

# Camp Springs Senior Activity Center

## *Fall Calendar 2019*

*September, October, November*



*Welcome to*

*Camp Springs Senior Activity Center!*

### HOURS OF OPERATION:

Monday – Friday 9 am – 4:30 pm  
Saturday 9 am – 1 pm



*live more, play more*  
pgparks.com

### SCHEDULED CLOSURES:

Monday, September 2: Labor Day  
Monday, November 11: Veterans Day  
Thursday, November 28: Thanksgiving Day  
Friday, November 29: Employee Appreciation Day

*Please note: No classes will be held on scheduled center closure dates. Thank you.*

### FALL REGISTRATION

- Registration for Residents (R) begins Monday, August 12  
**Note:** The Center will open at 7 am on Monday August 12 for Fall registration.  
The Computer Lab will also open at 7 am for ONLINE registration.
- Registration for Non-Residents (NR) begins Monday, August 19.
- Registrations are accepted first come, first served.
- **Don't Wait and Be Too Late!** Register as soon as possible for each activity! A minimum number of registrants are required for most activities so do not wait until the last minute to register and find the activity filled or cancelled due to lack of registration.
- A Fee Assistance Program is available for residents who need financial help to participate in our classes and activities. 20% to 90% fee reduction maybe available based on individual or family level of need. Visit our website at [www.pgparks.com](http://www.pgparks.com) or ask our center staff for details.

**6420 Allentown Road • Camp Springs, Maryland 20748**  
**301-449-0490 Fax: 301-449-6298 TTY: 301-699-2544**

# Camp Springs Senior Activity Center

## Welcome to CSSAC where we hope you will enjoy our:

- Billiards Room with three pool tables, television and sound system.
- Social Room with television, refrigerator, coffee and games.
- Potomac Computer Room with 10 computers and a printer.
- Maryland Dance Room with wood floors and mirrored walls.
- Chesapeake Room with bingo equipment.
- Terrapin Fitness Room with cardio equipment, weights and mirrors.
- Blue Heron Classroom.
- Blue Crab Lunch Room where the Prince George's County, Department of Family Services Nutrition Program, serves lunch.



## Our Refund Policy:

1. 100% refunds are issued when M-NCPPC/CSSAC cancels an activity.
2. All other refunds are subject to a 20% refund administrative fee.
3. Withdrawal from an activity may be processed at any facility or online **AT LEAST 7 DAYS PRIOR** to the activity start date.
4. Withdrawal from an activity must be processed at the offering facility if **WITHIN 7 DAYS** of the activity start date.
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 per 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.

## Trip Transportation:

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

- **M-NCPPC Activity Bus** – Small, 15 passenger bus
- **Commission Bus** – Large 27 passenger white bus
- **Motor Coach Bus** – 40-50 passenger bus with restroom






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

## Trip Information:

Trip registrants are expected to return with the group to CSSAC following each trip.




**“Show Up” Events:** You do **NOT** have to register or sign up in advance for “Show Up” events! You simply “Show Up” at the designated time and location for the event. Just remember to scan your M-NCPPC Senior ID Card at the center’s front desk upon your arrival at the center.

# Camp Springs Senior Activity Center: CLASSES



CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>AARP Defensive Driving</b>	<u>Thursday</u> Sept 12 Oct 3, Nov 7	9:15 am – 1:45 pm	Chesapeake		\$15 AARP Members
	<u>Saturday</u> Sept 21, Oct 19, Nov 16	9:00 am – 1 pm			\$20 AARP Non-Members
Sharpen your driving skills. Must be 50 years or older. <b>Call Rose Hobson @ 301-736-1565 to register.</b> Check or money order accepted - no cash. Lunch is at your own expense.					
<b>Belly Dancing</b>	<u>Saturday</u> Sept 7 - Sept 28 Oct 5 - Oct 26 Nov 2 - Nov 23	11:30 am – 12:30 pm	Maryland	<b>17522</b> 511A 511B 511C	FREE
	 Let exotic music from around the world take you on a “magic carpet ride”. Learn how to belly dance and see how the movements allow your body to sway to the hypnotic rhythms of diverse cultures. 4 weeks				
<b>Computer Lab</b>	<u>Friday</u>	2 – 4 pm	Potomac	“Show Up Event”	FREE
	The Potomac Room Computer Lab is open for Seniors with basic computer skills and an M-NCPPC Senior ID Card. Check in at the front desk for room access.				
<b>Computer Level 1</b>	<u>Monday &amp; Wednesday</u> Sept 9- Sept 18 Sept 30- Oct 9 Oct 28- Nov 6	12:15 – 2:15 pm	Potomac	<b>14501</b> 511A 511B 511C	\$45 (R); \$59 (NR)
	 Learn about the parts of the computer system, keyboarding, mouse exercises, internet searches, terminology and setting up email accounts. 2 weeks				
<b>Computer Level 2</b>	<u>Monday &amp; Wednesday</u> Oct 14- Oct 23 Nov 18- Nov 27	12:15 – 2:15 pm	Potomac	<b>14502</b> 511A 511B	\$45 (R); \$59 (NR)
	Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. 2 weeks				







# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>Computer Workshop</b>  <b>Photo Management</b>	<u>Friday</u> Sept 27 Oct 25	12 – 2 pm	Potomac	<b>14511</b> 511A 511B	\$10 (R); \$13 (NR)
	Your phone is full of pictures! Now what? Learn how to download pictures from your mobile device to your computer, how to store them in folders; organize them in albums and more. Beginner level computer skills required.				
<b>Computer Workshop</b>  	<u>Friday</u> Nov 8	12 – 1 pm 1:15 – 2:15 pm	Potomac	<b>14505</b> 511A 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				
 <b>Creative Paper Crafting</b>	<u>Monday</u> Sept 9- Sept 30 Oct 7- Oct 28 Nov 4- Dec 2	10 am – 12 pm	Blue Heron	<b>15502</b> 511A 511B 511C	\$16 (R); \$21 (NR)
	Use your style and creativity to learn how to create three types of paper craft projects: greeting cards, mini photo albums and mini boxes. No experience necessary. Some supplies provided. Remaining <b>supply list</b> will be available at center's front desk. 4 weeks <b>No Class Nov 11</b>				
<b>Exercise Beginner (3 months)</b>    <b>Exercise Beginner (Monthly)</b>	<u>Mon, Wed &amp; Fri</u> Sept 4- Nov 27	11:15 am – 12 pm	Auditorium	<b>17517</b> 511A	\$30 (R); \$39 (NR)
	Time to get off the couch and start exercising! This class includes stretching and chair exercises, aerobic workout, strength training with weights and finishes with cool down exercises. Participants exercise at their own pace. 12 weeks <b>No Class Nov 11</b>				
	<u>Mon, Wed &amp; Fri</u> Sept 4- Sept 30 Oct 2- Oct 28 Oct 30- Nov 27	11:15 am – 12 pm	Auditorium	<b>17517</b> 511B 511C 511D	\$12 (R); \$16 (NR)
Same class as above offered on a monthly basis. 4 weeks <b>No Class Nov 11</b>					

# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE	
<b>Fitness Beginner (3 Months)</b> 	<u>Mon, Wed &amp; Fri</u> Sept 4- Nov 27	10:15 – 11 am	Auditorium	<b>17517</b> 511E	\$30 (R); \$39 (NR)	
	A slow-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 12 weeks <b>No Class Nov 11</b>					
	<u>Mon, Wed &amp; Fri</u> Sept 4- Sept 30 Oct 2- Oct 28 Oct 30- Nov 27	10:15 – 11 am	Auditorium	<b>17517</b> 511F 511G 511H	\$12 (R); \$16 (NR)	
<b>Fitness Beginner (Monthly)</b>	Same class as above offered on a monthly basis. 4 weeks <b>No Class Nov 11</b>					
<b>Fitness Intermediate (3 months)</b> 	<u>Mon, Wed &amp; Fri</u> Sept 4- Nov 27	9:15 – 10 am	Auditorium	<b>17517</b> 511I	\$30 (R); \$39 (NR)	
	A medium-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 12 Weeks <b>No Class Nov 11</b>					
	<u>Mon, Wed &amp; Fri</u> Sept 4- Sept 30 Oct 2- Oct 28 Oct 30- Nov 27	9:15 – 10 am	Auditorium	<b>17517</b> 511J 511K 511L	\$12 (R); \$16 (NR)	
<b>Fitness Intermediate (monthly)</b>	A medium-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. 4 weeks <b>No Class Nov 11</b>					
<b>Hand Dance Beginners</b>	Friday Sept 6-Oct 11	1:00-3:00 pm	Maryland	<b>23510</b> 511A	\$24(R) \$31(NR)	
	Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area in the early 1950s. Come out and learn the start of the dance, travel and walk, walk with a ½ left turn, left and right passes using the basic six count step, plus, hand dancing etiquette 6 week beginner class					
<b>Hand Dance Intermediate</b>	Friday Oct 18- Nov 22	1:00-3:00 pm	Maryland	<b>23510</b> 511B	\$24(R ; \$31(NR)	
	Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area in the early 1950s. Come out and learn some intermediate steps travel and walk, walk with a ½ left turn, left and right passes using the basic six count step, plus, hand dancing etiquette 6 week intermediate class					
<b>Line Dance Beginner Wednesday</b>	<u>Wednesday</u> Sept 4- Nov 20	9:30 – 11:30 am	Maryland	<b>23501</b> 511A	\$32 (R); \$41 (NR)	
	Join Lady Di to exercise your brain and body while learning today's popular line dances. For the novice line dancer - no previous experience necessary. 12 weeks.					

# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 <b>Line Dance Beginner Saturday</b>	<u>Saturday</u> Sept 7 - Sept 28 Oct 5 - Oct 26 Nov 2 - Nov 23	9:15 – 11:15 am	Maryland	<b>23501</b> 511B 511C 511D	\$12 (R); \$16 (NR)
	Join Patricia Duncan to exercise not only your body, but your mind as well. Recent studies have shown that choreographed dancing helps to reduce your risk of dementia. 4 weeks				
<b>Memory Café</b>	<u>Tuesday</u> Sept 17 Oct 22 Nov 19	2:15 – 4:15 pm	Blue Heron		FREE
	Experiencing early stage memory loss? Come enjoy a fun and relaxed setting while connecting with others affected by the disease. <b>Call Nancy Quarles @ 240-467-3833 to register.</b>				
<b>Total Fitness (3 months)</b> 	<u>Mon, Wed &amp; Fri</u> Sept 4- Nov 27	9 – 10:30 am	Blue Heron & Maryland	<b>17517</b> 511M	\$70 (R); \$91 (NR)
	A total body workout for active seniors. The class includes weight training, core workouts, flexibility and optional basic step aerobics. 12 weeks <b>No Class Nov 11</b>				
<b>Total Fitness (monthly)</b>	<u>Mon, Wed &amp; Fri</u> Sept 4- Sept 30 Oct 2- Oct 28 Oct 30- Nov 27	9 – 10:30 am	Blue Heron & Maryland	<b>17517</b> 511N 511O 511P	\$25 (R); \$33 (NR)
	Same class as above only offered on a monthly basis. 4 weeks <b>No Class Nov 11</b>				
<b>Piano Lab</b>	<u>Thursday</u>	2 – 4 pm	Potomac	“Show Up” Event	FREE
	The Potomac Room is open to Seniors for piano practice. An M-NCPPC Senior ID Card is required. Check in at the front desk for room access. First come, first served.				
<b>Quilting Level 1</b> 	<u>Friday</u> Sept 6- Nov 22	12:30 – 2:30 pm	Blue Heron	<b>15504</b> 511A	\$25 (R); \$33 (NR)
	Beginners will learn basic quilting skills and knowledge of quilting tools. Participants will make a 6 block mini quilt. Supply list at center’s front desk. Must have basic sewing skills. 12 weeks				
<b>Quilting Level 2</b>	<u>Wednesday</u> Sept 4- Nov 20	12:30 – 2:30 pm	Blue Heron	<b>15505</b> 511A	\$25 (R); \$33 (NR)
	Quilters will continue learning the art of quilting while learning new techniques to increase skill level by using half-square triangles, sashes, borders, corner squares, etc. 12 weeks.				

