

SAARC Senior Program



Southern Area Aquatics and Recreation Complex (SAARC)



Welcome to SAARC Senior Program

June, July & August 2023

SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Tuesday, July 4, 2023 Independence Day



SAARC HOURS OF OPERATION		SAARC POOL HOURS OF OPERATION	
Sunday	10 am-6 pm	Sunday	10 am-5 pm
Monday – Thursday	5 am-9 pm	Monday – Friday	6 am-5 pm / 5:30-9 pm
Friday	5 am-10 pm 7-10 pm - Teen Night	Saturday	8 am-5 pm
Saturday	6 am-10 pm 7-10 pm - Teen Night		

Please note: The SAARC Senior Program is closed on the above-mentioned date(s) even though the center may be opened for operation. Thank you.

Spring Registration

- Registration begins **Wednesday, May 17, 2023**, for Residents (R) only.
- Note: The center will open at 9:00 am on Wednesday, to assist with registrations.
- Registration begins on **Wednesday, May 24, 2023**, 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 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 Microsoft Teams, which requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later.

13601 Missouri Ave • Brandywine, Maryland 20613
301-782-1442 TTY: 301-699-2544

SAARC Senior Program

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 signed up for the program
- 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.





For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

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

SAARC Senior Program: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
Sewing  <i>w/ Tisha Thorn</i>	<u>Monday</u> Jun 5	9:30-11:30 am	Program Rm B	15501 475A	\$11; \$15
Quilting  <i>w/ Tisha Thorn</i>	<u>Monday</u> Jun 5	12 noon-2 pm	Program Rm B	15504 475A	\$11; \$15
Spinning  <i>w/ Tashsa</i>	<u>Monday & Wednesday</u> May 29-Jun 21 Jun 26-Jul 19 Jul 24-Aug 16	9:30-10:30 am	Spin Room	17540 475A 475B 475C	\$24; \$30 \$32; \$42 \$32; \$42
Bingo 	<u>Tuesdays</u>	10:15-11:30 am	Multi- Purpose Rm A	Show Up Activity	FREE
Smart Devices  <i>w/ Debbie Thorps</i>	<u>Tuesday</u> Jun 6-Jun 27 Jul 11-Jul 25	10-11:30 am	Program Rm B	14506 475A 475B	\$20; \$26
Exercise  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Jun 6-Jun 29 Jul 11-Jul 27 Aug 1-Aug 24	11 am-12 noon	Group X Rm 1	17517 475A 475B 475C	\$28; \$37
Zumba Fit  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Jun 6-Jun 29 Jul 11-Jul 27 Aug 1-Aug 24	12:30-1:30 pm	Group X Rm 1	17529 475A 475B 475C	\$28; \$37
Yoga <i>(no chair)</i>  <i>w/ Steve Wolf</i>	<u>Wednesdays</u> Jun 7-Jun 28 Jul 5-Jul 26 Aug 2-Aug 23	11:15 am-12:15 pm	Group X Rm 1	17504 475A 475B 475C	\$22; \$29
Chair Yoga  <i>w/ Steve Wolf</i>	<u>Wednesdays</u> Jun 7-Jun 28 Jul 5-Jul 26 Aug 2-Aug 23	12:30-1:30 pm	Group X Rm 1	17504 475E 475F 475G	\$22; \$29

SAARC Senior Program: Special Events

June 2023

Birthday Observation

FREE

Tuesday, June 1

12 noon-1 pm

Join us as we observe June with birthday treats and good conversation. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

National Iced Tea Day

FREE

Tuesday, June 6

11:30 am-1:00 pm

As the temperature heats up in June, it's a perfect time to have a glass of tea! June is National Iced Tea Month, so come, and enjoy music as we relax and enjoy some cold iced tea on the patio. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

Lunchtime Listening

FREE

Wednesday, June 7

11 am-1 pm

Parks Direct Activity Code: ACHD-SPEC-GA-20230601

Lunch is not complete without great music. Come, sit back, relax and enjoy a live concert.

Hair Cuts for Dads

FREE

Thursday, June 15

11 am-1 pm

Parks Direct Activity Code: SAARC-SPEC-GA-202306132023

Calling all DADS! In honor of Father's Day, come and enjoy a free haircut and beard trimming from Barbers for Life, LLC Mobile Barber Shop. You deserve it.

Healthy, Well & Wise –Selfies and Singing National Selfie Day

FREE

Thursday, June 22

10:30 am-12 noon

In honor of National Selfie Day please join us as we take selfies, sing karaoke, have fun, be wiled and listen to old school tunes on the patio. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

SAARC Cinema

FREE

Thursday, June 29

10:30 am-1:30 pm

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.



