

Camp Springs Senior Activity Center

Spring Calendar March, April, May 2023



Welcome to Camp Springs Senior Activity Center!

HOURS OF OPERATION:

Monday – Friday 9 am-4:30 pm

Saturday 9 am-1 pm



SCHEDULED CLOSURES:

Monday, May 29, 2023: Memorial Day

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

Spring Registration

- Registration begins **Wednesday, February 15, 2023**, for Residents (R) only.
- Note: The center will open at 9:00 am on Wednesday, November 16, to assist with registrations.
- Registration begins on **Wednesday, February 22, 2023**, 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.
- 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

Welcome to CSSAC where we hope you will enjoy our:

- Billiards Room with 3 pool tables, television, and sound system
- Social Room with television and games
- Potomac Computer Room with 10 computers and a printer
- Maryland Dance Room with wood floor 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 lunch is served by the Prince George's County Department of Family Services Nutrition Program.



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. All withdrawal/refunds from an activity may be processed at the facility offering the activity.
4. CSSAC Facility Management must approve, and process all requested refunds.
5. Refunds MUST be requested **prior** to the end of the course. Refunds will NOT be issued once the course has ended.
6. Refunds for trip withdrawals will be issued only if the spot can be resold.
7. Credits nor refunds will be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. Refunds may be immediately credited to your PARKS DIRECT account or be issued 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.









For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

Camp Springs Senior Activity Center: CLASSES

CLASS	DAYS/DATES	TIME	ROOM	ACTIVITY CODE	FEE
Defensive Driving 	<u>Thursday</u> March 16 April 6 May 4 <u>Saturday</u> March 25 April 29 May 20	9:30 am-2:30 pm 9:15 am-1:15 pm	Chesapeake Room	Call Rose Hobson @ 301 736-1565 to register	\$20 AARP Members \$25 AARP Non-Members
Computer Level 1 	<u>Monday & Wednesday</u> March 6-March 15 April 3-April 12 May 1-May 10	12:15-2:15 pm	Potomac Room	14501-211A 14501-211B 14501-211C	\$45 (R); \$59 (NR) \$45 (R); \$59 (NR) \$45 (R); \$59 (NR)
Learn about parts of the computer system, keyboarding, mouse exercises, internet searches, terminology, and email accounts. Two-week course.					
Computer Level 2 	<u>Monday & Wednesday</u> March 20-March 29 April 17-April 26 May 15-May 24	12:15-2:15 pm	Potomac Room	14502-211A 14502-211B 14502-211C	\$45 (R); \$59 (NR) \$45 (R); \$49 (NR) \$45 (R); \$49 (NR)
Learn about email accounts and features, Introduction to Microsoft Word and PowerPoint, file management, and advanced internet search techniques. Two-week course.					
Creative Paper Crafting 	<u>Monday</u> March 6-March 27 April 3- April 24 May 1-May 22	10 am-12 noon	Blue Heron Room	15502-211A 15502-211B 15502-211C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Total Body Workout (Exercise) 	<u>Monday & Friday</u> March 6-March 31 April 3-April 28 May 1- May 26	10:30-11:15 am	Multipurpose Room	17517-211A 17517-211B 17517-211C	\$18(R); \$24 (NR) \$18(R); \$24 (NR) \$18(R); \$24 (NR)
	<u>Monday & Friday</u> March 6-March 31 April 3-April 28 May 1- May 26	11:30 am-12:15 pm	Multipurpose Room	17517-211D 17517-211E 17517-211F	\$18 (R); \$24 (NR) \$18 (R); \$24 (NR) \$18 (R); \$24 (NR)
Hand Dancing	<u>Friday</u> March 3-March 24 April 7-April 28 May 5-May 26	1:00-3:00 pm	Maryland Room	23510-211A 23510-211B 23510-211C	\$ 15(R); \$20 (NR) \$ 15(R); \$20 (NR) \$ 15(R); \$20 (NR)
Hula Hoop	<u>Thursday</u> March 2-March 23 April 6-April 27 May 4-May 25	11:30-12:30 pm	Maryland Room	17548-211A 17548-211B 17548-211C	\$ 16(R); \$21 (NR) \$ 16(R); \$21 (NR) \$ 16(R); \$21 (NR)

