

Camp Springs Senior Activity Center

Fall Calendar

September, October, November 2024



Welcome to Camp Springs Senior Activity Center

HOURS OF OPERATION:

Monday – Friday 9 am-4:30 pm

Saturday 9 am-1 pm



SCHEDULED CLOSURES:

September 2, 2024: Labor Day

Thursday, November 28, 2024: Thanksgiving

Friday, November 29, 2024: Employee Appreciation Day

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

Fall Registration

- Registration begins **Wednesday, August 14, 2024, for Residents (R)** only.
- Note: The center will open at 9:00 am on **Wednesday, August 14** to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on **Wednesday, August 21, 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 program.access@pgparks.com.**

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> September 5 October 3 November 7	9:30 am-2:30 pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
	<u>Saturday</u> September 14 October 19	9:30 am-1 pm			
Computer Level 1	<u>Monday & Wednesday</u> Sept 9-Sept 18 Oct 7- Oct 16 Nov 4- Nov 13	12:15-2:15 pm	Potomac Room	14501-511A	\$45 (R); \$59 (NR)
				14501-511B	\$45 (R); \$59 (NR)
				14501-511C	\$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> Sept 23-Oct 2 Oct 21- Oct 30 Nov 18-Nov 27	12:15-2:15 pm	Potomac Room	14502-511A	\$45 (R); \$59 (NR)
				14502-511B	\$45 (R); \$59 (NR)
				14502-511C	\$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> Sept 20 Oct 18 Nov 15	12:30-1:30 pm	Potomac Room	14505-511A	FREE
				14505-511B	
				14505-511C	
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.					
Belly Dance <i>New</i>	<u>Saturday</u> Oct 5-26 Nov 2-30	11:45 am- 12:30 pm	Maryland Room	17522-511A	FREE
				17522-511B	
Creative Paper Crafting	<u>Monday</u> Sept 9-Sept 30 Oct 7-Oct 28 Nov 4-Nov 25	10 am-12 noon	Blue Heron Room	15502-511A	\$16 (R); \$21 (NR)
				15502-511B	\$16 (R); \$21 (NR)
				15502-511C	\$16 (R); \$21 (NR)
Total Body Workout (Exercise)	<u>Monday & Friday</u> Sept 6-Sept 30 Oct 4-Oct 28 Nov 1- Nov 25	10:30 -11:15 am	Multipurpose Room	17517-511A	\$18(R); \$24 (NR)
				17517-511B	\$18(R); \$24 (NR)
				17517-511C	\$18(R); \$24 (NR)
	Sept 6-Sept 30 Oct 4-Oct 28 Nov 1- Nov 25	11:30 am-12:15 pm	Multipurpose Room	17517-511D	\$18 (R); \$24 (NR)
				17517-511E	\$18 (R); \$24 (NR)
				17517-511F	\$18 (R); \$24 (NR)

Hand Dancing (Contemporary) Beginner (6 weeks)	<u>Monday</u> Sept 9- Oct 14 Oct 21-Nov 25	11 am -12:30 pm	Maryland Room	23510-511A 23510-511B	\$28(R); \$36 (NR) \$28(R); \$36(NR)
Hand Dancing (Contemporary) Intermediate (6 weeks)	<u>Monday</u> Sept 9- Oct 14 Oct 21-Nov 25	12:30-2 pm	Maryland Room	23510-511C 23510-511D	\$28(R); \$36 (NR) \$28(R); \$36(NR)
Stretch & Tone	<u>Thursday</u> Sept 5-Sept 26 Oct 3-Oct 24 Nov 7- Nov 21	11:30 am -12:30 pm	Maryland Room	17501-511A 17501-511B 17501-511C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
Line Dance	<u>Wednesday</u> Sept 4-Sept 25 Oct 2- Oct 23 Nov 6- Nov 27	9:30-11:30 am	Maryland Room	23501-511A 23501-511B 23501-511C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance	<u>Saturday</u> Sept 7-Sept 28 Oct 5- Oct 26 Nov 2- Nov 23	9:15-11:15 am	Maryland Room	23501-511D 23501-511E 23501-511F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sign Language (Basic)	<u>Monday & Friday</u> Sept 6-Sept 30 Oct 4- Oct 28 Nov 1- Nov 25	10-11:15 am	Chesapeake Room	20501-511A 20501-511B 20501-511C	\$12 R; \$16 (NR) \$12 R; \$16 (NR) \$12 R; \$16 (NR)
Low Impact Aerobics	<u>Thursday</u> Sept 5- Sept 26 Oct 3- Oct 24 Nov 7- Nov 21	9:30-10:30 am	Maryland Room	17521-511A 17521-511B 17521-511C	\$16 R; \$21 (NR) \$16 R; \$21 (NR) \$16 R; \$21 (NR)
Quilting	<u>Friday</u> Sept 6-Sept 27 Oct 4-Oct 25 Nov 1- Nov 22	1-3 pm	Chesapeake Room	15504-511A 15504 511B 15504-511C	\$25(R); \$33 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
Sewing <i>New</i>	<u>Wednesday</u> Sept 18 Oct 9 Nov 13	9:30-11:00 am	Chesapeake Room	15513-511A 15513-511B 15513-511C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Smart Gadgets	<u>Friday</u> Sept 6- Sept 27 Oct 4- Oct 25 Nov 1-Nov 22	10-11:30 am	Blue Heron	14506-511A 14506-511B 14506-511C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Gentle Yoga	<u>Tuesdays</u> Sept 3- Sept 24 Oct 1-Oct 22 Nov 5-Nov 26	9:30-10:30 am	Multipurpose Room	17504-511A 17504-511B 17504-511C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Virtual Chair Yoga	<u>Monday</u> Sept 9- Sept 30 Oct 7-Oct 28 Nov 4- Nov 25	12:30-1:30 pm	Virtual Room	31515-511A 31515-511B 31515-511C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)