July 2023

Birthday Observation

FREE

Thursday, July 6

12 noon-1 pm

Join us as we observe July with birthday treats and good conversation. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

Healthy, Well & Wise – Blood Pressure Screening

FREE

Thursday, July 20

10:30 am-1 pm

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 greatly increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. An M-NCPPC Senior ID Card and reservations are required. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

Senior Line Dance Party

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

Friday, July 21

9 am-12 noon

Parks Direct Activity Code: SPD-SPEC-GA-20230721

You do not want to miss this popular summer Line Dance Party for seniors! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, laugh, make new friends, and show off your dance moves! Registration is on first come basis. No tickets are sold at the door. You must have a Parks Direct account to register! Transportation not provided.

SAARC Cinema

FREE

Thursday, July 27

10 am-2 pm

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.

August 2023

Birthday Observation & National Ice Cream Sandwich Day

FREE

Tuesday, August 1

12 noon-1 pm

Join us as we observe August with birthday treats and good conversation. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.



BINGO-Fest**Friday, August 11****FEE: FREE****10 am-2 pm****PARKS DIRECT# SAARC-SPEC-GA-20230811**

Free with Parks Direct Senior ID & donation of new school supplies. Calling all seniors to join the fun and play bingo for GREAT prizes while helping support Prince George's County elementary school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services. Registration www.pgparksdirect.com Key word search: **Bingo.**

Doors open at 9:30 am.**John E. Howard Senior Activity Center**

4400 Shell Street - Capitol Heights, MD 20743

301-735-2400

Parks Direct Ticket Code:

Parks Direct Activity Code: JEHSAC-SPEC-GA-2023-0811**Laurel-Beltsville Senior Activity Center**

7120 Contee Road - Laurel, MD 20707

301-206-3350

Parks Direct Ticket Code:

Parks Direct Activity Code: LBSAC-SPEC-GA-2023-0811A**Camps Springs Senior Activity Center**

6420 Allentown Road - Camp Springs, MD 20748

301-449-0490

Parks Direct Activity Code: SPD-SPEC-GA-2023-0811B**National Senior Citizen Day****Wednesday, August 23****FREE****11 am-1:30 pm****Parks Direct Activity Code: SAARC-SPEC-GA-20230823**

Come help us celebrate the achievements, dedications and services of the more mature people in our County. We will raise awareness on the way the past has shaped the way we look at age and aging.

SAARC Cinema**Thursday, August 31****FREE****10:30 am-1:30 pm**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages.

Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am and 2 pm one-week prior to the start date so we can plan accordingly.



SAARC Senior Program: Trips

BON APPETIT: Mystery Restaurant

FEE: \$10

Parks Direct Activity Code: SAARC-20230608

Parks Direct Activity Code: SAARC-20230711

Parks Direct Activity Code: SAARC-20230821

10 am-2 pm

Thursday, June 8

Thursday, July 11

Monday, August 21

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. Meal is at your own expense (average menu prices: \$7-25). Fees include transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required.

Kennedy Center: CeCe Winans

FEE: \$63 (R); \$85 (NR)

Parks Direct Activity Code: JEHSAC-20230620

Parks Direct Activity Code: CSSAC-20230620

Parks Direct Activity Code: SAARC-20230620



Tuesday, June 20

5:30-11:30 pm

One night only! Legendary gospel singer and 15-time Grammy Award-winner CeCe Winans takes center stage to perform chart-topping favorites and uplifting new music from her most recent project *Believe For It*. Fee includes ticket to the performance and transportation on a senior activity bus.

Choptank Suicide Bridge – Lunch Cruise

FEE: \$70 (R); \$90 (NR)

Parks Direct Activity Code: JEHSAC-20230713

Parks Direct Activity Code: SAARC-20230713

Thursday, July 13

9 am-5 pm

Join us as we cruise the scenic Choptank River, located on Maryland's Eastern shore viewing farms, homes, waterfowl and more along the water way. The food is catered by Suicide Bridge Restaurant and features local seafood and Eastern Shore favorites. Fee includes luncheon cruise and transportation on the Senior Activity Bus.



Choptank Suicide Bridge – Crab Feast Cruise

FEE: \$85 (R); \$110 (NR)

Parks Direct Activity Code: CSSAC-20230803

Parks Direct Activity Code: JEHSAC-20230803

Parks Direct Activity Code: SAARC-20230803

Thursday, August 3

9 am-6 pm

Savor the scenery and food along the Choptank River! Part of the Chesapeake Bay's ecosystem, this river is rich in beauty and natural resources. We'll enjoy a delicious seafood crab feast lunch onboard this three-hour cruise which includes steamed crabs, Maryland crab soup, clam strips, fried chicken, corn on the cob, cole slaw, dessert, coffee, tea, and sodas. Fee includes transportation, admission, and lunch.



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) Call for more information. Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Brenda Wilkins at 301-449-0106; by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475.

Lunch Reservations: Lunch reservations must be made a week in advance by contacting (301) 265-8475.

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.

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least a week in advance with Ms. Brenda Wilkins, 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 telephone numbers.



WMATA Senior SmarTrip Cards

are for Seniors aged 65 or better is available at wmata.com/fares/reduced.cfm. A photo ID for proof of age is required.

Volunteer Opportunities

Do you have a special skill or talent you would like to share? Check out www.pg parks.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."

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

