



**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: 301-323-8096
Information: 301-725-8088
E-mail: seniors@laurel.md.us
Web: www.laurel.md.us**

Registration

Registration and payment for all programs are 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.

Full refunds are issued when Division of Senior Service cancels a program. There is a \$35.00 returned check fee.

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.

How to Register

There are three ways to register for the programs or events listed.

Use Parks & Recreation tab on the City of Laurel Website. Cityoflaurel.org and checkout the event calendar.

Call the Armory and let the staff help you, 301-725-8088

Copy and paste this into your search engine.
<https://aPM.activecommunities.com/laurelparks>

Make an appointment for help with online ticket purchases or registration.

**All Trips depart from Robert J. DiPietro Community Center (RJDCC)
at 7901 Cypress Street, Laurel, MD
20707**

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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 with questions and for more information.

Senior Program Locations

City of Laurel Department of Parks and Recreation Division of Senior Services events are held in City Buildings listed below.

Greenview Drive Pool Complex and Cabana

14403 Greenview Drive, Laurel, MD 20708

Laurel Armory Anderson & Murphy Community Center (LAAMCC)

422 Montgomery Street, Laurel, MD 20707

The Mansion in Laurel (Gude Mansion)

13910 Laurel Lakes Ave, Laurel, MD 20707

Partnership Hall Activity Center -LPD (PAC)

811 Fifth Street, Laurel, MD 20707

Robert J. DiPietro Community Center (RJDCC)

7901 Cypress Street, Laurel, MD 20707

Laurel Municipal Pool (LMP)

9th Street & Main Street, Laurel, MD 20707

AARP Tax-Aide offers free, tax preparation by IRS-certified volunteers to anyone of any age--especially persons aged 50 and older, or who cannot afford paid services. Wednesdays, February 14, 2024, through April 10, 2024 at 9:30 am through 2:00 pm, by Appointment Only. For an appointment call 240-473-2955. Monday or Tuesday evenings from 6:00 pm until 9:00 pm



Did You Know?



City of Laurel Senior Transportation Service

The Senior Transportation Service can be used to visit your friends, shop for groceries, volunteer and medical. Our service is available to take you anywhere you would like to go within the city limits of Laurel from 9:00AM to 3:45PM.

The service is available to all senior riders who have independent mobility and are 55 years of age or older. We also serve disabled adults regardless of age. Companions, who have a current work ID stating this is their profession, are encouraged and permitted to ride with you (if needed) at no extra charge.

Trips, Travels & Tours Tips



City of Laurel Department of Parks and Recreation Division of Senior Services trips depart 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 for the \$30.00 per year for curb-to-curb transportation. Call 301-776-6168 for trip pickups only. *How long is the trip?* After you reach your destination synchronize your time with the driver to verify your return time, 3hrs for Shopping, Restaurants, Museums, Outdoor Events; 4hrs for Malls & Museums 6hrs for Concerts, Plays & Dinner Theaters

Cancellations and Credits:

The City of Laurel Department of Parks & Recreation Division of Senior Services will give a full refund or credit for a trip or event we cancelled or modified. No Shows or same day cancellations as well as pre-paid admission or tickets will not be refunded. Please be aware that there is a **\$3.00 cancellation fee** for each trip/event.

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City of Laurel Senior Programs

Seniors' "N" Motion & Wandering Walkers

Walkers join us at the LAAMCC to continue walking around the gym on Tuesdays and Thursdays between 10:30 -12:00 PM. Every walker is required to sign in at the front desk.

Senior Gym Rates

The City of Laurel has two fitness centers where you can work out. Senior Resident Daily Pass is \$3.00, Annual Pass is \$77.00, the Non-Resident Senior Daily pass is \$6.00, and the Annual Pass is \$117.00. Passes are good at both centers.

Free Line Dancing with Linda

Fridays from 11:30 AM to 12:30 PM in the Armory Gym. Sign in at the front desk.

Senior Drop in Pickleball @ the Armory

This sport is a fun combination of badminton, tennis, and ping-pong. Courts open at 12:00PM on Tuesdays in the gym. Resident: \$3.00 Non-Resident \$5.00.



Fitness with Renee

Thursdays 12PM Armory Gym

Come one, come all for a great workout in the Armory gym \$30.00 for 4 weeks.

Course # 10445 January 11- February 1

Course # 10517 February 8 - February 29

Course # 10547 March 7 - March 28

Course # 10548 April 4 - April 25

Course # 10549 May 2 - May 23

Senior Services Office will be close on ...

