

# John E. Howard Senior Activity Center

*Welcome to the John E. Howard Senior Activity Center*



Please note the Center will be closed on:

**Monday, May 27 – Memorial Day**

## Spring Registration

- Registration begins Monday, February 11 for **Residents (R)** only.
  - Note: The center will open at **7 am on February 11 only** to assist with registrations.
- Registration begins on Tuesday, February 19 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.**
- See refund policy on the last page. Trip refunds are not given unless your spot can be filled with someone from our waiting list. Please contact the center as soon as possible if you must cancel your reservation.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (not trips) that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.

**4400 Shell St. Capitol Heights, MD 20743**

**Phone: (301) 735-2400**

**TTY: (301) 699-2544**

# John E. Howard Senior Activity Center Information

## REFUND POLICY

1. 100% refunds are issued when M-NCPPC/JEHSAC 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.

### Trip Information:

For your information, we have included the type of vehicle provided on a trip. Please note, this may change if necessary. Here are the vehicles we use:

**M-NCPPC Activity Bus** – 12-14 passenger activity bus

**Commission Bus** – Large 27 passenger white bus

**Motor Coach Bus** – 40-50 passenger bus with restroom

Following all trips, patrons will be asked to complete a trip evaluation.

Trip refunds are not available unless your registration can be filled with someone from the waiting list. All trip registrants are expected to return with the group to the center.

Note: When you see these feet with a trip or activity, it means there will be a lot of walking.



# John E. Howard Senior Activity Center Information



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.

## Walking for Wellness!



Time to lace up your shoes and walk the John E. Howard loop trail! Every Thursday meet in the lobby at 10 am and walk the trail until 11 am. Walking is good for your heart, joints, and muscles! Join the walking movement!



## NO SMOKING POLICY

In accordance to Maryland State Law, there is **NO SMOKING on M-NCPPC property**. This includes vehicles, enclosed buildings and outdoors. Outdoor areas include facility grounds, parking areas, parks, picnic areas, ballfields, etc.

## KEEPING IT GREEN IN 2019

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.

## **DRIVER SAFETY**

**AARP** Real Possibilities

### Upcoming AARP Smart Driver Course

Thursday, March 21, 2019 9:30 am - 2 pm

Thursday, May 16, 2019 9:30 am - 2 pm

**\$15/AARP Members; \$20/Non-AARP Members**

Refresh your driving skills with the AARP Smart Drivers Course. You will learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion you could receive a multiyear discount on your car insurance. Bring your own lunch. Call the AARP Maryland State Coordinator: Ted Peterkin at (240) 603-2950 to register. Payment is due by check or money order (no cash) to AARP the day of the class.

# John E. Howard Senior Activity Center: Classes & Activities

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training	Gym	<u>Weds and Friday</u> Mar 8 – Mar 27 April 3 – April 26 May 1 – May 24	11 – 11:45am	17507-239A 17507-239B 17507-239C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Fitness Boot Camp: Seniors	Gym	<u>Weds and Friday</u> Mar 8 – Mar 29 April 3 – April 26 May 1 – May 24	12 – 1pm	17511-239A 17511-239B 17511-239C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Fitness: Seniors, Intermediate	Room 13	<u>Monday</u> Mar 11 – Mar 25 April 8 – April 29 May 6 – May 24	11 – 12 Noon	17531-239A 17531-239B 17531-239C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Senior Weight Training Class	Fitness Room	<u>Monday</u> Mar 4 – Mar 25	9:30 – 10:20am	17503-239A	\$10 (R); \$13 (NR)
Line Dance – Beginner	Gym	<u>Wednesday</u> Mar 6 – Mar 27 April 3 – April 24 May 8 – May 29	9:30 – 10:30 am	23501-239A 23501-239B 23501-239C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance – Intermediate	Gym	<u>Tuesday</u> Mar 5 – Mar 26 April 9 – April 30 May 7 – May 28	9:30 – 11:30 am	23508-239A 23508-239B 23508-239C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Sewing: Seniors	Room 14	<u>Friday</u> March 15 March 22 March 29 April 5 April 19 April 26 May 3 May 17 May 24	10:30 – 2 pm	15501-239A 15501-239B 15501-239C 15501-239D 15501-239E 15501-239F 15501-239G 15501-239H 15501-239I	\$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR)
Craft Club	Room 14	<u>Wednesday</u> March 6 - 20 April 3 - 17 May 1 - 15	10:30–12:30pm	N/A	N/A
Bingo	Social Room	<u>Every Tuesday and Thursday</u>	10:30–11:30am	N/A	N/A

