

# Camp Springs Senior Activity Center

## Summer 2026 Activity and Events Guide

### June, July and August



### Contact Us

**Address:** 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

**Hours of operation:**  
Monday – Friday: 9:00 am - 4:30 pm  
Saturday: 9:00 am – 1:00 pm  
**Scheduled Summer Closures:**  
July 4, 2026

# 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.

# Camp Springs Senior Activity Center: INFORMATION

## SENIOR NUTRITION PROGRAM



### IMPORTANT PHONE NUMBERS:

<b>Senior Nutrition/Transportation</b>	301-265-8665
<b>Legal Aid</b>	800-896-4213 x7750
<b>Department of Family Services</b>	301-265-8401
<b>Seniors County Information</b>	301-265-8450
<b>Medicare Information</b>	800-633-4227
<b>Call-A-Bus</b>	301-499-8603

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. 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.



## Summer Registration

- Registration begins **Wednesday, May 13, 2026, for Residents (R)** only.
- Note: The center will open at **9:00 am on Wednesday, May 13** to assist with registration.
- The Computer Lab will also open at **9:00 am for ONLINE registration**.
- Registration begins on **Wednesday, May 20, 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).**

**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 Error! Hyperlink reference not valid..** 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 registration planning form available at the front desk. Give the completed form to one of our front desk team members or use it 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 Summer 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, May 8, 2026  
12:30 pm –1:30 pm  
Potomac Room Computer Lab  
Activity Code: 14505-411C**

**Bring your user ID and password for your 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.

# Summer 2026 Class List

CLASS	DATES	TIME	ROOM	ACTIVITY CODE AND/OR SECTION	FEE	NOTES
<b>AARP Defensive Driving</b>	Thursday June 4, 2026	9:30am- 2:30pm	Chesapeake Room	Summer A	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>AARP Defensive Driving</b>	Thursday July 16, 2026	9:30am- 2:30pm	Chesapeake Room	Summer B	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>AARP Defensive Driving</b>	Thursday August 6, 2026	9:30am- 2:30pm	Chesapeake Room	Summer C	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>AARP Defensive Driving</b>	Saturday June 20, 2026	9:30am- 1:00pm	Chesapeake Room	Summer D	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>AARP Defensive Driving</b>	Saturday July 25, 2026	9:30am- 1:00pm	Chesapeake Room	Summer E	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>AARP Defensive Driving</b>	Saturday August 22, 2026	9:30am- 1:00pm	Chesapeake Room	Summer G	\$20 for AARP Members; \$25 for AARP Non- Members	Call Rose Hobson @ 301-736- 1565 to register
<b>Computer Skills: Level 1</b>	Monday and Wednesday, June 1, 2026 - June 10, 2026	12:15- 2:15pm	Potomac Room	14501- 411A	\$20 for residents; \$26 Non residents	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.
<b>Computer Skills: Level 1</b>	Monday and Wednesday, July 6, 2026 – July 15, 2026	12:15- 2:15pm	Potomac Room	14501- 411B	\$20 for residents; \$26 Non residents	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.

<b>Computer Skills: Level 1</b>	Monday and Wednesday, August 3, 2026 - August 12, 2026	12:15-2:15pm	Potomac Room	14501-411C	\$20 for residents; \$26 Non residents	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.
<b>Computer Skills: Parks Direct</b>	Friday, June 26, 2026	12:30-1:30pm	Potomac Room	14505-411A	FREE	Learn how to register yourself online with the PARKS DIRECT Program and how to sign up for an email account. You must have an email account to register online with the PARKS DIRECT registration program. Basic computer skills required.
<b>Computer Skills: Parks Direct</b>	Friday, July 24, 2026	12:30-1:30pm	Potomac Room	14505-411B	FREE	Learn how to register yourself online with the PARKS DIRECT Program and how to sign up for an email account. You must have an email account to register online with the PARKS DIRECT registration program. Basic computer skills required.
<b>Computer Skills: Parks Direct</b>	Friday, August 7, 2026	12:30-1:30pm	Potomac Room	14505-411C	FREE	Learn how to register yourself online with the PARKS DIRECT Program and how to sign up for an email account. You must have an email account to register online with the PARKS DIRECT registration program. Basic computer skills required.
<b>Belly Dance</b>	Saturday, June 6, 2026 - June 27, 2026	11:45am - 12:30pm	Maryland Room	17522-411A	FREE	Many experts say belly dancing is the oldest form of dance, having roots in all ancient cultures from the North Africa to the Orient to India to the mid-East. International, R&B, Jazz, Classical and Gospel Music will be played to reiterate the international (African-Based) soulful nature of this Art Form.
<b>Belly Dance</b>	Saturday, July 11, 2026 – July 25, 2026	11:45am - 12:30pm	Maryland Room	17522-411B	FREE	Many experts say belly dancing is the oldest form of dance, having roots in all ancient cultures from the North Africa to the Orient to India to the mid-East. International, R&B, Jazz, Classical and Gospel Music will be played to reiterate the international (African-Based) soulful nature of this Art Form.
<b>Belly Dance</b>	Saturday, August 1, 2026 - August 22, 2026	11:45am - 12:30pm	Maryland Room	17522-411C	FREE	Many experts say belly dancing is the oldest form of dance, having roots in all ancient cultures from the North Africa to the Orient to India to the mid-East. International, R&B, Jazz, Classical and Gospel Music will be played to reiterate the international (African-Based) soulful nature of this Art Form.

