



**The City of Laurel
Department of Parks and Recreation
Division of Senior Services
422 Montgomery Street
Laurel, MD 20707**

**Senior Services Office: 301-776-6168
Transportation: 301- 498-3384
E-mail: seniors@laurel.md.us
Web: www.laurel.md.us**

Registration

Registration and payment for all programs can be processed at any City of Laurel facility during regular business hours. Checks should be made payable to the **Mayor and City Council of Laurel**

Registration is accepted on a first come, first served basis. Walk-in and mail in registrations are accepted so sign up early.

Refunds are only issued if a program is cancelled. There is a \$35.00 returned check fee.

Prince George's Community College registration forms are available at all sites.

The City of Laurel welcomes the participation of individuals with disabilities into all programs. The City will fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation.

The senior adult programs listed in this brochure are sponsored jointly through funding from the City of Laurel and the Maryland National Park and Planning Commission. Programs are offered throughout the City of Laurel.

Clubs and Organizations

AARP Greater Laurel Chapter 3516
Shirley Abatta, President, 301-776-0710
Monthly meeting held on the 2nd Monday at 1:00p.m.

ATLAS
Curt Curtis, President, 301-498-6241
Monthly meeting held on the 4th, Tuesday at 10:00a.m.

NARFE Chapter 422
Patricia Farmer, President, 301-776-4645
Call for monthly meeting location, date and time.

Laurel Senior Friendship Club
Nan Tripp, President, 301-206-3380
Monthly meeting held on the 2nd, Wednesday at 10:00a.m.

The City of Laurel Department of Parks and Recreation Division of Senior Services provides meeting locations for many senior clubs and organizations in the Laurel area. Membership and activities differ for each so please contact the club or the individual listed above for additional details.



Division of Senior Services Newsletter

The City of Laurel Department of Parks and Recreation Division of Senior Services provide recreational leisure opportunities at multiple locations within the City of Laurel. We are here to serve seniors fifty-five and older as well as disabled adults. Please call 301-776-6168 for questions and more information.

We are in the Laurel Armory Anderson Murphy Community Center. You can register for all of our programs here or the Robert J. DiPietro Community Center and City Hall.

Senior Program Locations

City of Laurel Department of Parks and Recreation Division of Senior Services events will be held at the listed locations in Laurel. If interested please sign up at least one week prior to the event.

Cabana -14403 Greenview Drive, Laurel, MD 20707

RJDCC -7901 Cypress Street, Laurel, MD 20707

Armory - 422 Montgomery Street, Laurel MD 20707

Partnership Hall – 811 5th Street, Laurel, MD 20707

Signing in:

Whenever you enter the RJDCC or the Armory please print your name in the senior sign in log at the desk and don't forget to sign in with your instructor. When you leave, please check the out box.

Guest Speakers and Seminars

Visiting Angels Health Screenings

Jamie will do free vital screenings at 11:00 a.m. at the RJDCC, monthly on the first Wednesday. This includes weight monitoring, BP screening and one-on-one personal health Q & A. Call 301-776-6168 for more information.

Dorotea Gonzalez of Capital Caring

Health talks with Dorotea includes health facts, blood pressure readings and weight monitoring at the RJDCC on the first Wednesday of each month starting on February 1st, at 11:15 a.m. Call 301-776-6168 for more information.

Tax Service

The City of Laurel Division of Senior Service is hosting free tax service, from 9:00 a.m. to 12:00 p.m. February 6, through April 16. Call 301-776-6168 for appointment time and location. Please bring last year's tax return and proper ID with you.

Inclement Weather Policy

The City of Laurel Senior Van Service follows Prince George's County School closings and delays when it comes to snow and ice. Please call 301-776-6168 for more details.





City of Laurel Senior Special Events

After New Year's Cabaret

Wednesday, January 4~ Course # 4790

Enjoy the sounds of *DJ Billy* while socializing and dancing with friends at the Cabana. Refreshments will be served.

Time: 2:00 p.m.
Cost: \$10.00

Tea Time

Wednesday, January 18~ Course # 4899

Enjoy a delicious cup of tea, great conversation, and a variety of refreshments at the Cabana.

Time: 11:00 a.m.
Meal Cost: \$8.00

Tea Social

Wednesday, February 8~ Course # 4900

Join us for a delicious cup of tea, great conversation, and a variety of refreshments at the Cabana.

Time: 11:00 a.m.
Meal Cost: \$8.00

Taste of Mardi Gras

Wednesday, February 22~ Course # 4901

Try our seafood gumbo, Cajun red beans & rice, fresh baked bread, virgin-Sangria and our King Cake at the RJDCC.

