

# SAARC Senior Program



Southern Area Aquatics and Recreation Complex (SAARC)  
13601 Missouri Avenue – Brandywine, Maryland 20613  
301-782-1442      TTY: 301-699-2544



## Welcome to SAARC Senior Program March, April & May 2024

### SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday    10 am-2 pm

### SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, May 27, 2024    Memorial Day



SAARC HOURS OF OPEATION		SAARC POOL HOURS OF OPEATION	
Sunday	10 am-5 pm	Sunday	10 am-5 pm
Monday – Thursday	6 am-9 pm	Monday – Friday	6 am-5 pm / 5:30 pm-9 pm
Friday	6 am-9 pm 7 pm-10 pm - Teen Night	Saturday	8 am-5 pm
Saturday	8 am-5 pm 7 pm-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, February 14, 2024**, for Residents (R) only.
- Note: The center will open at 9:00 am on Wednesday, February 14, to assist with registrations.
- Registration begins on **Wednesday, February 21, 2024**, 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.
- M-NCCP, 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).
- **Disability statement**, 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).**

# 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.

**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.

# CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
 <b>Sewing</b> <i>w/ Tisha Thorn</i>	<u>Monday</u> Mar 4-11 Apr 22-29 May 6 & May 20	9:30-11:30 am	Program Rm B	<b>15501</b> 275A 275B 275C	\$24; \$32
 <b>Quilting</b> <i>w/ Tisha Thorn</i>	<u>Monday</u> Mar 4-11 Apr 22-29 May 6 & May 20	Noon-2 pm	Program Rm B	<b>15504</b> 275A 275B 275C	\$24; \$32
 <b>Smart Devices</b> <i>w/ Debbie Tharps</i>	<u>Tuesday</u> Mar 5-26 Apr 2-23 May 7-28	10-11:30 am	Program Rm B	<b>14506</b> 275A 275B 275C	\$20; \$26
 <b>Exercise</b> <i>w/ Patricia Partee</i>	<u>Tuesday &amp; Thursday</u> Mar 5-28 Apr 2-25 May 2-30 <b>May 16 – no class</b>	11 am-Noon	Group X Rm 1	<b>17517</b> 275A 275B 275C	\$28; \$37
 <b>Zumba Fit</b> <i>w/ Patricia Partee</i>	<u>Tuesday &amp; Thursday</u> Mar 5-28 Apr 2-25 May 2-30 <b>May 16 – no class</b>	12:30-1:30 pm	Group X Rm 1	<b>17529</b> 275A 275B 275C	\$28; \$37
 <b>Yoga</b> (no chair) <i>w/ Steve Wolf</i>	<u>Wednesday</u> Mar 6-27 Apr 3-24 May 1-29 <b>May 22 – no class</b>	11:15 am-12:15 pm	Group X Rm 1	<b>17504</b> 275A 275B 275C	\$22; \$29
 <b>Chair Yoga</b> <i>w/ Steve Wolf</i>	<u>Wednesday</u> Mar 6-27 Apr 3-24 May 1-29 <b>May 22 – no class</b>	12:30-1:30 pm	Group X Rm 1	<b>17504</b> 275D 275E 275F	\$22; \$29
<b>Classes sponsored by: Southern Recreation &amp; Leisure Services</b>					
 <b>Spinning</b> <i>w/ Tashsa</i>	<u>Monday &amp; Wednesday</u> Mar 4-27 Apr 1-May1 May 13-29	9:30-10:30 am	Spin Room	<b>17540</b> 275A 275B 275C	\$32; \$42 \$40; 52
	Mar 4-27 Apr 1-May1 May 13-29	10:45-11:45 am		275D 275E 275F	


# SAARC Senior Program: Clubs

 <p><b>Knitting</b></p>	<u><b>Mondays</b></u>	11 am-1:30 pm	Multi-Purpose Rm A	<b>Show Up Activity</b>	FREE
 <p><b>Bingo</b></p>	<u><b>Tuesdays</b></u>	11 am-12:30 pm <i>except when seminars are planned</i>	Multi-Purpose Rm A	<b>Show Up Activity</b>	FREE
 <p><b>Line Dance</b></p>	<u><b>Fridays</b></u>	11 am-1 pm	Group X	<b>Show Up Activity</b>	FREE

\* No class: Monday, May 29, 2023- Memorial Day

\*\* Knitting – Patrons must purchase their own materials.