<b>Exercise: Total Body Workout</b>	Monday and Friday, June 1, 2026 - June 29, 2026 No June 15	10:30am-11:15am	Multi-purpose Room	17517-411A	\$18 for residents; \$24 for non residents	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>Exercise: Total Body Workout</b>	Monday and Friday, July 6, 2026 - July 31, 2026	10:30am-11:15am	Multi-purpose Room	17517-411B	\$18 for residents; \$24 for non residents	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>Exercise: Total Body Workout</b>	Monday and Friday, August 3, 2026 - August 28, 2026	10:30am-11:15am	Multi-purpose Room	17517-411C	\$18 for residents; \$24 for non residents	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>Exercise: Total Body Workout</b>	Monday and Friday, June 1, 2026 - June 29, 2029 No June 15	11:30am-12:15pm	Multi-purpose Room	17517-411D	\$18 for residents; \$24 for non residents	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>Exercise: Total Body Workout</b>	Monday and Friday, July 6, 2026 - July 31, 2026	11:30am-12:15pm	Multi-purpose Room	17517-411E	\$18 for residents; \$24 for non residents	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>Exercise: Total Body Workout</b>	Monday and Friday, August 3, 2026 - August 28, 2026	11:30am-12:15pm	Multi-purpose Room	17517-411F	\$18 for residents; \$24 for non residents	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>Exercise: Drum and Tone</b>	Friday, June 5, 2026	1:00pm-2:00pm	Maryland Room	17546-411A	\$5 for residents; \$7 for non residents	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. *July 3rd is closed for a holiday; July 10th is make-up date.
<b>Exercise: Drum and Tone</b>	Friday, July 10, 2026	1:00pm-2:00pm	Maryland Room	17546-411B	\$5 for residents; \$7 for non residents	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. *July 3rd is closed for a holiday; July 10th is make-up date.
<b>Exercise: Drum and Tone</b>	Friday, August 7, 2026	1:00pm-2:00pm	Maryland Room	17546-411C	\$5 for residents; \$7 for non residents	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. *July 3rd is closed for a holiday; July 10th is make-up date.
<b>Hand Dance Contemporary: Beginner</b>	Monday, June 1, 2026 - August 17, 2026	11:30am - 12:30pm	Maryland Room	23510-411A	\$54 for residents; \$71 for non residents	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 and right pass using the basic six count step, plus hand dance etiquette in these 12-week classes.
<b>Hand Dance Contemporary: Intermediate</b>	Monday, June 1, 2026 - August 17, 2026	12:30pm - 2:00pm	Maryland Room	23510-411B	\$54 for residents; \$71 for non residents	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 and right pass using the basic six count step, plus hand dance etiquette in these 12-week classes.
<b>Exercise: Hula Hoop</b>	Wednesday, June 3, 2026 - June 24, 2026	1:30pm-2:30pm	Multi-purpose Room	17548-411A	\$16 for residents; \$21 for non residents	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>Exercise: Hula Hoop</b>	Wednesday, July 1, 2026 – July 22, 2026	1:30pm-2:30pm	Multi-purpose Room	17548-411B	\$16 for residents; \$21 for non residents	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>Exercise: Hula Hoop</b>	Wednesday, August 5, 2026 - August 24, 2026	1:30pm-2:30pm	Multi-purpose Room	17548-411C	\$16 for residents; \$21 for non residents	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>Line Dance</b>	Wednesday, June 3, 2026 - June 24, 2026	9:30-11:30am	Maryland Room	23501-411A	\$15 for residents; \$20 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
<b>Line Dance</b>	Wednesday, July 1, 2026 – July 22, 2026	9:30-11:30am	Maryland Room	23501-411B	\$15 for residents; \$20 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
<b>Line Dance</b>	Wednesday, August 5, 2026 - August 26, 2026	9:30-11:30am	Maryland Room	23501-411C	\$15 for residents; \$20 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
<b>Line Dance</b>	Saturdays, June 6, 2026 - June 27, 2026	9:15-11:15am	Maryland Room	23501-411D	\$15 for residents; \$20 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
<b>Line Dance</b>	Saturdays, July 11, 2026 - July 25, 2026	9:15-11:15am	Maryland Room	23501-411E	\$11 for residents; \$15 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
<b>Line Dance</b>	Saturdays, August 1, 2026 - August 22, 2026	9:15-11:15am	Maryland Room	23501-411F	\$15 for residents; \$20 for non residents	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.