Yoga: For Increased Strength <i>No class on 9/12</i>	<u>Thursdays</u> Sept 5-Sept 26 Oct 3- Oct 24 Nov 7- Nov 21	9:30-10:30 am	Multipurpose Room	17504-511D 17504-511E 17504-511F	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Fitness In the Park-Circuit Workout	<u>Monday</u> Sept 9-Oct 28	5:30-6:30 pm	CSSAC Parking Lot	17681-579B	FREE

Camp Springs Senior Activity Center: Special Events

September 2024

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, September 4
11 am-12 noon

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.

What's all the hype about AI?
Blue Heron
FREE

Friday, September 6
1-2 pm

This session will cover the history of Artificial Intelligence (AI) and ways AI is being used in today's society. Please sign up at the front desk.

Grandparents Day Luncheon
Multipurpose Room
FEE: \$25 (R); \$33 (NR)

Thursday, September 12
12 pm-2:30 pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20240912

Grandparents play a special role in their grandchildren's lives. We will honor Grandparents at our 4th Annual Luncheon. Enjoy a live performance featuring Kevin Levi, saxophonist, as he will perform R&B and ballads. A hot catered lunch will be served.

CSSAC Cinema
Multipurpose Room
FREE

Friday, September 13
1-3:30 pm

PARKS DIRECT CODE: 26604-511A

Join us for an afternoon movie along with popcorn and a drink. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.

Safe Gardening for Seniors
Social Room
FREE

Tuesday, September 17
12 noon-1:30 pm

PARKS DIRECT CODE: 20507-511A

Do you love gardening and want to avoid those aches and pains that sometimes come with creating your floral landscape? This workshop will cover safe gardening tips, to avoid muscle stress and strain. Learn some of the basic principles for planting successful plants and using the proper tools. Learn how gardening can relieve stress and provide mental relaxation. Three Master Gardeners from the Prince George's County Master Gardener Program, University of Maryland, County Extension Office will facilitate this workshop. Let us keep our communities Green and Growing! Register early.

Paint and Sip with Tisha
Chesapeake Room
FEE: \$12 (R); \$16 (NR)

Wednesday, September 18
12:30-2:30 pm

PARKS DIRECT CODE: 15502-511D

Come and create some colorful memories. Learn how you can create your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

Bingo
Social Room
FREE

Thursday, September 19
10 am-12 noon

PARKS DIRECT CODE: 26504-511A

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

ACTIVE AGING WEEK SEPTEMBER 23-27, 2024

Enjoy FREE activities for ages 60 and better!

You are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity, meet new people, and stay active by participating in FREE Active Aging Week activities throughout Prince George's County.

Circuit Workout in the Park with Pat
CSSAC Parking Lot
FREE

Monday, September 23
5:30-6:30pm

PARKS DIRECT CODE: 17681-511D

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 towel and water to class.

Oldies But Goodies Chair Aerobics with Ms. MD**Maryland Room****FREE****PARKS DIRECT CODE: 17521-511D**

Get your heart pumping while enjoying the sounds of the past.

Tuesday, September 24**11 am-12 pm****Sankofa Mobile Museum****CSSAC Parking Lot****FREE**

Experience Prince George's Parks and Recreation's Sankofa Mobile Museum. Remember the past, impact the future. The Mobile Museum is a 70-foot interactive trailer of the County's historical narratives, characters, events, and trends. Explore the world of Margaret Adams, The Butler Family, Ridgeley Rosenwald School and much more. Sign up at the front desk. Space is limited.

