

SAARC Senior Program



Southern Area Aquatics and Recreation Complex (SAARC)



Welcome to SAARC Senior Program

December, January & February 2023-2024



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, December 25, 2023 Christmas

Monday, January 1, 2024 New Year's

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

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

Winter 2023-24 Registration

- Registration begins Wednesday, **November 15, 2023, for Residents (R)** only.
- Note: The center will open at 9:00 am on November 15 to assist with registrations.
- Registration begins on **Wednesday, November 22, 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 Fax: 301-782-1466 TTY: 301-699-2544

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's start date.
4. Withdrawal from an activity must be processed at the offering facility **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:

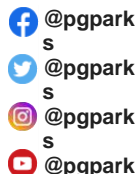
- **M-NCPPC Activity Bus** – Small, 12-14 passenger bus
- **Commission Bus** – Large 28 passenger white bus
- **Charter Bus** – 40-50 passenger bus with restroom



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 with Maryland State Law, there is **NO SMOKING** on **M-NCPPC property**. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.








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>with Tisha Thorn</i>	<u>Monday</u> Jan 22-29 Feb 12	9:30-11:30 am	Program Rm B	15501 175B 175C	\$24; \$32 \$12; \$16		
	Individuals will learn the art of sewing and basic techniques to increase their 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.						
 Quilting <i>with Tisha Thorn</i>	<u>Monday</u> Jan 22-29 Feb 12	Noon-2 pm	Program Rm B	15504 175B 175C	\$24; \$32 \$12; \$16		
	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.						
 Spinning <i>w/ Tasbsa</i>	<u>Monday & Wednesday</u> Dec 4-20 Jan 3-31 Feb 5-28	9:30-10:30 am	Spin Room	17540 175A 175B 175C	\$24; 32 \$36; \$47 \$32; \$42		
	Dec 4-20 Jan 3-31 Feb 5-28	10:45-11:45 am		175D 175E 175F			
 Smart Gadgets	<u>Tuesday</u> Jan 9-30 Feb 6-27	10-11:30 am	Party Room 2	14506 175B 175C	\$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.						
 Exercise <i>with Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 5-28 Jan 4-30 Feb 6-29	11 am-Noon	Group X 1	17517 175A 175B 175C	\$28; \$37		
	A slow-paced low-impact fitness class designed to help maintain good physical health. Exercise at your own pace. No class on December 7.						



CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
Zumba Fit  <i>with Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 5-28 Jan 4-30 Feb 6-29	12:30-1:30 pm	Group X 1	17529 175A 175B 175C	\$28; \$37
	This class is designed to introduce easy to follow Zumba choreography and medium-paced low impact fitness exercises combined that focus on balance, flexibility, cardiovascular and muscular conditioning. No class on December 7.				
Floor Yoga  Chair Yoga <i>with Steve Wolf</i>	<u>Wednesdays</u> Dec 6-27 Jan 3-24 Feb 7-28	11:15 am-12:15 pm	Group X 1	17504 175A 175B 175C	\$22; \$29
	<u>Wednesdays</u> Dec 6-27 Jan 3-24 Feb 7-28	12:30-1:30 pm	Group X 1	17504 175D 175E 175F	\$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.					

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
Bingo 	<u>Tuesdays</u>	11 am-Noon	Multi-Purpose Rm A	Show Up Activity	FREE
Line Dance 	<u>Fridays</u>	11 am-1 pm	Group X 1	Show Up Activity	FREE

M-NCPPC recreation card required.

No BINGO – December 12 and January 15

No class: December 25-26-Christmas, January 1-2-New Year's, January 15-MLK Day & February 19-President's Day



SAARC Senior Program: Special Events

December 2023

Lunchtime Listening
FREE

Wednesday, December 6
11 am-1 pm

Please join us as we sit back, relax, and enjoy a live concert featuring Kevin Howard.