Time: Noon
Cost \$5.00

Winter Celebration

Wednesday, February 29 ~ Course # 4902

Let's embrace the cold, the ice and the snow. Join us as we celebrate winter with food, friends and song at the RJDCC.

Time: Noon
Meal Cost: \$5.00

A Taste of Ireland

Wednesday, March 21~ Course # 4903

Try some traditional Irish foods with a little music. Menu: leek and potato soup, colcannon, soda bread, beverage and dessert at the RJDCC.

Time: 12:00 Noon
Cost \$5.00



Tea Time

Wednesday, April 18 ~ Course # 4904

Enjoy a delicious cup of tea, great conversation, and a variety of refreshments at the Cabana.

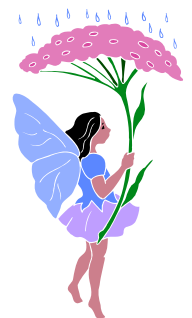
Time: 11:00 a.m.
Meal Cost: \$8.00

Spring Fling

Saturday, April 28~ Course # 4905

Let's welcome in the warm weather with dinner and dancing at the Partnership Hall. Menu: fruit & cheese tray, spring salad, baked chicken, roasted veggies, strawberry shortcake and beverage.

Time: 4:00 p.m.
Meal Cost: \$20.00



City of Laurel Senior Services Office Closings

- Sunday, January 1~ New Year's Day
- Monday, January 2~ New Year's - Observed
- Monday, January 16~ MLK Jr. Day
- Monday, February 20~ Presidents Day
- Monday, May 28~ Memorial Day



***A Special Note: All of our programs require one week pre-registration. Signing up the week of the event is not allowed ... Register Early!**



Seasoned Adults Growing Educationally

SAGE is sponsored by Prince George's Community College and offers many classes designed just for seniors. Class schedules coincide with the college. For more information email SAGE@pgcc.edu or call Continuing Education at 301-322-0159 or pick up a brochure at the Laurel Armory or the RJDCC. Below are a few SAGE Classes.

American History

Learn and discuss America's history on Fridays at 12:30 p.m. at the Laurel Armory.

Art of Drawing

The practical art of drawing and sketching using various methods on paper or canvas will be taught on Thursdays at the Cabana. Questions call Mavreen at 301-776-6264.

Current Issues

Up for a good debate on current local, national and world topics? See you on Thursdays at the Laurel Armory Conference Room at 10:00 a.m.

Weight Training For Seniors

Dick will guide your exercise routine in the circuit weight room. Join him on Tuesdays and Thursdays starting at 9:00 a.m. in the Laurel Armory weight room.

Healthy Living-Fitness

This exercise class will increase flexibility, tighten and tone on Mondays, Wednesdays, and Fridays in the Laurel Armory Gym At 9:00 a.m.



Trips, Travels & Tours



City of Laurel Department of Parks and Recreation Division of Senior Services trips will leave from the Robert J. DiPietro Community Center at 7901 Cypress Street, Laurel, MD. If you require additional transportation to and from the drop off point, please register in advance as a van rider with the department. The fee is \$25 for the year for unlimited curb to curb transportation anywhere in the city.

Another Option is to pay the \$3.00 pick up & return fee per trip. This will get you to the RJDCC and home again.

Trip Waitlist

Each trip has its own waitlist, which is generated in chronological order. So it is a good idea to have your name placed on it. If there's a cancellation, the first name on the list is contacted. Please do not show up at the departure location unless you were called and have already paid for the trip.

Trip Tips

- 1~ Prepare for walking on some trips
- 2~ Pack bottled water for outdoor trips
- 3~ Note landmarks when dropped off
- 4~ Return to drop off location on time
- 5~ Be respectful / considerate of others

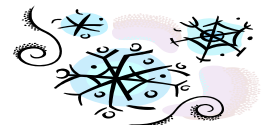
Timbuktu Restaurant, MD

Thursday, January 5 ~ Course #4825

Dine on your own with friends.

Time: 12:00 p.m.

Transportation Fee: \$5.00





National Harbor, Oxon Hill, MD

Friday, January 6 ~ Course # 4906

Shop and dine on your own at the Gaylord or the waterfront.

Time: 9:30 a.m.

Transportation fee \$5.00

Maryland City Drop Off

Monday, January 9 ~ Course # 4826

This is a 3 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

College Park Aviation Museum

Thursday, January 12 ~ Course # 4907

The College Park Aviation Museum has an open 1½ story exhibit area which highlights ten unique aircraft and objects relating to the history of early aviation. Dine on your own locally.

