

Camp Springs Senior Activity Center

Summer Calendar

June, July, August 2024



Welcome to
Camp Springs Senior Activity Center!

HOURS OF OPERATION:

Monday – Friday 9 am-4:30 pm

Saturday 9 am-1 pm



live more, play more
pgparks.com

SCHEDULED CLOSURES:

July 4, 2024: Independence Day

Please note: No classes will be held on scheduled center closure dates. Thank you.

Summer Registration

- Registration begins **Wednesday, May 15, 2024, for Residents (R)** only.
- Note: The center will open at 9:00 am on **Wednesday, May 15** to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on **Wednesday, May 22, 2024, for Non-Residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class/trip start date so we can plan accordingly. A minimum number of registrants are required for most activities to be held.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.
- To participate in a virtual class, you must download Zoom. The Zoom link will be emailed to you.
- M-NCPPC, 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 modification. **To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email**

6420 Allentown Road • Camp Springs, Maryland 20748

Campsprings seniors@pgparks.com

301-449-0490

Fax: 301-449-6298

Maryland Relay: 711

Camp Springs Senior Activity Center

Welcome to CSSAC where we hope you will enjoy our:

- Billiards Room with 3 pool tables, television, and sound system
- Social Room with television and games
- Potomac Computer Room with 10 computers and a printer
- Maryland Dance Room with wood floor and mirrored walls
- Chesapeake Room with bingo equipment
- Terrapin Fitness Room with Cardio equipment, weights, and mirrors
- Blue Heron classroom
- Blue Crab Lunch Room where lunch is served by the Prince George's County Department of Family Services Nutrition Program.



Our Refund Policy

1. 100% refunds are issued when M-NCPPC/CSSAC cancels an activity.
2. **All other refunds are subject to a 20% refund administrative fee.**
3. All withdrawal/refunds from an activity may be processed at the facility offering the activity.
4. CSSAC Facility Management must approve, and process all requested refunds.
5. Refunds **MUST** be requested **prior** to the end of the course. Refunds will **NOT** be issued once the course has ended.
6. **Refunds for trip withdrawals will be issued only if the spot can be resold.**
7. **Credits nor refunds will be issued for classes missed by the participant.**
8. Cash refunds are not allowed.
9. Refunds may be immediately credited to your PARKS DIRECT account or be issued per original method of payment: As a credit on your credit card which can take 3 to 5 days to process or as a check which can take 3 to 4 weeks to process.

NO SMOKING POLICY - In accordance with Maryland State Law, there is **NO SMOKING on M-NCPPC property**. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.



For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

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.

Camp Springs Senior Activity Center: CLASSES

CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
Defensive Driving	<u>Thursday</u> June 6 July 11 August 8 <u>Saturday</u> June 15 July 20 August 10	9:30 am-2:30 pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
Computer Level 1	<u>Monday & Wednesday</u> June 3-June 12 July 1-July 10 July 29-Aug 7	12:15-2:15 pm	Potomac Room	14501-411A 14501-411B 14501-411C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.					
Computer Level 2	<u>Monday & Wednesday</u> June 17-June 26 July 15-July 24 Aug 12-Aug 21	12:15-2:15 pm	Potomac Room	14502-411A 14502-411B 14502-411C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. Two-week course.					
Parks Direct	<u>Friday</u> June 21 July 19 Aug 16	12:30-1:30 pm	Potomac Room	14505-411A 14505-411B 14505-411C	FREE
Learn how to register yourself online with the PARKS DIRECT Program and how to sign up for an email account. You must have an email account to register online with the PARKS DIRECT registration program. Basic computer skills required.					
Creative Paper Crafting	<u>Monday</u> June 3-June 24 July 1-July 22 Aug 5-Aug 26	10 am-12 noon	Blue Heron Room	15502-411A 15502-411B 15502-411C	\$16 (R); \$21 (NR) \$16 (R); \$21 (NR) \$16 (R); \$21 (NR)
Total Body Workout (Exercise)	<u>Monday & Friday</u> June 3- July 1 July 5-July 29 Aug 5-Aug 30	10:30 -11:15 am	Multipurpose Room	17517-411A 17517-411B 17517-411C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	June 3- July 1 July 5-July 29 Aug 5-Aug 30 *No Class on 6/14 & 8/2	11:30 am-12:15 pm	Multipurpose Room	17517-411D 17517-411E 17517-411F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)

