

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 June, July & August



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Saturday - July 4, 2026, Independence Day

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

Summer 2026 Registration

- Registration begins **Wednesday, May 13, 2026**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, May 20, 2026**, 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-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.**



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 the original method of payment: As a 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.pgparcs.com/news/news-releases/pgparcs-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.

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



Connect with us!



- ▶ 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	ACTIVITY CODE	FEE
Sewing w/Tisha Thorn	Monday, NO SUMMER SESSIONS <i>See you in September</i>				
Quilting w/Tisha Thorn	Monday, NO SUMMER SESSIONS <i>See you in September</i>				
Exercise w/Patricia Partee	Tuesday & Thursday; June 2-June 25	11:00am- 12:00pm	Group X Rm 1	17517-475A	\$28 (R), \$37 (NR)
Exercise w/Patricia Partee	Tuesday & Thursday; July 7-July 30	11:00am- 12:00pm	Group X Rm 1	17517-475B	\$28 (R), \$37 (NR)
Exercise w/Patricia Partee	Tuesday & Thursday; August 4-August 27	11:00am- 12:00pm	Group X Rm 1	17517-475C	\$28 (R), \$37 (NR)
Zumba Fit w/Patricia Partee	Tuesday & Thursday; June 2-June 25	12:30pm- 1:30pm	Group X Rm 1	17529-475A	\$28 (R), \$37 (NR)
Zumba Fit w/Patricia Partee	Tuesday & Thursday; July 7-July 30	12:30pm- 1:30pm	Group X Rm 1	17529-475B	\$28 (R), \$37 (NR)
Zumba Fit w/Patricia Partee	Tuesday & Thursday; August 4-August 27	12:30pm- 1:30pm	Group X Rm 1	17529-475C	\$28 (R), \$37 (NR)
Yoga w/Steve Wolf	Wednesday; June 3- June 24	11:15am- 12:15pm	Group X Rm 1	17504-475A	\$22 (R), \$29 (NR)
Yoga w/Steve Wolf	Wednesday; July 8- July 29	11:15am- 12:15pm	Group X Rm 1	17504-475B	\$22 (R), \$29 (NR)
Yoga w/Steve Wolf	Wednesday; August 5-August 26	11:15am- 12:15pm	Group X Rm 1	17504-475C	\$22 (R), \$29 (NR)

Chair Yoga w/Steve Wolf	Wednesday; June 3-June 24	12:30pm-1:30pm	Group X Rm 1	17504-475D	\$22 (R), \$29 (NR)
Chair Yoga w/Steve Wolf	Wednesday; July 8-July 29	12:30pm-1:30pm	Group X Rm 1	17504-475E	\$22 (R), \$29 (NR)
Chair Yoga w/Steve Wolf	Wednesday; August 5-August 26	12:30pm-1:30pm	Group X Rm 1	17504-475F	\$22 (R), \$29 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; June 1-June 24	9:30am-10:30am	Spin Room	17540-475A	\$36 (R), \$47 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; July 6-July 29	9:30am-10:30am	Spin Room	17540-475B	\$36 (R), \$47 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; August 3-August 26	9:30am-10:30am	Spin Room	17540-475C	\$36 (R), \$47 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; June 1-June 24	10:45am-11:45am	Spin Room	17540-475D	\$36 (R), \$47 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; July 6-July 29	10:45am-11:45am	Spin Room	17540-475E	\$36 (R), \$47 (NR)
Spinning w/Tashsa	Mondays and Wednesdays; August 3-August 26	10:45am-11:45am	Spin Room	17540-475F	\$36 (R), \$47 (NR)
Virtual Chair Yoga w/Steve Wolf	Monday; June 1-June 22	12:30pm-1:30pm	Virtual	31515-411A	\$10 (R), \$13 (NR)
Virtual Chair Yoga w/Steve Wolf	Monday; July 6-July 27	12:30pm-1:30pm	Virtual	31515-411B	\$10 (R), \$13 (NR)
Virtual Chair Yoga w/Steve Wolf	Monday; August 3-August 24	12:30pm-1:30pm	Virtual	31515-411C	\$10 (R), \$13 (NR)



SAARC Senior Program: CLUBS

Bingo	Tuesday; except when seminars are planned	11:00am- 1:30pm	Multipurpose Room A	No registration	FREE
Bingo Plus	Tuesday; July 14	11:00am- 12:30pm		No registration	FREE
Line Dance	Friday NO SUMMER SESSIONS See you in September				

SAARC Senior Program: Special Events

June

Lunchtime Listening

Wednesday, June 3

FEE: \$5

11 am-1 pm

PARKS DIRECT: SAARC-CON-GA-20260603

Experience the rhythm, culture, and soul of D.C.'s blues scene. Sweet Storm delivers soulful, heartfelt blues, blending traditional and contemporary styles. Stormi Weaver (vocals, guitar) and Willie Leebel (vocals, guitar) have performed together at bars, clubs, art openings, and private events for three years. Their collaboration also led to the formation of Stormi and the Blue Skies, a five-piece acoustic group. They met through the Archie Edwards Blues Heritage Foundation and call each other music spouses. Celebrate the legacy of Archie Edwards with a powerful blues concert, honoring African American music history and the Piedmont blues tradition. You are welcome to bring your lunch or purchase it at our in-house café.