# John E. Howard Senior Activity Center: Classes

**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 and trips to be held.

**You MUST register or sign up for classes, trips, and events at least one week prior to the start date so we can plan accordingly.**

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Bible Club	Game Room	<u>Wednesday</u>	12:30 -1:30 pm	N/A	FREE
Spiritual Enrichment	Social Room	<u>4<sup>th</sup> Thursday</u>	11 am – 12 pm	N/A	FREE
Walking for Wellness with “Mz. Hattie”	Loop Trail	<u>Thursdays in May</u>	10:30 – 11:30 am (meet in Lobby @ 10:15)	N/A	FREE
Healthy Living with Patricia Smith	Gym	<u>Tuesdays &amp; Thursdays</u>	10:30 - 11:30 am	N/A	SAGE Class Register with PGCC
Healthy Living with Patricia Smith	Gym	<u>Tuesdays &amp; Thursdays</u>	11:30 am - 12:30 pm	N/A	SAGE Class Register with PGCC
Music Appreciation & Mastery Class (Beginner Piano)	Room 13	<u>Wednesdays</u>	10 am -12 pm	N/A	SAGE Class Register with PGCC
Music Appreciation & Mastery Class (Intermediate Piano)	Room 13	<u>Wednesdays</u>	12:30 – 2:30 pm	N/A	SAGE Class Register with PGCC
Spanish (Beginner)	Room 13	<u>Fridays</u>	10 - 11am	N/A	SAGE Class Register with PGCC
Spanish (Intermediate)	Room 13	<u>Fridays</u>	11:15 am – 1:15 pm	N/A	SAGE Class Register with PGCC

# John E Howard Senior Activity Center: Trips and Special Events

## March 2019



### **Information Session: Speak with the Sheriff**

**FREE**

**Tuesday, March 5  
12:30 pm – 1:30 pm**

What is going on in your neighborhood and county? Do you have questions that you want Sheriff High to answer? Sign up at the center's front desk to chat with the Sheriff.



### **Happy Birthday Observation**

**FREE**

**Friday, March 8  
1:30 pm - 2 pm**

Join us as we observe March birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, March 1.

### **Information Session: Healthy Living for Your Brain & Body**

**FREE**

**Tuesday, March 12  
10:30am – 11:30 am**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. In observance of Brain Awareness Week, join us to 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 for healthy aging. Reserve your seat by signing up at the center front desk no later than Friday, March 1<sup>st</sup>.

### **Publick Playhouse- Platinum Movie: "Henrietta Lacks" Senior Matinee**

**FREE**

**Friday, March 15  
9:30 am – 3 pm**

**PARKS DIRECT code: JEHSAC-20190315**

Join John E Howard Senior Activity Center on a trip to the Publick Playhouse to see the Platinum Movie: "Henrietta Lacks". The Immortal Life of Henrietta Lacks is a drama television film directed by George C. Wolfe and starring Oprah Winfrey and Rose Byrne. It is based on the book of the same name by Rebecca Skloot and documents the story of Henrietta Lacks, who was diagnosed with cervical cancer in the 1950s, and whose cancer cells (later known as HeLa) would change the course of cancer treatment. Transportation will be aboard an M-NCPPC activity bus. Lunch will be at a local restaurant to be determined after the show.



