

Camp Springs Senior Activity Center

Summer Calendar 2019 June, July, August



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:

Thursday July 4th: Independence Day

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

SPRING REGISTRATION

- Registration for Residents (R) begins Monday, May 13
Note: The Center will open at 7 am on Monday May 13 for Spring registration.
The Computer Lab will also open at 7 am for ONLINE registration.
- Registration for Non-Residents (NR) begins Monday, May 20.
- 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 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
AARP Defensive Driving	<u>Thursday</u> Jun 6, Jul 11 Aug 1	9:15 am – 1:45 pm	Chesapeake		\$15 AARP Members
	<u>Saturday</u> Jun 15, Jul 20, Aug 17	9:00 am – 1 pm			\$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.					
Belly Dancing 	<u>Saturday</u> Jun 1- Jun 22 Jul 6- Jul 27 Aug 3 – Aug 24	11:30 am – 12:30 pm	Maryland	17522 411A 411B 411C	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				
Computer Lab	<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.				
Computer Level 1 	<u>Monday & Wednesday</u> Jun 3 – Jun 12 Jul 1 – Jul 10 Jul 29 – Aug 7	12:15 – 2:15 pm	Potomac	14501 411A 411B 411C	\$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				
Computer Level 2	<u>Monday & Wednesday</u> Jun 17 – Jun 26 Jul 15- Jul 24 Aug 12- Aug 21	12:15 – 2:15 pm	Potomac	14502 411A 411B 411C	\$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
Computer Workshop Photo Management	<u>Friday</u> Jun 14 Jul 12	12 – 2 pm	Potomac	14511 411A 411B	\$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.				
Computer Workshop 	<u>Friday</u> Aug 9	12 – 1 pm 1:15 – 2:15 pm	Potomac	14505 411A 411B	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				
 Creative Paper Crafting	<u>Monday</u> Jun 3 – Jun 24 Jul 8 – Jul 29 Aug 5- Aug 26	10 am – 12 pm	Blue Heron	15502 411A 411B 411C	\$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 supply list will be available at center's front desk. 4 weeks				
Exercise Beginner (3 months)  Exercise Beginner (Monthly)	<u>Mon, Wed & Fri</u> Jun 3 – Aug 23	11:15 am – 12 pm	Auditorium	17517 411A	\$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 No Class August 3				
	<u>Mon, Wed & Fri</u> Jun 3 - Jun 28 Jul 1 - Jul 26 Jul 29- Aug 23	11:15 am – 12 pm	Auditorium	17517 411B 411C 411D	\$12 (R); \$16 (NR)
Same class as above offered on a monthly basis. 4 weeks No Class August 3					



Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE	
Fitness Beginner (3 Months) 	<u>Mon, Wed & Fri</u> Jun 3 – Aug 23	10:15 – 11 am	Auditorium	17517 411E	\$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 No Class August 3					
	<u>Mon, Wed & Fri</u> Jun 3 - Jun 28 Jul 1 - Jul 26 Jul 29- Aug 23	10:15 – 11 am	Auditorium	17517 411F 411G 411H	\$12 (R); \$16 (NR)	
Fitness Beginner (Monthly)	Same class as above offered on a monthly basis. 4 weeks No Class August 3					
Fitness Intermediate (3 months) 	<u>Mon, Wed & Fri</u> Jun 3 – Aug 23	9:15 – 10 am	Auditorium	17517 411I	\$30 (R); \$39 (NR)	
	A medium paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 12 Weeks No Class August 3					
	<u>Mon, Wed & Fri</u> Jun 3 - Jun 28 Jul 1 - Jul 26 Jul 29- Aug 23	9:15 – 10 am	Auditorium	17517 411J 411K 411L	\$12 (R); \$16 (NR)	
Fitness Intermediate (monthly)	A medium paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 4 weeks No Class Aug 3					
Line Dance Beginner Wednesday	<u>Wednesday</u> Jun 5 – Aug 21	9:30 – 11:30 am	Maryland	23501 411A	\$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.					

BINGOFEST 2019



AUGUST 3





PARKS DIRECT # 26504-411A

FREE

LET'S PLAY BINGO! WIN GREAT PRIZES AND HAVE LOTS OF FUN!

ADMISSION: DONATION OF SCHOOL SUPPLIES FOR PRINCE GEORGE'S COUNTY STUDENTS IN NEED.
A LIST OF NEEDED SCHOOL SUPPLIES IS AVAILABLE AT THE CENTER'S FRONT DESK.

Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Line Dance Beginner Saturday	<u>Saturday</u> Jun 1- Jun 22 Jul 6- Jul 27 Aug 3 – Aug 24	9:15 – 11:15 am	Maryland	23501 411B 411C 411D	\$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				
Memory Café	<u>Tuesday</u> Jun 18, Jul 16, Aug 20	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. Call Nancy Quarles @ 240-467-3833 to register.				
Total Fitness (3 months) 	<u>Mon, Wed & Fri</u> Jun 3 – Aug 23	9 – 10:30 am	Blue Heron & Maryland	17517 411M	\$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				
	Total Fitness (monthly)	<u>Mon, Wed & Fri</u> Jun 3 - Jun 28 Jul 1 - Jul 26 Jul 29- Aug 23	9 – 10:30 am	Blue Heron & Maryland	17517 411N 411O 411P
Same class as above only offered on a monthly basis. 4 weeks					
Piano Lab	<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.				
Quilting Level 1 	<u>Friday</u> Jun 7 – Aug 23	12:30 – 2:30 pm	Blue Heron	15504 411A	\$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				
Quilting Level 2	<u>Wednesday</u> Jun 5- Aug 21	12:30 – 2:30 pm	Blue Heron	15505 411A	\$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

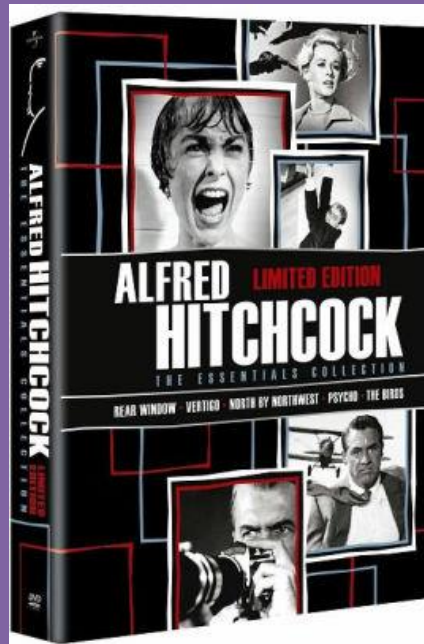
Alfred Hitchcock Summer Movie Series

June 28 Psycho

July 5 The Birds




August 23 Rear Window

August 30 Vertigo



FREE! Light Refreshments 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
Sign Language Level II 	<u>Monday & Wednesday</u> Jun 3 – Aug 21	1:00 – 2:30 pm	Chesapeake	20420 411A	\$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				
Smart Gadgets 	<u>Friday</u> Jun 7- Jun 28 Jul 5- Jul 26	9:30 – 1130 am	Blue Heron	14506 411A 411B	\$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. Class on Jun 7-Jun 28 will cover Smartphones. Class on Jul 5- Jul 26 will cover tablets.				
Yoga 	<u>Monday</u> Jun 3 – Aug 19 Jun 3- Aug 19	10:45 am –12:00 pm 12:15 pm -1:30 pm	Maryland	17504 411A 411B	\$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. 12 weeks				

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

Wellness On Wheels

Mobile Health Clinic

Tuesday, June 4

Tuesday, July 2

Tuesday, August 6

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 rd Thursday	10:30 am – 12 pm	Potomac
Bingo 	Tuesday & Friday	10:00 am – 2 pm	Chesapeake
Camp Springs Cares Club	3 rd 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 st & 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

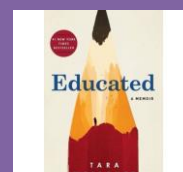
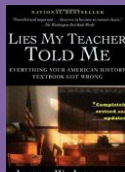
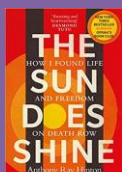
CAMP SPRINGS BOOK CLUB SELECTIONS

Book Club meets the 3rd Thursday of the month at 10:30

June *The Sun Does Shine: How I found Life and Freedom on Death Row*
By Anthony Ray Hinton

July *Lies My teacher Told Me*
By James Loewen

August *Educated: A Memoir*
By Tara Westover



Camp Springs Senior Activity Center: Trips and Special Events

June 2019

Bowling

Crofton, MD

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

PARKS DIRECT# CSSAC-20190604



**Tuesday, June 4
9:30 am – 3 pm**

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 an M-NCPPC activity bus.

