



August

CHOICES

Choose Hands-on Opportunities,
Integrating into Community,
Empowering Self-Direction

| Mon | Tues | Wed | Thurs | Fri |
|--|--|---|---|--|
| July 29 KiloMEETers: <u>Bladensburg Waterfront park</u> | 30 CRAB Sailing <u>Adaptive Boating Center</u> | 31 Swimming <u>J. Franklyn Bourne Pool</u> | Aug 1 | 2 Fun Trivia <u>Old Maryland Farm</u> |
| 5 KiloMEETers: <u>Tucker Road Community Center</u> | 6 Bowling @ AMF Lanes <u>Marlow Heights Lanes</u> | 7 Swimming <u>J. Franklyn Bourne Pool</u> | 8 Clay Boat Craft <u>Old Maryland Farm</u> | 9 Intro to Karate <u>Camp Springs Senior Activity Center</u> |
| 12 KiloMEETers: <u>Fairlands Regional Park</u> | 13 | 14 Swimming <u>Linson Splash Park</u> | 15 Paint by Instruction <u>Old Maryland Farm</u> | 16 Intro to Karate <u>Camp Springs Senior Activity Center</u> |
| 19 KiloMEETers: <u>Watkins Regional Park</u> | 20 Garden Maintenance <u>Cherry Hill Gardens</u> | 21 Swimming <u>J. Franklyn Bourne Pool</u> | 22 Lego Build Day <u>Old Maryland Farm</u> | 23 Intro to Karate <u>Camp Springs Senior Activity Center</u> |
| 26 KiloMEETers: <u>Lake Artemesia</u> | 27 Garden Maintenance <u>Old Maryland Farm</u> | 28 | 29 Family Feud Day! <u>Old Maryland Farm</u> | 30 Tie-Dye T-Shirts <u>Old Maryland Farm</u> |



Parks & Recreation CHOICES is a resource developed for Prince George's County adult residents with developmental and intellectual disabilities.

With a focus on weekday, daytime opportunities, learn all that Parks & Recreation has to offer. Sign up, get involved, and give a new activity a try!

To register for CHOICES activities, visit pgparksdirect.com and enter Activity Code: 25419

For more information on programs/events listed in this resource calendar, email: CountywideTRPrograms@pgparks.com

Register for CHOICES Activities HERE:



Note: Activities listed in this calendar are subject to change. For the most up-to-date information, visit pgparksdirect.com



August



| Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|---|---|--|---|
| Urban Line ²⁹ Dancing Tucker Road Athletic Complex | Yoga In the ³⁰ Parks: Watkins Watkins Regional Park | ³¹ | Aug 1 Yoga In the Parks: Enterprise Enterprise Golf Course | ² Balance and Stretch Fairwood Park | ³ Family Zumba College Park Community Center |
| Urban Line ⁵ Dancing Tucker Road Athletic Complex | Yoga In the ⁶ Parks: Watkins Watkins Regional Park | ⁷ Get Fit Mobile: Smoothies on the Move! | Yoga In the ⁸ Parks: Enterprise Enterprise Golf Course | ⁹ Balance and Stretch Fairwood Park | ¹⁰ Bowling Jamboree Bowlero College Park |
| Urban Line ¹² Dancing Tucker Road Athletic Complex | Yoga In the ¹³ Parks: Watkins Watkins Regional Park | ¹⁴ Anacostia Boat River Tour | Yoga In the ¹⁵ Parks: Enterprise Enterprise Golf Course | ¹⁶ Balance and Stretch Fairwood Park | ¹⁷ Family Zumba College Park Community Center |
| Urban Line ¹⁹ Dancing Tucker Road Athletic Complex | Yoga In the ²⁰ Parks: Watkins Watkins Regional Park | ²¹ | Yoga In the ²² Parks: Enterprise Enterprise Golf Course | ²³ Balance and Stretch Fairwood Park | ²⁴ Disability Services' 50th Anniversary Cookout Watkins Regional Park |
| Urban Line ²⁶ Dancing Tucker Road Athletic Complex | Yoga In the ²⁷ Parks: Watkins Watkins Regional Park | ²⁸ | Yoga In the ²⁹ Parks: Enterprise Enterprise Golf Course | ³⁰ Balance and Stretch Fairwood Park | ³¹ Family Zumba College Park Community Center |

Department Happenings

The Department of Parks and Recreation offers many daytime, weekday activities perfect for self-directed individuals and their caregivers/aides.

Click the event or scan the QR code for more info.

Special Programs Division
Front Desk: 301-446-3400
Maryland Relay 7-1-1

Parks Direct Classes
& Events **HERE:**

