

# SAARC Senior Program



Southern Area Aquatics Recreation Complex (SAARC)



## SAARC Senior Program



### SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

### SCHEDULED PROGRAM CLOSURES:

Monday, September 4, 2023: Labor Day

Thursday, November 23, 2023: Thanksgiving

Friday, November 25, 2024: Employee Appreciation Day

SAARC HOURS OF OPERATION		SAARC POOL HOURS OF OPERATION	
Sunday	10 am-6 pm	Sunday	12 noon-5 pm
Monday – Friday	5 am-10 pm	Monday – Friday	6 am-9 pm
Friday	7 pm-10 pm-Teen Night	Saturday	8 am-9 pm
Saturday	6 am-10 pm		

*Please note: The SAARC Senior Program is closed on the above-mentioned dates even though the center may be open for operation. Thank you.*

### Fall 2023 Registration

- Registration begins Wednesday, **August 16, 2023, for Residents (R)** only.
- Note: The center will open at 9:00 am on August 16 to assist with registrations.
- Registration begins on **Wednesday, August 23, 2023, for Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class/trip start date so we can plan accordingly. **A minimum number of registrants are required for most activities to be held.**
- See refund policy on the last page.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (no trips) that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.

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 Senior Program 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, 12-14 passenger bus
- **Commission Bus** – Large 28 passenger white bus
- **Charter 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.

**“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.

**NO SMOKING POLICY** - In accordance to 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.






# SAARC Senior Program: CLASSES


CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
<b>Sewing</b>  <i>with Tisha Thorn</i>	<u>Monday</u> Sep 18-Sept 25 Oct 9-Oct 16 Nov 13-Nov 20	9:30-11:30 am	Program Rm B	<b>15501</b> 575A 575B 575C	\$24; \$32 <i>2 classes per session</i>
	Individuals will learn the art of sewing and basic techniques to increase skill level. Sewing and Quilting – patrons must provide pair of scissors and rotary blade, seam ripper, container of straight pins, measuring tape, 6" seam gauge, chalk or marking pencil, fray check, hand sewing needle, large safety pins, pencil, pen, and notepad. <i>2 classes per session</i>				
<b>Quilting</b>  <i>with Tisha Thorn</i>	<u>Monday</u> Sep 18-Sept 25 Oct 9-Oct 16 Nov 13-Nov 20	Noon-2 pm	Program Rm B	<b>15504</b> 575A 575B 575C	\$24; \$32 <i>2 classes per session</i>
	Beginners will learn basic quilting skills and knowledge of quilting tools. Sewing and Quilting – patrons must provide pair of scissors and rotary blade, seam ripper, container of straight pins, measuring tape, 6" seam gauge, chalk or marking pencil, fray check, hand sewing needle, large safety pins, pencil, pen, and notepad. <i>2 classes per session</i>				
<b>Spinning</b>  <i>w/ Tashsa</i>	<u>Monday &amp; Wednesday</u> Aug 21-Sep 13 Sep 18-Oct 11 Oct 16-Nov 8	9:30-10:30 am	Spin Room	<b>17540</b> 575A 575B 575C	\$32; \$42 \$32; \$42
	Aug 21-Sep 13 Sep 18-Oct 11 Oct 16-Nov 8	10:45-11:30 am		575C 575F	
<b>Smart Gadgets</b> 	<u>Tuesday</u> Sep 5-Sept 26 Oct 3-Oct 24 Nov 7-Nov 28	9:30-11 am	Program Rm 2	<b>14506</b> 575A 575B 575C	\$20; \$26
	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. <i>(4 class per session)</i>				
<b>Exercise</b>  <i>with Patricia Partee</i>	<u>Tuesday &amp; Thursday</u> Sep 5-Sep 28 Oct 3-Oct 26 Nov 2-Nov 30	11 am-Noon	Group X 1	<b>17517</b> 575A 575B 575C	\$28; \$37
	A slow-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. <i>8 class per session – No class November 24-25</i>				



