

# Gwendolyn Britt Senior Activity Center

## SUMMER 2019 CALENDAR



Welcome to the Gwendolyn Britt Senior Activity Center  
*June, July, and August 2019*

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

Please note the center will be closed on: **Thursday, July 4 Independence Day**

### Summer Registration

- Registration begins Monday, May 13 for Residents.
  - Note: the center will open at 7 am only on May 13 to assist with registration.
- Registration begins May 20 for Non-residents.
- Classes/Trips – Sign up early, trips fill on a first come, first serve basis.
- Don't Wait and Be Too Late! Register at least one week prior to the class/trip 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 only (not trips) 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

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:

1. 100% refunds are issued when M-NCPPC cancels an activity.
2. All other refunds are subject to a 20% withdrawal fee except for within 24 hours of the original registration date.
3. Withdrawal from an activity may be processed at any facility or online **AT LEAST 7 DAYS PRIOR** to the activity start date.
4. Withdrawal from an activity must be processed at the offering facility if **WITHIN 7 DAYS** of the activity start date.
5. Refunds **MUST** be requested **prior** to the end of the course. Refunds will **NOT** be issued once the course has ended.
6. Refunds for trip withdrawals will be issued only if the spot can be resold.
7. Credits nor refunds will be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. 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 Information:

For your information, we have included the type of vehicle provided on a trip. Please note, this may change if necessary. Here are the vehicles we use:

M-NCPPC Activity Bus – 12 passenger small tan activity bus

Commission Bus – Large 27 passenger white bus

Motor Coach Bus – 40-50 passenger bus with restroom

- \* Following all trips, patrons will be asked to complete a trip evaluation.
- \* Trip refunds are not available unless your registration can be filled with someone from the waiting list.
- \* All trip registrants are expected to return with the group to the center.



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

# Gwendolyn Britt Senior Activity Center Information



## **KEEPING IT GREEN IN 2019**

1. Be like your friends and only take 1 Senior Activity Calendar per season.
2. Avoid paper clutter. Learn how to find the information you need online! Check out our free classes.
3. Recycle paper, bottles & cans. Never litter! Please dispose of garbage properly.



## **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.

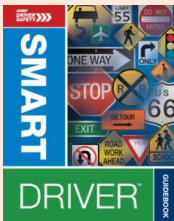


## **WMATA Senior SmarTrip Cards**

WMATA Senior SmarTrip cards are sold at the Center.

Purchaser must be at least **65 years of age** with a government issued photo ID.

Cost of the card is \$2. See the front desk staff to make your purchase.



## **AARP Smart-Driver Courses**

**Thursday, June 20 10 am - 3 pm**

**JULY NO CLASS**

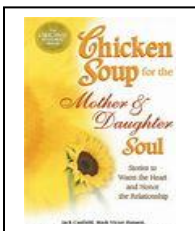
**Thursday, August 1 10 am - 3 pm**

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 Ted Peterkin at (240) 603-2950 to register and pay for the course. Lunch is available for a nominal fee. Please reserve your lunch by contacting Ms. Lewis at (301) 277-4231 at least 3 days prior to class.

## Gwendolyn Britt Senior Activity Center: Classes

Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Jun 5 – Jun 26	10 am-11 am	23501-430A	\$21(R); \$28(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Jul 10 – Jul 31	10 am-11 am	23501-430B	\$21(R); \$28(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Aug 7 – Aug 28	10 am-11 am	23501-430C	\$21(R); \$28(NR)
Computer Workshop	Computer Lab	<b>Learn how to use RecTrac at home. Call the Center to schedule day and time at the Center.</b>			Free
Senior Shape Exercise Class Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u>Tues and Thurs</u> Jun 4 – Jun 27 Jul 2 – Jul 25 Aug 6 – Aug 29	10:30 am –11:20 am		Free

## Gwendolyn Britt Senior Activity Center: Short Story Book Club



Come out and join us every 3<sup>rd</sup> Monday from 1 pm-2 pm to discuss the short story of the month! Put on your seatbelt for lively discussions. For more information, please contact the Center.

**June 17:**                      *A Treasured Gift*    **By: Kimn Swenson Gollnick**

...”Grandpa’s dying,” Mom called to tell me. The hospital had sent her father home with little time left. My aunt and cousin had already moved in to provide around-the-clock care. Mom felt she should be there, but we’d been estranged from her family for more than twenty years. I agreed to go with her for moral support. Instead of being tense and awkward, however...

