

# SAARC Senior Program



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pgparks.com

Southern Area Aquatics and Recreation Complex (SAARC)



## Welcome to SAARC Senior Program

March, April & May 2023

### SENIOR PROGRAM HOURS OF OPERATION:

Monday – Friday 10 am-2 pm

### SENIOR PROGRAM SCHEDULED CLOSURES:

Monday, May 29, 2023 Memorial Day



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

*Please note: The SAARC Senior Program is closed on the above-mentioned date(s) even though the center may be opened for operation. 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 15, to assist with registrations.
- Registration begins on **Wednesday, February 22, 2023**, for Non-Residents (NR).
- Do Not 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.

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

Monday, February 13, 2023

# 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 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. SAARC Senior 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](mailto: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.

# CLASSES



CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 <b>Sewing</b> <i>w/ Tisha Thorn</i>	<b>Monday</b> Mar 13 & Mar 27 Apr 3 & Apr 24 May 1 & May 22	9:30 am-11:30 am	Program Rm B	<b>15501</b> 275A 275B 275C	\$22 (R); \$29 (NR)
 <b>Quilting</b> <i>w/ Tisha Thorn</i>	<b>Monday</b> Mar 13 & Mar 27 Apr 3 & Apr 24 May 1 & May 22	12 noon-2 pm	Program Rm B	<b>15504</b> 275A 275B 275C	\$22 (R); \$29 (NR)
 <b>Smart Devices</b> <i>w/ Debbie Tharps</i>	<b>Tuesday</b> Mar 7 – Mar 28 Apr 4 – Apr 25 May 2 – May 23	9 am-11:30 am	Program Rm B	<b>14506</b> 275A 275B 275C	\$20 (R); \$26 (NR)
 <b>Exercise</b> <i>w/ Patricia Partee</i>	<b>Tuesday &amp; Thursday</b> Mar 7 – Mar 30 Apr 4 – Apr 27 May 2 – May 25	11 am-12 noon	Group X Rm 1	<b>17517</b> 275A 275B 275C	\$28 (R); \$37 (NR)
 <b>Zumba Fit</b> <i>w/ Patricia Partee</i>	<b>Tuesday &amp; Thursday</b> Mar 7 – Mar 30 Apr 4 – Apr 27 May 2 – May 25	12:30 pm-1:30 pm	Group X Rm 1	<b>17529</b> 275A 275B 275C	\$28 (R); \$37 (NR)
 <b>Yoga</b> <i>(no chair)</i> <i>w/ Steve Wolf</i>	<b>Wednesday</b> Mar 1 – Mar 22 Apr 5 – Apr 26 May 3 – May 24	11:15 am-12:15 pm	Group X Rm 1	<b>17504</b> 275A 275B 275C	\$22 (R); \$29 (NR)
 <b>Chair Yoga</b> <i>w/ Steve Wolf</i>	<b>Wednesday</b> Mar 1 – Mar 22 Apr 5 – Apr 26 May 3 – May 24	12:30 pm-1:30 pm	Group X Rm 1	<b>17504</b> 275E 275F 275G	\$22 (R); \$29 (NR)
 <b>Arts &amp; Crafts</b> <i>w/ Babbita Briscoe</i>	<b>Friday</b> Mar 3 – Mar 24 Apr 7 – Apr 28 May 5 – May 26	10:30 am-12:30 pm	Program Rm B	<b>15502</b> 275A 275B 275C	\$16 (R); \$21 (NR)





**Classes sponsored by: Southern Recreation & Leisure Services**

CLASS	DAY/DATES	TIME	ROOM	REGISTER	FEE
 <b>Senior Spin</b>	<u>Monday &amp; Wednesday</u> Mar 6-Mar 29 Apr 3-Apr 26 May 1-May 24	9:30 am-10:30 am	Spin Room	<b>17540</b> 275A 275B 275C	\$32 (R); \$42 (NR)

**Classes sponsored by: Arts & Cultural Heritage Division**

<b>Showstoppers</b> <i>In-Person</i> 	<u>Tuesday</u> Mar 28-May 30	10:30 am-12:30 pm	Program Rm B	<b>23511</b> 275A	\$15 (R); \$20 (NR)
<b>Showstoppers</b> <i>Virtual</i> 	<u>Thursday</u> Mar 30-Jun 1	10:30 am-12:30 pm	Program Rm B	<b>31527</b> 275A	\$10 (R); \$13 (NR)


