



*live more, play more*  
pgparks.com

*Spring*  
*2026*

## Camp Springs Senior Activity Center



Activity and Events Guide  
for March, April, and May



# Camp Springs Senior Activity Center: INFORMATION

## Welcome to Camp Springs Senior Activity Center!

### Hours of operation:

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

### Scheduled Spring Closures:

- May 25, 2026: Memorial Day

**6420 Allentown Road • Camp Springs, Maryland 20748**

**Email: [Campspringsseniors@pgparks.com](mailto: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



@pgparksandcreation

- 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



## 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, Sandra Johns, 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 \$5.00. If you need to cancel your meal, please do so at least two (2) days in advance with Ms. Sandra Johns, 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.

## 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 PGPARKS ALERTS.

### Connect with us!

 @pgparcs

 @pgparcs

 @pgparcsandrec

 @pgparcsandrecreation

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## Camp Springs Senior Activity Center: REGISTRATION

### Spring Registration

- Registration begins **Wednesday, February 11, 2026, for Residents (R)** only.
- Note: The center will open at **9am on Wednesday, February 11** to assist with registrations.
- The Computer Lab will also open at **9am for ONLINE registration.**
- Registration begins on **Wednesday, February 18, 2026, 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)**

# Camp Springs Senior Activity Center: REGISTRATION

Registration day can be hectic, with long lines and occasional technical hiccups. To help things go more smoothly, here are a few tips to keep the process stress-free:

1. **Consider adding funds to your household account in advance.** This allows you to have a faster and smoother check-out process when completing transactions.
2. **Register online at [www.pgparksdirect.com](http://www.pgparksdirect.com)!** This allows you to register in the comfort of your home or in our Computer Room and avoid the long lines. Log-in early to be placed in a queue. Your number may be high; however, it moves significantly faster than in-person. A staff member will be in the Computer Room to help. Be sure to have your PARKS DIRECT login user ID and password available for your use.
3. **Plan ahead for the classes you want.** Fill out the registration planning form on the next page to give to one of our front desk team members or use as your guide for on-line registration. This helps speed up the process.
4. **Be sure your CONTACT INFORMATION on your Parks Direct account is up to date!** We need to be able to contact you if there are any changes in activities so be sure we have the correct phone and email address in your account.
5. **Review your receipts BEFORE leaving the front desk to ensure you are registered for all the programs you selected.** This allows us to address any errors or concerns before moving to the next patron.
6. **On registration day, there will be a sign-in sheet for IN-PERSON registration.** Please be sure to sign in and wait in the Kitchen area for your name to be called.
7. **Finally, please be patient and courteous to Camp Springs team members.** We are all working very hard to get everyone accurately registered. Sometimes things do come up that are out of our control. Please know that we are doing our best to resolve any issues.

Be prepared for **Spring Registration** by learning how to **REGISTER ON-LINE** using [www.pgparksdirect.com](http://www.pgparksdirect.com). Join us for a special session:

**Parks Direct Workshop: Friday, February 6 12:30–1:30 pm**  
**Potomac Room Computer Lab**  
**Activity Code: 14505-111D**

**Bring your user ID and password for your [parksdirect.com](http://parksdirect.com) account.** If a first-time user, go to [www.parksdirect.com](http://www.parksdirect.com), enter your email associated with your Center membership as the ID and click on “Forgot password” to be prompted through the password reset process.

You will need access to your email to get the instructions for logging on and setting a password.

# REGISTRATION PLANNING FORM

[illegible]





## Camp Springs Activity Center: CLASSES





# Camp Springs Senior Activity Center: CLASSES

CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
<b>AARP Defensive Driving</b>	<u>Thursday,</u> March 5 April 2 May 7	9:30am-2:30pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
	<u>Saturday,</u> March 21 April 25 May 23	9:30am-1pm			
<b>Computer Skills: Level 1</b>	<u>Monday &amp; Wednesday</u> March 2 - 11 April 6 - 15 May 4 -13	12:15-2:15pm	Potomac Room	14501-211A 14501-211B 14501-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)

Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.

<b>Computer Skills: Level 2</b>	<u>Monday &amp; Wednesday</u> March 16 - 25 April 20 - 29 May 18 - 27	12:15-2:15pm	Potomac Room	14502-211A 14502-211B 14502-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$15 (R); \$26 (NR)
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Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. Two-week course.



<b>Computer Skills: Parks Direct</b>	<u>Friday</u> March 20 April 10 May 8	12:30-1:30pm	Potomac Room	14505-211A 14505-211B 14505-211C	FREE
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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> March 7- 28 April 4 - 25 May 2 - 23	11:45am-12:30pm	Maryland Room	17522-211A 17522-211B 17522-211C	FREE
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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



<b>Total Body Workout (Exercise)</b>	<u>Monday &amp; Friday</u> Mar 2 – 27 April 3 – 27 May 1 – 29	10:30-11:15am	Multipurpose Room	17517-211A 17517-211B 17517-211C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	<u>Monday &amp; Friday</u> Mar 2 - 27 April 3 – 27 May 1 - 29	11:30am-12:15pm	Multipurpose Room	17517-211D 17517-211E 17517-211F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)
Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.					
<b>Drum and Tone (Exercise)</b>	1 <sup>st</sup> Friday March 6 April 3 May 1	1-2pm	Maryland Room	17546-211A 17546-211B 17546-211C	\$5(R); \$7 (NR) \$5(R); \$7 (NR) \$5(R); \$7 (NR)
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.					
<b>Hand Dancing (Contemporary) Beginner</b>	<u>Monday</u> March 2 – May 18	11am-12:30pm	Maryland Room	23510-211A	\$54(R); \$70 (NR)
<b>Hand Dancing (Contemporary) Intermediate</b>	<u>Monday</u> March 2 – May 18	12:30-2pm	Maryland Room	23510-211B	\$54(R); \$70 (NR)
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 in these 6-week classes					
<b>Hula Hoop (Exercise)</b>	<u>Wednesday</u> March 4 - 25 April 1 - 22 May 6 - 27	1:30–2:30pm	Multipurpose Room	17548-211A 17548-211B 17548-211C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
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.					
<b>Stretch &amp; Tone</b>	<u>Thursday</u> March 5 - 26 April 2 -23 May 7 - 28	11:30am-12:30pm	Multipurpose Room	17501-211A 17501-211B 17501-211C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(R); \$21 (NR)
This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.					
 					



