

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 December, January & February 2025-2026



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

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

SAARC HOURS OF OPERATION		SAARC POOL HOURS OF OPERATION	
Sunday	10 am-5 pm	Sunday	10 am-5 pm
Monday - Friday	6 am-9 pm	Monday - Friday	6 am-5 pm / 5:30-8:30 pm
Friday	7-10 pm – Teen Night	Saturday	8 am-5 pm
Saturday	8 am-5 pm 7-10 pm – Teen Night		

The SAARC Senior Program is closed on the above-mentioned dates even though the center may be open.

Winter 2025-2026 Registration

- Registration begins **Wednesday, November 12, 2025**, at 9 am for **Residents (R) only**. The front desk staff will be available to assist you with 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 only** (no trips) 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@parks.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 signed up for the program
- 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 via the 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!

 @pgparcs

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 @pgparcsandrec




 @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> Jan 26 Feb 2-9	9:30-11:30 am	Program Rm B	15501 175B 175C	\$12; \$16 \$24; \$32
Quilting  w/ Tisha Thorn	<u>Monday</u> Jan 26 Feb 2-9	Noon-2 pm	Program Rm B	15504 175B 175C	\$12; \$16 \$24; \$32
Exercise  w/ Patricia Partee	<u>Tuesday & Thursday</u> Dec 2-18 Jan 6-29 Feb 3-26	11 am-Noon	Group X Rm 1	17517 175A 175B 175C	\$21; \$28 \$28; \$37 \$28; \$37
Zumba Fit  w/ Patricia Partee	<u>Tuesday & Thursday</u> Dec 2-18 Jan 6-29 Feb 3-26	12:30-1:30 pm	Group X Rm 1	17529 175A 175B 175C	\$21; \$28 \$28; \$37 \$28; \$37
Yoga (no chair)  w/ Steve Wolf	<u>Wednesday</u> Dec 3-17 Jan 7-28 Feb 4-25	11:15 am-12:15 pm	Group X Rm 1	17504 175A 175B 175C	\$17; \$23 \$22; \$29 \$22; \$29
Chair Yoga  w/ Steve Wolf	<u>Wednesday</u> Dec 3-17 Jan 7-28 Feb 4-25	12:30-1:30 pm	Group X Rm 1	17504 175D 175E 175F	\$17; \$23 \$22; \$29 \$22; \$29
Classes sponsored by: Southern Recreation & Leisure Services					
Spinning  w/ Tashsa	<u>Monday & Wednesday</u> Dec 1-31 Jan 5-28 Feb 2-25	9:30-10:30 am	Spin Room	17540 175A 175B 175C	\$40; \$52 \$32; \$42 \$32; \$42
	Dec 1-31 Jan 5-28 Feb 2-25	10:45-11:45 am		175D 175E 175F	
Classes sponsored by: Camp Springs Senior Activity Cener					
Yoga (no chair)  w/ Steve Wolf	<u>Monday</u> Dec 1-22 Jan 5-26 Feb 2-23	12:30-1:30 pm	Virtual	31515 111A 111B 111C	\$10; \$13

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE
	<u>Friday</u>	9-10:30 am	Group X	Show Up Activity	FREE

No senior classes on 12/25/25-Christmas, 1/1/26-New Year's, 1/19/26-MLK Day, 2/16/26-Presidents Day

SAARC Senior Program: Special Events

December

Elder Abuse and Fraud Prevention Workshop

Tuesday, December 2

FREE in Program Room A & B

11 am-12:30 pm

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

Lunchtime Listening with Stan Cooper, Guitar

Wednesday, December 3

FEE: \$5 - Multi-Purpose Room B & C

11 am-1 pm

PARKS DIRECT: SAARC-CON-GA-20251203

Experience the unstoppable groove of Stanley Cooper – Holiday Edition! D.C.'s own Stanley Cooper has rocked stages with many legends and now, he's bringing his electrifying guitar skills to a holiday-themed celebration. Feel the festive spirit as he sets the stage on fire with his signature style and infectious energy. Don't miss this soulful holiday concert—get ready to groove and celebrate the season in style.

