

Evelyn Cole Senior Activity Center



Welcome to the Evelyn Cole Senior Activity Center!
Summer 2023



Please note: the center will be closed on:

Tuesday, July 4

Independence Day

Center Hours: Monday – Friday 10 am-2 pm

Summer Registration

- Registration begins Wednesday, May 17, 2023 for **Residents (R)** only.
- Registration begins on Wednesday, May 24, 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.**
- 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.

5720 Addison Rd, Seat Pleasant
Telephone: 301-386-5525 TTY: 301-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

ECSAC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card.

- Activity room with social games and activities
- Computer station
- Lunches served by Department of Family Services Nutrition Program to those signed up for the program
- Trips and events
- Free seminars
- A variety of classes

Our Refund Policy:

1. 100% refunds are issued when M-NCPPC/ECSAC 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. No 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:

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



Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Morning Fitness With LaShawn	Activity Room 2	Monday & Friday	10:45-11:15 am	N/A	FREE
5720 Walking Crew	Activity Room 2	Tuesday & Thursday	11:30 am-12 noon	N/A	FREE
Bingo	Activity Room 2	Tuesday & Wednesday	12:30-1:30 pm	N/A	FREE
Music Sensation	Activity Room 2	Daily	1-1:30 pm	N/A	FREE
Games	Activity Room 1	Wednesday	12:45-1:45 pm	N/A	FREE



BINGO					
1	27	33	48	75	
8	19	45	56	61	
3	18	FREE SPACE	49	69	
15	26	41	53	66	
2	21	37	46	65	



Evelyn Cole Senior Activity Center: Activities & Special Events

June

Informational Session: Fairmount Heights Police Station

FREE

Tuesday, June 6

10:30-11:30 am

Did I hear that the Chief is in town?

Come out and enjoy a cup of "Joe"(coffee) and a doughnut with the Chief of Fairmount Heights Police Station. The Chief of Police will do a meet and greet and have fellowship & conversation with the seniors. Ask your questions, share your thoughts, the Chief will be here.



Tie Dye

\$5 (R); \$7 (NR)

Wednesday, June 14

10:30 am-12 noon

Activity Code: ECSAC-GA-20230614

Come and join us for a "Far Out" day. Let your creative mind flow while listening to music and making your very own tie dyed t-shirt. Come be the hippest one on the scene! Fee includes t-shirt and all supplies needed.



Father's Day Ice Cream Social

FREE

Friday, June 16

12:30-2 pm

We honor the men in your life. Granddad, father, husband, son, brother. Come out and enjoy some ice cream fun activities. Seats are limited so register early. Sign up in the free Book at the Center.

Evelyn Cole Senior Activity Center: Activities & Special Events

Information Session: Embracing Self Care

Monday, June 26

FREE

11 am-12 noon

Come join us as we share a few tips on how to embrace your life to the fullest. Learn the benefits of caring for yourself without any regrets. Taking charge is the first step to embracing self-care to living a great life. Sign up early in the free book located at the center.



Happiest Birthday Celebration!

Friday, June 30

FREE

1-1:30 pm

Come celebrate with the delightful people born in the month of June! Birthday treats will be served. Sign up at the center one week in advance. Sign up in the “Free Book” located in the office.

July

Informational Session: Medicare Advantage Plans

Wednesday, July 5

FREE

11 am-12 noon

Long-term short-term care: Planning for our future Medicare

Come join us for session of informative tips on learning how health care works.

How to budget and save and which programs would best be suitable for you. Sign up early in the free book located at the center.

Informational Session: Aging in Place

Monday, July 17

FREE

11 am-12 noon

What is it to age in place? How do I balance my life out now that I'm getting older.

As you live your daily life, you can live stress free of the cares of the world and enjoy yourself everyday, We will discuss how to take time and smell the roses as you age gracefully. Sign up early in the free book located at the center.

Evelyn Cole Senior Activity Center: Activities & Special Events

Karaoke

FREE

Thursday, July 20

12:30-2 pm

It doesn't matter if you are a professional, a shower singer, or a pro at karaoke. This day is for us to sing loudly and let it all out. Pretend the world is your audience and put on a show for them. Most importantly, remember to just have fun. Seating is limited. Sign up early in the free book located at the center.



Paint and Drink

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

Wednesday, July 26

10:30 am-12 noon

Activity Code: ECSAC-SPEC-GA-20230626

Get in touch with your inner creativity. Beginners, Intermediate and Advance artists. No need to purchase that picture from the store. Your own original artwork will enhance your environment. Canvas, paint, and drinks are the order for the day. Register for this event early.

Senior Line Dance Party

\$35(R); \$41(NR)

Friday, July 21

9 am-12 noon

Activity Code: SPD-SPEC-GA-20230721

Enjoy an American fare breakfast, and then DANCE! DANCE! DANCE! Registration begins Wednesday, May 17 for Prince George's County residents, and Wednesday, May 24 for non-residents. Limited spaces available. **You MUST register in advance as NO tickets will be sold at the door.** Transportation is not provided.



Happy Birthday Observation

FREE

Thursday, July 27

1:30-2 pm

Join us as we observe July birthdays with ice cream and cake. To join in on the fun sign up at the center in the free book.

Evelyn Cole Senior Activity Center: Activities & Special Events

DHC Medical Equipment & Supplies FREE

**Friday, July 28
10:30-11:30 am**

Join us as Mr. William McClary from DHC Medical Equipment & Supplies answers your questions about what supplies are covered by Medicare/Medicaid and what you need to stay independent and thriving! He has a display of many supplies and equipment. Sign up early in the free book located at the center.

August

The image shows the word "JEOPARDY" in a stylized, glowing green font with a slight shadow, set against a black rectangular background.