Summer Safety Seminar

Thursday, June 4

FREE

11-11:45 am

Join us as we share protected measures to ensure a safe and successful summer. Stay safe, stay cool, and enjoy a productive summer with these essential safety tips.

It's Teatime

Friday, June 5

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

Noon-2 pm

PARKS DIRECT: 20516-475A

Get your hat and fascinators ready. Come enjoy an afternoon that is both elegant and inspirational. Come with family or friends to a formal tea party, complete with scones, tea sandwiches, assorted

sweets, tea in pretty cups and live inspiration music. Dress up as much as you like...sundresses, hats and gloves are encouraged but not required. Gentlemen are welcome as well.

BINGO & Iced Tea

FREE

As the temperature heats up in June, it's a perfect time to have a glass of tea! June is National Iced Tea Month, so come, and enjoy the day of BINGO festivities.

Tuesday, June 9

11 am-Noon

Pastries & Paint

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

Multi-Purpose B

PARKS DIRECT: 30504-475A

Enjoy creating colorful memories as you create a masterpiece on canvas while enjoying snacks.

Thursday, June 11

11 am-12:30 pm

National Soul Food Day

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

Multi-Purpose A & B

PARKS DIRECT: 20516-475B

National Soul Food Month in June is steeped in tradition, tracing its heritage back generations. Join us as we learn the history behind soul food along with music and dancing. Space is limited and while supplies last.

Thursday, June 18

11:30 am-1 pm

July

BINGO and Ice Cream

FREE

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM! Please join us as we celebrate National Ice Cream Day while we enjoy games of BINGO. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm one week prior to the start date so we can plan accordingly. Seats are limited.

Tuesday, July 14

12:15-12:45 pm

Hypertension Workshop

FREE

This educational session explores essential strategies for managing and preventing hypertension.

Tuesday, July 28

11-11:45 am

August

National Senior Citizen Day Luncheon

FREE

PARKS DIRECT: SAARC-SPEC-GA-20260819

Join us as we celebrate the contributions, wisdom, dignity, and needs of our senior citizens and to rededicate our efforts to self-care during our golden years. We will raise awareness of the way the past has shaped the way we look at age as we enjoy a light lunch. ***One ticket per person, no exceptions.***

Wednesday, August 19

11 am-1:30 pm

Karaoke Cookout

Tuesday, August 25

FREE

11 am-1:30 pm

Socializing is a powerful thing. Come sing, dance and interact with others as we enjoy the afternoon listening, singing and dancing to our favorite tunes. Please sign up at SAARC in Multi-Purpose Room A Monday through Friday between the hours of 10 am-2 pm a week prior to the start date so we can plan accordingly. Seats are limited.

SAARC Senior Program: Trips

The mode of transportation is usually a M-NCPPC Activity bus. A motor coach bus with a restroom is provided for long distance trips.

- Only register one name per registration
- Arrive 30 minutes prior to departure time for check-in and onboarding
- Patrons are expected to return to SAARC with the group.
- Check your voicemails and emails for reminders.
- If you require special accommodations, please notify the SAARC Senior team two weeks in advance.
- **No refunds unless the trip is canceled or unless the spot is resold. The trip coordinator must approve and process all refunds. Trips depend on sufficient registration; specific registration deadlines may apply.**

Note: When feet are displayed next to a trip or activity, it means there is a lot of walking.



Bon Appetit: Mystery Restaurant

FEE: \$10

10:30 am-2 pm

PARKS DIRECT: SAARC-20260625

Thursday, June 25

PARKS DIRECT: SAARC-20260730

Thursday, July 30

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)

5-10 pm

PARKS DIRECT: SAARC-20260608

Monday, June 08

PARKS DIRECT: SAARC-20260713

Monday, July 13

PARKS DIRECT: SAARC-20260817

Monday, August 17

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.**

Washington Nationals vs KC Royals Baseball Game

Tuesday, June 16

FEE: \$100(R)

5-10 pm

PARKS DIRECT: SAARC-20260616



BATTER UP! Come cheer on our Washington Nationals as they try and defeat the Kansas City Royals at Nationals Park. Fee includes transportation on M-NCPPC activity bus and a ticket to the game. Food and beverages at your own expense. **Please arrive at SAARC by 4:45 pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Rod 'N' Reel Resort