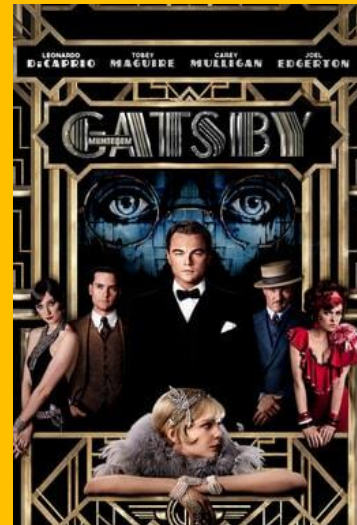
# MOVIE FRIDAY

12:15-2:30 pm

September 6 Creed II





October 11 Green Book

November 22 The Great Gatsby



**FREE!** Light Refreshments will be served  
An M-NCPPC Senior ID Card is required for this  
“Show Up” event – no registration required.

# Camp Springs Senior Activity Center: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
<b>Sign Language Level II</b> 	<u>Monday &amp; Wednesday</u> Sept 9- Nov 25	1:00 – 2:30 pm	Chesapeake	<b>20420</b> 511A	\$54 (R); \$70 (NR)
	Designed for students with some knowledge of American Sign Language ABC's, basic vocabulary and sentence structure. In this course, students will continue building vocabulary, sentence structure and grammar. Offered to ages 40 and better. 12 weeks <b>No class Nov 11</b>				
<b>Sign Language Level I</b>	<u>Tuesday</u> Sept 10- Oct 1	9:30-10:30 am	Blue Heron	<b>20501</b> 511A	\$12(R) \$15 (NR)
	Students will study basic principles of communication through non-verbal techniques, eye training, finger spelling and basic patterns of American Sign Language (ASL). For ages 40 or better.				
<b>Smart Gadgets</b> 	<u>Friday</u> Sept 6- Sept 27 Oct 4- Oct 25	9:30 – 1130 am	Blue Heron	<b>14506</b> 511A 511B	\$20 (R); \$26 (NR)
	Got a smartphone or 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. Class on Sept 6-Sept 27 will cover Smartphones. Class on Oct 4- Oct 25 will cover tablets.				
<b>Yoga</b> 	<u>Monday</u> Sept 9- Dec 2	10:45 am –12:15 pm 12:15 pm - 1:30 pm	Maryland	<b>17504</b> 511A 511B	\$45(R); \$ 58(NR)
	Designed specifically for seniors, this class focuses on gently stretching and toning muscles that are often neglected, but are important to keeping you healthy and mobile. Learn to relax with breathing and meditation techniques. 12 weeks <b>No class Nov 11</b>				
<b>Zumba</b> 	<u>Monday and Friday</u> Sept 9- Oct 4 Oct 7- Nov 1 Nov 4- Dec 6	11:30 am – 12:15 pm	Chesapeake & Maryland	<b>17529</b> 511A 511B 511C	\$30 (R); \$39(NR)
	This class is designed to introduce easy to follow Zumba choreography that focuses on balance, flexibility, cardiovascular and muscular conditioning .Come ready to sweat and prepare to leave empowered and feeling strong. All levels of fitness welcome as you exercise at your own pace. <b>No class Nov 11</b>				



*Sponsored by the Prince Georges County Health Department and Doctors Community Hospital*

# Wellness On Wheels

Mobile Health Clinic

Tuesday, September 3

Tuesday, October 1

Tuesday, November 5



9 am – 1 pm

## FREE Health Services

FREE Screenings

- Diabetes
- Cholesterol
- Blood Pressure

Medication Review and Education



# Camp Springs Senior Activity Center: CLUBS

ACTIVITY	DAY/DATES	TIME	ROOM
Book Club	3 <sup>rd</sup> Thursday	10:30 am – 12 pm	Potomac
Bingo 	Tuesday & Friday	10:00 am – 2 pm	Chesapeake
Camp Springs Cares Club	3 <sup>rd</sup> Friday	1 – 2 pm	Potomac
Cards – Bid Whist	Tuesday Thursday	1:15 – 4:15 pm	Potomac Chesapeake
Cards – Tonk	Tuesday & Friday	2:15 – 4:15 pm	Chesapeake
Crocheting with Ms. Lillie	Monday, Wednesday & Thursday	10 am – 12 pm	Social
Glee Club 	1 <sup>st</sup> & Last Thursday	10 am – 12 pm	Potomac
Inspirational Hour	Tuesday Friday	11 am – 12 pm 10 – 11:30 am	Blue Heron Potomac
Knitting with Mrs. Emma	Monday, Wednesday & Thursday	10 am – 12 pm	Social
Line Dancing, Advanced	Tuesday Thursday	3 – 4 pm 2 – 4 pm	Maryland
Line Dancing, Intermediate	Wednesday	11:30 am – 1 pm	Maryland
Literacy 	Monday & Thursday	10 – 11 am 12:45 – 1:45 pm	Chesapeake Potomac
Round Dance Classic	Wednesday	1 – 3 pm	Maryland
Round Dance Square	Tuesday	12:30 – 3 pm	Maryland