Hand Dancing (Contemporary) Beginner (6 weeks)	<u>Monday</u> June 10-July 8 July 15-August 19	11 am -12:30 pm	Maryland Room	23510-411A 23510-411B	\$28(R); \$36 (NR) \$28(R); \$36(NR)
Hand Dancing (Contemporary) Intermediate (6 weeks)	<u>Monday</u> June 10-July 8 July 15-August 19	12:30-2 pm	Maryland Room	23510-411C 23510-411D	\$28(R); \$36 (NR) \$28(R); \$36(NR)
Stretch & Tone	<u>Thursday</u> June 6-June 27 July 11-Aug 1 Aug 8- Aug 29	11:30 am -12:30 pm	Maryland Room	17501-411A 17501-411B 17501-411C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
Line Dance	<u>Wednesday</u> June 5-June 26 July 3-July 24 Aug 7-Aug 28	9:30-11:30 am	Maryland Room	23501-411A 23501-411B 23501-411C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance	<u>Saturday</u> June 1-June 22 July 6-July 27 Aug 3- Aug 24	9:15-11:15 am	Maryland Room	23501-411D 23501-411E 23501-411F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sign Language (Basic)	<u>Mondays & Fridays</u> June 3-June 28 July 1-July 26 Aug 5- Aug 30	10-11:15 am	Chesapeake Room	20501-411A 20501-411B 20501-411C	\$12 R; \$16 (NR) \$12 R; \$16 (NR) \$12 R; \$16 (NR)
Low Impact Aerobics	<u>Thursdays</u> June 6-June 27 July 11-Aug 1 Aug 8-Aug 29	9:30-10:30 am	Maryland Room	17521-411A 17521-411B 17521-411C	\$16 R; \$21 (NR) \$16 R; \$21 (NR) \$16 R; \$21 (NR)
Quilting	<u>Fridays</u> June 7-June 28 July 5-July 26 Aug 2-Aug 23	1-3 pm	Chesapeake Room	15504-411A 15504 411B 15504-411C	\$25(R); \$33 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
Smart Gadgets	<u>Friday</u> June 7-June 28 July 5-July 26 Aug 2-Aug 23	10-11:30 am	Blue Heron	14506-411A 14506-411B 14506-411C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Gentle Yoga	<u>Tuesdays</u> June 4- June 25 July 2-July 23 Aug 6-Aug 27	9:30-10:30 am	Multipurpose Room	17504-411A 17504-411B 17504-411C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Virtual Chair Yoga	<u>Monday</u> June 3-June 24 July 1-July 22 Aug 5-Aug 26	12:30-1:30 pm	Virtual Room	31515-411A 31515-411B 31515-411C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Yoga: For Increased Strength	<u>Thursdays</u> June 6-June 27 July 11-Aug 1 Aug 8-Aug 29	9:30-10:30 am	Multipurpose Room	17504-411D 17504-411E 17504-411F	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)

Zumba	<u>Wednesday</u>	12:30-1:30 pm	Maryland Room	17529-411A	\$16 R; \$21 (NR)
	June 5-June 26			17529-411B	\$16 R; \$21 (NR)
	July 10-July 31 Aug 7-Aug 28			17529-411C	\$16 R; \$21 (NR)
Fitness In the Park-Circuit Workout	<u>Mondays</u>	6 -7 pm	CSSAC Parking Lot	17681-479B	FREE
	June 3-August 26				

Camp Springs Senior Activity Center: Special Events

June 2024

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, June 5
11 am- 12 noon

Join us for Camp Springs Men's Panel for seasoned individuals aged 60 and older! This monthly gathering serves as a dedicated space for men to engage in thoughtful discussions centered around dating, marriage, and family matters, tailored to the experiences and wisdom acquired over the years. Light refreshments will be served.

