

SAARC Senior Program



Southern Area Aquatics & Recreation Complex

13601 Missouri Avenue – Brandywine, Maryland 20613

301.782.1442

TTY: 301.699.2544



September, October, & November

SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, September 7, 2026: Labor Day (center closing at 4 pm)

Thursday, November 26, 2026: Thanksgiving

Friday, November 27, 2026: Employee Appreciation Day



SAARC HOURS OF OPERATION

Sunday	10 am-5 pm
Monday – Friday	6 am-9 pm
Friday	6 am-7 pm 7-10 pm - Teen Night
Saturday	8 am-5 pm 7-10 pm - Teen Night

SAARC POOL HOURS OF OPERATION

Sunday	10 am-5 pm
Monday – Friday	6 am-5 pm / 5:30-8:30 pm
Saturday	8 am-5 pm

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

Fall 2026 Registration

- Registration begins **Wednesday, August 12, 2026**, at 9 am for Residents (R) only. The front desk staff will be available to assist with registration.
- Registration begins on **Wednesday, August 19, 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 are 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.



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 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	REGISTER	FEE (R); (NR)
Sewing <i>w/ Tisha Thorn</i>	<u>Monday</u> Sep 14-21 Oct 12-19 Nov 16 & 30	9:30-11:30 am	MP Rm B & C	15501 575A 575B 575C	\$24; \$32
Quilting <i>w/ Tisha Thorn</i>	<u>Monday</u> Sep 14-21 Oct 12-19 Nov 16 & 30	Noon-2 pm	MP Rm B & C	15504 575A 575B 575C	\$24; \$32
Exercise <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Oct 6-29 Nov 3-24	11 am-Noon	Group X Rm 1	17517 575A 575B 575C	\$28; \$37 \$24; \$30
Zumba Fit <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Oct 6-29 Nov 3-24	12:30-1:30 pm	Group X Rm 1	17529 575A 575B 575C	\$28; \$37 \$24; \$30
Yoga <i>(no chair)</i> <i>w/ Steve Wolf</i>	<u>Wednesday</u> Sep 2-23 Oct 7-28 Nov 4-25	11:15 am-12:15 pm	Group X Rm 1	17504 575A 575B 575C	\$22; \$29
Chair Yoga <i>(no chair)</i> <i>w/ Steve Wolf</i>	<u>Wednesday</u> Sep 2-23 Oct 7-28 Nov 4-25	12:30-1:30 pm	Group X Rm 1	17504 575D 575E 575F	\$22; \$29

Sponsored by Southern Recreation & Leisure Services

Spinning <i>w/ Tashsa</i>	<u>Monday & Wednesday</u> Sep 7-30 Oct 5-28 Nov 2-Dec 2	9:30-10:30 am	Spin Room	17540 575A 575B 575C 575G	\$36; \$47 \$36; \$47 \$45; \$59
Spinning <i>w/ Tashsa</i>	Sep 7-30 Oct 5-28 Nov 2-Dec 2	10:45-11:45 am	Spin Room	575D 575E 575F 575H	\$36; \$47 \$36; \$47 \$45; \$59

Sponsored by Camp Springs Senior Activity Center

Yoga <i>(no chair)</i> <i>w/ Steve Wolf</i>	<u>Monday</u> Sep 14-28 Oct 5-26 Nov 2-23	12:30-1:30 pm	Virtual	31515 511A 511B 511C	\$8; \$11 \$10; \$13 \$10; \$13
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SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
BINGO	<u>Tuesday</u> <i>except when seminars are planned</i>	11 am-1:30 pm	Multi-Purpose Rm A	Show Up Activity	FREE
Line Dance	<u>Friday</u>	9-10:30 am	Group X	Show Up Activity	FREE
Pickleball	<u>Tuesday & Thursday</u>	9 am-1 pm	Gym	Show Up Activity	FREE

- No classes – November 26-27 – Thanksgiving

SAARC Senior Program: Special Events

September

Pizza Party

FEE: \$5(R); \$7(NR) in Program Room B & C

Parks Direct: 30504-575A

Come enjoy a fun-filled afternoon with delicious pizza, great company, and good vibes! Wear your dancing shoes because DJ Ron will be on the turntable. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Thursday, September 3

11 am-12:30 pm

Fraud Awareness Seminar

FREE – MP Room A

Fraud awareness is the knowledge used to spot, stop, and report intentional deception. Key components include recognizing red flags, understanding common scam types, and knowing how to report suspicious activity. Come join us. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Thursday, September 10

11 am-Noon

Active Aging Week – Pickleball

FREE

Tuesday & Thursday, September 15 & 17

9 am-1 pm

This activity is an excuse to run around and have fun. Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. A fun game for all skill levels to enjoy! Please bring your own pickle paddle or one can be provided at the center.