<b>Line Dance</b>	<u>Wednesday</u> March 4 – 25 April 1 – 22 May 6 – 27	9:30-11:30am	Maryland Room	23501-211A 23501-211B 23501-211C	\$15(R); \$20 (NR) \$15(R); \$20 (NR) \$15(R); \$20 (NR)
<b>Line Dance</b>	<u>Saturday</u> March 7 - 28 April 4 - 25 May 2 - 23	9:15-11:15am	Maryland Room	23501-211D 23501-211E 23501-211F	\$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.					
<b>Sign Language (Level 1)</b>	<u>Monday &amp; Friday</u> March 2 – 27 April 3 – 27 May 1 – 29	11:30am-12:30pm	Chesapeake Room	20501-211A 20501-211B 20501-211C	\$12(R); \$16 (NR) \$12(R); \$16 (NR) \$12(R); \$16 (NR)
<b>Sign Language (Level 2)</b>	<u>Monday &amp; Friday</u> March 2 – 27 April 3 – 27 May 1 – 29	10-11:15am	Chesapeake Room	20501-211D 20501-211E 20501-211F	\$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)					
<b>Low Impact Aerobics (Exercise)</b>	<u>Wednesday</u> Mar 4 – 25 April 1 – 22 May 6 – 27	9:30-10:30am	Multi-purpose Room	17521-211A 17521-211B 17521-211C	\$16(R); \$21 (NR) \$16(R); \$21 (NR) \$16(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					
<b>Quilting (All Levels)</b>	<u>Friday</u> March 6 - 27 April 3, 17, 24 May 1 - 22	1-3pm	Chesapeake Room	15504-211A 15504-211B 15504-211C	\$25(R); \$33 (NR) \$19(R); \$25 (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. <b>Must be able to use sewing machine before enrollment.</b> Ok to attend 1st class without all supplies to see exactly what's needed.					
<b>Sewing</b>	<u>Tuesday</u> March 10 and 24 April 14 and 28 May 12 and 26	10am-12pm	Chesapeake Room	15501-211A 15501-211B 15501-211C	\$24 (R); \$32 (NR) \$24 (R); \$32 (NR) \$24 (R); \$32 (NR)
Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided at the first class.					
 					

<b>Gentle Yoga</b>	<u>Tuesdays</u>	9:30-10:30am	Multipurpose Room	17504-211A	\$20 (R); \$26 (NR)
	March 3 - 24			17504-211B	\$20 (R); \$26 (NR)
	April 7 - 28			17504-211C	\$10 (R); \$13 (NR)
	May 5 and 26				

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.

<b>Yoga: Yin Yoga and Yoga For Increased Strength</b>	<u>Thursday</u>	9:30-10:30am	Multipurpose Room	17504-211D	\$20 (R); \$26 (NR)
	March 5 - 26			17504-211F	\$20 (R); \$26 (NR)
	April 2 - 23			17504-211G	\$15 (R); \$20 (NR)
	May 7, 21 and 28				

Increase your yoga experience! Yin yoga is designed to lengthen the ligaments. Explore yoga with weights to further improve deep breathing, flexibility, improve muscle tone, strength, mental awareness, and weight loss. The two techniques will be taught on alternating sessions. You will learn yoga movements to lengthen ligaments, and 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!

<b>Virtual Chair Yoga</b>	<u>Mondays</u>	12:30-1:30pm	Virtual Room	31515-211A	\$10 (R); \$13 (NR)
	March 2 - 23			31515-211B	\$10 (R); \$13 (NR)
	April 6 - 27			31515-211C	\$7 (R); \$9 (NR)
	May 4 - 18				

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.

<b>Intro to Weights and Machines: Strength Training</b>	<u>Mondays and Wednesdays</u>	9:30-10:30am	Terrapin Fitness Room	17503-211A	\$20 (R); \$26 (NR)
	March 2 - 25			17503-211B	\$20 (R); \$26 (NR)
	April 6 - 29			17503-211C	\$18 (R); \$24 (NR)
	May 4 - 27				

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.

<b>Smart Devices: Seniors</b>	<u>First and third Mondays and Thursdays</u>	9:30-10:30am	Potomac Computer lab	14506-211A	\$15(R); \$20 (NR)
	March 2 - 19			14506-211B	\$15(R); \$20 (NR)
	April 2 -23			14506-211C	\$15(R); \$20 (NR)
	May 4 -21				

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: SPRING SPECIAL EVENTS



# Camp Springs Senior Activity Center:

## SPRING SPECIAL EVENTS

### March 2026

**Senior Nutrition—Introducing Holistic Health and Wellness**

**Wednesday, March 4**

**Social Room**

**11am-12pm**

**FREE**

**PARKS DIRECT CODE: 20515-211A**

Did you know that there are natural alternatives to traditional medicine? Board Certified Doctor of Holistic Health and Wellness, Michelle Butler will show how healthy living starts with what is in your kitchen cabinets, fridge, and other places in your home!

