

SAARC Senior Program



Southern Area Aquatics & Recreation Complex
3601 Missouri Avenue – Brandywine, Maryland 20613



September, October, November - 2024

SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SCHEDULED PROGRAM CLOSURES:

Monday, September 2, 2024: Labor Day (center closing at 4 pm)-

Thursday, November 28, 2024: Thanksgiving

Friday, November 29, 2024: Employee Appreciation Day

SAARC HOURS OF OPERATION		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 / 5:30-8:30 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 is closed on the above-mentioned dates even though the center may be open for operation. Thank you.

Fall 2024 Registration

- Registration begins **Wednesday, August 14, 2024**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, August 21, 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.



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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>	Monday Sep 23-30 Oct 7 & 28 Nov 4-11	9:30-11:30 am	MP Rm B & C	15501 575A 575B 575C	\$24; \$32
 Quilting <i>w/ Tisha Thorn</i>	Monday Sep 23-30 Oct 7 & 28 Nov 4-11	Noon-2 pm	MP Rm B & C	15504 575A 575B 575C	\$24; \$32
 Balance & Stretch <i>w/ Patricia Partee</i>	Monday Sep 16-30 Oct 7-28 Nov 4-25	9:15-10 am	Group X Rm 1	17543 575A 575B 575C	\$17; \$20 \$20; \$26 \$20; \$26
 Chair Aerobics <i>w/ Patricia Partee</i>	Monday Sep 16-30 Oct 7-28 Nov 4-25	10:30-11:130 am	Group X Rm 1	17530 575A 575B 575C	\$15; \$20 \$22; \$29 \$22; \$29
 Smart Devices <i>w/ Debbie Tharps</i>	Tuesday Sep 3-24 Oct 1-22 Nov 5-26	10-11:30 am	Party Room 2	14506 575A 575B 575C	\$20; \$26
 Exercise <i>w/ Patricia Partee</i>	Tuesday & Thursday Sep 17-26 Oct 1-24 Nov 5-26	11 am-Noon	Group X Rm 1	17517 575A 575B 575C	\$14; \$19 \$28; \$37 \$25; \$33
 Zumba Fit <i>w/ Patricia Partee</i>	Tuesday & Thursday Sep 17-26 Oct 1-24 Nov 5-26	12:30-1:30 pm	Group X Rm 1	17529 575A 575B 575C	\$14; \$19 \$28; \$37 \$25; \$33
 Yoga (no chair) <i>w/ Steve Wolf</i>	Wednesday Sep 4-25 Oct 2-23 Nov 6-27	11:15 am-12:15 pm	Group X Rm 1	17504 575A 575B 575C	\$22; \$29







Chair Yoga  <i>w/ Steve Wolf</i>	<u>Wednesday</u> Sep 4-25 Oct 2-23 Nov 6-27	12:30-1:30 pm	Group X Rm 1	17504 575D 575E 575F	\$22; \$29
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Sponsored by Southern Recreation & Leisure Services


Spinning  <i>w/ Lashsa</i>	<u>Monday & Wednesday</u> Sep 2-Oct 2 Oct 7-21 Nov 4-27	9:30-10:30 am	Spin Room	17540 575A 575B 575C	\$40; \$52 \$20; 26 \$32; \$42
	Sep 2-Oct 2 Oct 7-21 Nov 4-27	10:45-11:45 am		575D 575E 575F	

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
Knitting 	<u>Monday</u>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
Bingo Plus-2 nd Tuesday of the month					
Line Dance 	<u>Friday</u>	11 am-1 pm	Group X	Show Up Activity	FREE
	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE

- No classes – November 28-29 - Thanksgiving
- Knitting – Patrons must purchase their own materials.

SAARC Senior Program: Blood Pressure Screening

BP Screening  <i>w/ Med Star</i>	<u>Thursday</u> November 21	11:30 am-1 pm	Party Rm 2	Show Up Activity	FREE
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Autumn is Here!

SAARC Senior Program: Special Events

September

Lunch Time Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20240904

Looking for a midday break? Join us as we sit back, relax, and enjoy the cool grooves of jazz and R & B saxophonist Marcus Mitchell.