CSSAC Cinema
Multipurpose Room
FREE

Friday, June 7
1-3:30 pm

PARKS DIRECT CODE: 26604-411A

Join us for an afternoon movie along with popcorn and drinks. An M-NCPPC Senior ID Card and reservations are required.

Father's Day Billiards Tournament
Billiards Room
Fee: \$25 (R); \$32 (NR)

Thursday, June 13
Friday, June 14
11 am- 4 pm

PARKS DIRECT CODE: 27501-411A

Celebrate Father's Day weekend with an exhilarating Billiards Tournament at the Camp Springs Senior Activity Center. Over two days of friendly competition, fathers and billiards enthusiasts will gather to showcase their skills and enjoy a festive atmosphere. Participants will compete in a double elimination tournament. Enjoy lunch and refreshments throughout the tournament to keep you energized and focused on the game. Secure your spot in the tournament by completing registration before **Thursday, June 6**. Limited slots are available, so don't delay!

Straight Smoothie no Chaser-Smoothies on the Go
CSSAC Parking Lot

Tuesday, June 18
12 noon- 2 pm

FREE

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240618

Smooth out your day with a FREE smoothie! Join us for a taste of vibrant, delicious, and health-boosting smoothie samples that are both convenient and packed with goodness. Feel free to try these delightful samples crafted specifically to inspire healthier choices. Register early; an M-NCPPC senior ID card is required.

Bingo
Social Room

Thursday, June 20
10 am-12 noon

FREE

PARKS DIRECT CODE: 26504-411A

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Please sign up at the front desk. Space is limited.

Juneteenth Celebration and Parade
Camp Springs Picnic Area

Friday, June 21
11 am-1 pm

FEE: \$15 (R); \$20 (NR)

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240621

Juneteenth marks the day in 1865 when enslaved people in Galveston, Texas, found out they were free by executive decree. It was the end of the Civil War and two years after President Abraham Lincoln's Emancipation Proclamation. We're commemorating this event in a way that was celebrated back then--with music and festivities rooted in cookouts/barbecues, fun and laughter, and a parade. Join us for this memorable celebration! Register early; an M-NCPPC senior ID card is required.

Lunch with a Cop: Bridging Communities and Strengthening Bonds
Social Room

Monday, June 24
1-2:30 pm

FREE

Join us for a special event aimed at fostering stronger bonds between our senior community and the park police force. "Lunch with a Cop" offers a unique opportunity for seniors to familiarize themselves with the dedicated men and women who serve to protect and uphold safety in our parks. A catered meal will be served. Please sign up at the front desk. Space is limited.

Blood Pressure Screening by MedStar

Wednesday, June 26

Blue Heron

11 am-1 pm

FREE

Blood pressure check is one of the most important screenings. High blood pressure usually has no symptoms so it cannot be detected without being measured. High blood pressure increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. Please sign up at the front desk. Space is limited.

June Birthday Celebration
Social Room
FREE

Wednesday, June 26
2-3 pm

Come and celebrate all the marvelous patrons born in the month of June. A birthday treat will be provided. Please sign up at the front desk. Space is limited.

Forever Young Prom at Camp Springs
Multipurpose Room

Friday, June 28
2-5 pm

FEE: \$25 (R); \$32 (NR)

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240628

Celebrate good times! Come on! The Ultimate Senior Prom. We are taking the senior prom to another level. Wear your best Hollywood outfit. Walk the red carpet. Watch out for the paparazzi! Photo taking and more surprises. Live entertainment by the Rise Band and Show. A delicious catered meal will be served. Let's party! Register early, space is limited.