Active Aging Week – Pool Party**Wednesday, September 16****FREE****Noon-2 pm**

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing soft drink and listen to some old school tunes. Aqua line dance class begins at 12:30-1 pm. See you there.

Active Aging Week – Sound Meditation & Sandwiches**Thursday, September 17****FREE****11:15 am-12:15 pm**

Sound meditation involves sitting quietly in which specific instruments produce sustained tones and vibrations that help the brain and body relax. Join us for an external auditory stimulus that the brain can follow, naturally guiding it into calmer states of consciousness. Come join us. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Forever Fit**Thursday, September 24****FREE – MP A & B****11 am-12:30 pm**

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

October

Outsmart the Scammers**Thursday, October 15****FREE – MP Room A****11 am-Noon**

Incidents of financial fraud are on the rise and are becoming increasingly harder to detect. While no one is immune, there are steps you can take to Outsmart the Scammers. Come join us. The sign-up sheet is in multi-purpose room A, Monday through Friday from 10 am-2 pm. Space is limited.

Fall Prevention Fitness with Gala**Tuesday, October 20****FREE in MP C****11-11:45 am**

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

Coffee and Conversation**Thursday, October 22****FREE in MP A****11 am-Noon**

We invite you to join us as we connect over a cup of coffee. Be prepared to have open discussion and SAARC Senior Program improvements. Your thoughts and ideas are welcomed.

Fall Prevention Fitness with Gala**Tuesday, October 20****FREE in MP C****11-11:45 am**

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

Disco Darty

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

PARKS DIRECT: SAARC-SPEC-GA-20261030

Disco is not dead! Join us and grove to the dazzling sounds of 70s Disco. Lunch will be served and a live band will jam. So, put on your bell bottoms, hip huggers, platform shoes and prepare to get down on it. Can you dig it? Don't miss the fun! Seats are limited. Doors open at 10:30 am.

Friday, October 30

11 am-1:30 pm

November

Fall Prevention Fitness with Gala

FREE in Program Room B

Tuesday, November 17

11-11:45 am

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

Lunchtime Listening Concerts Series

First Wednesday of the month, 11 am-1 pm – Tickets \$5

September 2	ACHD-SPEC-GA-20260902	Maxwell Street
October 7	ACHD-SPEC-GA-20261007	Costas Colectivo
November 4	ACHD-SPEC-GA-20261104	Sharon Rae North, Vocals
December 2	ACHD-SPEC-GA-20261202	Kevin Howard, Keys
January 6	ACHD-SPEC-GA-20260106	The Love-Joy Group
February 3	ACHD-SPEC-GA-20260203	Just the 2 of Us
March 3	ACHD-SPEC-GA-20260303	Les Amores
April 7	ACHD-SPEC-GA-20260407	Muneer Nasser, Trumpet
May 5	ACHD-SPEC-GA-20260505	DC Mariachi Group
June 2	ACHD-SPEC-GA-20260602	Groove Spot

SAARC Senior Program: Trips

The mode of transportation is usually an 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 accommodation, please notify the SAARC Senior team two weeks in advance.
- When feet are displayed next to a trip or activity, it means there is a lot of walking. 
- **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.**

BON APPETIT: Mystery Restaurant**FEE: \$10****Parks Direct: SAARC-20251008****Parks Direct: SAARC-20251112****11 am-2 pm****Thursday, October 8****Thursday, November 12**

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. The meal is at your own expense (average menu prices: \$15-35). Fee includes transportation on the M-NCPPC Activity Bus.

Seafood Festival**FEE: \$15(R); \$20(NR)****Parks Direct: SAARC-20260912****Saturday, September 12****11-2 pm**

We Marylanders are modest folks, except when it comes to our seafood. There's no better way to celebrate that than by attending this seafood festival at Sandy Point State Park in Annapolis. Fee includes a ticket to the festival and transportation on the M-NCPPC Activity Bus. Meals at your own expense.

Westminster Blues Night, Washington, DC**Fee: \$10(R); \$13(NR)****Parks Direct: SAARC-20260921****Monday, September 21****4:30-9:30 pm**

Enjoy some of the finest blues musicians in a safe, friendly environment. Pay at the door 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-\$20. Fee includes transportation on the M-NCPPC 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 NY Mets Baseball Game**FEE: \$90(R); \$117****PARKS DIRECT: SAARC-20260925****Friday, September 25****5-10 pm**

BATTER UP! Come cheer on our Washington Nationals as they try and defeat the New York Mets 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 4:30 pm for processing and departure. You may receive an email and/or telephone call if departure time changes or trip is cancelled.**

Dutch Farmers Market - Laurel, MD**Fee: \$10(R); \$13(NR)****Parks Direct: SAARC-20261001****Thursday, October 1****10:45 am-2 pm**

Do a little shopping, eat a nice meal, and purchase a little produce. The Amish Market is a great place to purchase your favorite produce, desserts, meats, and lots of other goodies. Let's have fun hanging out together. Meals at your own expense. Fee includes transportation on M-NCPPC Activity Bus.