Line Dance Beginner	<u>Wednesday</u> March 1-March 22 April 5-April 26 May 3-May 24	9:30-11:30 am	Maryland Room	23501-211A 23501-211B 23501-211C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance Beginner	<u>Saturday</u> March 4-March 25 April 1-April 22 May 6-May 27	9:15-11:15 am	Maryland Room	23501-211D 23501-211E 23501-211F	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sign Language (Basic) 	<u>Mondays & Fridays</u> March 6-March 31 April 3-April 28 May 1-May 26	10-11:15 am	Chesapeake Room	20501-211A 20501-211B 20501-211C	\$12 R; \$16 (NR) \$12 R; \$16 (NR) \$12 R; \$16 (NR)
Low Impact Aerobics	<u>Thursdays</u> March 2-March 23 April 6-April 27 May 4- May 25	9:30- 10:30 am	Maryland Room	17521-211A 17521-211B 17521-211C	\$16 R; \$21 (NR) \$16 R; \$21 (NR) \$16 R; \$21 (NR)
Smart Gadgets 	<u>Friday</u> March 3-March 24 April 7-April 28 May 5-May 26	9:30-10:30 am	Blue Heron	14506-211A 14506-211B 14506-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Gentle Yoga	<u>Tuesdays</u> March 7-March 28 April 4-April 25 May 2-May 23	9:30-10:30 am	Multipurpose Room	17504-211A 17504-211B 17504-211C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Virtual Chair Yoga 	<u>Monday</u> March 6-March 27 April 3- April 24 May 1- May 22	12:30-1:30 pm	Virtual Room	31515-211A 31515-211B 31515-211C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Zumba Fit 	<u>Wednesday</u> March 1-March 22 April 5-April 26 May 3- May 31 *No class on May 24	12:15-1:15 pm	Maryland Room	17529-211A 17529-211B 17529-211C	\$16 (R), \$21 (NR) \$16 (R), \$21 (NR) \$16 (R), \$21 (NR)

Camp Springs Senior Activity Center: CLUBS

CLUB	LOCATION	DAYS/DATES	TIME	ACTIVITY CODE	FEE
Book Club	Potomac	<u>3rd Thursday</u>	10:30 am-12 noon	N/A	FREE
Cards-Bid Whist	Potomac	<u>Tuesdays & Thursdays</u>	1-4 pm	N/A	FREE
Cricut Club	Social Room	<u>2nd and 4th Saturdays</u>	10 am-12 noon	N/A	FREE
Crocheting/ Knitting with Ms. Emma	Social Room	<u>Tuesday and Thursday</u>	10 am-12 noon	N/A	FREE
Glee Club	Potomac	<u>1st and Last Thursdays</u> *will meet Feb 9	10 am-12 noon	N/A	FREE
Inspirational Hour	Maryland	<u>Tuesday</u>	11 am-12 noon	N/A	FREE
	Potomac	<u>Friday</u>	10-11 am		
Line Dance	Maryland	<u>Mondays and Thursdays</u>	2 -4 pm	N/A	FREE
Round Dance Square	Maryland	<u>Tuesday</u>	12:30-3 pm	N/A	FREE

CAMP SPRINGS BOOK CLUB 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.

- MARCH 16:** And Then There Was Light: Abraham Lincoln and The American Struggle
by Jon Meacham
- APRIL 20:** Finding Me: A Memoir by Viola Davis
- MAY 18:** Cemetery Road by Greg Illes

Camp Springs Senior Activity Center: Special Events

MARCH 2023



NATIONAL PEANUT BUTTER LOVER'S DAY

Chesapeake Room

FREE

March 1st was made for National Peanut Butter Lover's Day. Ah, peanut butter. One day is not enough to recognize peanut butter. Learn helpful information on peanut butter and it's nutritional value. Make your own sandwich to go. An M-NCCPC Senior ID Card is required. Please sign up at the front desk. Space is limited.

Wednesday, March 1

11 am-12 noon



Bowling at Crofton

Crofton, MD

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

PARKS DIRECT# CSSAC-20230302

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$4.75 each. Enjoy two games of bowling and lunch at Longhorn Steakhouse. Lunch is at your own expense. Average menu prices: \$5 - \$24. Fees include transportation aboard an M-NCPPC activity bus.