# SAARC Senior Program: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
<b>Zumba Fit</b>  <i>with Patricia Partee</i>	<u>Tuesday &amp; Thursday</u> Sep 5-Sep 28 Oct 3-Oct 26 Nov 2-Nov 30	12:30-1:30 pm	Group X 1	<b>17529</b> 575A 575B 575C	\$28; \$37
	This class is designed to introduce easy to follow Zumba choreography and medium-paced low impact fitness exercises combined that focuses on balance, flexibility, cardiovascular and muscular conditioning. No class on November 24, Thanksgiving. 8 class per session - No class September 14				
<b>Yoga</b> <i>(no chair)</i>  <b>Chair Yoga</b> <i>with Steve Wolf</i>	<u>Wednesdays</u> Sep 6-Sep 27 Oct 4-Oct 25 Nov 1-Nov 22	11:15 am-12:15 pm	Group X 1	<b>17504</b> 575A 575B 575C	\$22; \$29
	<u>Wednesdays</u> Sep 6-Sep 27 Oct 4-Oct 25 Nov 1-Nov 22	12:30 pm-1:30 pm	Group X 1	<b>17504</b> 575D 575E 575F	\$22; \$29
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. 4 class per session					
<b>Showstoppers</b> 	<u>Thursday</u> Sep 21-Nov 16	10:30 am-Noon	Virtual	<b>23511</b> 575A	\$15; \$20
	Ever dream of being an actor? In this 8-week virtual class, participants will learn some acting fundamentals, including improvisation, and storytelling through acting games and much more. Participation in acting offers health, cognitive and social benefits. Join the class and explore theatre arts!				
	<u>Tuesday</u> Sep 12-Dec 12	11:30 am-1 pm <i>Performance Group</i>	Program Rm B	<b>31527</b> 575A	\$15; \$20
	Come experience the thrill of live performance through acting. In this class, participants review acting fundamentals and improvisation techniques, and rehearsal techniques while preparing for performances at senior centers and other locations throughout Prince George's County. Experience the benefits of acting, such as enhanced brain function, creativity, and problem solving. Enjoy social engagement and a sense of community while rehearsing and performing.				
	<u>Tuesday</u> Oct 3-Nov 21	10-11 am	Program Rm B	<b>31527</b> 575B	\$15; \$20
Oh, experience the joys of performance through acting. Come learn acting fundamentals through theatre games, improvisation, storytelling, and more. Experience the benefits of acting, including enhanced brain function, creativity, and problem solving. Enjoy social engagement and experience a sense of community. Join the class and explore theatre arts!					

# SAARC Senior Program: CLUBS

<b>Bingo Club</b> 	Tuesday	11 am-1:30 pm	Multi-Purpose A	<b>Show Up Activity</b>	FREE (no prizes)
Enjoy self-led games of bingo with fellow seniors. No sign up is required. Please scan your M-NCPPC Senior ID card upon entering the facility for this show up event. Seats are first come first serve. Bragging Rights only, no prizes.					

# SAARC Senior Program: Special Events

## September 2023

**Lunch Time Listening Featuring Junie Herderson & Friends**

**FREE**

**Wednesday, September 6**

**11 am-1 pm**

Please join us as we sit back, relax, and enjoy a live concert featuring Junie Herderson and Friends

**Toby's Dinner Theater: Sister Act**

**FEE: \$81 (R); \$106 (NR)**

**Parks Direct: SAARC-20231024**



**Wednesday, September 6**

**9 am-4 pm**

A woman hiding in a convent helps her fellow sisters find their voices as she rediscovers her own. SISTER ACT is the feel-amazing musical comedy based on the smash hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony and 8-time Oscar winner Alan Menken (NEWSIES, BEAUTY AND THE BEAST, LITTLE SHOP OF HORRORS), this uplifting musical was nominated for 5 Tony Awards including Best Musical. A sparkling tribute to the universal power of friendship, SISTER ACT is reason to REJOICE! Fee includes admission to dinner theater and transportation on the Senior Activity Bus

**Birthday Celebration**

**FREE**

**Thursday, September 7**

**11:30 am-1:30 pm**

Join us for an afternoon of socializing and snacking as we honor our September birthdays.