July 2024

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, July 3
11 am- 12 noon

Join us for Camp Springs Men's Panel for seasoned individuals aged 60 and older! This monthly gathering serves as a dedicated space for men to engage in thoughtful discussions centered around dating, marriage, and family matters, tailored to the experiences and wisdom acquired over the years. Light refreshments will be served.

CSSAC Cinema
Multipurpose Room
FREE

Friday, July 12
1-3:30 pm

PARKS DIRECT CODE: 26604-411B

Join us for an afternoon movie along with popcorn and drinks. An M-NCPPC Senior ID Card and reservations are required.

Silk Scarf and Tie Making with Terry
Chesapeake Room
Fee: \$12 (R); \$16 (NR)

Monday, July 15
1-2:30 pm

PARKS DIRECT CODE: 15502-411D

Come and experience the magic of silk scarf making and ties. Create it yourself and make your own wearable art. Fee includes supplies and a light-catered snack.

**National Hot Dog Day
Gazebo and Social Room**

**Wednesday, July 17
11 am-1 pm**

FEE: \$10 (R); \$13 (NR)

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240717

National Hot Dog Day celebrates a summertime staple on a bun! We'll celebrate the day with music and a meal. Fee includes a hot dog, chips, a soda, and a mini dessert. Space is limited; an M-NCPPC senior ID card is required.

**Pickett Fences Bingo and Workshop
Chesapeake Room**

**Wednesday, July 17
1-3 pm**

FREE

Heart Healthy BINGO Learn about heart health by playing B-I-N-G-O. Members of Pickett Fences will conduct an informative session on heart health. Participants will learn heart healthy facts while having fun. Did you know what's good for the heart is good for the brain? Join us for ways to keep your heart and brain healthy.

**Bingo
Social Room**

**Thursday, July 18
10 am-12 noon**

FREE

PARKS DIRECT CODE: 26504-411B

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Please sign up at the front desk. Space is limited.

**Karaoke
Social Room**

**Thursday, July 18
12-2 pm**

FREE

SOOO, you think you can sing? Or do you just like to sing? Then, join us for a fun time as we do a little Karaoke. You get to choose a song to sing from a list of a variety of instrumental popular songs. We'll give you the lyrics and you just have your minutes of fame! An M-NCPPC Senior ID Card required.

**Breathing Techniques with Nanette
Maryland Room**

**Friday, July 19
9:30-10:30 am**

FREE

Come join Nannette, Yoga Instructor, for a guided one-hour workshop on breathing exercises and benefits. The participants will learn various breathing exercises to help the body, mind, and heart. The techniques can help reduce stress, anxiety and fatigue, mental clarity, and can improve lung function.

Senior Line Dance Party, Martins Crosswinds
7400 Greenway Center Drive, Greenbelt, Maryland 20770
PARKS DIRECT CODE: SPD-SPEC-GA-20240719
Ticket Price: \$38 (R); \$50 (NR)

Friday, July 19
9 am - 12 noon
Doors Open: 8:30 am

You DON'T want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on first come basis. Tickets are Not sold at the door. You must have a Parks Direct account to register! Transportation not provided. A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations.

First Aid and CPR with Felicia
Chesapeake Room
FREE

Wednesday, July 24
1-3 pm

Learn basic First Aid, CPR and Heimlich Maneuver techniques with Felicia, a certified instructor with the American Heart Association. This will be an abbreviated class and attendees will not receive a certification. Space is limited.

July Birthday Celebration
Social Room
FREE

Wednesday, July 31
2-3 pm

Come and celebrate all the amazing patrons born in the month of July. A birthday treat will be provided. Please sign up at the front desk. Space is limited.

August 2024

Yoga with Live Music
Multipurpose Room
FEE: \$7 (R); \$9 (NR)

Tuesday, August 6
12:30 pm-2 pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240806

Discover how live music can foster a deeper relationship with your body through the postures and movements of yoga. Join yoga instructor Steve Wolf and world music artist Tom Teasley. Wear comfortable clothing and bring your own mat.