Mingle and Jingle All RED Holiday Darty

Wednesday, December 10

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

11 am-1:30 pm

PARKS DIRECT: SAARC-SPEC-GA-20251210

Multi-Purpose A, B & C

What is a DARTY? A Day Party of course. It is time to Mingle and Jingle as we celebrate the holiday season in our red outfits. A light lunch and live band are provided so get ready for a fun, holiday festivity event. **IT'S DARTY TIME!**



Clinicare Quiana
FREE in Multi-Purpose A

Thursday, December 11
11 am-12:30 pm

Clinicare will help you reinvent your own personalized and caring environment so that the medical support you need can happen in a place you already love to be while pioneering a future where home care is defined by quality, comfort, and compassion.

Holiday Sweater Gala & Karaoke
FREE in Multi-Purpose A & B

Tuesday, December 16
11 am-1:30 pm

Come prepared to sing your favorite song while wearing your funniest, ugliest, prettiest, or most unique holiday sweater. Prepare to enjoy fun games and light refreshments.

Holiday Cardio Party
FEE: \$12 (R); \$16 (NR)
PARKS DIRECT: 17521-175A

Friday, December 19
9 am-Noon

Are you ready to party? This fan-favorite format features various cardio exercises to get your heart pumping and keep you smiling! You can keep it more traditional cardio or take it “party style” and add some flair—options for both high and low impact. So, don’t be tardy for this party. Your body will thank you.

Holiday Season Chat & Chew
FREE in Multi-Purpose A & B

Tuesday, December 30
11 am-1:30 pm

Join us to converse about our holiday experiences and prepare to celebrate the coming of 2026.

January

Lunchtime Listening with Just the 2 of Us
Fee: \$5 - Multi-Purpose Room B & C
PARKS DIRECT: SAARC-CON-GA-20260107

Wednesday, January 7
11 am-1 pm

Looking for an afternoon of soulful, high-energy music? Sit back, relax, and let Ken & Sebrina Morris take you on an unforgettable journey through jazz, R&B, and gospel. With over 20 years of captivating performances, Sebrina’s powerful vocals and Ken’s soulful saxophone create a musical experience that moves and inspires. Don’t miss your chance to experience the magic with Ken & Sebrina live and let the music take you away!

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

Monday, January 12
10-11 AM

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

Coffee, Cocoa and Conversation – Glaucoma
FREE in Multi-Purpose Room A

Thursday, January 15
11 am-Noon

Did you know that Glaucoma is the leading cause of blindness worldwide? Come learn the facts about this eye disease which affect many.

Workout with Gala

FREE

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

Tuesday, January 20

11-11:45 AM

Soup for the Soul

FREE in Multi-Purpose Room A & B

PARKS DIRECT: SAARC-SPEC-GA-20260122

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

Thursday, January 22

11:30 am-1:00pm



February

Lunchtime Listening with Muneer Nasser, Trumpet

FEE: \$5 - Multi-Purpose Room B & C

PARKS DIRECT: SAARC-CON-GA-20260204

Celebrate Black History Month with the soulful fusion of Memphis blues, New York fire, and DC flavor with the Muneer Nasser Quintet. A master trumpeter, composer, and jazz historian, Nasser brings his deep-rooted passion for jazz to the stage. His latest album, Blue House Session, is a vibrant mix of blues, Afro-Caribbean rhythms, and timeless jazz energy. Celebrate Black History Month with an electrifying performance that honors the past while igniting the future of jazz. Don't miss this unforgettable afternoon of music. Celebrate history. Experience the music.

Wednesday, February 4

11 am-1 pm

Coffee, Cocoa & Conversation - Black History

FREE Multi-Purpose Room A

A celebration of Maryland's African Americans and how their efforts changed society near and far. Also, be prepared to tell your story because your history matters.

