

# Camp Springs Senior Activity Center

## Fall Calendar

September, October, November 2025



## Welcome to Camp Springs Senior Activity Center

### HOURS OF OPERATION:

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



### SCHEDULED CLOSURES:

Monday, September 1, 2025: Labor Day  
Thursday, November 27, 2025: Thanksgiving  
Friday, November 28, 2025: Employee Appreciation Day

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

### Fall Registration

- Registration begins **Wednesday, August 13, 2025, for Residents (R)** only.
- Note: The center will open at 9:00 am on **Wednesday, August 13** to assist with registrations.
- The Computer Lab will also open at 9 am for ONLINE registration.
- Registration begins on **Wednesday, August 20, 2025, 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:

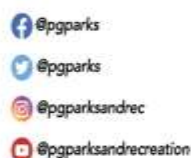
- Billiards Room with 3 pool tables, television, and sound system
- Social Room with television and games
- Potomac Computer Room with 10 computers and a printer
- Maryland Dance Room with wood floor and mirrored walls
- Chesapeake Room with bingo equipment
- Terrapin Fitness Room with Cardio equipment, 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> September 4 October 2 November 6  <u>Saturday</u> September 13 October 20	9:30am-2:30pm   9:30am-1pm	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> Sept 8-Sept 17 Oct 6- Oct 15 Nov 3- Nov 12	12:15-2:15pm	Potomac Room	14501-511A 14501-511B 14501-511C	\$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> Sept 22-Oct 1 Oct 20- Oct 29 Nov 17-Nov 26	12:15-2:15pm	Potomac Room	14502-511A 14502-511B 14502-511C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (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> Sept 19 Oct 17 Nov 21	12:30-1:30pm	Potomac Room	14505-511A 14505-511B 14505-511C	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>Belly Dance</b>	<u>Saturday</u> Oct 4-25 Nov 1-29	11:45am-12:30pm	Maryland Room	17522-511A 17522-511B	FREE
<b>Total Body Workout (Exercise)</b>	<u>Monday &amp; Friday</u> Sept 8-Sept 29 Oct 6-Oct 31 Nov 3-Nov 24  Sept 8-Sept 29 Oct 6-Oct 31 Nov 3-Nov 24	10:30am-11:15am   11:30am-12:15pm	Multipurpose Room   Multipurpose Room	17517-511A 17517-511B 17517-511C  17517-511D 17517-511E 17517-511F	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)  \$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)
<b>Drum and Tone (Exercise)</b> <i>NEW</i>	<u>1<sup>st</sup> Friday</u> Sept 5 Oct 3 Nov 7	1-2pm	Maryland Room	17546-511A 17546-511B 17546-511C	\$5(R); \$7 (NR) \$5(R); \$7 (NR) \$5(R); \$7 (NR)

