Welcome to
Camp Springs Senior Activity Center!

HOURS OF OPERATION:
Monday – Friday 9 am – 4:30 pm
Saturday 9 am – 1 pm

SCHEDULED CLOSURES:
Wednesday, December 25: Christmas Day
Wednesday, January 1: New Year’s Day
Monday, January 20: Martin Luther King’s Birthday
Monday, February 17: President’s Day

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

WINTER REGISTRATION

• Registration for Residents (R) begins Tuesday, November 12
  Note: The Center will open at 7 am on Tuesday, November 12 for winter registration. The Computer Lab will also open at 7 am for ONLINE registration.
• Registration for Non-Residents (NR) begins Monday, November 18.
• 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.pgpark.com or ask our center staff for details.
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.
<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/DATES</th>
<th>TIME</th>
<th>ROOM</th>
<th>REGISTER</th>
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<tbody>
<tr>
<td>AARP Defensive Driving</td>
<td>Thursday Dec 5, Feb 6, Jan 18, Feb 15</td>
<td>9:15 am – 2 pm; 9:00 am – 1 pm</td>
<td>Chesapeake</td>
<td>$15 AARP Members; $20 AARP Non-Members</td>
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<td></td>
<td>Saturday Jan 18, Feb 15</td>
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<tr>
<td>Belly Dancing</td>
<td>Saturday Dec 7 – Dec 28, Jan 4 – Jan 25, Feb 8 – Feb 29</td>
<td>11:30 am – 12:30 pm</td>
<td>Maryland</td>
<td>FREE</td>
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<tr>
<td>Computer Lab</td>
<td>Friday</td>
<td>2 – 4 pm</td>
<td>Potomac</td>
<td>“Show Up Event”</td>
<td>FREE</td>
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<tr>
<td>Computer Level 1</td>
<td>Monday &amp; Wednesday Dec 2 – Dec 11, Jan 6 – Jan 15, Feb 17 – Feb 26</td>
<td>12:15 – 2:15 pm</td>
<td>Potomac</td>
<td>14501; 111A; 111B; 111C</td>
<td>$45 (R); $59 (NR)</td>
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<tr>
<td>Computer Level 2</td>
<td>Monday &amp; Wednesday Dec 16 – Dec 30, Feb 3 – Feb 12</td>
<td>12:15 – 2:15 pm</td>
<td>Potomac</td>
<td>14502; 111A; 111B</td>
<td>$45 (R); $59 (NR)</td>
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Sharpen your driving skills. Must be 50 years or older. **Call Rose Hobson @ 301-736-1565 to register.** Check or money order accepted - no cash. Lunch is at your own expense.

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. No class on Dec 25.

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.

Learn about the parts of the computer system, keyboarding, mouse exercises, internet searches, terminology and setting up email accounts. 2 weeks. **No class on Feb 17**

Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. 2 weeks. **No class Dec 25. No class in January.**
# Camp Springs Senior Activity Center: CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/DATES</th>
<th>TIME</th>
<th>ROOM</th>
<th>REGIS TER</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Computer Workshop</td>
<td>Friday Dec 13</td>
<td>12 – 2 pm</td>
<td>Potomac</td>
<td>14511</td>
<td>$10 (R); $13 (NR)</td>
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<tr>
<td></td>
<td>Jan 10</td>
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<td>111B</td>
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<td>111C</td>
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<td>Photo Management</td>
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<td>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.</td>
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<tr>
<td>Computer Workshop</td>
<td>Friday Feb 7</td>
<td>12 – 1 pm</td>
<td>Potomac</td>
<td>14505</td>
<td>FREE</td>
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<td></td>
<td>1:15 – 2:15 pm</td>
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<tr>
<td>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</td>
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<tr>
<td>Creative Paper Crafting</td>
<td>Monday Dec 2 – Dec 23</td>
<td>10 am – 12 pm</td>
<td>Blue Heron</td>
<td>15502</td>
<td>$16 (R); $21 (NR)</td>
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<td></td>
<td>Jan 6 – Feb 3</td>
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<td>111A</td>
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<tr>
<td>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 supply list will be available at center’s front desk. 4 weeks</td>
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<tr>
<td>Exercise Beginner</td>
<td>Mon, Wed &amp; Fri Dec 2 - Dec 30</td>
<td>11:15 am – 12 pm</td>
<td>Multipurpose Room</td>
<td>17517</td>
<td>$12 (R); $16 (NR)</td>
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<td>111A</td>
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<tr>
<td>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 No Class Dec 25</td>
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Happy Holidays
<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/DATES</th>
<th>TIME</th>
<th>ROOM</th>
<th>REGISTER</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>Fitness Beginner</td>
<td>Mon, Wed &amp; Fri</td>
<td>10:15 – 11 am</td>
<td>Multipurpose Room</td>
<td>17517 111E</td>
<td>$12 (R); $16 (NR)</td>
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<td>Dec 2 – Dec 30</td>
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<td>A slow-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. <strong>No Class Dec 25</strong></td>
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<table>
<thead>
<tr>
<th>Fitness Intermediate</th>
<th>Mon, Wed &amp; Fri</th>
<th>9:15 – 10 am</th>
<th>Multipurpose Room</th>
<th>17517 111I</th>
<th>$12 (R); $16 (NR)</th>
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<tbody>
<tr>
<td>Dec 2 – Dec 30</td>
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<tr>
<td>A medium-paced low impact fitness class designed to help maintain good physical health. Exercise at your own pace. <strong>No class Dec 25</strong></td>
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<tr>
<th>Hand Dance Beginners</th>
<th>Friday</th>
<th>1:00-3:00 pm</th>
<th>Maryland</th>
<th>23510 111A</th>
<th>$24(R) $32(NR)</th>
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<tbody>
<tr>
<td>Dec 6 – Jan 10</td>
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<tr>
<td>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</td>
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<tr>
<th>Hand Dance Intermediate</th>
<th>Friday</th>
<th>1:00-3:00 pm</th>
<th>Maryland</th>
<th>23510 111B</th>
<th>$24(R) $32(NR)</th>
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<tbody>
<tr>
<td>Jan 17 – Feb 28</td>
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<tr>
<td>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</td>
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<tr>
<th>Line Dance Beginner Wednesday</th>
<th>Wednesday</th>
<th>9:30 – 11:30 am</th>
<th>Maryland</th>
<th>23501 111A</th>
<th>$30 (R); $39 (NR)</th>
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<tbody>
<tr>
<td>Dec 4 – Feb 26</td>
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<td>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. <strong>No Class Dec 25, Jan 1</strong></td>
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<tr>
<td>CLASS</td>
<td>DAY/DATES</td>
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<tr>
<td><strong>Line Dance</strong></td>
<td><strong>Beginner Saturday</strong></td>
<td>Saturday</td>
<td>Dec 7 – Dec 28 Jan 4 – Jan 25 Feb 8 – Feb 29</td>
<td>9:15 – 11:15 am</td>
<td>Maryland 23501 111B 111C 111D</td>
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<tr>
<td><strong>Memory Café</strong></td>
<td><strong>Tuesday</strong> Dec 17, Jan 21, Feb 18</td>
<td>2:15 – 4:15 pm</td>
<td>Blue Heron</td>
<td>FREE</td>
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<tr>
<td><strong>Total Fitness</strong> (3 months)</td>
<td><strong>Mon, Wed &amp; Fri</strong> Dec 2 – February 28</td>
<td>9 – 10:30 am</td>
<td>Blue Heron &amp; Maryland 17517 111M</td>
<td>$70 (R); $91 (NR)</td>
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<tr>
<td><strong>Total Fitness</strong> (monthly)</td>
<td><strong>Mon, Wed &amp; Fri</strong> Dec 2 – Dec 30 Jan 3 – Jan 31 Feb 3 – Feb 28</td>
<td>9 – 10:30 am</td>
<td>Blue Heron &amp; Maryland 17517 111N 111O 111P</td>
<td>$25 (R); $33 (NR)</td>
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<tr>
<td><strong>Piano Lab</strong></td>
<td>Thursday</td>
<td>2 – 4 pm</td>
<td>Potomac</td>
<td>“Show Up” Event</td>
<td>FREE</td>
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<tr>
<td><strong>Quilting Level 1</strong></td>
<td><strong>Friday</strong> Dec 6 – Feb 28</td>
<td>12:30 – 2:30 pm</td>
<td>Blue Heron 15504 111A</td>
<td>$25 (R); $33 (NR)</td>
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<tr>
<td><strong>Quilting Level 2</strong></td>
<td><strong>Wednesday</strong> Dec 4 – Feb 26</td>
<td>12:30 – 2:30 pm</td>
<td>Blue Heron 15505 111A</td>
<td>$25 (R); $33 (NR)</td>
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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

