

Camp Springs Senior Activity Center

Activity Calendar for FALL 2026: September, October, & November



HOURS OF OPERATION:

Monday – Friday 9 am-4:30 pm

Saturday – 9 am-1 pm

SCHEDULED FALL CLOSURES:

Monday, September 7, 2026: Labor Day

Thursday, November 26, 2026: Thanksgiving

Friday, November 27, 2026: Employee Appreciation Day

Fall 2026 Registration

- **Registration begins Wednesday, August 12, 2026, at 9 am for Residents (R) only.**
- The center will open at **9 am on Wednesday, August 12** to assist with registration.
- The Computer Lab will also open at **9:00 am for ONLINE registration.**
- **Registration begins Wednesday, August 19, 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.

Email: CampSpringsSeniors@pgparks.com

6420 Allentown Road – Camp Springs, Maryland 20748

Phone: 301.449.0490 Fax: 301.449-6298 Maryland Relay: 711

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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, a printer and a piano for PGCC SAGE class
- Maryland Dance Room with wood floor and mirrored walls
- Chesapeake Room designed for classroom instruction as well as arts and crafts classes
- 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

- 100% refunds are issued when M-NCPPC/CSSAC cancels an activity.
- All other refunds are subject to a 20% refund administrative fee.
- All withdrawal/refunds from an activity may be processed at the facility offering the activity.
- CSSAC Facility Management must approve, and process all requested refunds.
- Refunds MUST be requested prior to the end of the course. Refunds will NOT be issued once the course has ended.
- Refunds for trip withdrawals will be issued only if the spot can be resold.
- Credits nor refunds will be issued for classes missed by the participant.
- Cash refunds are not allowed.
- 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.

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, 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, click on “news” scroll down to the bottom and click on PGPARKS ALERTS.

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GENERAL INFORMATION

IMPORTANT PHONE NUMBERS:

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

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 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 the 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. Every patron should have at least one emergency contact, but two emergency contacts are preferred.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out M-NCPPC Volunteer opportunities www.pg parks.com Go to www.pg parks.com, click on "Get Involved" scroll down to the bottom and click on "Volunteer Opportunities".

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REGISTRATION TIPS

To help registration 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!** 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. 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 Registration by learning how to REGISTER ON-LINE using www.pgparksdirect.com. Join us for a special session:

Parks Direct Workshop: **Friday, November 6, 2026, 12:30 pm –1:30 pm** Potomac Room Computer Lab
Activity Code: 14505-511C

Bring your user ID and password for your parksdirect.com account. If a first-time user, go to 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.

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Fall 2026 Class List

CLASS	DATES	TIME	ROOM	ACTIVITY CODE AND/OR SECTION	FEE	NOTES
AARP Defensive Driving	Thurs. Sep. 3	9:30am-2:30pm	Chesapeake Room	Fall A	\$20 for AARP Members; \$25 for AARP Non-Members	Call Rose Hobson @ 301-736-1565 to register
AARP Defensive Driving	Thurs. Oct. 1	9:30am-2:30pm	Chesapeake Room	Fall B	\$20 for AARP Members; \$25 for AARP Non-Members	Call Rose Hobson @ 301-736-1565 to register
AARP Defensive Driving	Thurs. Nov. 5	9:30am-2:30pm	Chesapeake Room	Fall C	\$20 for AARP Members; \$25 for AARP Non-Members	Call Rose Hobson @ 301-736-1565 to register
AARP Defensive Driving	Sat. Sep. 26	9:30am-1:00pm	Chesapeake Room	Fall D	\$20 for AARP Members; \$25 for AARP Non-Members	Call Rose Hobson @ 301-736-1565 to register
AARP Defensive Driving	Sat. Oct. 24	9:30am-1:00pm	Chesapeake Room	Fall E	\$20 for AARP Members; \$25 for AARP Non-Members	Call Rose Hobson @ 301-736-1565 to register
Computer Skills: Level 1	Mon. and Wed. Sep. 14 - Sep. 23	12:15-2:15pm	Potomac Room	14501-511A	\$20 R \$26 NR	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.
Computer Skills: Level 1	Mon. and Wed. Oct. 5 – Oct. 14	12:15-2:15pm	Potomac Room	14501-511B	\$20 R \$26 NR	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.
Computer Skills: Level 1	Mon. and Wed. Nov. 2 - Nov. 16	12:15-2:15pm	Potomac Room	14501-511C	\$20 R \$26 NR	Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.

