

# Camp Springs Senior Activity Center

## Spring Calendar 2019

March, April, May



*Welcome to*

*Camp Springs Senior Activity Center!*

### HOURS OF OPERATION:

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



*live more, play more*  
pgparks.com

### SCHEDULED CLOSURES:

Monday May 27 2019 - Memorial Day

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

### SPRING REGISTRATION

- Registration for Residents (R) begins Monday, February 11  
**Note: The Center will open at 7 am on February 11 for Spring registration. The Computer Lab will also open at 7 am for ONLINE registration.**
- Registration for Non-Residents (NR) begins Monday, February 18.
- Registrations are accepted first come, first served.
- **Don't Wait and Be Too Late!** Register as soon as possible for each activity! A minimum number of registrants are required for most activities so do not wait until the last minute to register and find the activity filled or cancelled due to lack of registration.
- A Fee Assistance Program is available for residents who need financial help to participate in our classes and activities. 20% to 90% fee reduction maybe available based on individual or family level of need. Visit our website at [www.pgparks.com](http://www.pgparks.com) or ask our center staff for details.

6420 Allentown Road • Camp Springs, Maryland 20748  
301-449-0490 Fax: 301-449-6298 TTY: 301-699-2544

# Camp Springs Senior Activity Center

## Welcome to CSSAC where we hope you will enjoy our:

- Billiards Room with three pool tables, television and sound system.
- Social Room with television, refrigerator, coffee and games.
- Potomac Computer Room with 10 computers and a printer.
- Maryland Dance Room with wood floors 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 the Prince George's County, Department of Family Services Nutrition Program, serves lunch.



## 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. Withdrawal from an activity may be processed at any facility or online **AT LEAST 7 DAYS PRIOR** to the activity start date.
4. Withdrawal from an activity must be processed at the offering facility if **WITHIN 7 DAYS** of the activity start date.
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.

## 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 white bus
- **Motor Coach Bus** – 40-50 passenger bus with restroom



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

## Trip Information:




Trip registrants are expected to return with the group to CSSAC following each trip.

**“Show Up” Events:** You do **NOT** have to register or sign up in advance for “Show Up” events! You simply “Show Up” at the designated time and location for the event. Just remember to scan your M-NCPPC Senior ID Card at the center’s front desk upon your arrival at the center.



# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>AARP Defensive Driving</b>	<u>Thursday</u> Mar 7, Apr 4, May 2 <u>Saturday</u> Mar 16, Apr 20, May 18	9:15 am – 1:45 pm 9:00 am – 1 pm	Chesapeake	 DRIVER SAFETY AARP Real Possibilities	\$15 AARP Members  \$20 AARP Non-Members
	Sharpen your driving skills. Must be 50 years or older. Call Rose Hobson @ 301-736-1565 to register. Check or money order accepted - no cash. Lunch is at your own expense.				
<b>Belly Dancing</b> 	<u>Saturday</u> Mar 2- Mar 23 Apr 6- Apr 27 May 4- May 25	11:30 am – 12:30 pm	Maryland	<b>17522</b> 211A 211B 211C	FREE
	Let exotic music from around the world take you on a “magic carpet ride”. Learn how to belly dance and see how the movements allow your body to sway to the hypnotic rhythms of diverse cultures. 4 weeks				
<b>Computer Lab</b>	<u>Friday</u>	2 – 4 pm	Potomac	“Show Up Event”	FREE
	The Potomac Room Computer Lab is open for Seniors with basic computer skills and an M-NCPPC Senior ID Card. Check in at the front desk for room access.				
<b>Computer Level 1</b> 	<u>Monday &amp; Wednesday</u> Mar 11 – Mar 20 Apr 8 – Apr 17 Apr 29 – May 8	12:15 – 2:15 pm	Potomac	<b>14501</b> 211A 211B 211C	\$45 (R); \$59 (NR)
	Learn about the parts of the computer system, keyboarding, mouse exercises, internet searches, terminology and setting up email accounts. 2 weeks				
<b>Computer Level 2</b>	<u>Monday &amp; Wednesday</u> Mar 18 – Mar 27 May 13- May 22	12:15 – 2:15 pm	Potomac	<b>14502</b> 211A 211B 211C	\$45 (R); \$59 (NR)
	Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. 2 weeks				

