

## SPRING 2023 CALENDAR



### *MARCH, APRIL and MAY 2023*

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

Please note the center will be closed on:  
Monday, May 29 – Memorial Day

***FACE MASKS ARE ENCOURAGED!***

### SPRING REGISTRATION

- Registration begins Wednesday, February 15 for Residents (R).
- Registration begins Wednesday, February 22 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 only 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.

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:*

- 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.



# Langley Park/Gwendolyn Britt Senior Activity Centers

## Virtual Classes

<b>PIANO ADVANCE</b>	<b><u>Tues &amp; Thurs</u></b>  Mar 7-30 (31541-230D) Apr 4-27 (31541-230E) May 2-25 (31541-230F)	11:30 am – 12:30 pm	\$68 (R) \$89 (NR)
<b>PIANO ADVANCE Level I</b>	<b><u>Mon &amp; Wed</u></b>  Mar 6-29 (31541-244D) Apr 3-26 (31541-244E) May 1-24 (31541-244F)	9:30 – 10:30 am	\$68 (R) \$89 (NR)
<b>PIANO INTERMEDIATE</b>	<b><u>Tues &amp; Thurs</u></b>  Mar 7-30 (31538-230D) Apr 4-27 (31538-230E) May 2-25 (31538-230F)	1 – 2 pm	\$68 (R) \$89 (NR)
<b>PIANO BEGINNER</b>	<b><u>Tues &amp; Thurs</u></b>  Mar 7-30 (31526-230D) Apr 4-27 (31526-230E) May 2-25(31526-230F)	10 - 11 am	\$68 (R) \$89 (NR)
<b>LINE DANCE</b>	<b><u>Mondays</u></b>  Mar 6-27 (31502-244A) Apr 3-24 (31502-244B) May 1-22(31502-244C)	11 am– 12 noon	\$26 (R) \$34 (NR)
<b>HOME PROJECTS</b>	<b><u>Wednesdays</u></b>  Mar 8-22 (31523-230D) Apr 5-19 (31523-230E) May 3-17(31523-230F)	10 – 11 am	\$18 (R) \$24 (NR)
<b>BINGO</b>	<b><u>Fridays</u></b>  Mar 3-24 (31510-230F) Apr 7-28 (31510-230E) May 5-26 (31510-230D)	12 noon – 1 pm	\$20 (R) \$26 (NR)



## MARCH 2023



### **Bon Appetite: Maggiano's Little Italy**

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

**PARKS DIRECT code: GBSAC-20230301**

Classic Italian fare served family style in a relaxed, polished space. Serving multi-course meals featuring pasta classics. Meal is at your own expense. Transportation provided.

**Wednesday, March 1**

**10 am - 3 pm**

### **World Compliment Day**

**FREE**

What a way to start off the month! Think about who you can compliment – just because. We have many reasons to complain about life, but what about starting a new way of conversation in your life! Take the time to compliment your loved one, your friend, your neighbor or the kid playing outside! Feels good. Register early.

**Tuesday, March 7**

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

### **The Women of Motown, Publick Playhouse**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230310**

The story of Motown is also a story of female empowerment. Its finest female talents were spotlighted such as Diana Ross & The Supremes, Gladys Knight, Martha & The Vandellas, Mary Wells and many more. Enjoy all your Motown favorites and celebrate this tribute to the Women of Motown. "A show you do not want to miss!" After the show enjoy a meal at Golden Coral. Meal is at your own expense. Transportation provided.

**Friday, March 10**

**10 am – 3 pm**

### **Understanding Medicare**

**FREE**

Are you or loved ones enrolling in Medicare? No matter your situation, come join us to have your Medicare questions answered. Presentation by Luther T. Ellis II, Ellis Insurance Agency. Please sign up at the front desk.

**Friday, March 17**

**11 am – 12 pm**

### **"I'm Every Woman" Celebration**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230328**

It's time to celebrate every woman!!! Women have accomplished so much in this world. They add spice to any situation causing life to become just a bit more bearable – everyday! Many fabulous women have stories to tell like none other. So, let's get up, and enjoy the sounds of DJ Sweat, while we celebrate women. Refreshments will be served. Register early.

