

Camp Springs Senior Activity Center



Winter Calendar

December 2021, January, February 2022



Hours of Operation:

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

Please note the Center will be closed on:

Saturday, December 25	Christmas Day
Saturday, January 1	New Year's Day
Monday, January 17	Dr. Martin Luther King Jr. Day
Monday, February 21	President's Day

Winter 2021 Registration

- Registration begins Wednesday, November 10 for **Residents (R)** only.
- Note: The center will open at **9:00 am on November 10 to assist with registrations.**
- Registration begins on Wednesday, November 17, 2021, 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.
- In order to participate in a virtual class, you must download Microsoft Teams, which requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later.

6420 Allentown Road • Camp Springs, Maryland 20748

301-449-0490

Fax: 301-449-6298

TTY: 301-699-2544

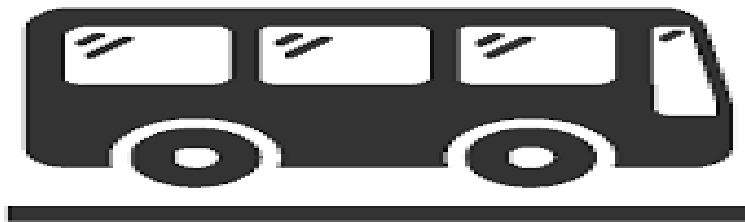
Camp Springs Senior Activity Center Information

REFUND POLICY

1. 100% refunds are issued when M-NCPPC/CSSAC cancels an activity.
2. All other refunds are subject to a 20% withdrawal fee except for within 24 hours of the original registration date.
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 a check which can take 3 to 4 weeks to process.

Senior Trip Information

Due to Covid-19, there will be no trips until further notice.



Camp Springs Senior Activity Center Information



RESERVATIONS

Reservations are required for Billiards, Computer Lab, and the Weight Room 24 hours in advance. Please call the front desk to make reservations.



WMATA Senior SmarTrip Cards are sold at the Center.

The purchaser must be at least 65 years of age with a government issued photo ID. Cost of the card is \$2. See the front desk staff to make your purchase.

KEEPING IT GREEN

1. Save paper, please take only 1 Senior Activity Calendar per season.
2. Avoid paper clutter. Learn how to find the information you need online!
3. Recycle paper, bottles & cans.
4. Never litter! Please dispose of garbage properly.



M-NCPPC SENIOR MEMBERSHIP

Join thousands of Prince George's County Seniors 60 & better and get your FREE M-NCPPC Senior ID! It is your senior super pass to the Department of Parks and Recreation in Prince George's County.

Your ID provides FREE access to:

44 Community Centers and their fitness rooms.

- Six Senior Activity Centers and their fitness rooms.
- The Sports and Learning Complex to workout, swim, or walk the indoor track on Monday, Wednesday, and Friday mornings from 8 am to 12 noon.
- Weekly e-Connect newsletter highlighting upcoming Department of Parks and Recreation programs and events.

To get your FREE M-NCPPC Senior ID, bring proof of age and residency to any Maryland-National Capital Parks and Planning Commission (M-NCPPC) [community center](#) during operating hours. You must be 60 & better and reside in either Prince George's or Montgomery County.

Camp Springs Senior Activity Center: Classes

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Computer Level 1	Potomac	<u>Monday & Wednesday</u> Dec 6 – Dec 15 Jan 5 – Jan 12 Jan 31 – Feb 9	12:15 – 2:15 pm	14501-111A 14501-111B 14501-111C	\$45 (R); \$59 (NR) \$33 (R); \$43 (NR) \$45 (R); \$59 (NR)
Computer Level 2	Potomac	<u>Monday & Wednesday</u> Dec 20 – Dec 29 Jan 19 – Jan 26 Feb 23 – March 2	12:15 – 2:15 pm	14502-111A 14502-111B 14502-111C	\$45 (R); \$59 (NR) \$33 (R); \$43 (NR) \$33 (R); \$43 (NR)
Creative Paper Crafting	Blue Heron	<u>Monday</u> Dec 6 – Dec 27 Jan 3 – Jan 10 Feb 7 – Feb 14	10 am – 12 pm	15502-111A 15502-111B 15502-111C	\$16 (R); \$21 (NR) \$8 (R); \$11 (NR) \$8 (R); \$11 (NR)
Total Body Workout (Exercise)	Maryland	<u>Monday & Friday</u> Jan 3 - Jan 14 Jan 24 - Feb 18	10:30 am – 11:15 am	17517-111B 17517-111C	\$9 (R); \$12 (NR) \$18 (R); \$24 (NR)
Line Dance Beginner <i>w/Lady Di</i>	Maryland	<u>Wednesday</u> Dec 1 – Dec 22 Jan 5 – Jan 26 Feb 2 – Feb 23	9:30 – 11:30 am	23501-111A 23501-111B 23501-111C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance – Beginner <i>w/Patricia Duncan</i>	Maryland	<u>Saturday</u> Dec 4 – Dec 18 Jan 8 – Jan 29 Feb 5 – Feb 26	9:15 – 11:15 am	23501-111D 23501-111E 23501-111F	\$7 (R); \$10 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Smart Devices	Blue Heron	<u>Friday</u> Jan 7 – Jan 28	9:30 – 10:30 am	14506-111B 14506-111C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Virtual Yoga <i>w/Steve</i>	Virtual	<u>Monday</u> Dec 6 – Dec 27 Jan 3 – Jan 31 Feb 7 – Jan 28	12:30 pm – 1:30 pm	31515-111A 31515-111B 31515-111C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$7 (R); \$13 (NR)