**National Music Month: It's a Go-Go Thing**

**Saturday, March 7**

**Multi-Purpose Room**

**11:30am-2:30pm**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260307**

Get ready to feel the beat and move your feet as Camp Springs Senior Activity Center brings the heart of D.C.'s iconic Go-Go music right to our community! Join us for an afternoon filled with rhythm, joy, and hometown pride as the electrifying *Got My Own Sound* band takes the stage. This high-energy group delivers the classic Go-Go sound you love — live percussion, soulful vocals, and that unmistakable bounce that keeps the party going. Whether you're a longtime fan of the genre or discovering it for the first time, this event promises an unforgettable musical experience that celebrates culture, connection, and pure fun. Come out, dance a little, reminisce a lot, and enjoy great music with great company, and lunch provided. Bring your friends, your spirit, and your groove — the beat is calling.

**St Patty's Make Your Own Salad Day**

**Tuesday, March 17**

**Multi-Purpose Room**

**12-2pm**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260317**

On March 17<sup>th</sup>, it's all about the "GREEN". It's St. Patty's Day but it's also the National Nutrition Month. What better way to celebrate both by wearing green and making your own salad? Choose from 12 salad toppings and add your choice of protein: egg, chicken, or ham for a healthy lunchtime meal! Then Guys or Gals grab a partner and move your feet to some R&B sounds

**Lunch and Learn With ClearCaptions**

**Wednesday, March 18**

**Social Room**

**11am-12pm**

**FREE**

**PARKS DIRECT CODE: 20515-211B**

Hearing Impaired? Join ClearCaptions Senior Representative Rupali D. Tetrack, as she explains how to qualify, obtain and use a FREE ClearCaptions Telephone. The phone captures the conversation on the screen attached to the phone!



# APRIL 2026

**Fire/EMS Department Safety Table**  
**Social Room**  
**FREE**  
**DROP IN**

**Monday, April 6**  
**10am-12pm**

Stop by the Social Room and obtain information on First Aid/CPR, escape plans, using a fire extinguisher, and household safety while cooking. Important and useful giveaways will be available, and no need to register. Stay safe in 2026!

**Senior Health and Fitness Day**  
**Prince George's Sports & Learning Complex**  
**FREE**

**Wednesday, April 8**  
**9am-1pm**

**PARKS DIRECT CODE: SPLEX-SPEC-GA-20260408**

**Senior Health & Fitness Day (SHFD)** is a dynamic annual event dedicated to promoting wellness, activity, and community engagement among older adults. The goal of SHFD is to celebrate the benefits of active living through a full day of fitness classes, wellness demonstrations, and educational sessions that highlights the importance of holistic health.

We intend to **incorporate the dimensions of recreation—physical, social, emotional, intellectual, and environmental wellness**—throughout the day's activities. Each component of the event will represent a key aspect of balanced, healthy living:

- **Physical Dimension:** Movement-based sessions such as chair aerobics, line dancing, and gentle yoga encourage participants to stay active and maintain strength, flexibility, and endurance.
- **Social Dimension:** Group activities, vendor interactions, and team-based games help foster friendships and a sense of belonging within the community.
- **Emotional Dimension:** Relaxation exercises, laughter sessions, and positive engagement opportunities help promote stress reduction and emotional balance.
- **Intellectual Dimension:** Informational workshops and interactive exhibits provide new knowledge about fitness, nutrition, and health resources.
- **Environmental Dimension:** Promoting outdoor recreation spaces and environmentally friendly practices reminds participants of the importance of connecting with nature and their surroundings.

**Healthy eating and cooking** are a major focus of SHFD and align closely with the **physical and intellectual dimensions** of recreation. Through live cooking demonstrations and nutrition education sessions, participants will learn practical ways to prepare balanced meals, make smarter food choices, and understand how nutrition supports overall health and well-being. Together, these dimensions create a well-rounded event experience that encourages seniors to live active, connected, and health-conscious lives.

**Senior Health and Fitness Day – Transportation**  
**Prince George's Sports & Learning Complex**  
**FEE: \$10 (R) \$13 (NR)**

**Wednesday, April 8**  
**8am-3pm**

**PARKS DIRECT CODE: CSSAC-20260404B**

Round trip transportation from Camp Springs Activity Center to Prince George's Sports & Learning Complex on the Senior Activity Bus.

# SENIOR HEALTH & FITNESS DAY

*Wellness for Every Dimension*



**WEDNESDAY,  
 APRIL 8, 2026  
 9 AM-1 PM**

**Prince George's Sports  
 & Learning Complex**

8001 Sherif Road, Landover 20785

Explore the seven dimensions of wellness—physical, emotional, social, intellectual, spiritual, environmental, and occupational—while having FUN.

## FEATURING

- Zumba Gold
- Line Dancing
- Chair Yoga
- Strength & Stretch
- Cardio Drumming
- Cycling Class
- Track Walk / Step Challenge
- Health Screenings and Vendor Fair
- Massage and Relaxation Area
- Tai Chi for Balance
- Healthy Cooking Demonstration

**FREE for Prince George's County Residents 60 & Better!**

## TO REGISTER

go to [pgparksdirect.com](http://pgparksdirect.com)  
 and enter ticket code:  
**SPLEX-SPEC-GA-20260408.**

For more information contact  
[Seniors@pgparks.com](mailto:Seniors@pgparks.com) or call  
 301-446-3400.



**Healthy snack  
 provided by the  
 Department of  
 Family Services  
 while supplies last!**

**Connect with us!**

@pgparks



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- Language interpretation is available at all facility front desks. Please ask for assistance.



## Mental Health Well Being

### Social Room

**FREE**

**PARKS DIRECT CODE: 20515-211C**

Dr. Tiffany Daniel, Health and Wellness Director of the CTLDom Group, Inc. will discuss seniors coping with mental health issues like social isolation and loneliness. Dr. Daniel will also discuss ways to detect changes in behavior patterns when checking on your loved ones.

