

# Camp Springs Senior Activity Center

## Spring Calendar

March, April, May 2024



## Welcome to Camp Springs Senior Activity Center!

### HOURS OF OPERATION:

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



### SCHEDULED CLOSURES:

May 27, 2024: Memorial Day

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

### Spring Registration

- Registration begins **Wednesday, February 14, 2024, for Residents (R)** only.
- Note: The center will open at 9:00 am on **Wednesday, February 14** to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on **Wednesday, February 21, 2024, 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.
- 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 Zoom. The Zoom link will be emailed to you.
- 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 modification. To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email [program.access@pgparks.com](mailto:program.access@pgparks.com).

6420 Allentown Road • Camp Springs, Maryland 20748

[Campsprings seniors@pgparks.com](mailto:Campsprings seniors@pgparks.com)

301-449-0490

Fax: 301-449-6298

Maryland Relay: 711

# Camp Springs Senior Activity Center

Welcome to CSSAC where we hope you will enjoy our:

- Billiards Room with 3 pool tables, television, and sound system
- Social Room with television and games
- Potomac Computer Room with 10 computers and a printer
- Maryland Dance Room with wood floor 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 lunch is served by the Prince George's County Department of Family Services Nutrition Program.



## 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. All withdrawal/refunds from an activity may be processed at the facility offering the activity.
4. CSSAC 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.

**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](mailto: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.

# Camp Springs Senior Activity Center: CLASSES

CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
<b>Defensive Driving</b>	<u>Thursday</u> March 7 April 4 May 2  <u>Saturday</u> March 23 April 13 May 18	9:30 am-2:30 pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
<b>Computer Level 1</b>	<u>Monday &amp; Wednesday</u> March 4-March 13 April 1- April 10 May 6-May 15	12:15-2:15 pm	Potomac Room	14501-211A 14501-211B 14501-211C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.					
<b>Computer Level 2</b>	<u>Monday &amp; Wednesday</u> March 18-March 27 April 15-April 24 May 20-May 29	12:15-2:15 pm	Potomac Room	14502-211A 14502-211B 14502-211C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$34 (R); \$45 (NR)
Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. Two-week course.					
<b>Parks Direct</b>	<u>Friday</u> March 15 April 19 May 17	12:30-1:30 pm	Potomac Room	14505-211A 14505-211B 14505-211C	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> March 4-March 25 April 8-April 29 May 6-May 20	10 am-12 noon	Blue Heron Room	15502-211A 15502-211B 15502-211C	\$16 (R); \$21 (NR) \$16 (R); \$21 (NR) \$12 (R); \$17 (NR)
<b>Total Body Workout (Exercise)</b>	<u>Monday &amp; Friday</u> March 4- March 29 April 1- April 26 April 29-May 24	10:30 -11:15 am	Multipurpose Room	17517-211A 17517-211B 17517-211C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	March 4- March 29 April 1- April 26 April 29-May 24	11:30 am-12:15 pm	Multipurpose Room	17517-111D 17517-111E 17517-111F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)
<b>Hand Dancing (Contemporary) Beginner</b>	<u>Friday</u> March 1-April 5 April 12-May 17	1-2 pm	Maryland Room	23510-211A 23510-211B	\$36(R); \$46 (NR) \$36(R); \$46(NR)

