

# John E. Howard Senior Activity Center

*Welcome to the John E. Howard Senior Activity Center*

## SPRING 2024



# SPRING

## March, April & May 2024

Please note the center is closed:

Monday, May 27

Memorial Day

### Center Hours:

Monday – Friday

9:00am – 3:00pm

### Spring Registration

- Registration begins Wednesday, February 14 for **Residents (R)** only.
- 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 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 St. Capitol Heights, 20743

Phone: (301) 735-2400

TTY: (301) 699-2544

# John E. Howard Senior Activity Center

## 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's start date.
4. Withdrawal from an activity must be processed at the offering facility **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.

### 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.



## NO SMOKING POLICY

In accordance with 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.

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

# 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> March 4-27 April 1-24 May 1-29	11 – 11:30 am	17507-239A 17507-239B 17507-239C	\$12 (R); \$16 (NR) \$12(R); \$16 (NR) \$12 (R); \$16 (NR)
Fitness Boot Camp: Seniors (Body Sculpt) <i>With Rachel</i>	Gym	<u>Mon and Weds</u> March 4-27 April 1-24 May 1-29	11:45 am – 12:15 pm	17511-239A 17511-239B 17511-239C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Gym	<u>Thursdays</u> March 7-28 April 4-25 May 2-23	11am – 12 noon	17531-239A 17531-239B 17531-239C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Line Dance (Beginner) <i>With Ms. Hattie</i>	Gym	<u>Wednesdays</u> March 6-27 April 3-24 May 1-22	9:30 – 10:30 am	23501-239A 23501-239B 23501-239C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>With Ms. Hattie</i>	Gym	<u>Tuesdays</u> March 5-26 April 2-23 May 7-28	9:30 – 11:30 am	23508-239A 23508-239B 23508-239C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Sewing 101 <i>With Rhonda</i>	Room 14	<u>Fridays</u> March 1-15 April 5-26 May 3-24	10am – 2 pm	15501-239A 15501-239B 15501-239C	\$19 (R); \$27 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesdays</u> March 6-27 April 3-24 May 1-22	10:30am – 12 noon	15502-239A 15502-239B 15502-239C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Bingo	Social Room	<u>Every Wednesday &amp; Friday</u>	1–2pm	N/A	N/A



# John E Howard Senior Activity Center: Special Events and Trips

## March 2024

**Informational Session: Empower: Energy Audits**

**Monday, March 4**

**FREE**

**11am-12 noon**

Receive people the tools and knowledge needed to take control of energy consumption in your home. Tips and tricks to keep spaces cool in the summer and warm in the winter to enhance comfort and save on energy bills will be presented. One-on-one consultations will be available to determine eligibility for the Empower Maryland grant program and rebates through Pepco and BGE for free home energy upgrades. Sign up in the FREE book located in the lobby at the center.



**JEHSAC Cinema**

**Tuesday, March 5**

**FREE**

**12 noon-2pm**

Join us for an afternoon movie along with popcorn and drinks. Sign up in the FREE book located in the center lobby and see what movie will be shown.

**BJ's Brewhouse, Laurel MD**

**Thursday, March 7**

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

**10am-3pm**

**Parks Direct Code: JEHSAC-20240307**

Enjoy your favorite dish, including deep dish pizza, handcrafted burgers and more. Finish your lunch off with an ooey, gooey "Pizookie". Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

**Informational Session: Walgreen's Wellness**

**Tuesday, March 12**

**FREE**

**11am – 12pm**

Walgreens pharmacist Armelle Kuate and store Manager Anthony Craig will present on how to keep you and your loved ones safe through life saving immunizations as along with general wellness tips. Sign up in the FREE book located in the lobby at the center.



**National Museum of African American History and Culture**

**Tuesday, March 12**

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

**9am-4pm**

**Parks Direct Code: JEHSAC-20240312**

The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Come and learn about our very proud rich history. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.



**Pi Day**  
**FREE**

**Thursday, March 14**  
**11am-12 noon**

One of the most well-known mathematical constants, is the ratio of a circle's circumference to its diameter. Let's celebrate this national day by learning about this most famous number and indulge in eating circular shaped goodies.