Experiencing early stage memory loss? Come enjoy a fun and relaxed setting while connecting with others affected by the disease. **Call Nancy Quarles @ 240-467-3833 to register.**

A total body workout for active seniors. The class includes weight training, core workouts, flexibility and optional basic step aerobics. 12 weeks **No Class Dec 25, Jan 1, Jan 20, and Feb 17**

Same class as above only offered on a monthly basis. 4 weeks **No Class Dec 25, Jan 1, Jan 20, and Feb 17**

The Potomac Room is open to Seniors for piano practice. An M-NCPCC Senior ID Card is required. Check in at the front desk for room access. First come, first served.

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

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.
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<th>CLASS</th>
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<tr>
<td>Sign Language Level II</td>
<td>Monday &amp; Wednesday Dec 2 – Feb 26</td>
<td>1:00 – 2:30 pm</td>
<td>Chesapeake</td>
<td>20420</td>
<td>$54 (R); $71 (NR)</td>
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<td>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 No class Dec 25, Jan 1, Jan 20, Feb 17</td>
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<tr>
<td>Smart Gadgets</td>
<td>Friday Dec 6 – Dec 27 Jan 3 – Jan 24</td>
<td>9:30 – 11:30 am</td>
<td>Blue Heron</td>
<td>14506</td>
<td>$20 (R); $26 (NR)</td>
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<td>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.</td>
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<tr>
<td>Yoga</td>
<td>Monday Dec 9 - March 2 Dec 9 – March 2</td>
<td>10:45 am –12:00 pm 12:15pm – 1:30pm</td>
<td>Maryland</td>
<td>17504</td>
<td>$45(R); $ 58(NR)</td>
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<td>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 No class Jan 20, Feb 17</td>
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<tr>
<td>Zumba</td>
<td>Monday and Friday Dec 2 – Dec 27 Jan 3 – Feb 3 Feb 7 – March 2</td>
<td>11:30 am – 12:15 pm</td>
<td>Chesapeake &amp; Maryland</td>
<td>17529</td>
<td>$30 (R); $39(NR)</td>
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<td>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. No Class Jan 20, Feb 17</td>
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Wellness On Wheels
Mobile Health Clinic

Tuesday, January 7
Tuesday, February 4

9 am – 1 pm

FREE Health Services

FREE Screenings
• Diabetes
• Cholesterol
• Blood Pressure

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

**Camp Springs Book Club Sections**

Book Club Meets the 3rd Thursday of the Month at 10:30 am

December: “The Cornwells Are Gone" by James Patterson
January:  "The Heart of a Woman" by Maya Angelou
February: "White Butterfly" by Walter Mosley
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-NCPDC Senior ID Card is required for this “SHOW UP EVENT”

The Christmas Carol at Ford’s Theatre
Washington DC
$80(R) $104(NR)
PARKS DIRECT# CSSAC-20191205
Join the ghosts of Christmas Past, Present, and Future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption. Group will stop for lunch at your own expense at a restaurant in the Potomac Yard Center. Fee includes transportation on an M-NCPDC Commission bus and admission to the Christmas Carol.

Tree Lighting Holiday Celebration
Social Room
FREE
Join us in bringing in the winter holidays during our annual tree lighting celebration. Enjoy a warm cup of hot cocoa at the hot chocolate buffet. Listen to holiday music and socialize with fellow patrons. No registration is required.

Westminster Blues Night
Washington, DC
$15 (R); $20 (NR)
PARKS DIRECT# CSSAC-20191209
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 an M-NCPDC Activity Bus.
Gingerbread House Contest Show
Wednesday, December 11
$12 (R); $16 (NR)

PARKS DIRECT# CSSAC-20191211
Come to Darnell’s Chance House Museum during its amazing Gingerbread House Contest and Show. View hand-made gingerbread houses and vote for your favorite entries in the Viewer’s Choice Award Competition. You can take a self-guided tour of the Museum and grounds and enjoy shopping for holiday items in the gift shop. Fee includes transportation on an M-NCPPPC activity bus and admission into the Gingerbread House Contest Show.

