Laurel - Beltsville Senior Activity Center

Winter 2019-2020 Calendar

December 2019, January & February 2020

Hours of Operation:
Monday - Thursday: 8 am - 9 pm
Saturday: 8 am - 2 pm
Friday: 8 am - 5 pm
Sunday: Closed

Holiday Closures:

Wednesday, December 25 - Christmas Day
Wednesday, January 1 - New Year’s Day
Monday, January 20 - Martin Luther King Jr. Day
Monday, February 17 - President’s Day

Registration Begins:
- Tuesday, November 12 for Prince George’s County Residents.
  * Note: On Tuesday, November 12 only, we will open at 7 am to assist with registration.
- Monday, November 18 for Montgomery County and Non-residents.
- Classes/Trips - Register early as spaces are limited and are filled on a first-come, first-served basis. Programs that don’t meet the minimum number required to hold the program will be cancelled one week prior to the starting date of that program and any funds paid will be credited back to patrons.
- Classes - NEW POLICY: We will no longer be offering fee adjustments for patrons who take partial classes; full registration will be required. Reminder: make-up classes will no longer be offered; patrons will automatically be credited at the end of the course for any classes cancelled by LBSAC.
- See refund policy on last page.
- 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. Fee reduction may be available based on your income and family size. Visit www.pgparks.com or ask center staff for details.
The Prince George's County Senior Nutrition Program offers limited transportation services to the Laurel-Beltsville Senior Activity Center. If you are a senior ages 60 & better, who resides in Prince George's County, you may be eligible for round trip transportation services to Laurel-Beltsville Senior Activity Center. Home delivered meals are also available to eligible seniors. Please contact the Prince George's County Senior Nutrition Program at 301-265-8475 for more information.

For seniors ages 65 & better, you can purchase a Metro Senior SmarTrip card at the center for only $2. Bring photo ID and proof of age. This card provides discounted fares on the Metro bus and rail.

**GOING GREEN IN 2019**
*Be like your friends and only take one (1) Senior Activity Calendar per season.*
*Avoid paper clutter. Learn how to find the information you need online!*
*Recycle paper, bottles & cans.*
*Never litter! Please dispose of garbage properly.*
*Purchase your re-usable Cup for Conservation and save with coffee purchases at LBSAC.*

Get information on M-NCPCC for closures, cancellations, and emergencies by text or email. Sign-up today by visiting www.pgparks.com and click on the icon. You will need your mobile phone number or an email address and your zip code to complete the registration.

**Senior Trip Information**
For your information, we have included the mode of transportation provided on our trips. Please note, the type of vehicle is not guaranteed and may change. Here are some of the vehicles we use:
- M-NCPCC activity bus - medium sized activity bus that seats 12 adults comfortably
- Commission bus - large (27 passenger), white bus
- Charter bus - a private company is contracted to provide a bus (typically 40-50 passengers).

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

**Trip Refund Policy:** Trip refunds will only be available if your registration is replaced by someone on the waiting list.

Sign up for trips at least 2 weeks prior to trip date so we can plan accordingly. A minimum number of trip registrants is required or the trip will be cancelled.
## Laurel-Beltsville Senior Activity Center: CLASSES

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Day/Dates</th>
<th>Time</th>
<th>PARKS DIRECT #</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Billiards: Level I</strong></td>
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<tr>
<td>40 &amp; Up</td>
<td>Wed</td>
<td>12:30 pm - 2 pm</td>
<td>27414-146A</td>
<td>$35 (R); $46 (NR)</td>
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<td></td>
<td>Jan 8 - Feb 12</td>
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<tr>
<td>35 &amp; Up</td>
<td>Wed</td>
<td>7 pm - 8:30 pm</td>
<td>27414-146B</td>
<td>$35 (R); $46 (NR)</td>
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<td>Jan 8 - Feb 12</td>
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<td><strong>Billiards: Level II</strong></td>
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<tr>
<td>35 &amp; Up</td>
<td>Thurs</td>
<td>7 pm - 8:30 pm</td>
<td>27414-146C</td>
<td>$35 (R); $46 (NR)</td>
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<td>Jan 9 - Feb 13</td>
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<tr>
<td><strong>Ceramics: All Levels</strong></td>
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<tr>
<td>40 &amp; Up</td>
<td>Tues</td>
<td>10 am - 2 pm</td>
<td>30403-146A</td>
<td>$80 (R); $104 (NR)</td>
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<td></td>
<td>Dec 10 - Feb 11</td>
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<tr>
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<td>30403-146B</td>
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<td>Dec 11 - Feb 26</td>
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<td>Thurs</td>
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<td>30403-146C</td>
<td>$80 (R); $104 (NR)</td>
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<td>Dec 12 - Feb 13</td>
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<td>(10 weeks)</td>
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<tr>
<td><strong>Chair Aerobics: Seniors</strong></td>
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<tr>
<td>50 &amp; Up</td>
<td>Tues &amp; Fri</td>
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<td>Dec 10 - Jan 3</td>
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<td>Jan 7 - Jan 31</td>
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<td>Feb 4 - Feb 28</td>
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<td>(4 weeks)</td>
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<td></td>
<td>Tues: 9:30 am - 10:30 am</td>
<td></td>
<td>17445-146A</td>
<td>$50 (R); $65 (NR)</td>
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<td></td>
<td>Fri: 12 Noon - 1 pm</td>
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<td>17445-146B</td>
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<td>17445-146C</td>
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Join the **United States Marine Corps Reserve** and **LBSAC** to brighten the Holiday season for a child! We will be collecting unwrapped new toys for children whose parents cannot afford to buy them gifts. The Collection Drive will begin on Monday, December 2, and run through Friday, December 13.

