

Camp Springs Senior Activity Center

Winter Calendar

December 2024, January, February 2025



Welcome to Camp Springs Senior Activity Center

HOURS OF OPERATION:

Monday – Friday 9 am-4:30 pm
Saturday 9 am-1 pm



SCHEDULED CLOSURES:

Wednesday, December 25, 2024: Christmas Day

Wednesday, January 1, 2025: New Year's Day

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

Winter Registration

- Registration begins **Wednesday, November 13, 2024, for Residents (R)** only.
- Note: The center will open at 9:00 am on **Wednesday, November 13** to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on **Wednesday, November 20, 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> December 5 January 9 February 6	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> Dec 7	9:30 am-1 pm			
Computer Level 1	<u>Monday & Wednesday</u> Dec 2-Dec 11 Jan 6-Jan 15 Feb 3-Feb 12	12:15-2:15 pm	Potomac Room	14501-111A 14501-111B 14501-111C	\$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> Dec 16-30 Jan 20-Jan 29 Feb 17-Feb 26	12:15-2:15 pm	Potomac Room	14502-111A 14502-111B 14502-111C
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> Dec 20 Jan 17 Feb 21	12:30-1:30 pm	Potomac Room	14505-111A 14505-111B 14505-111C	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.					
Belly Dance <i>New</i>	<u>Saturday</u> Dec 7-Dec 21 Jan 4-Jan 25	11:45 am-12:30 pm	Maryland Room	17522-111A 17522-111B	FREE
Creative Paper Crafting	<u>Monday</u> Dec 2-Dec 23 Jan 6-Jan 27	10 am-12 noon	Blue Heron Room	15502-111A 15502-111B	\$16 (R); \$21 (NR) \$16 (R); \$21 (NR)
Total Body Workout (Exercise)	<u>Monday & Friday</u> Dec 2-Dec 27 Jan 6-Jan 31 Feb 3- Feb 28	10:30-11:15 am	Multipurpose Room	17517-111A 17517-111B 17517-111C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	Dec 2-Dec 27 Jan 6-Jan 31 Feb 3-Feb 28	11:30 am-12:15 pm	Multipurpose Room	17517-111D 17517-111E 17517-111F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)
Hand Dancing (Contemporary) Beginner (6 weeks)	<u>Monday</u> Dec 2-Jan 13 Jan 20-Feb17 <i>No Class 12/23</i>	11 am-12:30 pm	Maryland Room	23510-111A 23510-111B	\$28(R); \$36 (NR) \$28(R); \$36(NR)