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Computer Skills: Parks Direct	Fri. Sep. 18	12:30- 1:30pm	Potomac Room	14505- 511A	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.
Computer Skills: Parks Direct	Fri. Oct.9	12:30- 1:30pm	Potomac Room	14505- 511B	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.
Computer Skills: Parks Direct	Fri. Nov. 6	12:30- 1:30pm	Potomac Room	14505- 511C	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.
Belly Dance	Sat. Sep. 5 - Sep.26	11:45am - 12:30pm	Maryland Room	17522- 511A	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.
Belly Dance	Sat. Oct. 3 – Oct. 24	11:45am - 12:30pm	Maryland Room	17522- 511B	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.
Belly Dance	Sat. Nov. 7 - Nov. 28	11:45am - 12:30pm	Maryland Room	17522- 511C	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.

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Exercise: Total Body Workout	Mon. and Fri. Sep. 4 - Sep. 28	10:30-11:15am	Multi-purpose Room	17517-511A	\$14 R \$18 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.
Exercise: Total Body Workout	Mon. and Fri. Oct. 2 - Oct. 26	10:30-11:15am	Multi-purpose Room	17517-511B	\$16 R \$21 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy. No class October 9 and 30, 2026.
Exercise: Total Body Workout	Mon. and Fri. Nov. 2 - Nov. 30	10:30-11:15am	Multi-purpose Room	17517-511C	\$18 R \$24 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.
Exercise: Total Body Workout	Mon. and Fri. Sep. 4 - Sep. 28	11:30am - 12:15pm	Multi-purpose Room	17517-511D	\$14 R \$18 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.
Exercise: Total Body Workout	Mon. and Fri. Oct. 2 - Oct. 26	11:30am - 12:15pm	Multi-purpose Room	17517-511E	\$16 R \$21 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.

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Exercise: Total Body Workout	Mon. and Fri. Nov. 2 - Nov. 30	11:30am - 12:15pm	Multi-purpose Room	17517-511F	\$18 R \$24 NR	Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.
Exercise: Drum and Tone	Fri. Sep. 4	1:00-2:00pm	Maryland Room	17546-511A	\$5 R \$7 NR	Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.
Exercise: Drum and Tone	Fri. Oct. 2	1:00-2:00pm	Maryland Room	17546-511B	\$5 R \$7 NR	Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.
Exercise: Drum and Tone	Fri. Nov. 6	1:00-2:00pm	Maryland Room	17546-511C	\$5 R \$7 NR	Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and have a great workout, working all muscle groups.
Hand Dance Contemporary: Beginner	Mon. Sep. 14 - Nov. 30	11:00am - 12:30pm	Maryland Room	23510-511A	\$54 R \$71 NR	Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area. Come out and learn some contemporary steps: travel and walk, walk with a ½ left turn and right pass using the basic six count step, plus hand dance etiquette in these 12-week classes.
Hand Dance Contemporary: Intermediate	Mon. Sep. 14 - Nov. 30	12:30-2:00pm	Maryland Room	23510-511B	\$54 R \$71 NR	Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area. Come out and learn some contemporary steps: travel and walk, walk with a ½ left turn and right pass using the basic six count step, plus hand dance etiquette in these 12-week classes.

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Exercise: Hula Hoop	Wed. Sep. 2 - Sep. 30	1:30- 2:30pm	Multi- purpose Room	17548- 511A	\$16 R \$21 NR	Hula Hoop is a low-impact, cardiovascular and core-strengthening workout that improves flexibility, balance, and coordination. You will learn to use your hips to keep the hoop spinning around your waist. Bring your own hoop or use one of CSSAC's.
Exercise: Hula Hoop	Wed. Oct. 7 – Oct. 28	1:30- 2:30pm	Multi- purpose Room	17548- 511B	\$16 R \$21 NR	Hula Hoop is a low-impact, cardiovascular and core-strengthening workout that improves flexibility, balance, and coordination. You will learn to use your hips to keep the hoop spinning around your waist. Bring your own hoop or use one of CSSAC's.
Exercise: Hula Hoop	Wed. Nov. 4 - Nov. 25	1:30- 2:30pm	Multi- purpose Room	17548- 511C	\$16 R \$21 NR	Hula Hoop is a low-impact, cardiovascular and core-strengthening workout that improves flexibility, balance, and coordination. You will learn to use your hips to keep the hoop spinning around your waist. Bring your own hoop or use one of CSSAC's.
Line Dance	Wed. Sep. 2 - Sep. 30	9:30- 11:30am	Maryland Room	23501- 511A	\$15 R \$20 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
Line Dance	Wed. Oct. 7 – Oct. 28	9:30- 11:30am	Maryland Room	23501- 511B	\$15 R \$20 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
Line Dance	Wed., Nov. 4 - Nov. 25	9:30- 11:30am	Maryland Room	23501- 511C	\$15 R \$20 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
Line Dance	Sat. Sep. 5 - Sep. 26	9:15- 11:15am	Maryland Room	23501- 511D	\$11 R \$15 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
Line Dance	Sat. Oct. 3 – Oct. 24	9:15- 11:15am	Maryland Room	23501- 511E	\$15 R \$20 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.