# Camp Springs Senior Activity Center: CLASSES





CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>Computer Workshop</b>  <b>Photo Management</b>	<u>Friday</u> Mar 15 Apr 12 May 17	12 – 2 pm	Potomac	<b>14511</b> 211A 211B 211C	\$10 (R); \$13 (NR)
	Your phone is full of pictures! Now what? Learn how to download pictures from your mobile device to your computer, how to store them in folders; organize them in albums and more. Beginner level computer skills required.				
<b>Computer Workshop</b>  	<u>Friday</u> May 10	12 – 1 pm 1:15 – 2:15 pm	Potomac	<b>14505</b> 211A 211B	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				
 <b>Creative Paper Crafting</b>	<u>Monday</u> Mar 4 – Mar 25 Apr 1 – Apr 22	10 am – 12 pm	Blue Heron	<b>15502</b> 211A 211B	\$16 (R); \$21 (NR)
	Use your style and creativity to learn how to create three types of paper craft projects: greeting cards, mini photo albums and mini boxes. No experience necessary. Some supplies provided. Remaining <b>supply list</b> will be available at center's front desk. 4 weeks				
<b>Exercise Beginner (3 months)</b>  	<u>Mon, Wed &amp; Fri</u> Mar 4 – May 24	11:15 am – 12 pm	Auditorium	<b>17517</b> 211A	\$30 (R); \$39 (NR)
	Time to get off the couch and start exercising! This class includes stretching and chair exercises, aerobic workout, strength training with weights and finishes with cool down exercises. Participants exercise at their own pace. 12 weeks				
	<u>Mon, Wed &amp; Fri</u> Mar 4 - Mar 29 Apr 1 - Apr 26 Apr 29- May 24	11:15 am – 12 pm	Auditorium	<b>17517</b> 211B 211C 211D	\$12 (R); \$16 (NR)
<b>Exercise Beginner (Monthly)</b>	Same class as above offered on a monthly basis. 4 weeks				

# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>Fitness Beginner (3 Months)</b> 	<u>Mon, Wed &amp; Fri</u> Mar 4 – May 24	10:15 – 11 am	Auditorium	<b>17517</b> 211E	\$30 (R); \$39 (NR)
	A slow paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 12 weeks				
	<b>Fitness Beginner (Monthly)</b>	<u>Mon, Wed &amp; Fri</u> Mar 4 - Mar 29 Apr 1 - Apr 26 Apr 29- May 24	10:15 – 11 am	Auditorium	<b>17517</b> 211F 211G 211H
Same class as above offered on a monthly basis. 4 weeks					
<b>Fitness Intermediate (3 months)</b> 	<u>Mon, Wed &amp; Fri</u> Mar 4 – May 24	9:15 – 10 am	Auditorium	<b>17517</b> 211I	\$30 (R); \$39 (NR)
	A medium paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace.				
	<b>Fitness Intermediate (monthly)</b>	<u>Mon, Wed &amp; Fri</u> Mar 4 - Mar 29 Apr 1 - Apr 26 Apr 29- May 24	9:15 – 10 am	Auditorium	<b>17517</b> 211J 211K 211L
A medium paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 4 weeks					
<b>Line Dance Beginner Wednesday</b>	<u>Wednesday</u> Mar 6 – May 30	9:30 – 11:30 am	Maryland	<b>23501</b> 211A	\$32 (R); \$41 (NR)
	Join Lady Di to exercise your brain and body while learning today's popular line dances. For the novice line dancer - no previous experience necessary. 12 weeks. <b>No Class May 22</b>				



# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 <b>Line Dance</b> <b>Beginner</b> <b>Saturday</b>	<u>Saturday</u> Mar 2- Mar 23 Apr 6 – Apr 27 May 4 – May 25	9:15 – 11:15 am	Maryland	<b>23501</b> 211B 211C 211D	\$12 (R); \$16 (NR)
	Join Patricia Duncan to exercise not only your body, but your mind as well. Recent studies have shown that choreographed dancing helps to reduce your risk of dementia. 4 weeks				
<b>Memory</b> <b>Café</b>	<u>Tuesday</u> Mar 19, Apr 16, May 21	2:15 – 4:15 pm	Blue Heron		FREE
	Experiencing early stage memory loss? Come enjoy a fun and relaxed setting while connecting with others affected by the disease. <b>Call Nancy Quarles @ 240-467-3833 to register.</b>				
<b>Total</b> <b>Fitness</b> <b>(3 months)</b> 	<u>Mon, Wed &amp; Fri</u> Mar 4 – May 24	9 – 10:30 am	Blue Heron & Maryland	<b>17517</b> 211M	\$70 (R); \$91 (NR)
	A total body workout for active seniors. The class includes weight training, core workouts, flexibility and optional basic step aerobics. 12 weeks				
<b>Total Fitness</b> <b>(monthly)</b>	<u>Mon, Wed &amp; Fri</u> Mar 4 - Mar 29 Apr 1 - Apr 26 Apr 29- May 24	9 – 10:30 am	Blue Heron & Maryland	<b>17517</b> 211N 211O 211P	\$25 (R); \$33 (NR)
	Same class as above only offered on a monthly basis. 4 weeks				
<b>Piano Lab</b>	<u>Thursday</u>	2 – 4 pm	Potomac	“Show Up” Event	FREE
	The Potomac Room is open to Seniors for piano practice. An M-NCPPC Senior ID Card is required. Check in at the front desk for room access. First come, first served.				
<b>Quilting</b> <b>Level 1</b> 	<u>Friday</u> Mar 8 – May 24	12:30 – 2:30 pm	Blue Heron	<b>15504</b> 211A	\$25 (R); \$33 (NR)
	Beginners will learn basic quilting skills and knowledge of quilting tools. Participants will make a 6 block mini quilt. Supply list at center’s front desk. Must have basic sewing skills. 12 weeks				
<b>Quilting</b> <b>Level 2</b>	<u>Wednesday</u> Mar 6– May 22	12:30 – 2:30 pm	Blue Heron	<b>15505</b> 211A	\$25 (R); \$33 (NR)
	Quilters will continue learning the art of quilting while learning new techniques to increase skill level by using half-square triangles, sashes, borders, corner squares, etc. 12 weeks.				

# MOVIE FRIDAY

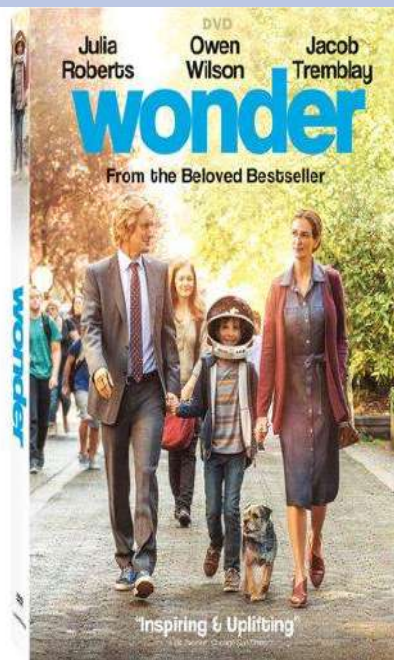
12:15-2:30 pm

March 8 - Black Panther






April 5 - Wonder

May 3 - The Preachers Wife

**FREE!** Light Refreshment will be served  
An M-NCPPC Senior ID Card is required for this  
“Show Up” event – no registration required.



# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>Sign Language Level II</b> 	<u>Monday &amp; Wednesday</u> Mar 4 – May 22	1:00 – 2:30 pm	Chesapeake	<b>20420</b> 211A	\$54 (R); \$70 (NR)
	Designed for students with some knowledge of American Sign Language ABC's, basic vocabulary and sentence structure. In this course, students will continue building vocabulary, sentence structure and grammar. Offered to ages 40 and better. 12 weeks				
<b>Sign Language Level I</b> 	<u>Tuesday</u> Mar 5 – Mar 26	9:30 – 10:30 am	Blue Heron	<b>20501</b> 211A	\$12 (R); \$15 (NR)
	Students will study basic principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)				
<b>Smart Gadgets</b> 	<u>Friday</u> Mar 8 – Mar 29 Apr 5 – Apr 26	9:30-11:30 am	Potomac	<b>14506</b> 211A 211B	\$20 (R); \$ 26(NR)
	Got a smartphone or tablet, now what? Come learn what type of smart device you have, how to keep your device from going idle too fast, make/receive calls, take pictures and how to connect to Wi-Fi. Please bring your smart device to class. <b>Level I- Mar 8-Mar 29. Level 2 Apr 5-Apr 26</b>				
<b>Yoga</b> 	<u>Monday</u> Mar 18 – May 20 Mar 18 – May 20	10:45 am –12:15 pm 12:15 pm - 1:30 pm	Maryland	<b>17504</b> 211A 211B	\$45 (R); \$58 (NR)
	Designed specifically for seniors, this class focuses on gently stretching and toning muscles that are often neglected, but are important to keeping you healthy and mobile. Learn to relax with breathing and meditation techniques. 10 weeks				
<b>Zumba Gold</b> 	<u>Monday &amp; Friday</u> Mar 11- Apr 5 Apr 8- May 3 May 6- Jun 3	11:30 am –12:15 pm	Chesapeake & Maryland	<b>17529</b> 211A 211B 211C	\$30 (R); \$39 (NR)
	A fitness program specifically designed for the active older adult with Latin and international dance rhythms. ZUMBA Gold is exhilarating and easy to follow. All levels of fitness are welcome as you exercise at your own pace. 4 weeks.				



*Sponsored by the Prince Georges County Health Department and Doctors Community Hospital*

# Wellness On Wheels

## Mobile Health Clinic

Tuesday, March 5

Tuesday, April 2

Tuesday, May 7



9 am – 1 pm

### **FREE Health Services**

#### FREE Screenings

- Diabetes
- Cholesterol
- Blood Pressure

Medication Review and Education



# Camp Springs Senior Activity Center: CLUBS

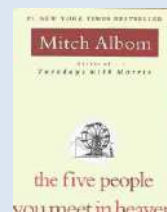
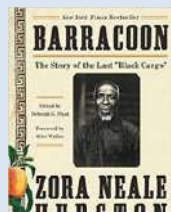
ACTIVITY	DAY/DATES	TIME	ROOM
Book Club	3 <sup>rd</sup> Thursday	10:30 am – 12 pm	Potomac
Bingo 	Tuesday & Friday	10:00 am – 2 pm	Chesapeake
Camp Springs Cares Club	3 <sup>rd</sup> Friday	1 – 2 pm	Potomac
Cards – Bid Whist	Tuesday Thursday	1:15 – 4:15 pm	Potomac Chesapeake
Cards – Tonk	Tuesday & Friday	2:15 – 4:15 pm	Chesapeake
Crocheting with Ms. Lillie	Monday, Wednesday & Thursday	10 am – 12 pm	Social
Glee Club 	1 <sup>st</sup> & Last Thursday	10 am – 12 pm	Potomac
Inspirational Hour	Tuesday Friday	11 am – 12 pm 10 – 11:30 am	Blue Heron Potomac
Knitting with Mrs. Emma	Monday, Wednesday & Thursday	10 am – 12 pm	Social
Line Dancing, Advanced	Tuesday Thursday	3 – 4 pm 2 – 4 pm	Maryland
Line Dancing, Intermediate	Wednesday	11:30 am – 1 pm	Maryland
Literacy 	Monday & Thursday	10 – 11 am 12:45 – 1:45 pm	Chesapeake Potomac
Round Dance Classic	Wednesday	1 – 3 pm	Maryland
Round Dance Square	Tuesday	12:30 – 3 pm	Maryland

## CAMP SPRINGS BOOK CLUB SELECTIONS

Book Club meets the 3<sup>rd</sup> Thursday of the month at 10:30

March  
April  
May

*Becoming* by Michelle Obama  
*Barracoon The Story of the Last Slave* by Zora Neale Hurston  
*The Five People You Meet in Heaven* by Mitch Albom