**July 15:**                      *The Healing Power of Forgiveness*    **By: Karen O’Connor**

...I thought about her. I dreamed about her. I saw her in every woman I met. Some had her name – Cathy. Others had her deep-set blue eyes or curly dark hair. Even the slightest resemblance turned my stomach into a knot. Weeks, months, years passed. Was I never to be free of this woman who had gone after my husband and then, following our divorce...

**August 19:**                      *That’s What Friends Do*    **By: T. Suzanne Eller**

...Jack tossed the papers on my desk, his eyebrows knit into a straight line as he glared at me. “What’s wrong?” I asked. He jabbed a finger at the proposal. “Next time you want to change anything, ask me first,” he said, turning on his heels, leaving me stewing in anger. How dare...

# Gwendolyn Britt Senior Activity Center: Trips

## JUNE 2019



**Clean Comedy with Ms. Gayle and Friends, Public Playhouse**

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

**PARKS DIRECT code: GBSAC-20190607**

Laughter is medicine for the soul! Come hear the humor of Ms. Gayle - a favorite at Christian comedy, military, and corporate shows. Join us for a good, old-fashioned, side-splitting, belly-jiggling good time! Meal is at your own expense. Transportation aboard M-NCPPC activity bus.

**Friday, June 7**

**10 am - 3 pm**



**Bowling, Riverdale, MD**

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

**PARKS DIRECT code: GBSAC-20190611**

Get out of the house and have some fun bowling! Game and shoes are included. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Tuesday, June 11**

**10:30 am - 2 pm**

**Bon Appetite – Capt. Billy’s Crab House, Newburg, MD**

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

**PARKS DIRECT code: GBSAC-20190621**

Nine year-old Billy Robertson opened two successful restaurants, Robertson’s Crab House and later, Capt. Billy’s, where his greatest joy was to mingle with and talk to his customers. He would greet his friends, colleagues and customers in the same fashion, and to carry on his legacy, we say to you, **“And how are you today?”** Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Friday, June 21**

**10 am - 3 pm**



**Diana Ross, Wolf Trap, Vienna, VA**

**\$110 (R); \$143 (NR)**

**PARKS DIRECT code: GBSAC-20190627**

Enjoy the sounds of the dynamic Motown legend Diana Ross. Travel back down memory lane with songs like Ain't No Mountain High Enough, Lady Sings the Blues, Reach Out and Touch, & Endless Love with Lionel Richie. An elegant performance you do not want to miss. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Thursday, June 27**

**5:30 pm - 11 pm**

# Gwendolyn Britt Senior Activity Center: Trips

## JULY 2019

**Earth, Wind & Fire, Wolf Trap, Vienna, VA**

**\$110 (R); \$143 (NR)**

**PARKS DIRECT code: GBSAC-20190702**

Earth, Wind & Fire is an American band that has spanned the musical genres of R&B, soul, funk, jazz, disco, pop, rock, dance, Latin, and Afro pop. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Tuesday, July 2**

**5:30 pm – 11 pm**

**UniverSoul Circus, National Harbor, Oxon Hill, MD**

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

**PARKS DIRECT code: GBSAC-20190712**

The UniverSoul Circus is the most interactive circus in the world. It's a deeply rooted, traditional circus, with a fresh and energetic fair. This is a show you don't want to miss! Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Friday, July 12**

**9 am - 3 pm**

**Senior Line dance Party, Martins Crosswinds, Greenbelt, MD**

**\$32 (R); \$42 (NR)**

**PARK DIRECT code: SPD-SPEC-GA-20190717**

Don't miss this very popular summer line dance party for seniors! Enjoy an American Fare breakfast and then on the floor for lots of fun line dancing! Registration is required. Tickets are purchased through **PARKS DIRECT ONLY**. Please bring your tickets with the **BARCODE on it** for admission to the event. No tickets sold at the door. No transportation provided. Register Early!

