

Gwendolyn Britt Senior Activity Center

SPRING 2019 CALENDAR



Welcome to the Gwendolyn Britt Senior Activity Center

March, April and May 2019

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

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

Spring Registration

- Registration begins Monday, February 11 for Residents.
 - **Note: On February 11 ONLY, we will open at 7am for registration.**
- Registration begins Tuesday, February 19 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.

4009 Wallace Road • North Brentwood, Maryland 20722

Phone: 301-699-1238

Fax: 301-699-2078

TTY: 301-699-2544

Gwendolyn Britt Senior Activity Center Information

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.

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



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.



Parking Information!

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

AARP Smart-Driver Courses

March 2019

NO CLASS

Thursday, April 18

10 am - 3 pm

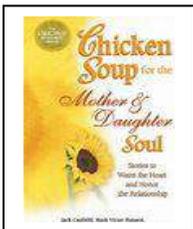
Thursday, May 9

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. 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> Mar 6 – Mar 27	10 am-11 am	23501-130A	\$20(R); \$26(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> Apr 3 – Apr 24	10 am-11 am	23501-130B	\$20(R); \$26(NR)
Beginner Line Dancing	Multi-purpose Room A	<u>Wednesdays</u> May 8 – May 29	10 am-11 am	23501-130C	\$20(R); \$26(NR)
Computer Workshop	Computer Lab	Learn how to use RecTrac at home. Call the Center to schedule day and time at the Center.			Free
Senior Shape Exercise Class Sponsored by: NIH Heart Center at Suburban Hospital	Multi-purpose Room A	<u>Tues and Thurs</u> Mar 5 – Mar 28 Apr 2- Apr 25 May 7 – May 23	10:30 am –11:20 am		Free



Come out and join us every 3rd 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.

March: *Getting Out of The Way*

By: Barbara Curtis

I was leaving Christine’s physical therapy office, my toddler in my arms, my oldest son by my side. Christine appeared again at the door to say my husband was on the phone. “Honey, will you put Jonathan in his car seat?” I turned to eleven-year-old Joshua, everyone’s right-hand man. “I’ll be right back,” I told him. Christine had asked Joshua to come to this weekly physical...

April: *Refresher Lesson from Dad*

By: Pamela Bumpus

It was a typical school morning, Ashley, our ten-year-old, finished homework during breakfast. Tiffany, whose nine, was told three times to finish up in the shower. The school menu sounded terrible, so lunches were packed. Finally, with only minutes to spare, we jumped into the car and were on our way. One mile from school, Tiffany informed me from the backseat, “Mom, I...

May: *Attitude Adjustment*

By: Marita Littauer

My husband doesn’t like that I travel. However, traveling has been a part of my life all my adult years. When I met him, I was teaching seminars all over the country. I think he should be used to it after seventeen years of marriage. Instead he likes it less and less. On the plane on the way home, I often enjoy the relaxing scape of romance novels. As I read, I picture Chuck meeting me at....

Gwendolyn Britt Senior Activity Center: Trips

MARCH 2019



Bon Appetite

Blue Pearl Buffett & Grill, Silver Spring, MD

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

PARKS DIRECT code: GBSAC-20190308

Looking for a great way to get your belly full with tasty food? Join us as we venture to this buffet filled with tasty food. Lots of vegetables, seafood, meats, salads, deserts and plenty to drink. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, March 8

10 am - 3 pm

Romeo & Juliet, The Charles H. Flowers, HS

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

PARKS DIRECT code: GBSAC-20190321

An urban love musical portrayed by a vigorous group of theatre-bound students. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Thursday, March 21

9 am - 2 pm



Bowling

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

PARKS DIRECT code: GBSAC-20190326

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.

Tuesday, March 26

10 am - 2 pm

Movie Day at Regal Laurel Towne Center

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

PARKS DIRECT code: GBSAC-20190329

Join us as we venture to the movie theatre with the most! Nice comfortable recliner chairs, snack tray and the big screen. What a combination! Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, March 29

10 am - 4 pm

Gwendolyn Britt Senior Activity Center: Trips

APRIL 2019

Bon Appetite, Iron Rooster Restaurant

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

PARKS DIRECT code: GBSAC-20190412

Whether you're looking for breakfast all day, lunch, supper or drinks, at Iron Rooster you'll find a new twist on traditional comfort food, legendary hospitality, and a real sense of community. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, April 12

10 am - 3 pm

Seniors on Stage, Bowie Center for Performing Arts

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

PARKS DIRECT code: SPD-SPEC-GA-20190417

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

Wednesday, April 17

10:30 am - 12 pm

Doors Open: 9:45am

Arundel Mills Shopping

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

PARKS DIRECT code: GBSAC-20190418

Spring has arrived! Time to shop for bright colors and see what's new. Travel with us as we visit the mall and dine at one of the many eateries within. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Thursday, April 18

10 am - 4 pm

The Dramatics, The Birchmere, Alexandria, VA

\$68 (R); \$89 (NR)

PARKS DIRECT code: GBSAC-20190419

If you like "Old School" – this is the concert for you. Come hear such songs as "In the Rain", "Hey You Get Off My Mountain", "Me and Mrs. Jones", "Be My Girl" and others. Dinner is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, April 19

5 pm - 10:30 pm



Bowling

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

PARKS DIRECT code: GBSAC-20190423

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.

