

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 September, October & November



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, September 1, 2025: Labor Day (center closing at 4 pm)-+

Thursday, November 27, 2025: Thanksgiving

Friday, November 28, 2025: Employee Appreciation Day



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	7-10 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.

Fall 2025 Registration

- Registration begins **Wednesday, August 13, 2025**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, August 20, 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 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 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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- 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> Sep 8 & 22 Oct 13 & 27 Nov 3 & 17	9:30-11:30 am	MP Rm B & C	15501 575A 575B 575C	\$24; \$32
Quilting  <i>w/ Tisha Thorn</i>	<u>Monday</u> Sep 8 & 22 Oct 13 & 27 Nov 3 & 17	Noon-2 pm	MP Rm B & C	15504 575A 575B 575C	\$24; \$32
Balance & Stretch  <i>w/ Patricia Partee</i>	<u>Monday</u> Nov 3-17	9:15-10 am	Group X Rm 1	17543 575A 575B 575C	\$15; \$20
Chair Aerobics  <i>w/ Patricia Partee</i>	<u>Monday</u> Nov 3-17	10:30-11:30 am	Group X Rm 1	17530 575A 575B 575C	\$15; \$20
Exercise  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Sep 2-25 Oct 7-30 Nov 4-20	11 am-Noon	Group X Rm 1	17517 575A 575B 575C	\$21; \$27 \$21; \$27 \$18; \$23
Zumba Fit  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Sep 2-25 Oct 7-30 Nov 4-20	12:30-1:30 pm	Group X Rm 1	17529 575A 575B 575C	\$21; \$27 \$21; \$27 \$18; \$23
Yoga (no chair)  <i>w/ Steve Wolf</i>	<u>Wednesday</u> Sep 3-24 Oct 1-22 Nov 5-26	11:15 am-12:15 pm	Group X Rm 1	17504 575A 575B 575C	\$22; \$29
Chair Yoga  <i>w/ Steve Wolf</i>	<u>Wednesday</u> Sep 3-24 Oct 1-22 Nov 5-26	12:30-1:30 pm	Group X Rm 1	17504 575D 575E 575F	\$22; \$29





Sponsored by Southern Recreation & Leisure Services

 Spinning <i>w/ Tashsa</i>	<u>Monday & Wednesday</u> Sep 1-Oct 1 Oct 6-29 Nov 3-26	9:30-10:30 am	Spin Room	17540 575A 575B 575C 575G	\$40: \$52 \$32; \$42 \$32; \$42
	Sep 1-Oct 1 Oct 6-29 Nov 3-26	10:45-11:45 am		575D 575E 575F 575H	

Sponsored by Camp Springs Senior Activity Center

Yoga <i>(no chair)</i>  <i>w/ Steve Wolf</i>	<u>Monday</u> Sep 8-29 Oct 6-27 Nov 3-24	12:30-1:30 pm	Virtual	31515 511A 511B 511C	\$10; \$13
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SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
Knitting 	<u>Monday</u>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
	Bingo Plus-2 nd Tuesday of the month				
Line Dance 	<u>Friday</u>	9-10:30 am	Group X	Show Up Activity	FREE
	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE

- No classes – November 27-28 - Thanksgiving
- Knitting – Patrons must purchase their own materials.



SAARC Senior Program: Special Events

September

Lunch Time Listening

FEE: \$5

Wednesday, September 3

11 am-1 pm

PARKS DIRECT: SAARC-CON-GA-20250903

Kick off the Lunchtime Listening season with the crowd-thrilling musical experience of The Exclusives - one of the hottest professional cover bands in the DMV! With exceptionally talented musicians and powerhouse vocalists, they bring every performance to life with soul, energy, and undeniable charisma. From the smooth sounds of Motown and R&B to the high-energy hits of pop, classic rock, contemporary jazz, and funk, The Exclusives deliver an unforgettable musical experience spanning the greatest hits from the '60s to today. Get ready to dance, sing along, and be blown away by a band that knows how to keep the party going!

Smoothie on the Go with a Bike

FREE - Program Room A & B

Thursday, September 4

11 am-1 pm

PARKS DIRECT: SAARC-SPEC-GA-20250904

Smooth out your day with a FREE smoothie! Join us for a taste of vibrant, delicious, and health-boosting smoothie samples that are both convenient and packed with goodness. Feel free to try these delightful samples crafted specially to inspire healthier choices. Register early; an M-NCPPC senior ID card is required.

