition site manager at 301-439-3056 in advance to reserve your lunch for a donation of \$3. Payment is due by check or money order (no cash) to AARP the day of the class.

# Langley Park Senior Activity Center: Trips & Special Events

## **MARCH 2019**

### **Step It Up: Walking for the Health of It** **FREE**

**Wednesday, March 6**  
**10:30 am - 12 pm**

Did you know the Surgeon General has a call to Step It Up? Walking is a great way to get physical activity, which promotes physical and mental health benefits. It does not require special skills, a gym membership, or expensive equipment. Come hear about the benefits of making walking a priority. Provided by Prince George's Senior Provider Network.

### **National Woman's Day Celebration** **FREE**

**Friday, March 8**  
**11 am - 2 pm**

This is a Celebration of women for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. As we celebrate sit, back relax and enjoy the sounds of the Too Smooth Dudes, Barbara Washington, Angela Bass, Iris Pierce & our very own Karen Moore. Refreshments served. **BACK BY POPULAR DEMAND!**

### **Pizza Party** **FREE**

**Tuesday, March 12**  
**12 pm - 2 pm**

What is the best way to celebrate one of the tastiest days of all-times, by throwing a pizza party!! If you prefer plain cheese or pepperoni, thick or thin crust, this is a day to celebrate one of the greatest and most popular food on the planet-PIZZA. Registration is required.

### **Horseshoe Casino** **\$20 (R); \$26 (NR)**

**Wednesday, March 13**  
**10 am - 4 pm**

**PARKS DIRECT code: LPSAC-20190313**

Horseshoe is Baltimore's hottest spot for dining, entertainment & gaming & retail. Meals are at your own expense. Transportations aboard M-NCPPC activity bus.

### **Mystery Restaurant: The Blue Dolphin** **\$15 (R); \$20 (NR)**

**Thursday, March 21**  
**10 am - 3 pm**

**PARKS DIRECT code: LPSAC-20190321**

This restaurant is recognized for its tradition of great food, unsurpassed service and friendly atmosphere. They offer a creative, approachable modern American cuisine in an energetic, comfortable and vibrant setting. Everybody leaves happy! Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

### **National Nutrition Month** **FREE**

**Wednesday, March 27**  
**11 am - 12 pm**

March is National Nutrition Month! "Go Further with Food" and visit our **FREE** healthy cooking demonstrations. Learn how to prepare delicious, healthy meals and snacks in these step-by-step cooking demonstrations. Enjoy a sample of the delicious creations. Sponsored by the Sports Health & Wellness Division. Registration is required. Must register NLT March 11.

# Langley Park Senior Activity Center: Trips & Special Events

**Baltimore Museum of Industry**

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

**PARKS DIRECT code: LPSAC-20190329**

The Baltimore Museum of Industry celebrates the innovators, entrepreneurs, and workers who propelled the port city into the industrial age and beyond. It started with garment making to airplane manufacturing, food canning to video game design, visitors to the museum will discover how Baltimore is pioneering spirit built the region's manufacturing might and continues to shape Maryland today. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Friday, March 29**

**11 am - 4 pm**

## **APRIL 2019**

**Arundel Mills Mall** 

**\$17 (R); \$23 (NR)**

**PARKS DIRECT code: LPSAC-20190405**

Shop at Arundel Mills Outlet Mall, Maryland's largest outlet and value retail shopping, dining and entertainment destination with more than 200 indoor stores or visit Maryland Live and some of the nationally acclaimed restaurants. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Friday, April 5**

**10 am - 4 pm**

**Maryland Chicken Wing Festival** 

**\$24 (R); \$32 (NR)**

**PARKS DIRECT code: LPSAC-20190406**

Come taste the best and most inventive chicken wing recipes from our area's best chefs, all while enjoying a local and regional craft beer selection and live bands. Bring the whole family... there is fun here for everyone! From food, beer, contests, & music. Transportation aboard M-NCPPC activity bus.

**Saturday, April 6**

**10 am - 5 pm**

**Brookside Gardens** 

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

**PARKS DIRECT code: LPSAC-20190410**

Brookside Gardens Montgomery County's incomparable, award-winning 50-acre public display garden situated within Wheaton Regional Park. Included in the gardens are several distinct areas: Aquatic Garden, Azalea Garden, Butterfly Garden, Rose Garden, Japanese Style Garden, Trial Garden, Rain Garden, and the Woodland Walk. Transportation aboard M-NCPPC activity bus.