<b>Hand Dancing (Contemporary) Beginner (4 weeks)</b>	<u>Monday</u> Sept 8-Sept 29 Nov 3-Nov 24	11am-12:30pm	Maryland Room	23510-511A 23510-511B	\$18(R); \$24 (NR) \$18(R); \$24 (NR)
<b>Hand Dancing (Contemporary) Intermediate (4 weeks)</b>	<u>Monday</u> Sept 8-Sept 29 Nov 3-Nov 24	12:30-2pm	Maryland Room	23510-511C 23510-511D	\$18(R); \$24 (NR) \$18(R); \$24 (NR)
<b>Hula Hoop (Exercise) <i>NEW</i></b>	<u>Wednesday</u> Sept 3- Sept 24 Oct 8 -Oct 29 Nov 5-Nov 26	1:30–2:30pm	Maryland Room	17548-511D 17548-511E 17548-511F	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
<b>Stretch &amp; Tone</b>	<u>Thursday</u> Sept 4-Sept 25 Oct 2-Oct 23 Nov 6-Nov 20	11:30am-12:30pm	Multipurpose Room	17501-511A 17501-511B 17501-511C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
<b>Line Dance</b>	<u>Wednesday</u> Sept 3-Sept 24 Oct 1- Oct 22 Nov 5- Nov 26	9:30-11:30am	Maryland Room	23501-511A 23501-511B 23501-511C	\$15(R); \$20 (NR) \$15(R); \$20 (NR) \$15(R); \$20 (NR)
<b>Line Dance</b>	<u>Saturday</u> Sept 6-Sept 27 Oct 4- Oct 25 Nov 1- Nov 22	9:15-11:15am	Maryland Room	23501-511D 23501-511E 23501-511F	\$15(R); \$20 (NR) \$15(R); \$20 (NR) \$15(R); \$20 (NR)
<b>Sign Language (Level 1)</b>	<u>Monday &amp; Friday</u> Sept 5-Sept 29 Oct 6 - Oct 31 Nov 3- Nov 24	11:30am-12:30pm	Chesapeake Room	20501-511A 20501-511B 20501-511C	\$12(R); \$16 (NR) \$12(R); \$16 (NR) \$12(R); \$16 (NR)
<b>Sign Language (Level 2)</b>	<u>Monday &amp; Friday</u> Sept 5-Sept 29 Oct 6 - Oct 31 Nov 3- Nov 24	10-11:15am	Chesapeake Room	20501-511D 20501-511E 20501-511F	\$12(R); \$16 (NR) \$12(R); \$16 (NR) \$12(R); \$16 (NR)
<b>Low Impact Aerobics</b>	<u>Thursday</u> Sept 4- Sept 25 Oct 2- Oct 23 Nov 6- Nov 20	9:30-10:30am	Maryland Room	17521-511A 17521-511B 17521-511C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
<b>Quilting (All Levels)</b>	<u>Friday</u> Sept 5-Sept 26 Oct 3-Oct 24 Nov 7- Nov 21	1-3pm	Chesapeake Room	15504-511A 15504 511B 15504-511C	\$25(R); \$33 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
<b>Sewing</b>	<u>Tuesday</u> Sept 9, 23 Oct 14, 28 Nov 4, 18	10am-12:00pm	Chesapeake Room	15501-511A 15501-511B 15501-511C	\$24 (R); \$32 (NR) \$24 (R); \$32 (NR) \$24 (R); \$32 (NR)
<b>Gentle Yoga</b>	<u>Tuesdays</u> Sept 2- Sept 23 Oct 7-Oct 28 Nov 4-Nov 25	9:30-10:30am	Multipurpose Room	17504-511A 17504-511B 17504-511C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)

<b>Yoga: For Increased Strength</b>	<u>Thursdays</u> Sept 4-Sept 25 Oct 2- Oct 23 Nov 6- Nov 20	9:30-10:30am	Multipurpose Room	17504-511D 17504-511E 17504-511F	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
<b>Virtual Chair Yoga</b>	<u>Mondays</u> Sept 8- Sept 29 Oct 6-Oct 27 Nov 3- Nov 24	12:30-1:30pm	Virtual Room	31515-511A 31515-511B 31515-511C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
<b>Fitness In the Park-Circuit Workout</b>	<u>Monday</u> Sept 8-Oct 27	5:30-6:30pm	CSSAC Parking Lot	17681-579B	FREE

## Camp Springs Senior Activity Center: Special Events

### September 2024

#### **“Aging Happily”**

**Social Room**

**FREE**

**PARKS DIRECT CODE: 20515-511D**

Getting older can be stressful, but understanding your body’s changes can help ease your mind. Discover ways to boost your physical, emotional, and spiritual health so you can live a healthier and happier life. So, don’t worry, be happy!

**Wednesday, September 10**

**11 am-12pm**

#### **Senior Craft Day**

**Chesapeake Room**

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

**PARKS DIRECT CODE: 15502-511H**

Come join a hands-on creative learning experience to gain skills in various crafting techniques, developing fine motor skills, creativity and a sense of accomplishment. The Senior Craft Day will be led by Brenda Allen.

**Thursday, September 11**

**12:30-2:30pm**



#### **Goodbye to Summer – Calypso Style!**

**Multipurpose Room**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20250912**

Get dressed in your colorful Caribbean-styled attire and join us we celebrate the last days of summer. Dance to Calypso music and perhaps get your limbo on! Enjoy a delicious lunch and a festive drink with a live performance by Caribbean Authentics Band.