# Camp Springs Senior Activity Center: Trips and Special Events

## March 2019

**Philadelphia Flower Show**



**Philadelphia, PA**

**\$115(R) \$149 (NR)**

**PARKS DIRECT# CSSAC-20190306**

The 190th Philadelphia Flower Show will pay tribute to the enormous impact of flowers on our lives. From the first blooms of spring in your home garden, to the expansive fields that fuel whole economies, flowers influence how we feel, think, and act in small and global ways. Exhibits will take a holistic approach to the theme with sweeping landscapes and artful interpretations that inspire, convey emotions, examine fragrance and color, and convey a universal language. Fee includes transportation on a charter bus and admission to flower show. Lunch at your expense at Maggiano's Little Italy. Average Menu price \$10 and up. Rest stop at the Maryland House on the way home. Must be able to walk up to a mile.

**Wednesday, March 6**

**7 am- 8 pm**

**Westminster Jazz Night**

**Washington, DC**

**\$15(R) \$20(NR)**

**PARKS DIRECT# CSSAC-20190312**

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. 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 aboard M-NCPPC activity bus.

**Friday, March 8**

**4:30 – 9:30 pm**

**Bowling**

**Crofton, MD**

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

**PARKS DIRECT# CSSAC-20190321**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus.



**Tuesday, March 12**

**9:30 am – 3 pm**



# Camp Springs Senior Activity Center: Trips and Special Events

## March 2019

**Do You Know? Things You Should Know Before a Health Crisis** **Thursday, March 14**  
**Chesapeake Room** **10:30 am- 12 pm**

**Free**

A frank and helpful conversation with experienced professionals in the healthcare industry. Purpose: To create awareness and educate the community about what resources are available regarding health care options. To discuss health care planning and decision making to lead to better outcomes. To prepare our community with information on how the hospital system works and what resources are available to help in the community, including Veterans benefits. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

**Medicare Advantage vs. MediGap** **Thursday, March 21**  
**Social Room** **10:30 – 11:30 am**

**Free**

The Prince George's County Aging and Disability Resource Center's SHIP program provides free, confidential and unbiased counseling to Medicare Beneficiaries and their families. SHIP will be presenting a workshop on navigating the differences between Medicare Advantage and Medigap (supplemental) plans. This workshop will help to provide resources and information on your Medicare questions. In addition, the class will discuss subsidy programs and how to qualify. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

**NASA Goddard Space Center** **Thursday, March 21**  
**Greenbelt, MD** **9:00 am – 3:30 pm**

**\$18(R) \$23(NR)**

**PARKS DIRECT# CSSAC-20190321**

Join us as we take a guided tour of NASA's Goddard Center. Facility tour includes visiting satellite construction, testing, and operations areas. Facility tours are two hours long and include a guided presentation of Science On a Sphere. Lunch at your own expense at the Silver Diner. Average menu price \$8 and up. Fee includes transportation on M-NCPPC activity bus.

**B&O Railroad Museum** **Wednesday, March 27**  
**Baltimore, MD** **9 am- 4 pm**

**\$40(R); \$52(NR)**

**PARKS DIRECT# CSSAC-20190327**

This guided tour takes your group to the early days of "simple" steam locomotives through all the innovations that allowed trains and their cargo to go faster and more efficiently, and stop more safely. It includes the examination of the technology that improved the way trains were built and repaired and why the caboose disappeared. Lunch on your own at your own expense at a local restaurant. Average menu prices: \$12 and up. Fee includes museum admission and transportation on MNCPPC activity bus. Must be able to walk up to a mile.

# Camp Springs Senior Activity Center: Trips and Special Events

## March 2019

**Camp Springs Open Mic**  
**Free**

**Thursday, March 28**  
**12:30 - 2:30 pm**

**Multi-purpose room**

Can you sing? Can you dance? Do you have any talent? Come show off your talents at our open mic show. To register please sign up with someone at the front desk. An M-NCPPC Senior ID Card is required for this "Show Up" event - no registration required.