New Year Day: Monday, January 1, 2024

MLK Day, Monday, January 15, 2024

President's Day, Monday February 10, 2024

Seasoned Adults Growing Educationally (SAGE)

SAGE program makes it easy for seniors to stay active, mentally, and physically with a \$40 registration fee for two classes.

If you need assistance registering online, or have further questions about the SAGE program, email sage@pgcc.edu.

Monday Morning Stretching and Meditation

9:30 -11:30 AM in the Gym- release muscle tension, increase circulation, muscle control, ending with soft gentle music and doing chair meditation.

Cardio Tuesday 9:30 -11:30 AM - Chair and standing aerobic classes designed to raise your heart rate in a low impact way. Moving to the sound of Motown!

Balance Class on Wednesday 9:30 -11:30 AM

- Designed to prevent falls and keep you as independent as possible. We will do exercise standing and seated in a chair moving to music from the 50,60's.

Strength Class on Thursday 9:30 -11:30 AM

Total body workout using light weights. Building lean muscle mass and muscle endurance.

Cardio Dance on Friday 9:30 -11:30 AM

Rocking out to the oldies. Low impact moves are easy, fun and while you get a good workout.

Tuesday Trivia Time

Join us every Tuesday at 10:30AM starting in January. We will be at the Armory in the Lounge at 422 Montgomery Street. Drop -in rates apply.



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January



Inclement Weather Policy

The City of Laurel Senior Transportation 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.



Arundel Mills Mall Drop Off

Tuesday, January 2 ~ Course # 10567

Shop, return have a little fun. We will return to pick you up in 3 hours. Please limit your purchases to what you can carry. Dine on your own in the food court.

Departure Time: 12:00 PM

Transportation Fee: \$10.00

Jefferson Hotel, Richmond, VA

Saturday, January 6 ~ Course # 10546

Dine on your own at the Lemaire Restaurant while nestled in beautiful holiday decor. There will be a rest stop every hour.

Departure Time: 9:00 AM

Transportation Fee: \$20.00

Trip Safety Note

If you are getting picked up for a trip on a mobile device, you are to remain on the mobile device for the duration of the trip.

Crisfield Seafood Restaurant, MD

Sunday, January 7 ~ Course # 10569

Since 1945 Crisfield Seafood has provided fresh, tasty seafood. Dine on your own.

Departure Time: 12:00 PM

Transportation Fee: \$10.00

MD City Drop Off, MD

Monday, January 8 ~ Course # 10494

We will drop you off at one of the following: T.J. Maxx, Target, Big Lots, Kohl's, or Walmart, and return to pick you up in 2 hours. Please limit your purchases to what you can carry.

Departure Time: **1:00 PM**

Transportation Fee: \$10.00

Hillwood Museum, Washington DC

Tuesday, January 9 ~ Course # 10570

Hillwood's collection shares her love of entertainment and interior design. Dine on your own at Le Diplomate.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

The National Museum of American History, Washington DC

Thursday, January 11 ~ Course # 10571

The museum's world-class collection of over 1.7 million objects helps tell the complex history of our nation. Dine on your own at the museum.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

The Kennedy Center Chamber Players:

Winter Concert, DC

Sunday, January 14 ~ Course # 10496

This acclaimed ensemble presents classics from two centuries of chamber music. Dine on your own at Busboys and Poets.

Departure Time: 1:00 PM

Excursion Fee: \$50.00

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The Dennis & Phillip Ratner Museum, MD
Tuesday, January 16 ~ Course # 10579

Exhibits of the works of established and emerging artists. Dine on your own at Woodmont Grill.

Departure Time: 11:00 AM

Transportation Fee: \$10.00

Baltimore Museum of Industry, MD
Thursday, January 18 ~ Course # 10572

Explore galleries, enjoy stories of the people, businesses, and inventions that forged the Industrial Revolution. Admission \$7.00.

Departure Time: 1:30PM

Transportation Fee: \$10.00

Blue Dolphin Seafood Bar & Grill, MD
Sunday, January 21 ~ Course # 10573

Enjoy a creative, approachable modern American cuisine in an energetic, comfortable and vibrant setting. Dine on your own.

Departure Time: 1:00 PM

Transportation Fee: \$10.00

Washington County Museum, MD
Tuesday, January 23 ~ Course # 10574

This is the first exhibition at the museum in over 50 years of the work of Pablo Picasso (1881-1973), one of the most influential masters of the 20th century. Dine on your own at Bulls & Bears.