Friends of a Feather Shop Together
Thursday, December 12
Clarksburg, MD
$20 (R); $26 (NR)

PARKS DIRECT# CSSAC-20191212
Shop until you drop at the Clarksburg Premium Outlet. Stores include, but are not limited to Joseph Banks, J. Crew, Ugg, Michael Kors, Nike, Coach, Adidas, Ann Taylor, Levis, Clarks, Brooks Bros, and Saks OFF 5th. Lunch is available at the outlets at your own expense. Fee includes transportation on an M-NCPPC commission bus.

Stretch Out the Stress
Thursday, December 12
Chesapeake Room
FREE
As we age, our muscles become shorter and lose their elasticity, which can affect the structure of bones and muscles. Join Stretch Out the Stress and learn stretching techniques that will leave you feeling relaxed and revived. Registration is required. Please use the sign up book at the front desk.

Movie Friday
Friday, December 13
Potomac Room
FREE
Meet in the Potomac Room for “Movie Friday”. We will be showing A Diva’s Christmas Carol. Ebony Scrooge is a one of the world’s most successful pop singers. Yet, her cold hearted soul and nasty attitude makes her lack a lot of holiday cheer and makes her band and manager anything, but happy. While in New York, Ebony is visited by her former singing partner, Marli Jacob, who claims that she will be visited by three spirits: Ghost of Christmas Past, Ghost of Christmas Present, and Ghost of Christmas Future who will hopefully turn Ebony's life around. Light refreshments will be served. An M-NCPPC Senior ID is required for this “show up” event. No registration is required.
**Bowling**

Tuesday, December 17  
Crofton, MD  
9:30 am – 3 pm  
$15(R); $20(NR)  
PARKS DIRECT# CSSAC-20191217  
A spare – or better yet, a strike!  Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost $3.50 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 an M-NCPPC Activity Bus.

**Mormon’s Temple Festival of Lights**

Wednesday, December 18  
Kensington, MD  
4:30 pm – 9:00 pm  
$10(R) $13(NR)  
PARKS DIRECT# CSSAC-20191218  
The Festival of Lights is one of the D.C. area’s great community traditions. Beginning December 1st, the Festival features performances nightly in the comfortable, state-of-the-art theater located in the Visitors’ Center. A different performing artist or group is showcased each night, including bell ensembles, choirs, orchestras, and more! Each performance is presented twice nightly. Fee includes transportation to and from facility on an M-NCPPC activity bus.

**Secret Santa**

Thursday, December 19  
Chesapeake Room  
10:30am – 12pm  
FREE  
PARKS DIRECT# CSAC-SPEC-GA-20191219  
‘Tis the season to be jolly! Join us for story-telling, fun gift exchanges, and sweets and treats. Please bring a wrapped gift valued from $5 - $10 in order to participate in the gift exchange. Enjoy holiday tunes and games. In order to attend, please register.

**SENIOR HOLIDAY CONCERT**

Friday, December 20  
2 Shows  
Laurel-Beltsville Senior Activity Center  
PARKS DIRECT code: LBSAC-SPEC-GA-20191220A  
1st Show - 10 am - 12 pm  
FREE  
LBSAC-SPEC-GA-20191220B  
2nd Show - 1 - 3 pm  
The Intruders & Softones are sure to get you in the holiday spirit as they perform some of their hit tunes and your favorite holiday songs along with comedian Gregg Cooper bringing the holiday laughter. Please make sure you register for the correct show/time slot. You must have your ticket with the Barcode with you for this event. After you register then sign up for transportation at your senior center. Transportation is limited. Register early, Seating is limited.

For transportation from Camp Springs Senior Activity Center, please sign up at the front desk. Our activity bus will leave at 10:00am. The group will stop for lunch at your own expense prior to attending the 1:00p – 3:00p show. The activity bus will arrive back at the facility at 5:30pm. Fee includes transportation to and from the facility on an M-NCPPPC activity bus.
December 2019

Westminster Jazz Night 🎵
Washington, DC
Friday, December 27
4:30 pm – 9:30 pm
$15 (R); $20 (NR)
PARKS DIRECT# CSSAC-20191227

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-NCPCC activity bus.

