

Evelyn Cole Senior Activity Center



Welcome to the Evelyn Cole Senior Activity Center!

SPRING 2024



March, April and May

Please note the Center is closed:

Monday, May 27

Memorial Day

Center Hours:

Monday – Friday

10 am – 2 pm

Fall Registration

- Registration begins Wednesday, February 14 for **Residents (R)** only.
 - Note: The center will open at 10am on **February 14** to assist with registrations.
- Registration begins on Wednesday, **February 21** 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 20743

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

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. **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.**

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 (27 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, indicates the trip involves a lot of walking

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Cricut Class	Activity Room I	Mondays 3/4 & 3/11 4/8 & 4/22 5/6 & 5/20	10 am-12 pm	30510-122A 30510-122B 30510-122C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Walking Club	Gym	<u>Tues & Thurs</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness With LaShawn	Activity Room 2	<u>Mon & Fri</u>	10:45-11:15 am	N/A	FREE
Bingo	Activity Room 1	<u>Tues & Wed</u>	12:45-1:45 pm	N/A	FREE
Music Sensation	Activity Room 2	<u>Mondays</u>	1-1:30 pm	N/A	FREE
Pokeno	Activity Room 1	<u>Mon & Thur</u>	12:45-1:45 pm	N/A	FREE
Morning Inspiration	Activity Room 2	<u>Monday</u>	10:30-11:15am	N/A	FREE
Bid Whist	Activity Room 2	<u>Fridays</u>	11am – 12 noon	N/A	FREE



Evelyn Cole Senior Activity Center: Activities & Special Events and Trips

March 2023



Mardi Gras Celebration

FREE

PARKS DIRECT CODE: ECSAC-SPEC-GA-20240308

Friday, March 8

12 noon-2pm

Come and be a part of the famous New Orleans tradition our way. Don't miss this fun-filled event! Masks, beads, and lots of fun! Musical entertainment provided by saxophonist Sharon Thomas and the Juke Joint Band. Light refreshments will be served. Register early as seats are limited.

Informational Session-Women Living Well & Vibrant

FREE

Monday, March 11

11am-12 noon

Women's history month is all about us Mother's, Grandmothers, Sisters, Cousins, Nieces and Friends. We as women play a crucial role in society. Having to adjust our many different hats, and still maintain our peace or (sanity). As we share tips on how to stay vibrant, and live well everyday of your life. Start today by fulfilling your goals and maintaining a healthy balanced lifestyle.



DIY Snow Globe

FREE

Parks Direct Code: 15502-222A

Wednesday, March 13

10:30am-12 noon

Come make your very own customized snow globe. All supplies provided. Space is limited. Sign up in the FREE book located in the lobby at the center.

Informational Session**Plant-Based Eating Nutrition Workshop****FREE****Tuesday, March 19****11 am-12 noon****Parks Direct Code: SPD-SPEC-GA-20240319**

No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve long-term health and maintain a healthy weight. During this nutrition workshop, learn tips and tricks for adding more plants to your plate from a Giant nutritionist. Registration required. All ages welcome.

Kabu Japanese Steakhouse, Laurel MD**\$12 (R); \$15 (NR)****Wednesday, March 20****9am-3pm****Parks Direct Code: ECSAC-20240320**

Take part in a unique cooking style in a lively atmosphere with delicious food. Watch your meal cooked on a large, flat griddle right in front of you. Enjoy rice, noodles, veggies and more. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

Arundel Mills Mall and Maryland Live Casino**\$12 (R); \$15 (NR)****Thursday, March 21****9am-3pm****Parks Direct Code: ECSAC-20240321**

Come and Shop until you drop! Take a trip with us to Arundel Mills Outlet Mall. Lunch on your own at the food court or spend your afternoon at Maryland Live Casino. Fee includes transportation on a Senior Activity bus.

Informational Session-Understanding Dementia**FREE****Monday, March 25****12:45-1:45pm**

The early stages and signs of dementia has visited many of our family members and friends. We may have questions, and concerns on what to do. For some we may need a listening ear or someone who can advocate at this trying time to understand the guidance that is needed. We will provide a level of comfort and understanding that you are not in this alone.

Beauty and the Beast-Toby's Dinner Theater, Columbia MD**Wednesday, March 27****\$83 (R); \$108(NR)****9am-4:30pm****Parks Direct Code: ECSAC-20240327**

"Be Our Guest" for this tale as old as time. This breathtaking musical is the story of Belle and the Beast, who happens to be a handsome prince cursed by a beautiful enchantress. If the Beast can learn to live and be loved, the curse will be lifted. If not, he and his servants will be doomed for all eternity. Will their love bloom before time runs out?



Happy Birthday Celebration

Friday, March 29

FREE

1-2pm

Come celebrate with the special people born in the month of March. Birthday treats will be served. Sign up in the FREE book located in the lobby at the center.

April 2024

CBQ Restaurant, Chesapeake, MD

Tuesday, April 2

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

9am-3pm

Parks Direct Code: ECSAC-20240402

A Maryland inspired BBQ restaurant featuring- smoked brisket, pulled pork sandwiches and much more. Take an elevator ride and hop into the Rod and Reel Resort Casino. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

Hat Decorating

Thursday, April 4

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

10:30am-12 noon

Parks Direct Code: 15502-222B

Come out and design your very own one-of-a-kind summer wide brim hat or baseball cap, that fits your very own personal style. Fee includes one hat of your choice and an array of accessories to add. Seats are limited, so sign up early.

