

SAARC Senior Program



Southern Area Aquatics & Recreation Complex
 13601 Missouri Avenue – Brandywine, Maryland 20613
 301.782.1442 / TTY: 301.699.2544



Welcome to SAARC Senior Program December, January & February 2024-2025



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Wednesday, December 25, 2024 - Christmas

Wednesday, January 1, 2025 - New Year's

SAARC HOURS OF OPERATION		SAARC POOL HOURS OF OPERATION	
Sunday	10 am-5 pm	Sunday	10 am-5 pm
Monday – Friday	6 am-9 pm	Monday – Friday	6 am-5 pm / 5:30-8:30 pm
Friday	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 dates even though the center may be open for operation. Thank you.

Winter 2024-25 Registration

- Registration begins **Wednesday, November 13, 2024**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, November 20, 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 required for 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.
- **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.

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 pre-registered.
- 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.

Inclement Weather Policy and Closure – Get up to date information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.com/news/news-releases/pgparcs-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.

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.












Connect with us!




- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.

SAARC Senior Program: CLASSES





CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
 Sewing <i>w/ Tisha Thorn</i>	<u>Monday</u> Jan 27 Feb 3-10	9:30-11:30 am	MP Rm B & C	15501 175B 175C	\$12; \$16 \$24; \$32
 Quilting <i>w/ Tisha Thorn</i>	<u>Monday</u> Jan 27 Feb 3-10	Noon-2 pm	MP Rm B & C	15504 175B 175C	\$12; \$16 \$24; \$32
 Balance & Stretch <i>w/ Patricia Partee</i>	<u>Monday</u> Dec 2-23 Jan 6-27 Feb 3-24 No classes Jan 13-17	9:15-10 am	Group X Rm 1	17543 175A 175B 175C	\$20; \$26 \$15; \$20 \$20; \$26
 Chair Aerobics <i>w/ Patricia Partee</i>	<u>Monday</u> Dec 2-23 Jan 6-27 Feb 3-24 No classes Jan 13-17	10:30-11:30 am	Group X Rm 1	17530 175A 175B 175C	\$20; \$26 \$15; \$20 \$20; \$26
 Smart Devices <i>w/ Debbie Tharps</i>	<u>Tuesday</u> Dec 3-17 Jan 7-28	10-11:30 am	Party Room 2	14506 175A 175B	\$15; 20 \$20; \$26
 Exercise <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 3-26 Jan 7-30 Feb 4-27 No classes Jan 13-17	11 am-Noon	Group X Rm 1	17517 175A 175B 175C	\$21; \$28 \$21; \$28 \$28; \$37
 Zumba Fit <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 3-26 Jan 7-30 Feb 4-27 No classes Jan 13-17	12:30-1:30 pm	Group X Rm 1	17529 175AA 175B 175C	\$21; \$28 \$21; \$28 \$28; \$37
 Yoga (no chair) <i>w/ Steve Wolf</i>	<u>Wednesday</u> Dec 4-18 Jan 8-29 Feb 5-26	11:15 am-12:15 pm	Group X Rm 1	17504 175A 175B 175C	\$17; \$23 \$22; \$29 \$22; \$29

 Chair Yoga w/ Steve Wolf	<u>Wednesday</u> Dec 4-18 Jan 8-29 Feb 5-26	12:30-1:30 pm	Group X Rm 1	17504 175D 175E 175F	\$17; \$23 \$22; \$29 \$22; \$29
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Sponsored by Southern Recreation & Leisure Services

 Spinning w/ Tasha	<u>Monday & Wednesday</u> Dec 2-11 Jan 6-29 Feb 3-26	9:30-10:30 am	Spin Room	17540 175A 175B 175C	\$16; \$21 \$32; \$42 \$32; \$42
	Dec 2-11 Jan 6-29 Feb 3-26	10:45-11:45 am		175D 175E 175F	

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Knitting	<u>Monday</u> <i>Patrons must purchase their own supplies.</i>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
 BINGO	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
 Line Dance	<u>Friday</u>	11 am-1 pm	Group X	Show Up Activity	FREE
 PICKLEBALL	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE

No class: December 25-Christmas and January 1-New Year's Day



SAARC Senior Program: Special Events

December

Lunch Time Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20241204

Looking for a midday break? Join us as we sit back, relax, and enjoy DC's Finest, aka The Doo Wop Cops. The a cappella officers, who have gone from walking the beat to keeping the beat.