History & Culture in Your Backyard

FREE - Program Room A & B

Thursday, September 11

11 am-Noon

Parks Direct: SAARC-SPEC-GA-20250911

Celebrate History and Culture with us as we dive into the uniqueness of Prince George's County. This interactive program will be presented by M-NCPPC's Natural and Historic Resource Division (NHRD). Play trivia, share stories, and learn about the upcoming United States 250th commemoration in 2026. Join us for a day of learning, fun and community pride!

Fitness with Gala

FREE - Program Room B

Tuesday, September 16

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.

Active Aging Week – Pickleball

FREE

Tuesday & Thursday, September 16 & 18

9 am-1 pm

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle or one can be provided at the center.

Active Aging Week – Pool Side Party**FREE****Wednesday, September 17****Noon-2 pm**

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.

Introduction to Medicare**FREE in Program Room B****Tuesday, September 23****11 am-12:30 pm**

Medicare offers different health care options. Join us to get the basics, find out how Medicare works, what is available to you, and get your questions answered prior to open enrollment.

October

Lunch Time Listening**FEE: \$5****Wednesday, October 1****11 am-1 pm****PARKS DIRECT: SAARC-CON-GA-20251001**

Celebrate Hispanic Heritage Month with the soulful sounds of MiMi. A Baltimore native, Michelle Bowman blends jazz, gospel, classical, Afro-Cuban, and Neo-Soul into a captivating musical experience. Inspired by Billie Holiday and Donnie Hathaway, MiMi has graced stages from the White House to Meyerhoff Symphony Hall, sharing the spotlight with Jeffrey Osborne, Maysa, and Take 6. With an international radio airplay and a new album, *Truth and Love* coming soon, bringing her artistry to the world. Don't miss this unforgettable celebration of culture, rhythm, and soul.

Pastries & Paint**FEE: \$5(R); \$7(NR) in Program Room A & B****Thursday, October 2****11 am-12:30 pm****Parks Direct: 30504-575A**

Come and create colorful memories! Join us for pastries while you create your own masterpiece on canvas.

Hospice 101**FREE in Program Room A & B****Tuesday, October 7****11 am-12:30 pm**

Endings matter, not just for the person but, perhaps even more, for the ones left behind. Hospice is a journey that has one destination. Come and learn to transition into the next destination.

Fall Factor Fitness with Gala**FREE in multi-purpose C****Tuesday, October 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.

BluesFest**FEE: \$20(R); \$26(NR)****Wednesday, October 29****1-2:30 pm****Parks Direct: SAARC-SPEC-GA-20251029**

Come join us for some Down-Home Blues featuring Memphis Gold and the band as they take you back to the golden age of blues! Light refreshments provided.

November

Lunch Time Listening

FEE: \$5

PARKS DIRECT: SAARC-CON-GA-20251105

Wednesday, November 5

11 am-1 pm

Enjoy your lunch with the soulful magic of Sendy Brown. With a stunning voice and magnetic presence, Upper Marlboro native Sendy Brown captivates audiences from the first note. Rooted in gospel, jazz, R&B, and pop, her music blends authentic soul and improvisational creativity, making every performance unforgettable. A Howard University alumna, Sendy honed her craft in DC's jazz scene before releasing her acclaimed debut album, *Secrets of the Soul*. Passionate and dynamic, she pours heart and soul into every song. Backed by top-tier musicians, Sendy delivers more than music - she creates an experience. Don't miss your chance to witness this extraordinary local talent live!

Fall Factor Fitness with Gala

FREE in Program Room B

Tuesday, November 18

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.



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

11 am-2 pm

Parks Direct: SAARC-20250918

Thursday, September 18

Parks Direct: SAARC-20255023

Thursday, October 23

Parks Direct: SAARC-20251113

Thursday, November 13

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. Meals at your own expense.

Seafood Festival

Saturday, September 13

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

11-2 pm

Parks Direct: SAARC-20250913

We Marylanders are modest folks, except when it comes to our seafood. There's no better way to celebrate that than by attending this seafood festival at Sandy Point State Park in Annapolis. Fee includes a ticket to the festival and transportation on the M-NCPPC Activity Bus. Meals at your own expense.

Legendary Blues Notes Featuring Sugar Bear

Saturday, September 13

Fee: \$60(R); \$78(NR)

8 pm

Parks Direct: SAARC-20251013

Harmony Hall Arts Center is presenting the Legendary Blue Notes featuring Sugar Bear continues the legacy of Harold Melvin's Blue Notes, one of the most popular Philadelphia soul groups of the 1970s. They bring to life such hit songs as "If You Don't Know Me by Now," "The Love I Lost," "Bad Luck," "Wake Up Everybody," and many other love songs. They continue to tour the world led by lead singer "Sugar Bear" who re-creates the distinctive sound of the late Teddy Pendergrass. Come out and enjoy the sound of "The Legendary Blue Notes featuring Sugar Bear." It will truly be a night to remember. The fee includes a ticket to the concert and transportation on the M-NCPPC Activity Bus.