Tuesday, September 24**12 noon-2:30 pm****Fitness on the Fly with Ro****CSSAC Parking Lot****FREE**

Join our mobile outdoor fitness experience in the scenic parks of Prince George's County! The Get Fit Mobile unit will supply a range of fitness equipment to create a vibrant workout experience. This class will feature a fusion of bodyweight, strength, and cardio exercises. All fitness levels welcome! Please bring a mat or towel to class. Sign up at the front desk.

Wednesday, September 25**1-2:00 pm****Blood Pressure Screening by MedStar****Blue Heron****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.

Wednesday, September 25**11 am-1 pm****Train Your Brain****Potomac Room****FREE****PARKS DIRECT CODE: 20515-511B**

Successful Aging is built on several pillars: mental, intellectual, physical, spiritual, social and emotional wellness. To achieve a sense of well-being, an ability to adjust to age-appropriate transitions and tranquility of mind it is important to explore all these pillars. Come and enjoy a lively presentation with brain exercise and games on Brain and Body Health.

Thursday, September 26**12 noon -1:30 pm**

Drum-n-Tone with Linda

Maryland Room

FREE

PARKS DIRECT CODE: 17546-511D

Drum-n- Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.

Friday, September 27

1-2 pm

September Birthday Celebration

Social Room

FREE

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

Monday, September 30

2-3 pm

October 2024

Men's Panel Discussion

Chesapeake Room

FREE

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.

Wednesday, October 2

11 am-12 noon

DIY T-shirt Cutting Workshop

Potomac Room

FREE

PARKS DIRECT CODE: 15502-511H

Unleash your creativity at this T-shirt cutting workshop. Many styles and techniques to transpose your t-shirt into a one-of-a-kind fashion statement. Bring your own sharp scissors and one or two T-shirts. Other supplies will be provided.

Thursday, October 3

10-11:30 am

Pink Friday

Show your support for Breast Cancer Awareness by wearing pink. This simple act helps raise awareness to those affected by this disease. A small token will be available at the front desk while supplies last.

Friday, October 4

Yoga for Sciatic Pain Relief

Maryland Room

FREE

PARKS DIRECT CODE: 17504-511G

Is Sciatica affecting you mentally and physically? Join in a Special Yoga/Mudras class focusing on stretches and hand movements for sciatica pain relief. A brief survey will be provided after class to obtain feedback on the session. Sign up at the front desk.

Friday, October 4

9:30-10:30 am

Handmade Bracelets with Terry

Monday, October 7

Chesapeake Room

1-2:30 pm

FEE: \$12 (R); \$16 (NR)

PARKS DIRECT CODE: 15502-511E

Making beaded bracelets is a great activity to support hand-eye coordination as well as fine motor, visual and sorting skills.

Sip and Paint with Tisha

Wednesday, October 9

Chesapeake Room

12:30-2:30 pm

FEE: \$12 (R); \$16 (NR)

PARKS DIRECT CODE: 15502-511F

Come and create some colorful memories. Learn how you can create your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

Yoga for Sciatic Pain Relief

Friday, October 11

Maryland Room

9:30-10:30 am

FREE

PARKS DIRECT CODE: 17504-511H

Is Sciatica affecting you mentally and physically? Join in a Special Yoga/Mudras class focusing on stretches and hand movements for sciatica pain relief. A brief survey will be provided after class to obtain feedback on the session. Bring your own mat.

CSSAC Cinema

Friday, October 11

Multipurpose Room

1-3:30 pm

FREE

PARKS DIRECT CODE: 26604-511B

Join us for an afternoon movie along with popcorn and a drink. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.

All about Houseplants

Friday, October 11

Potomac Room

12 noon-1:30 pm

FREE

PARKS DIRECT CODE: 20507-511B

Growing house plants is a lovely way to bring some greenery inside your home while also purifying your indoor air. Sign up for this session and learn from Master Gardeners on how to select houseplants that are easy to care for, under or overwatering, feeding, fertilizing and proper repotting.

Introduction to Medicare

Wednesday, October 16

Social Room

11 am-12:30 pm

FREE

PARKS DIRECT CODE: 20515-511A

Seeking Guidance on Navigating Your Medicare Coverage Options? The State Health Insurance Program (SHIP) Presents: "Introduction to Medicare" Seminar. Topics will include Medicare Coverage Options, Prescription Drug Plans Supplemental Coverage, Medicare Advantage Plans, Medicare Savings Programs, Plan Finder Guide and Medicare Fraud/Scams.