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Line Dance	Sat. Nov. 7 – Nov. 28	9:15- 11:15am	Maryland Room	23501- 511F	\$15 R \$20 NR	Line dancing is a low-impact, aerobic exercise that involves choreographed steps performed without a partner, promoting physical and mental well-being.
Exercise: Low Impact Aerobics	Wed. Sep. 2 – Sep. 30	9:30- 10:30am	Multi- purpose Room	17521- 511A	\$16 R \$21 NR	This fun low-impact aerobics class is specifically designed to be a safe, joint-friendly form of cardiovascular exercise used with chairs, as well as in standing positions to improve health without excessive stress on joints.
Exercise: Low Impact Aerobics	Wed. Oct. 7 – Oct. 28	9:30- 10:30am	Multi- purpose Room	17521- 511B	\$16 R \$21 NR	This fun low-impact aerobics class is specifically designed to be a safe, joint-friendly form of cardiovascular exercise used with chairs, as well as in standing positions to improve health without excessive stress on joints.
Exercise: Low Impact Aerobics	Wed. Nov. 4 – Nov. 25	9:30- 10:30am	Multi- purpose Room	17521- 511C	\$16 R \$21 NR	This fun low-impact aerobics class is specifically designed to be a safe, joint-friendly form of cardiovascular exercise used with chairs, as well as in standing positions to improve health without excessive stress on joints.
Quilting All Levels	Fri. Sep. 4 – Sep. 25	1:00- 3:00pm	Chesapeake Room	15504- 511A	\$18 R \$21 NR	Beginners will learn basic quilting skills, knowledge of quilting tools and how to complete a quilt. Participants will make a 6-block mini quilt. Supply list available from instructor. Ok to attend 1st class without all supplies to see exactly what's needed.
Quilting All Levels	Fri. Oct. 2 – Oct. 23	1:00- 3:00pm	Chesapeake Room	15504- 511B	\$24 R \$32 NR	Beginners will learn basic quilting skills, knowledge of quilting tools and how to complete a quilt. Participants will make a 6-block mini quilt. Supply list available from instructor. Ok to attend 1st class without all supplies to see exactly what's needed.
Quilting All Levels	Fri. Nov. 6 – Nov. 20	1:00- 3:00pm	Chesapeake Room	15504- 511C	\$18 R \$21 NR	Beginners will learn basic quilting skills, knowledge of quilting tools and how to complete a quilt. Participants will make a 6-block mini quilt. Supply list available from instructor. Ok to attend 1st class without all supplies to see exactly what's needed.

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Sewing	Tues. Sep. 22	10:00am - 12:00pm	Chesapeake Room	15501- 511A	\$12 R \$16 NR	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
Sewing	Tues. Oct. 13 and Oct. 27	10:00am - 12:00pm	Chesapeake Room	15501- 511B	\$24 R \$32 NR	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
Sewing	Tues. Nov. 10	10:00am - 12:00pm	Chesapeake Room	15501- 511C	\$12 R \$16 NR	Individuals will learn the art of sewing and basic techniques to increase their skill level. A supply list for this class will be provided during the first class.
Sign Language (Level 1)	Mon. and Fri. Sep. 4 - Sep. 28	11:30am - 12:30pm	Chesapeake Room	20501- 511A	\$9 R \$12 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
Sign Language (Level 1)	Mon. and Fri. Oct. 5 – Oct. 30	11:30am - 12:30pm	Chesapeake Room	20501- 511B	\$12 R \$16 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
Sign Language (Level 1)	Mon. and Fri. Nov. 2 - Nov. 30	11:30am - 12:30pm	Chesapeake Room	20501- 511C	\$12 R \$16 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
Sign Language (Level 2)	Mon. and Fri. Sep. 4 - Sep. 28	10:00- 11:15am	Chesapeake Room	20501- 511D	\$9 R \$12 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
Sign Language (Level 2)	Mon. and Fri. Oct. 5 – Oct. 30	10:00- 11:15am	Chesapeake Room	20501- 511E	\$12 R \$16 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)
Sign Language (Level 2)	Mon. and Fri. Nov. 3 - Nov. 28	10:00- 11:15am	Chesapeake Room	20501- 511F	\$12 R \$16 NR	Students will study advanced principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL)