(R) - Residents of Prince George’s County and Montgomery County
(NR) - Non-Residents of Prince George’s County and Montgomery County
<table>
<thead>
<tr>
<th>Class Name</th>
<th>Day/Dates</th>
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<th>PARKS DIRECT #</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Chair Yoga</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>12:05 pm - 1:05 pm</td>
<td>17658-146A</td>
<td>$80 (R); $104 (NR)</td>
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<tr>
<td>Chinese Calligraphy</td>
<td>Wed Dec 11 - Feb 26 (10 weeks)</td>
<td>11:15 am - 1:15 pm</td>
<td>30645-146A</td>
<td>$65 (R); $85 (NR)</td>
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<tr>
<td>Computer Skills: Seniors, Level 1</td>
<td>Mon &amp; Wed Jan 13 - Feb 10 (4 weeks)</td>
<td>11:30 am - 12:30 pm</td>
<td>14405-146B</td>
<td>$50 (R); $65 (NR)</td>
</tr>
<tr>
<td>Computer Skills: Seniors, Level 2</td>
<td>Tues &amp; Thurs Dec 10 - Jan 2 Jan 7 - Jan 30 (4 weeks)</td>
<td>11 am - 12 Noon</td>
<td>14408-146A, 14408-146B</td>
<td>$50 (R); $65 (NR)</td>
</tr>
<tr>
<td>Computer Skills: Adults, Level 3</td>
<td>Tues &amp; Thurs Dec 10 - Jan 2 Jan 7 - Jan 30 (4 weeks)</td>
<td>9:30 am- 10:30 am</td>
<td>14416-146A, 14416-146B</td>
<td>$50 (R); $65 (NR)</td>
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<tr>
<td>Drawing: Adults</td>
<td>Thurs Dec 5 - Feb 20 (12 weeks)</td>
<td>11:15 am - 1:15 pm</td>
<td>30407-146A</td>
<td>$60 (R); $78 (NR)</td>
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<tr>
<td>Exercise: Seniors</td>
<td>Mon, Wed, Fri Dec 9 - Jan 8 Jan 13 - Feb 10 (4 weeks)</td>
<td>9 am - 10 am</td>
<td>17435-146A, 17435-146B</td>
<td>$35 (R); $46(NR)</td>
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<tr>
<td>Exercise: Seniors</td>
<td>Mon &amp; Wed Dec 9 - Jan 8 Jan 13 - Feb 10 (4 weeks)</td>
<td>11 am - 12 Noon</td>
<td>17435-146C, 17435-146D</td>
<td>$30 (R); $39(NR)</td>
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<th>Class Name</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Guitar: Mixed Ages, Beginner 35 &amp; Up (with Maggie)</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>4:30 pm - 6:30 pm</td>
<td>23619-146A</td>
<td>$79 (R); $103 (NR)</td>
</tr>
<tr>
<td>Guitar: Intermediate 35 &amp; Up (with Maggie)</td>
<td>Tues Dec 10 - Feb 11 (10 weeks)</td>
<td>4:30 pm - 6:30 pm</td>
<td>23620-146A</td>
<td>$79 (R); $103 (NR)</td>
</tr>
<tr>
<td>Guitar: Intermediate 35 &amp; Up (with Maggie)</td>
<td>Wed Dec 11 - Feb 26 (10 weeks)</td>
<td>4:30 pm - 6:30 pm</td>
<td>23620-146B</td>
<td>$79 (R); $103 (NR)</td>
</tr>
<tr>
<td>Guitar: Mixed Adults, Advanced 35 &amp; Up (with Willie)</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>6 pm - 8 pm</td>
<td>23660-146A</td>
<td>$79 (R); $103 (NR)</td>
</tr>
<tr>
<td>Line Dance: Seniors, Beginner 60 &amp; Better</td>
<td>Tues Dec 10 - Feb 11 (10 weeks)</td>
<td>11 am - 12 Noon</td>
<td>23501-146B</td>
<td>$50 (R); $65 (NR)</td>
</tr>
<tr>
<td>Line Dance: Seniors, Beginner 60 &amp; Better</td>
<td>Thurs Dec 12 - Feb 13 (10 weeks)</td>
<td>6:30 pm - 7:30 pm</td>
<td>23501-146C</td>
<td>$50 (R); $65 (NR)</td>
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<tr>
<td>Line Dance: Adults, Intermediate 40 &amp; Up</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>6:35 pm - 7:35 pm</td>
<td>23408-146A</td>
<td>$50 (R); $65 (NR)</td>
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<tr>
<td>Microsoft Windows 10 40 &amp; Up</td>
<td>Tues Dec 10 - Dec 31 Jan 7 - Jan 28 (4 weeks)</td>
<td>4 pm - 5 pm</td>
<td>14415-146A 14415-146B</td>
<td>$36 (R); $47 (NR)</td>
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</tbody>
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Laurel-Beltsville Senior Activity Center: **CLASSES**