January 2020

Movie - Selma
Potomac Room
FREE
Friday, January 3
12:15pm – 2:30pm
Meet in the Potomac Room for “Movie Friday”. We will be showing Selma. Dr. Martin Luther King Jr. rallies his followers on the historic march from Selma to Montgomery in the face of violent opposition, an event that became a milestone victory for the civil rights movement. Light refreshments will be served. An M-NCPCC Senior ID is required for this “show up” event. No registration is required.

Westminster Blues Night
Washington, DC
Monday, January 6
4:30 – 9:30 pm
$15 (R); $20 (NR)
PARKS DIRECT# CSSAC-20200106

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 an M-NCPCC Activity Bus.

Ripley’s Believe It Or Not!
Baltimore, MD
Wednesday, January 8
8:00 am – 5:30 pm
$45 (R); $59 (NR)
PARKS DIRECT# CSSAC-20200108

Although Baltimore is known for its famous crab, there is one place you must experience, and it is Ripley’s Believe It Or Not Museum. You will experience three features on this trip: Ripley’s Believe It Or Not Odditorium, Ripley’s Moving Theatre, and Ripley’s Marvelous Mirror Maze. Lunch will be at your own at the famous Bubba Gump Shrimp Co. Restaurant before going to the museum. Fee includes admission to the museum and transportation on an M-NCPCC activity bus.
Fraud and Scam Awareness
Social Room
FREE
Do you know ways to help keep from losing money to scams and fraud? Learn important information that could help keep you safe during this seminar. Register in the sign up book at the front desk.

“Flapping Into 2020” New Year’s Gala
Auditorium
$25(R); $33(NR)
PARKS DIRECT# CSSAC-SPEC-GA-20200110.
Join us for an elegant evening of music, dancing, food, and fun. Dress to impress, wear your 1920s-1930s attire, and “flap” into 2020 with us. Enjoy live music from the Tribe band. Cheers to 2020!

Brandywine Crossings
Brandywine, MD
$12(R); $16(NR)
PARKS DIRECT# CSSAC-20200114
Enjoy a shopping and dining trip to Brandywine Crossings. Some of the stores and restaurants are JOANN Fabric, Marshalls, Shoe City, Bonefish Grill, Starbucks, and the Carolina Kitchen. Dining is at your own expense. Fee includes transportation on an M-NCPCC Activity Bus.

Martin Luther King Jr. Memorial
Washington DC
$15(R); $20(NR)
PARKS DIRECT# CSSAC-20200116
As you explore the Martin Luther King, Jr. Memorial, you will have views of quotes from throughout King's lifetime and of a striking sculpture of the civil rights leader. Group will also stop at Flaming Grill Buffet for lunch at you own expense. Fee includes transportation to the memorial and back to the facility on an M-NCPCC activity bus.

Brunch at Miss Shirley’s Cafe
Annapolis, MD
$15(R); $20(NR)
PARKS DIRECT# CSSAC-20200117
Miss Shirley's Cafe offers guests an exceptional award winning culinary experience for breakfast, brunch and lunch. Their specialties are rooted in Southern fundamentals and the abundance of fresh ingredients from the Chesapeake Bay region of Maryland. Fee includes transportation to and from the restaurant on an M-NCPCC activity bus.
O Street Museum – Rosa Parks Tour
Washington DC
$60 (R); $78 (NR)

PARKS DIRECT# CSSAC-20200122
Wednesday, January 22, 10:30am – 6:30pm
Celebrate the life of Mrs. Rosa Parks when you join our experienced docents on this private guided tour through at least 60 of our themed rooms. Visit her favorite rooms, view mementos, and hear inspiring stories of how she touched us all. Tour includes a private screening of stories of Mrs. Parks when she was here. Group will stop for lunch at the Cheesecake Factory at your own expense. Fee includes transportation to and from facility on an M-NCPPPC activity bus and admission to the tour.

Advocacy in a Health Crisis
Chesapeake Room
FREE
Thursday, January 23
10:30am – 11:30am
Do you know how to advocate for yourself or your loved ones when hospitalized? Learn the hospital system and how and when to advocate. Know your legal rights! What happens when you are discharged? Learn about resources available for you upon discharge. Register for this seminar in the sign up book, at the front desk.

Westminster Jazz Night 😎
Washington, DC
$15 (R) $20 (NR)
Friday, January 24
4:30 pm- 9:30 pm
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 an M-NCPPPC activity bus.

