

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



December 2022, January & February 2023

Please note the senior activity center is closed:

Monday, December 26, 2022: Christmas Day (observed)

Monday, January 2, 2023: New Year's Day (observed)

Monday, January 16, 2023: Martin Luther King Jr.'s Birthday

Monday, February 20, 2023: President's Day

Center Hours:

Monday – Friday

9:00am – 3:30pm

Winter Registration

- Registration begins Wednesday, November 16 for **Residents (R)** only.
- Registration begins on Wednesday, November 23 for **Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class 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 20743

Phone: 301-735-2400

TTY: (301) 699-2544

John E. Howard Senior Activity Center Information

Our Refund Policy:

100% refunds are issued when M-NCPPC cancels a class.

All other refunds are subject to a 20% administration fee.

All withdrawals/refunds must be processed by the facility offering the activity/trip.

Refunds **MUST** be requested **prior** to the end of the course.

Refunds will **NOT** be issued once the course has ended.

Credits nor refunds will be issued for classes missed by the participant.

The Senior Activity Center Director must approve all requested refunds.

Trip refunds will only be issued if the spot is resold.

Cash refunds are not allowed.

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 – 12-15 passenger white or tan bus
- Commission Bus – Large 24 passenger bus
- Motor Coach Bus – 40-50 passenger but with restroom

Trip Information:

All trip registrants are expected to return with the group to the center or fill-out a release form.



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



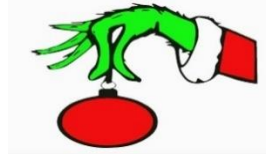
NO SMOKING POLICY

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.

John E. Howard Senior Activity Classes & Activities

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> December 7-28 January 4-18 (No class Jan 25) February 1-22	11 – 11:30 am	17507-139A 17507-139B 17507-139C	\$11(R); \$15 (NR) \$8 (R); \$11 (NR) \$12 (R); \$16 (NR)
Fitness Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> December 7-28 January 4-25 (No class Jan 25) February 1-27	11:45 am – 12:15 pm	17511-139A 17511-139B 17511-139C	\$11(R); \$15 (NR) \$9 (R); \$12 (NR) \$12 (R); \$16 (NR)
Fitness: Seniors, Intermediate <i>w/ Rachel</i>	Game Rm	<u>Thursdays</u> December 8-29 January 5-26 (No class Jan 19) February 2-23	11 am – 12 pm	17531-139A 17531-139B 17531-139C	\$20 (R); \$26 (NR) \$15 (R); \$19 (NR) \$20 (R); \$26 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> December 7-28 January 4-25 February 1-22	9:30 – 10:30 am	23501-139A 23501-139B 23501-139C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>with Ms. Hattie</i>	Gym	<u>Tuesday</u> December 6-27 January 3-24 February 7-28	9:30 – 11:30 am	23508-139A 23508-139B 23508-139C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Paint & Sip, Seniors <i>With Tisha</i>	Room 14	<u>Wednesdays</u> December 21 January 18 February 15	12 – 2 pm	30504-122A 30504-122B 30504-122C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Sewing & Quilting 101 – Seniors <i>With Rhonda</i>	Room 14	<u>Fridays</u> December 9-30 January 13-27 February 3- 24	10:30 – 1:30 pm	15501-139A 15501-139B 15501-139C	\$25 (R); \$25 (NR) \$19 (R); \$33 (NR) \$25 (R); \$33 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesday</u> December 7-28 January 4-25 February 1-22	10:30 – 12 pm	15502-139A 15502-139B 15502-139C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Bingo	Social Room	<u>Every Friday</u>	12:30 – 2 pm	N/A	N/A

December 2022



Who Celebrates Amongst Us - Holiday Celebration

\$20 (R); \$26 NR

Parks Direct Code: ECSAC-SPEC-GA-20221209

**Friday, December 9
12 -2 pm**

No Grinch in sight! Get festive this holiday season and have fun amongst the stars in Whoville. Dress to impress and enjoy games, prizes, live entertainment featuring The Tribe Band, and a catered lunch. Advance registration required. This joint event is at Evelyn Cole Senior Activity Center located at 5720 Addison Road Seat Pleasant, MD. Register early, seating is limited.