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Smart Devices: Seniors	Mon. and Thurs. Sep. 14 - Sep. 28	9:30- 10:30am	Potomac Room	14506- 511A	\$13 R \$17 NR	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.
Smart Devices: Seniors	Mon. and Thurs. Oct. 5 - Oct. 29	9:30- 10:30am	Potomac Room	14506- 511B	\$20 R \$26 NR	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.
Smart Devices: Seniors	Mon. and Thurs. Nov. 2 - Nov. 30	9:30- 10:30am	Potomac Room	14506- 511C	\$20 R \$26 NR	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.
Stretch & Tone	Thurs. Sep. 3 - Sep. 24	11:30am - 12:30pm	Multi- purpose Room	17501- 511A	\$12 R \$16 NR	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.
Stretch & Tone	Thurs. Oct. 1 – Oct. 22	11:30am - 12:30pm	Multi- purpose Room	17501- 511B	\$16 R \$21 NR	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.
Stretch & Tone	Thurs. Nov. 5 - Nov. 19	11:30am - 12:30pm	Multi- purpose Room	17501- 511C	\$12 R \$16 NR	This gentle low-impact class is designed to help older adults improve flexibility, maintain muscle tone and enhance balance for safer daily movement.

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Intro to Weights and Machines: Strength Training	Mon. and Wed. Sep. 2 - Sep. 30	9:30–10:30am	Terrapin F17503	17503-511A	\$18 R \$24 NR	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.
Intro to Weights and Machines: Strength Training	Mon. and Wed. Oct. 5 – Oct. 28	9:30–10:30am	Terrapin Fitness Room	17503-511B	\$20 R \$26 NR	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.

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Intro to Weights and Machines: Strength Training	Mon. and Wed. Nov. 2 - Nov. 25	9:30–10:30am	Terrapin Fitness Room	17503-511C	\$20 R \$26 NR	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.
Intro to Weights and Machines: Strength Training	Mon. and Wed. Sep. 2 - Sep. 30	11:00am - 12:00pm	Terrapin Fitness Room	17503-511D	\$18 R \$24 NR	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.

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Intro to Weights and Machines: Strength Training	Mon. and Wed. Oct. 5 – Oct. 28	11:00am - 12:00pm	Terrapin Fitness Room	17503-511E	\$20 R \$26 NR	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.
Intro to Weights and Machines: Strength Training	Mon. and Wed. Nov. 2 - Nov. 25	11:00am - 12:00pm	Terrapin Fitness Room	17503-511F	\$20 R \$26 NR	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.
Yoga (Gentle)	Tues. Sep. 1 - Sep. 29	9:30-10:30am	Multi-purpose Room	17504-511A	\$20 R \$26 NR	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.

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Yoga (Gentle)	Tues. Oct. 6 – Oct. 27	9:30- 10:30am	Multi-purpose Room	17504- 511B	\$20 R \$26 NR	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.
Yoga (Gentle)	Tues. Nov. 3 - Nov. 24	9:30- 10:30am	Multi-purpose Room	17504- 511C	\$20 R \$26 NR	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.
Yoga: Yin Yoga and Yoga For Increased Strength	Thurs. Sep. 3 - Sep. 24	9:30- 10:30am	Multi-purpose Room	17504- 511D	\$15 R \$20 NR	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!
Yoga: Yin Yoga and Yoga For Increased Strength	Thurs. Oct. 8 - Oct. 29	9:30- 10:30am	Multi-purpose Room	17504- 511E	\$20 R \$26 NR	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!