## April 2019

**Banneker-Douglass Museum**  
**Annapolis, MD**

**\$20 (R); \$26 (NR)**

**PARKS DIRECT# CSSAC-20190404**

As the State of Maryland's official museum of African American heritage, the Banneker-Douglass Museum serves to document, to interpret, and to promote African American history and culture (particularly in Maryland) through exhibitions, programs, and projects in order to improve the understanding and appreciation of America's rich cultural diversity for all. Lunch at your own expense at a local restaurant after museum tour. Average menu prices: \$12 and up. Fee Includes transportation on M-NCPPC activity bus.



**Thursday, April 4**  
**9:00 am – 3 pm**

**Westminster Blues Night**

**Washington, DC**

**\$15 (R); \$20 (NR)**

**PARKS DIRECT# CSSAC-20190408**

Enjoy some of the area's finest blues musicians in a safe, friendly environment. 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 Senior Activity Bus.

**Monday, April 8**  
**4:30 – 9:30 pm**

# April Showers



# Camp Springs Senior Activity Center: Trips and Special Events

## April 2019

**Avon Dews at Montpelier Arts Center**  
**Laurel, MD**

**Thursday, April 11**  
**9 am- 3:30 pm**

**\$32(R); 41 (NR)**

**PARKS DIRECT# CSSAC-20190411**

Avon Dews is a Washington, D.C., native who started playing the harmonica at a young age. His style is classic, cool, and jazzy with a little old school and a touch of funk and blues. A professional harmonica player, Dews has played at venues including the Kennedy Center, the American Market at the National Harbor, the 2015 Cherry Blossom Festival, and the Bethesda Blues and Jazz Supper Club. Fee includes admission to show and transportation on MNCPPC activity bus. Lunch at a local restaurant at your own expense. Average menu prices: \$12 and up.

**"Downsizing and the Senior Population"**

**Thursday, April 11**

**Chesapeake Room**

**10:30 am- 12 pm**

**Free**

There are many issues to be considered when making the decision to sell your current home for a smaller, more manageable living situation. This process, known as "Downsizing" will be explored during this 90 minute session. We will explore the following topics Market Conditions, Home improvements, and Time, Cost and Effort to Renovate before selling. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

**Seniors on Stage**

**Wednesday, April 17**

**Bowie Center for the Performing Arts**

**9 am – 3:30 pm**

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

**PARKS DIRECT # SPD-SPEC-GA-20180417**

Come and hear some of our very own talented Prince George's County seniors from past Seniors on Stage shows as they sing some of the favorite songs! Register early as this very popular show will fill very fast! Limited transportation is provided from the center. You must first register in PARKS DIRECT and then sign up for transportation at the center. Transportation is limited and a first come first serve basis. Transportation will depart at 9 am and return at 3:30 pm following lunch at your own expense at a local restaurant. Average menu prices: \$12 and up.

**5@55**

**Thursday, April 18**

**Free**

**10:30 – 12 pm**

**Chesapeake Room**

Discover the 5 documents you should have in place in case of an unexpected emergency. An Elder Law Attorney will discuss the 5 essential legal tools you should have by the age of 55.

An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

# Camp Springs Senior Activity Center: Trips and Special Events

## April 2019

**Simply Shirley**

**Free**

**Multipurpose room**

Simply Shirley declares that clean comedy is her ministry and has found that the everyday things of life make for the best comedy. Come out and enjoy an afternoon of comedy. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

**Thursday, April 18**

**12:30 pm- 1:30 pm**

**Bowling**

**Crofton, MD**

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

**PARKS DIRECT# CSSAC-20190423**



A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus.

**Tuesday, April 23**

**9:30 am – 3 pm**

**Dallas Black Dance Theater**

**Publick Playhouse, Hyattsville, MD**

**\$25 (R); 32 (NR)**

**PARKS DIRECT# CSSAC-20190426**

The incredible Dallas Black Dance Theatre is back with a new program of modern, jazz, and spiritual dance by celebrated choreographers planned especially for the "Sassy Seniors" of the Publick Playhouse. Lunch will be at your own expense at a local restaurant. Average price \$10 and up.

