

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 June, July & August



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Friday – July 4, 2025 Independence Day

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 / 5:30-8:30 pm
Friday	7-10 pm - Teen Night	Saturday	8 am-5 pm
Saturday	8 am-5 pm 7-10 pm - Teen Night		

SAARC Senior Program is closed on the above-mentioned date(s) even though the center may be open.

Summer 2025 Registration

- Registration begins **Wednesday, May 14, 2025**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, May 21, 2025**, 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 is 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.**

Scan QR code to register for classes.



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!



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@pgparcsandrecreation

- ▶ 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  w/ Tisha Thorn	<u>Monday</u> NO SUMMER CLASSES See you in September.				
Quilting  w/ Tisha Thorn	<u>Monday</u> NO SUMMER CLASSES See you in September.				
Exercise  w/ Patricia Partee	<u>Tuesday & Thursday</u> Jun 3-26 Jul 8-31 Aug 5-28	11 am-Noon	Group X Rm 1	17517 475A 475B 475C	\$28; \$37
Zumba Fit  w/ Patricia Partee	<u>Tuesday & Thursday</u> Jun 3-26 Jul 8-31 Aug 5-28	12:30-1:30 pm	Group X Rm 1	17529 475A 475B 475C	\$28; \$37
Yoga (no chair)  w/ Steve Wolf	<u>Wednesday</u> Jun 4-25 Jul 9-30 Aug 6-27	11:15 am-12:15 pm	Group X Rm 1	17504 475A 475B 475C	\$22; \$29
Chair Yoga  w/ Steve Wolf	<u>Wednesday</u> Jun 4-25 Jul 9-30 Aug 6-27	12:30-1:30 pm	Group X Rm 1	17504 475D 475E 475F	\$22; \$29
Classes sponsored by: Southern Recreation & Leisure Services					
Spinning  w/ Tashsa	<u>Monday & Wednesday</u> Jun 2-25 Jul 7-30 Aug 4-27	9:30-10:30 am	Spin Room	17540 475A 475B 475C	\$32; \$42
	Jun 2-25 Jul 7-30 Aug 4-27	10:45-11:45 am		475D 475E 475F	
Classes sponsored by: Camp Springs Senior Activity Cener					
Yoga (no chair)  w/ Steve Wolf	<u>Monday</u> Jun 2-23 Jul 7-28 Aug 8-25	12:30-1:30 pm	Virtual	31515 411A 411B 411C	\$10; \$13

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Knitting	<u>Monday</u> NO SUMMER SESSIONS				
	<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> NO SUMMER SESSIONS				
	<u>Tuesday & Thursday</u> NO SUMMER SESSIONS				

- No classes – Friday, July 4 – Independence Day
- No BINGO Plus during the summer months
- Knitting – Patrons must purchase their own materials.

SAARC Senior Program: Special Events

June

Lunchtime Listening

FEE: \$5

Parks Direct Activity Code: ACHD-SPEC-GA-20250604

Lunch is not complete without great music. Come, sit back, relax, and enjoy a live concert featuring Ameya Taylor. You are welcome to bring your lunch or purchase it at our in-house café. Register early, space is limited.

Wednesday, June 4

11 am-1 pm

Pastries & Paint

FEE: \$5(R); 7(NR)

Program Room A& B

PARKS DIRECT: 30504-475A

Come and create colorful memories! Join us for pastries while you create our own masterpiece. Register early, space is limited.

Thursday, June 12

11 am-12:30 pm

July

National Hot Dog Day

FREE

Thursday, July 10

11 am-1 pm

National Hot Dog Day celebrates a summertime staple on a bun! We will celebrate the day with music and a meal. Fee includes a hot dog, chips, soda and a mini dessert. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.

August

Karaoke

FREE

Thursday, August 7

11 am-1:30 pm

Socializing is a powerful thing. Come sing, dance and interact with others as we enjoy the afternoon listening, singing and dancing to our favorite tunes. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm a week prior to the start date so we can plan accordingly. Seats are limited.

Summer Fun Day – Cooking Demo

FREE

Tuesday, August 26

11 am-12:30 pm

Educate to Elevate - Join us as we serve up a culinary exhibition blending flavor and fun. Enjoy great conversations about your health while learning how to make easy, nutritious meals. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm a week prior to the start date so we can plan accordingly. Seats are limited.

National Senior Citizen Day Luncheon

FREE

Wednesday, August 27

11 am-1:30 pm

Parks Direct Activity Code: SAARC-SPEC-GA-20250827

Join us as we celebrate the contributions, wisdom, dignity, and needs of our senior citizens and to rededicate our efforts to self-care during our golden years. We will raise awareness of the way the past has shaped the way we look at age as we enjoy a light lunch. ***One ticket per person, two tickets per household (no exceptions).***

Summer Fun Day – Sankofa Museum

FREE

Thursday, August 28

11 am-1 pm


The word "Sankofa" means "go back and fetch your history so that you can progress forward" in the Twi language of Ghana. Come step into the county's history and experience people and places that shape the past and present through virtual and augmented reality and facilitated discussion. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.