**Grandparents Day Luncheon**

**Camp Springs Senior Activity Center**

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

**Parks Direct: CSSAC-SPEC-GA-20230908**

**Friday, September 8**

**12 noon-2:30 pm**

Celebrate Grandparents Day with live music and a catered individually packed lunch and more.

**Active Aging Week – Pickleball**

**FREE**

**Tuesday & Thursday, September 19 & 21**

**9 am-1 pm**

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle or one can be provided at the center.



**Active Aging Week –Pool Side Party****FREE****Wednesday, September 20****10 am-Noon**

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing soft drink and listen to some old school tunes.

**Healthy, Well & Wise – BP Screening****FREE****Thursday, September 21****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.

**Healthy, Well & Wise – Explore Darnall's Chance****FREE****Thursday, September 21****11 am-Noon**

Join museum educator Stacy LaRosa for a virtual presentation of this historic site built between 1741-1742. Learn about its history, see period rooms, artifacts and explore the burial vault which was unearthed by archaeologists in the 1990s. Here the stories of the women of Darnall's Chance including Lettice Lee and the enslaved Bentley Family.

**Shop n' Sell****Camp Springs Senior Activity Center****Saturday, September 23****8 am -1 pm****VENDOR FEE: \$25 (R); \$30 (NR)****Parks Direct: CSSAC-SPEC-GA-20230923**

**Vendors Needed:** Clean out your house and make some cash for the summer. Camp Springs Senior Activity Center (CSSAC) and Southern Area Aquatics and Recreation Complex (SAARC) will host a Shop n' Sell on Saturday, September 23, 2023, from 8:00 a.m. to 1:00 pm. Double parking spaces, 1 6ft table and 2 chairs will be provided (first come first serve). Sellers are allowed to set up at 7 a.m. We have a limited number of spots available, so register now. No concession items allowed.

**Healthy, Well & Wise - [Medicare and You 2023 Ice Cream Social](#)****FREE****Wednesday, September 27****12:30-1:30 pm**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

**SAARC Cinema****FREE****Thursday, September 28****11 am-1:30 pm**

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



# October 2023

**Healthy, Well & Wise - Medicare and You 2023 Ice Cream Social**  
**FREE**

**Tuesday, October 3**  
**12:30-1:30 pm**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

**Lunch Time Listening Featuring Lenny McLean**  
**FREE**

**Wednesday, October 4**  
**11 am-1 pm**

Please join us as we sit back, relax, and enjoy a live concert Featuring Lenny McLean.

**Hispanic Day Chip & Dip Birthday Celebration**  
**FREE**

**Thursday, October 5**  
**11:30 am-1:30 pm**

Let's celebrate our culturally diverse Hispanic community and the October birthday babies! Join us for an afternoon of socializing and snacking as we honor Hispanic Heritage Month.

**Healthy, Well & Wise – Elder Abuse**  
**FREE**

**Tuesday, October 17**  
**11 am-12:30 pm**

Join us as we discuss ways of keeping yourself safe in your golden years.

**Senior Blues Fest**  
**SAARC**

**Wednesday, October 18**  
**11 am-1:30 pm**

**\$20(R); \$25(NR)**

**Parks Direct: SAARC-SPEC-GA-20231018**

Come join us for some Down-Home Blues featuring The Kev Powe Thang as they take you back to the golden age of the blues! Light refreshments provided.