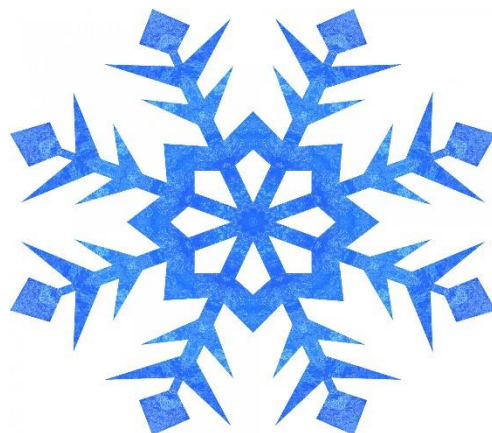


The Agony of Defect

FREE

**Tuesday, December 13
1-2 pm**

La Vergne Andre, Doctor of Podiatric Medicine, will be discussing pain management and general foot conditions. She will be offering products that can help with various foot conditions. Sign up in the free book located in the center lobby.



John E Howard Senior Activity Center: Special Events



Festival of Lights

\$12 (R); \$15(NR)

Parks Direct Code: JEHSAC-20221214

Join us for a drive through Watkins Reginal Park as we look at more than a million beautiful festival lights. Fee includes transportation aboard the senior activity bus. Dinner at Silver Diner at your own expense. Seating is limited.

Wednesday, December 14

5-9 pm



SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

Parks Direct Code: LBSAC-SPEC-GA-20221215

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

Celebrate the holiday season and enjoy a concert featuring the sounds of Jim Hession's, Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event will sure get you in the spirit of the holidays! **Doors open at 10:15 am.** You must have your ticket with the barcode with you for this event. Transportation not provided! Register early, Seating is limited.

Thursday, December 15

10:30am-12 noon



Happy Holiday's Happy Hour Birthday Party

FREE

pm

Come join us as we celebrate the December birthdays, mingle, dance and toast it up to the holidays. Karaoke, dancing and light refreshments and lots of Holiday Cheer! You don't want to miss this. Sign up early in the free book located in the center lobby.

Friday, December 23

12 noon-2

January 2023



New Year Black and White Breakfast Cruise

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

Parks Direct Code: ECSAC-SPEC-GA-20230103

“Cruise” into the New Year on the *SS Evelyn Cole!* Put on your black and white attire for the Captain’s Breakfast. Enjoy breakfast treats, games, and dance your way into the New Year with music provided by DJ Captain Fly and a toast to the New Year! This event is at Evelyn Cole Senior Activity Center Located at 5720 Addison Road Seat Pleasant, MD. Register early, seating is limited.

Tuesday, January 3

10 am-12:30 pm



Shopping: Thrift Store

\$12 (R); \$15 (NR)

Parks Direct Code: JEHSAC-20230110

Find the best deals on a trip to 2nd Avenue Thrift Store in Laurel, MD. Shop for gently used items at a discounted price. Fee includes transportation aboard the senior activity bus. Lunch at Bob Evans at your own expense. Seating is limited.

Tuesday, January 10

10am-2 pm



DIY Bath Bombs

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

Parks Direct Code: JEHSAC-SPEC-GA-20230112

Settle in for a good soak with an original DIY Lush invention, exploding with essential oils and tons of fizzy fun. Whether you're after a relaxing, petal-laden floral soak or an invigorating multilayered explosion of color and scent, there's a handmade bath bomb perfect for every bathing experience. So register early for the experience of creating your very own bath boom.