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<tbody>
<tr>
<td><strong>Nutrition &amp; Exercise</strong></td>
<td>Mon</td>
<td>12 Noon - 1 pm</td>
<td>17472-146A</td>
<td>$20 (R); $26 (NR)</td>
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<tr>
<td>50 &amp; Up</td>
<td>Dec 9 - Dec 30 (4 weeks)</td>
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<tr>
<td><strong>Nutrition &amp; Exercise, Eating Right</strong></td>
<td>Mon</td>
<td>12 Noon - 1 pm</td>
<td>17472-146B</td>
<td>$20 (R); $26 (NR)</td>
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<tr>
<td>50 &amp; Up</td>
<td>Jan 13 - Feb 10 (4 weeks)</td>
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<tr>
<td><strong>Painting: Chinese Brush</strong></td>
<td>Wed</td>
<td>9 am - 11 am</td>
<td>30410-146A</td>
<td>$65 (R); $85 (NR)</td>
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<tr>
<td>40 &amp; Up</td>
<td>Dec 11 - Feb 26 (10 weeks)</td>
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<tr>
<td><strong>Personal Training: Seniors</strong></td>
<td>Thurs</td>
<td>9:30 am - 10:30 am</td>
<td>17429-146A, 17429-146B</td>
<td>$35 (R); $46 (NR)</td>
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<tr>
<td>50 &amp; Up</td>
<td>Dec 5 - Jan 9, Jan 16 - Feb 20 (6 weeks)</td>
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<tr>
<td><strong>Photography, Digital, Adults</strong></td>
<td>Wed</td>
<td>11:30 am - 1:00 pm</td>
<td>30415-146A</td>
<td>$50 (R); $65 (NR)</td>
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<td></td>
<td>Jan 8 - Feb 26 (8 weeks)</td>
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<tr>
<td><strong>Portuguese</strong></td>
<td>Wed</td>
<td>7 pm - 8:30 pm</td>
<td>20426-146A</td>
<td>$65 (R); $85 (NR)</td>
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<td>Dec 11 - Feb 26 (10 weeks)</td>
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<tr>
<td><strong>Restorative Yoga: Seniors</strong></td>
<td>Wed</td>
<td>12:10 pm - 1:10 pm</td>
<td>17504-146A</td>
<td>$80 (R); $104 (NR)</td>
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<tr>
<td>50 &amp; Up</td>
<td>Dec 11 - Feb 26 (10 weeks)</td>
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<tr>
<td><strong>Spanish: Adults, Beginner</strong></td>
<td>Mon</td>
<td>5 pm - 6:30 pm</td>
<td>20422-146A</td>
<td>$70 (R); $91 (NR)</td>
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<tr>
<td>40 &amp; Up</td>
<td>Dec 9 - Feb 24 (10 weeks)</td>
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<tr>
<td><strong>Spanish: Adults, Beginner</strong></td>
<td>Sat</td>
<td>9 am - 10:30 am</td>
<td>20422-146B</td>
<td>$70 (R); $91 (NR)</td>
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<tr>
<td>40 &amp; Up</td>
<td>Dec 14 - Feb 15 (10 weeks)</td>
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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Spanish: Adults, Intermediate, Part 1 50 &amp; Up</td>
<td>Tues Dec 10 - Feb 11 (10 weeks)</td>
<td>5 pm - 6:30 pm</td>
<td>20403-146A</td>
<td>$70 (R); $91 (NR)</td>
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<tr>
<td>Spanish: Adults, Intermediate 50 &amp; Up</td>
<td>Sat Dec 14 - Feb 15 (10 weeks)</td>
<td>10:45 am - 12:15 pm</td>
<td>20403-146B</td>
<td>$70 (R); $91 (NR)</td>
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<tr>
<td>Spanish: Adults, Intermediate 50 &amp; Up</td>
<td>Wed Dec 11 - Feb 26 (10 weeks)</td>
<td>5 pm - 6:30 pm</td>
<td>20403-146C</td>
<td>$70 (R); $91 (NR)</td>
</tr>
<tr>
<td>Spanish: Adults, Advanced 40 &amp; Up</td>
<td>Thurs Dec 12 - Feb 13 (10 weeks)</td>
<td>5 pm - 6:30 pm</td>
<td>20404-146A</td>
<td>$70 (R); $91 (NR)</td>
</tr>
<tr>
<td>Spanish: Adults, Advanced 40 &amp; Up</td>
<td>Sat Dec 14 - Feb 15 (10 weeks)</td>
<td>12:30 pm - 2 pm</td>
<td>20404-146B</td>
<td>$70 (R); $91 (NR)</td>
</tr>
<tr>
<td>Tai Chi: Adults, Beginner 40 &amp; Up</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>3 pm - 4 pm</td>
<td>17407-146B</td>
<td>$70 (R); $91 (NR)</td>
</tr>
<tr>
<td>Tai Chi: Adults, Intermediate 40 &amp; Up</td>
<td>Wed Dec 11 - Feb 26 (10 weeks)</td>
<td>1:30 pm - 2:30 pm</td>
<td>17407-146A</td>
<td>$70 (R); $91 (NR)</td>
</tr>
<tr>
<td>Watercolor: Seniors 60 &amp; Better</td>
<td>Thurs Dec 5 - Feb 20 (12 weeks)</td>
<td>1:20 pm - 3:20 pm</td>
<td>30501-146A</td>
<td>$60 (R); $78 (NR)</td>
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Laurel-Beltsville Senior Activity Center: CLASSES