**Wednesday, April 10**

**10 am - 3 pm**

**Publick Playhouse "Barry"**

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

**PARKS DIRECT code: LPSAC-20190412**

A Young Barack Obama, known to his friends as "Barry" arrives in New York City in the fall of 1981 to begin his junior year at Columbia University. Documenting his struggles to stay connected to his family and his classmates, the movie, starring Devon Terrell, recounts the tension of a young man trying to find his place. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Friday, April 12**

**10:00 am - 3 pm**

**Arena Stage, "JUNK"****\$73(R); \$95 (NR)****PARKS DIRECT code: LPSAC-20190416**

As the brilliant and calculating Robert Merkin prepares a hostile takeover of a family-owned manufacturing company, he is not concerned about crossing the line to get what he wants in the name of "saving America." Inspired by the volatile and cut-throat financial world and the junk bond giants of the 1980s, "this epic piece of work" (Chicago Tribune) is an enticing look at the money makers, their hubris and those who tried to hold them accountable. Pulitzer Prize-winner Ayad Akhtar's (Disgraced) latest work asks if redemption is truly possible or if there is always a new scheme waiting in the wings. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Tuesday, April 16****10:30 am - 3 pm****Seniors on Stage, Bowie Center for Performing Arts****\$10 (R); \$13 (NR)****PARKS DIRECT code: SPD-SPEC-GA-20190417**

Our Prince George's County talented seniors are sure to delight you with our MOTOWN REVUE! at the Bowie Center for Performing Arts. Non-perishable food items collected in the lobby to support the local families in need. Limited transportation is available from the center. You **MUST first register in PARKS DIRECT** and then sign up for transportation. Tickets not sold at the door. Transportation aboard M-NCPPC activity bus.

**Wednesday, April 17****10:30 am - 12 pm****Doors Open: 9:45am****Healthy Living for Your Brain and Body****FREE**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy again. Provided by Prince George's Senior Provider Network.

**Thursday, April 18****10:30 am - 12 pm****Ripley's Believe It or Not! ****\$37(R); \$49 (NR)****PARKS DIRECT code: LPSAC-20190424**

Robert Ripley is a wildly successful and eccentric character who rose to fame during the first half of the 20<sup>th</sup> century. Robert Ripley traveled the world in search of more bizarre stories and while visiting relatively unknown areas in locales such as India, China, and the inside of his neighbor's chimney, he picked up a slew of unbelievable souvenirs that later became fixtures in several of Ripley's museums. This adventure includes the Odditorium, 4D Moving Theatre, The Marvelous Mirror Maze and a Scavenger Hunt so you can take home pictures to remember this great adventure. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Wednesday, April 24****10 am - 3 pm****Mystery Restaurant "Copper Canyon Grill"****\$10 (R); \$13 (NR)****PARKS DIRECT code: LPSAC-20190430**

Copper Canyon Grill's timeless atmosphere appeals to discerning adults who are seeking a dining experience that is energetic, upscale but approachable. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Tuesday, April 30****10:30 am - 2 pm**



# Langley Park Senior Activity Center: Trips & Special Events

## **MAY 2019**

### **Mystery Restaurant “ALL SET RESTAURANT”**

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

**PARKS DIRECT code: LPSAC-20190502**

At All Set Restaurant & Bar, they put a contemporary twist on seasonally inspired dishes that reflect a passion for fresh ingredients, nutritious foods and unforgettable flavors. They cook American cuisine influenced by the traditions of coastal New England comforting, classic, and warm and friendly. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Thursday, May 2**

**10:30 am - 2 pm**

### **SENIOR DANCE-A-THON**

**FREE**

**BACK BY POPULAR DEMAND**, Dance Roll Call! Put on your dancing shoes and bring your best moves!! **GET READY TO SHOW UP & SHOW OUT!** DJ Nate-D-Sate will **ROCK THE HOUSE!** Refreshments served.

**Friday, May 3**

**10:30 am - 2 pm**

### **Stretch Out the Stress**

**FREE**

As we age, our muscles become shorter and lose their elasticity. Aging can affect the structure of your bones and muscles causing pain and decreased ranging of motion in the shoulders, spine, and hips. Learn various stretching techniques that will leave you feeling relaxed and revived! Provided by Prince George's Senior Provider Network.

**Wednesday, May 8**

**10:30 am - 12 pm**

### **Spirit of Washington THE ODYSSEY “Mother’s Day” Lunch Cruise,**

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

**PARKS DIRECT code: LPSAC-20190510**

Join us as we celebrate **ALL Mother’s** on the elegant ODYSSEY scenic lunch cruise on the Potomac River. Enjoy a three course plated lunch with attentive tableside service, unlimited beverages, live band and the most breathtaking views of the nation’s greatest landmarks. All included in price. Transportation is aboard M-NCPPC activity bus.