**Friday, September 12**

**1-3 pm**



**Paint and Sip with Tisha**

**Chesapeake Room**

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

**PARKS DIRECT CODE: 15502-511D**

Come and create some colorful memories. Learn how you can create your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

**Wednesday, September 17**

**9:30-11:30am**

**Bingo**

**Social Room**

**FREE**

**PARKS DIRECT CODE: 26504-511A**

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

**Thursday, September 18**

**10am-12pm**

**“Slips, Falls and Osteoporosis”**

**Social Room**

**FREE**

**PARKS DIRECT CODE: 20515-511C**

Join us as Patricia Goodman DNP discusses osteoporosis, how to prevent it and how to strengthen your bones!

**Tuesday, September 23**

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

**CSSAC Cinema**

**Social Room**

**FREE (SIGN UP BOOK)**

Join us for an afterpm movie along with popcorn and a drink. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.

**Friday, September 26**

**1-3:30 pm**



# ACTIVE AGING WEEK SEPTEMBER 15-19, 2025

## Enjoy FREE activities for ages 60 and better!

You are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity, meet new people, and stay active by participating in FREE Active Aging Week activities throughout Prince George's County.

### Motown Moves to Music

Monday, September 15

#### Multipurpose Room

1-2pm

FREE

**PARKS DIRECT CODE: 17521-511E**

Music and moves! You can't go wrong. Join our fitness instructor "MD" as she leads you in low impact chair aerobics while you move and groove to the sounds of Motown's Best! Bring your weights and exercise bands to intensify this workout!

### Board Games, Cards and More

Tuesday, September 16

#### Social Room and Blue Heron Room

10am-3pm

FREE

**No Registration Necessary; Sign up at Camp Springs SAC**

Challenge your strategic, memory, and thinking skills as the CSSAC staff leads you in a variety of board games, card games and more!

### Line Dance

Wednesday, September 17

#### Maryland Room

12-1pm

FREE

**PARKS DIRECT CODE: 23501-511G**

Get down on the get down with "Lady Di", as she leads you step by step in various line dances, including the popular "Boots on the ground".

### Ching-Ching and Sway

Thursday, September 18

#### Maryland Room

11am-12pm

FREE

**PARKS DIRECT CODE: 17522-511C**

Belly dancing, anyone? Come join our Belly Dance Instructor, Joyce, as she shows you how to keep your waist in shape. Feel free to bring your adorned hip scarves and ching-ching with us!

### Loosen up with Chair Yoga

Friday, September 19

#### Maryland Room

9:30am-10:30am

FREE

**PARKS DIRECT CODE: 17504-511I**

Loosen up those joints and tired muscles and start your morning by stretching and strengthening. Be seated and let chair yoga movements give you the gentle stretch you need.

# October 2024



## **Pink and White “Darty” Tribute to Breast Cancer Survivors** **Multipurpose Room**

**Friday, October 3**  
**1-3pm**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20251004**

Get dressed in your PINK or your WHITE or your Pink and White as we salute Breast Cancer Survivors in a party with a purpose! 1 in 8 women are diagnosed with Breast Cancer and men are not excluded! So, let's pay tribute to the thrivers and overcomers who survived this disease and are living full and vibrant lives as we dance to the sounds of TRIBE Band and Show and enjoy lunch! If you're a Breast Cancer Survivor attending this event, please notify the front desk staff to be recognized. The half-time band break will be special!

## **Paint and Sip with Tisha** **Chesapeake Room**

**Wednesday, October 8**  
**9:30-11:30am**

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

**PARKS DIRECT CODE: 15502-511F**

Come and create some colorful memories. Learn how you can create your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

## **“What’s New in Medicare”** **Social Room**

**Wednesday, October 8**  
**11 am-12:30pm**

**FREE**

**PARKS DIRECT CODE: 20515-511A**

Seeking Guidance on Navigating Your Medicare Coverage Options? Mark A. Gottlieb, an Insurance Advisor, will provide an introduction to Medicare” seminar. Topics will include Medicare Coverage Options, Prescription Drug Plans Supplemental Coverage, Medicare Advantage Plans, Medicare Savings Programs, and more.

## **CSSAC Cinema** **Social Room**

**Friday, October 10**  
**1-3:30pm**

**FREE (SIGN UP BOOK)**

Join us for an afterpm movie along with popcorn and a drink. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.