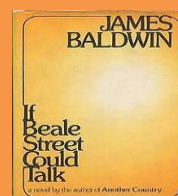
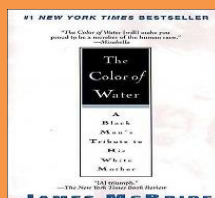
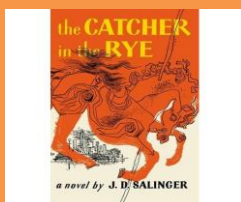
## Camp Springs Book Club Sections

Book Club Meet's the 3<sup>rd</sup> Thursday of the Month at 10:30 am

September: "The Catcher in the Rye" by Jerome Salinger

October: "Color of Water" by James McBride

November: "If Beale Street Could Talk" by James Bladwin



# Camp Springs Senior Activity Center: Trips and Special Events

## September 2019

Westminster Jazz Night 

Washington, DC

\$15(R) \$20(NR)

**PARKS DIRECT# CSSAC-20190906**

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. 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 aboard M-NCPPC activity bus

Friday , September 6

4:30 pm- 9:30 pm

National African American Museum

Washington DC

\$15(R) \$20(NR)

**PARKS DIRECT# CSSAC-20190912**



Explore what it means to be an American! The National Museum of African American History and Culture (NMAAHC) is a place of meaning, memory, reflection, laughter, and hope. Incorporating centuries of history and collections of objects gathered across continents, this museum gives a more complete story of the triumphs along with challenges of a people. This is American history! The museum also has many interactive exhibits and films. Lunch will be in the museum's cafeteria at your own expense. Fee includes transportation on a M-NCPPC Commission bus.

Thursday, September 12

10:00 am- 4:00 pm

Single Elimination Billiards Tournament

Camp Springs Senior Activity Center

\$7 (R); \$10 (NR)

**PARKS DIRECT# 27501-511A**

This tournament is a double elimination 8 ball competition, best 2 out of 3 games. APA rules will govern play. All players must be present for the duration of the tournament. Tournament limited to 20 players. Trophies will be awarded. Last day to register is FRIDAY, AUGUST 30. Refreshments will be served. An M-NCPPC Senior ID Card is required.

Friday, September 13

10 am – 3:30 pm

NASA Goddard Space Center

Greenbelt, MD

\$18(R) \$23(NR)

**PARKS DIRECT# CSSAC-20190917**



Join us as we take a guided tour of NASA's Goddard Center. Facility tour includes visiting satellite construction, testing, and operations areas. Facility tours are two hours long and include a guided presentation of Science On a Sphere. Lunch at your own expense at a local restaurant. Average menu price \$8 and up. Fee includes transportation on M-NCPPC activity bus.

Tuesday, September 17

9:00 am – 3:30 pm



# Camp Springs Senior Activity Center: Trips and Special Events

## September 2019

**Bureau of Engraving and Printing**

**Washington, DC**

**\$12 (R); \$16 (NR)**

**PARKS DIRECT# CSSAC20190919**

Located in the heart of the nation's capital, this is a great place to learn about U.S. paper currency. Watch as millions of dollars are printed as you walk along the gallery overlooking the production floor! Lunch at your own expense at a local restaurant. Fee includes transportation on an MNCPPC activity bus.



**Thursday, September 19**

**10 am - 4 pm**

**Real Estate Seminar**

**Chesapeake Room**

**FREE**

Do you want to know what the different housing options are for seniors? Do you want to know how to modify your home so that you can successfully age in place? Do you know what would happen if your property has to go through the probate process if you died today? All of these questions will be addressed at the Resources & Housing Options for Seniors Seminar. An M-NCPPC Senior ID Card is required.

