

SAARC Senior Program



Southern Area Aquatics and Recreation Complex (SAARC)
 13601 Missouri Avenue – Brandywine, Maryland 20613
 301-782-1442 TTY: 301-699-2544



Welcome to
Senior Program
 June, July & August



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Thursday - July 4, 2024 Independence Day

SAARC HOURS OF OPEATION		SAARC POOL HOURS OF OPERATION	
Sunday	10 am-6 pm	Sunday	10 am-5 pm
Monday – Friday	6 am- 9 pm	Monday – Friday	6 am-5 pm / 5:30 pm-8:30 pm
Friday	7 pm-10 pm - Teen Night	Saturday	8 am-5 pm
Saturday	8 am-5 pm 7 pm-10 pm - Teen Night		

Please note: The SAARC Senior Program closed on the above-mentioned date(s) even though the center may open for operation. Thank you.

Summer 2024 Registration

- Registration begins **Wednesday, May 15, 2024**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, May 22, 2024**, for Non-Residents (NR).
- Do Not 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 required for 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.
- **Disability statement**, 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 program.access@pgparks.com.**

Welcome to SAARC Senior Program where we hope you will enjoy:

- SAARC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card
- Multipurpose room with social games and activities
- Group X room and gymnasium for fitness and dance classes.
- Department of Family Services Nutrition Program serves lunch to those pre-registered.
- Trips and events
- Free seminars

Our Refund Policy

1. 100% refunds are issued when M-NCPPC/SAARC 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. SAARC Senior 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.

Inclement Weather Policy and Closure – Get up to date information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.com/news/news-releases/pgparcs-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.

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@pgparcs.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.

SAARC Senior Program: CLASSES


CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
 Sewing <i>w/ Tisha Thorn</i>	<u>Monday</u> Jun 3	9:30-11:30 am	Program Rm B	15501 475A	\$11; \$15
 Quilting <i>w/ Tisha Thorn</i>	<u>Monday</u> Jun 3	Noon-2 pm	Program Rm B	15504 475A	\$11; \$15
 Smart Devices <i>w/ Debbie Tharps</i>	<u>Tuesday</u> NO SUMMER CLASSES See you in September.				
 Exercise <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Jun 4-27 Jul 2-30 Aug 6-29	11 am-Noon <i>No class on July 4</i>	Group X Rm 1	17517 475A 475B 475C	\$28; \$37
 Zumba Fit <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Jun 4-27 Jul 2-30 Aug 6-29	12:30-1:30 pm <i>No class on July 4</i>	Group X Rm 1	17529 475A 475B 475C	\$28; \$37
 Yoga (no chair) <i>w/ Steve Wolf</i>	<u>Wednesday</u> Jun 5-26 Jul 10-31 Aug 7-28	11:15 am-12:15 pm	Group X Rm 1	17504 475A 475B 475C	\$22; \$29
 Chair Yoga <i>w/ Steve Wolf</i>	<u>Wednesday</u> Jun 5-26 Jul 10-31 Aug 7-28	12:30-1:30 pm	Group X Rm 1	17504 475D 475E 475F	\$22; \$29
Classes sponsored by: Southern Recreation & Leisure Services					
 Spinning <i>w/ Tashsa</i>	<u>Monday & Wednesday</u> Jun 3-26 Jul 1-31 Aug 5-28	9:30-10:30 am	Spin Room	17540 475A 475B 475C	\$32; \$42 \$40; 52
	Jun 3-26 Jul 1-31 Aug 5-28	10:45-11:45 am		475D 475E 475F	\$32; \$42

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Knitting	<u>Monday</u> NO SUMMER SESSIONS See you in September				
 BINGO	<u>Tuesday</u> except when seminars are planned	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
 Line Dance	<u>Friday</u> NO SUMMER SESSIONS See you in September				
 PICKLEBALL	<u>Tuesday & Thursday</u> NO SUMMER SESSIONS See you in September				

- No classes – Thursday, July 4 – Independence Day
- Knitting – Patrons must purchase their own materials.

SAARC Senior Program: Blood Pressure Screening

 BP Screening w/ Med Star	<u>Thursdays</u> August 22 November 21	11:30 am-1 pm	Party Rm 2	Show Up Activity	FREE
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SAARC Senior Program: Special Events

June

Lunchtime Listening

FEE: \$5

Parks Direct Activity Code: SAARC-SPEC-GA-20240605

Lunch is not complete without great music. Come, sit back, relax, and enjoy a live concert featuring Ameya Taylor. You are welcome to bring your lunch or purchase it at our in-house café.

Wednesday, June 5

11 am-1 pm

BINGO and Iced Tea

FREE

Tuesday, June 11

11 am-1:30 pm

As the temperature heats up in June, it's a perfect time to have a glass of tea! June is National Iced Tea Month, so come, and enjoy music as we relax and enjoy some cold iced tea on the patio.

Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly.



Summer Fun Day

FREE

Join us for games, exercise, music, dancing, seminars, and other fun activities.

Thursday, June 13

11 am-1:30 pm

Healthy, Well & Wise – LOL Comedy Show

FREE

Parks Direct: SAARC-SPEC-GA-020240620

We have all heard the expression, “laughter is the best medicine”! Join us for a good dose of medicine as we sit back and enjoy some clean and funny humor.

Thursday, June 20

11-11:45 am

July

Healthy, Well & Wise – Smart Devices

FREE

Please come and embrace our geekiness. Learn something new and geeky with Debbie.