Wednesday, December 4

11 am-1 pm

Elder Abuse and Fraud Prevention Workshop

FREE in Multi-Purpose A & B

Juanita C. Grant Foundation will conduct this prevention workshop. Please come with questions and concerns.

Tuesday, December 10

11 am-12:30 pm

Mingle and Jingle All Red Holiday Darty

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

PARKS DIRECT: SAARC-SPEC-GA-20241211

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 Brencore Entertainment provided. IT'S DARTY TIME!

Wednesday, December 11

11 am-1:30 pm

Fall Factor Fitness with Gala

FREE in Program Room B

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

Tuesday, December 17

11-11:45 am

Holiday Sweater & Karaoke Sing-A-Long

FREE in Multi-Purpose A & B

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.

Thursday, December 19

11 am-1:30 pm

SAARC Cinema

FREE in Multi-Purpose A

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

Thursday, December 26

11 am-1:30 pm

Merry Fitness Bootcamp

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

PARKS DIRECT: 17511-175A

Come and burn some of those holiday calories! This boot camp consists of structured group exercises such as cardio, strength training, and agility drills which will challenge you both physically and mentally, while helping to achieve your 2025 fitness goals. A light lunch, good music and fun times provided.

Monday, December 30

8:30 am-Noon



January

Healthy, Well & Wise – New Years Celebration
FREE in Multi-Purpose A & B

Thursday, January 2
11 am-Noon

Join us as prepare to celebrate the coming of 2025. It's going to be a bubbly day.

Lunch Time Listening
FEE: \$5

Wednesday, January 8
11 am-1 pm

PARKS DIRECT: ACHD-SPEC-GA-20250108

Looking for a midday break? Join us as we sit back, relax, and enjoy the sounds of the multi-talented singer, songwriter and pianist Alison Crockett.

BINGO Plus
FREE in Multi-Purpose A

Tuesday, January 14
11 am-1:30 pm

B-I-N-G-O! Come and be a winner. Participate in different BINGO game patterns, win prizes, and have lots of fun.

National Popcorn Day Game Day
FREE in Multi-Purpose A

Thursday, January 16
11 am-Noon

Let's celebrate National Popcorn Day with popcorn and a few games of Pictionary! Unleash your artistic creativity and let's draw. This charades-inspired word-guesting game is sure to be fun and exciting for all.

Inauguration Day Coverage
FREE in Multi-Purpose Room A & B

Monday, January 20
11:30 am-2 pm

Bring your lunch or purchase it at SAARC's Café as we sit and watch the new President of the United States of America take oath.

Fall Factor Fitness with Gala
FREE in Multi-Purpose Room C

Tuesday, January 21
11-11:45 am

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

Drum 'n' Tone
FREE in Multi-Purpose Room C
PARKS DIRECT: 17546-175A

Wednesday, January 22
10-11 am

Drum "n" Tone puts physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.

Soup for the Soul
FREE in Multi-Purpose A & B
PARKS DIRECT: SAARC-SPEC-GA-20250123

Thursday, January 23
11 am-1 pm

We all love soup! Let's celebrate Soup for the Soul! Come, sit back and relax with us while having a hot cup of soup and other goodies. This is an in-person event not a grab and go.

Chair Yoga and Yogurt with Live Music

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

PARKS DIRECT: 17515-175A

Multi-Purpose Room B & C

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.

Wednesday, January 29

12:30-2 pm

February

Optical Illusions Workshop

FREE in Multi-Purpose A

Your perception is your reality. Come and see something that deceives the eye by appearing to be different from reality.

Tuesday, February 4

11-11:45 am

Lunch Time Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20250205

Looking for a midday break? Join us as we sit back, relax, and enjoy the sounds of a dynamic dj be and dundun drummer Uasuf Gueye.

Wednesday, February 5

11 am-1 pm

BINGO Plus

FREE in Multi-Purpose A

B-I-N-G-O! Come and be a winner. Participate in different BINGO game patterns, win prizes, and have lots of fun.

Tuesday, February 11

11-1:30 pm

Valentine's Day Brunch

FEE: \$12

PARKS DIRECT: SPD-SPEC-GA-20250214

Brunch is in the Air! Join us for a morning of food and fun at our Valentine's Day Brunch.



Friday, February 14

9:30-11 am

Fall Factor Fitness with Gala

FREE in Program Room B

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

Tuesday, February 18

11-11:45 am

SAARC Senior Program: Trips

Check your email and voicemail 24-48 hours prior to the trip for details. Plan to arrive at SAARC 30 minutes before stated time for processing, loading, and departure. Let us know if onboarding assistance is needed.