Thursday, March 2

10 am-4:00 pm

Weeble, Wobble but don't fall
Chesapeake Room
FREE

Tuesday, March 7
11am-12:30 pm

This interactive workshop will provide tips and tools to help you be safe at home. You will learn about wearing proper footwear, removing hazards such as electrical cords, boxes and loose rugs, and lighting up your living space. An M-NCCPC Senior ID Card is required. Please sign up at the front desk. Space is limited.



Tanger Outlets
\$8 (R); \$11 (NR)
PARKS DIRECT #CSSAC-202303214

Tuesday, March 14
10:30am-1:30pm

Start your spring shopping here with many stores that offer great discounts. Shop till you drop, then find a delicious meal at the many eateries. An M-NCCPC Senior ID Card is required. Fees include transportation aboard an M-NCPPC activity bus. Please sign up at the front desk. Space is limited.



St. Patrick's Day Lucky Bingo
Chesapeake Room
FREE

Friday, March 17
10 am-12 noon

Come dress in **GREEN** and celebrate St. Patrick's Day with us. Try your luck during games of Bingo with chances to win fun green prizes. Light snacks and beverages will be served. An M-NCCPC Senior ID Card is required. Please sign up at the front desk. Space is limited.



**Blood Pressure Screening by MedStar
Social Room
FREE**

**Tuesday, March 21
11 am-12:30 pm**

Blood pressure is one of the most important screenings. High blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

**The Importance of Will & Estate Planning, DTA Enterprises
Chesapeake Room
FREE**

**Wednesday, March 29
10-11:30 am**

You don't have a Will? You've been thinking about it? I don't have very much is it necessary? This session will cover the importance of a Will. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Camp Springs Senior Activity Center: Special Events

APRIL 2023



Comedy Hour-Simply Shirley & Friends
Multipurpose Room
FREE

Tuesday, April 4
1-2 pm

Did you know that laughter is good medicine? Come and have a few good belly laughs with Shirley and Friends. An M-NCPPC Senior ID and reservations are required. Please sign up at the front desk.



Bowling at Crofton
Crofton, MD
\$12 (R); \$16 (NR)

Thursday, April 6
10 am-4pm

ParksDirect #CSSAC-20230406

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$4.75 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$5 - \$24. Fees include transportation aboard an M-NCPPC activity bus.

The Importance of Will & Estate Planning, Pt 2. DTA Enterprises
Chesapeake Room
FREE

Wednesday, April 12
10:30-11:30 am

This session is part 2 of the importance of a Will. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.

Osteoarthritis
Chesapeake Room
FREE

Tuesday, April 18
11-12:30 pm

Join us as we learn about Osteoarthritis (OA), the most common chronic joint condition. OA is also called wear and tear arthritis, degenerative arthritis, and degenerative joint disease. A health specialist we discuss symptoms, treatments, and medications for relief. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



Bingo
Social Room
FREE

Thursday, April 20
10 am-12 noon

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.



Dallas Black Dance Theater
Publick Playhouse
\$20 (R); \$26(NR)

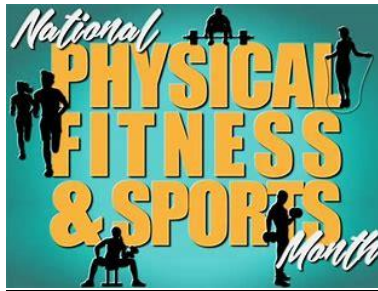
Thursday, April 27
10am-4 pm

ParksDirect Code#CSSAC-20230427

Dallas Black Dance Theatre's professional company, DBDT, consists of 12 full-time professional dancers performing a mixed repertory of modern, jazz, African and spiritual works by nationally and internationally known choreographers. DBDT's second performing company, DBDT II, consists of 10 semi-professional artists from around the nation who provide dance services for DBDT's growing local and regional educational outreach. Fees include ticket and transportation aboard an M-NCPPC activity bus.