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<tr>
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</thead>
<tbody>
<tr>
<td>Yoga: All Levels (with Theresa) 40 &amp; Up</td>
<td>Mon Dec 9 - Feb 24 (10 weeks)</td>
<td>1:15 pm - 2:30 pm</td>
<td>17413-146A</td>
<td>$84 (R); $110 (NR)</td>
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<tr>
<td>Yoga: All Levels (with Theresa) 40 &amp; Up</td>
<td>Tues Dec 10 - Feb 11 (10 weeks)</td>
<td>6:45 pm - 8 pm</td>
<td>17413-146B</td>
<td>$84 (R); $110 (NR)</td>
</tr>
<tr>
<td>Zumba: Gold, Seniors 50 &amp; Up</td>
<td>Fri Dec 13 - Feb 14 (10 weeks)</td>
<td>1:15 pm - 2:15 pm</td>
<td>17415-146A</td>
<td>$65 (R); $85 (NR)</td>
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Be Prepared for WINTER STORMS

The following information is excerpted from the Prince George’s County Preparedness Website. Prepare now to ensure you and your loved ones are safe in case of any severe Winter Storms. Additional details are available on the County website: https://www.princegeorgescountymd.gov/782/Preparedness-Center.

Winter storms can include high winds, freezing rain, sleet, heavy snowfall, and extreme cold. Severe winter storms can cause blocked roads, downed power lines and trees, power outages, and transportation accidents. In most cases, approaching winter storms are forecasted a day or two (or more) in advance. If there is a possibility that you may be staying in your home for several days, you need to make sure you have plenty of supplies and medicines.

**Before a Winter Storm:**
- Ensure you have rock salt on hand to melt ice on walkways and sand to generate temporary traction. Have a snow shovel or other snow removal equipment on hand.
- Make sure your emergency kit is stocked. Ensure you have an emergency kit in your car.
- Make sure your car’s fuel tank is full.
- Insulate walls and attic.
- Keep pipes from freezing by wrapping them in insulation or layers of newspaper, then cover with plastic to keep out moisture.
- Caulk and weather-strip doors and windows.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

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Laurel-Beltsville Senior Activity Center: AVENUE OF THE ARTS

Joe Gadreau
Exhibit Dates:
December 7 - January 31

Art Reception
Monday, December 9, 2019
7 - 8 pm
Sign-up in the Center Lobby

Dalphine Queen:
The Queen Display of Color Pencil Art
Exhibit Dates:
February 1 – March 28

Art Reception
Monday, February 3, 2020
7 - 8 pm
Sign-up in the Center Lobby

FREE Workshops: TECH TALKS

Friday, December 13, 2019
11 am - 12:30 pm
Navigating Social Networks
Learn how to connect with your family and friends on social media such as Facebook, Twitter, LinkedIn, and more!

Friday, January 10, 2020
11 am - 12:30 pm
Computer Q & A
Bring your computer related questions and we’ll supply the answers.

Friday, January 24, 2020
11 am - 12:30 pm
On-Line Shopping
Staying warm by spending time on your computer at home? Learn how to safely shop on-line!