**Thursday, September 19**

**10:30 am- 12 pm**

**Camp Springs Senior Activity Center's**

**Classic Car Show**

**FREE**

Take a "ride" down memory lane...View the beautiful classic cars of yesteryear in the rear lot of the center. A '40 Chevy Coupe, '47 Oldsmobile Fast-back, and a '65 Corvette Convertible are scheduled to be a part of the display to name a few. An M-NCPPC Senior ID card is required.

**Friday, September 20**

**11 am – 2 pm**

**Bowling**

**Crofton, MD**

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

**PARKS DIRECT# CSSAC-20190924**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus.



**Tuesday, September 24**

**9:30 am – 3 pm**

# Camp Springs Senior Activity Center: Trips and Special Events

## September 2019

### Canvas Painting

Blue Heron

FREE

**PARKS DIRECT# 26501-511A**

There's no reason to fear a blank canvas. If you've ever wanted to paint, here's a class that offers the perfect introduction to the art and will have you ready to pick up your brush with confidence. This class introduces the foundational concepts of acrylic painting as you explore composition and variation, learn art terminology, and a bit of art history as well. **Registration for this events will begin on September 1 for this Active Aging Week Activity.**

Thursday, September 26

10:30 am- 12 pm

### Feeling Fit Finale

Kentland Community Center

FREE

**PARKSDIRECT # 26501-546B**

Join us for our BIG FINALE Active Aging event that will leave you feeling fit and ready to set goals for yourself to lead your best active life yet! You are 60 and only getting better! Enjoy a wide variety of wellness activities – fitness classes, games, basketball “shoot out”, arts, door prizes, and more. There will be something for everyone to enjoy. Our event sponsors will be on hand to share useful information and the Prince George's County Department of Family Services, Aging & Disability Services will provide a health snack to enjoy. **Transportation is limited for this event. Please sign up for Transportation at the Front Desk.**

Friday September 27

10 am – 12:30 pm

### Healthy Cooking Demo

Blue Heron Room

FREE

Participants will learn the benefits of proper nutrition as it pertains to using herbs and spices to flavor foods without using salt. They will also take away tips on how to prepare foods while preserving their nutritional value. To register for cooking demo please sign up at front desk space is limited. An M-NCPPC Senior ID Card is required.

Monday, September 30

12 – 1:30 pm

## October 2019

**Maryland Real ID**

**Social Room**

**FREE**

REAL ID is federal legislation that establishes security standards for all driver's licenses and ID cards. After October 1, 2020, you will be required to have a REAL ID compliant driver's license or ID card in order to use your driver's license or ID card to board commercial aircraft for domestic flights or to gain access to federal facilities. Learn about how REAL ID will affect you, how to check your REAL ID status, and how to become REAL ID compliant. A question and answer session will follow with Maryland Department of Transportation Motor Vehicle Administration outreach team. An M-NCPPC Senior ID Card is required for this "SHOW UP EVENT"

**Tuesday, October 1**

**10:30 am- 12 pm**

**Camp Springs Fall Fest**

**\$5(R); \$7(NR)**

**PARKS DIRECT# CSSAC-SPEC-GA-20191003**

Enjoy entertainment, games, music, the great outdoors, food and good company are all features of this fall event.

**Thursday, October 3**

**11 am- 2 pm**

**Day in St Michaels**

**St Michaels MD**

**\$125(R); \$162(NR)**

**PARKS DIRECT# CSSAC-20191007**

Enjoy the day in St. Michaels, Maryland! Tour the Chesapeake Bay Maritime Museum. Delight in a seafood lunch at the Crab Claw Restaurant. Take in the sites of the Chesapeake Bay aboard the Patriot cruise boat. Reserve your spot to see one of the state's most charming areas. Fee includes admission to museum boat ride and lunch. Transportation will be on a charter bus.



**Monday, October 7**

**7:30 am – 7:00 pm**

**Bowling**

**Crofton, MD**

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

**PARKS DIRECT# CSSAC-20191015**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus.




**Tuesday, October 15**

**9:30 am – 3 pm**

# Camp Springs Senior Activity Center: Trips and Special Events

## October 2019

Amish Market   
Annapolis, MD  
\$12(R); \$16(NR)

Thursday, October 17  
9:30 am- 2:30 pm


**PARKS DIRECT# CSSAC-20191017**

The Pennsylvania Dutch Farmer's Market, known locally as the Amish Market is located in the Annapolis Harbor Center. All of the Amish merchants are from Lancaster PA. Shop for fresh fruits, vegetables, bakery items, meats, and, and more. Lunch at your own expense at Amish Market. Fee includes transportation aboard M-NCPPC activity bus.