Camp Springs Senior Activity Center: Special Events

May 2023



May is not only National Physical Fitness and Sports Month, and it is a great month to get moving! Be on the lookout for the brochure with other opportunities to get up & get fit by participating in several fun and rewarding educational, nutrition, sports & fitness activities



Bowling at Crofton

Crofton, MD

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

Parks Direct# CSSAC-20230504

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$4.75 each. Enjoy two games of bowling and lunch TBA. Lunch is at your own expense. Average menu prices: \$5 - \$24. Fees include transportation aboard an M-NCPPC activity bus.

Thursday, May 4

10 am-4 pm



Hola, Let's Celebrate Cinco De Mayo

Social Room

FREE

We will kick off the Cinco De Mayo celebration with fun and games and with wrap up with a live cooking demonstration! An M-NCPPC Senior ID card and reservations are required. The activity code will be provided by calling or signing up at the front desk. This activity is a part of the National Physical Fitness and Sports Month.

Thursday, May 4

1-3 pm

Mystery Restaurant

Surprise Local Favorite Restaurant

ParksDirect Code#CSSAC-20230509

Let's Eat! Join us as we visit a local restaurant and enjoy a delicious meal with good friends. Meal is at your own expense (average menu prices: \$7-25). Fees include transportation aboard an M-NCPPC activity bus.

Thursday, May 9

11 am-3pm

Mother's Day Celebration

Denim & Pearls

Social Room

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

CSSAC-SPEC-GA-20230512

Ladies and Gentlemen, wear your cutest Denim outfit, add on your favorite pearl accessories, and join us as we celebrate and honor the mothers of the family or individuals, as well as motherhood, maternal bonds, and the influence of mothers in society. Enjoy a special day honoring the mothers in your life with delicious food and live musical performance by Ray Apollo Allen and the Apollo One Band in a relaxed setting. An M-NCPPC Senior ID card and reservations are required. The ticket code will be provided by calling or signing up at the front desk.

Friday, May 12

12:30-3:00 pm



**Blood Pressure Screening by MedStar
Social Room
FREE**

**Tuesday, May 16
11 am-12:30 pm**

Blood pressure is one of the most important screenings. High blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. An M-NCPPC Senior ID Card and reservations are required. Please sign up at the front desk.



**Motown Get Down
\$25 (R); \$33 (NR)
PARKS DIRECT Code: SAARC-SPEC-GA-20230517**

**Wednesday, May 17
11:00am-1:30 pm**

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at the Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and catered lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission. Southern Area Aquatics & Recreation Complex is located at: 16301 Brandywine Road, Brandywine, Maryland. Don't miss the fun!



Bingo
Social Room
FREE

Thursday, May 18
10 am-12 noon

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.



Hula Hoop with Betty
FREE

Friday, May 19
11:30 am-12:30 pm

Maryland Room
Activity Code: 17548-211D

This is a National Health and Fitness Month activity. Tap into a memory from your childhood! Swirl your way to the next fitness level while having fun and working out to familiar tunes. Bring your own weighted hula hoop.

Senior Health and Fitness Day
FREE

Wednesday, May 24
10 am-2pm

PARKS DIRECT Code: SPD-SPEC-GA-20230524A

Get your body moving and engaged at the 2023 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, Drum 'n Tone, swimming, a spin class, chair massages, wellness screenings art and more at Southern Area Aquatics and Recreation Center in Brandywine, MD. Transportation is being provided from each senior activity center. Please sign up at the senior activity center, as seats are limited.

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 spring semester begins the week of February 6 and concludes the week of May 22. For details, check the SAGE web site at 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 March 14.

CLASS	DAY	TIME	BEGINS & ENDS	ROOM
Piano-Beginners	Tuesday	10 am-12 pm	February 7-May 23	Potomac
Piano – Interm/Adv.	Tuesday	9:30-11:30 am	February 7- May 23	Potomac
Piano – Beginners	Tuesday	11:30 am- 12:30 pm	February 7- May 23	Potomac



Camp Springs Senior Activity 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) 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 \$4.00. 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 telephone numbers.

WMATA Senior SmarTrip Card

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

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation. El Departamento de Parques y Recreación, Condado de Prince George's, fomenta y apoya la participación de individuos con discapacidades en sus programas. Para pedir y obtener asistencia especial, inscribese al menos 2 semanas antes de la fecha de comienzo del programa.

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.