BON APPETIT: Mystery Restaurant

10:45 am-2 pm

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

PARKS DIRECT: SAARC-20241212

Thursday, December 12

PARKS DIRECT: SAARC-20250109

Thursday, January 9

PARKS DIRECT: SAARC-20250220

Thursday, February 20

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 the M-NCPPC Activity Bus.

Garden of Lights at Brookside Gardens
Brookside Gardens, Wheaton, MD
FEE: \$15(R); \$20(NR)
PARKS DIRECT: SAARC-20241204



Wednesday, December 4
4-9 pm

Join us as we visit the Garden of Lights at Brookside Gardens in Wheaton, Maryland. Expect to stroll through the one-half mile, outdoor, walk-through magical winter wonderland illuminated with more than a million dazzling LED lights and glimmering one-of-a-kind displays. Make sure to dress for the weather and wear comfortable shoes. Fee includes transportation on M-NCPPC Activity Bus and ticket into the Garden.

25th Annual Gingerbread House Contest and Show
FEE: \$10(R); \$13(NR)
PARKS DIRECT: SAARC-20241205

Thursday, December 5
11 am-2 pm

Come celebrate 25 years of sweet memories! Darnall's Chance House Museum is celebrating the 25th year of its Annual Gingerbread House Contest and Show. Come see the amazing displays of creative gingerbread structures, then vote for your favorites in the Viewer's Choice Competition. Fee includes transportation on M-NCPPC Activity Bus and ticket to the museum.

Shopping Trip to King of Prussia Mall
FEE: \$65(R); \$85(NR)
PARKS DIRECT: SAARC-20241207
PARKS DIRECT: CSSAC-20241207



Saturday, December 7

7 am-7 pm
7:30 am-6:30 pm

Let's go shopping at the largest shopping mall in Pennsylvania and the third largest in the U.S. The mall has a diverse mix of over 400 stores, dining options and attractions. Fee includes transportation on a charter bus with a clean functional restroom.

TINA the Musical
FEE: \$150(R); \$195(NR)
PARKS DIRECT: SAARC-20250124

Friday, January 24
5:30-10 pm

We are traveling to Broadway at the National Theater in Washington, DC to enjoy Tina the Musical, revealing the untold story of Tina Turner. From humble beginnings in Nutbush, Tennessee, to her transformation into the global Queen of Rock 'n' Roll. You don't want to miss it. Fee includes transportation on M-NCPPC Activity Bus and ticket to the performance.

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, 15-passenger bus
- **Commission Bus** – Large, 27- passenger bus
- **Motor Coach Bus** – 40-50 passenger bus with restroom

Trip Information:

Trip registrants expected to return with the group to SAARC following each trip.



Note: When feet are displayed next to a trip or activity, it means there is a lot of walking.

County Special Events

FESTIVAL OF LIGHTS

Watkins Regional Park

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

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.



November 29-January 1
5-9:30 pm

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

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

PARKS DIRECT: SPD-SPEC-GA- 20241212

Join us for a festive celebration this holiday season with a lively concert by The Rise Band and Show! Their music is sure to get you into the holiday spirit. Doors open at 10:15 AM. Be sure to register early, as seating is limited. The ticket fee includes admission to the performance. Bring a printout of your receipt for entrance to the show.



Thursday, December 12
10:30 am-Noon

Black History in Motion

Publick Playhouse

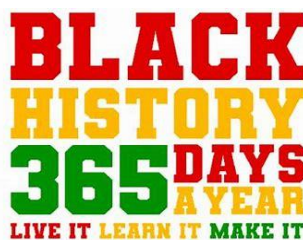
FEE: \$10(R); \$13(NR)

PARKS DIRECT: PGPP-SPEC-GA-20250207

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture while enjoying the sounds of GP Promotions as they perform some old school R & B. Tickets may be purchased at ppparks.com, the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. Doors open at 10:30 am. Be sure to register early, as seating is limited. The ticket fee includes admission to the performance. Bring a printout of your receipt for entrance to the show. The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784.



Friday, February 7
11 am-12:30 pm



SAARC Senior Program: Information Corner



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, Wednesday, and Thursday between 10 am-1:30 pm.

Lunch Reservations: Lunch reservations required 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 for M-NCPPC Volunteer opportunities or contact the Facility Director.

DISABILITY ACCOMMODATIONS

"Accommodation for individuals with disabilities is available upon request. Please contact the facility two weeks in advance of the program's 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, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.