**Friday, May 10**

**10 am - 3 pm**



## Madame Tussauds Wax Museum

**\$37(R); \$49 (NR)**

**PARKS DIRECT code: LPSAC-20190515**

Madame Tussauds, features wax sculptures of famous figures from politics, culture, sports, music and television is uniquely interactive and immersive experience that allows you to take a journey through American history and rub shoulders with the political elite. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.



**Wednesday, May 15  
10 am - 3 pm**

## Celebrating Al Green “Publick Playhouse”

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

**PARKS DIRECT code: LPSAC-20190517**

Jerome Mackall is a soulful rhythm and blues Southern Soul singer whose passionate vocals supported by an effectively energetic performance make him a natural-born entertainer. He started his singing career at an early age and became the lead vocal for the local Southern Soul recording group Hardaway Connection. Mackall has appeared in “Showtime at the Apollo,” many premiere theaters and nightclubs in the DMV, and at countless social events. His sound and approach deliver a captivating homage to legendary artist Al Green. Join us while we celebrate Al Green. Meals are at your own expense. Transportation aboard M-NCPPC activity bus.

**Friday, May 17  
10:00 am - 3 pm**

## Senior Health & Fitness Day - FREE

**Sports & Learning Complex, Landover, Maryland**

Enjoy a day of “Get Moving for a Healthier You” and take a step in the right direction! Take part in a variety of activities, health screenings, and gather information from over 50 exhibitors. The annual event includes swimming, fitness walking, line dancing, aerobics, chair massages, exhibitors and much, much more.

**Wednesday, May 22  
8 am - 1 pm**

## National Meditation Month

**“Free Your Mind, Free Your Body”**

Tons of research show that meditation transforms and heals our mind, body, and soul. Just sit in a place of peace, get silent, and clear your mind. Open your senses and slowly breathe in light, and healing into your body, mind, and soul. Sponsored by Suburban Hospital.

**Tuesday, May 28  
10:30 am - 11:30 am**

## Jazz Appreciation Month “Westminster Jazz Night”

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

**PARKS DIRECT code: LPSAC-20190531**

Sit back and enjoy some of our areas finest Jazz musicians in the NEW Southwest DC for a unique jazz experience in a safe, friendly environment. Dinner is available onsite by South West Catering. Meals are at your own expense. Meals are at your own expense. Transportation is aboard M-NCPPC activity bus.

**Friday, May 31  
4:30 pm - 9:30 pm**



# Langley Park Senior Activity Center: Special Events



## Magical Musical Days

### **National Women's Day Celebration**

*Featuring: Too Smooth Dudes*

*Angela Bass, Barbara Washington, Karen Moore & Iris Piece*

*Friday, March 8, 2019 11 am - 1 pm*

### **National Jazz Appreciation**

*Featuring: Saleem Waters*

*Thursday, April 25, 2019 11 am - 1 pm*

### ***Capital Area Food Bank Food Distribution***

Did you know that to someone who is hungry and homeless, one meal could bring hope and mark the first step toward true-life change? The Capital Area Food Bank distributes food at the center to community members in need.

Friday, March 22, 2019	10 am - 3 pm	Free
Friday, April 26, 2019	10 am - 3 pm	Free
Friday, May 24, 2019	10 am - 3 pm	Free



## Walk Your Way to A Healthier You!

Join others at Langley Park who want to improve their health by walking. Our walk program is held every Monday and Friday at 9:30am. Come one day a week or two whenever it is convenient for you. Join our Sassy Seniors and walk for a Healthier You!

