

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



September, October & November

Scheduled Facility Closures:

Monday, September 4
Thursday, November 23
Friday, November 24

Labor Day
Thanksgiving
Employee Appreciation



Center Hours:

Monday – Friday

9:00 am – 3:30 pm

Fall Registration

- Registration begins Wednesday, August 16 for **Residents (R)** only.
 - Note: The center will open at **9 am** on August 16 to assist with registrations.
- Registration begins on August 23 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.

4400 Shell Street Capitol Heights MD

Phone: 301-735-2400

TTY: 301-699-2544

John E. Howard Senior Activity Center Information

Welcome to John E. Howard Senior Activity Center where we hope you will enjoy:

- 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.

John E. Howard Senior Activity Center Information



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.



ACTIVE AGING WEEK!

Monday, September 18 through Friday, September 22

John E. Howard Senior Activity Center: Classes & Activities

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Fitness Intermediate <i>with Rachel</i>	Room 13	<u>Thursday</u> Sept 7-28 Oct 5-26 (No class Oct 19) Nov 2-16	11 am - 12 pm	17531-539A 17531-539B 17531-539C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$15 (R); \$20 (NR)
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 6-27 Oct 2-30 (No class Oct 18) Nov 6-22	11-11:30 am	17507-539D 17507-539E 17507-539F	\$11 (R); \$13 (NR) \$12 (R); \$16 (NR) \$11 (R); \$13 (NR)
Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 6-27 Oct 2-30 (No class Oct 18) Nov 6-22	11:45 am-12:15 pm	17511-539D 17511-539E 17511-539F	\$11 (R); \$13 (NR) \$12 (R); \$16 (NR) \$11 (R); \$13 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> Sept 6-27 Oct 4-25 Nov 1-22	9:30-10:30 am	23501-539A 23501-539B 23501-539C	\$10 (R); \$10 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>with Ms. Hattie</i>	Gym	<u>Tuesday</u> Sept 5-26 Oct 3-24 Nov 7-21	9:30-11:30 am	23508-539A 23508-539B 23508-539C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$15 (R); \$20 (NR)
Paint & Sip Seniors <i>with Tisha</i>	Room 14	<u>Wednesdays</u> Sept 13 Oct 18 Nov 15	10 am-12 noon	30504-539A 30504-539B 30504-539C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Arts & Crafts Seniors <i>with Babbita</i>	Room 13	<u>Wednesday</u> Sept 6-27 Oct 4-25 Nov 1-22	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 8-29 Oct 4-25 (No class Oct 13) Nov 1-22	10 am-2 pm	15501-539A 15501-539B 15501-539C	\$25 (R); \$33 (NR) \$19 (R); \$27 (NR) \$19 (R); \$27 (NR)



September 2023

Darnall Chance House On-Site Presentation

FREE

Thursday, September 7

11 am-12 noon

Come and learn about the historic 18th century site. Take a virtual tour and see the period rooms and artifacts found on property during its original restoration. Learn about the lives of the women of the house including the enslaved listed based on a 1760 inventory.



Grandparents Day Fashion Show and Luncheon

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

Friday, September 8

12 noon-2 pm

Activity Code: ECSAC-GA-20230908

Come and celebrate Grandparents Day and walk the “Catwalk”. Models will wear their own fall and winter clothing fashions and accessories. After the fashion show, take your hair down and let’s eat drink and be merry while listening to Ray Apollo Allen and the Apollo One Band. Fee includes entertainment and a light lunch. Register early as space is limited. This event will take place at **Evelyn Cole Senior Activity Center located at 5720 Addison Road Seat Pleasant MD**. No transportation is provided from JEHSAC. Register early as seats are limited.

Mental Health Awareness

FREE

Monday, September 11

11 am – 12 pm

This is Mental Health Awareness Month. Challenge yourself to examine your world and how it can affect your overall health. Look around and look within, from your neighborhood to genetics, many factors come into play when it comes to your mental health.

Punch Needle Coasters

FREE

Tuesday, September 12

12:30 – 2 pm

Join us for a beginner’s activity in punch needling. Come and create some colorful coasters. Select a preprinted pattern or make your own. Sign up early as space is limited.



John E. Howard Senior Activity Center: Special Events



Informational Session: Making Healthy Food Choices

FREE

Wednesday, September 13

11 am – 12 pm

Join us as we discuss how to make better food choices. We will review labels and portion sizes and learn how to eat to live a healthy life.



ACTIVE AGING WEEK!

Monday, September 18 through Friday, September 22

Body Sculpting Class with Rachel

FREE

12:30 – 1 pm

Parks Direct Code: 17511 – 539G

Monday, September 18

Parks Direct Code: 17511 – 539G

Wednesday, September 20

Stay active and maintain your good health. Join us for a fun workout that combines flexibility and cardio.