Bowling
Crofton, MD
$15(R); $20(NR)
Tuesday, January 28
9:30 am – 3 pm
A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost $3.50 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 an M-NCPPC Activity Bus.
Toby’s Dinner and Show – Kinky Boots
Columbia, MD
Wednesday, January 29
9:30 am- 3:30 pm
$80(R); $104(NR)
PARKS DIRECT# CSSAC-20200129
The exhilarating true story that will lift your spirits to high-heeled heights! Kinky Boots features a joyous score by Cyndi Lauper. Inheriting his father’s bankrupt shoe factory, Charlie Price finds inspiration in Lola, a fabulous entertainer with wild ideas. Working together, they turn the factory around, embrace their differences and discover that you change the world when you change your mind! Fee includes dinner, show admission and transportation an M-NCPPC commission bus.

Soup for the Soul
Camp Springs Senior Activity Center
Friday, January 31
12:30pm – 1:30pm
In celebration of National Soup Month, enjoy a warm bowl of soup and live entertainment. An M-NCPPC Senior ID card is required for this “show up” event. No registration is required. Soup is available while supplies last.

Alvin Ailey Dance Theatre at the Kennedy Center
Washington, DC
Tuesday, February 4
5:00pm – 10pm
$100(R); $130(NR)
PARKS DIRECT# CSSAC-20200204
Audiences experienced the company’s first-ever two-act ballet Lazarus, a Kennedy Center co-commission created by acclaimed Hip Hop choreographer Rennie Harris, as well as Revelations, Ailey’s masterpiece of hope and redemption. Lunch will be available at your own expense at the Kennedy Center. Fee includes admission to the show and transportation to and from the facility on an M-NCPPC commission bus.
February 2020

Black History In Motion Program
Hyattsville, MD
Parks Direct Ticket #: PGPP-SPEC-GA-20200205

Wednesday, February 5
8:30am – 2:00pm
Doors open at 9:30am

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, Ray Apollo Allen and the Apollo One Band, will perform various cover songs from the Motown era as well as Classic Oldies, R&B, and Soul music. Recording artist and violinist Bliss Ananda will perform songs from his 'Trinity Too' album.

Tickets may be purchased online, at a Senior Activity Center or by calling the Publick Playhouse, 301-277-1710. Tickets purchased directly from the Publick Playhouse will be mailed. For online ticket purchases, please print and retain your ticket(s) as tickets are required for admission to the theater.

If you want transportation from the center to this event, you MUST register first in PARKS DIRECT and then sign up for transportation at the center reception desk! Limited transportation will be provided. An M-NCPDC activity bus will depart the center at 9am and return at 2pm. (Showtime is 10:30am- Noon). We will stop at a local restaurant for lunch at your own expense following the show. Average menu prices: $10 - $20. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784.

‘Not-So-Newlywed’ Game
Chesapeake Room
Thursday, February 6
11:30am- 1pm
$5(R); $7(NR)
PARKS DIRECT# CSSAC-SPEC-GA-20200206

So… just how well do you really know your spouse? Are you ready to find out? Put your knowledge to the test with our version of the Not-So-Newlywed Game. Enjoy dessert and beverages. A maximum of 4 couples can register to be participants for the Newlywed game. If you would like to be a participating couple, please sign up at the desk in the sign up book AFTER you register for this event. There will be a prize for the winning couple.

Movie - Bessie
Potomac Room
FRIDAY, February 7
12:15pm 2:30pm
FREE

Meet in the Potomac Room for “Movie Friday”. We will be showing Bessie. Bessie, played by Queen Latifa, focuses on the transformation of a struggling young singer into one of the most successful and influential recording artists of the 1920s. Light refreshments will be served. An M-NCPDC Senior ID is required for this “show up” event. No registration is required.
February 2020

National Give A Card Day
Potomac Room
Friday, February 7
12:30 pm- 1:30pm
FREE
Everyone loves and appreciates their friends, and we all just assume that they know how much we care and that we are always thinking about them. That is why Send a Card to a Friend Day exists. Come and create a card for a friend to send to them. Registration is required in the sign up book at the front desk.

Westminster Blues Night
Washington, DC
Monday, February 10
4:30 – 9:30 pm
$15 (R); $20 (NR)
PARKS DIRECT# CSSAC-20200210
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 an M-NCPPC Activity Bus.