Departure Time: 9:00 AM

Transportation Fee: \$10.00

Cabin Fever Carnival at the Cabana
Wednesday, January 24 ~ Course # 10497

Enjoy popcorn, hotdogs, pretzels and warm cider. While winning the prize, if you can, at the games of chance.

Event Time: 1:00 PM

Event Cost: \$15.00

Baltimore Museum of Art, MD
Thursday, January 25 ~ Course # 10576

Enjoy the work of celebrated artists and other exhibits. Dine on your own onsite.

Departure Time: 10:00 AM

Transportation Fee: \$10.00

Natural History Museum, Washington DC
Saturday, January 27 ~ Course # 10575

Explore the New Cellphone Exhibit! Meet some of the people who make it possible and consider how your phone influences life and connects you to the natural world. Dine on your own.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

Museum of the Bible, DC
Tuesday, January 30 ~ Course # 10309

Enjoy the exhibits or enhance your visit with attractions, guided tours, performances and temporary exhibitions. Admission is \$24.99 each. Dine on your own at Milk & Honey.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

Toby's Dinner Theater: Chorus Line, MD
Wednesday, January 31 ~ Course # 10309
"One Singular Sensation" and a true celebration of musical theatre. Admission and meal included.

Departure Time: 10:00 AM

Excursion Fee: \$75.00



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National Museum of African Art, DC Thursday, February 1 ~ Course # 10580

One of the country's first institutions dedicated solely to artistic expression on the African continent. Dine on your own at Bistro Café.
Departure Time: 10:00 AM
Excursion Fee: \$15.00

La Chandeleur at Hillwood, DC Saturday, February 3 ~ Course # 10585

La Chandeleur, also known as Crêpe Day, marks the halfway point between winter and spring. In France, families celebrate by eating crêpes, which are round and golden like the springtime sun.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

Atwater's Canton Crossing, MD Sunday, February 4 ~ Course # 10581

Cafe located just outside the shops at Kenilworth, serving the Towson area and beyond; specializing in high quality local ingredients, made to order. On the Maryland Crab and Oyster Trail.
Departure Time: 10:00 AM
Transportation Fee: \$10.00

MD City Drop Off, MD Monday, February 5 ~ Course # 10510

We will drop you off at one of the following: T.J. Maxx, Target, Big Lots, Kohl's, or Walmart, and return to pick you up in 2 hours. Please limit your purchases to what you can carry.
Departure Time: **1:00 PM**
Transportation Fee: \$10.00

National Museum of Asian Art, DC Tuesday, February 6 ~ Course # 10582

Committed to preserving, exhibiting, researching, and interpreting art in ways that deepen our collective understanding of Asia and the world.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

February Tea Social at the Cabana Wednesday, February 7 ~ Course # 10583

Join us for tea, savory sandwiches and sweet treats, and great conversations and music.
Event Time: 1:00 PM
Event Cost: \$15.00

National Museum African American History & Culture, DC

Thursday, February 8 ~ Course # 10584
Culture shapes lives. It's in the food people eat, the languages they speak, the art they create, and many other ways they express themselves. Dine on your own onsite.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

A Celtic Chocolate Valentine, MD Friday, February 9 ~ Course # 10586

Celtic flute and harp duo, Dorothy Mora and Pat Henry anticipate the Feast of St. Valentine with an evening of music, poetry and chocolate.
Departure Time: 5:00 PM
Excursion Fee: \$20.00

American Art Museum, DC Saturday, February 10 ~ Course # 10587

Celebrate the Year of the Dragon! Join us for our annual celebration showcasing the ways different Asian cultures ring in the Lunar New Year. Dine on your own in Chinatown.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

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Shen Yen at the Hippodrome, MD
Sunday, February 11 ~ Course # 10588

Classic stories of love and loss, of humor and heroic deeds, come to life. You will be amazed by how vibrant and exciting of Asian culture.
Departure Time: 1:00 PM
Excursion Fee: \$180.00

Talk with DAR Museum Curator, DC
Tuesday, February 13 ~ Course # 10589

Curator Carrie Blough will explore the collection, how the items came to the Museum, what types of items are in the collection and where they were made.
Departure Time: 11:00 AM
Transportation Fee: \$15.00

The Capital Jewish Museum, DC
Thursday, February 15 ~ Course # 10590

Explore the Jewish experience connect personally and collectively, while reflecting on the relevance of the past and today.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

