

SAARC Senior Program



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



Welcome to SAARC Senior Program March, April & May 2025



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, May 26, 2025 - Memorial Day

SAARC HOURS OF OPEATION		SAARC POOL HOURS OF OPEATION	
Sunday	10 am-5 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		

SAARC Senior Program is closed on above-mentioned date(s) even though the center may be opened for operation.

Spring Registration

- Registration begins **Wednesday, February 12, 2025**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, February 19, 2025**, 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 is 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.**

Scan QR code to register for classes.



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.











Connect with us!




- ◆ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ◆ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ◆ Language interpretation is available at all facility front desks. Please ask for assistance.


SAARC Senior Program: CLASSES


CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
Sewing  <i>w/ Tisha Thorn</i>	<u>Monday</u> Mar 24-31 Apr 14 & 28 May 5 & 19	9:30-11:30 am	MP Rm B & C	15501 275A 275B 275C	\$24; \$32
Quilting  <i>w/ Tisha Thorn</i>	<u>Monday</u> Mar 24-31 Apr 14 & 28 May 5 & 19	Noon-2 pm	MP Rm B & C	15504 275A 275B 275C	\$24; \$32
Balance & Stretch  <i>w/ Patricia Partee</i>	<u>Monday</u> Mar 3-17 Apr 7-28 May 5-19	9:15-10 am	Group X Rm 1	17543 275A 275B 275C	\$15; \$20 \$20; \$26 \$15; \$20
Chair Aerobics  <i>w/ Patricia Partee</i>	<u>Monday</u> Mar 3-17 Apr 7-28 May 5-19	10:30-11:30 am	Group X Rm 1	17530 275A 275B 275C	\$15; \$20 \$20; \$26 \$15; \$20
Exercise  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Mar 4-20 Apr 8-29 May 6-29 No class on Apr 17	11 am-Noon	Group X Rm 1	17517 275A 275B 275C	\$21; \$28 \$21; \$28 \$28; \$37
Zumba Fit  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Mar 4-20 Apr 8-29 May 6-29 No class on Apr 17	12:30-1:30 pm	Group X Rm 1	17529 275A 275B 275C	\$21; \$28 \$21; \$28 \$28; \$37
Yoga (no chair)  <i>w/ Steve Wolf</i>	<u>Wednesday</u> Mar 5-26 Apr 2-23 May 7-28	11:15 am-12:15 pm	Group X Rm 1	17504 275A 275B 275C	\$22; \$29
Chair Yoga  <i>w/ Steve Wolf</i>	<u>Wednesday</u> Mar 5-26 Apr 2-23 May 7-28	12:30-1:30 pm	Group X Rm 1	17504 275D 275E 275F	\$22; \$29

Sponsored by Camp Springs Senior Activity Center




 Chair Yoga <i>w/ Steve Wolf</i>	<u>Monday</u> Mar 3-24 Apr 7-28 May 5-19	12:30-1:30 pm	Virtual	31515 211A 211B 211C	\$10: \$13
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Sponsored by Southern Recreation & Leisure Services

 Spinning <i>w/ Tasha</i>	<u>Monday & Wednesday</u> Mar 3-Apr 2 Apr 7-30 May 5-28	9:30-10:30 am	Spin Room	17540 275A 275B 275C	\$40: \$52 \$24; \$32 \$32; \$42
Mar 3-Apr 2 Apr 7-30 May 5-28	10:45-11:45 am	275D 275E 275F			

 PICKLEBALL	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE
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SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Knitting	<u>Monday</u> <i>Patrons must purchase their own supplies.</i>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
 BINGO	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
 Line Dance	<u>Friday</u> No class on Apr 18	11 am-1 pm	Group X	Show Up Activity	FREE

No classes: April 17 & 18-HBCU Experience set-up & May 26-Memorial Day



SAARC Senior Program: Special Events

March

Lunchtime Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20250305

Please join us as we sit back, relax, and enjoy a live concert featuring vocalist Tomika Arnold.

Wednesday, March 5

11 am-1 pm

BINGO Plus

FREE in Multi-Purpose A

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

Tuesday, March 11

11 am-12:30 pm

Fall Factor Fitness with Gala

FREE in Program Room B

PARKS DIRECT: 17531-275A

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.

Tuesday, March 18

SAARC Cinema

FREE

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. An M-NCPPC Senior ID Card and reservations required.

Thursday, March 27

11 am-1:30 pm

April

Lunchtime Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20250402

Please join us as we sit back, relax, and enjoy a live concert featuring comedian Miss Gayle.

Wednesday, April 2

11 am-1 pm

Pastries & Paint

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

Program Room A & B

PARKS DIRECT: 30504-275A

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

Thursday, April 3

11 am-12:30 pm

BINGO Plus

FREE in Multi-Purpose A

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

Tuesday, April 8

11 am-12:30 pm

Forever Fit Workshop**Thursday, April 10****FREE in Multi-Purpose Room B & C**

11 am-12:30 pm

Forever Fit is the Office of Community Relations' health and wellness initiative designed to engage older adults throughout the County. This initiative includes health-related information as well as exercise sessions to help older adults stay active. Come and partake in various information sessions associated with seniors. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Fall Factor Fitness with Gala**Tuesday, April 22****FREE in Program Room B**

11-11:45 am

PARKS DIRECT: 17531-275B

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

SAARC Cinema**Thursday, April 24****FREE**

11 am-1:30 pm

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. An M-NCPPC Senior ID Card and reservations required.

