

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



June, July and August 2023

Please note the center is closed:

Tuesday, July 4

Independence Day

Center Hours:

Monday-Friday

9 am-3:30 pm

Summer Registration

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

Phone: 301-735-2400

TTY: 301-699-2544

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. 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 a check which can take 3 to 4 weeks to process.



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.



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 2023

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.

**NEVER STOP
LEARNING,
BECAUSE LIFE
NEVER STOPS
TEACHING** ↗

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.

John E. Howard Senior Activity Center Classes

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training <i>With Rachel</i>	Gym	<u>Mon and Weds</u> June 5-28 (No classes June 18-24) July 3-26 (No classes July 12) August 7-30 (No classes August 7-11)	11-11:30 am	17507-439A 17507-439B 17507-439C	\$9 (R); \$12 (NR) \$12 (R); \$16(NR) \$9 (R); \$12 (NR)
Fitness Boot Camp/Body Sculpt: Seniors <i>With Rachel</i>	Gym	<u>Mon and Weds</u> June 5-28 (No classes June 18-24) July 3-26 (No classes July 12) August 7-30 (No classes August 7-11)	11:45 am-12:15 pm	17511-439A 17511-439B 17511-439C	\$9 (R); \$12 (NR) \$12(R); \$16(NR) \$9 (R); \$12 (NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Gym	<u>Thursdays</u> June 1-29 (No class on June 22) July 6-27 (No class on July 13) August 17-31 (No classes on Aug. 3 & 10)	11 am-12 noon	17531-439A 17531-439B 17531-439C	\$20(R); \$26 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Line Dance (Beginner) <i>With Ms. Hattie</i>	Gym	<u>Wednesdays</u> June 7-28 July 5-26 August 2-23	9:30-10:30 am	23501-439A 23501-439B 23501-439C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>With Ms. Hattie</i>	Gym	<u>Tuesday</u> June 6-27 July 11-25 August 1-22	9:30-11:30 am	23508-439A 23508-439B 23508-439C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Paint & Sip, Seniors <i>With Tisha</i>	Room 14	<u>Wednesdays</u> June 14 July 12 August 16	12 noon-2 pm	30504-439A 30504-439B 30504-439C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesdays</u> June 7-28 July 5-26 August 2-23	10:30 am-12 noon	15502-439A 15502-439B 15502-439C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)



June



Informational Session:
Park Police: Staying Safe Within the Community
FREE

Friday, June 2
11 am-12 noon

Please come out and learn how to stay safe within the community. Let's face it, there is a lot happening around us. So, every piece of information that is given is highly needed. Sign up in the FREE book located in the lobby.

Wii Tournament
FREE

Tuesday, June 6
12:30-2 pm

Come and play your favorite Wii game. Golfing, tennis, bowling, whatever your game is we are here to cheer you on to V-I-C-T-O-R-Y! Sign up in the FREE book located in the lobby.



Father's Day Celebration
FREE

Friday, June 16
12 noon-2

pm
Please come out and pay tribute to all dads, whether biological or not. "Any man can become a father, but it takes someone special to be a dad." So, help us recognize dads by wearing your favorite tie or bowtie. Light refreshments will be served. Sign up in the FREE book located in the lobby.

John E Howard Senior Activity Center: Activities & Special Events



Juneteenth Celebration

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

ACTIVITY CODE: JEHSAC-GA-20230619

Monday, June 19

12 noon-2 pm

Come out to honor and celebrate the significance of Juneteenth. Get your groove on with DJ Jeanette while partaking in a classic Southern-Style lunch of fried chicken, green beans, potato salad and iced tea. Fee includes lunch and entertainment. Register early as seating is limited.



Informational Session: Diabetes Awareness

FREE

Friday, June 23

11 am-12 noon

Please come join us as we gain helpful information on Diabetes Self Awareness. We will learn skills to improve our health and improve our quality of life. Sign up in the free book located in the lobby.

