

# John E. Howard Senior Activity Center

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



## September, October & November

### Scheduled Facility Closures:

Monday, September 2

Thursday, November 28

Friday, November 29

Labor Day

Thanksgiving

Employee Appreciation



### Center Hours:

**Monday – Friday**

**9:00 am – 3:00 pm**

### Fall Registration

- Registration begins Wednesday, August 14 for **Residents (R)** only.
  - Note: The center will open at **9 am** on August 16 to assist with registrations.
- Registration begins on August 21 or **non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class 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.
- 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.
- M-NCPPC, 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 modification. **To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email [program.access@pgparks.com](mailto:program.access@pgparks.com).**

4400 Shell Street Capitol Heights MD

Phone: 301-735-2400

TTY: 301-699-2544

- JEHSAC Fitness Room, free for seniors 60 & better with M-NCPPC Senior ID card.
- Social room with social games and activities
- Game Room with billiard tables
- Gymnasium for fitness and dance classes
- Lunches served by the Department of Family Services Nutrition Program, to those signed up for the program.
- Trips and events
- Free seminars



**Our Refund Policy:**

1. 100% refunds are issued when M-NCPPC/SAARC Senior Program cancels an activity.
2. All other refunds are subject to a 20% refund administrative fee.
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 as a check which can take 3 to 4 weeks to process.

**Trip Information:**

**Senior Trip Information**

For your information, we have included the type of vehicle provided on our trips; however, it's not guaranteed and may be changed. Here are some of the vehicles we use:

- M-NCPPC activity bus - small activity bus that seats 12-13 adult passengers
- Commission bus— large (28 passenger), white bus
- Charter bus— a private company is contracted to provide a bus (typically 40-50 passengers)

Trip Refunds:

- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



When you see these feet, it means the trip involves 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.

### **KEEPING IT GREEN IN 2024**

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.



### **ACTIVE AGING WEEK!**

***Monday, September 23 through Friday, September 27***

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Fitness Intermediate <i>with Rachel</i>	Gym	<u>Thursday</u> Sept 19-26 (No classes 09/05-09/12) Oct 3-24 Nov 7-21 (no class on 11/28)	11 am - 12 pm	17531-539A 17531-539B 17531-539C	\$10 (R); \$13 (NR) \$20 (R); \$26 (NR) \$15 (R); \$20 (NR)
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 18-30 (No Classes 09/4-09/16) Oct 7-30 Nov 4-27	11-11:30 am	17507-539D 17507-539E 17507-539F	\$ 6(R); \$8(NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 4-30 (No Classes 09/4-09/16) Oct 7-30 Nov 4-27	11:45 am-12:15 pm	17511-539D 17511-539E 17511-539F	\$6(R); \$8(NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> Sept 4-25 Oct 2-23 Nov 6-27	9:30-10:30 am	23501-539A 23501-539B 23501-539C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>with Ms. Hattie</i>	Gym	<u>Tuesday</u> Sept 3-24 Oct 1-22 Nov 5-26	9:30-11:30 am	23508-539A 23508-539B 23508-539C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Arts & Crafts Seniors <i>with Babbita</i>	Room 13	<u>Wednesday</u> Sept 4-25 Oct 2-23 Nov 6-27	10:30 am-12 noon	15502-539A 15502-539B 15502-539C	\$15 (R); \$13 (NR) \$15 (R); \$13 (NR) \$15 (R); \$13 (NR)
Sewing 101 – Seniors <i>with Rhonda</i>	Room 14	<u>Fridays</u> Sept 6-27 Oct 4-25 Nov 1-29	10 am-2 pm	15501-539A 15501-539B 15501-539C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$19 (R); \$27 (NR)
Pokeno	Social Room	<u>Thursdays</u>	1-2pm	N/A	FREE
Bingo	Social Room	<u>Wednesdays &amp; Fridays</u>	1-2pm	N/A	FREE



**John E. Howard Senior Activity Center: Special Events**

# September 2024

**Sankofa Mobile Museum**

**Wednesday, September 4**

**FREE**

**10-11:30am**

**Activity Code:17544-539B**

The word “Sankofa” is a word in the Twi, Akan and Fante language of Ghana that translates to “retrieve”- “go back and get it”. Sankofa is an interactive mobile museum to introduce individuals to untold stories and unsung individuals from the past. Step into the history and experience people and places that shape the past and present through virtual and augmented reality. Sign up early as entry into the mobile museum is limited.