Wednesday, September 4

11 am-1 pm

Straight Smoothie no Chaser-Smoothies on the Go

FREE in program room B

PARKS DIRECT: SAARC-SPEC-GA-20240905

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 specially to inspire healthier choices. Register early; an M-NCPPC senior ID card is required.

Thursday, September 5

11 am-1 pm

Grandparents Day Luncheon

Camp Springs Senior Activity Center

\$25(R); \$33(NR)

Parks Direct: 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.

Thursday, September 12

Noon-2:30 pm

SAARC Cinema Presents

FREE in multi-purpose room A

Please join us as we sit back, relax, and enjoy the movie of the month. -

Thursday, September 12

11 am-1 pm

First Aid/CPR with Felicia

FREE in program room B

Parks Direct: 20431-575A

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

Monday, September 16

10 am-Noon

Lunch & Learn – ClearCaptions

FREE

Trouble hearing on the phone. Never miss a word, wherever you are. If you have hearing loss that makes it difficult to use the phone, you may qualify to receive a ClearCaptions Phone at no cost to you. ClearCaptions delivers near real-time phone captioning—you'll see the words your callers say. Join us to **learn** about the program and how to qualify.

Tuesday, September 17

11 am-1 pm

Seeking Guidance on Navigation Medicare**Wednesday, September 18****FREE in program room B****10:30-11:30 am**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

Healthy, Well & Wise – Fall Factor Fitness with Gala**Tuesday, September 24****FREE in program room B****11-11:45 am**

Come and partake in exercise that builds leg strength and improves body mechanics and balance, which is all important to reducing falls.

Active Aging Week –Pool Side Party**Wednesday, September 25****FREE****Noon-2 pm**

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.

Active Aging Week – Pickleball**Tuesday & Thursday, September 24 & 26****FREE****9 am-1 pm**

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle or one can be provided at the center.

Medicare 101**Thursday, September 26****FREE in program room B****11 am-12:30 pm**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

October

Medicare and You**Tuesday, October 1****FREE in program room B****11 am-12:30 pm**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

Lunch Time Listening**Wednesday, October 2****FEE: \$5****11 am-1 pm****PARKS DIRECT: ACHD-SPEC-GA-20241002**

Come enjoy listening to jazz harmonicist Avon Dews as he enchants you with his cool style, adding a touch of funk that keeps you wanting more.

Healthy, Well & Wise – Pastries & Paint**Thursday, October 3****FEE: \$5(R); \$7(NR) in program room A & B****11 am-12:30 pm****Parks Direct: 30504-575A**

Come and create colorful memories! Join us for pastries while you create your own masterpiece on canvas.

Healthy, Well & Wise – Partnering with your Doctor

FREE in multi-purpose room A

Come and learn a few key elements on how to develop a good patient-doctor relationship.

Tuesday, October 15

12:30-2 pm

Healthy, Well & Wise – Fall Factor Fitness with Gala

FREE in multi-purpose C

Come and partake in exercise that builds leg strength and improves body mechanics and balance, which is all important to reducing falls.

Tuesday, October 22

11-11:45 am

BluesFest

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

Parks Direct: SAARC-SPEC-GA-20241030

Come join us for some Down-Home Blues featuring Memphis Gold and the band as they take you back to the golden age of blues! Light refreshments provided.

Wednesday, October 30

11 am-1:30 pm

November

Lunch Time Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20241106

DC's queen of Blues Carly Harvey performs and discusses her work and her intersectionality as an African and Native American woman.

Wednesday, November 6

11 am-1 pm

Healthy, Well & Wise – Fall Factor Fitness with Gala

FREE in program room B

Come and partake in exercise that builds leg strength and improves body mechanics and balance, which is all important to reducing falls.

Tuesday, November 19

11-11:45 am

Healthy, Well & Wise – Identity Thefts and Scams

FREE

Join us as we discuss our health and lifestyle for the aging individual presented by Humana.

Thursday, November 21

12:30-2 pm

SAARC Senior Program: Trips

BON APPETIT: Mystery Restaurant

FEE: \$10

Parks Direct: SAARC-20240919

Parks Direct: SAARC-20241010

Parks Direct: SAARC-20241114

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: \$15-35). Fee includes transportation on the M-NCPPC Activity Bus. Meals at your own expense.

