

Welcome to Camp Springs Senior Activity Center

Winter Calendar December 2025, January & February 2026



HOURS OF OPERATION:

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

SCHEDULED WINTER CLOSURES:

December 25, 2025: Christmas Day
January 1, 2026: New Year's Day



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

Winter Registration

- Registration begins **Wednesday, November 12, 2025, for Residents (R)** only.
- Note: The center will open at **9:00 am on Wednesday, November 12** to assist with registrations.
- The Computer Lab will also open at **9:00 am for ONLINE registration**.
- Registration begins on **Wednesday, November 19, 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

6420 Allentown Road • Camp Springs, Maryland 20748

Email: Campspringsseniors@pgparks.com

Phone: 301-449-0490

Fax: 301-449-6298

Maryland Relay: 711

Camp Springs Senior Activity Center: INFORMATION

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
- Terrapin Fitness Room with Cardio equipment, weights, and mirrors
- Blue Heron classroom
- Blue Crab Lunchroom 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 according to the original method of payment: A credit to 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.

Connect with us!



@pgparks



@pgparks



@pgparksandrec



@pgparksandrecreation

- 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 Center: CLASSES

CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
AARP Defensive Driving	<u>Thursday</u> , December 4 January 8 February 5 <u>Saturday</u> , TBD	9:30am-2:30pm 9:30am-1pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
Computer Skills: Level 1	<u>Monday & Wednesday</u> Dec 1 - Dec 10 Jan 5- Jan 14 Feb 2 - Feb 11	12:15-2:15pm	Potomac Room	14501-111A 14501-111B 14501-111C	\$20 (R); \$28 (NR) \$20 (R); \$28 (NR) \$20 (R); \$28 (NR)
Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.					
Computer Skills: Level 2	<u>Monday & Wednesday</u> Dec 15 - Dec 31 Jan 19 - Jan 28 Feb 16 - Feb 25	12:15-2:15pm	Potomac Room	14502-111A 14502-111B 14502-111C	\$20 (R); \$28 (NR) \$20 (R); \$28 (NR) \$20 (R); \$28 (NR)
Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. Two-week course.					
Computer Skills: Parks Direct	<u>Friday</u> Dec 19 Jan 16 Feb 20	12:30-1:30pm	Potomac Room	14505-111A 14505-111B 14505-111C	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.					
Belly Dance	<u>Saturday</u> Dec 6 - Dec 20 Jan 3 - Jan 24 Feb 7 - Feb 28	11:45am-12:30pm	Maryland Room	17522-111B 17522-111C 17522-111D	FREE

Many experts say belly dancing is the oldest form of dance, having roots in all ancient cultures from the North Africa to the orient to India to the mid-East. International, R&B, Jazz, Classical and Gospel Music will be played to reiterate the international (Africa-Based) soulful nature of this Art Form