Friday, February 14, 2020
11 am - 12:30 pm
Smart Devices
Learn how to use your new technology! This free workshop will:
* Teach you how to use your smartphone.
* Teach you how to use your tablet.

Friday, February 28, 2020
11 am - 12:30 pm
How to Use PARKS DIRECT
Learn how to use the online registration system, PARKS DIRECT. Save yourself time and learn how to register online for M-NCPPC classes and trips. Not sure how to find the information you need at pgparks.com? We will show you how!

Sign up at the center front lobby!
Classes are held in the computer lab.
Laurel-Beltsville Senior Activity Center: TRIPS

Queenstown Premium Outlets
Wednesday, December 4, 2019
$20 (R); $26 (NR)
PARKS DIRECT Code: LBSAC-20191204
9 am - 3:30 pm
It’s holiday time! Enjoy shopping at the discount outlets in Queenstown, MD. The Queenstown Premium Outlet’s features a variety of clothing stores, shoe stores, accessory stores, book store, and many more! Enjoy lunch at your own expense at Squisito Pizza & Pasta restaurant. Fee includes transportation aboard the M-NCPPC activity bus. Pre-registration for this trip is required by November 29, 2019.

Baltimore Symphony Orchestra: “Cirque Nutcracker”
Thursday, December 12, 2019
$68 (R); $88 (NR)
PARKS DIRECT Code: LBSAC-20191212
6:45 pm - 11 pm
Enjoy the Cirque Nutcracker performance at the Baltimore Symphony Orchestra. Watch how a creative spin is put on the holiday classic with Troupe Vertigo’s acrobats, jugglers, and high-flying aerialists. Fee includes transportation aboard the M-NCPPC activity bus and an entry ticket into performance. Pre-registration for this trip is required by December 5, 2019.

Garden of Lights at Brookside Garden
Thursday, December 19, 2019
$24 (R); $31 (NR)
PARKS DIRECT Code: LBSAC-20191219
4:45 pm - 8:30 pm
Enjoy seeing the magical creation of lights at the beautiful Brookside Gardens. Admire the various handcrafted designs and winter scenes created throughout the garden. Treat yourself to some hot cocoa in their Visitor’s Center, while enjoying some tunes from one of their nightly musical performances. Fees include transportation aboard the M-NCPPC activity bus and entry into lightshow. Pre-registration for this trip is required by December 12, 2019.

Medieval Times Dinner & Tournament
Friday, January 10, 2020
$ 60 (R);  $78 (NR)
PARKS DIRECT Code: LBSAC-20200110
6 pm - 10 pm
Rewind back in time and enjoy a live tournament show over dinner. Featuring jousting, falconry, horsemanship and more, this exciting show will keep you on the edge of your seats! Fee includes transportation aboard the M-NCPPC activity bus, dinner, and the show. Pre-registration for this trip is required by January 3, 2020.

MGM National Harbor: Smokey Robinson Concert
Friday, February 14, 2020
$120 (R); $156 (NR)
PARKS DIRECT Code LBSAC-20200214
6:30 pm - 11:30 pm
Grammy Award winner Smokey Robinson presents his timeless hits during a retrospective of his life, career, & music. Fee includes transportation aboard the M-NCPPC activity bus and the show. Pre-registration for this trip is required by February 7, 2020. A limited number of tickets are available so please book early!
Winter 2019 Book Club

Club meets 2nd and 4th Fridays from 2 - 4 pm

December - *The 19th Christmas. A New Women’s Murder Club Novel* by James Patterson and Maxine Paetro. As the holidays approach, Detective Lindsay Boxer and her friends in the Women’s Club have much to celebrate. Crime is down. The medical examiner’s office is quiet. Even the courts are showing some Christmas spirit. Then a fearsome criminal known only as “Loman” seizes control of the headlines. He is planning a deadly surprise for Christmas morning. And he has commissioned dozens of criminal colleagues to take actions that will mask his plans.

January – *I Almost Forgot About You* by Terry McMillan. In this novel, Dr. Georgia Young decides to make some major changes in her life, including quitting her job as an optometrist and moving from her house. She finds herself on a wild journey that may or may not include a second chance at love.

February – *Yes, Chef* by Marcus Samuelsson. Marcus Samuelsson was only three years old when he, his mother and his sister - all battling tuberculosis - walked seventy-five miles to a hospital in the Ethiopian capital of Addis Ababa. Tragically, his mother succumbed to the disease. Marcus and his sister recovered, and one year later were welcomed into a loving, middle class white family in Goteborg, Sweden. It was there that Marcus’s new grandmother, Helga, sparked in him a lifelong passion for food and cooking. This memoir chronicles his remarkable journey.