**Tuesday, March 28**

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



FLY ME TO THE MOON...





## APRIL 2023



### **Paint & Sip**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230406**

Interested in painting? It's easy!!! Painting is a relaxing activity, and you will see you can do it. Materials included along with light refreshments. Let's have fun!

**Thursday, April 6**

**12:30 - 2 pm**

### **Show and Learn – DHC Medical Supply**

**FREE**

Join us as Mr. William McClary from DHC Medical Supply answers your questions about what supplies are covered by Medicare/Medicaid and what you need to stay independent and thriving! He has a display of many supplies and equipment. **BACK BY POPULAR DEMAND!** Please sign up at the front desk.

**Monday, April 10**

**11 am - 12 noon**

### **Arundel Mills**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230421**

Arundel Mills is Maryland's largest outlet and value retail shopping, dining and entertainment destination located minutes from the heart of Washington, D.C. and Baltimore. Arundel Mills features more than 200 indoor stores for your shopping pleasure. Shopping and meals are at your own expense. Transportation provided.

**Friday, April 21**

**10 am - 3 pm**

### **National Boomer Bonus Day**

**FREE**

People who were born between 1946 and 1964 are considered Boomers. The population size of Boomers is estimated to be about 71.6 million in the U.S., making up about 21.45% of the population. This generation deserves to be treated specially because they have had a significant impact on the U.S. economy. The term "Boomer" is derived from the boom in births that took place after the return of soldiers from World War II. Please sign up at the front desk.

**Tuesday, April 25**

**11:30 am – 12:30 pm**

### **Patapsco Flea Market**

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

**PARKS DIRECT code: GBSAC-SPEC-GA-20230428**

We are one of the largest flea markets on the east coast with over 600 vendors and there is something for EVERYONE! Open year round - heated in the winter and air conditioned in the summer for your shopping pleasure. Transportation provided.

**Friday, April 28**

**10 am - 3 pm**



Keep your head to the sky...





## MAY 2023



### **National Have a Coke Day**

**Tuesday, May 2**

**FREE**

**12 – 2 pm**

Coca-Cola, or Coke, is a carbonated soft drink manufactured by the Coca-Cola Company. In 2013, Coke products were sold in over 200 countries worldwide, with consumers drinking more than 1.8 billion company beverage servings each day. Coca-Cola ranked No. 87 in the 2018 Fortune 500 list of the largest United States corporations by total revenue. Based on Interbrand's "best global brand" study of 2020, Coca-Cola was the world's sixth most valuable brand. Stop by and have a coke and a smile! Please sign up at the front desk.

### **Bon Appetite: Mike's Seafood, Annapolis, MD**

**Wednesday, May 10**

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

**10 am - 3 pm**

**PARKS DIRECT code: GBSAC-SPEC-GA-20230510**

Established in 1958, Mike's Crab House brings you a delicious mouth-watering waterfront dining experience on the banks of the beautiful South River. We proudly serve our crabs in the finest Chesapeake Bay Tradition for your dining pleasure. Meal is at your own expense. Transportation provided.

### **Musical Ball**

**Friday, May 19**

**FREE**

**12 – 2 pm**

Looking for a fun time? Join us in this fun game where everybody gets caught. Please sign up at the front desk.

### **Senior Health and Fitness Day**

**Wednesday, May 24**

**FREE**

**10 am - 2 pm**

**PARKS DIRECT Code SPD-SPEC-GA-20230524A**

Get your body moving and engaged at the 2023 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, Drum 'n Tone, swimming, a spin class, chair massages, wellness screenings, art, and more at Southern Area Aquatic and Recreation Center in Brandywine, MD. Transportation is being provided from each senior activity center. Please sign up at a senior activity center, as seats are limited.