**Monday, April 13**

**11am-12pm**

## Camp Springs Rhinestone Rodeo

### Multi-Purpose Room

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260418**

Dust off those cowboy boots and shine up your rhinestones — Camp Springs Senior Activity Center is transforming into a Western good time. Join us for an afternoon filled with country charm, upbeat fun, and plenty of sparkles as we celebrate Western style with a creative twist. Guests are invited to show off their most **blinged-out denim** — jackets, jeans, hats, vests, or any denim creation that dazzles. Whether you prefer classic country flair or full rhinestone rodeo, prizes will be awarded for standout Male and Female looks that truly shine. Along with the contest, enjoy lunch, themed music courtesy of DJ Sweat, line-dancing energy, and the spirit of the Old West in Camp Springs.

**Saturday, April 18**

**12-2:30pm**



## Camp Springs Poetry Workshop and Open Mic

### Social Room

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260422**

Celebrate National Poetry Month and tap into your creative side as Sistah Joy, Prince Georges Laureate, Emerita leads you in this poetry workshop with the theme Celebrating Earth Day with Springtime Sensations. Then, after letting your creativity flow on paper, you may want to participate in the open mic at the conclusion to turn your poem into spoken word! Snap, snap and snap, snap! Register early as seats are very limited.

**Wednesday, April 22**

**10:30am-12pm**

# MAY 2026

**Centenarian Luncheon**  
**Martin's Crosswinds**  
**Greenbelt, MD**  
**FREE**

**Friday, May 1**

Seniors born in 1926 or earlier and residing in Prince George's County, please join us for a luncheon celebrating our centenarians. Centenarians may be accompanied by up to five (5) guests. **To register complete the registration form at [pgparks.com/centenarian](http://pgparks.com/centenarian) no later than March 27, 2026, or call 301-446-3403 or send an email to [Seniors@pgparks.com](mailto:Seniors@pgparks.com). Registration assistance available onsite for Camp Springs Senior Activity Center patrons on registration day, 2/11/2026.**

**¡Fiesta de Cinco de Mayo en Camp Springs!**  
**Multi-Purpose Room**  
**FEE: \$5 (R) \$7 (NR)**

**Tuesday, May 5**  
**1-3pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260505**

Celebrate the colors, flavors, and festive spirit of Cinco de Mayo with us at Camp Springs Senior Activity Center. We're bringing the joy of the holiday to our community with lively music, cheerful décor, and a delicious build-your-own taco bar that lets you customize every bite. Guests can pile their plates high with all the classic fixings that make tacos a crowd favorite. Whether you like mild, spicy, crunchy, or soft, there's something for every taste. Alongside the food, enjoy a fun and social atmosphere filled with cultural flair and a celebration of togetherness. It's the perfect way to enjoy an afternoon of flavor and festivity.

**Wills and Estate Planning**  
**Social Room**  
**FREE**

**Wednesday, May 6**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-211D**

Join Derick and Tawanda Parker of DTA Enterprise as they discuss financial wellness with an emphasis on Wills and Estate Planning.

**Living Well with Pain Presentation**  
**Social Room**  
**FREE**

**Wednesday, May 13**  
**11am-12pm**

**PARKS DIRECT CODE: TBD**

Don't let osteoarthritis hold you back! Join us to discover practical ways to ease pain, stay active, and live well with OA. Learn about self-care strategies, treatment options, and helpful resources to keep you moving and thriving.



**Seersucker Suits and Sundresses****Maryland Room and Side Patio****FEE: \$25 (R) \$33 (NR)****PARKS DIRECT CODE: CSSAC-SPEC-GA-20260516**

Put on your chic southern attire and hats in white, pastels, or florals and enjoy a garden party that will include BBQ, lawn games and jazz music. We will also serve various flavored teas with honey to those who bring their own teacup, in honor of Mother's Day! And also enjoy a car show with a parade of antique and sports cars. Camp Springs Senior Activity Center patrons who would like to have their antique or sports car included in the display and/or parade, sign up at the front desk.

**Saturday, May 16****12-3pm****Remembering The Heros****Social and Blue Heron Room****FREE****PARKS DIRECT CODE: CSSAC-SPEC-GA-20260520**

Wear your red, white and blue while we salute and pay homage to military personnel who made the ultimate sacrifice on behalf of our country. A memorial service will be held, with the names of family members of CSSAC patrons and other veterans who died while serving in active duty will be acknowledged, military stories will be shared, and patriotic music will be played. After the memorial service, light refreshments will be provided. Register early as seats are limited.

**Wednesday, May 20****1-3pm****Mix and Mingle for Single Seniors****Multi-Purpose Room****FEE: \$20 (R) \$26 (NR)****PARKS DIRECT CODE: CSSAC-SPEC-GA-20260529**

You asked for it; you got it! Calling all *single* seniors, who may be looking to connect with other single seniors to meet new friends and have some fun. We will have table games, carnival-type games, as well as hand-dance and line-dance music by entertainer DJ Jeanette. Light refreshments are included. Register early as space is limited.

**Friday, May 29****1-4pm**

# **Camp Spring Senior Activity Center: MAY PHYSICAL FITNESS MONTH EVENTS**

**A Stroll Down Memory Lane**  
**Maryland Room**  
**FREE**

**Thursday, May 7**  
**1-2pm**

**PARKS DIRECT CODE: 17501-211D**

Join “Ms. Betty” as she uses a combination of exercises, trivia games and charades in this fitness activity hour. These triathlons of activities are designed for fun, physical movement and memory.

**Let’s Get Moving**  
**Multi-purpose Room**  
**FREE**

**Tuesday, May 12**  
**12-1pm**

**PARKS DIRECT CODE: 17521-211D**

It’s fitness month so let’s get moving to Motown Beats in May. You will enjoy low impact chair aerobics, whether you’re sitting or standing with the assistance of a chair. Come on and see what MD’s class is all about. Bring a bottle of water and a positive attitude and let’s move!