**Friday, April 26**

**10 am – 2:30 pm**

## May 2019

**Brookside Garden**

**Wheaton, MD**

**\$20 (R); \$26(NR)**

**PARKS DIRECT #: CSSAC-20190501**

The grass is always greener on one of our trips. Hitch your wagon to a fabulous excursion to Brookside Gardens - Montgomery County's incomparable, award-winning 50-acre public display gardens situated within Wheaton Regional Park. Included in the gardens are several distinct areas: Aquatic Garden, Azalea Garden, Butterfly Garden, Children's Garden, Rose Garden, Japanese Style Garden, Trial Garden, Rain Garden, and the Woodland Walk. Fee includes transportation on M-NCPPC activity bus. Lunch at a local restaurant at your own expense. Average Price \$12 and up

**Wednesday, May 1**

**9 am – 3pm**


# Camp Springs Senior Activity Center: Trips and Special Events

## May 2019

**Women and Money – Taking Charge of your Financial Future**  
**Chesapeake Room**  
**Free**

**Thursday May 9**  
**10:30 - 11:30 am**

This workshop discusses some of the unique financial challenges women often face. Learn some of the steps women can take to save, invest, and plan for their financial future. An M-NCPPC Senior ID Card is required for this “Show Up” event- no registration required.

**Westminster Jazz Night**   
**Washington, DC**  
**\$15(R) \$20(NR)**

**Friday, May 10**  
**4:30 - 9:30 pm**

**PARKS DIRECT# CSSAC-20190510**

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. 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 aboard M-NCPPC activity bus.

**Bowling**  
**Crofton, MD**  
**\$10 (R); \$13 (NR)**



**Tuesday, May 14**  
**9:30 am – 3 pm**

**PARKS DIRECT# CSSAC-20190514**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus.

**Dutch Village Farm**  
**Upper Marlboro, MD**  
**\$15(R) \$19 (NR)**



**Saturday, May 18**  
**9 am- 1:30 pm**

**PARKS DIRECT# CSSAC-20190518**

Dutch Village Farmers Market has 13 vendors from Lancaster County, PA and takes great pride in its many fresh foods and natural products. Enjoy a morning of farmers market shopping. Fee includes transportation on M-NCPPC Activity Bus. Lunch on your own at Farmers Market.

 *Mother's Day*



# Camp Springs Senior Activity Center: Trips and Special Events

## May 2019

**Senior Health and Fitness Day**  
**Sports and Learning Complex, Landover**  
**Free**

**Wednesday, May 22**  
**9 am- 2 pm**

In celebration of “Older Americans Month”, the Annual Senior Health & Fitness Day draws more than 1200 seniors from around the county. Fitness classes and activities, health screenings, vendors, and more! This fun event promotes health and wellness for seniors 60 & better at this premier fitness facility.

**District Wharf**  
**Washington, DC**  
**\$40 (R) \$52(NR)**

**Thursday, May 23**  
**9 am- 4 pm**

**PARKS DIRECT# CSSAC-20190523**

Join us for a sightseeing trip to The District Wharf which has been touted "...the most exciting neighborhood in the history of the nation's capital". The Wharf brings dazzling water views and hot new restaurants, boat rides, entertainment and a shopping experience like no other. Enjoy a ride on the water taxi from the National Harbor to the Wharf. Lunch at Hank Oyster at your own expense average menu price \$12-\$65. Fee includes transportation aboard M-NCPPC activity bus.



**My Final Wishes**  
**Free**  
**Potomac Room**

**Tuesday, May 28**  
**10:30 am - 12:30 pm**

Find out what nine steps you need to know about planning your final wishes. Lincoln Heritage will provide light refreshments. An M-NCPPC Senior ID Card is required for this “Show Up” event- no registration required.

# Camp Springs Senior Activity Center: Trips and Special Events

## May 2019

### Mystery Restaurant

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

**PARKS DIRECT# CSSAC-20190530**

Oh the excitement of getting on a bus and not knowing where you are going! Staff has chosen a Local favorite for this outing. Meal is at your own expense. Average menu prices: \$12 and up. Fee includes transportation on the Commission Bus.

