Welcome to the Gwendolyn Britt Senior Activity Center

December 2019, January and February 2020

Winter Registration

- Registration begins Tuesday, November 12 for Residents.
  - Note: On November 12 ONLY, we will open at 7am for registration.
- Registration begins Monday, November 18 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 details.
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 – 15 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.
**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.

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**KEEPING IT GREEN IN 2019 and 2020**

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. Bring us your old eyeglasses and hearing aids. With help from the Lions Club, we will recycle to help those in need.

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**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.

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**Parking Information!**

Entrance to the parking lot for the Gwendolyn Britt Senior Activity Center is from Webster Street. Please use our parking lot! Only if our parking lot is full is additional parking for participants and visitors permitted across the street at the church parking lot (in the spaces in front of the fence ONLY).

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**AARP Smart-Driver Courses**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, December 5</td>
<td>10 am - 3 pm</td>
</tr>
<tr>
<td>Thursday, January 9</td>
<td>10 am - 3 pm</td>
</tr>
<tr>
<td>Thursday, February 6</td>
<td>10 am - 3 pm</td>
</tr>
</tbody>
</table>

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.
Come out and join us every 3rd Thursday 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.

<table>
<thead>
<tr>
<th>Beginner Line Dancing</th>
<th>Multi-purpose Room A</th>
<th>Wednesdays Dec 4 – Dec 18</th>
<th>10 -11 am</th>
<th>23501-130A</th>
<th>$21(R); $28(NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Line Dancing</td>
<td>Multi-purpose Room A</td>
<td>Wednesdays Jan 8 – Jan 29</td>
<td>10 -11 am</td>
<td>23501-130B</td>
<td>$21(R); $28(NR)</td>
</tr>
<tr>
<td>Beginner Line Dancing</td>
<td>Multi-purpose Room A</td>
<td>Wednesdays Feb 5 – Feb 26</td>
<td>10 -11 am</td>
<td>23501-130C</td>
<td>$21(R); $28(NR)</td>
</tr>
<tr>
<td>Computer Workshop</td>
<td>Computer Lab</td>
<td><strong>Learn how to use Rec Trac at home. Call the Center to schedule day and time at the Center.</strong></td>
<td></td>
<td></td>
<td>Free</td>
</tr>
<tr>
<td>Senior Shape Exercise Class</td>
<td>Multi-purpose Room A</td>
<td>Tues and Thurs Dec 3 – Dec 26 Jan 7 – Jan 30 Feb 4 – Feb 27</td>
<td>10:30 –11:20 am</td>
<td></td>
<td>Free</td>
</tr>
</tbody>
</table>

December 19: **The Littlest Daughter**
By: Julie Firman
They were a happy family: four Pogue daughters all in the same school in different grades. They were talented and friendly girls. The youngest, Janice, who was in my class, seemed to be glued to her mother’s skirt. The three older girls took the bus to school every morning and gaily rushed to their classrooms, but Janice was…

January 30: **More than a Pair of Gloves**
By: Julia A. Doyle
Albert Einstein once said, “Only a life lived for others is a life worthwhile.” These words eloquently describe all that my mother was. She loved and gave unselfishly, despite turmoil in her own life. Struggling to maintain a marriage to an alcoholic and to raise four daughters practically on her own, she found time to give to others...

February 27: **Sunflower Success**
By: Kristal M. Parker
My mother was the expert gardener. She patiently tried to pass her skills on to me but to no avail. Her pumpkins were larger than the family dog. Mine usually grew to the size of a gerbil. She told me potatoes were easy to grow. I planted a potato from the kitchen and received healthy-looking foliage. When I dug them up, I couldn’t…
DECEMBER 2019

Winter Festival of Lights: Watkins Regional Park
Upper Marlboro, MD
Thursday, December 5
4 – 10 pm
$15(R); $20(NR)
PARKS DIRECT code: GBSAC-20191205
This spectacular holiday drive-through event features more than one million twinkling lights, wonderful themed displays, and one of the tallest tree displays in the state. Meal is at your own expense. Transportation is aboard an M-NCPSC activity bus.

Arena Stage: “Dear Jack, Dear Louise“, Washington, DC
Wednesday, December 11
10:30 am – 4 pm
$72 (R); $94 (NR)
PARKS DIRECT code: GBSAC-20191211
In this world premiere, Tony Award-winning playwright Ken Ludwig (“Lend Me a Tenor”) tells the joyous heart-warming story of his parents’ courtship, as told through letter writing during World War II and the results are anything but expected. Meal is at your own expense. Transportation is aboard an M-NCPSC activity bus.

Bon Appetite – The Hideaway, Odenton, MD
Friday, December 13
11 am – 3 pm
$15(R); $20(NR)
PARKS DIRECT code: GBSAC-20191213
The Hideaway is a unique experience. Great tasting food and a warm friendly atmosphere. You are sure to love being here. Meal is at your own expense. Transportation is aboard an M-NCPSC activity bus.