Hand Dancing (Contemporary) Intermediate (6 weeks)	<u>Monday</u> Dec 2-Jan 13 Jan 20-Feb 17 <i>No Class 12/23</i>	12:30-2 pm	Maryland Room	23510-111C 23510-111D	\$28(R); \$36 (NR) \$28(R); \$36(NR)
Stretch & Tone	<u>Thursday</u> Dec 5-Dec 19 Jan 9-Jan 30 Feb 6-Feb 27	11:30 am-12:30 pm	Multipurpose Room	17501-111A 17501-111B 17501-111C	\$9(R); \$12 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
Line Dance	<u>Wednesday</u> Dec 4-Dec 18 Jan 8-Jan 29 Feb 5-Feb 26	9:30-11:30 am	Maryland Room	23501-111A 23501-111B 23501-111C	\$12 (R); \$16 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance	<u>Saturday</u> Dec 7-Dec 28 Jan 4-Jan 25 Feb 1-Feb 22	9:15-11:15 am	Maryland Room	23501-111D 23501-111E 23501-111F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sign Language (Basic)	<u>Monday & Friday</u> Dec 2- Dec 20 Jan 6-Jan 31 Feb 3-Feb 28 <i>No class on 12/27</i>	10-11:15 am	Chesapeake Room	20501-111A 20501-111B 20501-111C	\$9 R; \$12 (NR) \$12 R; \$16 (NR) \$12 R; \$16 (NR)
Low Impact Aerobics	<u>Thursday</u> Dec 5-Dec 19 Jan 9-Jan 30 Feb 6-Feb 27	9:30-10:30 am	Maryland Room	17521-111A 17521-111B 17521-111C	\$12 R; \$16 (NR) \$16 R; \$21 (NR) \$16 R; \$21 (NR)
Quilting	<u>Friday</u> Dec 6-Dec 20 Jan 10-Jan 31 Feb 7-Feb 28	1-3 pm	Chesapeake Room	15504-111A 15504 111B 15504-111C	\$19(R); \$25 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
Sewing <i>New</i>	<u>Wednesday</u> Dec 11 Jan 22 Feb 12	9:30-11:00 am	Chesapeake Room	15501-111A 15501-111B 15501-111C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Smart Gadgets	<u>Friday</u> Dec 6-Dec 20 Jan 10-Jan 31	10-11:30 am	Blue Heron	14506-111A 14506-111B	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR)
Gentle Yoga	<u>Tuesdays</u> Dec 3-Dec 17 Jan 7-Jan 28 Feb 4-Feb 25	9:30-10:30 am	Multipurpose Room	17504-111A 17504-111B 17504-111C	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Virtual Chair Yoga	<u>Monday</u> Dec 2-Dec 23 Jan 6-Jan 27 Feb 3-Feb 24	12:30-1:30 pm	Virtual Room	31515-111A 31515-111B 31515-111C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Yoga: For Increased Strength	<u>Thursdays</u> Dec 5-Dec 19 Jan 9-Jan 30 Feb 6-Feb 27	9:30-10:30 am	Multipurpose Room	17504-111D 17504-111E 17504-111F	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)

Camp Springs Senior Activity Center: Special Events

December 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, December 4

11 am-12 noon

The Importance of Wills & Estate Planning

with DTA Enterprise Pt.2

Chesapeake Room

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.

Wednesday, December 4

12 noon-1 pm

Living Well with Gout

Potomac Room

FREE

CSSAC-SPEC-GA-20241205

Gout is not only treatable, it's one of the few preventable forms of arthritis. The challenge is making sure you get the care you need and follow through with it. Learn all about gout and get the best management strategies for you.

Thursday, December 5

1-2 pm

It's a Yin Thing

Maryland Room

FREE

Activity Code: 17504-111G

Yin yoga is a quiet contemplative practice, which consists of a series of long-held floor poses on your mat that work the lower part of the body (i.e., hips, pelvis, inner thighs, lower spine). It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. The poses are held for up to five minutes, sometimes longer. Make sure to bring a bolster and yoga blocks as they are essential for this practice.

Friday, December 6

9:30-10:30 am

Drum-n-Tone
Maryland Room
FREE

Friday, December 6
1-2:00 pm

Activity Code: 17546-111A

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.

CSSAC Sock Drive

Monday, December 2

National Sock Day is celebrated on December 9th, but here at Camp Springs Senior Activity Center, we will celebrate the entire month of December by providing socks for the homeless. It's the season of giving, so bring a new pair of socks for men, women and children. Drop the socks in the box in the CSSAC lobby during regular hours of operation. Donations will be accepted from **Monday, December 2 to Monday, December 30**. Donations will be delivered to United Communities Against Poverty (UCAP), a local organization servicing the homeless community.

Lockdown Safety:
Empowering Seniors for Emergency Preparedness
Social Room
FREE

Monday, December 9
12:30-1:30 pm

PARKS DIRECT CODE: 20515-111A

Join Corporal Tucker with the M-NCPPC Park Police for an afternoon of awareness. Learn how to keep you and your loved ones safe. This will be an informative and interactive presentation focused on lockdown safety. As safety concerns continue to evolve, it's crucial for our senior community to be well-prepared and informed. This event will cover essential topics such as Understanding lockdown procedures and their importance, steps to take during a lockdown situation, resources available for seniors and caregivers, tips for staying calm and collected during emergencies.