Laurel-Beltsville Senior Activity Center: MOVIES

**Catch a Movie with Us!**

<table>
<thead>
<tr>
<th>Movie</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td><em>Pay It Forward</em></td>
<td>Thursday, December 12</td>
<td>9:30 -11:30 am</td>
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<tr>
<td><em>It’s A Wonderful Life</em></td>
<td>Thursday, December 26</td>
<td>9:30 -11:30 am</td>
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<tr>
<td><em>I, Robot</em></td>
<td>Thursday, January 9</td>
<td>9:30 -11:30 am</td>
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<tr>
<td><em>Good Will Hunting</em></td>
<td>Thursday, January 23</td>
<td>9:30 -11:30 am</td>
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<tr>
<td><em>The Fault In Our Stars</em></td>
<td>Thursday, February 13</td>
<td>9:30 -11:30 am</td>
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<tr>
<td><em>The Help</em></td>
<td>Wednesday, February 27</td>
<td>9:30 -11:30 am</td>
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Intergenerational Game Night
Friday, December 13, 2019
$10 (R); $13 (NR)
6 pm - 8 pm
PARKS DIRECT code: LBSAC-SPEC-GA-20191213
Do you enjoy laughing, having fun, and some friendly competition? Then come out to our intergenerational game night! Bring your grandchildren ages 6 & up or just bring yourself to enjoy a night of games over some great refreshments. Games for all different age ranges will be available. To join in this great event, register through PARKS DIRECT or at the front desk.

Senior Holiday Concert (Free)
Friday, December 20, 2019
1st Show: 10 am - 12 Noon
2nd Show: 1 pm - 3 pm
PARKS DIRECT code: LBSAC-SPEC-GA-20191220A
PARKS DIRECT code: LBSAC-SPEC-GA-20191220B
The Softones & Intruders are sure to get you in the holiday spirit as they perform some of their hit tunes and your favorite holiday songs along with comedian Gregg Cooper bringing the holiday laughter. Please make sure you register for the correct show/time slot. You must have your ticket with the Barcode with you for this event. Register early as seating is limited and this is a county-wide program.

Dip Into The New Year
Thursday, January 2, 2020
1:30 pm - 3:30 pm
PARKS DIRECT code: LBSAC-SPEC–GA–20200102
Time to start this new year off right! Enjoy good music and interactive activities while enjoying some tasty refreshments. To join in this great event, register through PARKS DIRECT or at the front desk.

Puzzle Competition
Wednesday, January 8, 2020
2 pm - 4 pm
PARKS DIRECT code: LBSAC-SPEC-GA-20200108
Let’s put those brains to work in a friendly puzzle competition. Enjoy competing in Word Search puzzles, Crossword puzzles, or Sudoku puzzles for a prize! Not interested in competing? That's alright we have some puzzles for you too! Tasty refreshments will be available. To join in on this great event, register through PARKS DIRECT or at the front desk.

Soup for the Soul
Thursday, January 23, 2020
12 Noon - 1 pm
PARKS DIRECT code: LBSAC-SPEC-GA-20200123
January is National Soup Month! Enjoy a warm bowl of soup and a nice soup bowl, on a cold winter day along with readings from Chicken Soup for the Soul series. Soup will be available while supplies last. To join in on this great event, register through PARKS DIRECT or at the front desk.

White Winter Ball
Friday, January 31, 2020
7 pm - 9:30 pm
PARKS DIRECT code: LBSAC-SPEC-GA-20200131
Join us in a beautiful night of elegance at the LBSAC’s White Winter Ball. Prepare yourself for a night to remember including a delicious 3-course meal, raffles, and entertainment. Formal attire is required so dress to impress! To join in this great event, register through PARKS DIRECT or at the front desk.
Black History In Motion Program

Wednesday, February 5, 2020
$5 (R); $7 (NR)

PARKS DIRECT code: PGPP-SPEC-GA-20200205

Celebrate Black History Month with seniors from throughout Prince George's County and beyond with a historical journey highlighting the contributions of African Americans through musical performance at The Publick Playhouse. The headliners of this event, Ray Apollo Allen and the Apollo One Band, will perform various cover songs from the Motown era as well as Classic Oldies, R&B, and Soul music. Recording artist and violinist Bliss Ananda will perform songs from his 'Trinity Too' album.

Tickets may be purchased online, at a Senior Activity Center or by calling the Publick Playhouse, 301-277-1710. Tickets purchased directly from the Publick Playhouse will be mailed. For online ticket purchases, please print and retain your ticket(s) as tickets are required for admission to the theater.

If you want transportation from the center to this event, you MUST register first in PARKS DIRECT and then sign up for transportation at the front desk! Limited transportation will be provided. An M-NCPPC activity bus will depart the center at 9am and return at 2pm. We will stop at a local restaurant for lunch at your own expense following the show. Average menu prices: $10 - $20. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784.