Fresh Produce at Miller Farms
Clinton, MD
Tuesday, February 11
10:00am - 2:00 pm
$10(R); $13(NR)
PARKS DIRECT# CSSAC-20200211
Enjoy a trip to Miller Farms to grab some fresh produce and baked goods. Miller Farms is a 267-acre farm that grows a wide array of fresh fruits and crisp vegetables. There is also a bakery full of delicious home baked goods and handmade ice cream and more. Fee includes transportation on an M-NCPPC activity bus.

Will You Outlive Your Retirement Income?
Chesapeake Room
Wednesday, February 12
12:30p – 1:30p
FREE
This presentation introduces the general financial planning process. While there is no such thing as a “one size fits-ass” financial plan, this overview assists members in thinking about their particular needs. Register in the sign up book at the front desk.
Frederick Douglass Home Visit  
**Thursday, February 13**  
Washington, DC  
9:30am – 5:30pm  
$15(R); $20(NR)  
**PARKS DIRECT# CSSAC-20200213**  
Frederick Douglass spent his life fighting for justice and equality. Born into slavery in 1818, he escaped as a young man and became a leading voice in the abolitionist movement. Douglass’ legacy is preserved here at Cedar Hill, where he lived his last 17 years. The centerpiece of the site is the historic house, which sits on top of a 50-foot hill and eight acres of the original estate. Restored to its 1895 appearance, the house is furnished with original objects that belonged to Frederick Douglass and other household members. Group will have lunch at Hops Grill in Alexandria at your own expense. Fee includes transportation to and from the facility on an M-NCPPC activity bus and the guided tour.

Sip and Canvas Painting  
**Friday, February 14**  
Blue Heron  
10:30 am- 12 pm  
**FREE**  
There is 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. Enjoy sparkling cider and chocolates in celebration of Valentine’s Day. Registration is required in the sign up book at the front desk.

Movie – *Deacons for Defense*  
**Friday, February 14**  
Potomac Room  
12:15pm 2:30pm  
**FREE**  
Meet in the Potomac Room for “Movie Friday”. We will be showing *Deacons for Defense.* True story of African American men who boldly took up arms against Ku Klux Klan. Light refreshments will be served. An M-NCPPC Senior ID is required for this “show up” event. No registration is required.

Bowling  
**Tuesday, February 18**  
Crofton, MD  
9:30 am – 3 pm  
$15 (R); $20 (NR)  
**PARKS DIRECT# CSSAC-20200218**  
A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free and games cost $3.50 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 an M-NCPPC Activity Bus.
February 2020

“Mother Road” at Arena Stage  
Washington, DC  
$80(R); $104(NR)

PARKS DIRECT# CSSAC-20200219

As the hardworking and terminally ill William Joad sets out on an epic journey to pass down his family farm, he is humiliated to find that the only surviving descendant of his family is a Mexican-American named Martín Jodes, an ex-migrant worker. The two men take a ride through the Mother Road, traveling from California back to Oklahoma, all while forging an unlikely bond and coming to terms with their brutal past. This powerful new play examines the crossroads of family, immigration and the American dream. Lunch is available at your own expense at the Wharf. Fee includes transportation to and from the facility on an M-NCPCC bus and admission to the show.

Movie – Soul Power  
Potomac Room  
Friday, February 21  
12:15pm 2:30pm

FREE

Meet in the Potomac Room for “Movie Friday”. We will be showing Soul Power. Soul Power documents the three-night Zaire ’74 music festival planned to coincide with the now-legendary and epic “Rumble in the Jungle” between Muhammad Ali and George Foreman. Light refreshments will be served. An M-NCPCC Senior ID is required for this “show up” event. No registration is required.

Explore National Museum of African American History and Culture  
Washington, DC  
$15(R); $20(NR)

PARKS DIRECT# CSSAC-20200226

The National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American life, history, and culture. It was established by Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans. To date, the Museum has collected more than 36,000 artifacts and nearly 100,000 individuals have become members. Lunch will available at your own expense at Sweet Home Café within the museum. Fee includes transportation to and from the facility on an M-NCPCC activity bus.
February 2020

Movie – Josephine Baker Story
Potomac Room
FREE
Meet in the Potomac Room for “Movie Friday”. We will be showing the Josephine Baker Story. Josephine’s life is a roller coaster ride of love and rejection from both her lovers and her country. Semi-nude or head to toe in sequin, her beauty and ambition ensured that Josephine Baker will always be remembered as the first truly international star. Light refreshments will be served. An M-NCPPC Senior ID is required for this “show up” event. No registration is required.