Memory Screening
Conference Room
FREE

Wednesday, December 11
11:00 am-1 pm

Dementia Friendly Prince George's County, qualified healthcare professionals will provide free, confidential memory screenings. The screenings consist of a face-to-face meeting with a qualified screener and include a series of questions and tasks that will take about 10 minutes. Results and information will be provided. Please keep in mind that the screenings are not a diagnosis, but rather a baseline of where you are. Sign up for an appointment at the center's front desk as registration is not available online and appointments are limited.

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

Wednesday, December 11
12:30-2:30 pm

PARKS DIRECT CODE: 15502-111D

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

Don't Get Taken During the Season of Giving
Social Room
FREE

Thursday, December 12
12 noon-1 pm

Join us in finding out how to protect yourself from the scammers, who strike almost everywhere from the phone, the internet, the mail, email, and text messaging. Know what to take and what not to take on your holiday shopping trip. Get tips on ordering online securely and learn to communicate with friends and family safely during the holidays. Sign up early at the CSSAC front desk.

Gingerbread House Decorating Day
Blue Heron Room
FEE: \$12 (R); \$16 (NR)
PARKS DIRECT CODE: 15502-111G

Friday, December 13
12:30-2:30 pm

Whether you're a craftsman or an eater, today is the day for you to build your own house and enjoy the fruit of your labor. All treats and supplies included for your work of art. Patrons can bring additional candy of their choice to embellish their project. Register early – space is limited.

CSSAC Cinema
Multipurpose Room
FREE

Friday, December 13
1-3:00 pm

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. You are welcome to bring your own snacks. Sign up early at the CSSAC front desk.

Holiday Sing -A-Long
Social Room
FREE

Tuesday, December 17
1-2 pm

Come join the Holiday Sing-A-Long. No special vocal skills are required-just good ole fun. Peter Patente, SAGE Piano Instructor, will be the accompanist for this event. An M-NCPPC Senior ID Card and reservations are required. Sign up early at the CSSAC front desk.

Holiday Luncheon
Multipurpose Room
FEE: \$25 (R); 33 (NR)
PARKS DIRECT CODE: CSSAC-SPEC-GA-20241218

Wednesday, December 18
2-5:30 pm

For this holiday luncheon, attendees will be treated to a festive atmosphere, complete with a live DJ spinning upbeat holiday tunes and classic favorites. You can relax, enjoy a catered and even hit the dance floor if you feel the holiday spirit.

Bingo
Social Room
FREE

Thursday, December 19
10 am-12 noon

PARKS DIRECT CODE: 26504-111A

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.

Holiday Ugly Sweater Social
Social Room
FREE

Friday, December 20
12 noon-2 pm

PARKS DIRECT CODE: CSSAC-SPEC-GA 20241220

Your ugly sweater just might be the winner. Join in the fun and participate in the CSSAC UGLY HOLIDAY SWEATER CONTEST! Eligibility requirements for Contest – You must wear a holiday-or-winter themed sweater, sweatshirt, or sweater vest. You may add to or alter your sweater in any way you like. LET’S GET CREATIVE! All items must be “attached” to your sweater. Make it all that and a bag of chips! Prizes will be awarded to the WEIRDEST, MOST FESTIVE and MOST EMBELLISHED garment. Music by DJ Ron. Light refreshments served

Kwanzaa at CSSAC
Social Room
FREE

Friday, December 27
12 noon-1:30 pm

Learn who, what and why. This documentary will teach about history, principles, and symbols of Kwanzaa. Very informative session. Sign up early at the CSSAC front desk.

January 2025

Happy New Year

Men’s Panel Discussion
Chesapeake Room
FREE

Wednesday, January 8
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. Sign up early at the CSSAC front desk.

2025 New Year White Out**Multipurpose Room****FEE: \$25 (R); \$33 (NR)****PARKS DIRECT CODE: CSSAC-SPEC-GA-20250109**

Set the tone for commUNITY for the 2025 New Year. Wear your favorite white outfit to this all white affair. Enjoy live entertainment featuring The Tribe Band and a catered meal. Don't be left out in the cold, seats are limited. Register early.