Total Body Workout (Exercise)	<u>Monday & Friday</u>	10:30am-11:15am	Multipurpose Room	17517-111A	\$18(R); \$24 (NR)
	Dec 1 – Dec 26			17517-111B	\$18(R); \$24 (NR)
	Jan 5 - Jan 30			17517-111C	\$18(R); \$24 (NR)
	Feb 2 – Feb 27				
	<u>Monday & Friday</u>	11:30am-12:15pm	Multipurpose Room	17517-111D	\$18 (R); \$24 (NR)
	Dec 1 – Dec 26			17517-111E	\$18 (R); \$24 (NR)
	Jan 5 - Jan 30			17517-111F	\$18 (R); \$24 (NR)
	Feb 2 – Feb 27				
Drum and Tone (Exercise)	<u>1st Friday</u>	1-2pm	Maryland Room	17546-111A	\$5(R); \$7 (NR)
	Dec 5			17546-111B	\$5(R); \$7 (NR)
	Jan 2			17546-111C	\$5(R); \$7 (NR)
	Feb 6				
Drum-n- Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.					
Hand Dancing (Contemporary) Beginner	<u>Monday</u>	11am-12:30pm	Maryland Room	23510-111A	\$28(R); \$37 (NR)
	Dec 1 – Jan 12			23510-111B	\$23(R); \$30 (NR)
	Jan 19 – Feb 16				
Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area. Come out and learn some contemporary steps travel and walk, walk with a ½ left turn, left and right passes using the basic six count step, plus, hand dancing etiquette 6-week class.					
Hand Dancing (Contemporary) Intermediate	<u>Monday</u>	12:30-2pm	Maryland Room	23510-111C	\$28(R); \$37 (NR)
	Dec 1 – Jan 12			23510-111D	\$23(R); \$30 (NR)
	Jan 19 – Feb 16				
Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area. Come out and learn some contemporary steps travel and walk, walk with a ½ left turn, left and right passes using the basic six count step, plus, hand dancing etiquette 6-week class.					
Hula Hoop (Exercise)	<u>Wednesday</u>	1:30–2:30pm	Maryland Room	17548-111D	\$18(R); \$24 (NR)
	Dec 3 - Dec 24			17548-111E	\$18(R); \$24 (NR)
	Jan 7 – Jan 28			17548-111F	\$18(R); \$24 (NR)
	Feb 4 - Feb 25				
Hula Hoop is a low-impact, cardiovascular and core-strengthening workout that improves flexibility, balance, and coordination. You will learn to use your hips to keep the hoop spinning around your waist. Bring your own hoop or use one of CSSAC's.					
Stretch & Tone	<u>Thursday</u>	11:30am-12:30pm	Multipurpose Room	17501-111A	\$9(R); \$12 (NR)
	Dec 4 – Dec 18			17501-111B	\$16(R); \$21 (NR)
	Jan 8 - Jan 29			17501-111C	\$16(R); \$21 (NR)
	Feb 5 – Feb 26				
This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.					
Line Dance	<u>Wednesday</u>	9:30-11:30am	Maryland Room	23501-111A	\$12(R); \$16 (NR)
	Dec 3 – Dec 17			23501-111B	\$15(R); \$20 (NR)
	Jan 7 - Jan 28			23501-111C	\$15(R); \$20 (NR)
	Feb 4 - Feb 25				

Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.					
Line Dance	<u>Saturday</u> Dec 6 - Dec 27 Jan 3 - Jan 24 Feb 7 - Feb 28	9:15-11:15am	Maryland Room	23501-111D 23501-111E 23501-111F	\$15(R); \$20 (NR) \$15(R); \$20 (NR) \$15(R); \$20 (NR)
Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.					
Sign Language (Level 1)	<u>Monday & Friday</u> Dec 1 - Dec 26 Jan 5 - Jan 30 Nov 3- Nov 24	11:30am-12:30pm	Chesapeake Room	20501-111A 20501-111B 20501-111C	\$12(R); \$16 (NR) \$12(R); \$16 (NR) \$12(R); \$16 (NR)
Students will study basic principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)					
Sign Language (Level 2)	<u>Monday & Friday</u> Dec 1 - Dec 26 Jan 5 - Jan 30 Nov 3- Nov 24	10-11:15am	Chesapeake Room	20501-111D 20501-111E 20501-111F	\$12(R); \$16 (NR) \$12(R); \$16 (NR) \$12(R); \$16 (NR)
Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)					
Low Impact Aerobics	<u>Thursday</u> Dec 4 - Dec 18 Jan 8 - Jan 29 Feb 5 - Feb 26*	9:30-10:30am	Maryland Room	17521-111A 17521-111B 17521-111C	\$12(R); \$16 (NR) \$16(R); \$21 (NR) \$12(R); \$21 (NR)
This fun low-impact aerobics class is specifically designed to be a safe, joint-friendly form of cardiovascular exercise used with chairs, as well as in standing positions to improve health without excessive stress on joints. *No Class on February 19th					
Quilting (All Levels)	<u>Friday</u> Dec 5 - Dec 19 Jan 2 - Jan 23 Feb 6 - Feb 27	1-3pm	Chesapeake Room	15504-111A 15504-111B 15504-111C	\$19(R); \$25 (NR) \$25(R); \$33 (NR) \$25(R); \$33 (NR)
Beginners will learn basic quilting skills, knowledge of quilting tools and how to complete a quilt. Participants will make a 6-block mini quilt. Supply list available at center's front desk. Must be able to use sewing machine before enrollment. Ok to attend 1st class without all supplies to see exactly what's needed					
Sewing	<u>Tuesday</u> Jan 13 and Jan 27 Feb 10 and Feb 24	10am-12:00pm	Chesapeake Room	15501-111B 15501-111C	\$24 (R); \$32 (NR) \$24 (R); \$32 (NR)
Individuals will learn the art of sewing and basic techniques to increase their skill level.					
Gentle Yoga	<u>Tuesdays</u> Dec 2 - Dec 23 Jan 6 - Jan 27 Feb 3 - Feb 24	9:30-10:30am	Multipurpose Room	17504-111A 17504-111B 17504-111C	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)