Tuesday, July 9

11 am-12:15 pm

Summer Fun Day – Cooking Demo

FREE

Educate to Elevate - Join us as we serve up a culinary exhibition blending flavor and fun. Enjoy great conversations about your health while learning how to make easy, nutritious meals. **Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.**

Thursday, July 11

11 am-1:30 pm

BINGO and Ice Cream

FREE

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM! Please join us as we celebrate National Ice Cream Day while we enjoy games of BINGO. **Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.**

Tuesday, July 23

12:30-1:45 pm

August

Healthy, Well & Wise – Two Truths and a Fib

FREE

Come and enjoy some true and interesting facts about each other. This is a light-hearted and fun activity that embraces teambuilding and bond forming.

Tuesday, August 13

12:30-1:45 pm

National Senior Citizen Day Luncheon

FREE

Parks Direct Activity Code: SAARC-SPEC-GA-20240821

Join us as we celebrate the contributions, wisdom, dignity, and needs of our senior citizens and to rededicate our efforts to self-care during our golden years. We will raise awareness of the way the past has shaped the way we look at age and aging as we enjoy a light lunch.

Wednesday, August 21

11 am-1:30 pm



Summer Fun Day – Sankofa Museum

Thursday, August 22

FREE

11 am-1 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.

Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.

SAARC Senior Program: Trips

Bon Appetit: Mystery Restaurant

FEE: \$10

10:30 am-2 pm

PARKS DIRECT: SAARC-20240627

Thursday, June 27

PARKS DIRECT: SAARC-20240725

Thursday, July 25

PARKS DIRECT: SAARC-20240808

Thursday, August 8

Please join us for our monthly brunch outing to support local businesses and restaurants. Fee includes transportation on M-NCPPC activity bus. Lunch is at your own expense.

Rod 'N' Reel Resort



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

Thursday, June 6

10:30 am-4 pm

Parks Direct: SAARC-20240606

Come and enjoy one of Maryland's premier waterside destinations for dining and fun. An M-NCPPC Senior ID Card required. Fees include transportation on an M-NCPPC activity bus.

Lunch is at your own expense. Space is limited.

Museum of the Bible



FEE: \$28 (R); \$36 (NR)

Wednesday, June 12

10 am-3 pm

Parks Direct: SAARC-20240612

A remarkable experience is waiting for you. Using cutting edge technology to bring the Bible to life, you will be fascinated as we explore the history, narrative, and impact of the world's most published Book, the Bible. Fee includes entrance into museum and transportation aboard an M-NCPPC activity bus. Space is limited.

Cowtown Farmers Market / Flea Market



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

Saturday, June 22

6 am-6:30 pm

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/>



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

National Great Blacks in Wax Museum



Wednesday, July 17

FEE: \$20 (R); \$26 (NR)

8:45 am-3 pm

Parks Direct: SAARC-20240717

This is one of the only wax museums in the nation dedicated to the preservation of African American history. This is one of the most enlightening educational experiences to see all the Greats. Transportation provided. Meals at your own expense.

Westminster Blues Night, Washington, DC

Monday, July 29

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

4-9:30 pm

Parks Direct: SAARC-20240729

Enjoy some of the area’s finest blues musicians in a safe, friendly environment. Admission is \$10 at your own expense, Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation on an M-NCCP activity bus.

Anacostia River Boat Tour from Bladensburg Waterfront Park

Wednesday, August 14

FEE: \$13 (R); \$17 (NR)

10:15 am-2 pm

Parks Direct: SAARC-20240814

Join the Anacostia Watershed Society for a boat tour on the Anacostia River to explore the ecological and historical changes that have occurred in the river and in the surrounding communities followed by a relaxing afternoon in the park. Fee includes boat tour and transportation on the M-NCPPC Activity Bus. We recommend you bring a bag lunch.

Trip Transportation:

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

- **M-NCPPC Activity Bus** – Small, 15-passenger bus
- **Commission Bus** – Large, 27- passenger bus
- **Motor Coach Bus** – 40-50 passenger bus with restroom

Trip Information:

Trip registrants expected to return with the group to SAARC following each trip.



Note: When feet are displayed next to a trip or activity, it means there is a lot of walking.

Senior Services: County Events

Senior Line Dance Party, Martins Crosswinds

7400 Greenway Center Drive, Greenbelt, MD 20710

Parks Direct: 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.

BINGO-Fest

FEE: FREE

Friday, August 2

10 am-2 pm

Free with Parks Direct Senior ID & donation of new school supplies. Calling all seniors to 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 provided by the Department of Family Services. Registration www.pgparksdirect.com Key word search: **Bingo. Doors open: 9:30 am.**

John E. Howard Senior Activity Center

4400 Shell Street - Capitol Heights, MD 20743

301-735-2400

Parks Direct Ticket Code:

Parks Direct: SPD-SPEC-GA-20240802

Laurel-Beltsville Senior Activity Center

7120 Contee Road - Laurel, MD 20707

301-206-3350

Parks Direct Ticket Code:

Parks Direct: SPD-SPEC-GA-20240802A

Camps Springs Senior Activity Center

6420 Allentown Road - Camp Springs, MD 20748

301-449-0490

Parks Direct: SPD-SPEC-GA-20240802B



SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
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 (Tuesday and Thursday). Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Austin Simpson at (301) 265-8475 or by stopping by the SAARC Senior Social Room on Tuesday and Thursday between 10 am-1:30 pm.

Lunch Reservations: Lunch reservations required a week in advance by contacting (301) 265-8475. The suggested donation is \$4. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring exact change to cover your donation.

Transportation: Seniors must schedule round trip transportation service by calling The Bus (301) 499-8603 and select Option #6 to speak to an operator for scheduling bus service to participate in senior centers in Prince George's County.

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.

DISABILITY ACCOMMODATIONS

"Accommodation for individuals with disabilities is available upon request. Please contact the facility two weeks in advance of the program's start date. Additionally, the Department of Parks and Recreation requests a 72-hour advance notice for the provision of sign language interpreters."

WEATHER POLICY & CENTER CLOSURES

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