**Wednesday, July 17**

**9 am - 12 noon**

**Bon Appetite Trip: Copper Canyon, Silver Spring, MD**

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

**PARKS DIRECT code: GBSAC-20190719**

With a unique focus on creating an inviting upscale dining experience, we serve fresh, familiar food in a high-energy, sophisticated casual setting. Our chefs prepare full-flavored food. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Friday, July 19**

**10 am - 3 pm**

**Bowling, Riverdale, MD**

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

**PARKS DIRECT code: GBSAC-20190723**

Get out of the house and have some fun bowling! Game and shoes are included. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Tuesday, July 23**

**10:30 am - 2 pm**

**Westminster DC Jazz Night, Washington, DC**

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

**PARKS DIRECT code: GBSAC-20190726**

Jazz nite in DC on Fridays presents some of the area's finest Jazz Musicians in a lively presentation of classical straight-ahead Jazz. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

**Friday, July 26**

**5 pm - 10 pm**

# Gwendolyn Britt Senior Activity Center: Trips

## AUGUST 2019

### **Bingo-Fest**

**Friday, August 2**

**Location: Laurel-Beltsville Senior Activity Center**

**10 am - 2 pm**

**PARKS DIRECT code: 26504-446A**

**Admission: donation of school supplies for Prince George's County Elementary School students in need.**

Let's play BINGO! Win some great bingo prizes and have lots of fun while supporting our County youth by donating school supplies to elementary school children in need. A school supply list of needed items will be available in July. A box lunch will be provided by the Department of Family Services, Aging and Disabilities Division!

### **Bowling, Riverdale, MD**

**Tuesday, August 6**

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

**10:30 am - 2 pm**

**PARKS DIRECT code: GBSAC-20190806**

Get out of the house and have some fun bowling! Game and shoes are included. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

### **King Crab Leg Seafood Feast, Michael's 8<sup>th</sup> Ave., Glen Burnie, MD**

**Saturday, August 17**

**\$168 (R); \$219 (NR)**

**12 noon - 6 pm**

**PARKS DIRECT code: GBSAC-20190817**

Join us for a true Maryland tradition! Fee includes two hours of King Crab Legs, a buffet of delicious food and desserts, music and dancing. Transportation is aboard an M-NCPPC activity bus.

### **Bon Appetite Trip: Cheddars, Brandywine, MD**

**Friday, August 23**

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

**10 am - 3 pm**

**PARKS DIRECT code: GBSAC-20190823**

Cheddar's serves scratch-made food at a price you won't believe. From chicken tenders to ribs, we have American favorites that will make your mouth water. Meal is at your own expense.

Transportation is aboard an M-NCPPC activity bus.

### **Sandy Point State Park, Annapolis, MD**



**Tuesday, August 27**

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

**10 am - 4 pm**

**PARKS DIRECT code: GBSAC-20190827**

Sandy Point provides its visitors with endless memories and unforgettable stories to be passed down from one generation to the next. Hamburgers, hot dogs, condiments and beverages will be provided. Bring your favorite side dishes if you like. Transportation is aboard an M-NCPPC activity bus.

# Gwendolyn Britt Senior Activity Center: Special Events



## National Donut Day

**\$2 (R) \$3 (NR)**

**PARKS DIRECT code: GBSAC- 20190603**

A wise man once said, “You can’t buy happiness but you can buy donuts and that’s kind of the same thing.” Donuts will be served. Happy National Donut Day! Sign up in PARKS DIRECT.

**Monday, June 3**

**10:30 am – 11:30 am**

## National Fresh Fruit and Vegetables Day

**FREE**

Tell us your best fresh fruit or vegetable story! Everyone will receive fresh fruit or vegetable. Sign up at the front desk.

**Wednesday, June 19**

**1 pm - 2 pm**

## Summer Ice Cream Social with Mike Nelson, The One Man Band

**\$7 (R), \$10 (NR)**

**PARKS DIRECT CODE: GBSAC-20190708**

Let’s celebrate the summer with ice cream and Mike Nelson, The One Man Band. Sign up in PARKS DIRECT.

**Monday, July 8**

**11 am - 1 pm**

## Paint Party

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

**PARKS DIRECT code: GBSAC- 20190716**

This is not your typical art class, this a party! We will provide all supplies needed to unleash your inner artist. No experience is necessary. The instructor will guide you every step of the way as you let your creativity flow onto the canvas. Refreshments will be served. Sign up in PARKS DIRECT.

