## **Camp Springs Senior Activity Center**

# Spring Calendar March, April, May 2025





SCAN QR CODE TO REGISTER FOR CLASSES.

# Welcome to Camp Springs Senior Activity Center

#### **HOURS OF OPERATION:**

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

# Parks & Recreation M-N C P P C live more, play more pgparks.com

#### **SCHEDULED CLOSURES:**

Monday, May 26, 2025-Memorial Day

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

### **Spring Registration**

- Registration begins Wednesday, February 12, 2025, for Residents (R) only.
- Note: The center will open at 9:00 am on Wednesday, February 12 to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on Wednesday, February 19, 2025, 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.

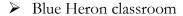
6420 Allentown Road • Camp Springs, Maryland 20748
Campspringsseniors@pgparks.com

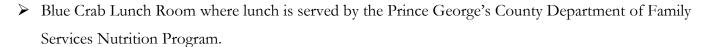
301-449-0490 Fax: 301-449-6298 Maryland Relay: 711

## 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
- Terrapin Fitness Room with Cardio equipment, weights, and mirrors





#### 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.





@pgparksandrecreation

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.

For more information, please email Customer Service at customerservice@paparks.com or call 301-699-2255; Maryland Relay 7-1-1



Camp Springs Senior Activity Center: CLASSES					
CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
Defensive Driving	Thursday March 6 April 3 May 1	9:30 am-2:30 pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
	Saturday March 15 April 19 May 24	9:30 am-1 pm		Barbara Nicolas @ 301-808- 9066 to register	
Computer Level 1	Monday & Wednesday March 3-March 12 April 7-April 16 May 5-May 14	12:15-2:15 pm	Potomac Room	14501-211A 14501-211B 14501-211C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Learn about parts of accounts. Two-week	of the computer systemek course.	n, keyboarding, mouse	exercises, interne	t searches, term	iinology, and email
Computer Level 2	Monday & Wednesday March 17-March 26 April 21-April 30 May 19-May 28 No class on 5/26	12:15-2:15 pm	Potomac Room	14502-211A 14502-211B 14502-211C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$34 (R); \$44 (NR)
	accounts and features, search techniques. Two		osoft Word and Po	owerPoint, file 1	nanagement, and
Parks Direct	Friday March 21 April 18 May 16	12:30-1:30 pm	Potomac Room	14505-211A 14505-211B 14505-211C	FREE
You must have an	ter yourself online with email account to regist				
skills required.  Belly Dance	Saturday March 1-March 22 April 5-April 26 May 3- May 24	11:45 am-12:30 pm	Maryland Room	17522-211A 17522-211B 17522-211c	FREE
Total Body Workout (Exercise)	Monday & Friday March 3-March 31 April 4-April 28 May 2-May 30	10:30-11:15 am	Multipurpose Room	17517-211A 17517-211B 17517-211C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	March 3-March 31 April 4-April 28 May 2-May 30 No class on 3/24 or	11:30 am-12:15 pm	Multipurpose Room	17517-211D 17517-211E 17517-211F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)

5/26

Hand Dancing (Contemporary) Beginner (12 weeks)	Monday March 3-April 21 April 28-June 30 No class on 5/26	11 am-12:00 pm	Maryland Room	23510-211A 23510-211B	\$54(R); \$70 (NR) \$54(R); \$70 NR)
Hand Dancing (Contemporary) Intermediate (12 weeks)	Monday March 3-April 21 April 28-June 30 No class on 5/26	12:00-1 pm	Maryland Room	23510-211C 23510-211D	\$54(R); \$70 (NR) \$54(R); \$70 (NR)
Stretch & Tone	Thursday March 6- March 27 April 3-April 24 May 1-May 22	11:30 am-12:30 pm	Multipurpose Room	17501-211A 17501-211B 17501-211C	\$16 (R);\$21 (NR) \$16 (R); \$21 (NR) \$16 (R); \$21 (NR)
Line Dance	Wednesday March 5-March 26 April 2-April 23 May 7-May 28	9:30-11:30 am	Maryland Room	23501-211A 23501-211B 23501-211C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance	Saturday March 1-March 22 April 5-April 26 May 3-May 24	9:15-11:15 am	Maryland Room	23501-211D 23501-211E 23501-211F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sign Language (Level 2)	Monday & Friday March 3-March 28 March 31-April 25 April 28-May 23 No class on 5/26	10-11:15 am	Chesapeake Room	20501-211A 20501-211B 20501-211C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Sign Language (Level 1)	Monday March 3-March 28 April 7-April 28 May 5-May 19	11:30 am-12:30 pm	Chesapeake Room	20501-211D 20501-211E 20501-211F	\$6 (R); \$8 (NR) \$6 (R;);\$8 (NR) \$5( R); \$7 (NR)
Low Impact Aerobics	Thursday March 6-March 27 April 3-April 24 May 1-May 22	9:30-10:30 am	Maryland Room	17521-211A 17521-211B 17521-211C	\$16 (R); \$21 (NR) \$16 (R); \$21 (NR) \$16 (R); \$21 (NR)
Quilting	Friday March 7-March 28 April 4-April 25 May 2- May 23	1-3 pm	Chesapeake Room	15504-211A 15504-211B 15504-211C	\$25(R); \$33 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
Sewing	Wednesday March 19 April 16 May 7	9:30-11:00 am	Chesapeake Room	15501-211A 15501-211B 15501-211C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Gentle Yoga	Tuesdays March 11-March 25 April 1-April 29 May 6- May 27 No class on 3/4, 4/22 or 5/20	9:30-10:30 am	Multipurpose Room	17504-211A 17504-211B 17504-211C	\$15 (R); \$20(NR) \$20 (R); \$26 (NR) \$15 (R); \$20 (NR)