<b>Exercise: Low Impact Aerobics</b>	Wednesday, June 3, 2026 - June 24, 2026	9:30-10:30am	Multi-purpose Room	17521-411A	\$16 for residents; \$21 for non residents	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.
<b>Exercise: Low Impact Aerobics</b>	Wednesday, July 1, 2026 – July 22, 2026	9:30-10:30am	Multi-purpose Room	17521-411B	\$16 for residents; \$21 for non residents	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.
<b>Exercise: Low Impact Aerobics</b>	Wednesday, August 5, 2026 - August 26, 2026	9:30-10:30am	Multi-purpose Room	17521-411C	\$16 for residents; \$21 for non residents	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.
<b>Sewing</b>	Tuesday, June 9, 2026 and Tuesday June 23, 2026	10:00a-12:00pm	Chesapeake Room	15501-411A	\$24 for residents; \$32 for non residents	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
<b>Sewing</b>	Tuesday, July 14, 2026 and Tuesday July 28, 2026	10:00a-12:00pm	Chesapeake Room	15501-411B	\$24 for residents; \$32 for non residents	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
<b>Sewing</b>	Tuesday, August 11, 2026 and Tuesday August 25, 2026	10:00a-12:00pm	Chesapeake Room	15501-411A	\$24 for residents; \$32 for non residents	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
<b>Sign Language (Level 1)</b>	Monday and Friday, June 1, 2026 - June 26, 2026	11:30a-12:30pm	Chesapeake Room	20501-411A	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
<b>Sign Language (Level 1)</b>	Monday and Friday, July 6, 2026 – July 31, 2026	11:30a-12:30pm	Chesapeake Room	20501-411B	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)

<b>Sign Language (Level 1)</b>	Monday and Friday, August 3, 2026 - August 28, 2026	11:30a-12:30pm	Chesapeake Room	20501-411C	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
<b>Sign Language (Level 2)</b>	Monday and Friday, June 1, 2026 - June 26, 2026	10:00-11:15am	Chesapeake Room	20501-411D	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
<b>Sign Language (Level 2)</b>	Monday and Friday, July 6, 2026 – July 31, 2026	10:00-11:15am	Chesapeake Room	20501-411E	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
<b>Sign Language (Level 2)</b>	Monday and Friday, August 3, 2026 - August 28, 2026	10:00-11:15am	Chesapeake Room	20501-411F	\$12 for residents; \$16 for non residents	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
<b>Smart Devices: Seniors</b>	First and Third Mondays and Thursdays of each month, June 1, 2026 - June 18, 2026	9:30-10:30am	Potomac Room	14506-411A	\$15 for residents; \$20 for non residents	Have 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.
<b>Smart Devices: Seniors</b>	First and Third Mondays and Thursdays of each month,, July 6, 2026 - July 23, 2026	9:30-10:30am	Potomac Room	14506-411B	\$15 for residents; \$20 for non residents	Have 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.

<b>Smart Devices: Seniors</b>	First and Third Mondays and Thursdays of each month, August 3, 2026 - August 20, 2026	9:30-10:30am	Potomac Room	14506-411C	\$15 for residents; \$20 for non residents	Have 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.
<b>Stretch &amp; Tone</b>	Thursday, June 4, 2026 - June 25, 2026	11:30am - 12:30pm	Multi-purpose Room	17501-411A	\$16 for residents; \$21 for non residents	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.
<b>Stretch &amp; Tone</b>	Thursday, July 2, 2026 – July 23, 2026	11:30am - 12:30pm	Multi-purpose Room	17501-411B	\$16 for residents; \$21 for non residents	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.
<b>Stretch &amp; Tone</b>	Thursday, August 6, 2026 - August 27, 2026	11:30am - 12:30pm	Multi-purpose Room	17501-411A	\$16 for residents; \$21 for non residents	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.
<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, June 1, 2026 - June 24, 2026	9:30–10:30am	Terrapin Fitness Room	17503-411A	\$20 for residents; \$26 for non residents	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. Due to limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.