SENIOR HOLIDAY CONCERT
Laurel-Beltsville Senior Activity Center
Friday, December 20
2 Shows
PARKS DIRECT code: LBSAC-SPEC-GA-20191220A
FREE
LBSAC-SPEC-GA-20191220B
1st Show - 10 am - 12 pm
2nd Show - 1 - 3 pm
The Intruders & Softones 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. After you register then sign up for transportation at your senior center. Transportation is limited. Register early, Seating is limited.
The National Gallery of Art, Washington, DC
Tuesday, January 14
$15(R); $20(NR)
10 am – 3 pm
PARKS DIRECT code: GBSAC-20200114
Experience some of the most vital art in the world at the National Gallery of Art, a renowned, art museum on the National Mall in Washington, DC. The nation’s museum – preserves, collects, exhibits, and fosters an understanding of works of art. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Bon Appetite - First Watch, Laurel, MD
Friday, January 17
$15(R); $20(NR)
11 am – 3 pm
PARKS DIRECT code: GBSAC-20200117
Here at First Watch, we begin each morning at dawn, slicing fresh fruits and vegetables, baking muffins and whipping up our French toast batter from scratch. Everything is made to order and freshness is never compromised. We do not use heat lamps or deep fryers – we use only the finest ingredients possible for the freshest taste around. When you arrive, we welcome you. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Martin Luther King Jr. Memorial Tour, Washington, DC
Thursday, January 23
$24(R); $32(NR)
11 am – 3 pm
PARKS DIRECT code: GBSAC-20200123
This memorial honors Dr. King’s national and international contributions and vision for all to enjoy a life of freedom, opportunity, and justices. Dr. King’s memorial is adjacent to the Franklin D. Roosevelt Memorial and between the Lincoln and Jefferson Memorial. Celebrate with the rest of the world Dr. King’s “Dream”. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.
FEBRUARY 2020

Black History in Motion Program, Publick Playhouse
Wednesday, February 5
$5 (R); $7 (NR)

Parks Direct Ticket #: PGPP-SPEC-GA-20200205
Doors open at 9:30 am

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 headliner of this event is Ray “Apollo” Allen and others will be performing. Upon completion of your purchase, 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 center reception desk! Limited transportation available. Transportation is aboard an M-NCPPC activity bus. Bus will depart the center at 9am and return at 2pm. (Showtime is 10:30am-Noon). Lunch is at your own expense.

Bowling, Riverdale, MD
Tuesday, February 11
$15 (R); $20 (NR)

PARKS DIRECT code: GBSAC-20200211

Get off the couch, out of the house and get busy bowling. Game and shoes are included in fee. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Bon Appetite - Amish Market, Laurel, MD
Friday, February 21
$15(R); $20(NR)

PARKS DIRECT code: GBSAC-20200221

Shop for fresh fruits, vegetables, bakery items, meats and more. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

The College Park Aviation Museum
Thursday, February 27
$15(R); $20(NR)

PARKS DIRECT code: GBSAC-20200227

The College Park Aviation Museum is dedicated to preserving and promoting aviation innovations at College Park Airport and in Prince George’s County while fostering research, inventiveness, and lifelong curiosity about the history and science of flight. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

“...if you can’t fly, then run, if you can’t run, then walk, if you can’t walk, then crawl, but whatever you do, you have to keep moving forward.”
— Martin Luther King Jr.
National Tie Day  Wednesday, December 18
FREE  12:30 - 1:30 pm
GBSAC will collect one new tie per person and donate them to a nearby shelter. Sign up to let us know you will participate.

All White Holiday Party  Monday, December 23
$10 (R); $13 (NR)  12 - 2 pm
PARKS DIRECT code: GBSAC-20201223
Join us while we enjoy the melodious holiday and old school sounds of “DJ Wayback”. A scrumptious meal will be served. Let us have some holiday fun. You must register for this event.

Coat Drive for the homeless  Friday, January 10
FREE  12:30 - 1:30 pm
GBSAC will collect new and clean slightly worn coats to donate to S.O.M.E (So Others May Eat). This organization feeds and clothes homeless people. Sign up to let us know you will participate.

National Letter Writing Day  Thursday, January 9
FREE  12:30 - 1:30 pm
Write a letter to someone you appreciate. Pre-written letters of appreciation are available to get you started. Let us write together. Sign up to let us know you will participate.

Warm Up with Soup  Friday, January 17
FREE  10:30 am - 12 pm
Imagine a nice cold winter day…warming up to a hot bowl of soup. Mmmm good! Come by and enjoy soup and conversation. Sign up to let us know you will participate.

A Valentine Spa Day for YOU!  Thursday, February 13
$10 (R); $13 (NR)  10:30 am - 12 pm
PARKS DIRECT code: GBSAC-20200213
Start your Valentine Day with an awesome massage by “A Classy Touch of Therapy, LLC”. Relaxing with a cup of hot tea will make this day a pleasant day for YOU! Sign up and let us know you will participate.