**Water Taxi, National Harbor**

**Thursday, September 5**

**\$42(R); \$54(NR)**

**12 noon- 6:30pm**

**Activity Code: JEHSAC-20240905**

Cruise up the Potomac River from National Harbor, Maryland over to Old Town Alexandria. While there enjoy lunch at a local restaurant by the water. Fee includes transportation on a senior activity bus and the Water Taxi. Lunch at your own expense.

**Grandparents Day Celebration**

**Friday, September 6**

**FREE**

**12 noon-2 pm**

Grandparent’s Day - There is the Grand Canyon, 100 Grand Candy Bar and the “Grandiosity of Grandparents”. Celebrate Grandparent’s Day in grand style. FREE tasty smoothies from Smoothies on the Move, a DJ Quatermaine, refreshments and lots of fun. Register early for this event.

**Gemeny Winery and Vineyard, Brandywine, MD**

**Thursday, September 12**

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

**10:30am-3pm**

**Activity Code: JEHSAC-20240912**

“Producing wine with the heart & soul of Maryland”. Gemeny Winery and Vineyard is a local family winery located in Brandywine, MD. Take part in tasting the wines and sangria from the grapes grown there. Tastings range from \$4 to \$17. Tastings at your own expense. Fee includes transportation on a senior activity bus.

**Informational Session**

**Skincare by Mary Kay**

**Friday, September 13**

**FREE**

**11am-12noon**

Come join May Kay Skin Care representative to learn techniques to keep aging skin as youthful and as healthy as possible.

**MOVIE DAY**

**Tuesday, September 10**

**FREE**

**12:30- 2:30pm**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

**Hispanic Heritage Activity**

**Tuesday, September 17**

**FREE**

**11am-12 noon**

**Food Demo**

**Parks Direct Code: 17544-539A**

Come learn how to fix and sample traditional Latino cuisine with a food demo from Rosaline Law. Space is limited, so register early.

**Happy Birthday Celebration**

**Thursday, September 19**

**FREE**

**1:00 – 2pm**

Come celebrate with the awesome people born in September. Birthday treats will be served. Sign up in the free book located in the lobby.

**Fall Carnival**

**Friday, September 20**

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

**12 noon-2pm**

**Parks Direct Activity Code: JEHSAC-SPEC-GA-20240920**

As the leaves turn vibrant shades of red, orange, and gold, join us in celebrating the season at our spectacular Fall Carnival. Mark your calendar and join us for a day to remember at the Fall Carnival. We can't wait to celebrate the season with you! Join us for your favorite carnival foods- hotdogs, cotton candy, popcorn, pretzels and more, fun carnival games and prizes. Fee includes admission, food, games, prizes and music from DJ Quartermaine. Don't miss out on the fun and festivities!

**Bill Picket Invitational Rodeo**

**Friday, September 20**

**\$55(R); \$72(NR)**

**4:00pm-10pm**

**Parks Direct Code: JEHSAC-20240920**

The One! The Only! The Original! Black Rodeo! Bill Picket Invitational Rodeo featuring Black cowboys and cowgirls from across the United States. Before the show enjoy dinner with friends at a local restaurant. Fee includes transportation on a senior activity bus along with admission and fees to the rodeo. Dinner at your own expense. Seating is limited so register soon.

**Active Aging Week**

**Bust A Move Dance Sculpt Class**

**Tuesday, September 24**

**FREE**

**10-11am**

**Activity Ticket Code: 17511-539F**

This class will be a fun and an effective way to get moving and stay fit. The class will combine dance with other fitness exercises for body toning and is excellent for all fitness levels.

**Active Aging Week at SAARC**

**Pool Party**  
**\$10(R); \$12(NR)**

**Wednesday, September 25**  
**11am- 3pm**

**Activity Code: JEHSAC-20240925**

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing refreshment and listen to some old school tunes. Space is limited sign up early.