<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, July 6, 2026 – July 29, 2026	9:30–10:30am	Terrapin Fitness Room	17503-411B	\$20 for residents; \$26 for non residents	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. Due to limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.
<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, August 3, 2026 - August 26, 2026	9:30–10:30am	Terrapin Fitness Room	17503-411C	\$20 for residents; \$26 for non residents	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. Due to limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.
<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, June 1, 2026 - June 24, 2026	11:00am - 12:00pm	Terrapin Fitness Room	17503-411D	\$20 for residents; \$26 for non residents	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. Due to

						limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.
<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, July 6, 2026 – July 29, 2026	11:00am - 12:00pm	Terrapin Fitness Room	17503-411E	\$20 for residents; \$26 for non residents	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. Due to limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.
<b>Intro to Weights and Machines: Strength Training</b>	Monday and Wednesday, August 3, 2026 - August 24, 2026	11:00am - 12:00pm	Terrapin Fitness Room	17503-411F	\$20 for residents; \$26 for non residents	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. Due to limited space, please only register for session 1 at 9:30 am or session 2 at 11 am during each month. No back-to-back sessions, please.
<b>Yoga (Gentle)</b>	Tuesday, June 2, 2026 - June 23, 2026	9:30-10:30am	Multi-purpose Room	17504-411A	\$20 for residents; \$26 for non residents	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 (Gentle)</b>	Tuesday, July 7, 2026 – July 28, 2026	9:30- 10:30am	Multi-purpose Room	17504- 411B	\$20 for residents; \$26 for non residents	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 (Gentle)</b>	Tuesday August 4, 2026 - August 25, 2026	9:30- 10:30am	Multi-purpose Room	17504- 411C	\$20 for residents; \$26 for non residents	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>	Thursday, June 4, 2026 - June 25, 2026	9:30- 10:30am	Multi-purpose Room	17504- 411D	\$20 for residents; \$26 for non residents	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 and more. 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>Yoga: Yin Yoga and Yoga For Increased Strength</b>	Thursday, July 2, 2026 - July 23, 2026	9:30- 10:30am	Multi-purpose Room	17504- 411E	\$20 for residents; \$26 for non residents	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 and more. 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>Yoga: Yin Yoga and Yoga For Increased Strength</b>	Thursday, August 6, 2026 - August 27, 2026	9:30-10:30am	Multi-purpose Room	17504-411F	\$20 for residents; \$26 for non residents	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 and more. 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>Yoga: (Virtual Chair)</b>	Monday, June 1, 2026 - June 22, 2026	12:30-1:30pm	Virtual	31515-411A	\$10 for residents; \$13 for non residents	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>Yoga: (Virtual Chair)</b>	Monday, July 6, 2026 – July 27, 2026	12:30-1:30pm	Virtual	31515-411B	\$10 for residents; \$13 for non residents	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>Yoga: (Virtual Chair)</b>	Monday, August 3, 2026 - August 24, 2026	12:30-1:30pm	Virtual	31515-411C	\$10 for residents; \$13 for non residents	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.



# SPECIAL EVENTS JUNE 2026

**It's Men's Health Month– Urology**  
**Social Room**  
**FREE**

**Wednesday, June 3**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411A**

In recognition of Men's Health Month, our featured urologist will discuss the most common and often overlooked urology concerns affecting senior men. From prostate health and urinary issues to sexual wellness and preventive screenings, this session will provide practical insights to help men take charge of their well-being. Empower yourself with knowledge because prioritizing men's health starts with awareness, early detection, and open conversation.

**MedStar Blood Pressure Readings**  
**Blue Heron Room**  
**FREE**  
**DROP-IN**

**Tuesday, June 16**  
**10am-1pm**

Seniors stop by the Blue Heron Room to have your blood pressure monitored by MedStar medical professionals. No registration required.

**Making Your Money Last**  
**Social Room**  
**FREE**

**Wednesday, June 17**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411B**

Join us for an empowering seminar designed to help seniors prepare for the retirement they've always imagined. Discover smart investment strategies that can support a financial plan built to last throughout your retirement years. We'll also dive into the real-world challenges many retirees face: such as inflation, rising health care costs, and market ups and downs. We will also explore practical ways to stay confident and prepared, even when life doesn't go as expected. Whether you're nearing retirement or already there, this session will equip you with the knowledge and tools to make informed decisions and enjoy the future you've worked hard to build.

