



Active Aging Programs

GOLDEN AGE CLUB

The Golden Age Club meets every Wednesday from 11:00am-12:00pm at the Greenbelt Community Center Multipurpose Room (room 201). Activities include speakers, special programs, and more. For membership information, call Kathleen McFarland at 301-474-6892.

HUNGRY?

The Senior Nutrition Program serves hot lunches at 12:00pm, Monday-Friday in the commercial kitchen at the Greenbelt Community Center. Seniors, ages 60+, must **reserve a hot lunch at least two days in advance** to ensure that enough meals are delivered. **Requested meal donation is \$3.** Please call 301-397-2208 x4215 to make reservations.

SENIOR GAME ROOM & BILLIARDS Ages 60+

The Senior Game Room is open to senior citizens to play billiards, cards, or games during regular operating hours, when room is not in use for scheduled classes or programs. Call 301-397-2208 for more information.



SENIOR LOUNGE Ages 60+

The Senior Lounge is open to senior citizens, during regular operating hours, when room is not in use for scheduled class esor programs. Call 301-397-2208 for more information.

UPCOMING SENIOR SPECIAL EVENT Greenbelt Community Center. FREE

ICE CREAM SOCIAL



Featuring: Retro Rockets
Friday, March 20, 1:00pm

Make your own ice cream sundae following the entertainment.

HEALTH AND FITNESS

Contact: Rebekah Sutfin for ALL senior adult programs, 240-542-2056, rsutfin@greenbeltmd.gov

SENIOR SWIM 171101-1 **Ages 60+**

Water exercises that emphasize stretching, strengthening and toning exercises for the swimmer and non-swimmer. Registration is REQUIRED.

M 11:15am-12:00pm

10 mtgs: 1/6 - 3/23 (No class 1/20, 2/17)

Passholders: FREE;

RNPH: \$1.50/visit; NRNP: \$2.00/visit.

Instructor: Marsha Voigt

HOLY CROSS SENIOR FIT 172202-1 **Ages 55+**

Increase strength, muscular endurance and improve flexibility for greater mobility. **Registration is required with Holy Cross AND the Community Center.** (See Community Center office for both registration forms.)

M/W/F 9:00am-9:45am/CC-106

28 mtgs: 1/8 - 3/20 (No class 1/20, 2/17, 3/6, 3/13)

FREE

Instructor: Karl Haddad

GET WII ACTIVE 172203-1 **Ages 60+**

Come join the Wii Active Group and have fun using the Wii to bowl. Other games are available too.

Tu 3:30pm-5:00pm/CC-114

11 mtgs: 1/7 - 3/17

FREE

WALK ON ROUTE 66 172206-1 **Ages 40+**

Cold outside? Looking for a place to stay warm and walk safely? The group will record how many laps have been walked. How far will you go?

Tu/Th 1:30pm-2:30pm/CC-106

20 mtgs: 1/7 - 3/17 (No class 3/5) FREE

PURELY FUN PICKLEBALL 172210-1 **Ages 60+**

Looking for a fun way to get active? Then come learn and play Pickleball, a cross between tennis and badminton. Pickleball is loads of fun and gaining popularity throughout the US. Beginners and beyond are welcome, keeping the "Purely Fun" focus in mind.

M/Th 2:30pm-3:45pm/CC-106

20 mtgs: 1/9 - 3/19 (No class 3/5) FREE

SPECIAL INTEREST**SEW FOR CHARITY 153242-1** **Ages 16+**

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants and disadvantaged children, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required; this is not an instructional program. Participants supply their own machines, sewing supplies and power strips/cords.

Sa 10:00am-2:00pm/CC-109

12 mtgs: 1/4 - 3/21

R: \$5, NR: \$10

GIFTS FROM THE HEART 173208-1 **Ages 16+**

Knitters and crocheters make items to donate to charitable organizations. Materials provided. All ages and skill levels welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109

11 mtgs: 1/3 - 3/13

R: \$5, NR: \$10

DRAWING WORKSHOP SERIES **Ages 16+**

Using a variety of materials such as pencil, charcoal, and pen & ink on paper, sharpen your skills. All levels welcome.

AN INTRODUCTION TO PERSPECTIVE 153201-1

W 1/8; 10:00am-12:00pm/CC-GFE

R: \$25, NR: \$30

EMBRACING POSITIVE AND NEGATIVE SHAPES 153201-2

W 1/15; 10:00am-12:00pm/CC-GFE

R: \$25, NR: \$30

HOW TO MEASURE OBJECTS FOR DRAWING 153201-3

W 1/29; 10:00am-12:00pm/CC-GFE

R: \$25, NR: \$30

Instructor: Racquel Keller

WATERCOLOR PAINTING 153210-2 **Ages 16+**

Learn traditional watercolor techniques and vocabulary while cultivating your creativity. Includes Visual Arts Open Studio.