**SAARC Senior Program: Clubs**

 <b>Bingo</b>	<u>Tuesdays</u>	10:15 am-11:30 am	Multi-Purpose Rm A	<b>Show Up Activity</b>	FREE
 <b>Line Dance</b>	<u>Fridays</u>	11 am-1 pm	Group X	<b>Show Up Activity</b>	FREE

\* No class: Monday, May 29, 2023- Memorial Day

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

**SAARC Senior Program: Blood Pressure Screening**

<b>Blood Pressure Screening</b>  <i>w/ Med Star</i>	<u>Thursdays</u> March 16 May 18	10:30 am-1 pm	South Lobby	<b>Show Up Activity</b>	FREE
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# SAARC Senior Program: Special Events

## *March 2023*

### **Lunchtime Listening**

**FREE**

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

**Wednesday, March 1**

**11 am-1 pm**

### **Birthday Celebration**

**FREE**

Celebrate March birthdays with birthday treats and enjoyable conversation. The color for the event is **GREEN**. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Thursday, March 2**

**12 noon-1 pm**

### **Healthy, Well & Wise – Estate Planning**

**FREE**

Come learn the importance estate planning and debunk the myths. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Tuesday, March 7**

**10:30 am-11:30 am**

### **Healthy, Well & Wise – Life Insurance**

**FREE**

Come learn the importance of having life insurance. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Thursday, March 9**

**10:30 am-11:45 am**

### **St. Paddy's Day Ice Cream Social**

**FREE**

It is time to wear your green and celebrate the "Luck of the Irish". Enjoy our fabulous ice cream. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Thursday, March 16**

**12:30 pm-1:30 pm**

### **SAARC Cinema**

**FREE**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Thursday, March 30**

**10:30 am-1:30 pm**



# *April 2023*

## **Lunchtime Listening** **FREE**

**Wednesday, April 5**  
**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, April 6**  
**12 noon-1 pm**

Celebrate April birthdays with birthday treats and enjoyable conversation. The color of the day is **BLUE**. 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 – Healthy Living for your Total Self** **FREE**

**Thursday, April 20**  
**10 am-12 noon**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

## **SAARC Cinema** **FREE**

**Thursday, April 27**  
**10:30 am-1:30 pm**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

# *May 2023*

## **Lunchtime Listening** **FREE**

**Wednesday, May 3**  
**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, May 4**  
**12 noon-1 pm**

Celebrate May birthdays with birthday treats and enjoyable conversation. The color for the day is **RED**. 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 - National Fitness Line Dance Festivities** **FREE**

**Friday, May 5-26**  
**11 am-1 pm**

Join us SAARC Senior's Line Dance Club in celebration of the National Physical Fitness month. This club a student-led social and dance club designed to teach others all they need to learn about line dancing. From partner patterns to the most basic line dances, we make sure to teach our members everything they need to know before getting on the dance floor.

## Motown Get Down

**FEE: \$25 (R); \$33 (NR)**

**PARKS DIRECT: SAARC-SPEC-GA-20230517**

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: 13601 Brandywine Road, Brandywine, Maryland. Don't miss the fun!

**Wednesday, May 17**

**11 am-1:30 pm**

## Senior Health and Fitness Day

**FREE**

**PARKS DIRECT: 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 Aquatic and Recreation Center in Brandywine, MD. Transportation provided from each senior activity center. Please sign up at a senior activity center, seats are limited.

**Wednesday, May 24**

**10 am-2 pm**

## SAARC Cinema

**FREE**

Please join us as we sit back, relax, and enjoy the movie of the month with snacks and beverages. Please sign up at SAARC in Multi-Purpose Room A one-week prior to the start date so we can plan accordingly.

**Thursday, May 25**

**10:30 am-1:30 pm**

# SAARC Senior Program: Trips

## Bona Petite

**FEE: \$12**

**PARKS DIRECT: SAARC-20230323**

**PARKS DIRECT: SAARC-20230420**

Please join us for our monthly brunch outing to support local businesses and restaurants. Fee includes transportation on senior activity bus only. Lunch is at your own expense.

**9:30 am-2 pm**

**Thursday, March 23**

**Thursday, April 20**



# 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 (Tuesday and Thursday). 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. The suggested donation is \$4. If you need to cancel your meal, please do so at least two (2) days in advance. Please bring exact change to cover your donation.

**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

Seniors aged 65 or better can purchase a SmarTrip Card for \$2. Photo ID for proof of age is required. See any senior activity center's front desk staff to purchase (not available at SAARC).



### Volunteer Opportunities

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

## DISABILITY ACCOMMODATIONS

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

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