Gentle yoga features a focus on slow, steady movements and conscious breathing. You may do standing postures, forward bends, and low-impact backbends, in addition to seated stretches. Explore the many benefits of yoga including flexibility, mental awareness, and improved muscle tone. You will learn basic movements to boost overall health and wellness.

Yoga: For Increased Strength	<u>Thursday</u>	9:30-10:30am	Multipurpose Room	17504-111D	\$15 (R); \$20 (NR)
	Dec 4 - Dec 18			17504-111E	\$20 (R); \$26 (NR)
	Jan 8 - Jan 22			17504-111F	\$20 (R); \$26 (NR)
	Feb 5 - Feb 26				

Increase your yoga experience! Explore yoga with weights to further improve deep breathing, flexibility, improve muscle tone, strength, mental awareness, and weight loss. You will learn yoga movements using weights to reduce stress, get better sleep and build muscle stamina, and boost overall health and wellness. Bring your own mat.

Virtual Chair Yoga	<u>Mondays</u>	12:30-1:30pm	Virtual Room	31515-111A	\$10 (R); \$13 (NR)
	Dec 1 - Dec 22			31515-111B	\$10 (R); \$13 (NR)
	Jan 5 - Jan 26			31515-111C	\$10 (R); \$13 (NR)
	Feb 2 - Feb 23				

Enjoy the yoga experience in the comfort of your home. The instructor will send a link each month to seniors who prefer exercising from home.

Living Strong	<u>Tuesdays and Fridays</u>	9:30 am – 10:30 am	Maryland Room	17697-179A	\$15 ®; \$20 (NR)
	Jan 13 – Apr 3				

Whether you're a graduate of Fit & Strong! or new to group fitness and would like a challenge, Living Strong is a great way to stay active and build strength in a supportive environment. This class includes strength training, aerobic exercise, balance, flexibility and more, along with goal setting to help you stay motivated and consistent. Come improve your endurance, boost your energy, and keep Living Strong!

Intro to Weights and Machines: Strength Training NEW!	<u>Mondays and Wednesdays</u>	9:30 am – 10:30am	Terrapin Fitness Room	17503-111A	\$20 (R); \$26 (NR)
	Dec 1 - Dec 22			17503-111B	\$20 (R); \$26 (NR)
	Jan 5 - Jan 28			17503-111C	\$20 (R); \$26 (NR)
	Feb 2 - Feb 25				

Did you know that even minimal resistance exercise holds the power to rebuild muscle tissue, enhance mental health, and reduce blood pressure? Sign up for this fun and engaging weight training class as we learn strength training exercises, techniques, and effective cardio movements. Build bone density, minimize the risk of osteoporosis, enhance coordination, and recharge your metabolism. Embrace the comprehensive rewards of weight training and feel empowered on the journey toward a solid foundation for fitness and health.

Smart Devices: Seniors NEW!	<u>First and third Mondays and Thursdays</u>	9:00 am – 10:00 am	Potomac Computer lab	14506-111A	\$15(R); \$20 (NR)
	Dec 1 - Dec 18			14506-111B	\$15(R); \$20 (NR)
	Jan 5 - Jan 22			14506-111C	\$15(R); \$20 (NR)
	Feb 2 - Feb 19				

Got a new smartphone, new Smart TV, or a new tablet... now what? Come learn what type of smart device you have, how to keep your device from going idle too fast, make/receive calls, take pictures and how to connect to Wi-Fi. Please bring your smart device to class. Classes will be held on the first and third Mondays and Thursdays of every month.