<b>Hand Dancing (Contemporary) Intermediate</b>	<u>Friday</u> March 1-April 5 April 12-May 17	2-3 pm	Maryland Room	23510-211A 23510-211B	\$36(R); \$46 (NR) \$36(R); \$46(NR)
<b>Stretch &amp; Tone</b>	<u>Thursday</u> March 7-March 28 April 4-April 25 May 2-May 23	11:30 am -12:30 pm	Maryland Room	31503-211A 31503-211B 31503-211C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
<b>Line Dance</b>	<u>Wednesday</u> March 6-March 27 April 3-April 24 May 1-May 22	9:30-11:30 am	Maryland Room	23501-211A 23501-211B 23501-211C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
<b>Line Dance</b>	<u>Saturday</u> March 2-March 23 April 6- April 27 May 4- May 25	9:15-11:15 am	Maryland Room	23501-211D 23501-211E 23501-211F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
<b>Sign Language (Basic)</b>	<u>Mondays &amp; Fridays</u> March 4- March 29 April 1- April 26 April 29-May 24	10-11:15 am	Chesapeake Room	20501-211A 20501-211B 20501-211C	\$12 R; \$16 (NR) \$12 R; \$16 (NR) \$12 R; \$16 (NR)
<b>Low Impact Aerobics</b>	<u>Thursdays</u> March 7-March 28 April 4-April 25 May 2-May 23	9:30-10:30 am	Maryland Room	17521-211A 17521-211B 17521-211C	\$16 R; \$21 (NR) \$16 R; \$21 (NR) \$16 R; \$21 (NR)
<b>Quilting</b>	<u>Fridays</u> March 1- March 22 April 5-April 26 May 3- May 24	1-3 pm	Chesapeake Room	15504-211A 15504 211B 15504-211C	\$25(R); \$32 (NR) \$25(R); \$32 (NR) \$25(R); \$32 (NR)
<b>Smart Gadgets</b>	<u>Friday</u> March 1- March 22 April 5-April 26 May 3- May 24	10-11:30 am	Blue Heron	14506-211A 14506-211B 14506-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
<b>Gentle Yoga</b>	<u>Tuesdays</u> March 5- March 26 April 2- April 23 May 7-May 28	9:30-10:30 am	Multipurpose Room	17504-211A 17504-211B 17504-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
<b>Virtual Chair Yoga</b>	<u>Monday</u> March 4-March 25 April 1-April 22 May 6-May 20	12:30-1:30 pm	Virtual Room	31515-211A 31515-211B 31515-211C	\$10(R); \$13 (NR) \$10 (R); \$13 (NR) \$7 (R); \$10 (NR)
<b>Senior Showstoppers (Introduction)</b>	<u>Thursdays</u> March 7-April 11 April 18-May 23	10-11 am	Blue Heron	23511-211A 23511-211B	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
<b>Senior Showstoppers (Performance)</b>	March 7-April 11 April 18-May 23	11:30 am- 1:30 pm	Blue Heron	23511-211C 23511-211D	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR)

<b>Yoga For Increased Strength</b>	<u>Thursdays</u> March 7-March 28 April 4-April 25 May 2-May 23	9:30-10:30 am	Multipurpose Room	17504-211D 17504-211E 17504-211F	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
<b>Fitness In the Park-Circuit Workout</b>	<u>Mondays</u> April 1-May 20	6 -7 pm	CSSAC Parking Lot	17681-279B	FREE

## Camp Springs Senior Activity Center: Special Events

### March 2024

**Women's Luncheon-Women on the Move**  
**Social Room**

**Wednesday, March 6**  
**11 am-1:30 pm**

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

**PARKS DIRECT CODE: CSSAC-GA-SPEC-20240306**

Ladies!!! Get ready to receive an inspiring message that will motivate you to move and make a difference and enhance your life and others within the community. Our guest speaker will be Michelle Blanc. Special entertainment by guest violinist, Officer Alexander Strachan. A catered meal will be provided.

**CSSAC Cinema**  
**Multipurpose Room**  
**FREE**

**Friday, March 8**  
**1 -3:30 pm**

**PARKS DIRECT CODE: 26604-211A**

Join us for an afternoon movie along with popcorn and drinks. An M-NCPPC Senior ID Card and reservations are required.

**Chronic Disease Self-Management Program**  
**Chesapeake Room**  
**FREE**

**Wednesday, March 11**  
**1 pm-3 pm**

Prince George's County Department of Family Services will be conducting a Living Well with Chronic Disease Self-Management series at the Center. **The program will run for 6 weeks.** The workshop is free. Space is limited. For Registration and more information, call the Living Well Coordinator/Master Trainer, at 301-248-0039 (o) or 443-386-1508, or email her at [jcharley@co.pg.md.us](mailto:jcharley@co.pg.md.us).

**Billiards Tournament****Thursday, March 14****Billiards Room****11 am- 4 pm****Fee: \$10 (R); \$13 (NR)****ACTIVITY CODE: 27501-211A**

Gather your friends or make new acquaintances and form your teams! Show off your billiards prowess and compete against fellow enthusiasts for the ultimate honor. Whether you're a seasoned player or new to the game, this event promises fun and camaraderie for all. Don't miss this opportunity to showcase your skills and potentially claim the titles of Individual and Team Champions! Light refreshments will be served.

**March Madness****Tuesday, March 19****Social Room****11 am- 4 pm****FREE**

Experience the excitement of March Madness at Camp Springs Senior Activity Center! Join us for a thrilling basketball atmosphere as we broadcast the games throughout the center. Indulge in delicious snack options and light refreshments available for purchase, creating the perfect backdrop for a spirited gathering of sports enthusiasts. Don't miss the camaraderie and spirited energy – it's March Madness like never before at Camp Springs! Light refreshments will be served. Please sign up at the front desk.