May

Lunchtime Listening**Wednesday, May 7****FEE: \$5**

11 am-1 pm

PARKS DIRECT: ACHD-SPEC-GA-20250507

Please join us as we sit back, relax, and enjoy a live concert featuring saxophonist Steve Garrison.

BINGO Plus**Tuesday, May 13****FREE in Multi-Purpose A**

11 am-12:30 pm

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

Motown Get Down**Thursday, May 15****FEE: \$25 (R); \$33 (NR)**

11 am-1:30 pm

PARKS DIRECT: 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 Ray Apollo Allen and the Apollo One Band as they perform some of Motown's iconic hit songs. After the show and catered 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! Seats are limited.

Fall Factor Fitness with Gala**Tuesday, May 20****FREE**

11-11:45 am

PARKS DIRECT: 17531-275C

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

SAARC Senior Program: Trips

BON APPETIT: Mystery Restaurant

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

PARKS DIRECT: SAARC-20250313

PARKS DIRECT: SAARC-20250417

PARKS DIRECT: SAARC-20250508

10:30 am-2 pm

Thursday, March 13

Thursday, April 17

Thursday, May 8

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

Tribute to the Legends

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

PARKS DIRECT: SAARC-20250308

Saturday, March 8

12-4 pm

Join us at the Harmony Hall Arts Center for a spectacular tribute to the legends of music, including Ray Charles, Billy Preston, Otis Redding, Bill Withers, and more, presented by Bryan Fox and Friends. Renowned for his unique sound and electrifying performances, Fox and his band promise an unforgettable evening celebrating the timeless classics of legendary artists.

Jason's Lyric

FEE: \$125(R); \$162(NR)

PARKS DIRECT: SAARC-20250327

Thursday, March 27

6-10 pm

Come and enjoy this live performance at the National Theater which is based on the theatrical motion picture "Jason's Lyric" written by Bobby Smith, Jr. Je'Caryous Johnson brings another cult classic *Jason's Lyric* to the stage, telling the story of a man haunted by his past and a guarded woman who must fight for their love and future amidst the challenges of family, betrayal, and dark forces in the gritty streets of Houston. Starring: **Allen Payne** (House of Payne, New Jack City) reprising his iconic role as Jason, **Eva Marcille** (All the Queen's Men) as Lyric, **Treach** (Naughty by Nature) as Alonzo, **Tyrin Turner** (Menace II Society) as Josh, **Lawrence Hilton-Jacobs** (The Jacksons: An American Dream) as Maddog, and **K. Michelle** (Love & Hip Hop, chart-topping R&B artist*) as Marti.

The Maryland Chicken Wing Festival

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

PARKS DIRECT: SAARC-20250405

Saturday, April 5

11 am-4 pm

The 11th 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 departing and returning to SAARC.

Westminster Blues Night, Washington, DC

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

PARKS DIRECT: SAARC-20250421

Monday, April 21

4-10 pm

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

Remembering Marvin Gay

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

PARKS DIRECT: SAARC-20250510

Join us at the Harmony Hall Arts Center to see Shelton Cornelius Price, a phenomenal male artist from Washington, DC. Inspired by Motown legends like Marvin Gaye, Shelton's silky-smooth voice offers an unforgettable "REMEMBERING MARVIN" experience. With a unique ability to captivate audiences, especially the ladies, Shelton's artistry ensures lasting memories.

Saturday, May 10

7-10:30 pm

Rose Gaming Resort

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

PARKS DIRECT: SAARC-20250522

Come and experience the lush escape at the Rose. This brand-new property has shopping, restaurants and much more. Lunch on your own or spend the afternoon at the casino. The fee includes transportation on a Senior Activity bus only.

Thursday, May 22

9:30 am-3:30 pm

COUNTY EVENTS

2025 Centenarian Celebration

Friday, May 9

If you know someone who was born in 1925 or earlier and resides in Prince George's County, please share this information or complete the online registration form at pgparks.com/centenarian no later than March 14, 2025. The luncheon will be held on Friday, May 9, 2025, at the Laurel-Beltsville Senior Activity Center (7120 Contee Road, Laurel, MD 20707). This year's event will be limited to the Centenarian and up to five (5) guests. The Centenarian must be present with their guests.

Senior Health and Fitness Day

Wednesday, May 21

FREE

10 am-1 pm

PARKS DIRECT: 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, educational programs, health screenings and sign up for a massage at Southern Area Aquatic and Recreation Center in Brandywine, Maryland.



SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	800-896-4213 x7750
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

SENIOR NUTRITION PROGRAM

The Prince George's County Department of Family Services offers the Senior Nutrition Program (a nutritious, well balanced, healthy, hot lunch (Tuesday and Thursday). Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Austin Simpson at (301) 265-8475 or by stopping by the SAARC Senior Social Room on Tuesday and Thursday between 10 am-1:30 pm.

Lunch Reservations: Lunch reservations must be made 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 are available upon request. Please contact the facility two weeks in advance of the program 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.