

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



December 2023, January & February 2024

Scheduled Facility Closures:

Monday, December 25
Monday, January 1

Christmas Day
New Year's Day



Center Hours:

Monday – Friday

9:00 am – 3:30 pm

Fall Registration

- Registration begins Wednesday, November 15 for **Residents (R)** only.
- Registration begins on Wednesday, November 22 for **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 20743

Phone: 301-735-2400

Maryland Relay: 711

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 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.

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> Dec 7-28 Jan 4-25 Feb 1-22	11 am - 12 pm	17531-139A 17531-139B 17531-139C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Dec 4-27 Jan 3-29 Feb 5-28	11-11:30 am	17507-139A 17507-139B 17507-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Dec 4-27 Jan 3-29 Feb 5-28	11:45 am-12:15 pm	17511-139A 17511-139B 17511-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> Dec 6-27 Jan 3-24 Feb 7-28	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> Dec 5-26 Jan 2-23 Feb 6-27	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>	10 am-12 noon	30504-139A 30504-139B 30504-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Arts & Crafts Seniors <i>with Babbita</i>	Room 13	<u>Wednesday</u> Dec 6-27 Jan 3-24 Feb 7-28	10:30 am-12 noon	15502-139A 15502-139B 15502-139C	\$15 (R); \$13 (NR) \$15 (R); \$13 (NR) \$15 (R); \$13 (NR)
Sewing 101 – Seniors <i>with Rhonda</i>	Room 14	<u>Fridays</u> Dec 1-22 Jan 5-26 Feb 2-23	10 am-2 pm	15501-139A 15501-139B 15501-139C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR)
Cards	Social Room	<u>Tuesday's</u>	12:30-2pm	N/A	FREE



John E. Howard Senior Activity Center: Special Events

December 2023



National Holiday Card Day **FREE**

Friday, December 1
12:30-2pm

Join us for an afternoon of holiday cheer and get your holiday cards ready to mail or to give out to your friends and family. Bring your own holiday cards to address or come and make your own original cards. Light refreshments, holiday music and card making supplies will be provided. Limited quantity of cards will be provided to each. Cards to be distributed on Monday December 18. Sign up in the FREE book located at the center.

Informational Session: **Will and Trust -Leave a Will not a Bill** **FREE**

Thursday, December 7
11am -12 noon

A will is a document that contains your direct wishes for your property and assets, as well as the care of your dependents. Failure to prepare a will typically leaves decisions about your estate in the hands of judges or state officials and may also cause family strife. Come and join us as Leave a Will not a Bill lead a discussion on wills and trusts.



National Gingerbread House Day **FREE**

Monday December 11
12:30 – 2pm

Join us in a classic holiday tradition and build your own festive gingerbread house using graham crackers! Graham crackers, frosting and candy provided. Seating is limited. Sign up in the FREE book located at the center.

John E. Howard Senior Activity Center: Special Events



Floral Arrangement: Holiday Edition

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

Parks Direct Code:15502-139D

Come and create a beautiful festive flower arrangement. Join us in creating your very own masterpiece to adorn your table. Fee includes all supplies needed.

Tuesday, December 12

10am -12 noon

Informational Session: Medicare/Medicaid

FREE

Lydia Robinson from Kaiser Permanente will explain how Kaiser Permanente Medicare health plan can work for you. She will review plan benefits and can even help you enroll.

Tuesday December 12

12:30 - 1:30pm



SENIOR HOLIDAY CONCERT

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

Parks Direct Code: SPD-SPEC-GA-20231214

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. Register early, Seating is limited.

Thursday, December 14

10:30am 12pm



John E. Howard Senior Activity Center: Special Events



Holiday Sweater Gathering

FREE

Wednesday, December 20

10:30 am – 12 pm

Who said only ugly sweaters have to be celebrated? Pretty, cute, extravagant, ugly and hideous sweaters can be worn to this event. Celebrate in your own style. Wear your favorite holiday sweater. Prizes will be given for the best sweaters. Games, holiday treats and music. Seats are limited sign up early at the Center.