Camp Springs Senior Activity Center: WINTER SPECIAL EVENTS

December 2025

Safety for the Holidays

Social Room

FREE

PARKS DIRECT CODE: 20515-111A

It's time for holiday shopping. But we must be on guard and be mindful of our surroundings. Join our own "MD" as she provides tips on watching out for scams and being safe so that you can enjoy your holiday shopping.

Wednesday, December 3

11am-12pm

Winter Skin Care for Seniors

Social Room

FREE

PARKS DIRECT CODE: 20515-111B

Winters can be harsh on senior's skin. The skin may become dry and itchy, or you may end up with eczema. All these conditions can lead to cracks in the skin and are a serious concern for seniors, whose skin has already become fragile. So come and listen to a Mary Kay representative who will discuss how you can protect your skin from winter dryness.

Friday, December 5

11am-12pm

Holiday Magic Fashion Show

Multi-Purpose Room

FEE: \$20 (R) \$26 (NR)

PARKS DIRECT CODE: CSSAC-SPEC-GA-20251206

Attention all fashion enthusiasts—CSSAC's Winter Holiday Magic Fashion Show and Luncheon is your chance to shine! Whether you're a female fashionista or a male fashionisto, it's time to hit the runway and celebrate the season in style. The show will feature four dazzling scenes: Holiday Lounge and Casual Wear for relaxed seasonal looks; Sunday Best, complete with hats, fascinators, and fedoras; Glitz and Glam, where sparkle takes center stage; and Baby It's Cold Outside, showcasing your finest fur ensembles. If you'd like to participate, choose your favorite scene or scenes and sign up in the office. If you prefer to enjoy the show from the audience, come join us for an afternoon of fashion and fun—light refreshments will be served!

Saturday, December 6

11am-1:30pm

Call -A- Bus at Your Service
Social Room
FREE

Tuesday, December 9
11am-12pm

PARKS DIRECT CODE: 20515-111C

Join the Call-A-Bus outreach team as they discuss how they service the transportation accessibility gaps within Prince George's County for senior citizens and people with disabilities. Representatives will inform our senior patrons about transportation options available for both general use and accessibility needs. Call-A-Bus is a demand-response, curb-to-curb service available to all Prince George's County residents who are not served by, or cannot use, existing bus or rail services. However, **priority is given to seniors and people with disabilities**. Find out how this service can benefit you!

Senior Holiday Concert
Laurel-Beltsville Senior Activity Center
FEE: \$10 (R) \$13 (NR)

Friday, December 12
10:30am-12pm

TICKET CODE: SPD-SPEC-GA-20251212

Get ready to kick off the holidays in style with an unforgettable Senior Holiday Concert. Music provided by Bencore Entertainment featuring the incredible vocalist Ameya Taylor. The soulful sounds and holiday favorites are sure to have you singing and feeling the joy of the season. **Doors open at 10:15 am**. Transportation not provided. Register early, Seating is limited.

Camp Springs Senior Activity Center Holiday Breakfast
Multi-Purpose Room
FEE: \$10 (R) \$13 (NR)

Tuesday, December 16
10am-12pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20251216

It's time to celebrate the holidays with a buffet breakfast! The buffet will be revealed on the day of the event. Patrons will be entertained by the CSSAC Glee Club and the Hula Hoopers. In addition, our Camp Springs Senior Activity Center Quilters will show their holiday quilts. And you know we will have to do a few line dances! Register early as spaces will be limited!

Boosting Your Mood with Food and Fitness
Social Room
FREE

Wednesday, December 17
11am-12pm

PARKS DIRECT CODE: 20515-111D

Daylight and sunlight hours are reduced significantly during the winter months, leading to Seasonal Affective Disorder (SAD). But there are foods and moves that you can incorporate in your daily routine that can boost your mood and give you the energy that you need. Join one of the health specialists from Humana who will guide you through boosting your mood!

Ugly or Cute Holiday Sweater Day
Social Room
FREE

Wednesday, December 24
10am-12pm

PARKS DIRECT CODE: 26507-111A

Wear your ugliest holiday sweater or your cutest holiday sweater and join us for milk, cocoa, coffee, and holiday cookies! There will be a prize for the man and woman with the ugliest sweater! Register early as spaces will be limited!