SAARC Senior Program: Trips

The mode of transportation is usually a M-NCPPC Activity bus. A motor coach bus with a restroom is provided for long distance trips.

- Only register one name per registration
- Arrive 30 minutes prior to departure time for check-in and onboarding
- Patrons are expected to return to SAARC with the group.
- Check your voicemails and emails for reminders.
- If you require special accommodations, please notify the SAARC Senior team two weeks in advance.
- **No refunds unless the trip is canceled or unless the spot is resold. The trip coordinator must approve and process all refunds. Trips depend on sufficient registration; specific registration deadlines may apply.**

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

Bon Appetit: Mystery Restaurant

FEE: \$10

PARKS DIRECT: SAARC-20250626

PARKS DIRECT: SAARC-20250724

PARKS DIRECT: SAARC-20250821

10:30 am-2 pm

Thursday, June 26

Thursday, July 24

Thursday, August 21

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.

Nationals vs Cubs Baseball Game

FEE: \$125(R); \$163(NR)

Parks Direct: SAARC-20250603



Tuesday, June 3

5-10 pm

BATTER UP! Come cheer on our Washington Nationals as they try and defeat the Chicago Cubs at Nationals Park. Fee includes transportation on M-NCPPC activity bus and a ticket to the game. Food and beverages at your own expense.

Go-Go Museum

FEE: \$15(R); \$20(NR)

Parks Direct: SAARC-20250605



Thursday, June 5

10:30 am-4 pm

Join us as we hear music by the Founding Fathers of Go-Go: Rare Essence, Trouble Funk, Experience Unlimited, as well as the many waves of Go-Go that came after. Junkyard to Backyard Band, Northeast Groovers, to the Grown & Sexy and Bounce Beat waves, as well as the role of women in "Ladies to the Front." The Go-Go Museum & Café's 16 interactive exhibits, recording studio and concert stages celebrate the past, present and future of Go-Go. Learn about Go-Go's Afro-modern origins, and its impact on the city's politics and cultural economy. Register early, space is limited. The fee includes transportation on M-NCPPC activity bus and entrance to museum. Meals at your own expense.



Gospel Superfest**FEE: \$105(R); \$137(NR)****Saturday, June 7****5:15-10:30 pm****Parks Direct: SAARC-20250607**

Vivica A. Fox will host the 25th Gospel Superfest at The Morgan State University. Join Ms. Fox and a star-studded line up including Jekalyn Carr, Dorinda Clark Cole, Ricky Dillard & New G, Anthony Brown & Group Therapy, Lisa Page-Brooks, Tasha Page-Lockhart, Maurette Brown-Clark, Kenny Lewis and With One Voice, Keyla Richardson. The Gospel Superfest mixes a Broadway styled approach to gospel music with an urban edge. It is a non-stop music-dance-ministry in a TV setting that makes for a one-of-a-kind entertainment experience. The fee includes transportation on M-NCPPC activity bus and a ticket to the show. Meals at your own expense.

Nana Bee's Juneteenth Quilt Show**FEE: \$10(R); \$13(NR)****Thursday, June 19****Noon-1:30 pm****Parks Direct: SAARC-20250619**

Come and enjoy the Juneteenth Quilt Show at Timothy Branch Clubhouse. It is a remarkable opportunity to enjoy the black history and culture through stitching. Fee includes transportation on M-NCPPC activity bus.

Ain't Too Proud to Beg**FEE: \$150(R); \$195(NR)****Friday, June 20****6-10:30 pm****Parks Direct: SAARC-20250620**

AIN'T TOO PROUD is the electrifying new musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and unmistakable harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. The rest is history - how they met, the groundbreaking heights they hit and how personal and political conflicts threatened to tear the group apart as the United States fell into civil unrest. This thrilling story of brotherhood, family, loyalty and betrayal is set to the beat of the group's treasured hits. The fee includes transportation to the National Theater in DC on a M-NCPPC activity bus and a ticket to the play. Meals at your own expense.

Patuxent River Park – Ecology Pontoon Boat Tour**FEE: \$10(R); \$13(NR)****Tuesday, July 15****11 am-2 pm****Parks Direct: SAARC-20250715**

The guided boat tour provides a unique opportunity to learn about the Patuxent River's wetlands, wildlife, and history from the water. From your covered comfortable seat, you can learn about the river's ecosystem, see plants like wild rice and marsh mallows, and view animals, such as turtles, great blue herons and osprey catching fish! It promises to be a beautiful day on the Patuxent River!

Patuxent River Park – Patuxent Rural Life Museum Tour**FEE: \$10(R); \$13(NR)****Thursday, July 17****11 am-2 pm****Parks Direct: SAARC-20250717**

Located within the 7,000-acre Patuxent River Park, there is a collection of museums and farm buildings dedicated to preserving the rural heritage of southern Prince George's County. An experienced Guide will lead you through each building and help bring to life the experiences of the people who lived and worked in this region for generations.