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, August 7
11 am- 12 noon

Join us for Camp Springs Men's Panel for seasoned individuals aged 60 and older! This monthly gathering serves as a dedicated space for men to engage in thoughtful discussions centered around dating, marriage, and family matters, tailored to the experiences and wisdom acquired over the years. Light refreshments will be served.

**CSSAC Cinema
Multipurpose Room
FREE**

**Friday, August 9
1-3:30 pm**

PARKS DIRECT CODE: 26604-411C

Join us for an afternoon movie along with popcorn and drinks. An M-NCPPC Senior ID Card and reservations are required.

**Bingo
Social Room
FREE**

**Thursday, August 15
10 am-12 noon**

PARKS DIRECT CODE: 26504-411C

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Please sign up at the front desk. Space is limited.

**National Senior Citizens Day
Camp Springs Senior Activity Center Parking Lot
FREE**

**Wednesday, August 21
12:00-2:30 pm**

The word "Sankofa" means "go back and fetch your history so that you can progress forward" in the Twi language of Ghana. Come step into the county's history and experience people and places that shape the past and present through virtual and augmented reality and facilitated discussion. A first of its kind, Sankofa is an interactive mobile museum that travels to schools and festivals across Prince George's County to introduce individuals to untold stories and unsung individuals from 10,000 years ago to today. It's National Senior Citizen's Day, come experience this interactive and enriching mobile museum on the grounds of CSSAC. Sign up early.

**August Birthday Celebration
Social Room
FREE**

**Wednesday, August 28
2-3 pm**

Come and celebrate all the magnificent patrons born in the month of August. A birthday treat will be provided. Please sign up at the front desk. Space is limited.

**The Carnival @ CSSAC
CSSAC Parking Lot
FEE: \$12 (R); \$16 (NR)**

**Friday, August 30
11 am-2 pm**

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240829

Hear ye, hear ye! It's carnival time at Camp Springs Senior Activity Center! Enjoy craft projects, a variety of games, tasty treats, prizes, and surprises at this outdoors event. Wear comfortable shoes as we groove to the sounds of a live DJ.

Senior Showstoppers Workshop

Friday, August 30

Social Room

11 am-1:00 pm

FREE

PARKS DIRECT CODE: 23511-411A


Join the Showstoppers Touring Troupe and teaching artist H M Carter. We'll play theater games, read some scripts, learn about the stage— and, of course, warm up our voices and our bodies. This special workshop is for everybody: people who used to do theater, who always wanted to do theater, are curious about theater, and those who have never set foot in a theater. If you are Theater Curious, be part of the show at our Showstoppers Theater Workshop.

Note to Patrons:

When you register for a trip online or inhouse, please only register one name per registration.

Trip Information

Fee includes admission and transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required. Trip registrants are expected to return with the group to CSSAC following each trip.

Note:  When you see these feet with a trip or activity, it means there will be a lot of walking.

Reminder calls are made the day before the trip. PLEASE CHECK YOUR VOICEMAIL FOR THESE MESSAGES IF STAFF DID NOT SPEAK TO YOU DIRECTLY.

Thank you for adhering to this request.

Bowling at Crofton

Crofton, MD

10 am-4 pm

FEE: \$10 (R); \$13 (NR)

PARKS DIRECT CODE: CSSAC-20240606

Thursday, June 6

PARKS DIRECT CODE: CSSAC-20240711

Thursday, July 11

PARKS DIRECT CODE: CSSAC-20240808

Thursday, August 8

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$5.00 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$5 - \$24. Fees include transportation on an M-NCPPC activity bus.

Mystery Restaurant

Surprise Local Favorite Restaurant

11 am-3 pm

FEE: \$10 (R); \$13 (NR)

PARKS DIRECT CODE: CSSAC-20240611

Tuesday, June 11

PARKS DIRECT CODE: CSSAC-20240716

Tuesday, July 16

PARKS DIRECT CODE: CSSAC-20240813

Tuesday, August 13

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. The meal is at your own expense (average menu prices: \$7-25). Fees include transportation on an M-NCPPC activity bus. Fees include transportation aboard an M-NCPPC activity bus.