R- Resident of Prince George's or Montgomery Counties

NR- Non-resident of Prince George's or Montgomery Counties

IMPORTANT: A minimum number of registrants are required for programs to be held.

Camp Springs Senior Activity Center: Clubs

CLUB	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Book Club	Potomac	<u>3rd Thursday</u>	10:30 am – 12 pm	N/A	FREE
Cards-Bid Whist	Potomac	<u>Tuesdays</u>	12:45 pm – 4 pm	N/A	FREE
Glee Club	Potomac	<u>1st and Last Thursdays</u>	10 am – 12:00 pm	N/A	FREE
Inspirational Hour	Maryland Potomac	<u>Tuesday</u> <u>Friday</u>	11 am – 12 pm 10 am – 11 am	N/A	FREE
Line Dance, Advanced	Maryland	<u>Thursday</u>	2 pm – 4 pm	N/A	FREE
Round Dance Square	Maryland	<u>Tuesday</u>	12:30 – 3 pm	N/A	FREE

Volunteer Spotlight



Rev. Dr. William Peterson

We are honored to spotlight ‘a first’ in the history of Camp Springs Senior Activity Center, Rev. Dr. William Peterson. Dr. Peterson, a native of Bishopville, South Carolina, was asked to form the first inspirational club by the late Helen Haynes, the first CSSAC Facility Director. Dr. Peterson has taught biblical interpretations to the CSSAC patrons for 39 years; from 1982 to present. Dr. Peterson is the Senior Pastor of Deliverance Free Will Baptist Church in Temple Hills, Maryland.



AARP DEFENSIVE DRIVER COURSE

Take the award-winning AARP Smart Driver™ course and you could earn a multiyear discount on your car insurance! Must be 50 years or older.

Sign up to refresh your driving skills and learn:

- New traffic laws and regulations in your state
- Research-based driving techniques and proven safety strategies
- Methods for handling highway traffic, right of way and blind spots

Days/Dates	Time	Room	Fee
Wednesday Jan 5, 19 Feb 2, 16	9:30 am - 3:00 pm	Blue Heron	\$20 AARP Members \$25 AARP Non-Members
Saturday Jan 15, 22 Feb 5, 26	9:30 am - 1:00 pm	Blue Heron	\$20 AARP Members \$25 AARP Non-Members

Enroll today and discover how it pays to be a safer driver!

Call Rose Hobson at 301-736-1565 to register.



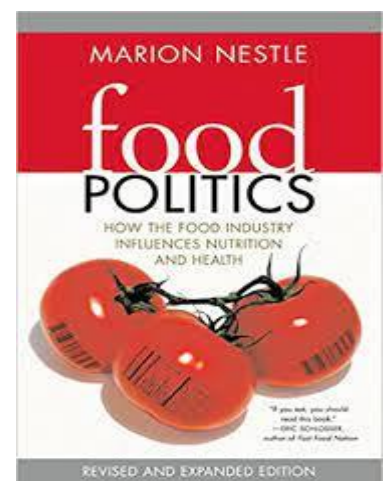
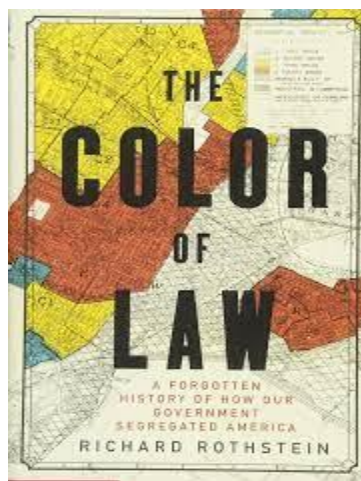
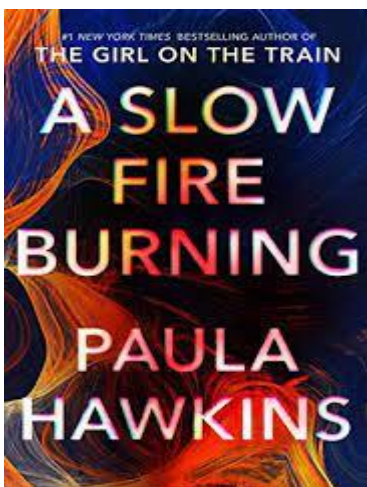
CAMP SPRINGS BOOK CLUB WINTER SELECTIONS