Wednesday, July 8

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

9:30 am-4:30 pm

PARKS DIRECT: SAARC-20260708



Immerse yourself in the excitement of food, fun, fast-paced BINGO and gaming on a waterfront atmosphere in Chesapeake Beach, Maryland. **Please arrive at SAARC by 9:15 am for processing and departure. You may receive an email or telephone call if departure time changes or trip is cancelled.**

Shop, Stroll & Play Day Trip to Atlantic City

Wednesday, July 22

FEE: \$80(R); \$104(NR)

6:30 am-8 pm

PARKS DIRECT: SAARC-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! **Please arrive at SAARC by 6:15 am for processing and departure. You may receive an email or telephone call if departure time changes or trip is cancelled.**

Parks Direct Code	Departure Time	Return Time	Departure/Return Location
SAARC-20260722	6:30 am	9:30 pm	Southern Area Aquatics & Recreation Complex 13601 Missouri Avenue – Brandywine, MD
CSSAC-20260722	7:00 am	9 pm	Camp Springs Senior Activity Center 6420 Allentown Road – Camp Springs, MD
ECSAC-20260722	8:00 am	8:20 pm	Evelyn Cole Senior Activity Center 5720 Addison Rd – Seat Pleasant, MD

Dairy Queen

Thursday, August 6

FREE

11 am-1:30 pm

PARKS DIRECT: SAARC-20260806

Looking for something “scrumptillyicious”? Join us for an afternoon of mouthwatering hot food, and delicious cold sweet treats. You will soon understand why “Happy Tastes Good” at DQ. Meals at your expense. Transportation only. **Please arrive at SAARC by 10:45 am for processing and departure. You may receive an email/telephone call if time changes or trip is cancelled.**

Arundel Mills Mall & Maryland Live

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

PARKS DIRECT: SAARC-20260813

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination with more than 200 stores. Fee includes transportation on M-NCPPC Activity Bus. **Please arrive at SAARC by 9:15 am for processing and departure. You may receive an email or telephone call if departure time changes or trip is cancelled.**



Thursday, August 13

9:30 am-3 pm

SAARC Senior Program: County Events

Senior Line Dance Party, Martins Crosswinds

7400 Greenway Center Drive, Greenbelt, MD 20710

PARKS DIRECT: SPD-SPEC-GA-20260717

Ticket Price: \$38(R); \$50(NR)

You *DON'T* want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on first come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! Transportation 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.

Friday, July 17

9 am-12 noon

Doors Open: 8:30 am

Senior Line Dance Distribution Schedule

Camp Springs Senior Activity Center	9:30 am-3 pm	Wednesday, June 3, 17 & July 1
Laurel/Beltsville Senior Activity Center	10 am-4 pm	Thursday, June 4, 18 & July 2
Cedar Heights Senior Activity Center	10 am-3 pm	Wednesday, June 10, 24 & July 8
John E. Howard Senior Activity Center	9:30 am-3 pm	Thursday, June 11, 25 & July 9
SAARC Senior Program	10 am-2:30 pm	Monday, June 8, 22 & July 6
Hampton Park Senior Activity Center	10 am-3 pm	Tuesdays, June 2, 16 & July 7
Gwendolyn Britt Senior Activity Center	9:30 am-3 pm	Tuesday-Friday June 2-July 10
Langley Park Senior Activity Center	9:30 am-3 pm	Tuesday-Friday June 2-July 10

BINGO-Fest

Friday, August 7

FREE

10 am-2 pm

Free with Parks Direct Senior ID & donation of new school supplies. Calling all seniors to join the fun and play bingo for GREAT prizes while helping support Prince George's County elementary school youth as they prepare for the upcoming school year. Lunch provided by the Department of Family Services. Registration www.pgparksdirect.com Key word search: **Bingo**. **Doors open: 9:30 am.**

Camp Springs Senior Activity Center

6420 Allentown Road - Camp Springs, MD 20748

301.449.0490

PARKS DIRECT: SPD-SPEC-GA-20240802B

John E. Howard Senior Activity Center

4400 Shell Street - Capitol Heights, MD 20743

301.735.2400

PARKS DIRECT: SPD-SPEC-GA-20250808

Langley Park Community Center

1500 Merrimac Drive – Hyattsville, MD 20783

301.445.4508

PARKS DIRECT: SPD-SPEC-GA-20240802C

Laurel-Beltsville Senior Activity Center

7120 Contee Road - Laurel, MD 20707

301.206.3350

PARKS DIRECT: SPD-SPEC-GA-20240802A



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-Friday). Individuals who are 60 & better can reserve a meal by contacting 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 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 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.pgparcs.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.pgparcs.com, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.