**Feel the Beat, Move Your Feet – Celebrating Juneteenth** **Thursday, June 18**  
**Multi-Purpose Room** **2-3:30pm**

**FEE: FREE**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260618**

Join us as we honor Juneteenth with an uplifting celebration of heritage through music, movement and community. Experience the vibrant rhythms of the African Dance Ensemble as they bring the spirit of unity to life through powerful drumbeats and dynamic African-based dance performances. Seniors will even have the opportunity to join in and feel the energy of the rhythms firsthand! Our celebration will also feature Afro-centric art displays that highlight and honor the rich contributions made by people of color. So, let's come together to celebrate Freedom Day, pay reverence to our African roots, and share in fellowship. Light refreshments will be served. And don't forget to wear your Afro-centric attire to help make the day even more vibrant and meaningful!

**Father's Day Lunch, Laughs and Cars**  
**Social Room and Blue Heron**

**Monday, June 22**  
**12-2pm**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260622**

It's all about the DAD's today! The men of Camp Springs will be celebrated as they share the joys of Fatherhood, such as their most memorable moments; challenges of raising boys to men or being a girl "dad" while enjoying a delicious lunch. Special guest Michael Wilson, Regional Manager, will join in the conversations. Then the dads will check out some of the classic, historic and vintage cars cruising into the rear parking lot.

**Out of Harm's Way Financial Safety**  
**Social Room**  
**FREE**

**Wednesday, June 24**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411G**

Financial fraud is on the rise, and older adults are increasingly being targeted through phone scams, email phishing, romance fraud, and identity theft. Come and learn how scams work, the warning signs, and practical steps to protect yourself and loved ones. This education session will provide tips on what to do if fraud occurs, where to access trusted resources for support, and why seniors don't tell. Stay Informed. Knowledge is power and the best defense!

**Entertainment by Tee Time**  
**Multi-Purpose Room**  
**FEE: FREE**

**Tuesday, June 30**  
**1:30-2:30pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260630**

Step into an unforgettable one-woman show packed with costumes, lively songs, and nostalgic trivia. Get ready to laugh, sing along, and relive some of the greatest hits of the '60s and '70s. It's interactive, energetic, and guaranteed to leave you smiling—come be part of the fun!

## **SPECIAL EVENTS JULY 2026**

**The Red White and Blue "Semi quincentennial" Celebration Tuesday, July 7**  
**Multipurpose Room**  
**FEE: \$20 (R) \$26 (NR)**

**1-3:30pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260707**

It's America 250! Let's celebrate in our most patriotic red, white, and blue outfits while enjoying traditional cookout dishes and classic backyard fun like Bid Whist, Spades, Uno, Chess, and more. Feeling creative? Join us in making a red, white, and blue abstract painting! And what's a celebration without dancing? We'll have line dancing and free-styling on deck. Who knows, we may even bring out the karaoke machine for a friendly singing contest. It's a celebration!

**The Senior Citizens Blues Band**  
**Multi-Purpose Room**  
**FEE: FREE**

**Tuesday, July 14**  
**1:30-2:30pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260714**

Let your ears be treated to an unforgettable blend of soulful Blues and smooth Jazz. Relax, unwind, and enjoy music that moves you, while you sip on a frozen drink. It's wind-down Tuesday at Camp Springs!

**Living in Retirement**  
**Social Room**  
**FEE: FREE**

**Wednesday, July 15**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411C**

This seminar offers an inspiring, in-depth exploration of The Four Pillars of the New Retirement: health, family, purpose, and finances. Through thoughtful guidance and practical insights, seniors will be encouraged to reflect on their own circumstances, goals, and challenges to empower them to make meaningful decisions that enhance their quality of life in retirement. Participants should walk away with a clearer sense of direction, renewed confidence, and actionable steps to help them build a fulfilling; well-balanced retirement rooted in what matters most.

**Senior Line Dance BLACK & WHITE Party**  
**Martin's Crosswinds**  
**Greenbelt, MD**  
**Doors Open 8:30am**  
**FEE: \$45 (R); \$59 (NR)**

**Friday, July 17**  
**9am - 12pm**

**PARKS DIRECT code: SPD-SPEC-GA-20260717**

DON'T miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then slide on the dance floor for fun line dancing, fan clapping, laughter, to show off your dance moves! Registration is on a first-come basis. Tickets are Not sold at the door. You must have a Parks Direct account to register! **Transportation is not provided.** A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations. The receipt is not your ticket! For additional information call 301-408-4343.