Book Club meets every 3rd Thursday of the month from 10:30 am- 12:00 pm. Join us each month for a lively discussion. Sign up at the front desk.

December: *A Slow Fire Burning* by Paula Hawkins

January: *The Color of Law* by Richard Rothstein

February: *Food Politics: How The Food Industry Influences Nutrition and Health* By Marion Nestle



Camp Springs Senior Activity Center: Special Events

December 2021



Enjoy Tunes from the Matt Daniel Band
Social Room
FREE

Friday, December 3
12:00 pm – 1:00 pm

The Matt Daniel Band reinvigorates old songs with a new twist. The duet of keyboardist and drummer starts off with a bit of ragtime-stride, and then on (pun intended) into the era of swing and boogie-woogie. Continuing the performance into the style of New Orleans piano, a style with roots steeped in boogie-woogie, gospel, classical, international, and funk, the band takes a slower approach to the blues. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



It's Movie Time – *Almost Christmas*
Potomac Room
FREE

Monday, December 6
12:00 pm – 2:00 pm

The festive story of a beloved patriarch who asks his family for one gift this holiday season: to get along. Share the holiday love, laughs and charm with an all-star cast including Danny Glover, Mo'Nique, JB Smoove, Gabrielle Union, Jessie T. Usher and Omar Epps. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

Holiday Craft Project: “Christmas Swag”
\$12 (R); \$16 (NR)
PARKS DIRECT code: CSSAC-SPEC-GA-20211208

Wednesday, December 8
11:00 am – 12:30 pm

Express your inner artist! Create your very own Christmas Swag crafted from seasonal greenery. This traditional holiday decoration is easy to make and will last for years so you can enjoy it season after season.

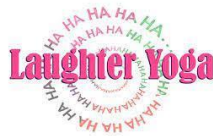
Camp Springs Senior Activity Center: Special Events



Information Session:
CareFirst BlueCross BlueShield Medicare Advantage
Social Room
FREE

Thursday, December 9
10:30 am – 11:30 am

The Community and Social Impact Specialist will provide a resources table and answer questions regarding Medicare, enrollment periods, Dual Special Needs Plan; transportation, foot care, vision, dental, and hearing aid coverage, as well as learn about prescription, hospital coverage and more. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Virtual: Laughter Yoga with Ayo
FREE

Tuesday, December 14
11 am – 12 pm

Laughter Yoga promotes the use of breathing activities in between laughter exercises as a way to relax the body and mind. It boosts the immune system as well as exercises the diaphragm and abdominal muscles. Join us for a morning of fun and relaxation. To participate in a virtual activity, you must download Microsoft Teams® that requires a computer operating system of Windows 10 or newer or Mac OSX 10.11 El Capitan or newer. Use of the laptop/desktop camera and audio is also required. A link to join the session will be emailed to registrants. Sign up at the front desk.

Bingo
Social Room
FREE



Thursday, December 16
10 am – 12 pm

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

SENIOR HOLIDAY CONCERT

Friday, December 17, 2021

Laurel-Beltsville Senior Activity Center
PARKS DIRECT code: LBSAC-SPEC-GA-20211217A
LBSAC-SPEC-GA- 20211217B

2 Shows-Doors Open 9 am
1st Show - 10 am - 12 pm
2nd Show – 2 pm - 4 pm

Fee: Resident \$25; Non-Resident \$33

Harold Melvin's Blue Notes and The Intruders are sure to get you in the holiday spirit as they perform some of your favorite hit songs along with comedian Gregg Cooper bringing the holiday laughter. Please make sure you register for the correct show and time slot. Print your tickets, they are required for admission to the concert.

Location: Laurel-Beltsville Senior Activity Center 7120 Contee Road, Laurel MD 20707.

Transportation is not provided. **Face coverings required.** Register early, seating is limited.