Purple Thursday

Thursday, October 17

FREE

Show your support for Domestic Violence Awareness Day by wearing purple. This simple act helps raise awareness in support of victims and their families. A small token will be available at the front desk while supplies last.

Bingo

Thursday, October 17

Social Room

10 am-12 noon

FREE

PARKS DIRECT CODE: 26504-511B

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.

Enjoy Tunes from Bliss Ananda and Band

Tuesday, October 22

Multipurpose Room

1-2:00 pm

FREE

Bliss Ananda is a classically trained violinist, who has captivated audiences in the Washington D.C. metropolitan area with his signature "Blue Violin" for nearly three decades. Stop by and enjoy the melodious sounds. An M-NCPPC Senior ID Card and required. Please sign up at the front desk.

The Importance of Wills & Estate Planning with DTA Enterprise **Wednesday, October 23**

Chesapeake Room

12 noon-1 pm

FREE

Do you have a Will? You've been thinking about it? I don't have much, is it necessary? This session will cover the importance of a Will. Reservations are required. Please sign up at the front desk.

Blood Pressure Screening by MedStar

Wednesday, October 30

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.

October Birthday Celebration
Social Room
FREE

Wednesday, October 30
2-3 pm

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

November 2024

Powerful Tools for Caregivers (PTC)
Blue Heron
FREE

Friday, November 1
1-3:30 pm

Are you caring for someone with an injury or illness, such as dementia, cancer, heart disease, Parkinson's disease, or a stroke? Prince George's County Department of Family Services will be sharing the importance of taking care of yourself as a caregiver. **The program will run for 6 weeks.** The workshop is free. For registration and more information, call Jackie Harley, the Health Promotion Coordinator at 301-248-0039 or 443-386-1508, or email her at jcharley@co.pg.md.us.

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, November 6
11 am-12 noon

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, November 8
1-3:30 pm

PARKS DIRECT CODE: 26604-511C

Join us for an afternoon movie along with popcorn and drinks. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.

Paint and Sip with Tisha
Chesapeake Room
FEE: \$12 (R); \$16 (NR)

Wednesday, November 13
12:30-2:30 pm

PARKS DIRECT CODE: 15502-511G

Come and create some colorful memories, join us in sipping and creating your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

Enjoy Tunes from Kaba
Multipurpose Room
FREE

Wednesday, November 20
2-3:00 pm

Kaba (Soul Singer) is a DC-based soul singer. His fusion of soul, jazz, traditional Black spirituals, blues, hip-hop, spoken word and world music creates an aural panoply of the worldwide African experience. Come clap your hands snap your fingers and stomp your feet. An M-NCPPC Senior ID Card is required. Please sign up at the front desk.

Bingo
Social Room
FREE

Thursday, November 21
10 am-12 noon

PARKS DIRECT CODE: 26504-511C

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.

November Birthday Celebration
Social Room
FREE

Monday, November 25
2-3 pm


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

Camp Springs Senior Activity Center: Trips

TRIP INFORMATION

Please only register one name per registration.

Fee includes admission and transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required. Patrons must **arrive at least 30 minutes** before departure time to complete the check-in process. Patrons are expected to return with the group to Camp Springs Senior Activity Center following each trip.

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

Bowling at Crofton

Crofton, MD

10 am-4 pm

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

PARKS DIRECT CODE: CSSAC-20240905

Thursday, September 5

PARKS DIRECT CODE: CSSAC-20241010

Thursday, October 10

PARKS DIRECT CODE: CSSAC-20241107

Thursday, November 7

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.

Bon Appetit

11 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20240910 Blue Dolphin

Tuesday, September 10

PARKS DIRECT CODE: CSSAC-20240917 Fogo de Chao

Tuesday, September 17

PARKS DIRECT CODE: CSSAC-20241015 Shake Shack

Tuesday, October 15

PARKS DIRECT CODE: CSSAC-20241119 Carrabba's

Tuesday, November 19

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: \$7-55). Fees include transportation on an M-NCPPC activity bus.

Franciscan Monastery
Washington, DC



Tuesday, September 3
10 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20240903

You are sure to enjoy this serene trip to the Franciscan Monastery Gardens. The tour includes viewing the Upper Gardens, Lower Gardens, and the farm, which is behind the Monastery. The farm is a major food source where produce is grown and given to area residents. There is plenty of walking but, afterwards, lunch (that you will bring on your own) will be eaten at "Angel Park", the picnic area on these tranquil grounds. Admission is free. Fees include transportation aboard an M-NCPPC activity bus. Register early, space is limited.