Camp Springs Senior Activity Center

Yoga: Yin Yoga and Yoga For Increased Strength	Thurs. Nov. 5 - Nov. 19	9:30- 10:30am	Multi-purpose Room	17504- 511F	\$15 R \$20 NR	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!
Yoga: (Virtual Chair)	Mon. Sep. 14 - Sep. 28	12:30- 1:30pm	Virtual	31515- 511A	\$8 R \$10 NR	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.
Yoga: (Virtual Chair)	Mon. Oct. 5 – Oct. 26	12:30- 1:30pm	Virtual	31515- 511B	\$10 R \$13 NR	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.
Yoga: (Virtual Chair)	Mon. Nov. 2 - Nov. 23	12:30- 1:30pm	Virtual	31515- 511C	\$10 R \$13 NR	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.

Camp Springs Senior Activity Center

FALL 2026 SPECIAL EVENTS

SEPTEMBER

Healthy Eating Demo with Chef Roz

Social Room

Tuesday, September 1

11am-12pm

FEE: FREE

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260901

Join Chef Roz as she prepares a nutritious and flavorful meal featuring lean protein and vegetables, demonstrating simple techniques for creating a healthy, balanced dish that supports overall wellness.

Coffee and Conversation

Blue Heron Room

Wednesday, September 2

10-11am

FEE: FREE

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260902

Share your ideas for classes, activities, events and movies for the upcoming season.

Enjoy a cup of coffee while we use this time together to discuss, evaluate and plan for future happenings at Camp Spring Senior Activity Center.

Feel the Beat, Move Your Feet—The Encore

Multi-Purpose Room

Thursday, September 3

2-3:30pm

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

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260903

Welcome fall while drumming and dancing to the beat of traditional African music. The African Dance Ensemble will bring the spirit of unity alive once again with vibrant drumbeats and dynamic African based dance performances. You'll have the chance to participate and experience the rhythms for yourself. Afterwards enjoy light refreshments.

Grandparent's Day Luncheon

Multipurpose Room

Tuesday, September 15

12-2pm

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

PARKS DIRECT CODE: CSSAC-SPEC-GA-20260915

We are celebrating all grandparents and those seniors filling the roll of grandparent in a young person's life. Join us for a light lunch as we honor you with poetry, love, and heartfelt appreciation. After all, you create lasting memories by reading stories, sharing family history, offering encouragement, and sometimes letting grandchildren get away with things their parents never could!

Camp Springs Senior Activity Center

Coffee With A Cop – Our Park Police

Monday, September 21

Social Room

11am-12pm

FREE

PARKS DIRECT CODE: 20515-511A

The M-NCPPC Park Police do more than protect and monitor parks and facilities in Prince George's County. They actively connect with the community through meaningful conversations. And believe it or not, seniors are one of their favorite demographics to engage with!

So, grab a hot drink and join us in meeting our Southern Area Park Police. This is your opportunity to ask questions, share concerns, and get to know the officers who serve your community.

Medstar Blood Pressure Readings

Tuesday, September 22

Blue Heron

10am-1pm

FREE

PARKS DIRECT CODE: 20515-511H

Maintaining healthy blood pressure is vital for overall health and wellness. Do you know your numbers? A healthy blood pressure range can make a big difference in reducing the risk of heart disease and stroke. Register today and stop by to have your blood pressure monitored by the medical professionals from MedStar. Take a simple step towards better health; you'll be glad you did!

Medicare 101: Understanding Your Options

Tuesday, September 29

Social Room

11am-12pm

FREE

PARKS DIRECT CODE: 20515-511B

A beginner-friendly overview of Medicare Parts A, B, C, and D, including common enrollment mistakes, penalties, and ways to better understand healthcare costs during retirement. This educational session is designed to assist participants in making informed decisions.

Camp Springs Senior Activity Center

ACTIVE AGING WEEK SEPTEMBER 14 -18

Enjoy **FREE** activities for ages 60 and better!

You are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity and stay active by participating in **FREE** Active Aging Week activities throughout Prince George's County.

Board Games, Cards and More

Monday, September 14

Blue Heron Room

12:30-2:30pm

FREE

PARKS DIRECT CODE: 26501-511A

Challenge your strategic, memory and thinking skills as the CSSAC staff leads you in a variety of board games, card games and more!