Happy Birthday Observation

FREE

Friday, June, 30

1:30-2 pm

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

John E Howard Senior Activity Center: Special Events

July

Informational Session: Future Care Health

FREE

Monday, July 3

11 am-12 noon

Getting back on your feet following surgery, a traumatic incident or the diagnosis of a serious illness could be one of the toughest challenges you may ever face. Future Care Health can provide the clinical expertise, resources and support you need to ultimately make the transition back to independence. Sign up in the free book located in the lobby.



Sip and Stroke

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

Thursday, July 6

12:30-2 pm

Activity Code: JEHSAC-GA-20230706

Come and create some colorful memories, Join us in sipping and creating your very own masterpiece on canvas. Fee includes all supplies and refreshments.

DHC Medical Equipment & Supplies

FREE

Friday, July 14

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 in the free book located in the lobby.

Senior Line Dance Party

\$35(R); \$45(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 not provided.

John E Howard Senior Activity Center: Special Events

Informational Session: Home Helpers

FREE

Wednesday, July 26

11 am-12 noon

Compassionate in-home care, customizing solutions to your unique situation that keeps your loved one at home where they're the happiest and providing peace of mind to you and your loved one. Sign up in the free book located in the lobby.



Happy Birthday Observation

FREE

Friday, July 28

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 located in the lobby.

August

American Artist Appreciation Month

FREE

Tuesday, August 1

12:30-2 pm

Please join us as we find our inner artist. You will have the option of drawing, painting, or crafting your own creations. Whether you are a beginner or a pro today is the day to showcase your work of art. Sign up in the free book located in the lobby.



Bingofest

FREE-Admission: With a donation of school supply item

Friday, August 11

9 am-2 pm

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

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.

John E Howard Senior Activity Center: Special Events



Heart and Soul: Karaoke Corner

FREE

Come out and sing along to your favorite songs. Sign up early in the Free Book located in the lobby at the center.

Tuesday, August 15

12:30-2 pm



JEHSAC & ECSAC Summer Sensations Cookout

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

Activity Code: JEHSAC-GA-20230818

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.

Friday, August 18

12 noon-2 pm

JEOPARDY

Park Ranger Jeopardy

FREE

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 in the free book located in the lobby.

Tuesday, August 29

11 am-12 noon

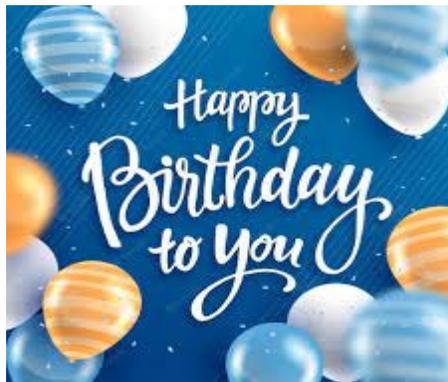
John E Howard Senior Activity Center: Special Events



National Senior Citizens Day **FREE**

Monday, August 21
12:30-2 pm

It's finally your day. What a great way to start the day as a senior. Today we celebrate you. There will be trivia, music, games, and light refreshments. Sign up in the free book located in the lobby.



Happy Birthday Observation **FREE**

Thursday, August 31
1:30-2 pm

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

Informational Session: Driver Safety **FREE**

Friday, August 25
11 am-12 noon

Come out and learn driving techniques, proven safety strategies new traffic laws and rules of the road with AARP. Sign up early in the free book located at the center as seating is limited.

JEHSAC CINEMA PRESENTS



TUESDAY MOVIE DAY

12 noon-2 pm

June 20

July 11

August 22

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.

FREE Blood Pressure Screenings



MedStar Health

MedStar Health to conduct monthly blood pressure screenings.

Mondays 10 am-12 noon

June 26

July 24

August 28

John E Howard Senior Activity Center: Trips

June 2023

Westminster Blues Night, Washington, DC

Monday, June 5

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

3:30-9:30 pm

Activity Code: JEHSAC-20230605

Enjoy some of the area's finest blues musicians in a safe, friendly environment. Admission is \$10 at your own expense, Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation on the Senior Activity Bus.

