

SAARC Senior Program



Southern Area Aquatics and Recreation Complex (SAARC)



Welcome to SAARC Senior Program

December, January & February 2022-2023



SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, December 26, 2022 Christmas

Monday, January 2, 2023 New Year's

Monday, January 16, 2023 Rev. Dr. Martin Luther King, Jr. Birthday

Monday, February 20, 2023 President's Day

SAARC HOURS OF OPEATION		SAARC POOL HOURS OF OPEATION	
Sunday	10 am-6 pm	Sunday	10 am-5 pm
Monday – Friday	5 am-10 pm	Monday – Friday	6 am-5 pm / 5:30 pm-9 pm
Friday	7 pm-10 pm - Teen Night	Saturday	8 am-5 pm
Saturday	6 am-10 pm		

Please note: The SAARC Senior Program is closed on the above-mentioned dates even though the center may be opened for operation. Thank you.

Winter 2022 Registration

- Registration begins at 9 am on **Wednesday, November 16, 2022** for **Residents (R)** only.
- Registration begins on **Wednesday, November 23, 2022** 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.

13601 Missouri Ave • Brandywine, Maryland 20613
301-782-1442 Fax: 301-782-1466 TTY: 301-699-2544

SAARC Senior Program

Welcome to SAARC Senior Program where we hope you will enjoy

- SAARC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card
- Multipurpose room with social games and activities
- Group X room and gymnasium for fitness and dance classes
- Department of Family Services Nutrition Program, serves lunch to those signed up for the program
- Trips and events
- Free seminars



Our Refund Policy



1. 100% refunds are issued when M-NCPPC/SAARC Senior Program 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.



SAARC Senior Program: CLASSES

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
Sewing  <i>w/ Tisha Thorn</i>	<u>Monday</u> Jan 23 – Jan 30 Feb 6 & Feb 27	9:30am – 11:30am	Program Rm B	15501 175B	\$22 (R); \$29 (NR)
Quilting  <i>w/ Tisha Thorn</i>	<u>Monday</u> Jan 23 – Jan 30 Feb 6 & Feb 27	12:00 – 2:00pm	Program Rm B	15504 175B	\$22 (R); \$29 (NR)
Smart Devices  <i>w/ Debbie Tharps</i>	<u>Tuesday</u> Dec 6 – Dec 27 Jan 3 – Jan 24	9:30am – 11:00am	Program Rm B	14506 175A 175B 175C	\$20 (R); \$26 (NR)
Exercise  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 6 – Dec 29 Jan 3 – Jan 26 Feb 2 – Feb 28	11:00 am – 12:00pm	Group X Rm 1	17517 175A 175B 175C	\$28 (R); \$37 (NR)
Zumba Fit  <i>w/ Patricia Partee</i>	<u>Tuesday & Thursday</u> Dec 6 – Dec 29 Jan 3 – Jan 26 Feb 2 – Feb 28	12:30pm – 1:30pm	Group X Rm 1	17529 175A 175B 175C	\$28 (R); \$37 (NR)
Yoga (no chair)  <i>w/ Steve Wolf</i>	<u>Wednesdays</u> Dec 7 – Dec 28 Jan 4 – Jan 25 Feb 1 – Feb 22	11:15am – 12:15pm	Group X Rm 1	17504 175B 175A 175C	\$22 (R); \$29 (NR)
Chair Yoga  <i>w/ Steve Wolf</i>	<u>Wednesdays</u> Dec 7 – Dec 28 Jan 4 – Jan 25 Feb 1 – Feb 22	12:30pm – 1:30pm	Group X Rm 1	17504 175D 175E 175F	\$22 (R); \$29 (NR)
CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
Showstoppers 	<u>Thursday</u> Jan 12 – Mar 16	10:30am – 12:30pm	Program Rm B	31527 175A	\$10 (R); \$13 (NR)
Arts & Crafts  <i>w/ Babbita Briscoe</i>	<u>Friday</u> Dec 2 – Dec 23 Jan 6 – Jan 27 Feb 3 – Feb 24	10:30am – 12:30pm	Program Rm B or Virtual	15502 175A 175B 175C	\$16 (R); \$21 (NR)