## John E Howard Senior Activity Center: Trips and Special Events

**JEHSAC Cinema Presents: "The Lena Baker Story"**  
**FREE**

**Tuesday, March 19**  
**11:45 am - 2 pm**

"The Lena Baker Story" is a chronicle of the life of Lena Baker, the first woman to be sent to the electric chair in Georgia for the murder of her employer, who forced her into sexual slavery. Light snacks will be served. Sign up at the center front desk no later than Tuesday, March 12th.



**Women's History Month Luncheon**  
**\$12 (R); \$15 (NR)**

**Friday, March 22**  
**12:30 pm – 2 pm**

**Parks Direct Ticket #: JEHSAC-SPEC-GA-20180322**

How well do you know your women's history? Please come out as we gather to celebrate women's history month with trivia, poetry, a catered lunch, and a live performance by Too Smooth Dude's featuring Angela Bass. Seats are limited so please register early.



**COPPERCANYON**  
GRILL



**Senior Lunch Bunch Trip - Copper Canyon Grill**  
**\$10 (R); \$13 (NR)**

**Friday, March 29**  
**10:45 am – 2:15 pm**

**PARKS DIRECT code: JEHSAC-20190329**

Located in downtown Silver Spring, this location of the Copper Canyon Grill defines convenience. The freshly prepared food provides a sophisticated dining experience. The open air kitchen gives you the opportunity to see the chef prepare your meal. Favorite signature dishes include their famous iron skillet cornbread, rotisserie chicken, and barbecued ribs. The fee includes transportation aboard an M-NCPPC activity bus. Lunch is at your own expense. Average menu price is \$16-\$30.

# April 2019

## **Annual Stream Clean-up** **FREE**

**Wednesday, April 3**  
**9 am – 12 pm**

Join seniors from John E. Howard Senior Activity Center, the countywide Senior Green Team, The Ferguson Foundation, and the Special Programs Division of PG Parks & Recreation in helping to clean-up and maintain the stream, park, and surrounding area of the John E. Howard Senior Activity Center complex. Please wear a long sleeved shirt, long pants, and boots that you don't mind getting dirty. Gloves, trash pickers, and trash bags will be provided. Lunch will be served at the conclusion of the annual clean up. Please sign up at the JEHSAC front desk. Thank you for helping to keep our community trash free.



## **Happy Birthday Observation** **FREE**

**Friday, April 5**  
**1:30 pm - 2 pm**

Join us as we observe April birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, March 29.

## **Skip Mahoney and The Casuals Concert** **\$40 (R); \$52 )NR)**

**Saturday, April 6**  
**5 pm – 8:30 pm**

### **Parks Direct Code: JEHSAC-20190406**

Skip Mahoney & The Casuals formed in 1965 in Washington D.C. With the release of their smash hit "Wherever You Go" in 1976, the group achieved international notoriety for the first time. Join us on a trip to the Harmony Hall Arts Center to enjoy a live performance by this legendary group. Fee includes transportation aboard an M-NCPPC activity bus and admission. Dinner is at your own expense and will be at a local restaurant prior to the show. Average menu price is \$20.

## **Documentary: Mom's Mabley, "I Got Something To Tell You"** **FREE**

**Tuesday, April 9**  
**12:15 pm – 2 pm**

Actress, co-host of The View, and filmmaker Whoopi Goldberg's documentary "I Got Somethin' to Tell You" profiles Moms Mabley, an influential African American comedian whose words regarding segregation in the 1950s and '60s would not only withstand the test of time, but provide a humorous and accurate portrait of the challenges faced by black youth in past and present day. Light snacks will be served. Sign up at the center front desk no later than Tuesday, April 2nd.

## **Publick Playhouse - Platinum Movie: "Barry"** **FREE Trip**

**Friday, April 12**  
**9:30 am – 3 pm**

### **Parks Direct Code: JEHSAC-20190412**

A young Barack Obama, known to his friends as "Barry" arrives in New York City in the fall of 1981 to begin his junior year at Columbia University. Documenting his struggles to stay connected to his family and his classmates, the movie, starring Devon Terrell, recounts the tension of a young man trying to find his place. Fee includes transportation aboard an M-NCPPC activity bus and admission. Meal is at a local restaurant at your own expense.



