

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 March, April & May 2026



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, May 25, 2025 - Memorial Day

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

SAARC Senior Program is closed on above-mentioned date(s) even though the center may be open for operation.

Spring Registration

- Registration begins **Wednesday, February 11, 2025**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, February 18, 2025**, for Non-Residents (NR).
- Do Not Wait and Be Too Late! Please register at least one week prior to the class/trip start date so we can plan accordingly. A minimum number of registrants is required for activities to be held.
- A fee assistance program is available for residents who need financial help to participate in our classes that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.
- **Disability statement**, M-NCPCC, 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.**



Scan QR code to register for classes.



Welcome to SAARC Senior Program where we hope you will enjoy:

- SAARC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card
- Multipurpose room with social games and activities
- Group X room and gymnasium for fitness and dance classes.
- Department of Family Services Nutrition Program serves lunch to those pre-registered.
- Trips and events
- Free seminars

Our Refund Policy

1. 100% refunds are issued when M-NCPPC/SAARC cancels an activity.
2. All other refunds are subject to a 20% refund administrative fee.
3. All withdrawal/refunds from an activity may be processed at the facility offering the activity.
4. SAARC Senior Facility Management must approve, and process all requested refunds.
5. Refunds MUST be requested **prior** to the end of the course. Refunds will NOT be issued once the course has ended.
6. Refunds for trip withdrawals will be issued only if the spot can be resold.
7. Credits nor refunds will be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. Refunds may be immediately credited to your PARKS DIRECT account or be issued via original method of payment: As credit on your credit card which can take 3 to 5 days to process or as a check, which can take 3 to 4 weeks to process.

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.pgparks.com/news/news-releases/pgparks-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.

NO SMOKING POLICY – In accordance with Maryland State Law, there is **NO SMOKING** on M-NCPPC Property. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.



Connect with us!

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 [@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.

SAARC Senior Program: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE (R); (NR)
Sewing  w/Tisha Thorn	<u>Monday</u> Mar 23-30 Apr 13 & 27 May 4 & 18	9:30-11:30 am	MP Rm B & C	15501 275A 275B 275C	\$24; \$32
Quilting  w/Tisha Thorn	<u>Monday</u> Mar 23-30 Apr 13 & 27 May 4 & 18	Noon-2 pm	MP Rm B & C	15504 275A 275B 275C	\$24; \$32
Exercise  w/ Patricia Partee	<u>Tuesday & Thursday</u> Mar 3-26 Apr 7-30 May 5-28 No class on May 14	11 am-Noon	Group X Rm 1	17517 275A 275B 275C	\$28; \$37
Zumba Fit  w/ Patricia Partee	<u>Tuesday & Thursday</u> Mar 3-26 Apr 7-30 May 5-28 No class on May 14	12:30-1:30 pm	Group X Rm 1	17529 275A 275B 275C	\$28; \$37
Yoga (no chair)  w/ Steve Wolf	<u>Wednesday</u> Mar 4-25 Apr 1-29 May 6-27 No class on Apr 8	11:15 am-12:15 pm	Group X Rm 1	17504 275A 275B 275C	\$22; \$29
Chair Yoga  w/ Steve Wolf	<u>Wednesday</u> Mar 4-25 Apr 1-29 May 6-27 No class on Apr 8	12:30-1:30 pm	Group X Rm 1	17504 275D 275E 275F	\$22; \$29

Sponsored by Camp Springs Senior Activity Cener

Virtual Chair Yoga  w/ Steve Wolf	<u>Monday</u> Mar 2-23 Apr 6-27 May 4-18	12:30-1:30 pm	Virtual	31515 211A 211B 211C	\$10: \$13 \$10: \$13 \$7: \$9
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April 8 – NO CLASSES – Senior Health and Fitness Day at Sports & Learning Complex

May 14 – NO CLASSES – Motown Get Down

Sponsored by Southern Recreation & Leisure Services

 <p>Spinning w/Tasha</p>	<u>Monday & Wednesday</u> Mar 2-Apr 1 Apr 6-29 May 4-27	9:30-10:30 am	Spin Room	17540 275A 275B 275C	\$45; \$52 \$36; \$47 \$36; \$47
	Mar 2-Apr 1 Apr 6-29 May 4-27	10:45-11:45 am		275D 275E 275F	