SAARC Senior Program: Clubs

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 Bingo	<u>Tuesdays</u>	10:15am – 11:30am	Multi-Purpose Rm A	Show Up Activity	FREE
 Line Dance	<u>Fridays</u>	11:00am – 1:00pm	Group X	Show Up Activity	FREE

* No class: December 26-Christmas, January 2-New Year's, January 16-MLK Day & February 20-President's Day

** Sign up for Show Up Activities at least one-week prior to the start date so we can plan accordingly.

SAARC Senior Program: Special Events

December 2022

Festival of Lights

Watkins Regional Park

FEES: \$8 online - \$10 at the gate

The Winter Festival of Lights will shine bright this holiday season with 3 miles of drive-through whimsical lights! Experience dazzling scenes that celebrate the magic of the holiday season from the comfort of your own car. Save Time and money by purchasing tickets online. Cars pay \$8 with online purchases or \$10 admission at the gate. Face coverings are required if interacting with personnel. Weekend evenings are a peak time for the festival, so please plan your trip accordingly.

November 26-January 2

5:00 pm – 9:30 pm

Lunchtime Listening

FREE

Please join us as we sit back, relax and enjoy a live concert in the main lobby.

Wednesday, December 7

11 am-1 pm

SAARC Cinema Presents: The Perfect Holiday

FREE

Please join us as we sit back, relax and enjoy the movie The Perfect Holiday where romance blooms when a little girl asks a department store Santa (Morris Chestnut) to fulfill her divorced mother's (Gabrielle Union) fondest wish.

Thursday, December 8

10:30 am-1:30 pm

Healthy, Well & Wise –National Cocoa Day

FREE

Enjoy a hot cup of cocoa on us today. Guaranteed to make you feel all warm and fuzzy! Don't miss out! Served while supplies last. An M-NCPPC Senior ID Card and reservations are required. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

Tuesday, December 13

10:00 am – 12:00 pm

SAARC Senior Program: Special Events

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

Fee: Resident \$15; Non-Resident \$20

PARKS DIRECT code: SPD-SPEC-GA- 20221215

Celebrate the holiday season and enjoy a concert featuring the sounds of Jim Hession's, Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event will sure get you in the spirit of the holidays! Transportation is not provided. Print your tickets, they are required for admission to the concert. **Location:** Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel, Maryland 20707. Seniors ages 60 & better register today at pgparks.com. For more information call 301-446-3400 or email LaurelBeltsvilleSeniors@pgparks.com.

Thursday, December 15

10:30 am – 2 pm

Holiday Sweater Gala & Karaoke

FREE

Come prepared to sing your favorite song while wearing your funniest, ugliest, prettiest or most unique holiday sweater. Games will be played, and light refreshments will be served. Prince George's County residence only and must have a M-NCPPC Senior ID Card. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

Tuesday, December 20

10:00 am – 2:00 pm

January 2023

Healthy, Well & Wise – New Year's & January Birthday Celebration

FREE

Join us for a wonderful New Year's and birthday Celebration as we enjoy each other's holiday experiences. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

Tuesday, January 3

10:00 am – 12:00 pm

Lunchtime Listening

FREE

Please join us as we sit back, relax and enjoy a live concert in the main lobby.

Wednesday, January 4

11 am-1 pm

SAARC Cinema Presents: War Room

FREE

Please join us as we sit back, relax and enjoy the movie War Room – A seemingly perfect family looks to fix their problems with the help of Clara, an older wiser woman.

Tuesday, January 10

10:30 am-1:30 pm

Healthy, Well & Wise – Pastry & Paint

FREE

Come and discover your inner artist. Put on your apron, grab an apron and lighten up a bit as your friendly instructor take you step-by-step through the brush strokes. No experience necessary and supplies included. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

Thursday, January 12

10:30 am – 11:30 am

SAARC Senior Program: Special Events

Celebrating Rev. Dr. Martin Luther King, Jr.