**St. Patrick's Day Bingo-All Things Green****Thursday, March 21****Social Room****10 am-12 noon****FREE****ACTIVITY CODE: 26504-211A**

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Wear your favorite shades of green. An M-NCPPC Senior ID Card and reservations are required.

**Blood Pressure Screening by MedStar****Tuesday, March 26****Blue Heron****11 am-1 pm****FREE**

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 increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. Please sign up at the front desk. Space is limited.

**Downsizing Made Easy****Tuesday, March 26****Social Room****1 pm- 3pm****FREE**

Have you asked the question Do I really need all of this? Do you want to know if you are ready to downsize? Come to this informative seminar presented by Jennifer Tilghman, a downsizing coach with her company, Inspiring Transformation, as she will share tips and tricks to start the decluttering and downsizing process. Please sign up at the front desk. Space is limited.

**March Birthday Celebration**  
**Social Room**  
**FREE**

**Wednesday, March 27**  
**2 pm-3 pm**

Come and celebrate all the marvelous patrons born in the month of March. A birthday treat will be provided. Please sign up at the front desk. Space is limited.

## **April 2024**

**Men's Panel Discussion**  
**Chesapeake Room**  
**FREE**

**Wednesday, April 3**  
**11 am- 12 noon**

Join us for Camp Springs Men's Panel for seasoned individuals aged 60 and older! This monthly gathering serves as a dedicated space for men to engage in thoughtful discussions centered around dating, marriage, and family matters, tailored to the experiences and wisdom acquired over the years. Light refreshments will be served.

**Comedy & Jam**  
**Multipurpose Room**  
**FREE**

**Friday, April 5**  
**1 pm- 3 pm**

Laughter is good for the soul. Comedian Greg Cooper (formerly of the Tonight Show) will leave you in stitches with his comedy show. This session continues as you put on your dancing shoes and let's jam with DJ Captain Fly. Register early. Please sign up at the front desk. Space is limited.

**Meal Prep: Cook Once, Eat All Week Cooking Demonstration**  
**Chesapeake Room**  
**FREE**

**Wednesday, April 10**  
**12 noon-1 pm**

Join us for this cooking demonstration and discover how to prepare nutritious meals for the entire week, so you can avoid the hassle of cooking every day. Please sign up at the front desk. Space is limited.

**Lunch and Learn**  
**Potomac Room**  
**FREE**

**Wednesday, April 17**  
**1 pm-3 pm**

Please join ClearCaptions Title IV ADA Specialist, Rupali Dewan, for Lunch and learn. We will be discussing how & why you can get a free caption phone along with the Free telephone Line at no cost, if you do not have a home phone line. This phone helps you to hear better without missing a word & it is free. ClearCaptions delivers near real-time phone captioning—you'll see the words your callers say. Join us to learn about the program and how you qualify. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

**Bingo**  
**Social Room**  
**FREE**

**Thursday, April 18**  
**10 am-12 noon**

**ACTIVITY CODE: 26504-211B**

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Please sign up at the front desk. Space is limited.

**Potting Party**  
**FREE \$12 (R); \$15 (NR)**

**Monday, April 22**  
**1 pm-3 pm**

**ACTIVITY CODE: CSSAC-SPEC-GA- 20240422**

It's Earth Day and we are having a potting party. This is a fun and interactive event in which attendees get the chance to create their own personalized plant arrangements. You do not need to have a green thumb. All supplies included.

**BLUES MONDAY CONCERT**  
**Social Room**  
**FREE**

**Monday, April, 29**  
**2 pm – 3 pm**

Award winning blues songstress Mama Moon and the Rump Shakers takes the stage at CSSAC. There is no mistaking their name as you will feel the need to move and groove to the sounds. You don't want to miss this energetic concert. Register early as space is limited.

**April Birthday Celebration**  
**Social Room**  
**FREE**

**Tuesday, April 30**  
**2 pm-3 pm**

Come and celebrate all the amazing patrons born in the month of April. A birthday treat will be provided. Please sign up at the front desk. Space is limited.



# May 2024

## **Hola, Let's Celebrate Cinco De Mayo**

**FREE**

### **Chesapeake Room**

Join us as we celebrate Cinco de Mayo. We will have chips and salsa and virgin mocktails on deck. There will be a variety of activities/games and music. Please sign up at the front desk. Space is limited.