Virtual Chair	<u>Monday</u>	12:30-1:30 pm	Virtual Room	31515-211A	\$10 (R); \$13 (NR)
Yoga	March 3-March 24			31515-211B	\$10 (R); \$13 (NR)
	April 7-April 28			31515-211C	\$7 (R); \$10 (NR)
	May 5- May 19				
Yoga:	<u>Thursdays</u>	9:30-10:30 am	Multipurpose	17504-211D	\$20 (R); \$26 (NR)
For Increased	March 6-March 27		Room	17504-211E	\$20 (R); \$26 (NR)
Strength	April 3-April 24			17504-211F	\$20 (R); \$26 (NR)
	May 1-May 22				, ,

## Camp Springs Senior Activity Center: Special Events

## **March 2025**

Mardi Gras Multipurpose Room FEE \$25 (R); \$33 (NR) Tuesday, March 4 12 noon-2:30 pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20250304

Mardi Gras Masquerade Jam Out – This celebration will feature French Quarter vibes with live music performed by Memphis Gold and Trio. Purple, Green and Gold are the colors of the day. Wear your festive mask. Bring your handkerchiefs. We will have the crowning of the King and Queen, a parade with beads and festive treats. – Fee includes a Louisiana style catered meal. Come one and all! – Register early!

#### Men's Panel Discussion Chesapeake Room FREE

Wednesday, March 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.

Drum-n-Tone Maryland Room FEE \$5 (R); \$7 (NR) Friday, March 7 1-2:00 pm

PARKS DIRECT CODE: 17546-211A

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.

# Preparing Your Home for the Selling Market Chesapeake Room

Thursday, March 13 1-2 pm

FREE

Come get a simple guide from a reputable realtor to help you prepare your house for the selling market, ensuring it has the best appeal to buyers. This workshop will include topics on Downsizing, Repairs and Upgrades, Deep Cleaning, and Curb Appeal. Sign up at the CSSAC front desk.

CSSAC Cinema Friday, March 14
Social Room 1-3 pm
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.

# Blood Pressure Screening by MedStar Blue Heron

Wednesday, March 19 11 am-1 pm

FREE

Blood pressure is one of the most important screenings. High blood pressure usually has no symptoms so it can't 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.

Paint and Sip with Tisha

Wednesday, March 19

Chesapeake Room

12:30-2:30 pm

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

PARKS DIRECT CODE: 30504-211A

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 Thursday, March 20 Social Room 10 am-12 noon

**FREE** 

PARKS DIRECT CODE: 26504-211A

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

The Hidden Figures of Camp Springs Senior Activity Center Social Room

Friday, March 21 1-3:30 pm

**FREE** 

PARKS DIRECT CODE: 18501-211C

Are you a hidden figure of CSSAC? Join us as we explore the dimensions of wellness told by our own panel of speakers and celebrate Women's History Month. Light refreshments will be served. Sign up early, seats are limited.

Maryland Day
Social Room
1-2 pm
FREE

PARKS DIRECT CODE: 18501-211A

Celebrate Maryland Day with us as we dive into the rich history of Camp Springs and Prince George's County. The interactive activity will be presented by M-NCPPC's Natural and Historic Resource Division (NHRD). Play trivia, share stories, and learn about the upcoming 2026 250th commemoration. Join us for a day of learning, fun and Maryland pride!