**The EVERYTHING Workout**  
**Multi-purpose Room**  
**FREE**

**Wednesday, May 20**  
**12-1pm**

**PARKS DIRECT CODE: 17517-211G**

It’s a full body circuit designed to hit major muscle groups and energy systems. In this single session for May fitness and sports month, our fitness instructor Pat Wright will use techniques which balance strength, cardio, and flexibility. As a bonus, she will provide educational information that will explain the why’s and how’s for each exercise. Bring your energy for this activity and of course some water!

**Introducing Holistic Health and Wellness-The Encore**  
**Social Room**  
**FREE**

**Wednesday, May 27**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-211E**

Board Certified Doctor of Holistic Health and Wellness, Michelle Butler will explain total Holistic Health and Wellness. It’s not just about what you’re eating, it also encompasses mind, body, and spirit. Michelle will guide patrons through the 5 primary Holistic Pillars: Physical, Mental/Emotional, Social, Spiritual, and Environmental. She will address life cycles such as achieving optimal balance, illness prevention, and lifestyle changes. Holistic Health and Fitness: It’s moving your body...and MORE!



# Camp Spring Senior Activity Center: SPRING RECURRING EVENTS

**CSSAC Cinema**  
**Multi-Purpose Room**  
**FREE**

**1-3:30 pm**

**PARKS DIRECT CODE: 26604-211A**  
**PARKS DIRECT CODE: 26604-211B**  
**PARKS DIRECT CODE: 26604-211C**

**Friday, March 27**  
**Friday, April 10**  
**Friday, May 22**

Join us for an afternoon movie on the silver screen 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**

**10am - 12pm**

**PARKS DIRECT CODE: 26504-211A**  
**PARKS DIRECT CODE: 26504-211B**  
**PARKS DIRECT CODE: 26504-211C**

**Thursday, March 12**  
**Thursday, April 16**  
**Thursday, May 14**

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**

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

**FEE: \$10 (R); \$13 (NR)**  
**PARKS DIRECT CODE: 15502-211A**  
**PARKS DIRECT CODE: 15502-211B**  
**PARKS DIRECT CODE: 15502-211C**

**Thursday, March 26**  
**Thursday, April 9**  
**Thursday, May 28**

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: 15502-211D**

**PARKS DIRECT CODE: 15502-211E**

**PARKS DIRECT CODE: 15502-211F**

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

**Wednesday, March 4**

**Wednesday, April 8**

**Wednesday, May 6**

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.



**Spring Birthdays Celebration  
Social Room**

**FREE**

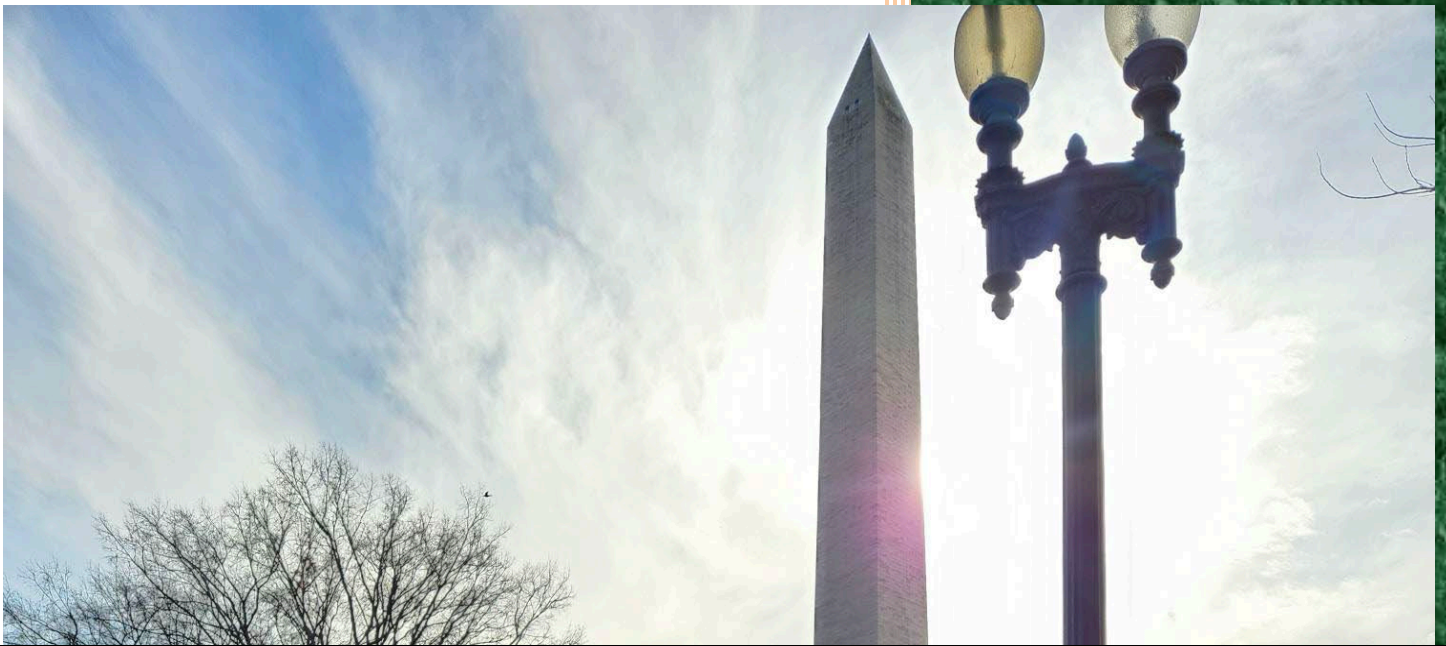
**PARKS DIRECT CODE: 26507-211**

**2pm-3:30pm**

**Monday, May 18**

Come join us to celebrate our Spring Birthdays! Enjoy some cake, and other tasty treats as we sing happy birthday to our guests of honor!