# SAARC Senior Program: Blood Pressure Screening

 <p><b>Blood Pressure Screening</b></p> <p><i>w/ Med Star</i></p>	<u><b>Thursdays</b></u> May 23 August 22 November 21	11:30 am-1 pm	Lobby	<b>Show Up Activity</b>	FREE
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# SAARC Senior Program: Special Events

## March

Storytelling by Janice the Griot

**FREE**

**PARKS DIRECT: 12503-275A**

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

**Tuesday, March 5**

**11 -Noon**

Lunchtime Listening

**FEE: \$5**

Please join us as we sit back, relax, and enjoy a live concert featuring Elyscia Jefferson Band.

**Wednesday, March 6**

**11 am-1 pm**



**Healthy, Well & Wise – Behavior Health**

**FREE**

**Thursday, March 14**

**12:30-1:30 pm**

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

**Healthy, Well & Wise – Fall Factor Fitness with Gala**

**FREE**

**Tuesday, March 19**

**11-11:45 am**

**PARKS DIRECT: 17531-275A**

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 – Staying Safe (Part 1) – Elder Abuse**

**FREE**

**Tuesday, March 26**

**12:30-1:30 pm**

Please join us as we discuss senior safety while learning about prevention, recognizing, and reporting abuse and scams.

**SAARC Cinema**

**FREE**

**Thursday, March 28**

**11 am-1:30 pm**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. An M-NCPPC Senior ID Card and reservations required.

# *April*

**Lunchtime Listening**

**FEE: \$5**

**Wednesday, April 3**

**11 am-1 pm**

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

**Healthy, Well & Wise – Staying Safe (Part 2) – Identity Thefts & Scams**

**FREE**

**Thursday, April 11**

**12:30-1:30 pm**

Please join us as we discuss senior safety while learning about prevention, recognizing, and reporting abuse and scams.

**Healthy, Well & Wise – Fall Factor Fitness with Gala**

**FREE**

**Tuesday, April 23**

**11-11:45 am**

**PARKS DIRECT: 17531-275B**

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

**SAARC Cinema**

**FREE**

**Thursday, April 25**

**11 am-1:30 pm**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. An M-NCPPC Senior ID Card and reservations required.



# May

## Lunchtime Listening

**FEE: \$5**

Please join us as we sit back, relax, and enjoy a live concert featuring The Marvin Taylor Experience.

**Wednesday, May 1**

**11 am-1 pm**

## Motown Get Down

**FEE: \$25 (R); \$33 (NR)**

**PARKS DIRECT: SAARC-SPEC-GA-20230517**

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 Ray Apollo Allen and the Apollo One 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! Seats are limited.

**Thursday, May 16**

**11 am-1:30 pm**

## Healthy, Well & Wise – Fall Factor Fitness with Gala

**FREE**

**PARKS DIRECT: 17531-275C**

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

**Tuesday, May 21**

**11-11:45 am**

## SAARC Cinema

**FREE**

**PARKS DIRECT: 26604-275**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. An M-NCPPC Senior ID Card and reservations required.

**Thursday, May 23**

**11 am-1:30 pm**

## SAARC Senior Program: Trips

### Bona Petite

**FEE: \$12**

**PARKS DIRECT: SAARC-20240321**

**PARKS DIRECT: SAARC-20240418**

**PARKS DIRECT: SAARC-20240530**

Please join us for our monthly brunch outing to support local businesses and restaurants. Fee includes transportation on M-NCPPC activity bus. Lunch is at your own expense.

**9:30 am-2 pm**

**Thursday, March 21**

**Thursday, April 18**

**Thursday, May 30**

### Black History Month 2024 Exhibition

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

**Parks Direct: SAARC-20240307**

Come out and explore stories from our county's past that highlight the challenges and triumphs of the African American community at Harmony Hall Arts Center.

**Thursday, March 7**

**11 am-12:30 pm**



**Westminster Blues Night, Washington, DC**

**Monday, April 15**

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

**4-9:30 pm**

**Parks Direct: SAARC-20240415**

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 an M-NCCP activity bus.