FREE

Tuesday, January 17

10:30 am – 11:30 am

We are celebrating the legacy of our country's most well-known and respected civil rights, peace and social justice activist and one of the most revered American orators. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

Healthy, Well & Wise – Chair Yoga for Seniors

FREE

Tuesday, January 24

12:30 pm – 1:15 pm

Come join us - 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 with Steve Wolf.

Soup for the Soul – Grab N Go

FREE

Thursday, January 26

12:00pm -2:00pm

SAARC-SPEC-GA-20220125

We all love soup! Sit back and reminisce on the chilly days with family and friends while enjoying the evening with soup, an enjoyable book, or just relaxation! Stop by and GRAB your lunch bag filled with a sandwich, soup, and goodies. Let's Celebrate Soup for the Soul! Advance registration is required.

February 2023

Lunchtime Listening

FREE

Wednesday, February 1

11 am-1 pm

Please join us as we sit back, relax and enjoy a live concert in the main lobby.

Birthday Celebration

FREE

Thursday, February 2

12 pm-1 pm

Celebrate February birthdays with birthday treats and good conversation. Sign up at the center

Pre-Super Bowl Party - Jersey Day

FREE

Tuesday, February 7

10:30 am-1:30 pm

Team Jersey Day - Come out for the Super Bowl Jersey Day. Wear your favorite sports jersey from any sport. Little league, high school, college, and professional leagues will all be represented at this event. Enjoy party snacks and music. Sign up at the center no later than one week prior to the event.

Healthy, Well & Wise – Valentine's Day Craftastic

FREE

Thursday, February 9

10:30 am – 1:30 pm

Join us for a day of fun ideas that include handmade **Valentine's Day** cards and adorable **crafts**, using fun and easy techniques that you will surely love. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

SAARC Senior Program: Special Events

Black History Program: Black History in Motion
Publick Playhouse

Friday, February 10
10:30am – 12:00pm

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

PARKS DIRECT# PGPP-SPEC-GA-20220211

Celebrate Black History Month with seniors from throughout Prince George's county and beyond with a historical journey highlighting the contributions of African Americans through musical performance at The Publick Playhouse. The headliners of this event, Ka'ba Soul Singer and Band, will perform Classic Oldies, R&B, and Soul music. Special guest singer, songwriter, and author, Tomika Arnold will also grace the stage. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the theater. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784

Healthy, Well & Wise – Heart Health
FREE

Thursday, February 16
10:30 am – 11:30 am

Heart Health – Want to learn more about how you can improve your own heart health? Attend this free seminar. Our medical professional will give insights for both men and women to keep your heart healthy! Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

SAARC Cinema Presents: The Blind Side
FREE

Tuesday, February 21
10:30 am-1:30 pm

Please join us as we sit back, relax and enjoy the movie The Blind Side – The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

Maryland's Black History Program
FREE

Thursday, February 23
10:00 am – 2:00 pm

A Celebration of African Americans in Maryland. Come discover how African Americans throughout Maryland made lasting changes affecting all Americans. Also, be prepared to tell your story. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.



SAARC Senior Program: Information Center



IMPORTANT PHONE NUMBERS

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

SENIOR NUTRITION PROGRAM

The Prince George's County Department of Family Services offers the Senior Nutrition Program (a nutritious, well balanced, healthy, hot lunch) Call for more information. Individuals who are 60 & better can reserve a meal by contacting Nutrition Manager, Brenda Wilkins at 301-449-0106; by stopping by the kitchen or by calling the Department of Family Services, Aging Services Division at (301) 265-8475.

Lunch Reservations: Lunch reservations must be made a week in advance by contacting (301) 265-8475.

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

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least a week in advance with Ms. Brenda Wilkins, 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 telephone numbers.



WMATA Senior SmarTrip Cards

are for Seniors aged 65 or better is available at wmata.com/fares/reduced.cfm. A photo ID for proof of age is required.

Volunteer Opportunities

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

DISABILITY ACCOMMODATIONS

"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."

WEATHER POLICY & CENTER CLOSURES

For the latest information on M-NCPPC closures due to weather, maintenance or emergencies, please sign up for PG Parks Alerts by going to www.pgparcs.com and click on the PG Parks Alert icon. You must provide an email, address or cell phone number to receive alerts."