Winter Wonderland Party

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

Thursday, December 21

12 noon -2pm

PARKS DIRECT# JEHSAC-SPEC-GA-20231221

It's a Ho, Ho, Ho down! Come spread some holiday cheer with us. DJ Captain Fly will have you dancing and singing along to all our favorite holiday music and more. You do not want to be left out. Fee includes DJ and a light lunch. Seating is limited, so register early!



Cupcakes and Mocktails

FREE

Friday, December 29

1:30 – 2:30 pm

Come celebrate with the special people born in the month of January. Birthday treats along with mocktails will be served. Sign up at the in the "Free Book" at the center.

John E. Howard Senior Activity Center: Special Events

January 2024



Happy New Year Toast **FREE**

Tuesday, January 3
10-11am

Happy New Year! Let's take a toast to 2024. Did you make any New Year resolutions? Come and share what you have set for the new year and just maybe... someone can help you stay on track. Sparkling cider and new year party favors provided. Sign up in the FREE book at the center.



Informational Session: National Law Enforcement Day **FREE**

Wednesday, January 10
10:30am -12 noon

Deputy Chief, Tomothy Hodge from the Capitol Heights Police Department will join us in a brief presentation on the role of the police in our community, crime prevention and safety tips. After his presentation let's join in celebrating Officer Miller and all the brave men and women that risk their lives to protect us. Coffee and breakfast treats provided. Sign up in the FREE book at the center.



National Hot Tea Day **FREE**

Friday, January 12
10am- 1pm

Join us as we sample a variety of hot teas. There is no other way to celebrate National Hot Tea Day besides brewing yourself a nice warm cup of tea. There's tea for literally any and every time of day, so don't hold back. Have as many cups of tea as you want throughout the day, in celebration.

Informational Session **Prince George's Fire Department: How to Safe at Home** **FREE**

Wednesday, January 17
11am-12 noon

Please join us as we gain helpful information from our local Fire Department on staying safe within your home and ways to be prepared under any circumstances.

John E. Howard Senior Activity Center: Special Events



Denim and Boots Party

\$25 (R); 33 (NR)

Friday, January 19

12 noon-2pm

Parks Direct Code: JEHSAC-SPEC-GA-20230119

Howdy Partners! Mossey on down to our western hoedown. Saddle up and join us for a rootin tootin, foot stompin' good ole time. Join in and learn the Wagon Wheel Line Dance! Fee includes music provided by The Tribe Band, a lunch, and games. This is a shindig you don't want to miss.



Soup for the Soul Day

FREE

Wednesday, January 24

12 noon-2 pm

Ticket Code: JEHSAC-SPEC-GA-20240124

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.



National Puzzle and Hot Chocolate Day

FREE

Monday, January 29

10am -1:30pm

Come join us as we de-stress and put together various puzzles. National Puzzle Day is the perfect day to do a little brain exercise. Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Indulge with a cup of hot chocolate while doing your puzzles. Sign up early as supplies are limited.

John E. Howard Senior Activity Center: Special Events



Cupcakes and Karaoke

FREE

Come celebrate with the special people born in the month of January and sing along to your favorite go to song. Birthday treats will be served. Sign up at the in the “Free Book” in the office one week in advance.

Wednesday, January 31

1:30 – 2:30 pm

February 2024



Black History and American Heart Month

Informational Session: Ann Caregivers, LLC

FREE

Please join us as Ann Caregivers come out and give valuable information of how to assist you in your home, where you are most comfortable, within your own surroundings. Providing information with functions and mobility in activities of daily living.

Friday, February 2

11am - 12pm

Informational Session: Funeral Advantage

FREE

Eva Foushee, a Final Expense Specialist and Licensed Insurance Agent, with Lincoln Heritage will lead a discussion and answer questions about final expenses. Her goal is to help everyone so they don't have to go around and pass the hat when a loved one passes.

Tuesday, February 6

11am - 12pm

John E. Howard Senior Activity Center: Special Events



Finish the Lyric **FREE**

Thursday, February 8
11am – 12:30 noon

How's your music savvy? Can you finish the lyrics of some of the most popular Motown, R&B and Southern Soul songs? For Black History month we will test your ability to finish the lyrics in the songs we all know and enjoy. A winner will be chosen. Sign up in the FREE book located at the center.