American Heart Month  Tuesday, February 18
FREE  12:30 - 1:30 pm
Let’s talk about what’s good for your heart. Everyone will receive a heart with choices that you can make to help or hurt your heart. Here are a few choices…soda, laughing, music, chocolate, gossip…just to name a few. Wear RED to represent heart month. Sign up and let us know you will participate.
Seniors On Stage Auditions

ARE YOU A TALENTED SINGER?

*Register in advance to Audition!*

Laurel-Beltsville Senior Activity Center  
Friday, January 10  
10 am - 4 pm  
(last audition registration taken at 3:30 pm)

This is your opportunity to audition and be a part of our *Seniors on Stage Show*. Audition guidelines are available by calling 301-408-4343. Register to audition in advance beginning Dec. 1. Auditions closed to the public and scheduled every 15 minutes. To schedule an audition, call 301-408-4343.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day/Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Story Book Club</td>
<td>3rd Mondays</td>
<td>1pm-2 pm</td>
<td>Free</td>
</tr>
<tr>
<td>Country Line Dance</td>
<td>Mondays</td>
<td>9:30 am-11:30 am</td>
<td>Free</td>
</tr>
<tr>
<td>Let’s Talk</td>
<td>Mondays</td>
<td>1 pm-2 pm</td>
<td>Free</td>
</tr>
<tr>
<td>Arts and Crafts</td>
<td>Thursdays</td>
<td>10:30 am–12 Noon</td>
<td>Free</td>
</tr>
<tr>
<td>Inspirational Hour</td>
<td>Mondays and Wednesdays</td>
<td>11 am-12 Noon</td>
<td>Free</td>
</tr>
<tr>
<td>Seasoned Players Practice</td>
<td>4th Fridays</td>
<td>12 Noon–2 pm</td>
<td>Free</td>
</tr>
<tr>
<td>Blood Pressure sponsored by the NIH Heart Center at Suburban Hospital</td>
<td>1st and 3rd Tuesdays</td>
<td>11:15 am-12 Noon</td>
<td>Free</td>
</tr>
<tr>
<td>Tai Chi sponsored by the NIH Heart Center at Suburban Hospital</td>
<td>Wednesdays</td>
<td>12 Noon-1 pm</td>
<td>Free</td>
</tr>
</tbody>
</table>

**FANTASTIC FRIDAY MOVIE DAYS**

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

- **Friday, December 20**: Hobbs & Shaw 10:30 am-12:30 pm
- **Friday, January 24**: The Lion King 10:30 am-12:30 pm
- **Friday, February 7**: Brian Banks 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 (schedule is subject to change)

- **Mondays**: 9 – 11 am
- **Tuesdays**: 2 – 3:00 pm
- **Wednesdays**: 9 – 10 am
- **Thursdays**: 9 – 10 am
- **Fridays**: 9 – 12 pm

Note the following dates and times the computer lab is closed

- **Mondays**: 11 am – 3:30 pm
- **Tuesdays**: 9 am – 2 pm
- **Wednesday**: 10 am - 3:30 pm
- **Thursday**: 10 am – 2 pm
- **Fridays**: 12 – 3: 30 pm
Please sign up at the front desk so we can plan accordingly!

**Genetic Cancer**

**Monday, December 9**

11 am - 12 pm

Medicare has joined up with AFFA cancer advocate organization to inform citizens about genetic cancer screening. Our goal is to “stop cancer in its track” before mutating through the body. I will show how the blood/oxygen dies when the cell phone is touching the body. Great information.

Sponsored by Environmental Health Solutions.

**Stay on Your Feet**

**Monday, January 13**

11 am - 12 pm

Did you know that 2.8 million older adults are treated in emergency departments for fall-related injuries? Luckily, many of these falls can be prevented. During this session, a therapist from MedStar NRH Rehabilitation Network will share fall prevention strategies and conduct a gait assessment to help keep you safe on your feet. Sponsored by Suburban Hospital.

**On Track to Health**

**Monday, February 10**

11 am - 12 pm

The New Year is a time to set intentions. Making changes does not always have to include a grand plan to overhaul your whole life, but rather make small changes that lead up to big results. Suburban Hospital will conduct individual body composition consultations using a top of the line Tanita scale. Tracking such metrics as body fat, muscle mass and metabolic age can help set the tone for creating a roadmap to better health. Sponsored by Suburban Hospital.
Sign up for PG Parks Alerts and get the latest information on M-NCPPC closings due to weather, facility maintenance and other emergencies. Visit our website at www.pgparks.com today!

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Nutrition/Transportation</td>
<td>301-265-8475</td>
</tr>
<tr>
<td>Legal Aid</td>
<td>301-927-6800</td>
</tr>
<tr>
<td>Department of Family Services</td>
<td>301-265-8401</td>
</tr>
<tr>
<td>Seniors County Information</td>
<td>301-265-8450</td>
</tr>
<tr>
<td>Medicare Information</td>
<td>800-633-4227</td>
</tr>
<tr>
<td>Call-A-Bus</td>
<td>301-499-8603</td>
</tr>
</tbody>
</table>

### 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.pgparks.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.