**Monday, May 6**

**1 pm-3pm**

## **Mother's Day Celebration: Denim and Pearls**

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

**ACTIVITY CODE: CSSAC-SPEC-GA-20240508**

Ladies and Gentlemen, wear your cutest Denim outfit, add your favorite pearl accessories, and join us as we celebrate and honor mothers of the family or individuals, as well as motherhood, maternal bonds, and the influence of mothers in society. Enjoy a special day honoring the mothers in your life with delicious food and a live musical performance by Ray Apollo Allen and the Apollo One Band in a relaxed setting. An M-NCPPC Senior ID card and reservations are required.

**Wednesday, May 8**

**12 noon- 3 pm**

## **CSSAC Cinema**

### **Multipurpose Room**

**FREE**

**Activity Code: 26604-211C**

Join us for an afternoon movie along with popcorn and drinks. An M-NCPPC Senior ID Card and reservations are required.

**Friday, May 10**

**1-3:30 pm**

## **Breakfast On-The-Go Cooking Demonstration**

### **Chesapeake Room**

**FREE**

**Ticket Code: SPD-SPEC-GA-20240515**

Rise and dine! During this cooking demonstration, learn how to make a nutritious and time-saving breakfast with Overnight Oats and a refreshing Blueberry Bliss Smoothie. Balance convenience with wholesome goodness and make breakfast the highlight of your day. Registration required.

**Wednesday, May 15**

**1 pm-3 pm**

## **Motown Get Down**

### **SAARC, Brandywine, MD**

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

**ACTIVITY CODE: SAARC-SPEC-GA-20240515**

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at the Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and catered lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Don't miss the fun! Transportation is being provided; seats are limited.

**Wednesday, May 15**

**11 am-1 pm**

**Bingo**  
**Social Room**  
**FREE**

**Thursday, May 16**  
**10 am-12 noon**

**ACTIVITY CODE: 26504-211C**

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! Please sign up at the front desk. Space is limited.

**Senior Health and Fitness Day**  
**SAARC, Brandywine, MD**  
**FREE**

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

**ACTIVITY CODE: SPD-SPEC-GA-20240522**

In celebration of “Older Americans Month”-Fitness classes and activities, health screenings, vendors and more. This fun event promotes health and wellness for seniors 60 & better. Get your body moving and engaged at the 2024 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, swimming, a spin class, wellness screenings, art, and more at Southern Area Aquatic and Recreation Center in Brandywine, MD. Transportation is being provided; seats are limited.

**May Birthday Celebration**  
**Social Room**  
**FREE**

**Wednesday, May 29**  
**2 pm-3 pm**

Come and celebrate all the magnificent patrons born in the month of May. A birthday treat will be provided. Please sign up at the front desk. Space is limited.

**Zumba**  
**Multipurpose Room**  
**FREE**

**Thursday, May 30**  
**11 am-12:30 pm**

**ACTIVITY CODE: 17529-211D**

May is National Physical Fitness and Sports Month! This initiative is led by the President's Council on Fitness, Sports, and Nutrition to promote the importance of physical activity, physical fitness, and sports participation. Join us in this free fun-filled Zumba class. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.


# Camp Springs Senior Activity Center: Trips

## Note to Patrons:

When you register for a trip online or inhouse, please only register one name per registration. You may pay for as many as you like, but we need to have the name, along with the emergency contact information, of each person that you are registering.

## Trip Information

Fee includes admission and transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required. Trip registrants are expected to return with the group to CSSAC following each trip.

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

**Reminder calls are made the day before the trip. PLEASE CHECK YOUR VOICEMAIL FOR THESE MESSAGES IF STAFF DID NOT SPEAK TO YOU DIRECTLY.**

Thank you for adhering to this request.

## Bowling at Crofton

Crofton, MD

10 am-4 pm

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

PARKS DIRECT CODE: CSSAC-20240307

Thursday, March 7

PARKS DIRECT CODE: CSSAC-20240411

Thursday, April 11

PARKS DIRECT CODE: CSSAC-20240509

Thursday, May 9

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$3.75 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$5 - \$24. Fees include transportation on an M-NCPPC activity bus.

## Mystery Restaurant

Surprise Local Favorite Restaurant

11 am-3 pm

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

PARKS DIRECT CODE: CSSAC-20240312

Tuesday, March 12

PARKS DIRECT CODE: CSSAC-20240416

Tuesday, April 16

PARKS DIRECT CODE: CSSAC-20240514

Tuesday, May 14

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: \$7-25). Fees include transportation on an M-NCPPC activity bus. Fees include transportation aboard an M-NCPPC activity bus.