## Camp Springs Senior Activity Center: TRIPS






# Camp Springs Senior Activity Center: RECURRING 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

### **Bowling at Crofton**

**Crofton, MD**

**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260305**

**Thursday, March 5**

**PARKS DIRECT CODE: CSSAC-20260402**

**Thursday, April 2**

**PARKS DIRECT CODE: CSSAC-20260507**

**Thursday, May 7**

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-20260310**

**Tuesday, March 10**

**PARKS DIRECT CODE: CSSAC-20260407**

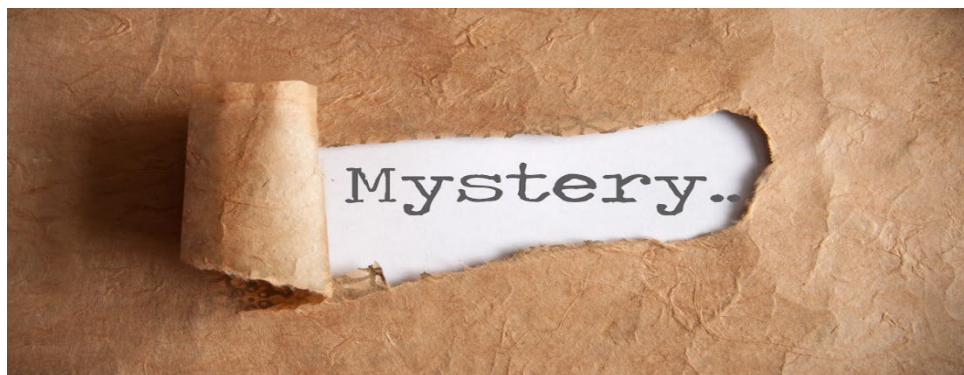
**Tuesday, April 7**

**PARKS DIRECT CODE: CSSAC-20260512**

**Tuesday, May 12**

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-20260324 Cheesecake Factory Tuesday, March 24**

**PARKS DIRECT CODE: CSSAC-20260421 Bonefish Tuesday, April 21**

**PARKS DIRECT CODE: CSSAC-20260526 Marley's Tuesday, May 26**

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.



# Camp Springs Senior Activity Center: SPRING 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.

**Publick Playhouse – The Chuck Brown Band**  
**Hyattsville, MD**

**Saturday, March 28**  
**7-10:30pm**

**FEE: \$50 (R) \$65 (NR)**

**PARKS DIRECT CODE: CSSAC-20260328**

Join us for a trip to Publick Playhouse in Cheverly, Maryland to celebrate local cultural heritage as we party with The Chuck Brown Band! The band, led by Chuck's son Wiley and featuring his daughter KK, will be honoring the "Godfather of Go-Go" by continuing his legacy with a mix of classics and new material. The performance is expected to be an uplifting, non-stop experience that blends jazz, funk, and soul, engaging the audience with a "Family Affair" vibe. This show promises to carry the funky groove forward without missing a B-E-A-T.

**Toby's – The Wizard of Oz**  
**Columbia, MD**

**Wednesday, April 8**  
**9:30am-4:30pm**

**FEE: \$110 (R) \$143 (NR)**

**PARKS DIRECT CODE: CSSAC-20260408**

Join us for a whimsical trip down the yellow brick road to discover the land of Oz! L. Frank Baum's beloved story of a Kansas farm girl who travels over the rainbow to the Land of Oz has thrilled audiences for generations. This delightful musical adaptation of the classic tale features the iconic score from the MGM film. Follow Dorothy, Toto, and friends down the yellow brick road to Emerald City to find brains, heart, courage, and the magical power of home!

**Chicken Wing Festival**  
**Anne Arundel County Fairgrounds**  
**FEE: \$30 (R) \$39 (NR)**

**Saturday, April 18**  
**9am-6pm**



**PARKS DIRECT CODE: CSSAC-20260418**

Camp Springs Senior Activity Center is heading out for a delicious day of food, fun, and festival excitement at the **Annual Chicken Wing Festival** held at the Anne Arundel County Fairgrounds. This lively event brings together wing lovers from across the region to enjoy bold flavors, creative sauces, and mouthwatering recipes from some of the area's best vendors. Guests will have the chance to sample a wide variety of wings — from sweet and smoky to spicy and adventurous — along with sides, treats, and refreshing beverages. The festival also features live entertainment, cooking demonstrations, local artisans, and plenty of outdoor fun to enjoy at your own pace. Our trip includes comfortable round-trip transportation and ample time to explore the festival grounds, taste your favorite flavors, and enjoy a day filled with great food and great company.

**Publick Playhouse – Dallas Black Dance Theatre**  
**Hyattsville, MD**

**Thursday, April 23**  
**10am-4pm**

**FEE: \$37 (R) \$48 (NR)**

**PARKS DIRECT CODE: CSSAC-20260423**

Join us for a trip to Publick Playhouse in Cheverly, Maryland to enjoy the abbreviated matinee show presentation from the acclaimed Dallas Black Dance Theatre (DBDT). For nearly 50 years, DBDT has mesmerized audiences with its spellbinding performances and educational programs that bridge cultures and reach diverse communities. Enjoy lunch at a nearby restaurant before the performance. Cost includes transportation and performance. Lunch is at your own expense.