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

**Thursday, October 16**  
**10am-12pm**

**PARKS DIRECT CODE: 26504-511B**

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 Craft Day**  
**Chesapeake Room**

**Thursday, October 23**  
**12:30-2:30pm**

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

**PARKS DIRECT CODE: 15502-511I**

Come join a hands-on creative learning experience to gain skills in various crafting techniques, developing fine motor skills, creativity and a sense of accomplishment. The Senior Craft Day will be led by Brenda Allen.

**Get Your Laugh On, "Simply"!**  
**Multipurpose Room**



**Tuesday, October 28**  
**1-2pm**

**FREE**

**No Registration Necessary; Sign up at Camp Springs SAC**

Laughing is good for the soul, lowers your blood pressure, enhances your mood and so much more. So come get your laugh on with comedienne, Simply Shirley. Maybe you'll learn a joke or two to share with family and friends at your next social gathering! It's time to get your laugh on!

## **November 2024**

**"Managing Caregiver Stress"**  
**Chesapeake Room**  
**FREE**

**Tuesday, November 4**  
**1-2pm**

**PARKS DIRECT CODE: 20515-511E**

Stress is our response to overwhelming demands placed on us. Although some level of stress can be beneficial, excessive stress can harm us both physically and emotionally. As caregivers, one of the most vital actions we can take for ourselves and the friends or family members we support is to practice self-care. It's essential to thrive rather than merely survive. A key aspect of thriving is having the ability to recognize and manage stress effectively.

**Senior Craft Day**  
**Chesapeake Room**

**Wednesday, November 5**  
**12:30-2:30pm**

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

**PARKS DIRECT CODE: 15502-511J**

Come join a hands-on creative learning experience to gain skills in various crafting techniques, developing fine motor skills, creativity and a sense of accomplishment. The Senior Craft Day will be led by Brenda Allen.



**Veterans Celebration  
Martin's Crosswinds  
Greenbelt, MD**

**Friday, November 7  
11am-1pm**

**TICKET CODE: SPD-SPEC-GA-20251107**

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed.

To register, visit [pgparksdirect.com](http://pgparksdirect.com) and register. Please bring your printed receipt for admission to the event. Deadline for registration is Friday, October 17.

**CSSAC Cinema  
Social Room  
FREE (SIGN UP BOOK)**

**Friday, November 7  
1-3:30pm**

Join us for an afterpm movie along with popcorn and drinks. Please see the name of the movie at the front desk and on the digital marquee in the hallway. An M-NCPPC Senior ID Card is required.

**Paint and Sip with Tisha  
Chesapeake Room**

**Wednesday, November 12  
9:30-11:30am**

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

**PARKS DIRECT CODE: 15502-511G**

Come and create some colorful memories, join us in sipping and creating your very own masterpiece on canvas. Fee includes all supplies and light refreshments.

**"Understanding and Demystifying Dementia"  
Social Room**

**Thursday, November 13  
1-2pm**

**FREE**

**PARKS DIRECT CODE: 20515-511F**

Dementia is a broad ("umbrella") term for an individual's changes in memory, thinking or reasoning. There are many possible causes of dementia. Do you know the difference between Dementia and Alzheimer's? Is there a difference? What are some of the warning signs? What are the associated behaviors and how can caregivers address those behaviors? Join us as we 'Demystify Dementia' and answer these questions and more.

## **“Lunchtime Jazz and R&B Concert”**

**Multipurpose Room**

**FREE**

**No Registration Necessary; Sign up at Camp Springs SAC**

What better way to relax after exercising, playing games and eating lunch, then to listen to some cool jazz or tap your toes and nod your head to your favorite R&B tunes. Well Saxophonist, Sharon Thomas and her Band will provide just that! Just kick back, relax and enjoy! Or, if the music moves you get up and do a little boogie!

**Tuesday, November 18**

**1-2pm**

## **Diabetes Friendly Recipes Demo**

**Social Room**

**FREE**

**PARKS DIRECT CODE: 20515-511G**

Just in time for the holidays our Health and Wellness Chef will have a cooking demonstration, using Diabetic Friendly Recipe. If you're registering for this event, we invite you to wear **blue** in honor of Diabetes Awareness Month! Register early as spaces are limited!

**Wednesday, November 19**

**11am-12pm**

## **Bingo**

**Social Room**

**FREE**

**PARKS DIRECT CODE: 26504-511C**

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.