Thursday, January 12

12 noon-2pm

John E Howard Senior Activity Center: Special Events



Soup for the Soul Day

FREE

Parks Direct Code: JEHSAC-SPEC-GA-20230119

Soup is a common meal in many countries and probably dates back to the invention of the earliest cooking pots. We will celebrate Soup for the Soul Day- Grab and Go Style. Stop by, stay in your car and pick up your soup and goodies. Limited quantities so register early!

Thursday, January 19

12:30-2 pm

新年快樂
Happy Chinese New Year

Chinese New Year Celebration

FREE

Chinese New Year is the festival that celebrates the beginning of a new year on the traditional Chinese calendar. 2023 is the year of the Rabbit. People born in the year of the Rabbit are believed to be vigilant, witty, quick-minded, and ingenious. Take part in this Chinese tradition and discuss the traditions that are carried out and partake in eating dumplings and spring rolls. Sign up early in the free book at the center, as seating is limited.

Monday, January 23

12:30-1:30 pm



Happy Birthday Observation

FREE

Join us as we celebrate December birthdays with special treats. To join in on the fun, sign up at the center in the free book.

Wednesday, January 25

1:30-2 pm



National Puzzle Day- Wheel of Fortune

FREE

Come take a spin of the wheel! Would you like to be a vowel or take another spin? Solve the puzzle and win a prize. Sign up early in the free book at the center, as seating is limited.

Monday, January 30

12:30-2 pm

February 2023



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

Tuesday, February 7
12:30-2 pm

Parks Direct Code: JEHSAC-SPEC-GA-20230207

Do you love candles as much as we do? Whether you give as a gift or keep for yourself. Well, today is the day to learn how to make your own candle and choose your favorite scent. Register early as seating is limited.



Black History Program: Black History in Motion

Friday, February 10

Publick Playhouse

10:30 am-12 noon

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

Parks Direct Code: PGPP-SPEC-GA-20230210

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, Yvonne Johnson and Band, will perform Classic Oldies, R&B, and Soul music. Special guest, Ni Dembaya African Drum and Dance Ensemble. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPCC 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.



Memory Loss Boosters
FREE

Monday, February 13
11am-2 pm

Having trouble with remembering things or forgetfulness. Well, it happens to us all. Life gets busy, but we must slow down to smell the flowers. Come join us as we strategize ways to help build and refocus on what is important. Let's start by taking one day at a time and grab back our focus. Sign up early in the free book at the center, as seating is limited.

John E Howard Senior Activity Center: Special Events



Cupid's Comedy Corner

FREE

Love and laughter is in the air again. Come out, wear **red** and help us spread love and laughter. We will have *Simply Shirley*, the comedian, and light refreshments will be served. Sign up early in the free book at the center, as seating is limited.

Tuesday, February 14

12:30-2 pm



Cracker Barrel

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

Parks Direct Code: JEHSAC-20230222

Hop onboard our bus for a lunch trip to Waldorf's Cracker Barrel restaurant. Come for the tasty, classic food selections and find a shopping bargain in the old country store. Fee includes transportation aboard senior activity bus. The meal is at your own expense.

Tuesday, February 22

10:30 am-2 pm



Happiest Birthday Celebration

FREE

Come celebrate with the fantastic people born in February. Birthday treats will be served. Sign up at the center one week in advance in the free book.

Thursday February 23

1:30 pm-2 pm



JEHSAC CINEMA PRESENTS

FREE MOVIE Tuesday's

December 21

January 11

February 15

12 – 2 pm

Light Refreshments will be served!

Sign up in the Free Book located at the center. The name of the movie will be posted at the center.



John E. Howard Senior Activity Center: Information Corner

Senior Nutrition Program

The Senior Nutrition Program is offered Wednesday's and Friday's 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 meal once Nutrition Program is 5 days a week.



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 and sign up for PG Parks Alerts today! Click on PGParks Alerts icon.



For more information, please email Customer Service at customerservice@pgparcs.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.