# **April 2025**

Just Breathe: Mindfulness Glitter Jar

Social Room

Tuesday, April 1

1-2:30 pm

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

PARKS DIRECT CODE: 15502-211D

Glitter Jar class needs more info about what the activity is. I suggest starting the description with: "Learn how to make your own glitter jar! Glitter jars are used as a simple mindfulness practice to help center and focus your attention. All supplies included.

#### Men's Panel Discussion Chesapeake Room FREE

Wednesday, April 2 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 Friday, April 4
Maryland Room 1-2 pm

FEE \$5 (R); \$7 (NR)

PARKS DIRECT CODE: 17546-211B

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.

# Blood Pressure Screening by MedStar Blue Heron

Wednesday, April 9 11 am-1 pm

**FREE** 

Blood pressure is one of the most important screenings. High blood pressure usually has no symptoms so it can't 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.

CSSAC Cinema
Social Room
1-3 pm
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.

Paint and Sip with Tisha

Wednesday, April 16 12:30-2:30 pm

Chesapeake Room

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

PARKS DIRECT CODE: 30504-211B

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

Ask the Attorney Social Room Wednesday, April 16 1-2 pm

FREE

Have a legal question? Sign up for this informative session and get wise counsel and advice from experienced attorneys from Byrd and Byrd LLC. This session will address needs on the following: Advance Medical Directives, Bankruptcy and Real Estate, and the Elderly. Please sign up at the CSSAC front desk front desk. Space is limited.

Bingo Thursday, April 17
Social Room 10 am-12 noon

**FREE** 

PARKS DIRECT CODE: 26504-211B

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

Celebrate Earth Day with Us

Tuesday, April 22

Social Room

1-2 pm

FREE:

PARKS DIRECT CODE: 20515-211A

Join us for an engaging and informative session led by Rosaline Law, a nutritionist, on how to preserve leftovers and reduce food waste. You will learn practical tips and techniques to make the most out of your meals. A light sample will be provided!

New Year White Out Multipurpose Room FEE \$25 (R); \$33 (NR) Saturday, April 26 12:00 noon-2:30 pm

PARKS DIRECT CODE: CSSAC-SPEC-GA 20250426

Set the tone for the 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. Register early as seats are limited.

Train Your Brain Multipurpose Room FREE Wednesday, April 30 12 noon -1:30 pm

PARKS DIRECT CODE: 20515-211C

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.

# **May 2025**

# Hola, Let's Celebrate Cinco De Mayo FREE

Monday, May 5 1 pm-3pm

#### Social Room

Join us as we celebrate Cinco de Mayo. We will have chips and salsa and virgin mocktails on deck. There will be games and music. Sign up early at the CSSAC front desk.

#### Men's Panel Discussion Chesapeake Room FREE

Wednesday, May 7 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.

Paint and Sip with Tisha Chesapeake Room FEE: \$12 (R); \$16 (NR) PARKS DIRECT CODE: 15502-211C Wednesday, May 7 12:30-2:30 pm

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.

Drum-n-Tone Friday, May 9 Maryland Room 1-2 pm

FEE \$5 (R); \$7 (NR)

PARKS DIRECT CODE: 17546-211C

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.

Motown Get Down SAARC, Brandywine, MD Fee: \$25 (R); 33 (NR)

Thursday, May 15 11 am-1 pm

#### PARKS DIRECT CODE: SAARC-SPEC-GA-20250515

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at the Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and light lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Don't miss the fun! Transportation is being provided; seats are limited. Bus Transportation Fee: (\$10.00). Parks Direct code: CSSAC-20250515. You must register for transportation using the highlighted registration code. Register early! Spaces are limited! Bus Transportation leaving from the Camp Springs Senior Activity Center.

Senior Health and Fitness Day SAARC, Brandywine, MD FREE

Wednesday, May 21 9 am - 1 pm

#### PARKS DIRECT CODE: SAARC-SPEC-GA-20250521

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, and health screenings. This event will feature an exciting health & fitness challenge! Participants who successfully complete the challenge will have their names entered into a drawing for special prizes. Don't miss this opportunity to engage, have fun, and win! Bus Transportation Fee: (\$10.00). Parks Direct code: CSSAC-20250521. You must register for transportation using the highlighted registration code. Register early! Spaces are limited!

Bus Transportation leaving from the Camp Springs Senior Activity Center.