Art In Motion (Dance Performance)

Wednesday, February 12, 2020
$6 (R); $8 (NR)

PARKS DIRECT code: LBSAC-SPEC-GA-20200212

Enjoy watching a cultural dance performance from the outstanding Taratibu Youth Association. Traveling to see different African and African American cultures around the world, this dance group brings you the experience through poetry, dance, and song. Tasty refreshments will be available. To come and see this amazing performance, register through PARKS DIRECT or at the front desk.

Line Dance Battle

Friday, February 28, 2020
FREE

PARKS DIRECT code: LBSAC-SPEC-20200228

CALLING ALL LINE DANCERS! Are you interested in holding the Laurel-Beltsville Senior Activity Center Line Dancing Championship? Well, the time has finally come! Create teams with between six and eight members and perform in front of four judges where your team will receive a score from each judge creating one final score. The team which receives the highest score will receive the championship and hold the title for the entire year. You must submit your team’s name to the center Program Specialist, Shavona Potter, by January 17, 2020. Light refreshments will be available. To join in this great event, register through PARKS DIRECT or at the front desk.
Clear Captions
Free
Thursday, December 5, 2019
10 am - 11 am
Learn about Clear Captions, a federally-funded call captioning service intended for qualified individuals whose hearing loss makes it difficult to use the phone, letting them read the words their callers are saying. The presentation will include a demonstration of the equipment. Sign up in the center lobby.

Blood Pressure Screening
Free
Friday, December 6, 2019
11:30 am - 12:30 pm
Visiting Nurses will be on-site providing free blood pressure screenings on a first come, first serve basis. Sign up in the center lobby.

Understanding Alzheimer’s and Dementia
Free
Wednesday, December 18, 2019
1 pm - 2 pm
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources. Presented by Nancy Quarles, Programs and Service Manager of Alzheimer’s Association National Capital Area Chapter. Sign up in the center lobby.

Mednovate
Free
Thursday, January 16, 2020
10:30 am - 11:30 am
Take advantage of this opportunity to learn about the MedNovate program which allows you, at no cost, to speak one-on-one with a Pharmacist and get additional information on your medicines. Sign up in the center lobby.

Pre-Planning for a “Life Well Celebrated”
Free
Wednesday, January 22, 2020
9:30 am - 11 am
Funeral planning can seem overwhelming. Losing a family member is an emotional experience, and grief can make the funeral planning process difficult. Learn the benefits of pre-planning final arrangements for a “Life Well Celebrated” to help relieve your family of both emotional and financial burdens. Sign up in the center lobby.

Insights on Hospice
Free
Wednesday, January 29, 2020
10 am - 11 am
Danielle Morgan of Seasons Hospice and Palliative Care will highlight how Hospice services can offer comfort and hope to patients and their families and describe the four levels of hospice care which may be of assistance. Bring your questions. Sign up in the center lobby.
Eating the Rainbow  
**Thursday, January 30, 2020**  
**1 pm - 2 pm**

Learn how eating all the colors of the rainbow keeps your body healthy. Discover the power of phytonutrients and their relationship to the colorful foods on your plate that promote optimal health. Eating nutritious foods is FUN! Presented by Kateri Payne, MS, CPT and Nutritionist Intern from Whole Health for Life. Sign up in the center lobby.

What’s New with Taxes?  
**Tuesday, February 11, 2020**  
**10 am - 11 am**

Join Tax Pros from H&R Block who will highlight What’s New with Taxes for this year. Each participant will receive a Tax Prep planning check sheet to help you get set for completing your tax return. Sign up in the center lobby.

2020 US Census Workshop  
**Thursday, February 13, 2020**  
**1 pm - 2 pm**

Representatives from the U.S. Census Bureau will highlight the importance of participating in the 2020 Census and share information on the changes in the process versus how one participated in the past. Bring your questions! Sign up in the center lobby.

Blood Pressure Screening  
**Friday, February 14, 2020**  
**11:30 am - 12:30 pm**

Visiting Nurses will be on-site providing free blood pressure screenings on a first come, first serve basis. Sign up in the center lobby.

The Long Overdue Story  
**Thursday, February 20, 2020**  
**10:30 am - 11:30 am**

Celebrate Black History Month by hearing a Civil War story from a different perspective. Dianne Cross tells the story of her great-great-grandfather, Isaac Hall, as he went from a slave to a Civil War soldier to a free man. Sign up in the center lobby.

Seniors and Financial Abuse  
**Wednesday, February 26, 2020**  
**10 am - 11 am**

Seniors are especially at risk of becoming a victim of financial abuse. Byrd & Byrd has built a strong reputation in elder law issues including Medicaid and estate planning. Their litigation team invites you to attend this lively discussion on the ways that each of us may become a target for financial abuse and learn about the laws which are designed to protect against financial or other types of abuse. Sign up in the center lobby.
Wellness on Wheels
Mobile Health Clinic
Free Health Services

Thursday, January 9, 2020   9 am - 12 Noon
Thursday, February 6, 2020  9 am - 12 Noon

A collaboration between the Prince George’s County Health Department and Doctors Community Hospital, Wellness on Wheels (W.O.W.) is a mobile clinic that travels to various locations in the area and provides **FREE** services to help you maintain or improve your health. Wellness on Wheels is staffed by a team of experienced and compassionate healthcare professionals. They provide a wide range of services to people ages 18 and older.