DementiaWise

Blue Heron Room

Free

**Thursday, June 6
10:30 am-12pm**

Did you know Prince George's County is working toward becoming a Dementia Friendly Community? Do you know what abilities remain and which ones are lost through the progression of dementia? Learn all about dementia and the different types and some of the important tools for dementia care? An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

Camp Springs Senior Activity Center's

Classic Car Show

FREE

**Friday, June 7
11 am – 2 pm**

Take a "ride" down memory lane...View the beautiful classic cars of yesteryear in the rear lot of the center. A '40 Chevy Coupe, '47 Oldsmobile Fast-back, and a '65 Corvette Convertible are scheduled to be a part of the display to name a few. An M-NCPPC Senior ID card is required.

Thanks Dad!

Chesapeake Room

FREE

**Thursday, June 13
10am -12 pm**

Dads and Granddads, you are invited to brunch in honor of Father's Day! Enjoy a scrumptious meal of Chicken and Waffles. You must R.S.V.P. at the front desk. An M-NCPPC Senior ID card is required for this event.



Camp Springs Senior Activity Center: Trips and Special Events

June 2019

Westminster Blues Night 

Washington, DC

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

PARKS DIRECT# CSSAC-20190617

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 an M-NCPPC activity bus.

Monday, June 17

4:30 – 9:30 pm

Wolf Trap Diana Ross

Fairfax, VA

\$110(R) \$143(NR)

PARKS DIRECT# CSSAC-20190627

Enjoy the sounds of the dynamic Motown legend, Diana Ross. Travel down memory lane with songs like "Ain't No Mountain High Enough", "Lady Sings the Blues", "Reach Out and Touch", and "Endless Love". An elegant performance you do not want to miss. Meals are at your own expense at local restaurant. Average Menu Price \$12 & up. Transportation aboard M-NCPPC activity bus.

Thursday, June 27

3:30 pm – 11:00 pm

Hillwood Gardens & Estates

Washington, D.C.

\$24(R) \$31(NR)

PARKS DIRECT# CSSAC-20190629

Hillwood's spectacular gardens capture the vision Marjorie Post conceived when building the estate in the 1950s. She designed the gardens to flower in the spring and fall, when she was in residence at Hillwood. Enjoy a garden tour as well as a tour of the estate. Fee includes admission to tour and transportation on M-NCPPC activity bus. Lunch at your own expense at a local restaurant average menu price \$12 & up.

Saturday, June 29

9:00 am – 4:00 pm

July 2019

Harris Crab House & Restaurant

Grasonville, MD

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

PARKS DIRECT# CSSAC-20190709

Enjoy lunch at Harris Crab House. Situated on the Kent Narrows Waterway, four miles east of the Chesapeake Bay Bridge. For five generations, Harris Crab House has remained a family business and has been a fixture in the seafood business on the Eastern Shore. Fee includes transportation on M-NCPPC Commission bus. Lunch is at your own expense. Average menu Price \$12-\$40



Tuesday, July 9

10:00 am – 4:00 pm

Camp Springs Senior Activity Center: Trips and Special Events

July 2019

Senior Line Dance Party

Greenbelt, MD

Martins Crosswinds

\$32 (R); \$42 (NR)

PARKS DIRECT# SPD-SPEC-GA-20190717

Don't miss this very popular summer line dance party for seniors! Enjoy an American Fare breakfast and then on the floor for lots of fun line dancing! Registration is required. Tickets are purchased through **PARKS DIRECT ONLY**. Please bring your tickets with the **BARCODE** on it for admission to the event. No tickets sold at the door. Martin's Crosswinds is located at 7400 Greenway Center Drive in Greenbelt. No transportation will be provided from CSSAC.

Wednesday, July 17

9 am – 12 pm

Happy Birthday Everyone

Multipurpose Room

Free

Celebrate everyone's birthdays with cake, a live performance from Toooo Smooth Dudes. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

Thursday, July 18

12:30 pm- 2:30 pm

Westminster Jazz Night 

Washington, DC

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

PARKS DIRECT# CSSAC-20190719

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, July 19

4:30 pm- 9:30 pm

Museum of the Bible

Washington, D.C.

\$30 (R); \$39 (NR)

PARKS DIRECT# CSSAC-20190720

Museum of the Bible is an innovative, global, educational institution whose purpose is to invite all people to engage with the history, narrative and impact of the Bible. Promised to be an unparalleled experience, using cutting-edge technology to bring the Bible to life. Fee includes admission to museum and transportation on M-NCPPC activity bus. Lunch at a local restaurant at your own expense. Average Menu price \$10 & up.