Charles County Fair
La Plata, MD



Saturday, September 14
10 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20240914

Hey, we are taking a trip to the 100th annual Charles County Fair. The fair will include special events to celebrate its history, livestock, food vendors, music and more. Tickets will be purchased on your own at the gate for \$10.00. Fees include transportation aboard an M-NCPPC activity bus.

Museum of the Bible
Washington, DC



Monday, September 16
10 am- 3 pm

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

PARKS DIRECT CODE: CSSAC-20240916

A remarkable experience is waiting for you. Using innovative 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. Lunch at your own expense. Space is limited.

SAARC Senior Program Pool Side Party
Brandywine, MD

Wednesday, September 25
11:30 am- 2:30pm

FREE

PARKS DIRECT CODE: CSSAC-20240925

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing soft drink and listen to some old school tunes. Transportation will be provided on an M-NCPPC activity bus.

Original Sewing and Quilt Expo 

Fredericksburg, VA

FEE: \$30 (R); \$ 39 (NR)

PARKS DIRECT CODE: CSSAC-20240926

The Expo is a place to find the latest sewing and quilting techniques and products and learn new skills with innovative education. It is where the sewing community comes together to encourage and inspire. Fees include transportation aboard an M-NCPPC activity bus, class voucher and a shopping bag.

Thursday, September 26

9 am-3 pm

The National Blacks in Wax 

Baltimore, MD

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

PARKS DIRECT CODE: CSSAC-20240928

Take an hour and a half-guided tour to one of Baltimore's cultural gems. This is one of the only wax museums in the nation dedicated to the study and preservation of African American history. There are over two hundred life-size wax figures in dramatic, three-dimensional scenes that capture significant moments in history. Fees include admission and transportation aboard an M-NCPPC activity bus. Lunch at your own expense.

Saturday, September 28

10 am-4 pm

The Addams Family at Toby's Dinner Theater

Columbia, MD

FEE: \$75 (R); \$98 (NR)

PARKS DIRECT CODE: CSSAC-20241009

This comical feast embraces the wackiness in every family and takes the musical theatre scene by storm with some of the most beloved characters of all time! Fees include transportation aboard an M-NCPPC activity bus. Register early, tickets are limited.

Wednesday, October 9

9 am-4 pm

Fabric Place Basement

Alexandria, VA

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

PARKS DIRECT CODE: CSSAC-20241014

Calling all sewers, quilters, home decorators, knitters, crocheters and crafters, are you looking for something unique? This store may have exactly what you need for all your fall creations. So, hop on the bus with us and get the supplies you need. We will have lunch at a local restaurant at your own expense. Fees include transportation aboard an M-NCPPC activity bus.

Monday, October 14

10 am-2 pm

**Sugarloaf Mountain Vineyard
Dickerson, MD**



**Saturday, October 19
11 am-5 pm**

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

PARKS DIRECT CODE: CSSAC-20241019

Tour the winery and enjoy tastings of SMV full selection of wines. You are welcome to bring your own food, or you can purchase packaged cheese and charcuterie. Food and wine at your own expense. DM Sliders food truck will be on site. Enjoy live music performed by Juliet Lloyd. Fee includes transportation aboard an M-NCPPC activity bus.

**Giant Healthy Living Store Tour
Fort Washington, MD**



**Tuesday, November 12
11 am- 12:30 pm**

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

PARKS DIRECT CODE: CSSAC-20241112

Take a one-hour interactive tour at Giant Food Store and meet with a Nutritionist and receive healthy and helpful resources at the newly opened Livingston Road location. Bring a shopping bag. Fee includes transportation aboard an M-NCPPC activity bus.

**Potomac Mills Shopping and Home Comfort Cafe
Woodbridge, VA**



**Thursday, November 14
10 am- 4:00 pm**

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

PARKS DIRECT CODE: CSSAC-20241114

A fun shopping excursion at Potomac Mills with over two hundred premium indoor stores. Explore stores such as Bloomingdales Outlet, Coach, and Yankee Candle to name a few. Lunch will be at the Home Comfort Café at your own expense. Fee includes transportation aboard an M-NCPPC activity bus.

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
Ping Pong <i>New</i>	Potomac Room	<u>Thursdays</u>	12:30-3:30 pm	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

Fall 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.

- September: *Willow Weep for Me: A Black Woman Journey Through Depression*
By Meri Nana-Ama Danquah
- October: *The Wind Knows My Name*
By Isabel Allende
- November: *Damon Copperhead*
By Barbara Kingsolver



Circuit Workout

Mondays, September 9-October 28, 5:30-6:30 pm

Activity Code: 17681-579B

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.

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.