Your Body in Motion

Wednesday, September 16

Multipurpose Room

11:30am-12:30pm

FREE

PARKS DIRECT CODE: 17517-511G

Motion is the lotion to keep your body moving. So, join Ms. Pat as she provides a total body workout for active seniors.

If I Were A Drummer

Thursday, September 17

Maryland Room

1-2pm

FREE

PARKS DIRECT CODE: 17546-511D

You will be a drummer for an hour today. So, get ready to beat on our special drums and move your feet to the rhythms of Go Go and R&B music. Ms. Betty will show you how toning never felt so good, as you blend your movement to music.

Line Dancing

Friday, September 18

Maryland Room

9:30-10:30am

FREE

PARKS DIRECT CODE: 23501-511G

Get down on the get down with Ms. Pat D, as she leads you step by step in various line dances. Bring your fan and whistles with you! It's gonna be a party with a purpose!

2026 Senior Cookout & Fitness Day

Friday, September 18

Watkins Regional Park

10am-2pm

FREE

PARKS DIRECT CODE: TBD

Continue the fun with outdoor games, dancing and eating at Watkins Regional Park. Transportation to the park is on your own.

Camp Springs Senior Activity Center

FALL 2026 SPECIAL EVENTS

OCTOBER

Park Rangers 101

Social Room

FREE

PARKS DIRECT CODE: 20515-511C

Interested in learning about the M-NCPPC Park Rangers and how they fit into the Commission's structure? Join us to gain a better understanding of the Park Ranger Program, the vital role Park Rangers play in supporting safe, enjoyable park experiences, and how they collaborate with other departments across the Commission. This session will provide valuable insight into their contribution to M-NCPPC's mission of stewardship, recreation, and public service.

Wednesday, October 7

11am-12pm

Breast Cancer – Finding Your Joy

Multipurpose Room

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

PARKS DIRECT CODE: CSSAC-SPEC-GA-20261009

Like butterflies, Breast Cancer Survivors find new life and beauty in their journey. Join us as we celebrate these inspiring survivors and enjoy performances that highlight their joy through dance, poetry, and the empowering journey of embracing a new normal. If you are a breast cancer survivor and would like to strut your stuff on the Pink Walkway, please sign up in the CSSAC office. Lunch will be served.

Friday, October 9

12-2pm

Healthy Teas and Herbs

Social Room

FREE

PARKS DIRECT CODE: 20515-511D

Please join us for a hands-on presentation to learn about herbs for food and medicine, and how women, free and enslaved, used herbs and tea. Seniors will make sachets, and infusers following the presentation. Space is limited.

Wednesday, October 14

10:30am-12pm

Beyond Medicare: Managing Healthcare Expenses

Social Room

FREE

PARKS DIRECT CODE: 20515-511E

Attend this session to learn strategies to mitigate out-of-pocket medical expenses, how to better manage your healthcare finances and achieve greater peace of mind.

Wednesday, October 21

1-2pm

Camp Springs Senior Activity Center

Coffee and Conversation – Humana Health Topic
Social Room

Wednesday, October 28
10-11:30am

FREE

PARKS DIRECT CODE: 20515-511I

Join Humana healthcare professionals for an interactive discussion on important health topics. Enjoy complimentary coffee, participate in health-related games, and connect with others through meaningful conversation

Seniors Mix and Mingle Sneaker Masquerade
Multi-Purpose Room

Friday, October 30
1-3pm

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

PARKS DIRECT CODE: CSSAC-SPEC-GA-20261030

Wear your favorite masquerade mask with your coordinated tennis shoes. We will have music, ice breakers, table games, and light refreshments. Free door prizes for the first 10 gentlemen to arrive!

FALL 2026 SPECIAL EVENTS

NOVEMBER

Active Shooter Training
Social Room

Wednesday, November 4
11am-12pm

FREE

PARKS DIRECT CODE: 20515-511F

Join the Park Police for an educational session designed to help seniors prepare for an active shooter emergency. Participants will learn practical strategies for recognizing potential threats and how to react during a critical incident to protect themselves.

Camp Springs Senior Activity Center

2026 Senior Veterans Luncheon
Martin's Crosswinds
Greenbelt, MD

Friday, November 6
11am-1pm

TICKET CODE: SPD-SPEC-GA-20261106

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed.

To register, visit pgparksdirect.com and register for Ticket Code: SPD-SPEC-GA-20261106. Please bring your printed receipt for admission to the event. Deadline for registration is Friday, October 16.