Kennedy Center: CeCe Winans

Tuesday, June 20

\$65 (R); \$85 (NR)

7-11:30 pm

Activity Code: JEHSAC-20230620

One night only! Legendary gospel singer and 15-time Grammy Award-winner CeCe Winans takes center stage to perform chart-topping favorites and uplifting new music from her most recent project *Believe For It*. Fee includes ticket to the performance and transportation on a senior activity bus,

Bowling Crofton

Thursday, June 22

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

9 am-3 pm

Activity Code: JEHSAC-20230622

How long has it been since you laced up a cute pair of bowling shoes and released that ball down the lane? Will it be a gutter ball, a spare or a strike? Two games and lunch at Nautilus Seafood and Grill will be at your own expense. Fee includes transportation on the Senior Activity Bus.

Westminster Jazz Night, Washington, DC

Friday, June 30

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

3:30-9:30 pm

Activity Code: JEHSAC-20230630

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30 – 8 pm, at your own expense. Average menu prices: \$9 - \$15. Fee includes transportation on the Senior Activity Bus.

John E. Howard Senior Activity Center: Information Corner

July 2023

Westminster Blues Night, Washington, DC

Monday, July 10

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

3:30-9:30 pm

Activity Code: JEHSAC-20230710

Enjoy some of the area's finest blues musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30 – 8 pm, at your own expense. Average menu prices: \$9 - \$15. Fee includes transportation on the Senior Activity Bus.

Horseshoe Casino

Thursday, July 13

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

9 am-3 pm

Activity Code: JEHSAC-20230713

Big Bucks-No Whammy's "Horseshoe Baltimore features slots, table games and a World Series of Poker (WSOP) room as well as three premier restaurants, -Gordon Ramsay Steak, Brew Brothers, fu' Noodle House and Baltimore Marketplace. Lunch at your own expense. Fee includes transportation on the Senior Activity Bus.

G&M Restaurant

Tuesday, July 18

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

10 am-3 pm

Activity Code: JEHSAC-20230718

Enjoy a delicious crab cake, turkey burger, lobster or other tasty item on the menu. G&M Restaurant crab cakes were voted #1 and are shipped around the world. Lunch is at your expense. Average menu price is \$15-\$45. Fee includes transportation on the Senior Activity

Westminster Jazz Night, Washington, DC

Friday, July 28

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

3:30-9:30 pm

Activity Code: JEHSAC-20230728

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation on the Senior Activity Bus.

August 2023

Choptank Suicide Bridge- Crab Feast Cruise

\$85 (R); \$110 (NR)

Activity Code: JEHSAC-20230803

Thursday, August 3

9 am-6 pm

Cruise down Choptank River, located on Maryland's Eastern shore and dine on a crab feast that includes steamed crabs, Maryland Crab soup, fried chicken, clam strips, corn on the cob, coleslaw and dessert. Fee includes crab feast and transportation on the Senior Activity Bus.

Westminster Blues Night Washington, DC

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

Activity Code: JEHSAC-20230807

Monday, August 7

3:30-9:30 pm

Enjoy some of the area's finest blues musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation on the Senior Activity Bus.

Westminster Jazz Night Washington, DC

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

Activity Code: JEHSAC-20230825

Friday, August 25

3:30-9:30 pm

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. Admission is \$10 at your own expense. Dinner is available onsite by South West Catering Cafe, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes transportation on the Senior Activity Bus.

Walmart Supercenter, Alexandria

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

Activity Code: JEHSAC20230830

Wednesday, August 30

9 am-3 pm

Come shop until you drop! Purchase all your essentials and all the extras. After shopping we will stop and get a bite to eat. Lunch at your own expense Fee includes transportation on the Senior Activity Bus.

John E. Howard Senior Activity Center: Information 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 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 JEHSAC on:

- **Wednesdays and Fridays,
11:30 am-12 noon**

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.*

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

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 southern.inclusion@pgparks.com or call 301-203-6011.

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