# John E Howard Senior Activity Center: Trips and Special Events

## **INFORMATION SESSION: 5@55**

**FREE**

**Monday, April 15  
10:30 am – 11:30 am**

Do you know what 5 documents you need to have in place should an unexpected emergency arise? Elder law attorneys who have practiced in the field of elder law and estate planning for many decades have seen many clients who failed to plan ahead. The results were frequently disastrous. Led by an Elder Law Attorney, this 5@55 workshop is a guide to help you learn about the five essential legal tools everyone should have by the age of 55: Will, Health Care Power of Attorney, Living Will, Advance Medical Directive, and Digital Diary. If you are over 55, it is not too late to take action! Sign up at the center front desk.

## **Spring Outdoor Container Gardening Tips**

**FREE**

**Monday, April 22  
11 am -12 pm**

Just in time for the growing season, learn spring outdoor edible gardening tips from an author and experienced urban gardener. Participants will transplant an edible plant from it's nursery container into a container to take home and care for. Limited space is available so please sign up early.



## **Publick Playhouse: Dallas Black Dance Theater**

**\$20 (R); \$26 (NR)**

**Thursday, April 25  
9 am – 3 pm**

**Parks Direct Code: JEHSAC-20190425**

The incredible Dallas Black Dance Theatre is back with a new program of modern, jazz, and spiritual dance by celebrated choreographers planned especially for the "Sassy Seniors" of the Publick Playhouse. Fee includes transportation aboard an M-NCPPC activity bus and admission. Lunch will be at your own expense at a local restaurant. Average price \$12-\$32.

## **Westminster DC Blues Night**

**\$15 (R); \$20 (NR)**

**Monday, April 29  
5 pm – 9:30 pm**

**JEHSAC-20190429**

Travel to Westminster Presbyterian Church in Southwest DC for unique blues experience in a safe, friendly environment. Blues Nights on Mondays features some of the area's finest blues musicians in a lively presentation of classical music and fun. Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes admission and transportation on an M-NCPPC bus.

# John E. Howard Senior Activity Center: Trips and Special Events

## May 2019



### **Happy Birthday Observation FREE**

**Friday, May 10  
1:30 pm - 2 pm**

Join us as we observe May birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, May 3.



### **Documentary: "Forks Over Knives" FREE**

**Tuesday, May 14  
12:15 pm – 2 pm**

"Forks Over Knives" examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. Light, healthy snacks will be served. Sign up at the center front desk no later than Tuesday, May 7th.



### **National Capital Radio and Television Museum \$15 (R); \$20 (NR) JEHSAC-20190516**

**Thursday, May 16  
10 am – 2 pm**

Take a self-guided tour of The National Capital Radio & Television Museum which operates in Bowie. Opened in 1999, explore radio from Marconi's earliest wireless telegraph to the primitive crystal sets of the 1920s; from Depression-era cathedrals and post-war plastic portables to the development of radio with pictures (a.k.a. television). The museum is located in the 1906 Harmel House, an old storekeeper's residence in the village of Mitchellville, a section of modern south Bowie. In conjunction with the City of Bowie, The National Capital Radio & Television Museum presents the history of broadcasting, a medium which so dramatically shaped our lives from the 1920s to today. Fee includes transportation aboard an M-NCPPC bus. Lunch is at your own expense at a local restaurant to be determined.

## John E. Howard Senior Activity Center: Trips and Special Events



**Joint ECSAC and JEHSAC Mother's Day Pearls and Roses Luncheon**  
**\$12 (R); \$16 (NR)**

**Friday, May 17**  
**12:30 pm – 2 pm**

**Parks Direct Ticket # JEHSAC-SPEC-GA-20180517**

Ladies and Gentlemen wear your finest outfit and put on your favorite pearl accessories. Enjoy a special day honoring the mothers in your life with delicious food and a live musical performance by Ray Apollo Allen and Band in a relaxed setting. The location of this event is John E Howard Senior Activity Center, 4400 Shell Street, Capitol Heights MD 20743. Limited transportation will be provided from the Evelyn Cole Senior Activity Center. You must *first register* for the event, then sign up for transportation at the Evelyn Cole Senior Activity Center office.