January 2026

Welcome 2026 New Year
Multi-Purpose Room
FEE: \$20 (R) \$26 (NR)

Monday, January 5
11am-1pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260105

It's 2026, y'all. It's time to welcome the New Year. At 12pm the Disco Ball, confetti and Balloons will drop. It's a black, silver and gold affair with the music cranking with DJ Q! Let's make new acquaintances, share our hopes and dreams for the new and have and bubbly apple cider toast!

Stretch Your Grocery Dollars
Social Room
FREE

Wednesday, January 7
11am-12pm

PARKS DIRECT CODE: 20515-111E

With the cost of food rising and dollars not, we need all the help we can get to learn how to stretch our grocery dollars. Coupons and sales are just a couple of ways we can stretch our grocery dollars. But are there more ways? We will start the year off learning to stretch those dollars! Join us as we celebrate [International Quality of Life Month](#).

We All Have to Go
Social Room
FREE

Wednesday, January 14
11am-12pm

PARKS DIRECT CODE: 20515-111F

It's not a happy subject, but we all need to be prepared to help our loved ones. Come to this seminar to learn how to make the transition from life a time of readiness and preparedness.

Soup for the Soul
Social Room/Blue Heron Room
FREE

Wednesday, January 21
11am-1pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260121

Soup is good for the soul. It brings comfort, warmth and even healing. Culturally it's a symbol of community. Come and enjoy a warm and comforting bowl of soup as we celebrate National Soup Month, while supplies last.



National Hot Chocolate Day
Social Room
FREE

Wednesday, January 28
10-11am

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260128

What can beat a nice cup of hot chocolate on a cold winter day? Let's celebrate National Hot Chocolate Day with a make-your-own hot chocolate specialty! Add marshmallows or whipped cream or both to your cup of hot chocolate and let the smiles begin!

February 2026

Heart Smart Cooking
Social Room
FREE

Wednesday, February 4
1-2pm

PARKS DIRECT CODE: SPD-SPEC-GA-20260204

February is American Heart Month. We take this time to think about hearts and how to keep our hearts healthy. Join us and our Health and Wellness Division as we celebrate [American Heart Month](#) and provide a cooking demonstration on heart smart and healthy food options.

“Black History in Motion”**FEE: \$10(R); \$13 (NR)****PARKS DIRECT: PGPP-SPEC-GA-20260209****Thursday, February 5****11 am-12:30 pm**

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture. Enjoy the crowd-thrilling musical experience of The Exclusives – one of the hottest bands in the DMV! They will 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!

Tickets may be purchased at pgparks.com, the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. A printout of your ticket(s) is required for admission to the concert. The Publick Playhouse is located at 5445 Landover Road, Cheverly, MD 20784. Doors open at 10:15 am. Transportation is not provided. Register early, seating is limited.

Alzheimer and Dementia Care**Social Room****FREE****PARKS DIRECT CODE: 20515-111G****Tuesday, February 10****11am-12pm**

With aging comes memory issues. Two memory issues that we always are concerned about are Alzheimer and Dementia. Join us as we learn the difference between these two and discuss care for seniors facing these memory issues.

Flappers and Dappers Valentines Casino Party**Multi-Purpose Room****FEE: \$20 (R) \$26 (NR)****PARKS DIRECT CODE: CSSAC-SPEC-GA-20260211****Wednesday, February 11****1-3pm**

It's a “Harlem Night” at Camp Springs Senior Activity Center as we roll the dice, spin the Roulette Wheel or play Blackjack...FOR FUN! Bring your honey and win some “play” money! The senior whose won the most play money at 2:30pm will win a special prize! Entertainment by DJ Cheno with lunch served with a chocolate surprise



It's Mardis Gras Baby
Social and Blue Heron Room

Wednesday, February 18
1-3pm

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

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260218

Wear your Mardi Gras costume and let's enjoy some gumbo or jambalaya New Orleans style!
And let's not forget the Jazz Music! We will have that too for your listening enjoyment!



Lunch Time Songs from the Soul
Multi-purpose Room

Thursday, February 19
1:30-2:30pm

FREE

PARKS DIRECT CODE: 26507-111B

Join us as the CSSAC Glee Club presents a Black History Concert for your enjoyment. Feel free to dress in African attire or wear a combination of red, black and green.