January 2022



Virtual: Laughter Yoga with Ayo

Tuesday, January 11

FREE

11 am – 12 pm

Laughter Yoga promotes the use of breathing activities in-between laughter exercises as a way to relax the body and mind. It boosts the immune system as well as exercises the diaphragm and abdominal muscles. Join us for a morning of fun and relaxation. To participate in a virtual activity, you must download Microsoft Teams® that requires a computer operating system of Windows 10 or newer or Mac OSX 10.11 El Capitan or newer. Use of the laptop/desktop camera and audio is also required. A link to join the session will be emailed to registrants. Sign up the front desk.



New Year's Craft Project: "Tabletop Floral Center Piece"

Wednesday, January 12

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

11:00 am – 12:30 pm

PARKS DIRECT code: CSSAC-SPEC-GA-20220112

Discover your hidden artistic talent and enjoy crafting a one-of-a-kind design to accent any tabletop.



Protect Yourself from Scams, Fraud, and Identity Theft

Thursday, January 13

Social Room

11:00 am – 12:00 pm

FREE

Each year, millions of seniors lose their money, their trust, their privacy and, in some cases, their safety to scammers. You will leave being one step ahead of the scammers.

An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

Camp Springs Senior Activity Center: Special Events

Enjoy Tunes from Kevin Howard
Social Room
FREE



Friday, January 14
12:00 pm – 1:00 pm

Join Kevin Howard pianist/keyboardist extraordinaire for an afternoon of R&B and Smooth Jazz. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Bingo
Social Room
FREE

Thursday, January 20
10 am – 12 pm

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



It's Movie Time – Bringing Down the House
Potomac Room
FREE

Monday, January 24
12 pm – 2 pm

The hilarious Steve Martin and Queen Latifah star with Eugene Levy in the laugh-out-loud hit comedy. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Soup for the Soul – Grab-N-Go!
FREE

Wednesday, January 26
12:00 pm - 2:00 pm

PARKS DIRECT code: CSSAC-SPEC-GA-20220126

Soup is the common meal in many countries and probably dates back to the invention of the earliest cooking pots. Let's celebrate Soup for the Soul by receiving a bowl with a spoon, and two cans of delicious soup and crackers. This will be a free Grab and Go event. Sign up online at www.pgparke.com or call the front desk.

Camp Springs Senior Activity Center: Special Events

February 2022

Estate Planning

FREE

Learn how to plan a Will and a Trust legally in the DMV. You will walk away with a wealth of knowledge. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

Tuesday, February 1

10:00 am – 11:00 am

Virtual: Laughter Yoga with Ayo

FREE

Laughter Yoga promotes the use of breathing activities in-between laughter exercises as a way to relax the body and mind. It boosts the immune system as well as exercises the diaphragm and abdominal muscles. Join us for a morning of fun and relaxation. To participate in a virtual activity, you must download Microsoft Teams® that requires a computer operating system of Windows 10 or newer or Mac OSX 10.11 El Capitan or newer. Use of the laptop/desktop camera and audio is also required. A link to join the session will be emailed to registrants. Sign up at the front desk.

Tuesday, February 8

11 am – 12 pm

Valentine's Craft Project: A Valentine Design

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

PARKS DIRECT code: CSSAC-SPEC-GA-20220209

Expand the creative side of your mind! Translate your unique eye into a beautiful art piece. Join us for a fun-filled, exciting, and interactive craft project.

Wednesday, February 9

11:00 am – 12:30 pm



Black History In Motion Program

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

Parks Direct Ticket #: 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

Friday, February 11

10:30 am – 12 pm

Doors open at 9:30 am

Camp Springs Senior Activity Center: Special Events



A Valentine's Day Afternoon Jazz Concert featuring Bill Haymon **Monday, February 14**
Social Room **12:00 pm – 1:00 pm**
FREE

Come out and enjoy a master Flutist. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Bingo **Thursday, February 17**
Social Room **10 am – 12 pm**
FREE

B-I-N-G-O! Come and be a winner! Participate in different Bingo game patterns, win prizes, and have lots of fun! An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



It's Movie Time – Selma **Monday, February 28**
Potomac Room **12 pm – 2 pm**
FREE

Dr. Martin Luther King Jr. rallied his followers on the historic march from Selma to Montgomery in the face of opposition, an event that became a milestone victory for the civil rights movement. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

Camp Springs Senior Activity Center: Information Corner

IMPORTANT PHONE NUMBERS



Senior Nutrition/ Transportation	301-265-8475
Legal Aid	301-927-6800
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, 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.

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 at (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 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.

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.