### **Ice Cream Social**

**Wednesday, May 31**

**\$12 (R); \$16 (NR)**

**12 - 2 pm**

**PARKS DIRECT code: GBSAC-SPEC-GA-20230531**

If you love ice cream – then this is the place for you! Great music for your ears and ice cream for your taste buds!



*That's what friends are for...*



# The Pillars of Our Community



## 2023 CENTENARIAN CELEBRATION

DO YOU KNOW ANY PRINCE GEORGE'S COUNTY  
RESIDENTS BORN IN 1923 OR BEFORE?

IF SO, WE NEED YOUR HELP!

M-NCPPC, Department of Parks and Recreation is collecting information about **Prince George's and Montgomery County residents who were born in 1923 or before** (January 1, 1923 to December 31, 1923 or before) to invite them to a special centenarian luncheon. **The luncheon will be held on Friday, May 5, 2023**, at the Laurel-Beltsville Senior Activity Center (7120 Contee Road, Laurel, MD 20707). **This year's event will be limited to the Centenarian and up to five (5) guests.**

If you know someone who was born in 1923 or before and resides in Prince George's or Montgomery County, please share this information or complete the online registration form at [pgparks.com/centenarian](https://pgparks.com/centenarian) no later than March 15, 2023.

For centenarian registration assistance, please contact staff at Laurel-Beltsville Senior Activity Center at 301-206-3351/3350 or send an email to [Seniors@pgparks.com](mailto:Seniors@pgparks.com)



For more information, please email Customer Service at [customerservice@pgparks.com](mailto:customerservice@pgparks.com) or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The 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 accommodation.

# Gwendolyn Britt Senior Activity Center – ACTIVITIES – FREE

## MONDAYS



**FANTASTIC MONDAYS FREE MOVIE DAYS (12:30 – 2:30 pm):** Movies are fun to watch and with the pandemic we missed seeing a lot of them. So let us know what you would like to watch!

## TUESDAYS



**INDOOR PICKLEBALL (9 – 11 am):** Not sure how to play? Come anyway, we will help you!  
**BINGO (12:30 - 1:30 pm):** Everybody is a winner!

## WEDNESDAYS



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

## THURSDAYS



**SENIOR SHAPE EXERCISE CLASS (11:30 am – 12:15 pm)**  
**ARTS & CRAFTS (12:30 - 2 pm):** Tap into your creativity!

## FRIDAYS



**GAME DAY (12:30 – 3 pm):** Dominoes, Spades, Trouble, Uno, and others!

## AARP Smart-Driver Courses

Tuesday, March 14                      10 am - 3 pm

Tuesday, April 11                        10 am - 3 pm

Tuesday, May 9                            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.





# YOU ARE WELCOME!!!

## FITNESS ROOM



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

### A FEW RULES:

Hours: 9 am – 3 pm.

Must scan in at the front desk.

Appropriate Fitness attire is required.

No cell phone use is allowed.

Only drinks in closed, plastic containers with secure tops are allowed.

## FANTASTIC MONDAYS FREE MOVIE DAYS



MONDAYS - March 6/ April 3/ May 1

*MYSTERY MOVIE* 12:30 am – 2:30 pm

Please sign up at the front desk and let us know what you would like to watch!

## SENIOR SHAPE – EXERCISE CLASS AND BLOOD PRESSURE SCREENING - FREE

<b>Senior Shape Exercise Class</b> Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u><b>THURS</b></u> March 2-30 April 6-27 May 4-25	11:30 am –12:15 pm	Free
<b>Blood Pressure Screenings</b>	Multi-Purpose Room A	<u><b>THURS</b></u> March 2 April 6 May 4	12:30 – 1:15 pm	Free

## SENIOR SMARTRIP INFORMATION



WMATA Senior SmarTrip Cards are sold at the Center.

The purchaser must be at least 65 years of age with a government issued photo ID and M-NCPPC registration card. Cost of the SmarTrip card is \$2. See the front desk staff to make your purchase.

## 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.



### 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 Wednesdays and Fridays 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, 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 \$4.00. 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.

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