Thursday, January 9**1-3:30 pm****CSSAC Cinema****Multipurpose Room****FREE**

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. Sign up early at the CSSAC front desk.

Friday, January 10**1-3:00 pm****Beneficiary Provisions with DTA Enterprise****Chesapeake Room****FREE**

Do you know your beneficiaries on all your accounts and what is the cost if it is not designated? This informative session will cover the importance of selecting a beneficiary. Reservations are required. Please sign up at the CSSAC front desk.

Wednesday, January 15**12 noon-1 pm****Bingo****Social Room****FREE****PARKS DIRECT CODE: 26504-111B**

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

Thursday, January 16**10 am-12 noon****Drum-n-Tone****Maryland Room****FREE****Activity Code: 17546-111B**

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, January 17**1-2:00 pm****Happy Birthday Dr. Martin Luther King Jr.****Social Room****FREE**

In honor of Dr. Martin Luther King Jr.'s birthday, join us for a special screening of one of his powerful films. Don't miss the chance to reflect on Dr. King's legacy through the lens of one of the most pivotal moments in American History. Complimentary popcorn, a sweet treat and a drink will be served. Sign up early at the CSSAC front desk.

Monday, January 20**1-3:00 pm**

Paint and Sip with Tisha
Chesapeake Room

Wednesday, January 22
12:30-2:30 pm

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

PARKS DIRECT CODE: 15502-111E

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

Soup for the Soul
Social Room

Wednesday, January 22
11 am-1 pm

FREE

PARKS DIRECT CODE: CSSAC-SPEC-GA- 20250122

Soup is the common meal in many countries and dates back to the invention of the earliest cooking pots. In celebration of National Soup Month, come enjoy a warm bowl of soup. Soup is available while supplies last.

National Hot Chocolate Day-Chat and Sip with A Cop
Social Room

Wednesday, January 29
9:30 -10:30 am

FREE

This day is dedicated to the rich and comforting beverage that has been warming hearts and souls for centuries. Whether it's a classic hot cocoa made with milk and cocoa powder, or a gourmet version made with dark chocolate, whipped cream, and marshmallows, hot chocolate is a timeless treat. Come chat and sip hot chocolate with Cpl. Tucker, Prince George's County Parks and Recreation Park Police Officer. You will be able to create your own hot chocolate drink by adding flavorings, candies, fun toppings, and syrups to your own liking. Sign up early at the CSSAC front desk.

Puzzle Day
Social Room

Wednesday, January 29
12:30 -2:30 pm

FREE

Let's have a puzzle party! There are jigsaw puzzles of all kinds, from simple designs for early childhood to complex, limited-edition pieces that challenge even the most devoted puzzle enthusiasts. How fast can you put together a 36-piece puzzle? Come and try your best to beat the rest! Prizes will be given to the 1st, 2nd and 3rd place winners. Sign up early at the front desk. Light refreshments will be served.

Train Your Brain
Potomac Room

Thursday, January 30
12 noon -1:30 pm

FREE

PARKS DIRECT CODE: 20515-111A

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.

February 2025

Men's Panel Discussion
Chesapeake Room
FREE

Wednesday, February 5
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. Sign up early at the CSSAC front desk.

Drum-n-Tone
Maryland Room
FREE

Friday, February 7
1-2:00 pm

Activity Code: 17546-111C

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.

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

Wednesday, February 12
12:30-2:30 pm

PARKS DIRECT CODE: 15502-111F

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.

How Sweet It Is-Candy Making Workshop
Chesapeake Room
FEE: \$10(R); \$13 (NR)

Thursday, February 13
1-3 pm

PARKS DIRECT CODE: 15502-111H

This is the month of sweetness. Learn how to make delicious candy treats in a variety of shapes and sizes. You might be the next Hershey's, Mars or Willy Wonka with your own factory. Your sweet tooth will be happy if you sign up for this workshop. Fees include supplies for this session.