**Take Me Out to the Ball Game**

**Wednesday, May 7**

**FEE: \$83 (R); \$108 (NR)**

**4:45-10:45pm**

**Parks Direct: SAARC-20240507**

The Battle of the Beltway - Join us as we travel to Washington, DC to watch the Baltimore Orioles play our Washington Nationals. Fee includes admission and transportation on M-NCPPC activity bus. An M-NCPPC Senior ID card is required. Trip registrants must return to SAARC with the group following the event. Meals at the ballpark are at your own expense.

## COUNTY EVENTS

**Senior Health and Fitness Day**

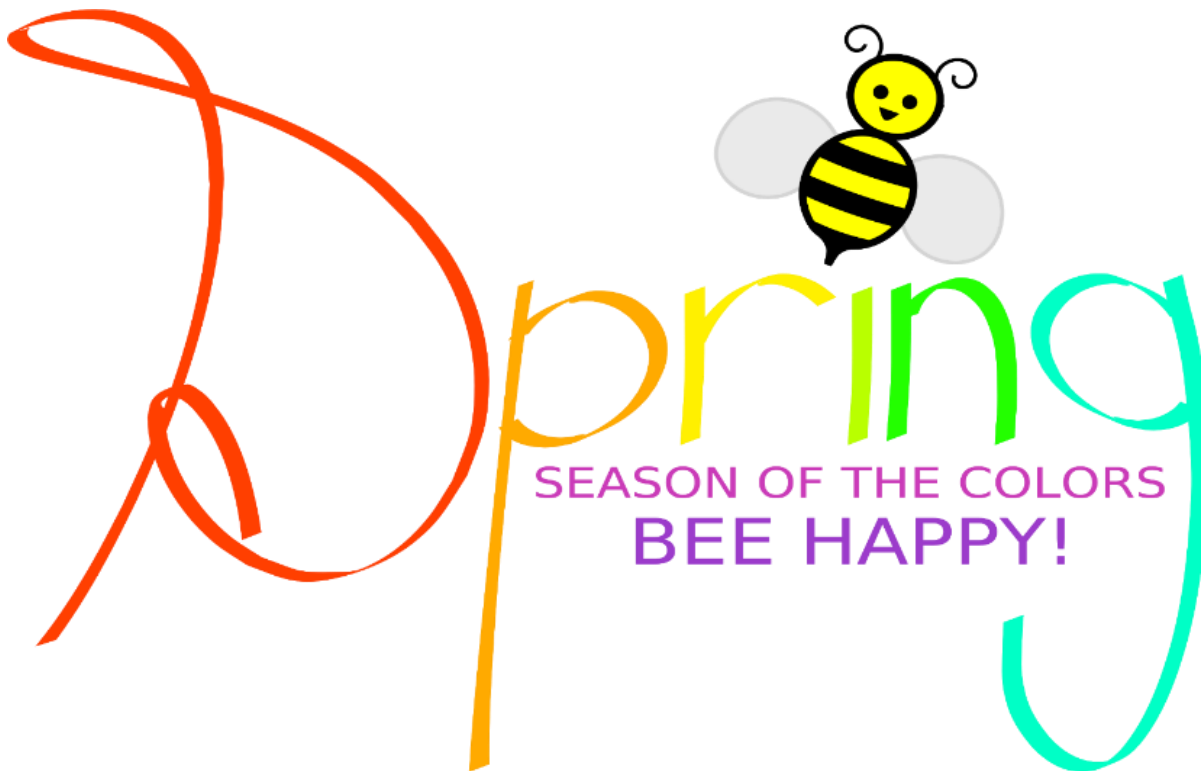
**Wednesday, May 22**

**FREE**

**10a-2p**

**Parks Direct: SAARC-SPEC-GA-20240522**

In celebration of "Older Americans Month" Fitness classes and activities, health screening, vendors and more. This fun event promotes health and wellness for senior 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, Maryland.



# 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 (Tuesday and Thursday). Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Austin Simpson at (301) 265-8475 or by stopping by the SAARC Senior Social Room on Tuesday and Thursday between 10 am-1:30 pm.

**Lunch Reservations:** Lunch reservations must be made a week in advance by contacting (301) 265-8475. The suggested donation is \$4. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring exact change to cover your donation.

**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.

**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.

## DISABILITY ACCOMMODATIONS

"Accommodation 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.pgparcs.com](http://www.pgparcs.com), click on "news" scroll down to the bottom and click on PGPARKS ALERTS.