

LIVE YOUR ADVENTURE

Monday, September 28-Saturday, October 3

Enjoy FREE Activities for Ages 60 & Better



M-NCPPC, DEPARTMENT OF PARKS AND RECREATION, PRINCE GEORGE'S COUNTY



LIVE YOUR ADVENTURE!

Make every day an adventure!

There is no better time than now to Live Your Adventure!

Tap into your adventurous spirit and have some fun as we celebrate International Active Aging Week. With over 30 FREE senior activities offered throughout Prince George's County, you're bound to have an adventure to remember!

Registration for Active Aging Week begins Tuesday, September 1.

Advance registration is required for all activities. (Limited spaces are available per activity. Please see each event description for details.) To register for an activity, visit www.pgparcs.com and click on the SMARTlink logo on the top left of the web page.

Get up-to-date information on M-NCPPC closings due to weather, facility maintenance and other emergencies by text or email. Sign up today by visiting www.pgparcs.com and click on the Nixle icon.



Monday, SEPT. 28th

Live Your Adventure at Lake Artemesia

10 am-1 pm • SMARTlink #1637655

An adventure-filled day at the beautiful Lake Artemesia awaits you! Go kayaking, ride a bike, create nature art, participate in our Walk and Talk with the Doc program, do some yoga in the park or just come and enjoy the sights and sounds of the great outdoors. Please note: In the event of inclement weather (lightning and heavy rain), this activity will be cancelled.

Lake Artemesia

5400 Block Berwyn Road at Ballew Ave.
Berwyn Heights 20740
301-446-3400

Parking Shuttles:

Due to limited parking at the lake, shuttles will be provided from 9:30 am-1 pm from the following locations:

Berwyn Heights Community Center
6200 Pontiac St., Berwyn Heights 20740

94th Aero Squadron Parking Lot
5240 Paint Branch Pkwy., College Park 20740

Activities at
Lake Artemesia include:



Kayaking,
Biking,

Walk and Talk
with the Doc^{Rx}
M-NCPPC Walking Program

Yoga
in the
Park

NaturArt Stations, and
Chainsaw Art Demonstration

Tuesday, SEPT. 29th

A "Let's Move" Adventure

8:45 am-11:30 am • SMARTlink #1637712

Let's move! Bring a friend and give Tai Chi, chair aerobics or pickleball a try!

College Park Community Center

5051 Pierce Ave., College Park 20740

301-441-2647

An Aquatic Adventure:

Deep Water Class

9-10 am • SMARTlink #1637619

Here's an opportunity to get a non-impact aerobic workout in 9-13 feet of water. Deep water exercise gives a full-body workout emphasizing the respiratory and cardiovascular systems and also tones the upper body, tummy, thighs and glutes. A floatation belt is needed and provided at poolside.

Fairland Sports and Aquatics Complex

13820/13950 Old Gunpowder Rd., Laurel 20707

301-362-6060 or 301-362-6095

A Line Dancing Adventure

9 am-12 noon • SMARTlink #1637744

Come and dance to new and old school line dance music. Line dance leader Randy will provide you with a line dance adventure to remember!

Glenarden Community Center

8615 McLain Ave., Glenarden 20706

301-772-3151

A Tennis Adventure:

Doubles Anyone?

9-11 am • SMARTlink #1637810

Time to hit the courts and play some tennis! Join the Harmony Hallers tennis players for some good old fashioned fun, adventure and tennis advice on your forehand, backhand and more. All levels are welcome. Donation of new or gently used sneakers will be collected and donated to a good cause.

Riverview Park Tennis Court

10601 Riverview Rd., Ft. Washington 20744

301-203-6040



Tuesday, SEPT. 29th *(continued)*

A Groovy Workout Adventure

10-11 am • SMARTlink #1637688

Get your groovy workout on with a video-led session of Chair Dancing Around the World. The video features dances such as the samba, polka and tango. Put on your dancing shoes and get fit the fun way!

Beltsville Community Center

3900 Sellman Rd., Beltsville 20705
301-937-6613

Taking It to the Courts

12 noon-2 pm • SMARTlink #1637681

Come out to the tennis courts! Are you new to tennis? Take a beginners class with one of our certified tennis instructors. Are you a seasoned player? Come out during our open play and challenge someone new.

Watkins Tennis Bubble

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6870

A Vocal Adventure:

Sing for Your Supper

1:30-2:30 pm • SMARTlink #1637811

So you think you can sing? Now's your opportunity to have a vocal adventure with the Harmony Hallers "Voices of Harmony" where an experienced vocalist from the Washington National Opera will conduct a Master Class and help you tone your craft and technique. An opportunity to sing some of your favorite classics, Broadway tunes, anthems, classical or opera, pop, and more is also planned. Call 301-292-6674 for details.