Time: 10:00 a.m.

Total Cost: \$8.00 (incl. \$3 fee)

Benihana, MD

Saturday, January 14 ~ Course # 4908

Dine with friends while watching talented chefs prepare your dinner.

Time: 1:30 p.m.

Transportation Fee: \$5.00

Galway Bay Irish Pub, MD

Sunday, January 15 ~ Course # 4909

Dine on your own in the pub enjoying a relaxed and happy atmosphere in a great place to have a beverage, a meal and a smile.

Time: 12:00 p.m.

Transportation Fee: \$5.00

Natural History Museum

Thursday, January 19 ~ Course # 4910

The Museum is dedicated to inspiring curiosity, discovery, and learning about the natural world through its unparalleled research, collections, exhibitions, and education outreach programs. Dine on your own in one of its three restaurants.

Time: 9:30 a.m.

Transportation fee \$5.00

Olive Grove, Linthicum MD

Saturday, January 21 ~ Course # 4911

Dine on your own with friends as we experience the spectacular flavors of this quaint restaurant.

Time: 2:00 p.m.

Transportation Fee: \$5.00

Wegmans, MD

Monday, January, 23 ~ Course # 4827

This is a 3 hour shopping trip. Please limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

La Madeleine French Bakery & Cafe, MD

Sunday, January 29 ~ Course # 4912

Dine on your own with friends in this elegant and warm atmosphere where everything is worth savoring.

Time: 2:00 p.m.

Transportation Fee: \$5.00

Marley Station Mall, MD

Monday, January 30 ~ Course # 4913

This is a 5 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00



National Cryptologic Museum, MD

Thursday, February 2 ~ Course # 4914

The National Cryptologic Museum shares the Nation's, as well as NSA's cryptologic legacy and place in world history. Dine on your own at the Golden Corral.

Time: 9:30 a.m.

Transportation Fee: \$5.00

Annapolis Mall, MD

Monday, February 6 ~ Course # 4915

This is a 5 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

Historic Electronic Museum, MD

Thursday, February 9 ~ Course # 4916

Come see and experience the "Yesterday, Today and Tomorrow" of the defense electronics industry. Dine on your own at G&M Restaurant.

Time: 9:30 a.m.

Transportation Fee: \$5.00

Maryland City Drop Off

Monday, February 13 ~ Course # 4917

This is a 3 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

Maryland Historical Society, MD

Thursday, February 16 ~ Course # 4918

Maryland Historical Society collections include more than 350,000 objects and 7 million books and documents, ranging from pre-settlement to the present day. Dine on your own at Fells Point.

Time: 9:30 a.m.

Transportation Fee: \$5.00

Concert: Swallows, Ft. Washington, MD

Saturday, February 18 ~ Course # 4919

Enjoy the musical talents of this local group from Baltimore formed in 1946, at the Harmony Hall Regional Center. Dine on your own at Darrah's.

Time: 4:00 p.m.

Total Cost: \$35.00

Bullocks Country Restaurant, MD

Sunday, February 19 ~ Course # 4920

The restaurant is famous for serving locally grown beef in a buffet style setting.

Time: 11:00 a.m.

Transportation Fee: \$5.00

Geppi's Entertainment Museum, MD

Thursday, February 23 ~ Course # 4921

Geppi's is a journey through 250 years of American pop culture, located in historic Camden Station at Camden Yards. Dine on your own at Grille 54.

Time: 10:00 a.m.

Total Cost: \$13.00 (incl. \$8 fee)

Wegmans, Largo, MD

Monday, February 27 ~ Course # 4922

This is a 3 hour shopping trip. Please limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

Anacostia Community Museum, DC

Thursday, March 1 ~ Course # 4923

The second exhibition in the *Call & Response* series presents the works of artists Steven Cummings and B.K. Adams. Dine on your own at Phillips Flag Ship.

Time: 9:30 a.m.

Transportation Fee: \$5.00



Toby's Dinner Theater, Baltimore, MD

Sunday, March 4 ~ Course # 4924

Nine extremely powerful performers sing the glory of the fifties in this wonderful musical revue called *Smokey Joe's Cafe*.

Time: 10:00 a.m.

Total Cost: \$62.00

Regina's of Annapolis, MD

Saturday, March 10 ~ Course # 4925

Plan a lunch getaway and dine on your own with friends at this West Annapolis hideaway.