**DALLAS BLACK**  
  
**DANCE THEATRE**





**Marietta House Museum**  
**Glenn Dale, MD**  
**FEE: \$10 (R); \$13 (NR)**

**Tuesday, May 19**  
**11am-3pm**



**PARKS DIRECT CODE: CSSAC-20260519**

Marietta is a nationally recognized historic site which includes a cemetery, original root cellar, the 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 Legacy Wine Trail**  
**Brandywine, MD**  
**FEES: \$100 (R) \$130 (NR) With Wine Tasting**  
**PARKS DIRECT CODE: CSSAC-20260521A**

**Thursday, May 21**  
**10am-5pm**

**FEES: \$60 (R) \$78 (NR) With NO Wine Tasting**  
**PARKS DIRECT CODE: CSSAC-20260521B**

Join us for a special adventure through some of Southern MD's most beautiful countryside while we explore the *Maryland Legacy Wine Trail*. Spend the day visiting 2 of the Brandywine Legacy Wineries, opening just for us, on an exclusive tour with a knowledgeable guide. You'll hop on and off at the two vineyards and visit each for over an hour. Enjoy your choice of a premium lunch entre, tastings for those who wish to participate at each vineyard, and surprise giveaways. What better way to welcome the best part of Spring than by enjoying the beautiful vineyards, the spring weather and the company of those on the excursion with you.



## 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
Chess Club <i>(New)</i>	Blue Heron Room	Mondays	1pm-2:00pm	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 Potomac Room	Tuesday  Friday	11am – 12pm  10-11am	N/A	FREE
Investment Club <i>(New)</i>	Potomac Room	Fridays	2:30pm-3:30pm	N/A	FREE
Line Dance	Maryland Room	Mondays and Thursdays	2-4pm	N/A	FREE
Paper Craft Art Club	Blue Heron Room	Monday	10am-12pm	N/A	FREE
Round Dance Square	Maryland Room	Tuesday	12:30-3pm	N/A	FREE

# Camp Springs Senior Activity Center: BOOK CLUB

The Book Club meets every third Thursday of the month from 10:30 am – 12 pm. Join us each month for a lively discussion.

Sign up at the front desk.

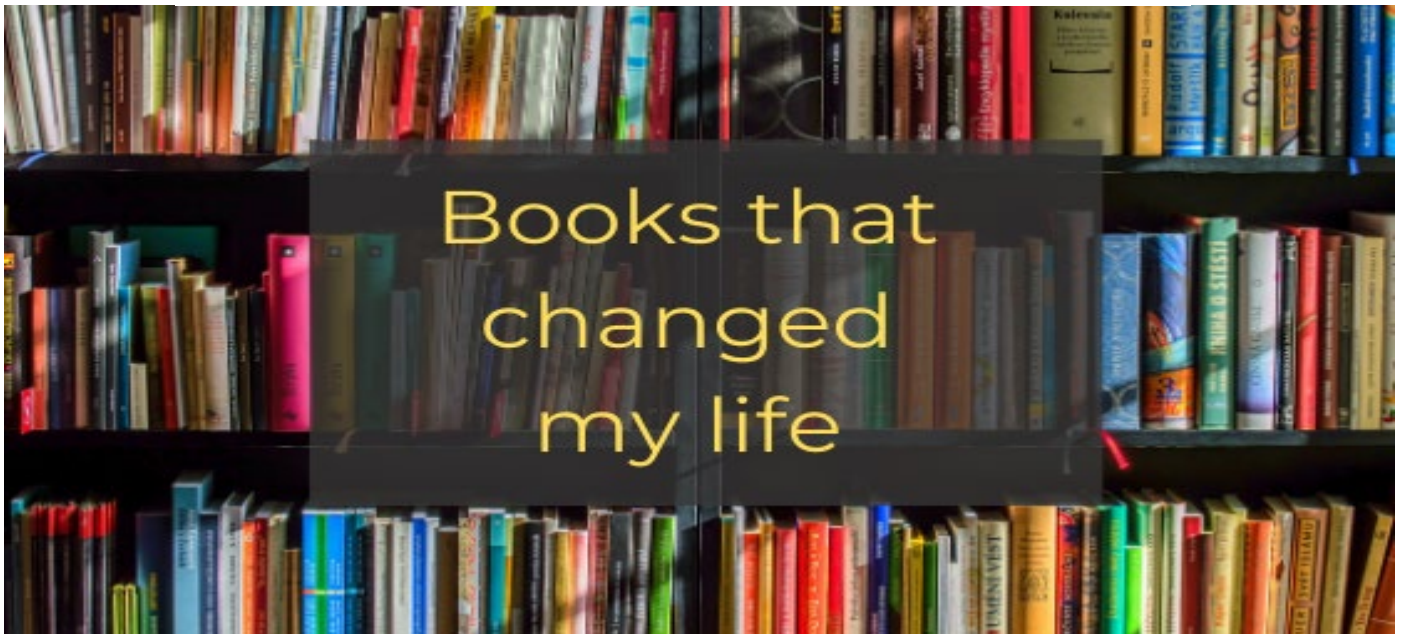
## Book Club Selections:

March:           Lovely One  
                      By Ketanji Brown Jackson

April:           God Don't Like Ugly  
                      By Mary Monroe

.

May:            Purle Hibiscus  
                      By Chimamanda Ngozi  
                      Adichie







**Club 300** is a **FREE** senior walking program that began as a virtual walk across Maryland, one mile at a time (a total of 300 miles), and has grown and blossomed into a popular year-round program exploring the wonderful trails in and around Prince George's County!



**Walking is one of the very best exercises for you!**

- Helps maintain a healthy weight
- Helps manage high blood pressure
- Strengthens your bones
- Lifts your mood
- Improves your balance and coordination

**Any Prince George's County resident aged 50 & better is welcome to join Club 300.**

**Club 300 meets Monday mornings from 8:30 to 10:30 am from April through November.**

**During the winter months, we offer one outdoor walk on the first Monday of every month. A full schedule is posted on our Club 300 webpage.**

**Register today! Scan the QR code or visit [pgparks.com/activities-events/seniors](https://pgparks.com/activities-events/seniors) For more information, please call 301-446-3400 or send an email to [seniors@pgparks.com](mailto:seniors@pgparks.com).**



**Connect with us!**

**@pgparks**    

- 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.