Winter Birthday Celebration
Social Room

Monday, February 23
2-3pm

FREE

PARKS DIRECT CODE: 26507-111C

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



Black History Trivia Contest: Jeopardy
Social Room
FREE
PARKS DIRECT CODE: 12503-111A

Tuesday, February 24
10-11am

Black History is so rich, and the achievements are so diverse. The achievements range from medical advancement to technology and science advancements, to civil rights. Whether you are a history buff or just want to have fun and learn something new. Let's see which team wins the Black History Trivia contest and bragging rights until next time!

National Tortilla Chips Day
Social Room
FREE

Tuesday, February 24
12p-1pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260224

What's a good way to feel like summer again during cold winter months? Nachos! Let's celebrate National Tortilla Chips Day with a make-your-own nacho bar! Add salsa, guacamole, cheese dip, sour cream and many more toppings to your ultimate nacho platter! Grab a bowl of chips and let the smiles begin!

When Life Gives You Lemons
Social Room
FREE

Wednesday, February 25
11am-12pm

PARKS DIRECT CODE: 20515-111H

Yes, stuff happens. Things don't always go as planned. Well, you can approach it from a woe is me or you can make LEMONADE! Join us as we discuss the power of positivity when life gives us lemons.



Camp Spring Senior Activity Center: WINTER RECURRING EVENTS

CSSAC Cinema

Social Room

FREE

PARKS DIRECT CODE: 26604-111A

PARKS DIRECT CODE: 26604-111B

PARKS DIRECT CODE: 26604-111C

1-3:30 pm

Friday, December 19

Friday, January 30

Friday, February 27

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



Bingo

Social Room

FREE

PARKS DIRECT CODE: 26504-111A

PARKS DIRECT CODE: 26504-111B

PARKS DIRECT CODE: 26504-111C

10am - 12pm

Thursday, December 18

Thursday, January 15

Thursday, February 19

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

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

PARKS DIRECT CODE: 15502-111A

PARKS DIRECT CODE: 15502-111B

PARKS DIRECT CODE: 15502-111C

12:30-2:30pm

Thursday, December 4

Thursday, January 15

Thursday, February 26

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.



Paint and Sip with Tisha
Chesapeake Room

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

PARKS DIRECT CODE: 15502-111D

PARKS DIRECT CODE: 15502-111E

9:30-11:30am

Wednesday, January 21

Wednesday, February 4

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.



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-20251204

Thursday, December 4

PARKS DIRECT CODE: CSSAC-20260108

Thursday, January 8

PARKS DIRECT CODE: CSSAC-20260205

Thursday, February 5

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$6.00 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$10 - \$50. 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-20251209

Tuesday, December 9

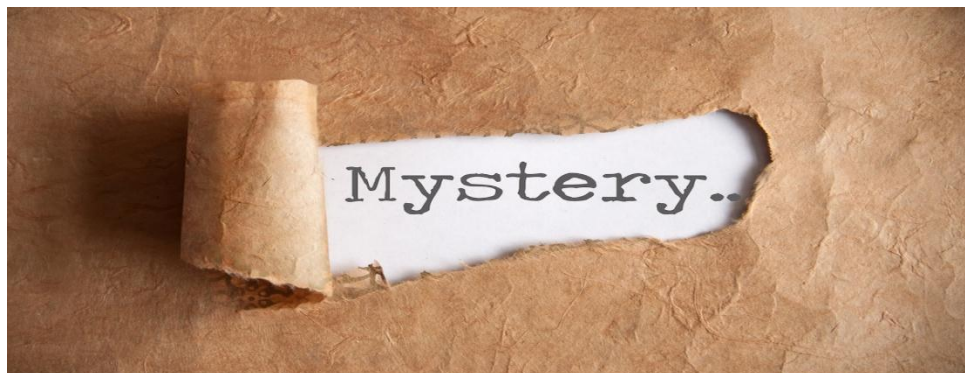
PARKS DIRECT CODE: CSSAC-20260113

Tuesday, January 13

PARKS DIRECT CODE: CSSAC-20260210

Tuesday, February 10

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)

PARKS DIRECT CODE: CSSAC-20251223 Longhorn Steakhouse **Tuesday, December 23**

PARKS DIRECT CODE: CSSAC-20260127 Famous Dave's **Tuesday, January 27**

PARKS DIRECT CODE: CSSAC-20260224 Noodles & Co. **Tuesday, February 24**

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.