**Annual Senior Health and Fitness Day**  
**Sports and Learning Complex**  
**FREE**



**Wednesday, May 22**  
**8 am – 2pm**

Come out and join seniors from around the county at the Prince George's Sports and Learning Complex. A variety of exercise and fitness opportunities are offered along with health screenings and over 50 exhibitors providing valuable health and wellness information. No pre-registration is required. **No transportation will be provided from John E Howard Senior Activity Center.**

**Information Session: Assisted Living: What is it?**  
**FREE**

**Tuesday, May 28**  
**10:30am – 11:30 am**

Do you really know what assisted living is? Find out what assisted living means, what it provides, how much it costs, and who pays. Sign up for this session at the front desk.

**Captain Billy's Crab House**  
**\$15 (R); \$20 (NR)**  
**JEHSAC-20190530**

**Thursday, May 30**  
**10 am – 3 pm**

Captain Billy's Crab House is located in Popes Creek, Maryland on the Potomac River. Back in the days of mail boats and locomotives, when electricity was new to Popes Creek and work was just beginning on the Potomac River Bridge, nine-year-old Billy Robertson sold his first crab on this very shore. He spent his entire life working on the water that he loved. He opened two successful restaurants, Robertson's Crab House and later, Capt. Billy's, where his greatest joy was to mingle with and talk to his customers. Fee includes transportation aboard an M-NCPPC activity bus. Meal is at your own expense. Average menu price is \$20 - \$35.

# John E. Howard Senior Activity Center

**FREE**

**Health and Wellness Activities**

**FREE**

## **FREE BLOOD PRESSURE SCREENING!**



No appointment necessary

2nd Fridays 10 am – 12 Noon

March 14 ~ April 12 ~ May 10

## **Wellness on Wheels Mobile Health Clinic**

**Health Services Conveniently Available at John E. Howard Senior Activity Center**

**FREE!**

**9am – 1pm**

**Tuesdays:**

**March 19**

**April 16**

**May 21**

A collaboration between the Prince George's County Health Department and Doctors Community Hospital, Wellness on Wheels or W.O.W. is a mobile clinic that travels to various locations in the area and provides **FREE** services to help you maintain or improve your health. Wellness on Wheels is staffed by a team of experienced and compassionate healthcare professionals. They provide a wide range of services to people ages 18 and older.

Services provided include:

- + **Diabetes screenings**
- + **Cholesterol screenings**
- + **Blood pressure screenings**
- + **Medication reviews and education**

# John E. Howard Senior Activity Center: Information Corner

## Senior Nutrition Program

The Senior Nutrition Program is offered Monday through Friday featuring a healthy, well-balanced meal. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager @ 301-420-3120 or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 11am the day before you would like a meal, register by 11am Friday for a Monday

The actual donation is \$3.00. Please donate as much as you can. If you need to cancel your meal, please do so at least two (2) days in advance with the Nutrition Manager. Please bring exact change to cover your donation. **Note:** There will be no lunch program when Prince George's County schools have a delayed opening or closed due to inclement weather conditions.

### 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

## For Your Information

### Moved? Number changed?

From time to time, please stop at the office and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

### Volunteer Opportunities

Volunteer Opportunities: Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors, here at the John E Howard Senior Activity Center? If so, give us a call at (301) 735-2400.

### Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. Please refer to the complete refund policy on page 2 of this calendar.

## Disability Accommodations

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

## Weather Policy & Center Closures



Sign up for PG Parks Alerts and get the latest information on M-NCPPC closings due to weather, emergencies, maintenance, etc. Visit [www.pgparcs.com](http://www.pgparcs.com) and sign up for PG Parks Alerts today! Click on PGParks Alerts icon.