Mingle and Jingle All Red Holiday Darty
Fee: FEES: \$15 (R); \$20 (NR)

Thursday, December 7
11 am-1:30 pm

PARKS DIRECT: SAARC-SPEC-GA-20231207

What is a DARTY? A Day Party of course. It is time to Mingle and Jingle as we celebrate the holiday season in our red outfits. A light lunch and great dancing music by Ray Apollo Allen and the Apollo One Band provided. **IT'S DARTY TIME!**

Healthy, Well & Wise – Holiday Craftastic with Brenda
FREE

Tuesday, December 12
11 am-12:30pm

PARKS DIRECT: SAARC-SPEC-GA-20231212

Join us for a hot cup of cocoa or hot apple cider while we create wonderful holiday crafts.

Holiday Sweater Gala & Karaoke
FREE

Thursday, December 21
11 am-1:30 pm

Come prepared to sing your favorite song while wearing your funniest, ugliest, prettiest, or most unique holiday sweater. Prepare to enjoy fun games and light refreshments.

Healthy, Well & Wise – New Years Celebration
FREE

Thursday, December 28
11 am-1:30 pm

Join us as prepare to celebrate the coming of 2024. It's going to be a bubbly day.

January 2024

Healthy, Well & Wise – Coffee, Cocoa and Conversation
FREE

Thursday, January 4
11 am-noon

Let us talk about your holiday experience as we enjoy hot comforting beverages.

Storytelling by Janice the Griot
FREE

Tuesday, January 16
10:30 am-2 pm

PARKS DIRECT: SPD-SPEC-GA- 20240116

Join us for mesmerizing and educational storytelling by Janice the Griot as she depicts Rosa Parks in a unique and educational way.



SAARC Cinema

FREE

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

Thursday, January 18

11 am-1:30 pm

Healthy, Well & Wise – Fall Factor Fitness with Gala

FREE

SAARC-SPEC-GA-20240123

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

Tuesday, January 23

11-11:45 AM

Soup for the Soul – Grab N Go

FREE

PARKS DIRECT: SAARC-SPEC-GA-20240125

We all love soup! Sit back and reminisce on the chilly days with family and friends while enjoying the evening with soup, an enjoyable book, or just relaxation! Stop by and GRAB your lunch bag filled with a sandwich, soup, and goodies. Let us Celebrate with Soup for the Soul! Advance registration required for this free Grab and Go event.

Thursday, January 25

11 am-1:00pm

Chair Yoga and Yogurt with Live Music

Fee: \$7 (R); \$9 (NR)

PARKS DIRECT: SAARC-SPEC-GA-20240130

Come join us - this class focuses on gently stretching and toning muscles often neglected but is important to keeping you healthy and mobile. Learn to relax with breathing and meditation techniques with Steve Wolf.

Tuesday, January 30

12:30-1:45 pm

February 2024

Pre-Super Bowl BINGO Bash - Jersey Day

FREE

Team Jersey Day - Come out for Super Bowl Jersey Day. Wear your favorite sports jersey from any sport. Little league, high school, college, and professional leagues are represented at this event. Enjoy party snacks and music. Sign up at the center no later than one week prior to the event.

Tuesday, February 6

10:30 am-1:30 pm

Healthy, Well & Wise – Do-it-Yourself Dessert Decor

FREE

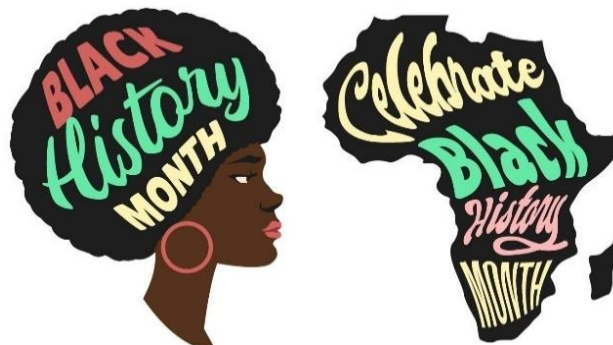
PARKS DIRECT: SAARC-SPEC-GA-20240208

Join us for a cupcake and cookie decoration party. Undecorated desserts, frosting, sprinkles, etc. will be provided.