Bon Appetit:

FEE: \$10 (R); \$13 (NR)

11 am- 3 pm

Busboy and Poets

PARKS DIRECT CODE: CSSAC-20240626

Wednesday, June 26

La'Caj Seafood

PARKS DIRECT CODE: CSSAC-20240716

Tuesday, July 25

Mikes Seafood

PARKS DIRECT CODE: CSSAC-20240830

Tuesday, August 30

Please join us for our lunch outings. Fee includes transportation on M-NCPPC activity bus. Lunch is at your own expense.



United States Botanical Gardens

Thursday, June 20

Washington, DC

9:00 am-2 pm

FEE: \$10 (R); \$13 (NR)

PARKS DIRECT CODE: CSSAC-20240620

Join us on a trip to the USBG's Look and Learn drop-in demonstration to connect with horticulture experts as they present tips and techniques on how to repot orchids. You do not need to have a green thumb you will strengthen or stretch your skill set.



Cowtown Farmers Market / Flea Market

Saturday, June 22

FEE: \$65(R); \$85(NR)

6 am-6:30 pm

Parks Direct	Departure Time	Return Time	Departure/Return Location
SAARC-20240622	6 am	6:30 pm	Southern Area Aquatics & Recreation Complex 13601 Missouri Avenue – Brandywine, MD
CSSAC-20240622	6:30 am	6 pm	Camp Springs Senior Activity Center 6420 Allentown Road – Camp Springs, MD
JEHSAC-20240622	7 am	5:30 pm	John E. Howard Senior Activity Center 4400 Shell Street - Capitol Heights, MD

Join us as we travel to the oldest indoor/outdoor farmers/flea market in Southern New Jersey. Cowtown Farmers Market has been serving buyers and sellers since 1926. It has over 400 shopping vendors and dining establishments. Fee includes transportation on a charter bus. Meals are your responsibility. Cowtown is an indoor/outdoor flea market with uneven surfaces and requires a lot of walking. See attached website for further details. <https://www.cowtownfarmersmarket.com/>

The Migration: Reflections on Jacob Lawrence

Thursday, June 27

Arena Stage, Washington, DC

10:30 am-4 pm

FEE: \$70 (R); \$91 (NR)

PARKS DIRECT CODE: CSSAC-20240627

Using its hallmark style of percussive dance-theater, Step Afrika!'s *The Migration: Reflections on Jacob Lawrence* tells the story of one of the largest movements of people in United States history, when millions of African American migrants moved from the rural South to the industrial North in the 1900s to escape Jim Crow, racial oppression, and lynchings. Inspired by Jacob Lawrence's iconic 60-panel "The Migration Series" (1940-41), this signature work from the award-winning dance company uses the images, color palette, and motifs in the painting series to tell this astonishing story through pulsating rhythms and visually stunning movement. An M-NCCPC Senior ID Card is required. Fees include a ticket and transportation aboard an M-NCPPC activity bus. Lunch TBD at your own expense at a local restaurant.

Dutch Farmers Market



Laurel, MD

Thursday, July 11

11 am-2 pm

FEE: \$10 (R); \$ 13 (NR)

PARKS DIRECT CODE: CSSAC-20240709

Come with us to this market, which is full of the best fresh and delicious foods from Dutch Country. Baked goods, dairy products, BBQ, candies, organic meats, and more can be found at the variety of merchants. Fees include transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required.