**National Museum of African American History**  
**\$12(R);\$15(NR)**

**Thursday, September 26**  
**9am- 3pm**

**Parks Direct Code: JEHSAC-20240926**

Join us and learn the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Enjoy a down-home lunch at the Sweet Home Café. Fee includes transportation on a senior activity bus. Lunch at your own expense.

**Note- No Outside food can be consumed in the museum spaces including the café.**

# October 2024

## BREAST CANCER AWARENESS MONTH

**Informational Session:**

**Friday, October 4**

**Clear Captions**

**11am-12 noon**

**FREE**

Clear Captions is a Federal Communications Commission (FCC) certified call captioning provider. Our service is made possible by Title IV of the Americans with Disabilities Act (ADA), which established the Telecommunications Relay Service (TRS) fund. The TRS fund covers the cost of the service, making it available at no cost to qualified individuals whose hearing loss requires the use of captions when making or receiving phone calls. Free Caption Phone for those who have hearing difficulties on the phone to communicate with their loved ones. Sign up in the FREE book located at the center

**MOVIE DAY**

**Tuesday, October 8**

**FREE**

**12:30- 2:30pm**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

**Informational Session:**

**Friday, October 11**



**American Red Cross****11 am -12 pm****FREE**

Please join us for a discussion on the different lines of service, including Blood Services, Disaster Services, and Service to the Armed Forces. We will also highlight the volunteer roles available in each of these areas.

**Sneaker Bling Out Day****Tuesday, October 15****FREE****10am-12 noon****Activity Code: 15502-539F**

Customize your favorite cloth or leather sneakers. Design your one-of-a-kind sneakers and wear them to our Sneaker Masquerade Ball later in the month. You provide your own sneakers, and we'll provide the supplies needed. Spaces are limited.

**Rod N' Reel Gaming and Bingo, Chesapeake, MD****Wednesday, October 16****\$12(R; \$16(NR)****9am-3pm****Parks Direct Code; JEHSAC-20241016**

Enjoy a day playing bingo or go try your luck in gaming. Have Lunch at CBQ after winning all your loot. Bingo \$25 for 12 cards. All gaming, bingo and lunch at your own expense. Fee includes transportation on a senior activity bus.

**Sing Out Loud Karaoke with Nikki****Thursday, October 17****FREE****12:30 -2:30pm****Activity Code-17544-539D**

So, you think you can sing? Don't miss out on some unforgettable fun, laughter, and music. Grab the mic and sing your heart out. Whether you're a shower singer, or just love to cheer on your friends, this is the perfect fun event. A list of songs for every taste. Pick your favorite and show off your talent!

**Patapsco Flea Market, Baltimore, MD****Saturday, October 19****\$12(R); \$16(NR)****9am-3pm****Activity Code: JEHSAC-20241019**

Located just minutes from Baltimore Inner Harbor, the Patapsco Flea Market is one of the largest markets of its kind on the East Coast. You will find whatever it is you are looking for here. Fee includes transportation on a senior activity bus.

**Informational Session:****Tuesday, October 22**



## Healthy Foods Workshop

11 am -12 pm

**FREE**

**Activity Code:17544-539F**

Join us this October for our Breast Cancer Awareness workshop! Together, we'll empower ourselves with knowledge about breast cancer prevention. This workshop aims to educate and raise awareness about the importance of healthy lifestyle choices that can reduce the risk of breast cancer. Let's come together to support each other and spread awareness in our community. Together, we can make a difference in the fight against breast cancer! Sign up in the free book located at the center.

## Baltimore Aquarium

Thursday, October 24

**\$44(R); \$57(NR)**

9am-3pm

**Activity Code: JEHSAC-20241024**

Explore award-winning exhibits and meet all the animals at the **National Aquarium**, located on Baltimore's Inner Harbor. Afterwards partake in lunch at one of Baltimore's local restaurants. Fee includes admission and transportation on a senior activity bus.