Harmony Hall Regional Center

Rehearsal Room 1
10701 Livingston Rd., Ft. Washington 20744
301-203-6040

A Tennis Adventure

12 noon-2 pm • SMARTlink #1637734

Adventure onto the tennis courts! Come out and we'll pair you up for some open tennis play.

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Rd., Laurel 20707
301-362-6060





An Adventure in Chair Fitness

1-1:45 pm • SMARTlink #1637661

Don't let limited mobility prevent you from exercising. Chair fitness has no stress and no strain so bring your rollators, walkers and canes. Loosen up, lighten up or stretch while participating in gentle and non-strenuous exercises for the body.

Evelyn Cole Senior Activity Center

5720 Addison Rd., Seat Pleasant 20743

301-386-5525

A Cupcake Decorating Adventure

1-3 pm • SMARTlink #1637703

Time to learn the art of cupcake decorating! Master cake decorator Sandra Walston from 'Sweet Creations by SanDiva' will teach you a few simple tricks to make your cupcakes extra special. Bring a dozen of unfrosted cupcakes with you to decorate.

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood 20722

301-699-1238



Begin Your Adventure with Bio-Fitness

5:30-6:30 pm • SMARTlink #1637696

Drop by for this fun and invigorating low-impact, high-energy cardio class!

Berwyn Heights Community Center

6200 Pontiac St., Berwyn Heights 20740

301-345-2808

Wednesday, SEPT. 30th

A Fun, Fitness & Finance Adventure

9 am-12 noon • SMARTlink #1637704

Play a game of ping pong, participate in an exercise class, attend a financial workshop and enjoy a catered reception while admiring the painting masterpieces created by participants of the SAGE painting class.

Fort Washington Forest Community Center

1200 Fillmore Rd., Ft. Washington 20744
301- 292-4300

A Kayaking Adventure on the Patuxent River

10 am-12 noon • SMARTlink #1637797

Enjoy the beauty of the Patuxent River by kayak. A kayak guide will take you up river to see the wonders of nature and wildlife in its natural habitat. All skill levels are welcome. Please remember to bring water and sunscreen with you.