**National Ice Cream Day**  
**Social Room and Blue Heron**  
**FREE**

**Monday, July 20**  
**2pm-3pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260720**

Come check out our own CSSAC Soft serve ice cream. Have it swirled on a cone or a cup and add your favorite toppings! What a way to cool down on a hot summer day!

**Call -A- Bus at Your Service**  
**Social Room**  
**FREE**

**Wednesday, July 22**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411H**

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

**Surrounded by Care in Your Home**  
**Social Room**  
**FREE**

**Wednesday, July 29**  
**11am-12pm**

**PARKS DIRECT CODE: 20515-411D**

This seminar, presented by the Program of All-Inclusive Care for the Elderly (PACE), is built on a powerful belief that Seniors with chronic care needs thrive best when they can remain in the comfort of their homes and communities. During this session, Seniors will explore the wide range of health care and supportive services designed to help older adults maintain their independence, stay connected, and continue living safely where they feel best, and that is in the comfort of their home.

# SPECIAL EVENTS AUGUST 2026

**It's National Watermelon Day  
Social Room and Blue Heron**

**Monday, August 3  
2-3pm**

**FEE: FREE**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260803**

Watermelons, ice cold watermelons. Don't you recall hearing that phrase resonating in the streets of the DMV in the summer? Let's celebrate National Watermelon Day and learn all the health benefits of eating them. Did you know that watermelons originated from southern Africa? They are healthy fruits that are low in calories. Come on in and tell us of your favorite watermelon story!

**Will and Estate Planning–The Encore  
Social Room**

**Wednesday, Aug 5  
11am-12pm**

**FREE**

**PARKS DIRECT CODE: 20515-411E**

Derick and Tawanda Parker of DTA Enterprise are back due to the overwhelming requests to continue discussions on financial wellness with an emphasis on Wills and Estate Planning.

**Bingo-Fest  
Multi-Purpose Room**

**Friday, August 7  
10a-2pm**

**FEE: FREE**

**PARKS DIRECT CODE: SPD-SPEC-GA-20260807C**

Calling all seniors! Join the fun and play bingo for GREAT prizes while helping support Prince Georges County elementary school youth as they prepare for the upcoming school year. Lunch will be provided by the Department of Family Services. FREE with a Parks Direct Senior ID and donation of new school supplies!

**MedStar Blood Pressure Readings**  
**Blue Heron Room**  
**FREE**  
**DROP-IN**

**Tuesday, August 11**  
**10am-1pm**

Seniors stop by the Blue Heron Room to have your blood pressure monitored by MedStar medical professionals. No registration required.

**Karaoke with Nikki-Nyx**  
**Multi-Purpose Room**  
**FEE: FREE**

**Thursday, August 13**  
**1:30-3pm**

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260813**

SOOO, you think you can sing? Or do you just like to sing? Then, join us for a fun time as we do a little Karaoke. You get to choose a song from a list of a variety of instrumental popular songs. We'll give you the lyrics and you just have minutes of fame! We'll keep your whistle refreshed with a cool beverage. An M-NCPPC Senior ID Card is required.

**Summer Birthdays Celebration**  
**Social Room**  
**FREE**

**Monday, August 17**  
**2-3:30pm**

**PARKS DIRECT CODE: 26507-411**

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

**Sleep Practices with Dr. Michelle**  
**Social Room and Blue Heron Room**  
**FREE**

**Wednesday, August 19**  
**11a-12pm**

**PARKS DIRECT CODE: 20515-411F**

Join us for an informative discussion on healthy sleep habits and the unique sleep needs of adults aged 60 and older. We'll explore what normal sleep looks like, how sleep cycles change with age, and the common issues, such as lighter sleep, frequent awakenings, or difficulty staying asleep. Our session will break down the science of sleep, including the roles of REM and deep sleep, and why these stages matter for memory, mood, and physical health. We'll also share practical strategies to help you achieve a more restful night. Restful sleep is possible at any age. Let's explore how to make it part of your wellness journey.

**Pearls of Wisdom: A White Diamond Event**

**Friday, August 21**

**Multipurpose Room**

**12:30-3pm**

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

**PARKS DIRECT CODE: CSSAC-SPEC-GA-20260821**

In honor of National Senior Citizens Day, we will celebrate and honor our senior patrons for the wisdom shared, the radiance embodied, and the resilience that has carried you through every chapter of life. Your years of dedication and contribution have strengthened our families, uplifted our communities, and shaped the world around us. Thank you for the legacy you've built, the mentorship you've offered, and the unwavering strength you continue to provide. We will salute you today and every day. Fee includes lunch, entertainment by Tribe Band and Show and a token of appreciation. Seniors are encouraged to wear dressy casual all-white attire in honor of this special celebration.