Park Ranger Jeopardy FREE

**Thursday, August 10
11 am-12 noon**

Join the Park Rangers in their version of the game show "Jeopardy." Categories include bike safety, wildlife, local plants recycling, animal babies and more! Sign up early in the free book located at the center.



Bingofest

FREE-Admission: With a donation of school supply item

Activity Code: SPD-SPEC-GA-2023-0811 - John E. Howard

**Friday, August 11
9 am-2 pm**

Let's play BINGO! Win some great bingo prizes and have lots of fun while supporting our County youth by donating school supplies for elementary age children in need. A box lunch will be provided. A supply list of needed items will be available in July. Register early as space is limited.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session: Planning for the future

FREE

Wednesday, August 16

11 am-12 noon

Stop, think, and plan. Learn about the importance of legal issues to protect yourself and your family. Sign up early in the free book located at the center.



JEHSAC & ECSAC Summer Sensations Cookout

\$20(R); \$26 NR

Friday, August 18

12 noon-2 pm

Activity Code: JEHSAC-SPEC-GA-20230815

Join us for a mid-day cookout! We will enjoy some of your favorite cookout food, drinks, and games. Musical performance by one of our favorite DJ's is guaranteed to make you dance, bob your head, or tap your feet. We want to see your million-dollar smile in the place. Register early as space is limited! You don't want to miss this event! Fee includes lunch and DJ.

Blood Pressure Screening

FREE

Friday, August 25

10:30 am-1 pm

High blood pressure is the "silent killer", meaning it has no symptoms. Join MedStar Health and take the first step by having your blood pressure checked. Sign up in the free book at the center.



Happiest Birthday Celebration!

FREE

Thursday, August 31

1-1:30 pm

Come celebrate our August Birthdays! Birthday treats will be served. Sign up at the center one week in advance. Sign up in the "Free Book" located in the office.



**ECSAC CINEMA PRESENTS
FREE MOVIE DAY**

June 22

July 6

August 17

12 noon-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.

Evelyn Cole Senior Activity Center: Trips

Publick Playhouse- Clean Comedy with Ms. Gayle and Friends **Thursday, June 8**
\$20(R); \$26 (NR) **10 am-3 pm**

Activity Code: ECSAC-20230608

This side-splitting comic pokes fun at her country upbringing in rural Virginia, television shows, and various hard knocks of life. A favorite with all audiences, Ms. Gayle will uplift your spirits and have you rolling in the aisles with her uproarious, but clean, commentary and down-home humor. Lunch afterwards at your own expense. Fee includes admission and transportation on Senior Activity bus.

Carolina Kitchen, Largo **Wednesday, June 28**
\$12 (R); \$16 (NR) **10:30 am-2 pm**

Activity Code: ECSAC-20230628

Come and Partake in some amazing and popular southern comfort food. Carolina Kitchen combines unique blends of Cajun and Creole spices with traditional savory and home-style cooking. Lunch at your own expense. Fee includes transportation on the Senior Activity Bus.

Choptank Suicide Bridge- Luncheon Cruise **Thursday, July 13**
\$65 (R); \$110 (NR) **9 am-6 pm**

Activity Code: ECSAC-20230713

Cruise down Choptank River, located on Maryland's Eastern shore and dine on crab cake, fried chicken, vegetable medley, redskin potatoes, dinner roll and dessert. Fee includes luncheon cruise and transportation on the Senior Activity Bus.

Westfield Annapolis Mall, Annapolis **Wednesday July, 26**
\$12(R); \$16(NR) **10 am-3 pm**

Activity Code: ECSAC-20230726

Go shopping at one of the areas finest shopping malls. Shop in over 130 retail stores that includes Macy's, JC Penney and more. Or dine at one of the 31 restaurants or eateries. Fee include transportation on a senior activity bus.

Evelyn Cole Senior Activity Center: Trips

Timbuktu Restaurant and Lounge
\$12(R); \$16(NR)

Wednesday, August 9
10 am-2 pm

Activity Code: ECSAC-20230809

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: \$15-45). Fees include transportation aboard an M-NCPPC activity bus.

MGM National Harbor
\$12 (R); \$16 (NR)

Wednesday, August 23
10 am-3 pm

Activity Code: ECSAC-20230823

Luxury rcasino with fine dining. Enjoy a fun day at MGM. Play your favorite game or just relax and enjoy a delicious meal at one of the many restruants. Fee includes transportation on the Senior Activity Bus.

Evelyn Cole Senior Activity Center Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8400
Seniors County Information	301-265-8400
Medicare Information	800-233-1124
Call-A-Bus	301-499-8603

Senior Nutrition Program

The Senior Nutrition Program

The Senior Nutrition Program operated by the Prince George's County Department of Family Services, Area Agency on Aging, offers a nutritionally balanced lunch at this center to individuals who are 60 or better. Lunches are offered at ECSAC on:

- **Mondays through Fridays 11:30 am-12:00 pm and 12:15 pm-12:45 pm**

Meal registration: call the Department of Family Services, Aging Services Division 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 days in advance. Please bring exact change to cover your donation. Transportation registration: call the Department of Public Works & Transportation Intake line at (301) 499-8603.

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 Office on Aging's 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

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors at the Evelyn Cole Senior Activity Center? If so, give us a call at (301) 386-5525.

Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. If you must cancel your reservation, please contact the center staff as soon as possible.

Disability Accommodations

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 accommodation. To contact the Program Access office directly, e-mail northern.inclusion@pgparks.com or call 301-408-4350.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparks.com and click on PG Parks Alerts. You will need a mobile phone number or an email address and your zip code to complete the registration.