	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE
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SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
	<u>Tuesday</u> <small>except when seminars are planned</small>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
	<u>Tuesday</u> Apr 14 Jul 14 Oct 13	11 am-12:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
Line Dance 	<u>Friday</u> No sessions on Mar 6 & Apr 17	9-10:30 am	Group X	Show Up Activity	FREE

SAARC Senior Program: Special Events

March

Lunchtime Listening

FEE: \$5

Wednesday, March 4

11 am-1 pm

PARKS DIRECT: SAARC-CON-GA-20260304

Celebrate Women's History Month and Mardi Gras with D.C.'s Queen of Blues. Join seven-time WAMMIE Award nominee Carly Harvey for a powerful afternoon of music, history, and soul! Known as "D.C.'s Queen of Blues," Carly blends blues, jazz, soul, and Americana, channeling legends like Etta James, Bonnie Raitt, and Nina Simone. As an African American and Native American artist, she explores the deep connections between blues and Indigenous music, bringing a fresh and dynamic perspective to the stage. Don't miss this electrifying celebration of culture, heritage, and the spirit of Mardi Gras!



Fall Factor Fitness with Gala**FREE in Program Room B****PARKS DIRECT: 17531-275A**

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

Tuesday, March 17**11-11:45 am****Five Facts about Women's History Month****FREE**

While it's important to learn more about and uplift the experiences of all women every single day, it's helpful to have somewhere to start. Join us for a fun fill afternoon.

Thursday, March 19**11 am-12:30 pm****Elder Abuse, Domestic Violence & Fraud Prevention Workshop****FREE in Multi-Program Room A****Tuesday, March 24****11 am-12:30 pm**

Join us as The Juanita Grant Foundation shares the latest types of elder abuse, risk factors, prevention strategies and best practices for reporting and responding to the abuse. This seminar will enhance your knowledge to protect yourself from scams and fraud.

April

Lunchtime Listening**FEE: \$5****PARKS DIRECT: SAARC-CON-GA-20260401**

Get ready for an afternoon of electrifying music as Kevin Levi takes the stage, blending hip-hop, R&B, neo-soul, and ballads with his signature rich and melodic saxophone sound. With over two decades as one of the most sought-after musicians on both coasts, Kevin brings an unforgettable performance that moves the soul and ignites the spirit. Now touring with his groundbreaking new album, *ATONE*, Kevin pushes creative boundaries with a fresh, rhythmically rooted sound, inspiring a new generation of saxophonists. Don't miss your chance to witness this masterful musician live—feel the rhythm, embrace the soul, and experience the magic of Kevin Levi!

Wednesday, April 1**11 am-1 pm****Pastries & Paint****FEE: \$5(R); \$7(NR) Program Room A & B****PARKS DIRECT: 30504-275A**

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

Thursday, April 2**11 am-12:30 pm****Forever Fit Workshop****FREE in Multi-Purpose Room A & B****Thursday, April 16****11 am-12:30 pm**

Forever Fit is the Prince George's County Office of Community Relations' health and wellness initiative designed to engage older adults throughout the County. This initiative includes health-related information as well as exercise sessions to help older adults stay active. Come and partake in various information sessions associated with seniors. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Fall Factor Fitness with Gala

FREE in Program Room B

PARKS DIRECT: 17531-275B

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

Tuesday, April 21

11-11:45 am

Why Do We Celebrate Earth Day

FREE in Multi-Purpose Room A

Come and learn the importance of Earth Day by bringing awareness to environmental protection issues.

Thursday, April 23

11-11:45 am

Asian Pacific American Heritage Month

FREE in Multi-Purpose Room A

Come help us honor the proud legacy of Asian Americans and Pacific Islanders and their contributions to the vast constellation of our national triumphs. An M-NCPPC Senior ID Card. Please sign up in the SAARC Senior room Monday-Friday from 10 am-2 pm.

Thursday, April 30

11:30 am – 12:30 pm

May

Fuel for Fitness Cooking Demo

FREE in Multi-Purpose Room A

PARKS DIRECT: SPD-SPEC-GA-20260505

Fueling your workouts with nutrient-dense meals is crucial for optimizing performance, recovery, and reaching your wellness goals. During this cooking demonstration, learn how to prepare recipes that are perfect for fueling your body before physical activity.