Informational Session-Skin Care

Monday, April 8

FREE

12:45pm to 1:45pm

Come join a skin care consulate to learn techniques to keeping your hands and feet feeling and looking good. Your skin is the first thing that people see when they see you. Allow your inner beauty to shine on the outside. Your skin deserves happiness too

Yellowfin Steak and Fish House, Edgewater MD

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

Parks Direct Code: ECSAC-20240412

Friday, April 12

10am-3pm

A distinguished destination for over 22 years. Views of the South River are ever present and stunning sunsets are a main attraction from the dining room. Enjoy a delicious seafood meal while looking out on the water. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

Informational Session-Hospice Care

FREE

Monday, April 15

11am-12 noon

What is the benefit of Hospice Care? Do you need a little extra care for your loved one? Where do I begin, and how do I get started? Do you have your medical affairs in order, advanced directives, MOLST?(Medical Orders For Life Sustaining Treatment) We would like to provide a safe space for you to ask your most difficult questions or concerns as we provide the answers you need.



Spring Fashion Show-Butterflies and Roses- A Tribute to Spring!

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

Parks Direct Code: ECSAC-SPEC-GA-20240419

Friday, April 19

12-2pm

Models will wear their own spring clothing fashions and accessories. After the fashion show, take your hair down and let's eat drink and be merry while listening to DJ Captain Fly. Fee includes entertainment and a light lunch. Register early as space is limited.

Golden Coral, Largo MD

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

Parks Direct Code: ECSAC-20240423

Tuesday, April 23

10am-2pm

America's #1 All You Can Eat Buffet. With over 150 choices, there's something for everyone at Golden Corral. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.



DIY Birdfeeders

FREE

Parks Direct Code: 15502-222C

Enhance your yard and delight your fine feathered friends and make your very own bird feeder. All materials included to make your own DIY birdfeeder. Spaces are limited so register soon.

Wednesday, April 24

11am-12 noon

Informational Session-The Art of a Listening Ear

FREE

Failure to listen with your heart or time can result in offensiveness.

Come join ECSAC on effective listening that will show acts of kindness and love.

Monday, April 29

11am-12 noon

Happy Birthday Celebration

FREE

Come celebrate with the special people born in the month of April. Birthday treats will be served. Sign up in the FREE book located in the lobby at the center.

Tuesday, April 30

1-2pm

May 2024

May is Fitness Month



Bowie Baysox Senior Bingo

\$42 (R); \$55 (NR)

Parks Direct Code: ECSAC-20240501

Take me out to the ball game! Enjoy a great Bowie Baysox baseball game while enjoying a delicious two-hour lunch buffet and Bingo! Fee includes admission and transportation on the Senior Activity Bus.

Wednesday, May 1

10am-3pm



Mother's Day Hat and Tea
\$30 (R); \$39 (NR)

Thursday, May 9
12 noon-2:30 pm

Parks Direct Code: JEHSAC-SPEC-GA-20240509

Join us for our annual Mother's Day Hat and Tea Party! Come pay tribute to all Mothers' and those like a mother. Enjoy a lovely afternoon tea luncheon and "don" your favorite hat in our Hat Parade. Hat judging categories will be the Most Fascinating Fascinator, the Most Creative Hat and the Most Prim and Proper Hat and for our gentlemen - Mr. Tea! This event will take place at **Prince George's Ballroom, located at 2411 Pinebrook Ave. Hyattsville, MD.** Fee includes a light lunch, music from The Rise Band and more! To close out this fabulous social we will get up and groove to all our favorite line dances! You don't want to miss this! Register early as seats are limited.

Informational Session-Agony of De Feet
FREE

Monday, May 13
11am-12 noon

Why do my feet hurt? What causes one to call the Podiatrist? Learn from a podiatrist common foot problems and how and when to get professional help. Sign up in the FREE book located at the center.

Ada's on the River, Alexandria, VA
\$12 (R); \$15 (NR)

Thursday, May 16
10am-2pm

Parks Direct Code: ECSAC-20240423

Built around a custom wood-burning oven and featuring stunning panoramic views of the Potomac River, Ada's on the River draws inspiration from the ingenuity of Ada Lovelace, one of the greatest mathematicians of the 19th century. Ada's menus feature a selection of wood-fired prime steaks, fresh seafood and vegetarian fare. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.



Senior Health and Fitness Day
FREE

Wednesday, May 22
10 am-2 pm

PARKS DIRECT CODE: SAARC-SPEC-GA-20240522

Get your body moving and engaged at the 2024 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, Drum 'n Tone, swimming, a spin class, chair massages, wellness screenings, art, and more at Southern Area Aquatic and Recreation Center in Brandywine, MD. Transportation is being provided from each senior activity center. Please sign up at a senior activity center, as seats are limited.

Cheesecake Factory, Columbia MD
\$12 (R); \$15 (NR)

Thursday, May 23
10am-2pm

Parks Direct Code: ECSAC-20240423

At The Cheesecake Factory, there is truly "Something for Everyone". A unique, upscale casual restaurant offering more than 200 menu selections including Appetizers, Specialty Salads, Pastas, and Pizzas, as well as great Steaks and Chops, Fresh Fish, and Sandwiches. Be sure to save room for one of our 50 delicious cheesecakes and desserts. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

Move It or Lose It!
FREE

Friday, May 24
12:30-1:30pm

Parks Direct Code: 17531-222A

Come join us for a low impact chair exercise with our very own Health and Wellness Instructor LaShawn! Get your blood flowing and your cardio going. If you love oldies music, this is the place to be to get fit and live strong.

Happy Birthday Celebration-Ice Cream Social
FREE

Friday, May 31
1:30-2:30pm

Come celebrate with the special people born in the month of May. Please come out and join us for an ice cream social. Come out and make your very own sundae topped with your favorite toppings of choice. Please sign up at the center as supplies are limited.



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 12 noon-12:30 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, you can 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.