Black History In Motion: Publick Playhouse **FEE: \$10(R); \$13 (NR)** **PARKS DIRECT# SPD-SPEC-GA-20240209**

Friday, February 9
11am-12:30pm

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 performances. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPPC 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.



Valentine's Day Social **Free**

Wednesday, February 14
12:30-2pm

Be my Valentine!!! Come and spread the love with your sweetheart from Evelyn Cole. Music, light refreshments and games. Sign up in the free book located at the center.

John E. Howard Senior Activity Center: Special Events

Go Go Fitness

Thursday, February 15

Free

11am-12 noon

Activity Code: 23501-139D

Native Washingtonian Danette “Dani” Tucker will crank up and get us moving to the go go beat! Come join us for a Go Go fitness class that will have you moving and grooving to support a fun and healthy lifestyle. Space is limited, so register early.



Birthday Celebration!

Thursday, February 29

FREE

12:30-1:30 pm

Come celebrate with the special people born in the month of February. Birthday treats will be served. Sign up at the in the “Free Book” in the office one week in advance.



JEHSAC CINEMA PRESENTS

TUESDAY MOVIE DAYS

12:30 – 2:30 pm

December 28

January 23

February 27

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

December 2023

Festival of Lights

\$10(R); \$13(NR)

Tuesday, December 5

4-9pm

Parks Direct Code: JEHSAC-20231205

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.

A Motown Christmas

\$55(R);\$72

Saturday, December 9

4-10pm

PARKS DIRECT Code: JEHSAC-20231209

Motown's greatest hits with everyone's favorite holiday classics. This show features those famous Motown trademarks from the Temptations, The Jackson 5, Diana Ross and the Supremes and many more. Fee includes, admission to show and transportation on Senior Activity Bus.

The Festival of Lights: Mormon Temple, Washington, DC

\$12R; \$16 NR

Thursday, December 19

4-11 pm

PARKS DIRECT Code: JEHSAC-20231219

Mormon Temple, is open to all during the Christmas season. This impressive church and its surrounding grounds shine brightly with more than 450,000 sparkling Christmas lights. Each night, a different local musical group performs a live concert in a state-of-the-art theater. All events are free! Visitors are welcome to explore the Washington, D.C. Mormon Temple grounds and the Visitor Center . Fee includes transportation on the Senior Activity Bus.

January 2024

Lexington Market, Baltimore MD

\$12 R; \$16 NR

Thursday, January 11

9am-2pm

PARKS DIRECT Code: JEHSAC-20240111

“Something for Every” Come visit one of Baltimore’s oldest markets that has been in business for over 200 years. Lexington Market has a diverse mix of local food and service vendors who are deeply rooted in Baltimore. Fee includes transportation on the Senior Activity Bus.

John E Howard Senior Activity Center: Trips

Patapsco Flea Market, Baltimore MD

\$12 R; \$16NR

Saturday, January 27

9am-2pm

PARKS DIRECT Code: JEHSAC-20240127

Located just minutes from Baltimore's bustling Inner Harbor, the Patapsco Flea Market is one of the largest markets of its kind on the east coast, offering a unique, fun-filled shopping experience for all who visit.

February 2024

Fredrick Douglas House, Washington DC

\$12 R; \$16 NR

Tuesday, February 6

10am-2pm

PARKS DIRECT Code: JEHSAC-20240213

The Frederick Douglass National Historic Site is where Frederick Douglass lived from 1877 until his death in 1895. Restored to its 1895 appearance, the house is furnished with original objects that belonged to Frederick Douglass and other household members. Fee includes admission and transportation on the Senior Activity Bus

Succotash Restaurant, National Harbor

\$12 R; \$16 NR

Thursday, February 15

10am-2pm

PARKS DIRECT Code: JEHSAC-20240215

A progressive perspective of classic Southern favorites. James Beard Award winner, Chef Edward Lee, brings his Korean roots and Southern repertoire to a soulful Southern menu

Olney Grill Restaurant and Bar

\$12 R; \$16 NR

Tuesday, February 27

10am-2pm

PARKS DIRECT Code: JEHSAC-20240227

If you are looking for a great neighborhood gathering place right in the heart of Olney, Maryland, you've found it! The menu includes Angus Beef, hickory-smoked BBQ ribs, pure lump crabcakes and much, much more. 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.