**Thursday, November 20**

**10 am-12pm**



## **Fall Birthday Celebration**

**Social Room**

**FREE (SIGN UP BOOK)**

Come and celebrate all the magnificent patrons born in the months of September, October and November. Birthday sweet treats will be provided. Please sign up at the front desk. Space is limited.

**Monday, November 24**


**2-3pm**

# Camp Springs Senior Activity Center: Trips

## TRIP INFORMATION

**Please only register one name per registration.**

Fee includes admission and transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required. Patrons must arrive at least 30 minutes before departure time to complete the check-in process. Patrons are expected to return with the group to Camp Springs Senior Activity Center following each trip.

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

### **Bowling at Crofton**

**Crofton, MD**

**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20250904**

**Thursday, September 4**

**PARKS DIRECT CODE: CSSAC-20251002**

**Thursday, October 2**

**PARKS DIRECT CODE: CSSAC-20251106**

**Thursday, November 6**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$5.50 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$7 - \$35. Fees include transportation on an M-NCPPC activity bus.

### **Mystery Restaurant**

**Surprise Local Favorite Restaurant**

**11am-3pm**

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

**PARKS DIRECT CODE: CSSAC-20250909**

**Tuesday, September 9**

**PARKS DIRECT CODE: CSSAC-20251007**

**Tuesday, October 7**

**PARKS DIRECT CODE: CSSAC-20251111**

**Tuesday, November 11**

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: \$10-45). Fees include transportation on an M-NCPPC activity bus.



## **Bon Appetit**

11am-3pm

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

<b>PARKS DIRECT CODE: CSSAC-20250923</b>	<b>Harris Crab House</b>	<b>Tuesday, September 23</b>
<b>PARKS DIRECT CODE: CSSAC-20251021</b>	<b>Famous Dave</b>	<b>Tuesday, October 21</b>
<b>PARKS DIRECT CODE: CSSAC-20251125</b>	<b>Maggiano's</b>	<b>Tuesday, November 25</b>

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: \$10-45). Fees include transportation on an M-NCPPC activity bus.

## **Women's Museum (ENCORE)**

**Wednesday, September 10**

**Washington, DC**

**11am-3pm**

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

**PARKS DIRECT CODE: CSSAC-20250910**

Women are known to provide many roles in life. Here you will find many women who shared their life to educate, inspire, and build up others. See the many contributions women have made to society. Fee includes transportation. Lunch is at your own expense.

## **Maryland Seafood Festival**

**Saturday, September 13**

**Annapolis, MD**

**9am-4pm**

**FEE: \$30 (R); \$39 (NR)**

**PARKS DIRECT CODE: CSSAC-20250913**

Come join us at this annual festival which celebrates Maryland's seafood heritage. Highlights include seafood vendors, local shopping and craft booths, chef demonstrations and live music! Fee includes transportation and entry fee. Lunch and shopping are at your own expense.



## **SAARC Senior Program Pool Side Party**

**Wednesday, September 17**

**Brandywine, MD**

**12-2pm**

**FREE**

**PARKS DIRECT CODE: CSSAC-20250917**

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing soft drink and listen to some old school tunes. Transportation will be provided on an M-NCPPC activity bus when registering using the Parks Direct Code above.



**Original Sewing and Quilt Expo****Fredericksburg, VA****FEE: \$30 (R); \$39 (NR)****PARKS DIRECT CODE: CSSAC-20250926**

The Expo is a place to find the latest sewing and quilting techniques and products and learn new skills with innovative education. It is where the sewing community comes together to encourage and inspire. Fees include transportation aboard an M-NCPPC activity bus, class voucher and a shopping bag.

**Friday, September 26****9am-3pm****Toby's Dinner Theater "Saturday Night Fever"****Columbia, MD****FEE: \$92 (R); \$120 (NR)****PARKS DIRECT CODE: CSSAC-20250930**

SATURDAY NIGHT FEVER transports you back to the era of disco balls, platform boots, and white suits. This event features music by the Bee Gees! Burn, baby, burn! Fees include transportation aboard an M-NCPPC activity bus and your dinner theatre ticket. Register early, tickets are limited.