- Diabetes screenings
- Cholesterol screenings
- Blood pressure screenings
- Medication reviews and education

A big **Thank You** to LBSAC patrons who donated bras for our recent collection in partnership with the non-profit organization **I Support the Girls**. Together, LBSAC collected **579** bras and a few other items which have been donated to homeless women and girls. Your kindness and generosity warm our hearts.
**AARP Driver’s Safety Course**

**Thursday, Dec 19, Jan 16, Feb 20**

$15/AARP Members; $20/AARP Non-Members

*9:30 am - 3 pm*

Tune up your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes. Reduce your traffic violations, crashes, and chances for injuries. Drive more safely. You may get an insurance discount. Fee must be paid by check or money order, made payable to AARP. Bring AARP card or number. Break for lunch on your own. Class is limited to 15 students. Sign up in the center lobby. Instructor: Makeda.

Note: If you want to purchase lunch at the center, please call the kitchen staff at 301-206-3368 by the Tuesday before class to make your reservation.

**Loving Hands Comfort Blankets**

**Free**

2nd and 4th Tuesdays of the month

11 am - 1 pm

Help crochet comfort blankets that are given to breast cancer patients. All materials and instructions are provided; however, you must have the basic knowledge of how to crochet.

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<thead>
<tr>
<th>ACTIVITY</th>
<th>DAY</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Chess Drop-In</td>
<td>Thursday</td>
<td>2 - 7 pm</td>
<td>FREE with ID</td>
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<tr>
<td>Chess Club:</td>
<td>Thursday</td>
<td>6:30 - 8:45 pm</td>
<td>FREE with ID</td>
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<tr>
<td>Bid Whist:</td>
<td>Tuesday &amp; Friday</td>
<td>11 am - 4 pm</td>
<td>FREE with ID</td>
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<tr>
<td>Bridge:</td>
<td>Monday &amp; Friday</td>
<td>1 - 4:30 pm</td>
<td>FREE with ID</td>
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<tr>
<td>Fan Tan</td>
<td>4th Wednesday</td>
<td>12:10 - 3:50 pm</td>
<td>FREE with ID</td>
</tr>
<tr>
<td>Photo Club:</td>
<td>4th Friday</td>
<td>10 - 11:30 am</td>
<td>FREE with ID</td>
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| 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 details. | Call LSFC office at 301-206-3380 for orientation dates and times. |
| Exec/Chairpersons Meetings          | 1st Wednesday   | 9 am - 1 pm     |
| Crochet Club                        | Every Monday    | 11:30 am - 12:30 pm |

| National Active and Retired Federal Employees (NARFE) | |
|-------------------------------------------------------|-----------------|-----------------|----------------------------|
| Monthly Chapter Meeting (lunch or refreshments served depending on month) | 1st Wednesday | 1 - 3 pm        |
| Officers Board Meeting                        | Last Friday     | 10 am - 12 noon |

| Coffee and Cops for Seniors | |
|-------------------------------|-----------------|-----------------|----------------------------|
| General Meeting                | 1st Thursday of the Month | 1 - 2 pm        |
Senior Nutrition (Lunch) Program

Lunch is offered Monday through Friday from 11:30 am -12:30 pm, featuring a healthy, hot, well-balanced meal by the Prince George’s County, Department of Family Services. Seniors who are 60 & better can reserve a meal by contacting the Nutrition Manager, Rene Marshall at 301-206-3368, by stopping by the kitchen, or by calling the Department of Family Services, Aging Services Division at 301-265-8475. The suggested donation is $3.00. 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. 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.

For Your Information

Moved? Number changed?
From time to time, please stop at the reception desk and make sure your personal information including your emergency contact is correct. Let us know if you have any changes in address, phone number, e-mail, and such.

Membership Card
Come and get your M-NCPCC Senior ID membership card to join the center. Your card is good for one year from the date you receive it. Remember to update it each year! Visit the reception desk for more information.

Refund Policy
Class and activity refunds are subject to a 20% handling fee and must be requested in writing. Trip refunds are only available if your registration is replaced by someone on the wait list. If you must cancel your reservation, please contact the center staff as soon as possible or call 301-206-3350.

Disability Accommodations

M-NCPCC, 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.

Inclement Weather Policy and Closures

Get up to date information on M-NCPCC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pg parks.com and click on PG PARKS ALERTS! icon. You will need a mobile phone or an email address and your zip code to complete the registration.