Rocky Gap Casino Resort**FEE: \$50(R); \$65(NR)****Parks Direct: SAARC-20250726****Saturday, July 26****7 am-8 pm**

Come and enjoy a fun-filled day at Rocky Gap Casino & Resort nestled in scenic Flintstone, Maryland. This getaway offers something for everyone. Try your luck at the casino, unwind at the spa, hit the greens on the golf course, enjoy paddle boating on the lake or just have lunch and relax. It's a day trip full of fun and adventure. Activities are at your own expense. Fees include transportation on an air-conditioned single-bathroom chartered bus and a continental breakfast.

Parks Direct	Departure Time	Return Time	Departure/Return Location
SAARC-20250726	7 am	8 pm	Southern Area Aquatics & Recreation Complex 13601 Missouri Avenue – Brandywine, MD
CSSAC-20250726	7:30 am	7:30 pm	Camp Springs Senior Activity Center 6420 Allentown Road – Camp Springs, MD
JEHSAC-20250726	8 am	7 pm	John E. Howard Senior Activity Center 4400 Shell Street - Capitol Heights, MD

Dairy Queen**FEE: \$10(R); \$13(NR)****Parks Direct: SAARC-20250805****Tuesday, August 5****11 am-2 pm**

Looking for something “scrumpdillyicious”? Join us for an afternoon of mouthwatering hot food, and delicious cold sweet treats. You will soon understand why “Happy Tastes Good” at DQ.

Rod ‘N’ Reel Resort**FEE: \$15(R); \$20(NR)****Parks Direct: SAARC-20250813****Wednesday, August 13****10:30 am-5 pm**

Come and enjoy one of Maryland’s premier waterside destinations for dining, gaming and much more. A M-NCCPC Senior ID Card is required. Fees include transportation on an M-NCCPC activity bus. Lunch is at your own expense. Space is limited.

Westminster Blues Night, Washington, DC**FEE: \$10(R); \$13(NR)****Parks Direct: SAARC-20250818****Monday, August 18****4-10 pm**

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-NCCPC activity bus.



Senior Services: County Events

Senior Line Dance ALL-WHITE Boots on the Ground Party

Martins Crosswinds

7400 Greenway Center Drive, Greenbelt, MD 20710

Ticket Price: \$45(R); \$59(NR)

Parks Direct: SPD-SPEC-GA-20250718

Friday, July 18

9 am-12 noon

Doors Open: 8:30 am

You *DON'T* want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on a first-come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! Transportation is not provided. A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations. The receipt is not your ticket! For additional information call 301-408-4343.

Senior Line Dance Distribution Schedule

Camp Springs Senior Activity Center	9:30 am-3 pm	Wednesday, June 4, 18 & July 2
Laurel/Beltsville Senior Activity Center	10 am-3 pm	Thursday, June 5, 19 & July 3
Cedar Heights Senior Activity Center	10 am-3 pm	Wednesday, June 11, 25 & July 9
John E. Howard Senior Activity Center	9:30 am-3 pm	Thursday, June 12, 26 & July 10
SAARC Senior Program	10 am-2:30 pm	Monday, June 9, 23 & July 7
Gwendolyn Britt Senior Activity Center	10 am-3pm	Monday-Friday June 2-July 11
Langley Park Senior Activity Center	10 am-3 pm	Monday-Friday June 2-July 15

BINGO-Fest

FREE

Friday, August 8

10 am-2 pm

Free with Parks Direct Senior ID & donation of new school supplies. Calling all seniors to join the fun and play bingo for GREAT prizes while helping support Prince George's County elementary school youth as they prepare for the upcoming school year. Lunch provided by the Department of Family Services. Registration www.pgparksdirect.com Key word search: **Bingo. Doors open: 9:30 am.**

John E. Howard Senior Activity Center

4400 Shell Street - Capitol Heights, MD 20743
301.735.2400

Parks Direct: SPD-SPEC-GA-20250808

Laurel-Beltsville Senior Activity Center

7120 Contee Road - Laurel, MD 20707
301.206.3350

Parks Direct: SPD-SPEC-GA-20240802A

Camps Springs Senior Activity Center

6420 Allentown Road - Camp Springs, MD 20748
301.449.0490

Parks Direct: SPD-SPEC-GA-20240802B

Langley Park Community Center

1500 Merrimac Drive – Hyattsville, MD 20783
301.445.4508

Parks Direct: SPD-SPEC-GA-20240802C



SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition	202.904.8756
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 the Nutrition Manager, Austin Simpson at (202) 904.8756 or by stopping by the SAARC Senior Social Room Monday-Friday between 10 am-1:30 pm.

Lunch Reservations: Lunch reservations are 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 PG PARKS ALERTS.