Tuesday, May 5

12:30-1:30 pm

Lunchtime Listening

FEE: \$5

PARKS DIRECT: ACHD-SPEC-GA-20260506

Back by popular demand, celebrated vocalist Tomika Arnold has been hailed for her captivating and powerful voice. Ms. Arnold has shared the stage with music giants such as Michael Jackson, Sting, Bon Jovi, Beyonce, CeCe Winans, Stevie Wonder, Ray Charles, and Gloria Estefan. She has sung for three U.S. Presidents: President George W. Bush, President William Clinton, and the inauguration of President Barack Obama. A true powerhouse vocalist, this performance, including gospel, jazz, R&B, and everything in between, is not to be missed!

Wednesday, May 6

11 am-1 pm

Mother's Day Cupcake Giveaway

FREE in Multi-Purpose Room A

Calling all moms! Come over and grab your cupcake. You deserve it! The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm.

Thursday, May 7

Noon-1 pm

Party on the Patio Cookout

FREE in Multi-Purpose Room A

Join us in the SAARC Senior room as we grill hot dogs, listen to good music and party on the patio. An M-NCPPC Senior ID Card. Please sign up in the SAARC Senior room Monday-Friday from 10 am-2 pm.

Thursday, May 14

11:30 am-1:30 pm

Fall Factor Fitness with Gala**FREE in Program Room B****PARKS DIRECT: 17531-275C**

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

Tuesday, May 19**11-11:45 am****M*Town Get Down****FEE: \$25(R); \$33 (NR)****PARKS DIRECT: SAARC-SPEC-GA-20260520**

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at the Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and catered lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Don't miss the fun! Seats are limited. Retro dress code is encouraged. Doors open at 10:30 am.

Wednesday, May 20**11 am-1:30 pm**

SAARC Senior Program: Trips

Please arrive 30 minutes early to allow time for parking and making your way to the building for processing. We leave promptly and cannot accommodate late guests. You may receive an email and/or telephone call if departure time changes or trip is cancelled.

BON APPETIT: Mystery Restaurant**FEE: \$10(R); \$13(NR)****PARKS DIRECT: SAARC-20260312****PARKS DIRECT: SAARC-20260409****PARKS DIRECT: SAARC-20260521****11 am-2 pm****Thursday, March 12****Thursday, April 9****Thursday, May 21**

Please join us for our monthly brunch outing to support local businesses and restaurants. Fee includes transportation on M-NCPPC activity bus. Lunch is at your own expense. **Please arrive at SAARC by 10 am for processing and departure. You will receive an email and/or telephone call if departure time changes or trip is cancelled.**

Westminster: Blues Monday**FEE: \$10(R); \$13(NR)****PARKS DIRECT: SAARC-20260330****PARKS DIRECT: SAARC-20260427****PARKS DIRECT: SAARC-20260518****5-10 pm****Monday, March 30****Monday, April 27****Monday, May 18**

Enjoy some of the area's finest blues musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation only on an M-NCCP activity bus. **Please arrive at SAARC by 4:30 pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**



The Supreme Divas – Tribute to the Supremes**FEE: \$30(R); \$36(NR)****PARKS DIRECT: SAARC-20260328**

Join us at the Harmony Hall Arts Center for a spectacular tribute to The Supremes presented by The Supreme Divas which comprises some of the DMV's most talented artists. They flawlessly bring to life the music of one of the most successful female groups in American history, The Supremes. With twelve number-one singles on the Billboard Hot 100, The Supremes set the standard for female vocal groups during the '60s and '70s. Their chart-busting hits included "Where Did Our Love Go," "Baby Love," "Come See About Me," "Stop! In The Name of Love," and many others. They will take you back to when the Motown sound was supreme. **Please arrive at SAARC by 7pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Saturday, March 28**8-10pm****Senior Health and Fitness Day****FEE: 10(R); \$13(NR)****PARKS DIRECT: SAARC-20260408**

Transportation to Senior Health and Fitness Day at Prince George's at Sports and Learning Complex, 8001 Sheriff Road, Landover, Maryland. **Please arrive at SAARC by 8:30 am for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Wednesday, April 8**9am-1pm****Tribute to the Music of Prince****FEE: \$30(R); \$36(NR)****PARKS DIRECT: SAARC-20260411**

Dive into the electrifying journey of Prince's early career with groundbreaking albums like *Prince*, *Dirty Mind*, and *Controversy*, where he masterfully blended religious and sexual themes. Experience the magic of his rise to superstardom with iconic albums *1999* and *Purple Rain*, featuring chart-topping hits like "When Doves Cry" and "Let's Go Crazy." Join us for an unforgettable evening as we honor the music of this legendary artist. Gather your friends, secure your tickets, and immerse yourself in the timeless sounds of Prince! Harmony Hall Regional Arts Center will be parting like it's 1999! **Please arrive at SAARC by 7pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Saturday, April 11**8-10pm****The Maryland Chicken Wing Festival****FEE: \$25(R); \$33(NR)****PARKS DIRECT: SAARC-20260418**