Time: 11:00 a.m.

Transportation Fee: \$5.00

Maryland City Drop Off, MD

Monday, March 12 ~ Course # 4926

This is a 3 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

Bo Brook's Crabhouse

Thursday, March 15 ~ Course # 4927

Dine on your own with friends.

Time: 12:15 p.m.

Transportation Fee: \$5.00

Publick Playhouse, Cheverly, MD

Saturday, March 17 ~ Course # 4928

Publick Playhouse presents *10th Annual World Dance Showcase*, celebrating the traditional dances of cultures from all parts of the world. Enjoy a dazzling array of accomplished performers, who will display their rich dance heritage wearing beautiful, traditional costumes. Dine on your own at Red Lobster.

Time: 6:00 p.m.

Total Cost: \$15.00 (incl. \$10 fee)

Irish Channel, Crofton, MD

Sunday, March 18 ~ Course # 4929

Blend Irish generosity, Southern hospitality and the best Guinness in town, and you have the Irish Channel Restaurant & Pub. Dine on your own.

Time: 2:00 p.m.

Transportation Fee: \$5.00

University of Maryland Observatory

Tuesday, March 20 ~ Course # 4930

Learn all about the night sky during this educational tour of the observatory.

Time: 6:15 p.m.

Transportation Fee: \$5.00

Tea on the Tiber

Thursday, March 22 ~ Course # 4931

Enjoy tea in the quiet elegance and refinement of a grand English Tea parlor.

Time: 2:00 p.m.

Total Cost: \$30.00 (incl. \$25 fee)

Wegmans, MD

Monday, March 26 ~ Course # 4932

This is a 3 hour shopping trip. Please limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

USNA Museum, MD

Thursday March 29~ Course # 4933

The displays combine historical artifacts with video and audio technology to bring to life the stories of the men and women who have served their country at sea. Dine on your own at Drydock Restaurant in Dahlgren Hall.

Time: 10:00 a.m.

Total Cost: \$13.00 (incl. \$13 fee)



**Annapolis Towne Center, Annapolis MD
Monday, April 2 ~ Course # 4934**

This is a 5 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

**The Hillwood Museum, DC
Thursday, April 5 ~ Course # 4935**

The Hillwood Museum and Gardens showcase the life of Marjorie Merriweather Post's family. Dine on your own in the Cafe.

Time: 10:00 a.m.

Total Cost: \$17.00 (incl. \$12 fee)

**Maryland City Drop Off, Maryland City MD
Monday, April 9 ~ Course # 4936**

This is a 3 hour shopping trip. Limit your purchases to two reasonable-size bags that can fit at your feet or on your lap.

Time: 10:00 a.m.

Transportation Fee: \$5.00

**Mount Clare House Museum, MD
Thursday, April 26 ~ Course # 4937**

Step back in time for a colonial encounter as you enter the world of Mary Clare Carroll.

Time: 10:00 a.m.

Total Cost: \$10.00 (incl. \$5 fee)



Cancellations & Credits: The City of Laurel Department of Parks and Recreation Division of Senior Services will give refunds or credits for any trip or event we cancel or change. If you do not show up or call and cancel 24 hrs before the trip or event, we will not give a refund or credit. Also if admission cost is pre-paid no refund will be given. All refund checks will come via mail from the City of Laurel.

City of Laurel Senior Programs

Barbara Brown's Line Dancing class is on Tuesdays and Thursdays at 9:30 a.m. at the Laurel Armory. This advanced and fast paced class is a fun and exciting way to exercise for a low cost of \$35.00 per person, per session.

Seniors in Motion

Walk with us inside Laurel Mall, Tuesday and Thursday from 8:00 a.m. to 10:00 a.m. on the upper level near the food court. Enter at the 4th Street entrance. Call 301-776-6168 for more information.

Rug Hooking with Roslyn

If interested call Roslyn at 301-490-1136 and join us on Fridays at 10:00 a.m. at the RJDCC, for the low cost of \$40.00 per person, per class.

Senior Gym Rates

The City of Laurel has two gyms where you can work out. Call 301-776-6168 for more information. Senior Resident Daily is \$2.50, Annual \$72.50 and Senior Non-Resident Daily is \$7.00, Annual Pass \$110.00.

The City of Laurel Senior Van

Transportation program provides a "curb to curb" service for seniors and disabled adults for an annual fee of \$25.00. We travel within the city limits of Laurel. Contact us for a brochure at 301-498-3384. Pre-registration is required for this service; rides are by appointment only.