**Healthy, Well & Wise – Pastries & Paint**  
**FREE**

**Tuesday, October 19**  
**11 am-12:30 pm**

**Parks Direct: SAARC-20231019**

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

**Lunch & Learn – ClearCaptions**  
**FREE**

**Thursday, October 26**  
**11 am-1 pm**

Trouble hearing on the phone. Never miss a word, wherever you are. If you have hearing loss that makes it difficult to use the phone, you may qualify to receive a ClearCaptions Phone at no cost to you. ClearCaptions delivers near real-time phone captioning—you'll see the words your callers say. Join us to **learn** about the program and how to qualify.

**SAARC Cinema Presents**  
**FREE**

**Thursday, October 26**  
**11 am-1 pm**

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

# November 2023

**Lunch Time Listening Featuring Pianist Johnie Steele**  
**FREE**

**Wednesday, November 1**  
**11 am-1 pm**

Please join us as we sit back, relax, and enjoy a live concert in the main lobby featuring Pianist Johnie Steele.

**Birthday Celebration & indoor Horseshoe Games**  
**FREE**

**Thursday, November 2**  
**11:30 am-1:30 pm**

Let's celebrate our November birthday babies and while testing your skills at indoor horseshoes.

**Healthy, Well & Wise – [General Health & Lifestyle](#)**  
**FREE**

**Tuesday, November 14**  
**12:30-1:30 pm**

Join us as we discuss our health and lifestyle for the aging individual presented by Humana.

**Lunch & Learn – ClearCaptions**  
**FREE**

**Thursday, November 15**  
**11 am-1 pm**

Trouble hearing on the phone. Never miss a word, wherever you are. If you have hearing loss that makes it difficult to use the phone, you may qualify to receive a ClearCaptions Phone at no cost to you. ClearCaptions delivers near real-time phone captioning—you'll see the words your callers say. Join us to **learn** about the program and how to qualify.

**SAARC Cinema**  
**FREE**

**Thursday, November 30**  
**11 am-1 pm**

Please join us as we sit back, relax, and enjoy the movie.

## **SAARC Senior Program: Trips**

**BON APPETIT: Mystery Restaurant**

**FEE: \$10**

**11 am-2 pm**

**Parks Direct: SAARC-20230914**

**Thursday, September 14**

**Parks Direct: SAARC-20231012**

**Thursday, October 12**

**Parks Direct: SAARC-20231116**

**Thursday, November 16**

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: \$15-35). Food cost does not include transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required.

**Washington Commanders vs Chicago Bears**  
**\$129(R); \$139(N)**



**Thursday, October 5**  
**6:45-11pm**

**Parks Direct: SAARC-20231005**

GAME ON! Let's join and cheer for our Commanders as they try and defeat the Chicago Bears. These tickets are club seats with in-door access. Fee includes admission to game and transportation on the Senior Activity Bus. It does not include food.



**Westminster Blues Night, Washington, DC**

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

**Parks Direct: SAARC-20231106**

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 the Senior Activity Bus

**Monday, November 6**

**4-9:30 pm**

**Maryland Live & Arundel Mills Mall**

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

**Parks Direct: SAARC-20231129**

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination with more than 200 indoor stores. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus

**Wednesday, November 29**

**9:30 am-2 pm**



# SAARC Senior Program: 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 Senior Nutrition Program is offered Tuesday and Thursday at SAARC with a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & better can reserve a meal by stopping by the senior's room and speaking to our Nutrition Manager, Mr. Austin or by calling the Department of Family Services Nutrition Office at (301) 265-8475.

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance with the Nutrition Manager. 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.

**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.

## 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 phone numbers.

### 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.

### Trip Refund Policy

Trip refunds will not be available if your registration is replaced by someone on the waiting list. Please refer to the complete refund policy on page 2 of this calendar.

## DISABILITY ACCOMMODATIONS

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 accommodation. To contact the Program Access office directly, e-mail [southern.inclusion@pgparcs.com](mailto:southern.inclusion@pgparcs.com) or call 301-203-6011.

## 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 PGParks Alerts today! You must provide an email address or cell phone number to receive alerts."