The 11th Annual Maryland Chicken Wing Festival will have some of the best wings from various establishments. Come along with us to Anne Arundel Fairgrounds and enjoy the day with activities, music, good food and drinks. Food and drinks are available for purchase at your own expense from the vendors on site. Fees include festival admission and transportation aboard an M-NCPPC activity bus departing and returning to SAARC. **Please arrive at SAARC by 10 am for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Saturday, April 18**11 am-4 pm**

Comedy Night with Miss Gayle & Friends

FEE: \$30(R); \$36(NR)

PARKS DIRECT: SAARC-20260424

Friday, April 24

8-10pm

Join us at the Harmony Hall Arts Center for a spellbinding and hilarious lady. Miss Gayle began her comedy career at Jeff Valdez Comedy Club in Colorado Springs in 1992. After a standing ovation for her first performance, she was hooked. Miss Gayle has been amusing audiences since age six. Known for her down-home humor, she is bright, energetic, and outrageously funny. She has headlined and featured before sold-out audiences nationwide, opened for national acts, and appeared on national television. She performs across the U.S. and abroad, captivating audiences with humor and charm. **Please arrive at SAARC by 7pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Tribute to the Music of Mary J. Blige

FEE: \$30(R); \$36(NR)

PARKS DIRECT: SAARC-20260509

Saturday, May 9

8-10 pm

Join us at the Harmony Hall Arts Center to experience the soulful and powerful music of Mary J. Blige. This event celebrates the iconic career of the multi-award-winning artist, known for her groundbreaking contributions to R&B and Hip-Hop. Talented musicians and vocalists come together to deliver an unforgettable evening filled with the Queen of Hip-Hop Soul's greatest hits. You'll be immersed in the emotional depth and vibrant energy that defines her music and the impact it has on the music industry. Whether you're a long-time fan or new to her work, this tribute promises to be a memorable celebration. **Please arrive at SAARC by 7pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

COUNTY EVENTS

2026 Centenarian Celebration

Friday, May 1

Do you know any Prince George's County residents born in 1926 or earlier? M-NCPPC, Department of Parks and Recreation is hosting a luncheon for **Prince George's County residents who were born in 1926 or earlier** (January 1, 1926 to December 31, 1926) to celebrate centenarians. **The luncheon is held on Friday, May 1, 2026, at Martin's Crosswinds (7400 Greenway Center Drive, Greenbelt, MD 20770). This year's event will be limited to the Centenarian and up to five (5) guests. The Centenarian must be present with their guests.**

Please share this information or complete the online registration form at pgparks.com/centenarian no later than March 27, 2026. For centenarian registration assistance, please call 301.446.3403 or send an email to Seniors@pgparks.com.

Senior Health and Fitness Day

FREE

Wednesday, April 8

9 am-1 pm

PARKS DIRECT: PGSL-SPEC-GA-20260408

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, educational programs, health screenings, and massage. Prince George's Sports & Learning Complete – 8001 Sheriff Road, Landover, Maryland.

SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
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 (202) 904.8756. The suggested donation is \$5. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring the exact change to cover your donation.

Transportation: Seniors must schedule round trip transportation service by calling The Bus (301) 499-8603 and select Option #6 to speak to an operator for scheduling the bus service to participate in senior centers in Prince George's County.

Note: There will be no lunch program when Prince George's County schools are closed or have a delayed opening due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

FOR YOUR INFORMATION

Moved? Number changed?

From time to time, please stop at the center front desk and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and/or telephone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out www.pgarks.com for M-NCPPC Volunteer opportunities or contact the Facility Director.

DISABILITY ACCOMMODATIONS

"Accommodation for individuals with disabilities is available upon request. Please contact the facility two weeks in advance of the program's start date. Additionally, the Department of Parks and Recreation requests a 72-hour advance notice for the provision of sign language interpreters."

WEATHER POLICY & CENTER CLOSURES

For the latest information on M-NCPPC closures due to weather, maintenance, or emergencies, please sign up for PG Parks Alerts by going to www.pgarks.com, click on "news" scroll down to the bottom and click on PGARKS ALERTS.