**Tuesday, July 16**

**10:30-12 noon**

## Giving Back on National Back to School Day

**FREE**

Let’s give back by bringing one brand new school item. Please bring your item into the center between July 25<sup>th</sup> and August 8<sup>th</sup>. One of your children, grandchildren or great grandchild will receive a package to get them started for back to school! Who will have the winning number? It helps when we help. Sign up at the front desk.

**Thursday, August 8**

**12:45 pm - 1:30 pm**



## National Watermelon Day

**\$2 (R) \$3 (NR)**

**PARKS DIRECT code: GBSAC- 20190816**

One of the most refreshing fruits of the summer! Join us and treat your taste buds. Sign up in PARKS DIRECT.

**Friday, Aug 16**

**12:45 pm - 1:30 pm**



# Gwendolyn Britt Senior Activity Center: Weekly Activities

Activity	Day/Dates	Time	Fee
Short Story Book Club	3rd Mondays	2 pm-3:30 pm	Free
Country Line Dance	Mondays	9:30 am-11:30 am	Free
Let's Talk	Mondays	1 pm-2 pm	Free
Arts and Crafts	Thursdays	10:30 am-12 pm	Free
Inspirational Hour	Wednesdays	11 am-12 pm	Free
Seasoned Players Practice	4 <sup>th</sup> Fridays	12 pm-2 pm	Free
Blood Pressure Sponsored by the NIH Heart Center at Suburban Hospital	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays	11:15 am-12 pm	Free
Tai Chi Sponsored by the NIH Heart Center at Suburban Hospital	Wednesdays	12 pm-1 pm	Free



## FANTASTIC FRIDAY MOVIE DAYS

Sign up at the front desk. Movies are subject to change.

Friday, June	<i>90 Minutes in Heaven</i>	10:30 am - 12:30 pm
Friday July	<i>Mission Impossible – Fallout</i>	10:30 am - 12:30 pm
Friday, August	<i>Instant Family</i>	10:30 am - 12:30 pm

## Computer Lab

Our computer lab is available for you to come and use to check your email, play a computer game, or refine your computer skills!

### The computer lab is open:

Mondays	9 am – 12 pm
Wednesdays	9 am – 10 am
Thursdays	9 am – 10 am
Fridays	9 am – 12 pm

Note the following dates and times **the computer lab is closed** due to center activities:

Mondays	12:30 - 3:30 pm
Tuesdays	ALL DAY
Wednesday	10 am - 3:30 pm
Thursday	10 am - 3:30 pm
Fridays	12 noon - 3: 30 pm

# Gwendolyn Britt Senior Activity Center: Health and Wellness Workshops

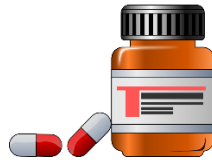
Please sign up at the front desk so we can plan accordingly!



## Heart Quiz FREE

Monday, June 10  
11 am - 12 noon

How much do you really know about heart health? A Suburban Hospital HeartWell nurse will test your knowledge about your heart health with a fun, fast-paced, interactive session with prizes. This session is sponsored by Suburban Hospital.



## Take as Directed! FREE

Monday, July 15  
11 am - 12 pm

Managing your medications means maximizing your quality of life and happiness. Join Suburban Hospital for a presentation that will help de-mystify the do's and don'ts of medications. Learn helpful tips and practical approaches on proper dosage and uses, dangers of non-compliance, and the future of medicine with a Suburban Hospital Clinical Pharmacy Resident.



## Diabetes Management FREE

Tuesday, August 13  
11 am - 12 noon

In this session you will learn to safely manage diabetes, including maintaining parameters and discuss different types. We will also discuss food recommendations. This session is sponsored by ManorCare Health Services Free Community Education Sessions.

Healthy  
Living

# Gwendolyn Britt Senior Activity Center 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	800-633-4227
Call-A-Bus	301-499-8603

## SENIOR NUTRITION PROGRAM

The Senior Nutrition Program is offered Monday through Friday 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, Cecilia Lewis 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 \$3.00. If you need to cancel your meal, please do so at least two (2) days in advance with Nutrition Manager Cecilia Lewis, at 301-277-4231. Please bring exact change to cover your donation.

**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 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.

### Trip Refund Policy:

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 as soon as possible at 301-699-1238.

## 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](http://www.pgparcs.com) today!

## 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.