Healthy Living for Your Brain and Body  
Chesapeake Room  
**FREE**

Thursday, October 17  
10:30am- 12 pm

For centuries, we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. An M-NCPPC Senior ID Card is required for this "SHOW UP EVENT"

Westminster Blues Night   
Washington, DC  
\$15 (R); \$20 (NR)

Monday, October 28  
4:30 – 9:30 pm

**PARKS DIRECT# CSSAC-20191028**

Enjoy some of the area's finest blues musicians in a safe, friendly environment. 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 on the Senior Activity Bus.



# Camp Springs Senior Activity Center: Trips and Special Events

## November 2019

Westminster Jazz Night 

Washington, DC

\$15(R) \$20(NR)

**PARKS DIRECT# CSSAC-20191101**

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. 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 aboard M-NCPPC activity bus

Friday, November 1

4:30 pm- 9:30 pm

**Memory Screening**

**Camp Springs Senior Activity Center**

**FREE**

In recognition of National Memory Screening Week and in collaboration with Dementia Friendly Prince George's County and the Alzheimer's Foundation of America (AFA), qualified healthcare professionals will provide free, confidential memory screenings. The screening consists of a face-to-face meeting with a qualified screener and includes a series of questions and tasks that will take about 10 minutes. Results and information will be provided. Sign up for an appointment at the center's front desk as registration IS NOT available online.

Tuesday, November 5

9:30 am - 12:30 pm

**Out Of Harm's Way**

**Blue Heron Room**

**FREE**

Crime is on the rise against seniors. Come and learn the warning signs of victims: isolation, depression and withdrawal. This education session will provide tips on how to engage seniors who may have become a victim, why they don't tell, and community based services available to help them. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

Wednesday, November 6

11:00 am- 12 pm

**Final Wishes**

**Potomac Room**

**FREE**


Find out what nine steps you need to know about planning your final wishes. Lincoln Heritage will provide light refreshments. An M-NCPPC Senior ID Card is required for this "Show Up" event- no registration required.

Thursday, November 7

10:30 am- 12 pm



## November 2019

Leesburg Outlet  
Washington, DC   
\$15(R) \$20(NR)

Thursday, November 14  
9:30 am- 3:30 pm

**PARKS DIRECT# CSSAC-20191114**

Enjoy an afternoon of shopping at Leesburg Corner Premium Outlets. Explore stores such as Jos A Bank, Old Navy, Skechers, Yankee Candle, and Famous Footwear to name a few. Lunch is at your own expense on site. Fee includes transportation on a M-NCPPC activity bus.

**Bowling**  
Crofton, MD

Tuesday, November 19  
9:30 am – 3 pm

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



**PARKS DIRECT# CSSAC-20191119**

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost \$3.00 each. Enjoy two games of bowling and lunch at a local restaurant at your own expense. Average menu prices: \$12 and up. Fee includes transportation on a Senior Activity Bus

**Camp Springs Senior Performing Arts Troupe Show**  
Camp Springs Senior Activity Center  
**FREE with donation of canned goods**

Thursday, November 21  
1st Show 10 am – 12:15 pm  
2nd Show 1 pm – 3:15 pm

“...Still Got It” presented by our own, multi-talented Camp Spring Seniors. Two show times are available. Admission is free with the DONATION OF CANNED GOODS to support our local food bank. An M-NCPPC Senior ID card is required for the “Show Up” event. Registration IS NOT necessary.

**Mystery Restaurant**  
\$15 (R); \$20 (NR)

Thursday, November 21  
10 am - 3 pm

**PARKS DIRECT# CSSAC-20191121**

Oh the excitement of getting on a bus and not knowing where you are going! Staff has chosen a Local favorite for this outing. Meal is at your own expense. Average menu prices: \$12 and up. Fee includes transportation on the Commission Bus

**Annual Senior Thanksgiving Feast**  
Accokeek Firehouse

Date TBD  
Time TBD

**FREE (Prince George’s County Residents Only)**

This annual event is hosted by the Roscoe C. Cartwright Masonic Lodge #129 with entertainment by the Cartwright Brothers. Nutrition seniors register with the Nutrition Program. All other seniors register at the center’s front desk, as online registration is NOT available for this activity. Tickets provided through CSSAC are intended for seniors who will be using provided transportation from the center.

