

Senior Services December Virtual Classes and Activities

No class on Friday, December 25. Happy Holidays!

EXERCISE CLASSES

Virtual Chair Total Body Workout Pat W. –

Mondays & Fridays

Dec 4 - Dec 21 \$16 (R) \$21 (NR)

Activity Code: 31514

10:30 – 11:15 am 111A

11:30 am – 12:15 pm 111B

Virtual Chair Exercise – Wednesdays

Dec 2 - Dec 23 \$10 (R) \$13 (NR)

Activity Code: 31514 10:30 - 11:15 am

111A – Pat W. 175A – Patricia P.

Virtual Chair Exercise Carole B. – Mondays

Dec 7 - Dec 28 \$10 (R) \$13 (NR)

Activity Code: 31514 – 139A 11 am – 12 pm

Virtual Chair Yoga Steve W. – Tuesdays

Dec 1 - Dec 22 \$10 (R) \$13 (NR)

Activity Code: 31515 - 175A 12 pm - 1 pm

Virtual Tai Chi Mei Yu G. – Mondays

Dec 7 - Dec 28 \$10 (R) \$13 (NR)

Activity Code: 31528 - 146A 3 - 4 pm

Virtual Chair Tai Chi Mei Yu G. –

Wednesdays

Dec 9 - Dec 23 \$10 (R) \$13 (NR)

Activity Code: 31514 - 146A 9 - 10 am

ZUMBA & DANCE CLASSES

Virtual Zumba Gold – Jesse G.

Tuesdays and Fridays

Dec 8 - Dec 18 \$20 (R) \$26 (NR)

Activity Code 31531 - 144A 10 - 11 am

Virtual Zumba Gold Maggie O. – Tuesdays

Dec 8 - Dec 29 \$10 (R) \$13 (NR)

Activity Code: 31531 - 146A 5:30 - 6:30 pm

Virtual Zumba Fit Patricia P. –

Wednesdays and Thursdays

Dec 2 - Dec 23 \$18 (R) \$24 (NR)

Activity Code 31531 - 175A 9 - 10 am

Virtual Line Dance Hattie F. – Tuesdays

Dec 1 - Dec 18 \$10 (R) \$13 (NR)

Activity Code: 31502 - 144A 11 am - 12 pm

Virtual Line Dance Dianne A. – Fridays

Dec 4 - Dec 18 \$7 (R) \$10 (NR)

Activity Code 31502 - 111A 10:30 - 11:15 am

ART, MUSIC, & THEATRE CLASSES

Virtual Arts & Crafts Sherri L. – Wednesdays

Dec 2 - Dec 16 \$12 (R) \$16 (NR)

Activity Code: 31509 - 144A 10 - 11 am



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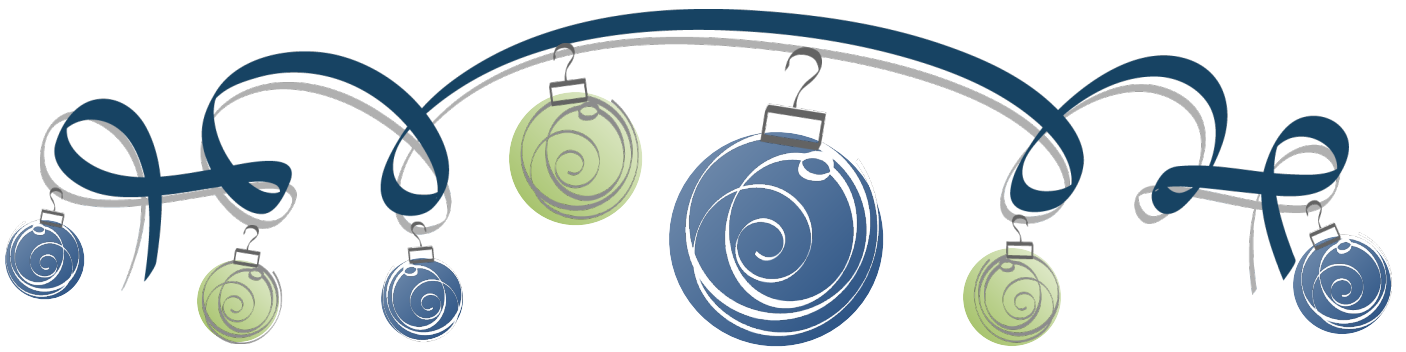
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Virtual Arts & Crafts Babbita B. –
Wednesdays

Dec 2 - Dec 23 \$10 (R) \$13 (NR)
Activity Code 31509 - 175A 12:30 - 1:30 pm

Virtual Special Home Projects Neta W. –
Thursdays

Dec 3 - Dec 17 \$12 (R) \$16 (NR)
Activity Code: 31523 - 144A 9 - 10 am

Virtual Arts & Crafts (Resin Pouring)
Tisha T. – Thursday

Dec 17 \$10 (R) \$13 (NR)
Activity Code: 31509 – 139A
10:30 am – 12:30 pm

Virtual Piano Beginner Zenzi M. – Mondays

Dec 7 - Dec 21 \$20 (R) \$26 (NR)
Activity Code: 31526 - 144P 10 - 10:45 am

Virtual Piano Intermediate Zenzi M. –
Mondays

Dec 7 - Dec 21 \$24 (R) \$32 (NR)
Activity Code: 31526 - 144A 9 - 10 am

Virtual Guitar Advanced Maggie O. –
Wednesday

Dec 9 - Dec 30 \$20 (R) \$25 (NR)
Activity Code: 31522 - 146A 5:30 - 6:30 pm

Virtual Quilting Tisha T. – Tuesdays and
Thursdays

Dec 1- Dec 24 \$20 (R) \$26 (NR)
Activity Code: 31535 - 175A 12 - 1 pm

Virtual Sewing Tisha T. – Fridays

Dec 11 - Jan 29 \$15 (R) \$20 (NR)
Activity Code: 31533 - 139A
10:30 am - 12:30 pm

BINGO

Sassy Seniors Virtual Bingo Candy T. –
Fridays

Dec 4 - Dec 18 \$5 (R) \$6 (NR)
Activity Code: 31510 11 am - 12 pm
Dec 4 – 144A
Dec 11 – 144B
Dec 18 – 144C

How to register for a virtual class ...

Note: In order to participate in a virtual activity, you must download Microsoft Teams[®] that requires a computer operating system of Windows 10 or newer or Mac OSX 10.11 El Capitan or later.

Registration is only available at
pgparksdirect.com

Winter Registration Begins

November 23: Residents of Prince George's
County
November 30: Non – Residents

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.

TTY (Text Telephone) for customers who are deaf, hard of hearing or have a speech disability
301-699-2544