Bingo Social Room

FREE

Thursday, May 15 10 am-12 noon

PARKS DIRECT CODE: 26504-211C

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

Glee Club
Multipurpose Room
1-2 pm
FREE

Come hear CSSAC's Glee Club perform a variety of popular songs to include inspirational, jazz and contemporary.

#### What's All the Hoopla-Hula Hooping with Betty Maryland Room FREE

Friday, May 23

1-2 pm

PARKS DIRECT CODE: 17548-211A

May is National Physical Fitness and Sports Month! This initiative is led by the President's Council on Fitness, Sports, and Nutrition to promote the importance of physical activity, physical fitness and sports participation. Have fun and get fit while twirling in a hula hoop! Give your core a whirl and have a memorable experience that will motivate you to stay fit. Hula hoops will be provided, or you are welcome to bring your own.

P is for Preservation

Chesapeake Room

FREE

Thursday, May 29

1-2 pm

PARKS DIRECT CODE: 18501-211B

Are you a history buff? May is National Preservation Month. The is the time of the year when museums, historical societies, government, and preservation groups join forces to promote the importance of preserving the stories of people and historic places. Join M-NCPPC's National and Historic Resources Division (NHRD) for a one-hour interactive workshop with trivia, presentation, and how to get involved in sharing stories.

Birthday Celebration
Social Room
FREE

Friday, May 30
2-3 pm

Come and celebrate all the magnificent patrons born in the months of March, April and May. 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 <u>arrive at least 30 minutes</u> before departure time to complete the <u>check-in process</u>. Patrons are expected to return with the group to Camp Springs Senior Activity Center following each trip. <u>Don't forget to check your voicemail for reminder calls</u>. <u>If you require special accommodations</u>, <u>please notify Trip Leaders in advance</u>.

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-20250306

PARKS DIRECT CODE: CSSAC-20250403

PARKS DIRECT CODE: CSSAC-20250508

Thursday, May 8

Thursday, May 8

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$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-20250311

PARKS DIRECT CODE: CSSAC-20250408

PARKS DIRECT CODE: CSSAC-20250520

Tuesday, May 20

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-20250325 Golden Corral Tuesday, March 25 PARKS DIRECT CODE: CSSAC-20250430 Mary Lou's Tuesday, April 30

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.



Maryland Chicken Wing Festival

Crownsville, MD

FEE: \$30 (R); \$36 (NR)

PARKS DIRECT CODE: CSSAC-20250405

Saturday, April 5 10 am-4 pm

The 11<sup>th</sup> Annual Maryland Chicken Wing Festival will have some of the best wings from various establishments. Come along with us to Anne Arundel Fairgrounds and enjoy the day with activities, music, good food and drinks. Food and drinks are available for purchase at your own expense from the vendors on site. Fees include festival admission and transportation aboard an M-NCPPC activity bus.

**Dallas Black Dance Theater** 

Thursday, April 24 10 am-4 pm

**Publick Playhouse** 

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

PARKS DIRECT CODE: CSSAC-20250419

Dallas Black Dance Theatre's professional company, DBDT, consists of 12 full-time professional dancers performing a mixed repertory of modern, jazz, African and spiritual works by nationally and internationally known choreographers. DBDT's second performing company, DBDT II, consists of 10 semi-professional artists from around the nation who provide dance services for DBDT's growing local and regional educational outreach. Fees include a ticket and transportation aboard an M-NCPPC activity bus. Lunch TBD at your own expense.

Potomac Water Taxi

Tuesday, May 6 11:30 am-4:30 pm

National Harbor

FEE: \$55 (R); \$72 (NR)

PARKS DIRECT CODE: CSSAC-20250506

Enjoy a soothing ride along the Potomac River to the Wharf in Washington DC. View historical monumental sites and enjoy an afternoon of leisure. Fee includes transportation to the National Harbor, ticket aboard the taxi, and a boxed lunch.

Sister Act

Friday, May 16 10:30 am- 4 pm

Ford's Theater, Washington DC

FEE: \$55 (R); \$72 (NR)

PARKS DIRECT CODE: CSSAC-20250516

Sister Act is a riotous musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! To escape the mob, a nightclub singer hides in a convent. While there, she helps her new sisters to discover their powerful voices while she finds her own. Fees include admission and transportation on an M-NCPPC activity bus. Lunch TBD at your own expense.

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

### **Spring Book Club Selections**

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

March: All the Light We Can Not See

By Anthony Doerr

April: King: A Life

By Jonathan Eig

May: Black Cake

By Charmaine Wilkerson

## 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.pgparks.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 <a href="www.pgparks.com">www.pgparks.com</a>, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.