The Winter Lantern Festival, VA
Sunday, February 18 ~ Course # 10591

Walk through this unique wonderland includes lanterns that depict Chinese myths, legends, and zodiacs. Dine on your own at PF Chang's. Admission is \$20.99 online. <https://bit.ly/46Opfvn>
Departure Time: 2:00 PM
Transportation Fee: \$20.00

Garrett Jacobs Mansion, MD
Tuesday, February 20 ~ Course # 10592

Try to imagine the merchant princes of old. How they lavished untold wealth on building homes which they considered suitable for living.
Departure Time: 10:00 AM
Transportation Fee: \$10.00

Oceanic Art at Hillwood Museum, DC
Thursday, February 22 ~ Course # 10593

Fragile Beauty will be a celebration of the ocean, showcasing Hillwood's wide variety of marine-related art.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

34th Annual Peabody Concert, MD
Sunday, February 25 ~ Course # 10594

This free concert continues the decades-long tradition of celebrating student musicians and performers of the African Diaspora.
Departure Time: 1:00PM
Transportation Fee: \$10.00

Sweet Cascades Chocolate Workshop, MD
Tuesday, February 27 ~ Course # 10580

Enjoy making and eating Truffles, Chocolates and Drinking Chocolate! While learning some chocolate history tidbits.
Departure Time: 10:00 AM
Excursion Fee: \$110.00

S. Dillon Ripley Center, DC
Thursday, February 29 ~ Course # 10596

One of the buildings of the Smithsonian Institution series of museums is in the National Mall in Washington, D.C. The above-ground portion is only a small pagoda, and it descends into a larger underground portion.
Departure Time: 10:00 AM
Transportation Fee: \$15.00



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St. Michaels Chocolate Fest, MD

Saturday, March 2 ~ Course # 10597

The Fest will include chefs conjuring up amazing, special menu items to showcase chocolate inspired dishes and desserts. Wear comfy shoes! Bring Cash! Dine on your own.
Departure Time: 10:30 AM
Transportation Fee: \$10.00

Music at the Evergreen: Viano Quartet, MD

Sunday, March 3 ~ Course # 10600

The Viano Quartet is one of the most sought-after performing young ensembles today.
Departure Time: 1:00 PM
Excursion Fee: \$30.00

MD City Drop Off, MD

Monday, March 4 ~ Course # 10511

We will drop you off at one of the following: T.J. Maxx, Target, Big Lots, Kohl's, or Walmart, and return to pick you up in 2 hours. Please limit your purchases to what you can carry.
Departure Time: **1:00 PM**
Transportation Fee: \$10.00

Reading Terminal Market, Reading, PA

Tuesday, March 5 ~ Course # 10598

Famous indoor farmers' market offering diverse fare, housewares & area specialties since 1893.
Departure Time: 9:00 AM
Transportation Fee: \$20.00

Kennedy Center Tour, DC

Thursday, March 7 ~ Course # 10599

The Tour covers the historic events that led up to the establishment of the national cultural center that is also our nation's living memorial to J.F. K. Dine on your own onsite.
Departure Time: 10:00 AM
Transportation Fee: \$15.00

Irish Festival, Westminster, MD

Saturday, March 9 ~ Course # 10601

Main Street turns green with flavors from Ireland, live entertainment and more.
Departure Time: 9:00 AM
Transportation Fee: \$10.00

Kelsey's Restaurant, Irish Pub, MD

Sunday, March 10 ~ Course # 10602

American grill fare & Irish classics in a family-owned pub energized by local bands & happy hour. Dine on your own.
Departure Time: 1:00 PM
Transportation Fee: \$10.00

Annapolis Mall, MD

Tuesday, March 12 ~ Course # 10603

Let us drive and you shop to your heart's content. Get what you can handle safely on this 3hr trip. Dine on your own onsite.
Departure Time: 11:00 AM
Transportation Fee: \$10.00

March Tea Social at the Cabana

Wednesday, March 13 ~ Course # 10605

Join us for tea, savory sandwiches and sweet treats. Great conversations and music.
Event Time: 1:00 PM
Event Cost: \$15.00

Maryland Museum of Military History, MD

Thursday, March 14 ~ Course # 10604

Formed in 1982 to preserve the history, heritage, and memory of military accomplishments of all Marylanders, regardless of branch of service.
Departure Time: 10:00 AM
Transportation Fee: \$10.00



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Celtic Women, Baltimore, MD
Sunday, March 17 ~ Course # 10606

Celtic Woman's evocative, uplifting music has touched the hearts of a devoted audience that spans the globe.