<p><b><u>Card Sharks &amp; Pinochle Players</u></b> Join us whether you already know how to play or need to brush up on your skills.</p>	Monday – Friday	9 am - 3 pm	FREE
<p><b><u>Line Dancing</u></b> A great way to exercise with music. No experience necessary. Drop-in and join the fun!</p>	Wednesdays	10 am – 12 Noon	FREE
<p><b><u>Sassy “Senior” Walk</u></b> Take a healthy indoor stroll and earn prizes!</p>	Monday & Friday	9:30 am	FREE
<p><b><u>Senior Fit</u></b> This program focuses on the cardio respiratory system, (heart and lungs), but is not limited to low impact aerobics for daily living. All participants must register in <b>RecTrac</b>. A Doctor’s medical release form and pre-registration required. Services provided by Holy Cross Hospital.</p>	Tuesday & Thursday	11:45 am - 12:15 pm	FREE
<p><b><u>Inspirational Hour</u></b> Our senior volunteer Marie Fuller will lead interested seniors in an inspirational hour.</p>	Thursdays	10 - 11:30 am	FREE
<p><b><u>Game Swap</u></b> Join a table to play as many games as you can in 10 minutes. See if you can beat the clock!</p>	Wednesday	10:30 am - 1 pm	FREE
<p><b><u>Dominoes</u></b> Just for fun. Sets available at the center.</p>	Monday-Friday	10 am – 3 pm	FREE
<p><b><u>Bingo</u></b> Come and use our large print shutter cards with easy to read numbers. A weekly tradition you do not want to miss.</p>	Wednesdays	12:30 – 2 pm	FREE
<p><b><u>Bid Whist</u></b> All Whist clubs welcome!</p>	Monday-Friday	10 am – 3 pm	FREE
<p><b><u>Fitness Room</u></b> All fitness levels are encouraged to exercise in our fitness center to build strength and light cardiovascular activities.</p>	Monday-Friday	10:30 am – 3 pm	Free
<p><b><u>Bridge</u></b> Come and lay a game of bridge. All bridge clubs welcome!</p>	Monday- Friday	10 am – 3 pm	FREE
<p><b><u>Fridays at the Movies</u></b> Relax and enjoy a movie &amp; light refreshments.</p>	Schedule/Movies are subject to change	Register & contact senior center for movie times.	FREE



# Langley Park Senior Activity Center: Health & Wellness Events

Prince George's County Health Department and Doctor's Community Hospital

## Wellness on Wheels: Mobile Health Clinic

**Free**



Tuesday, March 12

Tuesday, April 9

Tuesday, May 7

**Time: 9 am - 12 pm**

Cholesterol Screening

Medication Review and Education

- FREE Diabetes Screening\*
- Blood Pressure Screening \*
- Health Services

### Free Vision Screening

**Wednesday, March 20**

**10:30 am - 11:30 am**

Did you know that poor vision impairs balance and increases your risk of falls and bone fractures? The Lions Community Foundation will be onsite to conduct a free vision screening. Sponsored by Suburban Hospital.

### Free Hearing Screening

**Wednesday, April 17**

**10:30 am - 11:30 am**

Did you know that studies indicate a link between hearing loss and an increased risk of falling? Decrease your risk by coming to a free hearing screening by the Lions Community Foundation. Sponsored by Suburban Hospital.

### Eat Your Heart Out!

**Wednesday, May 15**

**10:30 am - 11:30 am**

Join us for a cooking demonstration by Chef Nadine of Nutrition Synergies, LLC who will share recipes that are full of flavor and good for your heart. Participants will sample heart healthy recipes and learn about a balanced diet and healthy serving sizes. Sponsored by Suburban Hospital.

## Blood Pressure Screenings

Tuesday, March 5	10:45 am – 11:45 am
Wednesday, March 20	11:45 am – 12:30 pm
Tuesday, April 2	10:45 am – 11:45 am
Wednesday, April 17	11:45 am – 12:30 pm
Tuesday, May 7	10:45 am – 11:45 am
Wednesday, May 15	11:45 am – 12:30 pm

# Langley Park Senior Activity Center: Information Corner



## 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	1-800-633-4227
Call-A-Bus	301-499-8603

## Senior Nutrition Program

The Senior Nutrition Program is Monday through Friday, featuring a healthy, well-balanced meal. Individuals who are 60 & better can reserve a meal by contacting our **Nutrition Manager, Austin Simpson** at (301) 439-3056 or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 1 pm the day before you would like a meal, register by 1 pm Friday for a Monday meal.

The actual donation is \$3.00. Please donate as much as you can. If you need to cancel your meal, please do so at least two (2) days in advance with **Austin Simpson, Nutrition Manager** at (301) 439-3056. Please bring exact change to cover your donation. Coffee and donuts are available everyday 9 am-11 am. **Note:** There will be no lunch program when Prince George's County schools have a delayed opening or closed due to inclement weather conditions.

**Reminder:** Lunch is subject to change depending on the Office on Aging's schedule.

## For Your Information

### **Moved? Number changed?**

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.

**Attn: Volunteers: Please remember to record your time on your time sheet.**

### **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 Langley Park Senior Activity Center? If so, give us a call at (301) 408-4343.

### **Refund Policy:**

Class and activity refunds are subject to a 20% handling fee and must be requested in writing. Trip refunds will only be available if your registration is replaced by someone on the waiting list. If you must cancel your reservation, please contact the center staff as soon as possible or call (301) 408-4343.

## 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 a disability accommodation.

## Center Closings/Weather Closings

For the latest information on M-NCPPC closures due to weather, maintenance or emergencies, please sign up for PG

Parks Alert by going to [www.pgparcs.com](http://www.pgparcs.com) and click on the PGParksAlert icon.