Looking for a fun way to help our Prince George's County Community? Join the Senior Green Team, a FREE senior conservation club! The Senior Green Team is a group of seniors working and playing together by doing projects that protect, support, and preserve our natural resources in Prince George's County.

Locations and projects vary and range from basic trail maintenance (small branch trimming, mulching, etc.), tree and garden plantings, clean-ups, bird house projects, litter clean up, and conservation education outings. **You choose which project you wish to participate in!**

**Any Prince George's County resident aged 50 & up is welcome to join.** Meetings are on the first Tuesday of every month from 9-11 am.



**Register today!** Scan the QR code or visit [pgparks.com/activities-events/seniors](https://pgparks.com/activities-events/seniors) and complete the online registration form.

For more information, call the Special Programs Division at **301-446-3400** or send an email to [senior@pgparks.com](mailto:senior@pgparks.com)



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**Senior Cycling Club:** Cycling has many benefits such as slowing the aging process, reducing the chance of falls in everyday life, less stress on joints, improved mental health, and overall improvements in wellbeing. Join the Senior Services Team and the Park Rangers as we explore our beautiful Prince George's County Trails on two wheels! Cycling is a full-body and mind exercise! Whether you are an experienced rider or one who has not been on a bike for a while, the Cycling Seniors will provide fun and friendship for all! Club members receive free group-led rides with experienced staff, club bike shirt, water bottle, and helmet, bike maintenance and safety workshops, as well as presentations on trail etiquette and safety. Participants must Provide and transport their own two-wheeled bike, wear a bike helmet at all times, sign a liability waiver, and possess a Free M-NCPPC Senior ID. **Organized group rides will be held once per month during the ride season, April–October starting at 8:30 am, weather permitting. Registration will be required in Parks Direct. (17549-278)** Spring registration begins on Wednesday, February 11, 2026. 2026. For more information on this exciting new club, contact [seniors@pgparks.com](mailto:seniors@pgparks.com) or call [301-446-3403](tel:301-446-3403). The Cycling Club Spring ride schedule is as follows:

**Wednesday, April 15**

**Washington, Baltimore & Annapolis (WB&A) Trail 9-11:30 am**

**PARKS DIRECT ACTIVITY CODE:** 17549-278

**Arrive:** 9 am; push off at 9:30 am

**Meet/Ride Begins:** Glenn Dale Community Center: 11901 Glenn Dale Blvd. Glenn Dale, 20769

**Ride Notes:** This flat and paved trail extends from Route 450 in Glenn Dale, running northeasterly to the Patuxent River. This trail is appropriate for beginner and intermediate cyclists. We will be riding a total of approximately 12 miles. This ride is appropriate for beginner and intermediate cyclists. For those who want further mileage and a challenge, can take the bridge over to Anne Arundel County and ride to Odenton. The connection is appropriate for intermediate and advanced cyclists who can navigate a steep hill.

**Wednesday, May 20**

**Lake Artemesia/Paint Branch Trail/Anacostia River Trail, 9 – 11:30 am**

**PARKS DIRECT ACTIVITY CODE:** 17549-278A

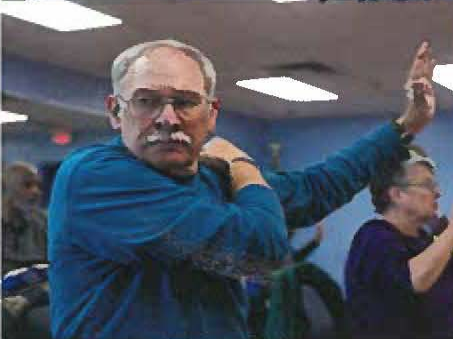
**Arrive:** 9 am; push off at 9:30 am

**Meet/Ride Begins:** Lake Artemesia, Berwyn Rd & 55th Ave, Berwyn Heights, College Park, MD 20740

**Ride Notes:** This ride will start at Lake Artemesia and we will ride to the Aquatic Gardens along the Paint Branch and Anacostia River trails approximately 14 miles round trip. This trail is flat/paved with several road crossings, inclines and is appropriate for beginner and intermediate cyclists.



Brought to you by:  
**Parks & Recreation**  
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 pgparks.com



# Change the Way You Age!

**Live more, play more** at M-NCPPC parks and recreation facilities throughout Prince George's County!

## Senior Activity Centers

### Camp Springs Senior Activity Center

6420 Allentown Rd.  
 Camp Springs, MD 20748  
 301-449-0490

### Evelyn Cole Senior Activity Center

5720 Addison Rd.  
 Seat Pleasant, MD 20743  
 301-386-5525

### Gwendolyn Britt Senior Activity Center

4009 Wallace Rd.  
 North Brentwood, MD 20722  
 301-699-1238

### Hampton Park Senior Activity Center

9187 Hampton Mall Dr.  
 Capitol Heights, MD 20743  
 301-851-5232

### John E. Howard Senior Activity Center

4400 Shell St.  
 Capitol Heights, MD 20743  
 301-735-2400

### Langley Park Senior Activity Center

1500 Merrimac Dr.  
 Hyattsville, MD 20783  
 301-408-4343

### Laurel-Beltsville Senior Activity Center

7120 Contee Rd.  
 Laurel, MD 20707  
 301-206-3350

### Senior Programs located at: Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Ave.  
 Brandywine, MD 20613  
 301-782-1455

**FREE** community center/fitness room ID cards  
 for Prince George's County Seniors 60 & better

Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening a account, and to get information about ID cards and Fitness Room cards, visit [pgparks.com](http://pgparks.com).

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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](mailto:SENIORS@PGPARKS.COM)



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