Relieving Pain Naturally
Social Room
FREE

Wednesday, November 18
11am-12pm

PARKS DIRECT CODE: 20515-511G

Over the counter and prescription medications can help manage pain, but that may not be the preferred choice. There are natural remedies that may offer relief. Join Dr. Michelle as she shares practical ideas and approaches to help you manage pain naturally.

Lunch Time Saxophone Serenade
Multi-Purpose Room
FEE: FREE

Thursday, November 19
1:30-2:30pm

PARKS DIRECT CODE: CSSAC-SPEC-GA-20261119

It's the soothing sounds of the saxophone that will have you in a relaxed state of mind. So, enjoy light snacks while listening to music that will touch your heart and soul.

FALL 2026 RECURRING ACTIVITIES

Bingo
Social Room
FREE

10am – 12pm

PARKS DIRECT CODE: 26504-511A
PARKS DIRECT CODE: 26504-511B
PARKS DIRECT CODE: 26504-511C

Thursday, September 17
Thursday, October 15
Thursday, November 19

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.

Camp Springs Senior Activity Center

Birthday Celebration – Fall

1:30-3pm

Social Room

FREE

PARKS DIRECT CODE: 26507-511

Monday, November 16

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!

CSSAC Cinema

1-3:30 pm

Multi-Purpose Room

FREE

PARKS DIRECT CODE: 26604-511A

Friday, September 25

PARKS DIRECT CODE: 26604-511B

Friday, October 16

PARKS DIRECT CODE: 26604-511C

Friday, November 13

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.

Senior Craft Day

12:30-2:30pm

Chesapeake Room

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

PARKS DIRECT CODE: 15502-511A

Thursday, September 17

PARKS DIRECT CODE: 15502-511B

Thursday, October 22

PARKS DIRECT CODE: 15502-511C

Thursday, November 12

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.

FALL 2026 RECURRING TRIPS

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

10am-4pm

Camp Springs Senior Activity Center

Crofton, MD

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

PARKS DIRECT CODE: CSSAC-20260903

Thursday, September 3

PARKS DIRECT CODE: CSSAC-20261001

Thursday, October 1

PARKS DIRECT CODE: CSSAC-20261105

Thursday, November 5

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-20260901

Tuesday, September 1

PARKS DIRECT CODE: CSSAC-20261006

Tuesday, October 6

PARKS DIRECT CODE: CSSAC-20261117

Tuesday, November 17

Let's Eat! Join us as we visit a "surprise" 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-20260922 Cracker Barrel

Tuesday, September 22

PARKS DIRECT CODE: CSSAC-20261020 Famous Dave's

Tuesday, October 20

PARKS DIRECT CODE: CSSAC-20261119 All American Stk.

Thursday, November 19

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. The meal is at your own expense (average menu prices: \$10-45). Fees include transportation on an M-NCPPC activity bus.

FALL 2026 SPECIAL TRIPS

Park Ranger Archery

Wednesday, September 23

Bock Rd; Ft. Washington, MD

10am-3pm

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

PARKS DIRECT CODE: CSSAC-20260923

Discover the exciting sport of archery with M-NCPPC Park Rangers! In the "Archery With a Ranger" program, participants learn the fundamentals of safe bow-and-arrow use and more. Fee includes the lesson and transportation on an M-NCPPC Activity Bus. Lunch afterward is at your own expense.

Camp Springs Senior Activity Center

Original Sewing and Quilt Expo
Fredericksburg, VA

Thursday, September 24
9am-3pm

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

PARKS DIRECT CODE: CSSAC-20260924

The Expo is a place to find the latest sewing and quilting techniques. Fee includes transportation aboard an M-NCPPC activity bus, class voucher and a shopping bag.

National's Ballpark Nats Vs Mets
Washington, DC

Friday, September 25
5-10pm

FEE: \$90 (R) \$117 (NR)

PARKS DIRECT CODE: CSSAC-20260925

Join us for an exciting trip to Nationals Park as the Washington Nationals take on the New York Mets! Don't miss your chance to be part of the action! Fee includes the ticket to the game and transportation on an M-NCPPC Activity Bus. Meals and snacks are at your own expense.