**Tuesday, September 30****4-10pm****Arundel Mills Mall and LIVE Casino****Hanover, MD****FEE: \$10 (R); \$13 (NR)****PARKS DIRECT CODE: CSSAC-20251009**

Come and shop to your heart's content at one the many stores and boutiques. Or enjoy lunch at your favorite restaurant right there in the Mall. Or if you prefer, visit Live Casino and enjoy your favorite tables or machines. If you're up to it do all three: shop, eat or enjoy the games! Fee includes transportation. Lunch is at your own expense.

**Thursday, October 9****10am-3pm****Bladensburg Waterfront Boat Ride****Bladensburg, MD****FEE: \$15 (R); \$20 (NR)****PARKS DIRECT CODE: CSSAC-20251014**

Join us as we travel down the Anacostia River. The fall foliage will be beautiful; the waters tranquil and we'll supply the warm apple cider with cinnamon sticks. Bring your homemade packed lunch and a cozy lap blank, while you enjoy a relaxing afterpm on a covered pontoon boat! Fee includes transportation, boat fee and yummy warm apple cider.

**Tuesday, October 14****10am-3pm**



**Dutch Country Farmers' Market and Thrift Shopping**  
**Laurel, MD**

**Wednesday, October 29**  
**10am-3pm**

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

**PARKS DIRECT CODE: CSSAC-20251029**

Laurel's Farmers' Market boasts some of the best fresh and delicious foods from the Dutch Country. They have baked goods, dairy products, BBQ, candies, organic meats, and more. All of which can be found at the various merchants located at this market! Time will be allotted to go thrift shopping at the Good Will Store. Fee includes transportation. Lunch and shopping are at your own expense.

**US National Arboretum**  
**Washington, DC**

**Tuesday, November 4**  
**10am-3pm**

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

**PARKS DIRECT CODE: CSSAC-20251104**

Come with us and discover a stunning collection of plants and Instagram-worthy sights at this free outdoor museum. And you don't want to miss seeing one of the Arboretum's most popular places, The National Bonsai & Penjing Museum. The gorgeous, 446-acre property makes for an inspiring and visually captivating visit that we're sure you'll enjoy. Fee includes transportation. Lunch is at your own expense.

**First Watch Brunch**  
**Alexandria, VA**

**Wednesday, November 13**  
**10am-3pm**

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

**PARKS DIRECT CODE: CSSAC-20251113**

Do you have BRUNCH on your mind? Then First Watch is where you want to be. With fresh breakfast, brunch & lunch items made to order from their wide selection of yummy menu choices, you are sure to leave with your tummy full and satisfied! So don't miss this early morning treat! Fee includes transportation. Brunch is at your own expense.



## 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>	10:30am-12pm	N/A	FREE
Cards- Bid Whist	Potomac Room	<u>Tuesdays</u>	2-4pm <i>(New Time)</i>	N/A	FREE
Crocheting with Ms. Lillie Knitting with Ms. Emma	Social Room	<u>Tuesday and Thursday</u>	10am-12pm	N/A	FREE
Glee Club	Potomac Room	<u>2<sup>nd</sup> and Last Thursdays</u>	10am-12pm	N/A	FREE
Inspirational Hour	Maryland Room Potomac Room	<u>Tuesday</u> <u>Friday</u>	11am-12pm 10-11am	N/A	FREE
Line Dance	Maryland Room	<u>Mondays and Thursdays</u>	2-4pm	N/A	FREE
Round Dance Square	Maryland Room	<u>Tuesday</u>	12:30-3pm	N/A	FREE

### Fall Book Club Selections

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

September:      *Unthinkable: Trauma, Truth, and The Trials of American Democracy*  
By Jamie Raskin

October:          *Not Without Laughter*  
By Langston Hughes

November:        *All Sinners Bleed*  
By S. A. Cosby

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**COMING SOON!**

## **HAMPTON PARK SENIOR ACTIVITY CENTER**

9187 HAMPTON MALL DRIVE  
CAPITOL HEIGHTS, MD 20743

*Opening Fall 2025*

- **FITNESS CENTER**
- **DANCE STUDIO**
- **BILLIARDS ROOM**
- **NUTRITION PROGRAM**
- **CLASSES AND WORKSHOPS**
- **TRIPS AND SPECIAL EVENTS**

**FOR MORE INFORMATION  
CONTACT 301-446-3403 OR  
EMAIL [SENIORS@PGPARKS.COM](mailto:SENIORS@PGPARKS.COM)**



**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.

# 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 PGPARCS ALERTS.