Black History Soul Music
Multipurpose Room
FREE
Meet in the multipurpose room to end Black History month with live entertainment. Enjoy tunes with Kaba Soul Singer. He will take us through a historical journey of music. An M-NCPPC Senior ID is required for this “show up” event. No registration is required.

Westminster Jazz Night 🎵
Washington, DC
$15(R) $20(NR)
PARKS DIRECT# CSSAC-20200228
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.
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 or call the SAGE office at 301-546-0882.

Additionally, you must have an 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 Dec 19-Jan 1, Jan 20.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>BEGINS &amp; ENDS</th>
<th>ROOM</th>
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<tr>
<td>Current Issues</td>
<td>Monday</td>
<td>1 - 3 pm</td>
<td>October 7-January 13</td>
<td>Blue Heron</td>
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<tr>
<td>Studio Fine Arts</td>
<td>Thursday</td>
<td>12:30 – 3:30 pm</td>
<td>October 10- January 23</td>
<td>Blue Heron</td>
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<td>Studio Fine Arts</td>
<td>Saturday</td>
<td>9:30 am – 12:30 pm</td>
<td>October 12- January 25</td>
<td>Blue Heron</td>
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<td>Humanities</td>
<td>Monday</td>
<td>10 am - 12 pm</td>
<td>October 7-January 13</td>
<td>Potomac</td>
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<tr>
<td>Jewelry Making</td>
<td>Thursday</td>
<td>10 am - 12 pm</td>
<td>October 10- January 23</td>
<td>Blue Heron</td>
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<tr>
<td>History of PG County</td>
<td>Wednesday</td>
<td>10 am - 12 pm</td>
<td>October 9- January 22</td>
<td>Potomac</td>
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<tr>
<td>Piano – Intern/Adv.</td>
<td>Tuesday</td>
<td>9:30 –11:30 am</td>
<td>October 8- January 21</td>
<td>Potomac</td>
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<td>Piano – Beginners</td>
<td>Tuesday</td>
<td>11:30 am-1 pm</td>
<td>October 8- January 21</td>
<td>Potomac</td>
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<td>Cardio &amp; Strength</td>
<td>Tuesday &amp; Thursday</td>
<td>10 am - 12 pm</td>
<td>October 8- January 23</td>
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<td>Training</td>
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<tr>
<td>Spanish-Beginner I</td>
<td>Tuesday</td>
<td>11 am - 12 pm</td>
<td>October 8- January 21</td>
<td>Room 50</td>
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<tr>
<td>Spanish-Beginner II</td>
<td>Tuesday</td>
<td>12:15 - 1:15 pm</td>
<td>October 8- January 21</td>
<td>Room 50</td>
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<td>Spanish- Intermediate</td>
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<td>1:30 – 2:30 pm</td>
<td>October 8- January 21</td>
<td>Room 50</td>
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<tr>
<td>Spanish- Advanced</td>
<td>Tuesday</td>
<td>2:45 - 3:45 pm</td>
<td>October 8- January 21</td>
<td>Room 50</td>
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<tr>
<td>Tai Chi</td>
<td>Tuesday &amp; Thursday</td>
<td>12 - 2 pm</td>
<td>October 8- January 23</td>
<td>Blue Heron / Maryland</td>
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<tr>
<td>Tai Chi</td>
<td>Wednesday</td>
<td>10 am - 12 pm</td>
<td>October 9- January 22</td>
<td>Chesapeake</td>
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Sage fall classes go through January of 2020. Registration for winter classes will begin January 10, 2020.

To access the winter calendar for Camp Springs Senior Activity Center, please visit www.pgparks.com. Click “Parks and Facilities,” choose “Camp Springs Senior Activity Center.” There you will find a link to download an electronic version of the calendar.

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.
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.

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.

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.pgparks.com for M-NCPPC Volunteer opportunities or contact the Facility Director.

"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."

FOR YOUR INFORMATION

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.pgparks.com and click on the PGParks Alert icon. You must provide an email address or cell phone number to receive alerts.