Camp Springs Senior Activity Center: CLUBS

CLUB	LOCATION	DAYS/DATES	TIME	ACTIVITY CODE	FEE
Book Club	Potomac Room	<u>3rd Thursday</u>	10:30 am-12 noon	N/A	FREE
Cards- Bid Whist	Potomac Room	<u>Tuesdays</u>	1-4 pm	N/A	FREE
Cricut Club	Social Room	<u>2nd Saturdays</u>	10 am-12 noon	N/A	FREE
Crocheting with Ms. Lillie Knitting with Ms. Emma	Social Room	<u>Tuesday and Thursday</u>	10 am-12 noon	N/A	FREE
Glee Club	Potomac Room	<u>2nd and Last Thursdays</u>	10 am-12 noon	N/A	FREE
Inspirational Hour	Maryland Room Potomac Room	<u>Tuesday</u> <u>Friday</u>	11 am-12 noon 10-11 am	N/A	FREE
Line Dance	Maryland Room	<u>Mondays and Thursdays</u>	2-4 pm	N/A	FREE
Round Dance Square	Maryland Room	<u>Tuesday</u>	12:30-3 pm	N/A	FREE

Summer Book Club Selections

Book Club meet every 3rd Thursday of the month from 10:30 am-12 noon. Join us each month for a lively discussion. Sign up at the front desk.

June: Democracy Awakening
By Heather Cox-Richardson

July: Copper Sun Summer
By Sharon M. Draper

August: Elon Musk
By Walter Issacson



Circuit Workout

Mondays, June 3-August 26, 6-7 pm

Activity Code: 17681-479B

Looking for some variety in your workout routine? Increase your heart rate and strengthen different muscle groups with this Circuit Workout class! Improve your fitness while working at your own level. Please bring a mat or towel to class.

Level: Intermediate.

Ages 13 & up

**Camp Springs Senior Activity Center (located in the parking lot)
6420 Allentown Road
Camp Springs 20748**

Online registration for each class is encouraged.

Classes may be canceled due to inclement weather or wet grounds. Call 301-927-0822 for weather-related cancellations. No classes are held on Federal Holidays.

This program is brought to you by
Parks & Recreation
M-N C P P C
live more, play more
pgparks.com



Bingo-fest!

Calling all **seniors**! Join the fun and play **bingo** for GREAT prizes while helping support Prince George's County **elementary** school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services.

Register at pgparksdirect.com

Key word search: **Bingo**



Friday, August 2, 2024

10 am-2 pm (DOORS OPEN AT 9:30 am)

60 & Better

LOCATIONS:

Camp Springs Senior Activity Center
6420 Allentown Road, Camp Springs 20748
301-449-0490
Parks Direct ticket code:
SPD-SPEC-GA-20240802B

John E. Howard Senior Activity Center
4400 Shell Street, Capitol Heights 20743
301-735-2400
Parks Direct ticket code:
SPD-SPEC-GA-20240802

Laurel-Beltsville Senior Activity Center
7120 Contee Road, Laurel 20707
301-206-3350
Parks Direct ticket code:
SPD-SPEC-GA-20240802A

**FREE with a Parks
Direct Senior ID and
donation of new school
supplies to support
Prince George's County
School youth!**



For more information, call any senior activity center listed above.

Connect with us!



- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.

Camp Springs Senior Activity Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8665
Legal Aid	800-896-4213 x7750
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

SENIOR NUTRITION PROGRAM

The Prince George's County Department of Family Services offers the Senior Nutrition Program (a nutritious, well balanced, healthy, hot lunch) Monday through Friday. Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Brenda Wilkins, on 301-265-8665; by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475.

You must register by 1 pm the day before you would like a meal. Register by 1 pm Friday for a Monday meal.

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance with Ms. Brenda Wilkins, Nutrition Manager on 301-265-8665. Please bring exact change to cover your donation.

Note: There will be no lunch program when Prince George's County schools are closed or have a delayed opening due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

FOR YOUR INFORMATION

Moved? Number changed?

From time to time, please stop at the center front desk and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and/or telephone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out www.pgparcs.com for M-NCPPC Volunteer opportunities or contact the Facility Director.

WEATHER POLICY & CENTER CLOSURES

For the latest information on M-NCPPC closures due to weather, maintenance, or emergencies, please sign up for email or mobile PG Parks Alerts by going to www.pgparcs.com, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.