Eating for Heart Health Nutrition Workshop
Chesapeake Room

Wednesday, February 19
1-2 pm

PARKS DIRECT CODE: SPD-SPEC-GA-20250219

Heart disease is a leading cause of death among African Americans, and it is closely linked to diet and lifestyle. In honor of Black History Month and Heart Health Month, join us to explore how the foods you eat affect your heart. Learn how to eat for your heart, manage cholesterol and hypertension, and improve your numbers (and your health).

Bingo
Social Room
FREE

Thursday, February 20
10 am-12 noon

PARKS DIRECT CODE: 26504-111C

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Sign up early at the CSSAC front desk.

Jeopardy -The Black History Edition
Social Room
FREE

Friday, February 21
12:30-2 pm

PARKS DIRECT CODE: 12503-111A

Join us for an exciting and educational journey through Black history, culture, and achievements! This Jeopardy game will challenge your knowledge of key historical figures, pivotal moments in the civil rights movement, influential artists and inventors and more. Compete with friends while celebrating the rich legacy and contributions of Black individuals throughout history. Whether you are a history buff or just want to have fun and learn something new.

Quarterly Birthday Celebration
Social Room
FREE

Monday, February 24
2-3 pm

Come and celebrate all the magnificent patrons born in the month of December, January and February. A birthday treat will be provided. Sign up early at the CSSAC front desk. Space is limited.

CSSAC Cinema
Multipurpose Room
FREE

Friday, February 28
1-3:00 pm


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. You are welcome to bring your own snacks. Sign up early at the CSSAC front desk.

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. Don't forget to check your voicemail for reminder calls. If you require special accommodations, please notify Trip Leaders in advance.

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-20241205

Thursday, December 5

PARKS DIRECT CODE: CSSAC-20250109

Thursday, January 9

PARKS DIRECT CODE: CSSAC-20250206

Thursday, February 6

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$11 paid in cash each. Enjoy two games of bowling and lunch TBD. Lunch is at your own expense. Average menu prices: \$5 - \$30. Fees include transportation on an M-NCPPC activity bus.

Mystery Restaurant

11 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20241210

Tuesday, December 10

PARKS DIRECT CODE: CSSAC-20250114

Tuesday, January 14

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.

Bon Appetit

11 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20250108 Golden Corral

Wednesday, January 8

PARKS DIRECT CODE: CSSAC-20250218 Japanese Steak House

Tuesday, February 18

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.

Shopping Trip to King of Prussia Mall



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

PARKS DIRECT CODE: SAARC-20241207

PARK DIRECT CODE: CSSAC-20241207

Saturday, December 7

7:30 am-7 pm

8 am-6:30 pm

Let's go shopping at the largest shopping mall in Pennsylvania and the third largest in the U.S. The mall has a diverse mix of over 400 stores, dining options and attractions. Cost includes transportation on a chartered motor coach bus with restroom.

Holiday Concert

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

Ticket Code: SPD-SPEC-GA-20241212

Thursday, December 12

9:00 am-4:00 pm

Showtime 10:30 am-12:00 noon

Join us for a festive celebration this holiday season with a lively concert by The Rise Band and Show! Their music is sure to get you into the holiday spirit. Doors open at 10:15 AM. Be sure to register early, as seating is limited. The ticket fee includes admission and transportation to the performance on an M-NCPPC activity bus. Lunch on your own at a nearby restaurant.

Bring a printout of your receipt for entrance to the show.

Location: Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel 20707

For more information call 301-446-3400 or email seniors@pgparks.com

A Tribute to Donny Hathaway and Roberta Flack

Harmony Hall Arts Theater

Fort Washington, MD

FEE: \$35 (R); \$45 (NR)

PARKS DIRECT CODE: CSSAC-20241214

Saturday, December 14

7-11 pm

"A Tribute to the Music of Donny Hathaway and Roberta Flack" features National Recording Artists Jamar Dukes and Shuga Shang. Join us for an evening of live music celebrating these incredible artists. Close your eyes and savor Jamar Dukes' renditions of beloved Donny Hathaway ballads like "The Ghetto," "Someday We Will All Be Free," and "A Song For You." Shuga Shang pays homage to Roberta Flack with hits including "Killing Me Softly," "First Time I Ever Saw Your Face," and their duets like "I Who Have Nothing" and "Where is the Love." Fees include admission and transportation on an M-NCPPC activity bus.