Westminster Blues Night, Washington, DC**Monday, September 15****Fee: \$10(R); \$13(NR)****4:30-9:30 pm****Parks Direct: SAARC-20250915**

Enjoy some of the 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 the M-NCPPC Activity Bus.

Reggie Lewis Museum**Thursday, September 25****Fee: \$20(R); \$26(NR)****10 am-5 pm****Parks Direct: SAARC-20250925**

Join us as we visit the Reginald F. Lewis Museum in Baltimore, one of the best resources for information and inspiration about the lives of African American Marylanders. The fee includes admission and transportation on M-NCPPC Activity Bus.

Dutch Farmers Market - Laurel, MD**Tuesday, September 30****Fee: \$10(R); \$13(NR)****10 am-2 pm****Parks Direct: SAARC-20251030**

Come with us to this market, which is full of the best fresh and delicious foods from Dutch Country. Baked goods, dairy products, BBQ, candies, organic meats, and more can be found at the variety of merchants. Fee includes transportation on M-NCPPC Activity Bus.

Tribute to BB King & Koko Taylor Blues**Thursday, October 16****Fee: \$25(R); \$39(NR)****8 pm****Parks Direct: SAARC-20251016**

Join us as we travel to Publick Playhouse for the tribute celebrating the iconic King and Queen of Blues. This tribute will feature soul blues legend Ms. Zeno, The Mojo Queen, and Memphis Gold. Don't miss this tribute honoring the finest songs of these blues legends. The fee includes a ticket to the concert and transportation on the M-NCPPC Activity Bus.

Tribute to Earth, Wind & Fire featuring The Brencore Allstars**Saturday, October 25****Fee: \$40(R); \$52(NR)****8 pm****Parks Direct: SAARC-20251025**

Let's travel to Harmony Hall to enjoy some of the greatest hits from Earth, Wind & Fire, such as "Serpentine Fire," "Shining Star," "Can't Hide Love," Fantasy, "Reasons," "I Write A Song," and more. Get your tickets early for this amazing tribute. The fee includes a ticket to the concert and transportation on the M-NCPPC Activity Bus.

Watkins Nature Center**Thursday, October 30****FREE****11 am-1:30 pm****Parks Direct: 22501-575A**

Watkins Nature Center located in Watkins Park offers close-up wildlife investigation with its residents live animals, hands-on and exhibits. Live animal displays include insects, amphibians, reptiles, and birds of prey. The nature center also features indoor and outdoor ponds, a songbird feeding area, a butterfly/hummingbird garden, composting area, an outdoor nest box exhibit, and a squirrel gym that showcases the parks squirrel population. Come – lets go explore. Fee includes transportation on M-NCPPC Activity Bus.

Maryland Live & Arundel Mills Mall**Thursday, November 6****Fee: \$10(R); \$13(NR)****9:30 am-3 pm****Parks Direct: SAARC-20251106**

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination with more than 200 stores. Fee includes transportation on M-NCPPC Activity Bus.

Westminster Blues Night, Washington, DC**Monday, November 17****Fee: \$10(R); \$13(NR)****4:30-9:30 pm****Parks Direct: SAARC-20251117**

Enjoy some of the 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. The fee includes transportation on the M-NCPPC Activity Bus.

Senior Services: County Events

Senior Picnic and Fitness Day**Friday, September 19****FREE****10 am-2 pm****Location: Six Flags America, Bowie, MD**

The Department of Family Services (DFS), in partnership with the M-NCPPC, Department of Parks and Recreation, is hosting the annual Senior Picnic and Fitness Day at Six Flags America in Bowie. Prince George's County residents who are 60 years and older are encouraged to participate in this event that will feature dancing, fitness, food, and local vendors. Registration is required to attend. More information and the registration link will be available soon.

2024 Senior Veterans Celebration**Friday, November 7****FREE****11 am-1 pm****SPD-SPEC-GA-20251107****Location: Martin's Crosswinds Greenbelt**

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 and register for Ticket Code: SPD-SPEC-GA-20251107. Please bring your printed receipt for admission to the event. The deadline for registration is Friday, October 17.



SAARC Senior Program: Information Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-904.8756
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 the 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 the 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.pgpcps.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.pgpcps.com, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.

This program is brought to you by
Parks & Recreation
M-N C P P C
live more, play more
pgparks.com



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



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