Toby's Dinner Theater**Fee: \$93(R); \$121(NR)****Parks Direct: SAARC-20261014**

DONNA SUMMER: A girl from Boston with a voice from heaven, who shot to stardom from gospel choir to dance floor diva. She risked it all to break through barriers, becoming the icon of an era and the inspiration for every music diva who followed. With a score featuring more than 20 of Summer's classic hits including: "Love to Love You Baby," "Bad Girls," "Hot Stuff," and "Last Dance," this electric experience is a moving tribute to the voice of a generation. Please note fog, haze and strobe effects may be used in the production.

Wednesday, October 14**9:45 am-3:30 pm****Westminster Blues Night, Washington, DC****Fee: \$10(R); \$13(NR)****Parks Direct: SAARC-20261019**

Enjoy some of the finest blues musicians in a safe, friendly environment. Pay at the door 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-\$20. Fee includes transportation on the M-NCPPC 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.**

Monday, October 19**4:30-9:30 pm****Maryland Live & Arundel Mills Mall****FEE \$10(R); \$13(NR)****Parks Direct: SAARC-20261119**

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.

**Thursday, November 19****9:30 am-3 pm****Seniors Thanksgiving Meal****FEE: FREE****Parks Direct: SAARC-20261124**

The Accokeek Volunteer Fire Department will host a traditional Thanksgiving meal and dancing. The Volunteers were assisted by the Gentlemen of the Roscoe C. Cartwright Lodge 129, Ladies of the Marjorie T. Lancaster Chapter #84 O.E.S., and staff of Kreative Kreations Catering & Event Planning. From turkey to potatoes, ham to yams, pieces of cake to slices of pie, no one will leave hungry!

Tuesday, November 24**9:30 am-3 pm**

Explore the ARTS Performances

The 2026-2027 season is packed with inspiring opportunities to experience the arts. Below are the options provided by SAARC. Fee includes transportation on M-NCPPC activity bus and a ticket to the performance. You will receive an email and/or telephone call with details closer to the event.

HHAC-Harmony Hall Arts Center, PGPP-Publick Playhouse and MAC-Montpelier Arts Center

Sep 15	SAARC-20260915	Active Aging Talent Show	Free	HHAC	12-3 pm
Sep 19	SAARC-20260919	Save My Black Soul	\$27	HHAC	7:30-10 pm
Sep 26	SAARC-20260926	Tribute to the Godfather of Soul	\$30	HHAC	3-4:30 pm
Dec 5	SAARC-20261205	Motown Holiday	\$30	HHAC	3-5 pm
Feb 27	SAARC-20270227	Men of Soul	\$30	HHAC	8-10 pm
May 13	SAARC-20270513	Tribute to Donny Hathaway	\$20	MAC	12-1 pm

SAARC Senior Program: County Events

Senior Picnic and Fitness Day

Friday, September 18

FREE

10 am-2 pm

Location: Watkins Park



The Department of Family Services (DFS), in partnership with the M-NCPPC, Department of Parks and Recreation, is hosting the annual Senior Picnic and Fitness Day at Watkins Park. Prince George's County residents who are 60 years and older are encouraged to participate in this event that will feature dancing, fitness, food, and local vendors. **Registration is required to attend.**

More information and the registration link will be available soon.

2026 Senior Veterans Celebration

Friday, November 6

FREE

11 am-1 pm

SPD-SPEC-GA-20261106

Location: Martin's Crosswinds - Greenbelt, Maryland

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.

SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-904.8756
Legal Aid	800-896-4213 x7750
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

SENIOR NUTRITION PROGRAM

The Prince George's County Department of Family Services offers the Senior Nutrition Program (a nutritious, well balanced, healthy, hot lunch) Monday through Friday. Individuals who are 60 & better can reserve a meal by contacting the Nutrition Manager, Austin Simpson at (202) 904.8756 or by stopping by the SAARC Senior Social Room Monday-Friday between 10 am-1:30 pm.

Lunch Reservations: Lunch reservations are required a week in advance by contacting (202) 904.8756. The suggested donation is \$5. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring the exact change to cover your donation.

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

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

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

FOR YOUR INFORMATION

Moved? Number changed?

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

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out www.pgpcps.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.pgpcps.com, click on "news" scroll down to the bottom and click on PGPARKS ALERTS.