Festival of Lights, Watkins Park

Kettering, MD

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

PARKS DIRECT CODE: CSSAC-20241216

Monday, December 16

4 pm-9 pm

Join us as we will dine at and then we will drive through the amazing light show at Watkins Park with over two million twinkling lights. Please bring canned food for donation to a local Food Bank. Fees include transportation on an M-NCPPC activity bus.

Tribute to the Music of Frankie Beverly and Maze
Harmony Hall Arts Center
Fort Washington, MD,
FEE: \$35 (R); \$45 (NR)

Saturday, January 18
6-11 pm

PARKS DIRECT CODE: CSSAC-20250118

Get ready for an unforgettable evening as we pay homage to the iconic music of MAZE and Frankie Beverly, featuring their greatest hits including "Happy Feeling," "Southern Girl," "Before I Let Go," and more. Spread the word and gather your friends for a night of great music and unforgettable memories. Secure your tickets now for what promises to be an evening of soulful tunes and celebration! Fees include admission and transportation on an M-NCPPC activity bus.

Black History in Motion
Publick Playhouse
FEE: \$20(R); \$13 (NR)

Friday, February 7
11 am – 12:30 pm

PARKS DIRECT CODE: SPD-SPEC-GA-20240209

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture while enjoying the sounds of GP Promotions as they perform some old school R & B. Tickets may be purchased at pgparks.com, the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. The ticket fee includes admission and transportation to the performance on an M-NCPPC activity bus. Lunch on your own at a nearby restaurant. **Bring a printout of your receipt for entrance to the show.** The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784.

Alvin Ailey Dance Theater-Kennedy Center
Washington, DC
FEE: \$ 150 (R); \$ 195 (NR)

Saturday, February 8
11:30 am-4 pm

PARKS DIRECT CODE: CSSAC-20250208

Alvin Ailey American Dance Theater has always been a treasured part of the Kennedy Center. The company is a powerful incubator of pure talent, and you'll watch as Ailey's newest dancers showcase their skills amidst the virtuosity of the most tenured artists. The performance ends with the soul-stirring masterpiece *Revelations*. Fees include center orchestra seats and transportation on an M-NCPPC activity bus.

Uplift: Inspirational Dance Festival
Publick Playhouse
Hyattsville, MD
FEE: \$25 (R); \$33 (NR)

Sunday, February 23
3-7 pm

PARKS DIRECT CODE: CSSAC-20250223

Join us for an unforgettable gathering of community, as we witness the power of dance to inspire and transform. The Uplift Dance Festival is more than just a performance; it's an act of sharing and celebration, where each piece tells a story of resilience, hope, and joy. Don't miss this opportunity to be part of a truly inspirational event that celebrates the best of local talent and the enduring power of dance to uplift our lives. Fees include admission and transportation on 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>Tuesday</u>	1-4 pm	N/A	FREE
Cricut Club	Social Room	<u>2nd Saturday</u>	10 am-12 noon	N/A	FREE
Ping Pong <i>New</i>	Potomac Room	<u>Thursday</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 Thursday</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>Monday and Thursday</u>	2-4 pm	N/A	FREE
Round Dance Square	Maryland Room	<u>Tuesday</u>	12:30-3 pm	N/A	FREE

Winter 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.

December: ***Maid: Hard Work, Low Pay, and a Mother's Will to Survive***
By Stephanie Land

January: ***The Adventures of Huckleberry Fin***
By Mark Twain

February: ***Their Eyes are Watching God***
By Zora Neale Hurston

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.