Patuxent River Park Visitors Center

16000 Croom Airport Rd., Upper Marlboro 20772
301-627-6074

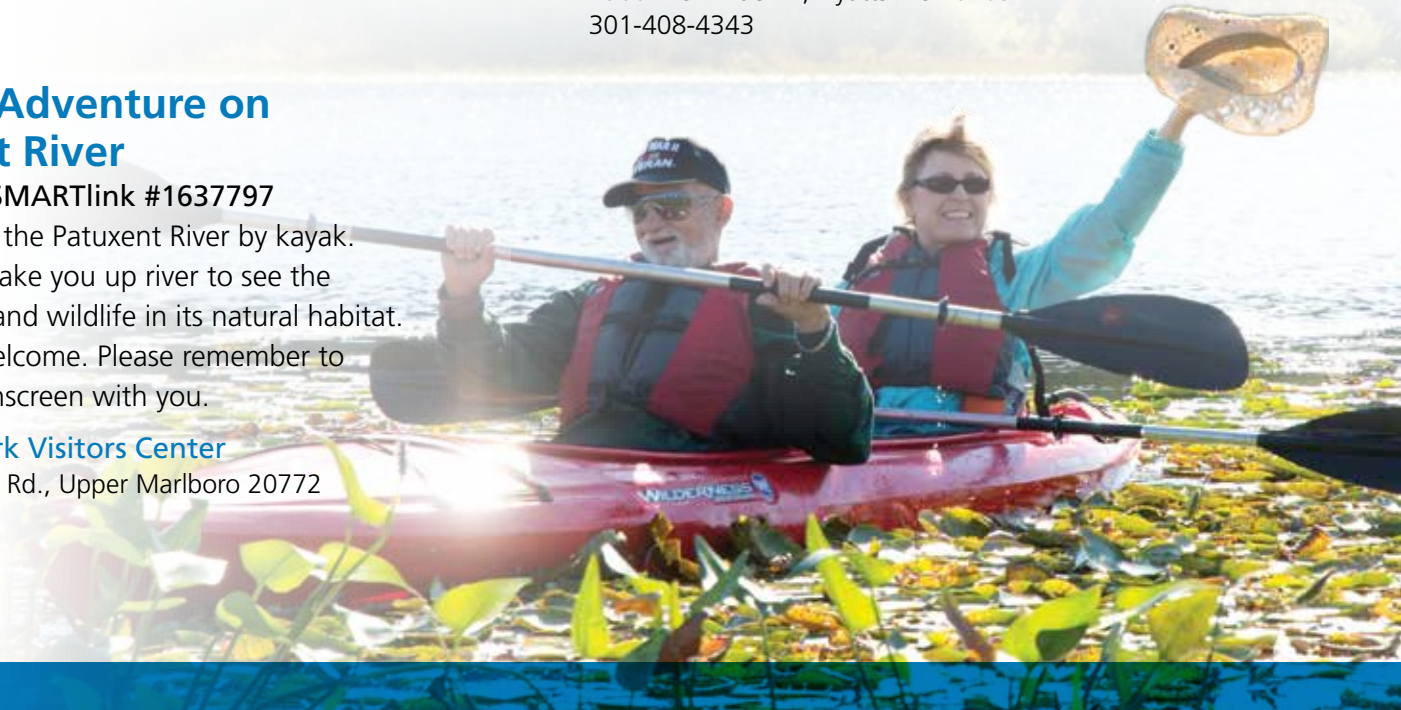
A Physical & Brain Fitness Adventure

10 am-12 noon • SMARTlink #1637500

Take your brain and body on a fitness adventure. This exercise class is based on neuroplasticity that activates all five functions of the brain and addresses all 21 physical skills needed for lifelong optimal function.

Langley Park Senior Activity Center

1500 Merrimac Dr., Hyattsville 20783
301-408-4343



An Eclectic Adventure

10 am-12 noon • SMARTlink #1637652

Stop by to experience various workshops and demonstrations. Try a new fitness class like Afro-Cardio-Boogie, watch as our ceramics instructor demonstrates how to throw pottery, enjoy a lecture on healthy eating, or bring a friend and learn how to play billiards. Are you interested in learning how to play the piano? Our music instructor will have you playing a chord or two before you leave. Looking for a way to de-stress? Meditation may be just what you need. Do you appreciate the art of calligraphy or watercolor? Learn about these activities and more. There's something for everyone!

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel 20707
301-206-3350

Pickleball Tournament

10 am-2:30 pm • SMARTlink #1637626

Pickleball is all the new craze! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Played with a paddle and plastic ball or whiffle ball, this fun sport combines many elements of tennis, badminton and ping-pong and can be played indoors or

out on a badminton-sized court and a slightly modified tennis net.

Bowie Community Center

3209 Stonybrook Dr., Bowie 20715
301-464-1737

An Aerobic Adventure: Water Aerobics Class

11 am-12 noon • SMARTlink #1637621

Give water aerobics a try and receive a total body workout that minimizes knee, ankle and hip joint stress. Individuals with arthritis, minor joint strain and minor physical injuries will benefit from this class.

Fairland Sports and Aquatics Complex

13820/13950 Old Gunpowder Rd.,
Laurel 20707
301-362-6060 or 301-362-6095

A Chair Aerobic Adventure

12 noon-1 pm • SMARTlink #1637745

Try chair aerobics and see the health benefits of exercising in a chair!

Glenarden Community Center

8615 McLain Ave., Glenarden 20706
301-772-3152



Wednesday, SEPT. 30th (continued)



A Tai Chi Adventure

12 noon-1 pm • SMARTlink #1637791

Learn how to reduce stress and anxiety and increase flexibility and balance with Tai Chi! This gentle form of exercise, which originated in China as a martial art, uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Cedar Heights Community Center

1200 Glen Willow Dr., Seat Pleasant 20743
301-773-8881

A Culinary Adventure

1-2:30 pm • SMARTlink #1637653

Take a culinary adventure with us! Learn healthy eating tips, as well as how to prepare healthy meals with a master chef from the Prince George's Community College School of Culinary Arts.

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743
301-735-2400

The Mighty Journey: Presentation & Book Signing

2:30-3:30 pm • SMARTlink #1637658

Join author Diane Rucker as she describes the adventure of writing her first book. Learn how she collected stories over her lifetime and how she first put pen to paper in creating *The Mighty Journey*. The author will be available following the presentation to sign copies of her book.

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs 20748
301-449-0490



Thursday, OCT. 1st

A Walking Adventure: **Kicks for a Cause**

8-9 am • SMARTlink #1637812

Join the Harmony Hallers Walking Club as you set out for a walking adventure! Witness the beauty of the Potomac River as you walk at your own pace and decide your own distance across the Woodrow Wilson Bridge. (Water will be supplied.) Please bring a pair of new or gently used sneakers to donate for a good cause. This shoe drive is facilitated by the Harmony Hallers Tennis and Walking Clubs. The group will meet at the Prince George's Park Police substation at the National Harbor.