Marietta House Museum
Glenn Dale, MD

Tuesday, December 2
11am-3pm

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

PARKS DIRECT CODE: CSSAC-20251202

Marietta is a nationally recognized historic site which includes a cemetery, original root cellar, and Duvall law office, as well as 25-acres where visitors can walk the sites of the plantation outbuildings and slave dwellings. Guided tours of the historic house and site highlight the relationships among the enslaved people and their enslavers that were shaped in part by the nation's founding documents and local slave codes. Hear the histories of families' decisions to seek freedom through flight, the courts, and deeds. Since 2004, Marietta has been part of the National Underground Railroad Network to Freedom. Fee includes transportation. Lunch is at your own expense.



The Wiz – A Holiday Remix
Bowie High School; Bowie, MD

Wednesday, December 17
9am-4pm

FEE: \$20 (R); \$26 (NR)

PARKS DIRECT CODE: CSSAC-20251217

Get ready for a magical journey as we head to Bowie High School to enjoy a live performance of *The Wiz*! This vibrant and soulful adaptation of *The Wizard of Oz* promises to delight with its dazzling music, energetic choreography, and heartwarming story. Don't miss this opportunity to share laughter, music, and memories with friends as we ease on down the road together!



MGM Casino
Oxon Hill, MD

Thursday, January 22
11am-3pm

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

PARKS DIRECT CODE: CSSAC-20260122

Join us for an exciting day of fun and entertainment as we take a trip to the renowned MGM Casino! This special outing is designed with our senior patrons in mind, offering a comfortable and engaging experience filled with gaming, dining, and socializing. Whether you're trying your luck at the slots, enjoying a delicious meal, or simply soaking in the vibrant atmosphere, there's something for everyone to enjoy. Transportation will be provided, and staff will be on hand to ensure a safe and enjoyable adventure. Don't miss this chance to make memories and share laughs with friends old and new!



Horseshoe Casino
Baltimore, MD

Thursday, February 19
10am-4pm

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

PARKS DIRECT CODE: CSSAC-20260219

Join us for an exciting day of fun and entertainment as we take a trip to the renowned Horseshoe Casino! This special outing is designed with our senior patrons in mind, offering a comfortable and engaging experience filled with gaming, dining, and socializing. Whether you're trying your luck at the slots, enjoying a delicious meal, or simply soaking in the vibrant atmosphere, there's something for everyone to enjoy. Transportation will be provided, and staff will be on hand to ensure a safe and enjoyable adventure. Don't miss this chance to make memories and share laughs with friends old and new!

Camp Springs Senior Activity Center: CLUBS

CLUB	LOCATION	DAYS/DATES	TIME	ACTIVITY CODE	FEE
Book Club	Potomac Room	Third Thursday	10:30am-12pm	N/A	FREE
Cards- Bid Whist	Chesapeake Room	Tuesdays	1-4pm	N/A	FREE
Crocheting with Ms. Lillie Knitting with Ms. Emma	Social Room	Tuesday and Thursday	10am-12pm	N/A	FREE
Glee Club	Potomac Room	Second and Last Thursdays	10am-12pm	N/A	FREE
Inspirational Hour	Maryland Room	Tuesday	11am-12pm	N/A	FREE
	Potomac Room	Friday	10-11am		
Paper Craft Art Club	Blue Heron Room	Monday	10am-12pm	N/A	FREE
Line Dance	Maryland Room	Mondays and Thursdays	2-4pm	N/A	FREE
Round Dance Square	Maryland Room	Tuesday	12:30-3pm	N/A	FREE