# Camp Springs Senior Activity Center: SAGE Classes

Prince George's Community College's Seasoned Adults Growing Educationally (SAGE) Program offers the following classes at the Camp Springs Senior Activity Center (CSSAC). Registration and payment is handled by Prince George's Community College. The Fall semester begins the week of October 7 and concludes the week of January 20. For details, check the SAGE web site at [www.pgcc.edu](http://www.pgcc.edu) or call the SAGE office at 301-546-0882.

Additionally, you must have a M-NCPPC Senior ID Card to participate in SAGE classes held at CSSAC. M-NCPPC Senior ID Cards are free to Prince George's County residents 60 & better and may be obtained at the Camp Springs Senior Activity Center's front desk. No Sage classes Oct 29, Nov 27-29, Dec 19- Jan 1, Jan 20.

CLASS	DAY	TIME	BEGINS & ENDS	ROOM
Current Issues	Monday	1 - 3 pm	October 7-January 13	Blue Heron
Studio Fine Arts	Thursday	12:30 – 3:30 pm	October 10- January 23	Blue Heron
Studio Fine Arts	Saturday	9:30 am – 12:30 pm	October 12- January 25	Blue Heron
Humanities	Monday	10 am - 12 pm	October 7-January 13	Potomac
Jewelry Making	Thursday	10 am - 12 pm	October 10- January 23	Blue Heron
History of PG County	Wednesday	10 am - 12 pm	October 9- January 22	Potomac
Piano – Interm/Adv.	Tuesday	9:30 –11:30 am	October 8- January 21	Potomac
Piano – Beginners	Tuesday	11:30 am–1 pm	October 8- January 21	Potomac
Cardio & Strength Training	Tuesday & Thursday	10 am - 12 pm	October 8- January 23	Maryland
Spanish-Beginner I	Tuesday	11 am - 12 pm	October 8- January 21	Room 50
Spanish-Beginner II	Tuesday	12:15 - 1:15 pm	October 8- January 21	Room 50
Spanish- Intermediate	Tuesday	1:30 – 2:30 pm	October 8- January 21	Room 50
Spanish- Advanced	Tuesday	2:45 - 3:45 pm	October 8- January 21	Room 50
Tai Chi	Tuesday & Thursday	12 - 2 pm	October 8- January 23	Blue Heron / Maryland
Tai Chi	Wednesday	10 am - 12 pm	October 9- January 22	Chesapeake



WMATA Senior SmarTrip Cards are sold at CSSAC.

The purchaser must be at least 65 years of age with a government issued photo ID. Cost of the card is \$2. The Senior SmarTrip card provides 50% discount on the Metro Bus, and Metro rail. See the front desk staff to make your purchase.

# Camp Springs Senior Activity Center: Information Corner



## IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	800-896-4213 x7750
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

## SENIOR NUTRITION PROGRAM

The Prince George's County Department of Family Services offers the Senior Nutrition Program (a nutritious, well balanced, healthy, hot lunch) Monday through Friday. Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, John Whitfield at 301-449-0106; 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 you would like a meal. Register by 1 pm Friday for a Monday meal.

The suggested donation is \$3.00. If you need to cancel your meal, please do so at least two (2) days in advance with Mr. John Whitfield, Nutrition Manager at 301-449-0106. 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.

**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 phone numbers.

### WMATA Senior SmarTrip Cards

Seniors aged 65 or better can purchase a Senior SmarTrip Card for \$2. Photo ID for proof of age is required. See center's front desk staff to purchase.



### Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Check out [www.pgparcs.com](http://www.pgparcs.com) for M-NCPPC Volunteer opportunities or contact the Facility Director.

## DISABILITY ACCOMMODATIONS

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

## CLOSINGS/ INCLEMENT WEATHER STATEMENT

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](http://www.pgparcs.com) and click on the PG Parks Alert icon. You must provide an email address or cell phone number to receive alerts