Card Game Day

FREE

Tuesday, September 26

12:30 – 2 pm

Come on out as we play a variety of card games. Spades, Tonk, and Gin Rummy to name a few. Or even Uno! What a great way to spend the day.



John E. Howard Senior Activity Center: Special Events



Happy Birthday Party **FREE**

Friday, September 29
12:30 – 2 pm

Come join us for National Cheese Pizza Day and to celebrate with the seniors born in the month of September! Seats are limited, so sign up at the center in the Free Book located in the lobby.

October 2023

DIY Diamond Painting Coasters **\$5(R); \$7(NR)**

Monday, October 9
10 am – 12 pm

Parks Direct Code: JEHSAC-SPEC-GA-20231009

Come on out and learn something new. Diamond painting is a combination of cross-stitch and paint-by-numbers. "You use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. The end result is a vivid, shimmering work of art. Light refreshments will be served.

Informational Session: Breast Cancer Awareness **FREE**

Monday, October 16
12 – 1 pm

MedStar Health cancer nurse practitioner will focus on breast cancer for Breast cancer Awareness Month.



Under the Sea Event **\$20 (R); \$26(NR)**

Friday, October 13
12 noon-2 pm

Activity Code: JEHSAC-GA-20231013

Come out as we explore the unknown and have some fun under the sea of course! Join in on a great time of good music and a good ole time! Sea Games and prizes. Music provide by Captain Fly and a light catered lunch.



John E. Howard Senior Activity Center: Special Events



Hispanic Heritage Month: Let's Taco Bout It **FREE**

Tuesday, October 17
12:30 – 1:30 pm

In honor of Hispanic Heritage Month, it's time to appreciate and celebrate the colorful cultures, rich histories, and diversity of the American Latino community. Let's taco bout it with light Hispanic refreshments.

Game Board Day **FREE**

Monday, October 23
12:30 pm – 2 pm

It's game day!! Come on out to play with us. We have Checkers, Dominoes, Monopoly, Clue, Othello, Scrabble and many more. Light refreshments will be served.

Informational Session: Motivation Moments with LaShawn **FREE**

Wednesday October 25
11 am – 12 pm

Come join us as we affirm positive affirmations. We will create new affirmations and speak them daily. A positive mindset is a great mindset.



Washington Commanders Watch Party **\$7(R); \$10(NR)**

Sunday, October 29
12:30 – 4:30 pm

Parks Direct Code: JEHSAC-SPEC-GA-20231029

Are you ready for some football? Come and cheer on our home team to a big win! Washington Commanders vs Philadelphia Eagles!! 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.



John E. Howard Senior Activity Center: Special Events



Halloween Happy Hour Birthday Celebration

FREE

Tuesday, October 31

12:30 – 2 pm

Boo! Join us for a “Spell” and pick your poison (non-alcoholic mocktail) and toxic treats (Halloween treats). Games, trivia and light refreshments to be served.

November 2023



Hot Cocoa Bar

FREE

Wednesday November 8

12:30 – 2 pm

Baby it's cold outside!! So come on in and take the chill off with some good ole hot cocoa. It will warm your heart and soul. We will have a variety of toppings. So, sign up early.

Sip & Paint

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

Thursday, November 16

12:30 – 2 pm

Activity Code: JEHSAC-GA 20231116

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



Let's Get Basted, Friendsgiving Luncheon

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

Tuesday, November 21

12 noon-2pm

Activity Code: JEHSAC-GA-20231121

Here's to a day of giving thanks for the great friendships. Come out and celebrate with us over a Thanksgiving lunch amongst friends. Dance to the music provided by DJ Nate the Skate and break bread with your friends. Fee includes entertainment and a catered lunch.

John E. Howard Senior Activity Center: Special Events

Informational Session: Memory Boosters with LaShawn FREE

**Wednesday, November 29
11 am – 12 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.



Happy Birthday Celebration FREE

**Wednesday, November 29
1:30 – 2 pm**

Come celebrate with the awesome people born in November. Birthday treats will be served. Sign up at the center no later than November 19. Sign up early as space is limited. Sign up in the free book located in the lobby.



JEHSAC CINEMA PRESENTS

TUESDAY MOVIE DAYS

12:30 – 2:30 pm

September 21

October 10

November 14

FREE!!!! Light Refreshments will be served!

Sign up in the Free Book located at the center.

The name of movies will be announced at the center.



John E Howard Senior Activity Center: Trips

SEPTEMBER 2023

Westminster Blues Night, Washington, DC

Monday, September 11

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

4-9:30 pm

Activity Code: JEHSAC-20230911

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.