11 am-2 pm

Thursday, September 19

Thursday, October 10

Thursday, November 14



Luther Vandross Relives**Saturday, October 5****FEE: \$40****8 pm****Parks Direct: SAARC-20241005**

Let's go to Harmony Hall Arts Center to experience the magic of Luther Vandross brought back to life in a spectacular tribute performance by William "Smooth" Wardlaw. You will be taken on a musical journey through the soulful hits and timeless classics that defined an era. Be prepared to be mesmerized by the smooth melodies and heartfelt lyrics that made Luther Vandross a legend. Fee includes admission and transportation on M-NCPPC Activity Bus.

Harriet Tubman Museum**Thursday, October 17****\$20(R); \$26(NR)****10 am-5 pm****Parks Direct: SAARC-20241017**

Join us as we visit the Tubman Museum which offers exhibits, art related to the Underground Railroad, a short film about Tubman's life, a resource area, a gift shop and a live redemption of Harriet Tubman by Jance the Griot. Fee includes admission and transportation on M-NCPPC Activity Bus.

Harmony Hall Arts Center Gallery**Thursday, October 24****FREE****11 am-2 pm****Parks Direct: SAARC-20241024**

Join us for a day at Harmony Hall Arts Center to view the latest art exhibit then lunch at MaryLou's restaurant. Fee includes transportation on M-NCPPC Activity Bus. Meals at your own expense.

Washington Commanders vs Carolina Panthers**Sunday, October 20****\$140(R); \$182(NR)****2:30-8:30 pm****Parks Direct: SAARC-20241020**

GAME ON! Let's join and cheer for our Commanders as they try and defeat the Carolina Panthers. Also, Darrell Green is set to take his rightful place among Washington Football legends as the Commanders will retire his #28 jersey. These tickets are club seats. Fee includes admission to the game and transportation on the M-NCPPC Activity Bus. It does not include food. **This trip requires a lot of walking and stair climbing.**

Dutch Farmers Market - Laurel, MD**Tuesday, October 29****\$10(R); \$13(NR)****10 am-2 pm****Parks Direct: SAARC-20241029**

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. Fee includes transportation on M-NCPPC Activity Bus.

Maryland Live & Arundel Mills Mall**Thursday, November 7****\$10(R); \$13(NR)****9:30 am-3 pm****Parks Direct: SAARC-20241107**

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination with more than 200 stores. Fee includes transportation on M-NCPPC Activity Bus.

A Tribute to the Music of Motown

Saturday, November 16

FEE: \$35

8 pm

Parks Direct: SAARC-20241116

Harmony Hall Arts Center is hosting A Tribute to the Music of Motown. Come experience a soul-stirring tribute to Motown's greatest hits. From the iconic sounds of The Temptations to the soulful melodies of Marvin Gaye and Tammi Terrell. This tribute promises an unforgettable journey through the heart and soul of Motown. Fee includes admissions and transportation on M-NCPPC Activity Bus.

Westminster Blues Night, Washington, DC

Monday, November 18

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

4:30-9:30 pm

Parks Direct: SAARC-20241118

Enjoy some of the 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 the M-NCPPC Activity Bus.

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.

Special Events

Senior Picnic and Fitness Day

Friday, September 27

FREE

10 am-2 pm

Location: Six Flags America, Bowie, MD

The Department of Family Services (DFS), in partnership with the M-NCPPC, Department of Parks and Recreation, is hosting the annual Senior Picnic and Fitness Day at Six Flags America in Bowie. Prince George's County residents who are 60 years and older are encouraged to participate in this event that will feature dancing, fitness, food, and local vendors. Registration is required to attend. More information and the registration link will be available soon.

2024 Senior Veterans Celebration

Friday, November 8

FREE

11 am-1 pm

SPD-SPEC-GA-20241108

Location: Martin's Crosswinds Greenbelt

The M-NCPPC, Department of Parks and Recreation, is hosting the annual Senior Veterans Day Celebration at Martin's Crosswind. Prince George's County residents who are 60 years and older are encouraged to participate. More information and the registration link will be available soon. **Deadline for registration is Friday, October 18, 2024.**

SAARC Senior Program: Information Corner



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.