Saturday, July 20

9:00 am – 3:30 pm

Camp Springs Senior Activity Center: Trips and Special Events

July 2019

Toby's Dinner Theater: Grease

Columbia MD

\$85 (R) \$111(NR)

PARKS DIRECT# CSSAC-20190724

Come join us for a wonderful show. It's STILL the word! One of the world's favorite musicals hits the stage in a high-octane production featuring all the hit songs you love, including "Summer Nights," "You're the One That I Want," "Hopelessly Devoted To You" and "Greased Lightning." Fee includes admission to show with buffet lunch and transportation. Fee includes transportation is aboard an M-NCPPC Commission Bus, admission, and meal.

Wednesday, July 24

9 am – 3:30 pm

Keeping You Thriving in The Community

Chesapeake Room

Free

A lively discussion of what it means to stay healthy and thrive, and tips on how to keep thriving. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

Thursday, July 25

10:30 am- 12 pm

August 2019

International Spy Museum

Washington, D.C.

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

PARKS DIRECT# CSSAC-20190801

Welcome to the shadowy world of espionage! No matter what motives bring you here, leave your preconceptions behind. See the tradecraft of espionage through the stories of individuals and their missions, tools, and techniques. Umbrellas are pistols, dead rats are microphones, femme fatales are men fatales. Gain access to a wild world of gadgets, weapons, bugs, cameras, vehicles, and spy-tech that defies classification. Fee includes admission to museum and transportation on M-NCPPC Commission Bus. Lunch at your own expense at a local restaurant. Average Menu Price \$12-\$35

Thursday, August 1

9:30 am – 4 pm



BINGOFEST

Camp Springs Senior Activity Center

PARKS DIRECT #26504-411A

FREE

Admission: Donation of school supplies for Prince George's County students in need.

Let's play BINGO! Win great prizes and have lots of fun. A list of needed school supplies is available at the center's front desk. The Prince George's County Department of Family Services, Aging Division, will provide a box lunch. Register today as this event sells out fast!



Friday, August 2

10 am – 2 pm

Camp Springs Senior Activity Center: Trips and Special Events

August 2019

Westminster Blues Night



Washington, DC

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

PARKS DIRECT# CSSAC-20190812

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, August 12

4:30 pm – 9:30 pm

Senior Citizen's Day

Camp Springs Senior Activity Center

FREE

Please join Pickett Fences Senior Services, Inc., and Visiting Angels of Largo, MD from 10 am to 1 pm as we celebrate Senior Citizens Day. Please join us for a day filled with activities, vendors, memory screenings and more. Be prepared to experience exceptional speakers, a great work out segment with Fitness Consultant, Romona Wiltshire of Livin' Fit. Line Dancing with the Harmony Hallers. An M-NCPPC Senior ID card is required for this "Show Up" event. To register for Breakfast please sign up at front desk. Space is limited.



Tuesday, August 20

10 am – 1 pm

The Power of Breath

Chesapeake Room

Free

"THE POWER OF THE BREATH" is a wellness special event, full of information, fun, interactive techniques and empowerment offers a dramatic introduction to "The Power of the Breath". Beyond an inspiring workshop, participants will experience the tools for life-changing transformation, using "relearn how to breathe" awareness, breath adjustments, stress busters, and The "7 Principles of PositivEnergy™. – a wholistic approach to wellness. Customized for Baby Boomers/Seniors. An M-NCPPC Senior ID card is required for this "Show Up" event.

Thursday, August 22

10:30 am- noon

Save the Date

Camp Springs Fall Fest

October 3, 2019

11 am- 2:00 pm

Food, Games, Music, and More!



Camp Springs Senior Activity Center: Trips and Special Events

August 2019

Ocean City Day Trip

Ocean City, MD

\$70 (R); \$91 (NR)

PARKS DIRECT# CSSAC-20190822

We're day-tripping to Ocean City! Join us for fun on the iconic and famous boardwalk where you'll find local shops, restaurants, and plenty of things to do. Make memories with new and old friends while you enjoy the indoor and outdoor attractions. Meals are at your own expense at a local restaurant. Fee includes transportation aboard a chartered bus.