Potomac River Waterfront Substation

98 National Harbor Blvd., Oxon Hill 20745
301-203-6040

An Aquatic Adventure: **Deep Water**

Class 9-10 am • SMARTlink #1637620

Take this opportunity to get a non-impact aerobic workout in 9-13 feet of water. Deep water exercise gives a full-body workout emphasizing the respiratory and cardiovascular systems, and also tones the upper body, tummy, thighs and glutes. A floatation belt is required for this class and will be provided at poolside.

Fairland Sports and Aquatics Complex

13820/13950 Old Gunpowder Rd., Laurel 20707
301-362-6060 or 301-362-6095

Line Dance Showcase

10 am-12 noon • SMARTlink #1637815

Come and see some of our very best Prince George's County senior line dance groups perform! Cheer for your favorite group and then participate in an all-group line dance performance.

Cedar Heights Community Center

1200 Glen Willow Dr., Seat Pleasant 20743
301-773-8881



Thursday, OCT. 1st *(continued)*

Are You Prepared to Live Your Adventure?

10-11 am (SMARTlink #1637665) •

12 noon-1 pm (SMARTlink #1637666)

Do you have documents in order to live your adventure? There is no better time than now to get those important documents in place so you can live your adventure with peace of mind. Don't miss out on this opportunity to learn the importance of having a living will and a health care power of attorney. This workshop will be presented by Attorney Ingrid Turner.

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel 20707
301-206-3350

Adventure into the World of Line Dancing

11:15 am-12:45 pm • SMARTlink #1637701

Not sure if line dancing is for you? Here's your chance to try it out. Join us as line dance instructors demonstrate the latest dance moves and teach you how to get in sync with group dance.

Good Luck Community Center

8601 Good Luck Rd., Lanham 20706
301-552-1093

Taking it to the Courts

12 noon-2 pm • SMARTlink #1637702

Adventure onto the tennis court! Take a beginners class with one of our certified tennis instructors or come out during our open play and challenge someone new.

Watkins Tennis Bubble

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6870





A Fire Prevention Adventure: **Smokey the Bear**

1-3 pm • SMARTlink #1637813

Join the Harmony Hallers as a uniformed Prince George's County fireman discusses fire prevention for senior citizens.

Harmony Hall Regional Center

10701 Livingston Rd., Ft. Washington 20744
301-203-6040

A Nature Art Adventure: **Bluebird House Project**

2-3:30 pm • SMARTlink #1637691

Enjoy decorating a bluebird house to take home and display in your yard. A naturalist and artist will lead this class on painting a bird house and will instruct participants how to place it in your yard to attract the Prince George's County bird, the Eastern Bluebird.

Watkins Nature Center

301 Watkins Park Dr., Upper Marlboro 20774
301-218-6702

A Country Western Adventure

6-8 pm • SMARTlink #1637785

Put on your country western outfit and strut your stuff! Listen to your favorite country music tunes, take to the dance floor and enjoy some good 'ole favorite country chow.

Suitland Community Center

5600 Regency La., Forestville 20747
301-736-3518

Friday, OCT. 2nd

An Aquatic Adventure:

Aqua Arthritis Class

11 am-12 noon • SMARTlink #1637622

This aqua arthritis exercise class increases range of motion, flexibility, muscle strength and cardiovascular health through joint protected exercises. The class emphasizes exercises that help in rehabilitation from injuries and is recommended for individuals with arthritis, chronic pain and muscle fatigue.

Fairland Sports and Aquatics Complex

13820/13950 Old Gunpowder Rd., Laurel 20707
301-362-6060 or 301-362-6095

A Jazzy Adventure

10:30 am-12 noon • SMARTlink #1637656

Cool down with some hot jazz music by The Sharon Thomas Experience band. Donations of new toiletry items (bath soap, toothpaste, deodorant, shampoo, etc.) will be collected in the lobby to support families in need. Tickets for the concert will be mailed out prior to the event.

Bowie Center for the Performing Arts

15200 Annapolis Rd., Bowie 20715
301-446-3400



Saturday, OCT. 3rd

A Street Art Adventure:

Community Street Art Mural Project

10 am-2 pm • SMARTlink #1637660

Try your hand at creating street art! Led by artist Valerie Theberge, come out and help create a street art mural that will be permanently installed at the John E. Howard Community and Senior Activity Center. This intergenerational street art project will bring together youth and seniors as they create a large street art mural to enhance the center and the community. No artist skills are needed! Please make sure to wear old clothing that you don't mind getting covered in paint.

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights 20743

301-735-2400



Thank You

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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.
PPC-PR-PA 8/15