Camp Springs Senior Activity Center: Book Club

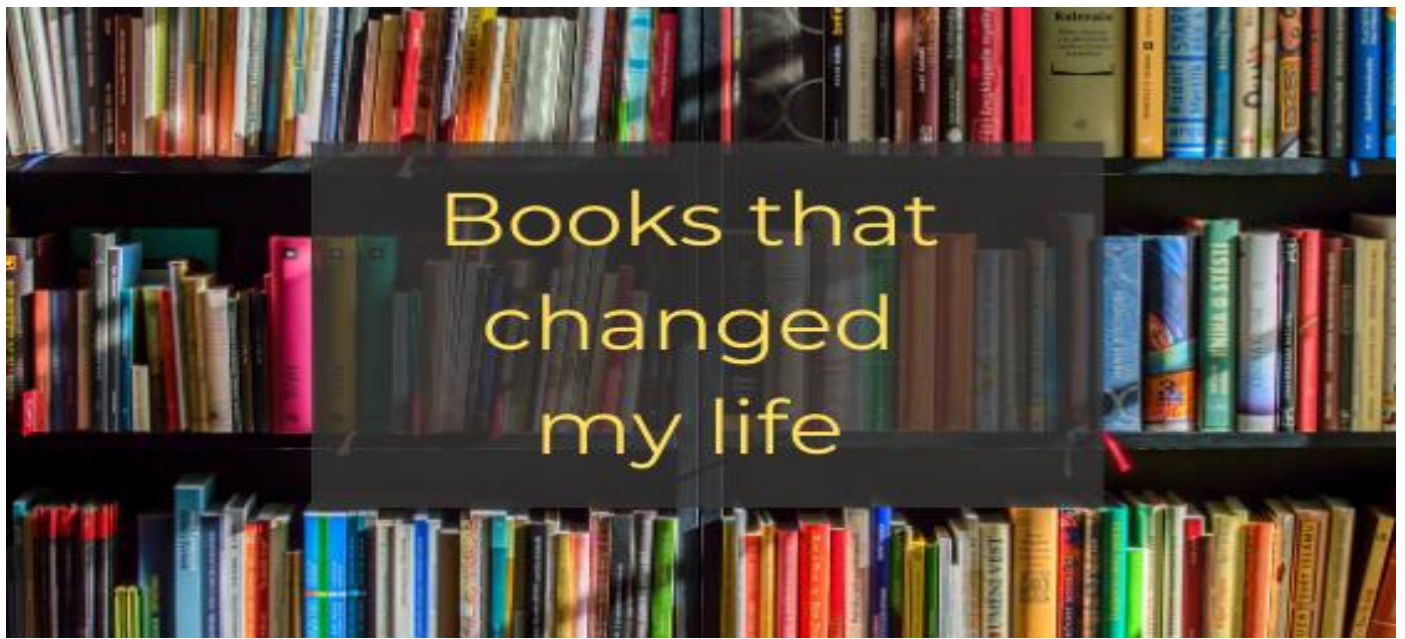
Winter Book Club Selections

The Book Club meets every third Thursday of the month from 10:30am-12pm. Join us each month for a lively discussion. Sign up at the front desk.

December: *Perfect Peace*
By Daniel Black

January: *Accidental President: Harry S. Truman and the Four Months That Changed the World*
By A.J. Baine

February: *The Young Paul Robeson: On My Journey Now*
By Lloyd L. Brown



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SENIOR HOLIDAY CONCERT

Friday, December 12, 2025
10:30 am - 12 noon; Doors Open at 10:15 am

Get ready to celebrate the season with joy, music, and connection at our Senior Holiday Concert!

Join us for an uplifting afternoon with Brencore Entertainment, featuring the amazing vocalist Ameya Taylor. Let the soulful sounds and holiday favorites lift your spirits, energize your mind, and bring you together with friends old and new.

Sing along, share a smile, and feel the warmth of the season!

Fee: Resident \$10; Non-Resident \$13
Seniors ages 60 & better

Register today at pgparksdirect.com
Ticket Code: SPD-SPEC-GA-20251212

Please note: A printout of your receipt is required for admission to the concert.

For more information, call
301-446-3400 or
email seniors@pgparks.com.

Laurel-Beltsville Senior Activity Center | 7120 Contee Road, Laurel 20707

Connect with us!

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 [@pgparksandrecreation](https://www.youtube.com/pgparksandrecreation)

- 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.

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Opening Soon!

HAMPTON PARK SENIOR ACTIVITY CENTER

9187 HAMPTON MALL DRIVE
CAPITOL HEIGHTS1 MD 20743

- **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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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 if 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.pg parks.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.pg parks.com, click on "news" scroll down to the bottom and click on PG PARKS ALERTS.

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