**RECURRING SUMMER EVENTS**  
**Camp Springs Senior Activity Center**

**Bingo**

**Social Room**

**10am – 12pm**

**FREE**

**PARKS DIRECT CODE: 26504-411A**

**Thursday, June 18**

**PARKS DIRECT CODE: 26504-411B**

**Thursday, July 16**

**PARKS DIRECT CODE: 26504-411C**

**Thursday, August 20**

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.

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

**1-3:30 pm**

**PARKS DIRECT CODE: 26604-411A**  
**PARKS DIRECT CODE: 26604-411B**  
**PARKS DIRECT CODE: 26604-411C**

**Friday, June 12**  
**Friday, July 10**  
**Friday, August 14**

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.

**Paint and Sip with Tisha**  
**Chesapeake Room**  
**FEE: \$12 (R); \$16 (NR)**

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

**PARKS DIRECT CODE: 15502-411D**

**Wednesday, June 3**

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.

**Senior Craft Day**  
**Chesapeake Room**

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

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

**PARKS DIRECT CODE: 15502-411A**  
**PARKS DIRECT CODE: 15502-411B**  
**PARKS DIRECT CODE: 15502-411C**

**Thursday, June 25**  
**Thursday, July 23**  
**Thursday, August 27**

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.




# RECURRING SUMMER TRIPS

## Camp Springs Senior Activity Center

### TRIP INFORMATION

**Please only register one name per registration.**

Fee includes admission and transportation on an M-NCPPC activity bus. An M-NCPPC Senior ID Card is required. Patrons must **arrive at least 30 minutes before departure time to complete the check-in process.** Patrons are expected to return with the group to Camp Springs Senior Activity Center following each trip.

NOTE:  When you see these feet with a trip or activity, it means there will be a lot of walking.

**Bowling at Crofton**  
Crofton, MD

**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260611**

**Thursday, June 11**

**PARKS DIRECT CODE: CSSAC-20260709**

**Thursday, July 9**

**PARKS DIRECT CODE: CSSAC-20260806**

**Thursday, August 6**

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**

**11am-4pm**

**Surprise Local Favorite Restaurant**

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

**PARKS DIRECT CODE: CSSAC-20260616**

**Tuesday, June 16**

**PARKS DIRECT CODE: CSSAC-20260714**

**Tuesday, July 14**

**PARKS DIRECT CODE: CSSAC-20260811**

**Tuesday, August 11**

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-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260630 -1936 Bar & Grill Tuesday, June 30**

**PARKS DIRECT CODE: CSSAC-20260721-Carrabba's Tuesday, July 21**

**PARKS DIRECT CODE: CSSAC-20260825 – Fratelli's Tuesday, August 25**

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.

## **Summer Trips Camp Springs Senior Activity Center**

**Publick Playhouse – Miss Gayle's Clean Comedy  
Hyattsville, MD**

**Thursday, June 4  
10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260604**

Come and enjoy the comedic brilliance of Miss Gayle! Known for her bright energy, and her outrageously funny delivery, Miss Gayle has been hailed as an unstoppable force in comedy. She'll keep you laughing, smiling, and absolutely in stitches from start to finish. Miss Gayle has been known to light up the stage for sold-out audiences and now she's bringing that same unforgettable humor to the Publick Playhouse. So, join us for an afternoon of joy, entertainment, and plenty of belly laughs. After all, laughter is the best medicine! Fee includes admission ticket and transportation on an MNCPPC Activity bus.

**Rod 'N' Reel Resort**  
**Chesapeake Beach, MD**  
**FEE: \$10 (R); \$13 (NR)**

**Wednesday, June 17**  
**10am-4pm**

**PARKS DIRECT CODE: CSSAC-20260617**

Join us for a trip to the scenic Rod 'N' Reel Resort in Chesapeake Beach, MD. Rod 'N' Reel offers a relaxing waterfront escape complete with a lively game room and bingo. Treat yourself to lunch at the renowned Rod 'N' Reel Restaurant, a beloved local staple. Fee includes transportation on a MNCPPC Activity bus. Meals are at your own expense.