M 10:00am-12:30pm/CC-113

5 mtgs: 1/6 - 2/10 (No class 1/20)

R: \$78, NR: \$95

Instructor: Racquel Keller

SCRABBLE 173209-1 **Ages 16+**

Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.

Tu 12:00pm-2:00pm/CC-109

11 mtgs: 1/7 - 3/17

FREE

MAHJONG 173210-1 **Ages 50+**

Mahjong is a game of skill and luck that originated in China. Mahjong is always played with four players. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. **THIS IS NOT AN INSTRUCTIONAL PROGRAM.**

M 1:00pm-3:30pm/CC-109

11 mtgs: 1/6 - 3/16

FREE

BRIDGE **Ages 60+**

Call Robin Schlauch, 301-474-2605, if you are interested in joining these groups. **THESE ARE NOT INSTRUCTIONAL PROGRAMS.**

THURSDAY BRIDGE 179202-1

Th 12:30pm-3:30pm/CC-109

12 mtgs: 1/2 - 3/19

FREE

FRIDAY BRIDGE 179202-5

F 12:30pm-3:30pm/CC-109

12 mtgs: 1/3 - 3/20

FREE

PINOCHLE 179205-1 **Ages 60+**

Call Betty Cookson, 301-577-8097, if you are interested in playing. **THIS IS NOT AN INSTRUCTIONAL PROGRAM.**

W 12:30pm-3:30pm/CC-109

11 mtgs: 1/8 - 3/18

FREE

SEASONED ADULTS GROWING EDUCATIONALLY (SAGE)

Ages 60+

An **\$85** per semester fee is assessed for SAGE classes for Maryland participants age 60 and over. Once this fee is paid to Prince George's Community College, students may take as many SAGE continuing education classes as they like, as long as the days and times do not conflict with each other. Participants **MUST** register before the beginning date of the class. **REGISTRATIONS ARE NOT PERMITTED AFTER THE CLASS HAS BEGUN!** All registration (registration forms and online registration) begins on **Friday, January 10 at 8:30am**. SYN: OwlLink reference numbers for online registration with the college at www.pgcc.edu. **Most classes begin the week of February 10.**

SAGE classes begin the week of February 10. Be sure to check back in late December, early January for a list of the Spring 2020 semester classes held at the Greenbelt Community Center.

SENIOR GLOBETROTTING

All trips leave from the library parking lot. Please note: Trip cancellations must be made no later than 36 hours in advance for a refund. Refunds will be awarded according to the provisions in the City of Greenbelt Resolution No. 65. A 10% processing fee will be assessed if money is refunded. Refunds are **NOT** guaranteed. Contact: Rebekah Sutfin, 240-542-2056, rsutfin@greenbeltmd.gov.

SHOPPING TRIPS

Ages 60+

Transportation to and from the mall. Lunch is on your own. Green Ridge House residents will be picked up at Green Ridge House.

WEGMAN'S

478201-4 Th 1/9; 9:30am-3:00pm

R: \$3, NR: \$4

ARUNDEL MILLS

178204-1 Th 2/13; 9:30am-3:00pm

R: \$3, NR: \$4

ANNAPOLIS MALL

178204-2 Th 3/12; 9:30am-3:00pm

R: \$3, NR: \$4



NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY

178202-1

Ages 60+

Celebrate Black History Month by visiting the newest Smithsonian Museum, The National Museum of African American History and Culture. Lunch is on your own at the museum. Please wear comfortable shoes and be prepared to stand for long periods of time. All visitors must enter through a security screener.

W 2/26; 9:00am-4:00pm

R: \$20, NR: \$30



KINKY BOOTS

178201-1

Ages 60+

The exhilarating true story that will lift your spirits to high-heeled heights! Winner of six Tony Awards, including Best Musical, Kinky Boots features a joyous score by Cyndi Lauper.

Inheriting his father's bankrupt shoe factory, Charlie Price finds inspiration in Lola, a fabulous entertainer with wild ideas. Working together, they turn the factory around, embrace their differences and discover that you change the world when you change your mind!

W 1/29; 9:45am-4:00pm

R: \$70, NR: \$85

SHREK THE MUSICAL @ TOBY'S 178203-1 Ages 60+

Everyone's favorite ogre is back in the hilarious stage spectacle based on the Oscar-winning, smash hit film. In a faraway kingdom an unlikely hero finds himself on a life-changing journey alongside a wisecracking Donkey and a feisty princess who resists her rescue. Throw in a short-tempered bad guy, a cookie with an attitude and over a dozen fairy tale misfits, and you've got the kind of mess that calls for a hero...and his name is SHREK.

W 4/1; 9:45am-4:00pm

R: \$70, NR: \$85