Bowling, Crofton MD

Tuesday, September 19

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

9 am-3 pm

Activity Code: JEHSAC-20230919

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 a mystery restaurant will be at your own expense. Fee includes transportation on the Senior Activity Bus.

Dutch Country Farmer's Market, Laurel MD

Thursday, September 21

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

9 am – 3 pm

Activity Code: JEHSAC-20230907

Welcome to Dutch Country Farmer's Market. Located in Laurel, Maryland, the market is full of the best fresh and delicious foods from Dutch Country. Baked goods, dairy products, BBQ, candies, organic meats, and more can be found among a variety of merchants. Fee includes transportation on the Senior Activity Bus.

Bus Boys & Poets Restaurant, Hyattsville, MD

Tuesday, September 26

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

10 am – 2 pm

Activity Code: JEHSAC-20230926

Located in the center of Prince George's County's Gateway Arts District, Hyattsville is our first Maryland location. Since 2011, Busboys and Poets in Hyattsville has been an addition to the rich artistic and literary community. Lunch is at your own expense. Average menu prices: \$9 - \$30. Fee includes transportation on the Senior Activity Bus.

Westminster Jazz Night, Washington, DC

Friday, September 29

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

4-9:30 pm

Activity Code: JEHSAC-20230929

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: Trips

OCTOBER 2023

Westminster Blues Night, Washington, DC

Monday, October 2

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

4-9:30 pm

Activity Code: JEHSAC-20231002

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.

Siser Act-Toby's Dinner Theater, Columbia, MD

Wednesday, October 4

\$83(R); \$108(NR)

9 am- 4 pm

Activity Code: JEHSAC-20231004

A woman hiding in a convent helps her fellow sisters find their voices as she rediscovers her own. SISTER ACT is the feel-amazing musical comedy based on the smash hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony and 8-time Oscar winner Alan Menken (NEWSIES, BEAUTY AND THE BEAST, LITTLE SHOP OF HORRORS), this uplifting musical was nominated for 5 Tony Awards including Best Musical. A sparkling tribute to the universal power of friendship, SISTER ACT is reason to REJOICE! Fee includes admission to dinner theater and transportation on the Senior Activity Bus

Clydes Tower Oaks Lodge, Rockville, MD

Thursday, October 19

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

10 am-3 pm

Activity Code: JEHSAC-20231019

Clyde's serves a diverse menu including fresh seafood, steaks, sandwiches, greens, and pasta. The food is locally sourced & seasonal. Lunch at your own expense. Fee includes transportation on the Senior Activity Bus.



John E Howard Senior Activity Center: Trips

Westminster Jazz Night, Washington, DC

Friday, October 27

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

4-9:30 pm

Activity Code: JEHSAC-20231027

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.

NOVEMBER 2023

Westminster Blues Night, Washington, DC

Monday, November 6

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

4-9:30 pm

Activity Code: JEHSAC-20231106

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

Friday, November 10

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

4-9:30 pm

Activity Code: JEHSAC-20231110

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.

Bowling Crofton

Tuesday November 14

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

9 am-3 pm

Activity Code: JEHSAC-20231114

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 a mystery restaurant at your own expense. Fee includes transportation on the Senior Activity Bus.

John E Howard Senior Activity Center: Trips

**Reginald F Lewis Musuem of African American Culture
Baltimore, MD**

Thursday, November 16

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

9 am-3 pm

Activity Code: JEHSAC-20231116

The Lewis Museum has over 400 years of history in its permanet collection. Take a journey through Maryland Aftican American history in the area of industry, politics leisure activites, sports, media, the arts, education, the military and more. After the tour enjoy lunch at your own expense at Ms. Shirley's located across the street. Fee includes admission into museum and transportation on the Senior Activity Bus

Mad Cow Grill, Laurel MD

Tuesday, November 28

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

10 am-3:30 pm

Activity Code: JEHSAC-20231128

Mad Cow Grill is a Jamaican restaurant located in Laurel, Maryland. Our food includes the best of Jamaican dishes like jerk chicken, unforgettable oxtails, curried shrimp and rasta pasta. We use the freshest local ingredients at our bar and grill to make our fan-favorite fare. Lunch at your own expense. Fee includes transportation on the Senior Activity Bus.



John E. Howard Senior Activity Center: Information Corner

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.

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.

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

Sign up for PG Parks Alerts and get the latest information on M-NCPPC closings due to weather, emergencies, maintenance, etc. Visit www.pg parks.com and sign up for PG Parks Alerts today! Click on PG Parks Alerts icon.