Thursday, May 30

10 am - 3 pm

### Camp Springs Happy Hour

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

**PARKS DIRECT#-CSSAC-SPEC-GA-20190530**

We'll put a smile on your face at Happy Hour! Join us for a special time to make new friends and strengthen your current relationships. Expand your social circle over mocktails and catered hot hors d'oeuvres. Enjoy some Jazz from Bill Hayman. Research shows that a healthy social life for seniors benefits their mind, body, and spirit. Sign up and you will begin to gain a new sense of purpose.

Thursday, May 30

4 - 6 pm



# Camp Springs Senior Activity Center: SAGE Classes

Prince George's Community College's Seasoned Adults Growing Educationally (SAGE) Program offers the following classes at the Camp Springs Senior Activity Center (CSSAC). Registration and payment is handled by Prince George's Community College. The spring semester begins the week of February 11 and concludes the week of May 20. For details, check the SAGE web site at [www.pgcc.edu](http://www.pgcc.edu) or call the SAGE office at 301-546-0882.

Additionally, you must have a M-NCPPC Senior ID Card to participate in SAGE classes held at CSSAC. M-NCPPC Senior ID Cards are free to Prince George's County residents 60 & better and may be obtained at the Camp Springs Senior Activity Center's front desk.

CLASS	DAY	TIME	BEGINS & ENDS	ROOM
Current Issues	Monday	1 - 3 pm	February 11 – May 20	Blue Heron
Studio Fine Arts	Thursday	12:30 – 3:30 pm	February 14 – May 23	Blue Heron
Studio Fine Arts	Saturday	9:30 am – 12:30 pm	February 16 – May 18	Blue Heron
Humanities	Monday	10 am - 12 pm	February 11 – May 20	Potomac
Jewelry Making	Thursday	10 am - 12 pm	February 14 – May 23	Blue Heron
History of PG County	Wednesday	10 am - 12 pm	February 13 – May 22	Potomac
Piano – Interm/Adv.	Tuesday	9:30 – 11:30 am	February 12 – May 21	Potomac
Piano – Beginners	Tuesday	11:30 am – 1 pm	February 12 – May 21	Potomac
Cardio & Strength Training	Tuesday & Thursday	10 am - 12 pm	February 12 – May 21	Maryland
Spanish-Beginner I	Tuesday	11 am - 12 pm	February 12 – May 21	Room 50
Spanish-Beginner II	Tuesday	12:15 - 1:15 pm	February 12 – May 21	Room 50
Spanish- Intermediate	Tuesday	1:30 – 2:30 pm	February 12 – May 21	Room 50
Spanish- Advanced	Tuesday	2:45 - 3:45 pm	February 12 – May 21	Room 50
Tai Chi	Tuesday & Thursday	12 - 2 pm	February 12 – May 21	Blue Heron / Maryland
Tai Chi	Wednesday	10 am - 12 pm	February 13 – May 22	Chesapeake



## WMATA Senior SmarTrip Cards are sold at CSSAC.

The purchaser must be at least 65 years of age with a government issued photo ID. Cost of the card is \$2. The Senior SmarTrip card provides 50% discount on the Metro Bus, and Metro rail. See the front desk staff to make your purchase.

# Camp Springs Senior Activity Center: 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) Monday through Friday. Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, John Whitfield at 301-449-0106; 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 \$3.00. If you need to cancel your meal, please do so at least two (2) days in advance with Mr. John Whitfield, Nutrition Manager at 301-449-0106. 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 phone numbers.

### WMATA Senior SmarTrip Cards

Seniors aged 65 or better can purchase a Senior SmarTrip Card for \$2. Photo ID for proof of age is required. See center's front desk staff to purchase.



### Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out [www.pgparcs.com](http://www.pgparcs.com) for M-NCPPC Volunteer opportunities or contact the Facility Director.

## DISABILITY ACCOMMODATIONS

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

## CLOSINGS/ INCLEMENT WEATHER STATEMENT

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](http://www.pgparcs.com) and click on the PG Parks Alert icon. You must provide an email address or cell phone number to receive alerts.