Thursday, February 8

11 am-Noon

11 am-1:30 pm



Healthy, Well & Wise – Fall Factor Fitness with Gala

Tuesday, February 20

FREE

11-11:45 am

PARKS DIRECT: SAARC-SPEC-GA-20240220

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

Healthy, Well & Wise – Blood Pressure Screening

Thursday, February 22

FREE

10:30 am-1 pm

Blood pressure screening is important to decrease the risk of heart disease and strokes. High blood pressure usually has no symptoms and is only detected via screenings. Regular screenings will make you aware of your numbers and help you make needed changes.

SAARC Cinema

Thursday, February 22

FREE

11 am-1:30 pm

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

Maryland’s Black History Program

Thursday, February 29

FREE

11 am-12:30 pm

A celebration of Maryland’s African Americans and how their efforts changed society near and far. Also, be prepared to tell your story because your history matters.

SAARC Senior Program: Trips

Dinner and Festival of Lights

December 5

Watkins Regional Park

3:00 pm-7 pm

PARKS DIRECT: SAARC-20231205

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

Drive-through a spectacular trail that perfectly matches your car radio playing the Christmas favorites. The most popular displays include reindeer, colorful snowflakes, toy soldiers, gingerbread men, candy canes, and, of course, Santa Claus. Stop by a dazzling life-size Gingerbread House and an enchanting Carousel of Lights.

Toby’s Dinner Theater: Miracle on 34th Street



Wednesday, December 27

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

9 am-4 pm

PARKS DIRECT: SAARC-20231227

“It’s Beginning to Look a Lot Like Christmas” at Toby’s. This musical adaptation of the classic film is the holiday tale of a young girl who doubts the existence of Santa Claus until a very special, white-bearded old man changes her mind. Recreating the magic of the classic story, **MIRACLE ON 34th STREET** is a joyous, heartwarming musical, the perfect holiday treat for the entire family. Dreams do come true if you believe! **Fee includes admission to dinner theater and transportation on the Senior Activity Bus.**



BON APPETIT: Mystery Restaurant

FEE: \$10

PARKS DIRECT: SAARC-20240111

PARKS DIRECT: SAARC-20240215

11 am-2 pm

Thursday, January 11

Thursday, February 15

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. The meal is at your own expense (average menu prices: \$15-35). Fee includes transportation on an M-NCPPC activity bus. M-NCPPC Senior ID Card required.

COUNTY EVENTS

FESTIVAL OF LIGHTS

Watkins Regional Park

FEES: \$10 advance - \$15 at the gate



November 25-January 1

5:00 pm – 10:00 pm

Drive-through a spectacular trail that perfectly matches your car radio playing the Christmas favorites. The most popular displays include reindeer, colorful snowflakes, toy soldiers, gingerbread men, candy canes, and, of course, Santa Claus. Stop by a dazzling life-size Gingerbread House and an enchanting Carousel of Lights. Located at Watkins Regional Park - 301 Watkins Park Drive - Upper Marlboro, MD 20774.

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

PARKS DIRECT: SPD-SPEC-GA- 20231214



Thursday, December 14

10:30 am-Noon

FEE: \$12(R); \$16 (NR)

Celebrate the holiday season with Jim Hession's Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event is sure to get you in the spirit! Transportation is not provided. **A printout of your ticket(s) is required for admission to the concert.**

Laurel-Beltsville Senior Activity Center is located at 7120 Contee Road, Laurel, Maryland 20707. Seniors ages 60 & better register today at pgparks.com. For more information call 301-446-3400 or email seniors@pgparks.com.

Black History in Motion

Publick Playhouse

PARKS DIRECT: SPD-SPEC-GA-20240209



Friday, February 9

11 am-12:30 pm

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

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture. Enjoy the sounds of Memphis Gold and Phil Wiggins performing down home blues as well as R&B, and Soul music by Ray Apollo Allen and the Apollo One Band. Tickets may be purchased at pgparks.com, the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. **A printout of your ticket(s) is required for admission to the concert.** The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784.



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 on 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 seniors' 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 have a delayed opening or closed 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 for M-NCPPC Volunteer opportunities or contact the Facility Director.

Trip Refund Policy

Trip refunds will 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 disability accommodation. To contact the Program Access office directly, e-mail 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 and click on the PGParks Alerts today! You must provide an email address or cell phone number to receive alerts."