**Dallas Black Dance Theater**

**Publick Playhouse**

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

**PARKS DIRECT CODE: CSSAC-20240419**

Dallas Black Dance Theatre's professional company, DBDT, consists of 12 full-time professional dancers performing a mixed repertory of modern, jazz, African and spiritual works by nationally and internationally known choreographers. DBDT's second performing company, DBDT II, consists of 10 semi-professional artists from around the nation who provide dance services for DBDT's growing local and regional educational outreach. Fees include a ticket and transportation aboard an M-NCPPC activity bus. Lunch TBD at your own expense.

**Friday, April 19**

**10 am-4 pm**

**Arundel Mills Mall Shopping**

**Arundel Mills, MD**

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

**PARKS DIRECT CODE: CSSAC-20240424**

Start your spring shopping here with many stores that offer great discounts. Shop till you drop, Then find a delicious meal at the many eateries. An M-NCCPC Senior ID Card is required. Fees include transportation aboard an M-NCPPC activity bus.

**Wednesday, April 24**

**10 am-4 pm**

**Pickleball at SAARC**

**Brandywine, MD**

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

**PARKS DIRECT CODE: CSSAC-20240425**

You may have heard about the fastest growing sport in America. A large part of the popularity is among seniors due to it generally being more joint friendly than many other recreational or competitive sports. If you're interested in learning the basics of the game in a small friendly group atmosphere, or just want to see a game, sign up at the front desk of the Senior Center.

An M-NCCPC Senior ID Card is required. Fees include transportation aboard an M-NCPPC activity bus. Lunch TBD at your own expense.

**Thursday, April 25**

**11 am-3 pm**

**Bad Axe Throwing**

**Waldorf, MD**

**FEE: \$60 (R); \$78 (NR)**

**PARKS DIRECT CODE: CSSAC-20240523**

Want to try something new? Bad Axe Throwing is a recreational activity where participants throw axes at target boards. Originating in Canada, it has gained popularity worldwide as a competitive sport and group activity. Participants are guided by trained instructors to ensure safety and proper technique. Fees include 1.5 hours of activity and transportation aboard an M-NCPPC activity bus. Lunch TBD at your own expense.

**Thursday, May 23**

**10 am-3 pm**

## Camp Springs Senior Activity Center: CLUBS

CLUB	LOCATION	DAYS/DATES	TIME	ACTIVITY CODE	FEE
Book Club	Potomac Room	<u>3<sup>rd</sup> Thursday</u>	10:30 am-12 noon	N/A	FREE
Cards- Bid Whist	Potomac Room	<u>Tuesdays</u>	1-4 pm	N/A	FREE
Cricut Club	Social Room	<u>2<sup>nd</sup> Saturdays</u>	10 am-12 noon	N/A	FREE
Crocheting with Ms. Lillie Knitting with Ms. Emma	Social Room	<u>Tuesday and Thursday</u>	10 am-12 noon	N/A	FREE
Glee Club	Potomac Room	<u>2<sup>nd</sup> and Last Thursdays</u>	10 am-12 noon	N/A	FREE
Inspirational Hour	Maryland Room  Potomac Room	<u>Tuesday</u>  <u>Friday</u>	11 am-12 noon  10-11 am	N/A	FREE
Line Dance	Maryland Room	<u>Mondays and Thursdays</u>	2-4 pm	N/A	FREE
Round Dance Square	Maryland Room	<u>Tuesday</u>	12:30-3 pm	N/A	FREE

### Spring Book Club Selections

Book Club meet every 3<sup>rd</sup> Thursday of the month from 10:30 am-12 noon. Join us each month for a lively discussion. Sign up at the front desk.

March: All the Light We Can Not See  
By Anthony Doerr

April: King A Life  
By Jonathan Eig

May: Black Cake  
By Charmaine Wilkerson

# Camp Springs Senior Activity Program: Information Center



## IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8665
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, Brenda Wilkins, on 301-265-8665; 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 \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance with Ms. Brenda Wilkins, Nutrition Manager on 301-265-8665. 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.

### **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.

## WEATHER POLICY & CENTER CLOSURES

For the latest information on M-NCPPC closures due to weather, maintenance, or emergencies, please sign up for email or mobile PG Parks Alerts by going to [www.pgparcs.com](http://www.pgparcs.com), click on "news" scroll down to the bottom and click on PGPARKS ALERTS.