Toby's – Donna Summer
Columbia, MD

Wednesday, September 30
9:30am-4:30pm

FEE: \$93 (R) \$121 (NR)

PARKS DIRECT CODE: CSSAC-20260930

Her songs BROKE EVERY RECORD and Donna Summer shot to stardom from gospel choir to dance floor diva. Come and enjoy 20 of Summer's classic hits including: "Love to Love You Baby," "Bad Girls," and "Hot Stuff. Fee includes Buffet Lunch, transportation and show.

Please note: Fog, haze and strobe effects may be used in this production.

Bladensburg Waterfront Boat Ride
Bladensburg, MD

Tuesday, October 13
10am-4pm

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

PARKS DIRECT CODE: CSSAC-20261013

Join us as we travel down the Anacostia River. The fall foliage should be beautiful; the waters tranquil and we'll supply warm apple cider. Bring your homemade packed lunch and a cozy lap blanket while you enjoy a relaxing afternoon on a covered pontoon boat! Fee includes transportation, boat fee and yummy warm apple cider.

Camp Springs Senior Activity Center

**Step Afrika – Arena Stage
Washington, D.C.**

**Wednesday, October 28
11am-4pm**

FEE: \$70 (R); \$91 (NR)

PARKS DIRECT CODE: CSSAC-20261028

Step Afrika blends percussive dance styles practiced by historically African American fraternities and sororities; and traditional African dances. The integration of songs, storytelling, humor and audience participation makes each performance unique. Fee includes show and transportation on an M-NCPPC activity bus.

**MGM Casino
Oxon Hill, MD**

**Thursday, November 3
11am-3pm**

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

PARKS DIRECT CODE: CSSAC-20261103

Join us for an exciting day of fun and entertainment as we take a trip to the renowned MGM Casino! You can try your luck at the slots, enjoy a delicious meal, or simply soak in the vibrant atmosphere, there's something for everyone to enjoy. Fee includes transportation on an M-NCCPC activity us. Lunch is at your own expense.

**US National Arboretum
Washington, DC**

**Tuesday, November 10
10am-3pm**

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

PARKS DIRECT CODE: CSSAC-20261110

Come with us and discover a stunning collection of plants and Instagram-worthy sights at this free outdoor museum. The gorgeous 446-acre property makes for an inspiring and visually captivating visit that we're sure you'll enjoy. Fee includes transportation on an M-NCCPC activity us. Lunch is at your own expense.

**Accokeek Thanksgiving Luncheon
Accokeek, MD**

**Tuesday, November 24
10am-4pm**

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

PARKS DIRECT CODE: CSSAC-20261124

Join the volunteers at Accokeek Fire Department as they provide a free delicious lunch to the seniors of Prince Georges County. The service and meals are an excellent start to kick off the grateful season of Thanksgiving The fee includes transportation on a M-NCPPC Activity Bus.

Camp Springs Senior Activity Center

CLUB DIRECTORY

Club Name	Room	Day/Date	Time	Fee
Book Club	Potomac	Third Thursday	10:30am-12pm	FREE
Cards-Bid Whist	Chesapeake	Tuesday	1-4pm	FREE
Chess Club	Blue Heron	Monday	1-2pm	FREE
Crochet & Knitting	Social	Tuesday and Thursday	10am-12pm	FREE
Glee Club	Potomac	Second and Last Thursday	11am-1pm	FREE
Financial Literacy & Investment Club	Potomac	Friday	2:30-3:30pm	FREE
Inspiration	Maryland	Tuesday	11am-12pm	FREE
Inspiration	Potomac	Friday	10-11am	FREE
Line Dance	Maryland	Monday	2-4pm	FREE
Line Dance	Maryland	Thursday	2-4pm	FREE
Paper Craft Art	Blue Heron	Monday	10am-12pm	FREE

BOOK CLUB FALL SELECTIONS

Date of Meeting	Meeting Room	Book Title	Book Author
September 17, 2026	Potomac	The Frozen River	Ariel Lawhon
October 15, 2026	Potomac	Judge Stone	James Patterson and Viola Davis
November 19, 2026	Potomac	Keeper of the Lost Children	Sadega Johnson

There is no activity codes associated with the Camp Springs Senior Activity Center Clubs. Also, the clubs maintain their own roster. The clubs invite interested Seniors to feel free to come to meetings as designated in the Club Directory above. Each club has a point of contact given to the CSSAC Office. However, please feel free to call the front desk on 301-449-0490 to confirm that the club is meeting.