Tuesday, April 23

10 am - 2 pm

Gwendolyn Britt Senior Activity Center: Trips

MAY 2019

Spirit of Washington Lunch Cruise, Washington, DC

\$72 (R); \$94 (NR)

PARKS DIRECT code: GBSAC-20190510

Take a cruise and relax on the water. Enjoy the breeze along with a scenic tour. Meal is included in the fee. Transportation is aboard an M-NCPPC activity bus

Friday, May 10

10:30 am - 3 pm

Cow Town Farmers Market, Southern, NJ

\$46 (R), \$60 (NR)

PARKS DIRECT code: GBSAC-20190514

Cowtown Farmers Market is a large indoor & outdoor flea market that is full of great discounts, shopping, & delicious food vendors. Join us for a GREAT DAY of fun!! Meal is at your own expense. Transportation is provided by a Charter Bus.



Tuesday, May 14

8 am - 5 pm

Bon Appetite, KitchenCray Cafe, Lanham, MD

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

PARKS DIRECT code: GBSAC-20190524

The mission of KitchenCray is to change how the world views what we like to call, "The New Chef Culture." We take five-star dining experiences and recreate them to cater to any and every lifestyle. Meal is at your own expense. Transportation is aboard an M-NCPPC activity bus.

Friday, May 24

10 am - 3 pm



Bowling

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

PARKS DIRECT code: GBSAC-20190528

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.

Tuesday, May 28

10 am - 2 pm

Gwendolyn Britt Senior Activity Center: Special Events

National Peanut Butter Lover's Day

FREE

Peanut butter is a perfect food, and on March 1, we honor that perfection with National Peanut Butter Lover's Day. Peanut butter's superb performance as a food comes from its versatility. It can be crunchy and it can be smooth; it's healthy, but it's also indulgent; it can go sweet, but can also go savory. We like it for every meal. Celebrate peanut butter with the peanut butter lovers in your life!

Friday, March 1

1 pm - 2 pm

Everybody's Birthday
FREE

"HAPPY BIRTHDAY!"

Thursday, March 14
12:30 pm - 1:30 pm

Everyone has a special day! Let's celebrate all birthdays together. Refreshments and cake will be served. Sign up at the front desk.



National Garden Month
FREE

Tuesday, April 16
10:30 pm - 11:30 am

Celebrate this special month with us. Bring one of your favorite flowers or plants to the center and tell us about it – like how you care for it, nurture it and do you really talk to flowers/plants? Sign up at the front desk.

Spring Fling Social – Dance! Dance! Dance!
\$12 (R); \$16 (NR)
PARKS DIRECT code: GBSAC-20190427

Saturday, April 27
4 pm - 8 pm

If you like to dance then meet us here for a dancing good time! GBSAC welcomes you to line dance, freestyle and get your body moving with live entertainment. Refreshments will be served. You must register for this event.

Sing Along Around the Piano
FREE

Monday, May 20
12:30 pm - 1:30 pm

Bring your A-Game Voice! Singing around the piano is a lot fun. It's unrehearsed and from the heart. Share your favorite song and we'll join in. Sign up at the front desk.

SENIOR HEALTH AND FITNESS DAY
FREE

Wednesday, May 22
9 am – 2 pm

This event takes place at the Sports and Learning Complex in Landover. In celebration of "Older Americans Month," the Annual Senior Health & Fitness Day draws more than 1200 seniors from around the county. Fitness classes and activities, health screenings, vendors, and more! This fun event promotes health and wellness for seniors 60 & better at this premier fitness facility.

Fish Fry
\$15 (R); \$20 (NR)

Friday, May 31
11:30 am – 1:30 pm

PARKS DIRECT code: GBSAC-20190531

Mmmm- fish!!! Come here the live entertainment sounds of The Rise Band to get your weekend started. Join us. You must register for this event.

Gwendolyn Britt Senior Activity Center: Weekly Activities

Activity	Day/Dates	Time	Fee
Short Story Book Club	3rd Mondays	1pm-2 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 Noon	Free
Inspirational Hour	Wednesdays	11 am-12 Noon	Free
Mah-Jong Club	Wednesdays	12 Noon-3:15 pm	Free
Seasoned Players Practice	4 th Fridays	12 Noon-2 pm	Free
Blood Pressure Sponsored by the NIH Heart Center at Suburban Hospital	1 st and 3 rd Tuesdays	11:15 am-12 Noon	Free
Tai Chi Sponsored by the NIH Heart Center at Suburban Hospital	Wednesdays	12 Noon-1 pm	Free



FANTASTIC FRIDAY MOVIE DAYS

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

Friday March 15	<i>Deep Water Horizon</i>	10:30 am-12:30 pm
Friday, April 19	<i>A Star is Born</i>	10:30 am-12:30 pm
Friday, May 17	<i>Aquaman</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 (unless otherwise notified):

Mondays	9 am – 12 Noon
Tuesdays	2 pm – 3:00 pm
Wednesdays	9 am – 10 am
Thursdays	2 pm – 3:00pm
Fridays	9 am – 12 Noon

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

Mondays, 12:30 – 3:30 pm
Tuesdays, 9 am – 2 pm
Wednesday, 10 am- 3:30 pm
Thursday, 9 am – 2 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!

Vision Screening

FREE

Monday, March 11

11 am – 12 pm

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



Hearing Screening

FREE

Monday, April 8

11 am – 12 pm

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



Eat Your Heart Out

FREE

Monday, May 13

11 am – 12 pm

Join us for a cooking demonstration by Chef Nadine of Nutrition Synergies, LLC who will share recipes that are full of flavor and also good for your heart. This session, sponsored by Suburban Hospital, will allow participants to sample heart healthy recipes and learn about a balanced diet and healthy serving sizes. Registration is required at the center.



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 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.