Thursday, August 22

7:00 am – 8:00 pm

Bowling

Crofton, MD

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

PARKS DIRECT# CSSAC-20190827

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, August 27

9:30 am – 3 pm

Mystery Restaurant

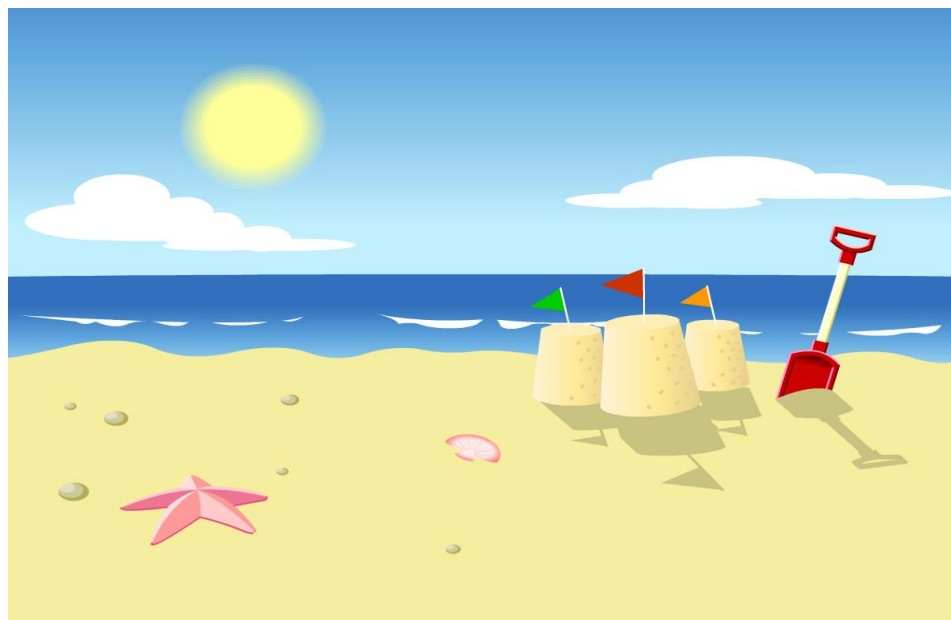
\$15 (R); \$20 (NR)

PARKS DIRECT# CSSAC-20190829

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 M-NCPPC Commission bus.

Thursday, August 29

10 am - 3 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 summer semester begins the week of June 10 and concludes the week of September 16. For details, check the SAGE web site at www.pgcc.edu or call the SAGE office at 301-546-0882.

Additionally, you must have an 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. No Sage classes July 4, 5,6, August 30,31 September 2.

CLASS	DAY	TIME	BEGINS & ENDS	ROOM
Current Issues	Monday	1 - 3 pm	June 10 – September 16	Blue Heron
Studio Fine Arts	Thursday	12:30 – 3:30 pm	June 13 – September 19	Blue Heron
Studio Fine Arts	Saturday	9:30 am – 12:30 pm	June 15 – September 21	Blue Heron
Humanities	Monday	10 am - 12 pm	June 10 – September 16	Potomac
Jewelry Making	Thursday	10 am - 12 pm	June 13 – September 19	Blue Heron
History of PG County	Wednesday	10 am - 12 pm	June 12 – September 18	Potomac
Piano – Interm/Adv.	Tuesday	9:30 –11:30 am	June 11 – September 17	Potomac
Piano – Beginners	Tuesday	11:30 am–1 pm	June 11 – September 17	Potomac
Cardio & Strength Training	Tuesday & Thursday	10 am - 12 pm	June 11 – September 17	Maryland
Spanish-Beginner I	Tuesday	11 am - 12 pm	June 11 – September 17	Room 50
Spanish-Beginner II	Tuesday	12:15 - 1:15 pm	June 11 – September 17	Room 50
Spanish- Intermediate	Tuesday	1:30 – 2:30 pm	June 11 – September 17	Room 50
Spanish- Advanced	Tuesday	2:45 - 3:45 pm	June 11 – September 17	Room 50
Tai Chi	Tuesday & Thursday	12 - 2 pm	June 11 – September 17	Blue Heron / Maryland
Tai Chi	Wednesday	10 am - 12 pm	June 12 – September 18	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 for M-NCPPC Volunteer opportunities or contact the Facility Director.

DISABILITY ACCOMMODATIONS

"Accommodations 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."

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 and click on the PGParks Alert icon. You must provide an email address or cell phone number to receive alerts