Thursday, February 12

11 am-12:30 pm

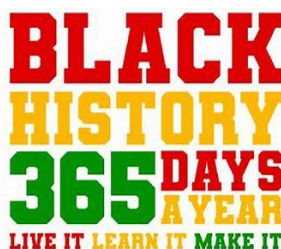
Workout with Gala

FREE

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

Tuesday, February 24

11-11:45 am



SAARC Senior Program: Trips

BON APPETIT: Mystery Restaurant

FEE: \$10

11 am-2 pm

PARKS DIRECT: SAARC-20260108

Thursday, January 8

PARKS DIRECT: SAARC-20260219

Thursday, February 19

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 an M-NCPPC activity bus. M-NCPPC Senior ID Card required. Meals and shopping at your own expense.

Dinner and Lights

Tuesday, December 2

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

3:00 pm-8 pm

PARKS DIRECT: SAARC-20251202

It's Gaylor Time! The Christmas light show at Gaylord National Harbor is a festive event that transforms the venue into a winter wonderland. Expect to enjoy a spectacular energetic light display along with being wowed by the fabulous holiday decorations. It's a colorful celebration you won't want to miss. Fee includes transportation on an M-NCPPC activity bus. Senior ID Card required. Meals and shopping at your own expense.

26th Annual Gingerbread House Contest and Show

Thursday, December 4

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

11 am-2 pm

PARKS DIRECT: SAARC-20251204

Come celebrate 26 years of sweet memories! Darnall's Chance House Museum is celebrating the 26th year of its Annual Gingerbread House Contest and Show. Come see the amazing displays of creative gingerbread structures, then vote for your favorites in the Viewer's Choice Competition. Fee includes transportation on M-NCPPC Activity Bus and tickets to the museum.

Shopping Trip to Tysons Corner

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



Saturday, December 6

10:30am-4 pm

PARKS DIRECT: SAARC-20251206

Discover the best of Tysons Corner Mall in Northern Virginia. Find top stores, restaurants, and entertainment all in one premier shopping destination. Fee includes transportation on M-NCPPC Activity Bus. Meals and shopping at your own expense.

A Holiday Soul Review

Friday, December 12

Fee: \$28(R); \$36(NR)

6 pm

Parks Direct: SAARC-20251212

"A Holiday Soul Review" at the Publick Playhouse featuring the Brencore All Stars performing classic holiday songs with a soul-infused style. Hits from powerhouse labels like Motown and Stax, in a festive atmosphere. Feel the rhythm, embrace the nostalgia, and celebrate the season with timeless tunes to warm your heart and get you dancing. Perfect for fans of artists like Marvin Gaye, Aretha Franklin, and Otis Redding, this concert promises to bring classic holiday hits to life. A soulful holiday celebration you won't want to miss! Fee includes transportation on an M-NCPPC activity bus and a ticket to concert. Senior ID Card required.

Tribute to the Ladies of Soul

Fee: \$30(R); \$39(NR)

Parks Direct: SAARC-20260207

Saturday, February 7

8 pm

Let's travel to Harmony Hall for an unforgettable evening as the BRENCORE Allstars, featuring the incredible Tia Lydawn and Ameya Taylor, honoring the legendary ladies of soul. If you're a fan of Stephanie Mills, Aretha Franklin, Teena Marie, and other iconic artists, grab your tickets, and immerse yourself in the soulful sounds and timeless hits that have shaped music history. Don't miss this spectacular tribute to the queens of soul! Get your tickets early for this amazing tribute. Fee includes transportation on an M-NCPPC activity bus and a ticket to the concert.

COUNTY-WIDE EVENTS

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

PARKS DIRECT: SPD-SPEC-GA-20251212



Friday, December 12

10:30 am-Noon

FEE: \$10(R); \$12 (NR)

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 is not provided. Register early, Seating is limited.

Black History in Motion

Publick Playhouse

PARKS DIRECT: PGPP-SPEC-GA-20260205

Thursday, February 5

11 am-12:30 pm

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

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 unless stated by your center. Register early, seating is limited.



SAARC Senior Program: Information Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8175
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 phone 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.

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."

CLOSINGS/ INCLEMENT WEATHER STATEMENT

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.pg parks.com, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.