**MLK Memorial and NMAAHC**



**Wednesday, July 15th**  
**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260715**

Spend a powerful and inspiring day with us in Washington, D.C. as we visit the Martin Luther King Jr. Memorial and the National Museum of African American History and Culture. We'll begin at the MLK Memorial, where you can reflect on Dr. King's legacy while taking in the striking "Stone of Hope" sculpture along the Tidal Basin. Then we'll head to the NMAAHC, where you'll have time to explore the museum's moving exhibitions at your own pace, from historical artifacts to vibrant cultural displays. This trip offers a meaningful opportunity to learn, reflect, and connect with the stories that have shaped our nation; comfortable walking shoes are recommended, and lunch will be on your own expense at the museum's Sweet Home Café or nearby options.

**Shop, Stroll and Play Day Trip to Atlantic City**



**Wednesday, July 22**  
**7am-9pm**

**Atlantic City, NJ**  
**FEE: \$80 (R) \$104 (NR)**

**PARKS DIRECT CODE: CSSAC-20260722**

Hop aboard the bus and escape for a fun-filled day at Atlantic City. This getaway offers something for everyone. Whether you want to try your luck at the casino, shop until you drop at Tanger Outlets, or take a relaxing stroll along the boardwalk, there's something for everyone to enjoy at your leisure. Fees include transportation on a comfortable air-conditioned single-bathroom-charted bus and a snack bag. Don't wait, register today!

**Kickoff the Season at Commanders Training Camp**  
**Ashburn, VA**



**Monday, July 27**  
**8am-5pm**

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

**PARKS DIRECT CODE: CSSAC-20260727**

Kick off football season with an exciting visit to the Washington Commanders Training Camp! Get an up-close look at the team as they prepare for the upcoming season, watch players run drills, and experience the energy of practice from the sidelines. This trip offers fans a behind-the-scenes glimpse into professional football, with opportunities to see new talent, returning favorites, and coaching in action. Enjoy a fun, spirited day surrounded by fellow fans as we celebrate the start of another thrilling season of Burgandy and Gold football. Light refreshments will be available for the bus trip, and there are food, drinks, and souvenirs available on site at your own expense.

**Take Me Out to the Ball Game- Nats vs Blue Jays**  
**Washington, DC**

**Wednesday, July 29**  
**11am-5pm**

**FEE: \$85 (R) \$111 (NR)**

**PARKS DIRECT CODE: CSSAC-20260722**

Let Camp Springs Senior Activity Center staff take you out to the Ball Game! You can buy some peanuts, popcorn or cracker jacks and enjoy the game at Nationals Park with seats near first base and the Nats dug out! Fee includes transportation on a MNCPPC Activity bus and admission to the game.

**M-NCPPC HISTORIC SITE: Darnell's Chance**  
**PG COUNTY, MD**



**Thursday, July 30**  
**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260730**

Get your MNCPPC passports ready to be stamped and closer to completion for entry into the special MNCPPC contest for a trip for 4! Fee includes transportation on an M-NCPPC Activity Bus. Meal is at your own expense.

**Toby's – Mean Girls**  
**Columbia, MD**

**Wednesday, August 19**  
**9:30am-4:30pm**

**FEE: \$95 (R) \$124 (NR)**

**PARKS DIRECT CODE: CSSAC-20260819**

Join CSSAC Seniors for a trip to enjoy a scrumptious buffet dinner and to see the production of Mean Girls. It's a brutally hilarious musical by writer Tina Fey. The film adaptation was nominated for 12 Tony Awards. See how things go for the main character, Cady Heron. Cady learns the hard way that you can't cross a queen bee without getting stung. Oh my! Fee includes admission ticket with buffet meal and transportation on an M-NCPPC Activity bus.

**Arundel Mills Mall and LIVE Casino**  
**Hanover, MD**

**Thursday, August 20**  
**10am-4pm**

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

**PARKS DIRECT CODE: CSSAC-20260820**

Come and shop to your heart's content at one of the many stores and boutiques. Or enjoy lunch at your favorite restaurant right there in the mall. Or if you prefer, visit Live Casino and enjoy your favorite tables or machines. If you're up to it do all three: shop, eat or enjoy the games! Fee includes transportation on an M-NCPPC Activity Bus. Meal is at your own expense.



# Camp Springs Senior Activity Center: CLUBS

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

There is no activity code associated with the Camp Springs Senior Activity Center Clubs.

# **BOOK CLUB**

## **Camp Springs Senior Activity Center:**

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:**

- June:**            *Horse: A Novel*  
By Geraldine Brooks
- July:**            *Grit*  
By Angela Duckworth
- August:**        *1929: Inside the Greatest Crash in Wall Street History And How It Shattered a Nation*  
By Andrew Ross Sorkin

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 live more, play more  
 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 an account, and to get information about ID cards and Fitness Room cards, visit [pgparks.com](http://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.