**Note- No Outside food can be consumed in the museum spaces.**

## Sneaker Masquerade Ball & Birthday Celebration!

Thursday, October 31

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

12-2 pm

**Parks Direct Code: ECSDAC-SPEC-GA-20241031**

You can be whoever you want to be at this Sneaker Ball Masquerade Party. Wear your favorite mask or costume with your sneakers and join the fun. We will also be celebrating those seniors born in the month of October. You never know who will show up to the party! Music, games, and lots of fun, fun, fun. Secure your seat today. Fee includes catered lunch and music from The Rise Band and Show. This is a joint event with Evelyn Cole Senior Activity Center and will take place at **Evelyn Cole Senior Activity Center located at 5720 Addison Road, Seat Pleasant MD.**

# November 2024

## Informational Session:

Tuesday, November 5

**Elder Abuse**

11 am-12 pm

**FREE**

Please join us as we gain knowledge and the resources of the different types of Elder Abuse and how to prevent it.

## Arundel Mills Mall & Maryland Live

Thursday, November 7

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

**9am-3pm**

**Activity Code: JEHSAC-20241107**

Choose from shopping at over 200 stores to dining at an array of restaurants to trying your lunch at Maryland Live. Fee includes transportation on a senior activity bus.

**Walmart Superstore, Alexandria VA**

**Thursday, November 14**

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

**9am-3pm**

**Activity Code: JEHSAC-20241114**

Let's go shopping! Bring your shopping bags to fill with all your great finds, shopping at Walmart. After shopping enjoy lunch at a local restaurant. Fee includes transportation on a senior activity bus.

**Friendsgiving Birthday Celebration**

**Friday, November 15**

**FREE**

**12 noon-2pm**

**Activity Code: 17544-539E**

Here's to a day of giving thanks for our great friendships. Come out and celebrate Friendsgiving and November birthdays amongst friends. Dance to the music provided by DJ Captain Fly and break bread with your friends. Light refreshments and birthday treats to be served. Seating is limited.

**Informational Session:**

**Tuesday, November 19**

**Food Demo: American Diabetes Month**

**11am-12 noon**

**FREE**

**Activity Code:17544-539F**

Celebrate American Diabetes Month with us this November! Join our workshop featuring a live food demo dedicated to raising awareness about diabetes prevention, management, and support. Whether you're living with diabetes or interested in learning more about it, our workshop will provide valuable insights and practical tips for maintaining a healthy lifestyle. Together, we'll explore strategies for healthy eating, physical activity, and monitoring blood sugar levels to promote overall well-being. Let's come together to educate, support, and empower each other in the fight against diabetes.

**1936 Bar and Grill, Chesapeake, MD**

**Thursday, November 21**

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

**10am-3pm**

**Activity Code: JEHSAC-20241121**

Enjoy a delicious lunch overlooking the Fishing Creek and Chesapeake Bay. Select a lunch from an array of choices- Fried green tomatoes, Crabcakes to a Juicy '36 burger. Fee includes transportation on a senior activity bus. Lunch at your own expense.

**Washington Commanders Watch Party**

**Sunday, November 24**

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

**12:30-4:30 pm**

**Activity Code: 17544-539G**

Are you ready for some football? Come and cheer on our home team to a big win! Washington Commanders vs Dallas Cowboys!! Join us for a Sunday afternoon indoor tailgate party. Loads of fun, games, prizes, and light refreshments to be served. Seating will be limited, so register early.

**MOVIE DAY**

**Tuesday, November 26**

**FREE**

**12:30- 2:30pm**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

## Senior Nutrition Program

The Senior Nutrition Program is offered Mondays through Fridays at John E Howard Senior Activity Center with a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & Better can reserve a meal by contacting our Nutrition Manager, Ms. Sandra or stop by the kitchen or by calling the Department of Family Services Nutrition Office at (301) 265-8475.

You must register at least one day in advance

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two (2) days in advance with 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 are closed due to inclement weather conditions.

**Reminder:** Lunch is subject to change depending on the Aging Services Division Office schedule.

## 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.



### 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

## Weather Policy & Center Closures

**PG Parks Alerts:** Sign up for our PG Parks Alerts and get the latest information on M-NCPPC closures due to weather, maintenance or other emergencies. Go to [PGParks Alerts | MNCPPC, MD](#)