Departure Time: 2:00 PM

Excursion Fee: \$80.00

Tidal Basin Drop Off, DC
Tuesday, March 19 ~ Course # 10607

Enjoy the monuments and perhaps a blossom or two as your stroll and dine on your own.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

B&O Railroad Museum, MD
Thursday, March 21 ~ Course # 10608

Learn about the freedom seekers and the Irish heritage found in the railways. Admission is \$22.00 each. Dine on your own at Pickle's Pub.

Departure Time: 10:00 AM

Transportation Fee: \$10.00

Rusty Scupper Restaurant, MD
Sunday, March 24 ~ Course # 10609

Make your reservations and prepare for an elegant feast, while enjoying music.

Departure Time: 12:00 PM

Excursion Fee: \$70.00

Civil War Hospital Tour, VA
Tuesday, March 26 ~ Course # 10610

Delve into the history of the Lee-Fendall House, during the Civil War.

Departure Time: 1:00 PM

Transportation Fee: \$20.00

Beauty and the Beast at Toby's, MD
Wednesday, March 27 ~ Course # 10611

A tale as old as time, a song as old as rhyme.

Departure Time: 10:00 AM

Excursion Fee: \$75.00

Rawlings Conservatory, MD
Thursday, March 28 ~ Course # 10612

The Conservatory is dedicated to developing and promoting and understanding plants.

Departure Time: 10:00 AM

Transportation Fee: \$10.00

Blossom Kite Festival Drop Off, DC
Saturday, March 30 ~ Course # 10613

Kite fans of all ages are invited to fly kites at the National Mall. Dine on your own locally.

Departure Time: 10:00 AM

Transportation Fee: \$15.00



April

Georgetown Waterfront Drop Off, DC
Tuesday, April 2 ~ Course # 10614

Enjoy the view, take a walk or a cruise and dine on your own.

Departure Time: 10:00 AM

Transportation Fee: \$15.00

Glenn L. Martin Aviation Museum, MD
Saturday, April 6 ~ Course # 10615

Explore exhibit galleries or attend a program that share the stories of the history of aviation.

Dine on your own at The Landing Strip.

Departure Time: 10:00 AM

Transportation Fee: \$10.00

National Museum of Health & Medicine, MD
Tuesday, April 9 ~ Course # 10568

Explore 150 years of collected and shared information about the history of medicine. Dine on your own at Copper Canyon.

Departure Time: 10:00 AM

Transportation Fee: \$10.00

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Baby, It's Cold Outside! Winter Tips to Keep You Safe and Warm.



Weather stripping or installing storm doors and windows will prevent cold air from entering your home or heat from escaping it, which will reduce your electric bills.

To help keep chilly air from leaking in through window cracks, swap out the lightweight summer curtains with thermal lined curtains or drapes.

Door sweeps are an effective and easy way to keep the cold out.

Caulk around windows and use foam outlet protectors to prevent cold air from entering your home.

Residential fires are more common in winter, so it is important that all your smoke detectors work. Check them monthly and replace batteries as needed.

Fireplace can be hazardous. Have an annual inspection before building your first fire of the season. Keep in mind animal nests or creosote in your wood-burning fireplace.

An electrical fireplace requires regular cleaning and maintenance as well. Follow the manufacturer's recommendations.

Cleaning your gutters is an important part of winter prep. Try to have the gutters cleaned as soon as the last leaves have fallen in the autumn. Clean gutters will also allow melting snow to drain properly.

The Department of Energy suggests keeping the thermostat at 68 degrees Fahrenheit when you're at home. Lower the thermostat a few degrees while you're away or sleeping.

Cold temperatures, snow and ice can damage outdoor furniture and grills. If possible, store them in the garage or basement. Separate propane tanks from grills and store them outside.

Your furnace will function more efficiently with a clean filter. A dirty filter with trapped lint, pollen, dust, etc., obstructs airflow and makes your furnace run longer to heat your home.

You may be able to protect your pipes from bursting this winter using tubular pipe wrap, rolled pipe wrap and insulation fittings.

Keep driveways and sidewalks clear of ice and snow and repair any issues with steps and handrails. You can also be prepared for winter weather safety by keeping deicing salt handy for sprinkling on steps, sidewalks and your driveway.