**Busboys and Poets, Hyattsville, MD**  
**\$12 (R); \$15 (NR)**

**Friday, March 15**  
**10am-3pm**

**Parks Direct Code- JEHSAC-20240315**

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. Enjoy food from the brunch or lunch menu that includes chicken and pancakes, shrimp and grits, omelets, burgers and much more Lunch is at your own expense. Average menu prices: \$9 - \$30. Fee includes transportation on the Senior Activity Bus.

**Carmen Cravens a Tribute to Stephanie Mills**  
**\$20(R); \$27(NR)**

**Saturday, March 16**  
**5pm- 10:30pm**

**Parks Direct Code: JEHSAC-20240316**

Enjoy an evening listening to the talented Carmen Craven. Carmen has toured the world as a background singer for Ms. Patti LaBelle. She has drawn local and national attention for her tribute to the music of Stephanie Mills, especially her rendition of Stephanie's hit "Home" from the play "The Wiz". Dinner at your own expense at local restaurant before the show. Fee includes admission to the show and transportation on a Senior Activity bus.



**Silk Tie Egg Decorating**  
**FREE**

**Tuesday, March 26**  
**10am-12pm**

**Parks Direct Code: 15502-239M**

Hands down the most amazing way to dye eggs with the most intricate patterns using old scraps of silk fabric! Bring in your own silk tie or silk material and watch the magic happen. Truly works of art. All supplies provided. Space is limited, so register early.

**Beauty and the Beast-Toby's Dinner Theater, Columbia MD**  
**\$83 (R); \$108 (NR)**

**Wednesday, March 27**  
**9am-4:30pm**

**Parks Direct Code: JEHSAC-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 love 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? Fee includes admission to Toby's dinner Theater and transportation on a Senior Activity Bus. Seats are limited.



**Happy Birthday Celebration**  
**FREE**

**Friday, March 29**  
**1:30-2:30pm**

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**

**DIY Drink Coasters with Shantae**  
**FREE**

**Thursday, April 4**  
**10am - 12pm**

What better way to relax and to improve your hand and eye coordination? Join us in making your very own diamond drink coasters. Sign up in the FREE book located at the center.

**Informational Session: Changing with the Seasons of life**  
**FREE**

**Tuesday, April 9**  
**11am-12 noon**

The number #1 reason why people fail at conquering clutter is an inability or unwillingness to change. Discover how implementing one small step at a time can help you reach your organizing goals.

**Abner's Crab House, Chesapeake Beach**  
**\$12 (R); \$15 (NR)**

**Thursday, April 11**  
**11am-6pm**

**Parks Direct Code: JEHSAC-20240411**

Abner's Crab House is a family owned and operated restaurant that serves a wide selection of seafood and specializes in crabs. After eating you can enjoy playing with the machines at A & A Gaming located inside Abner's Crab House. Lunch at your own expense. Fee includes transportation on a senior activity bus.

**JEHSAC Cinema Presents -  
FREE**

**Tuesday, April 16  
12 noon-2pm**

Join us for an afternoon movie along with popcorn and drinks. Sign up in the FREE book located in the center lobby and to see what movie will be shown.



**Informational Session: The Art of a Listening Ear  
FREE**

**Wednesday, April 17  
11am - 12pm**

Failure to listen with your heart or time can result in offensiveness. Come join JEHSAC on effective listening that will show acts of kindness and love. Sign up in the FREE book located at the center.

**Bowie Baysox Senior Bingo  
\$42 (R); \$55 (NR)**

**Wednesday April 17  
10am-3pm**

**Parks Direct Code: JEHSAC-20240417**

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.

**Dallas Black Dance Theater  
\$25 (R); \$33 (NR)**

**Thursday, April 18  
10am-3pm**

**Parks Direct Code: JEHSAC-20240418**

For over 40 years the Dallas Black Dance Theatre has mesmerized audiences with spell-bounding performances that keep audiences coming back for more. Fee includes admission and transportation on a Senior Activity bus.



**Gardening 101-Container Gardens  
\$10 (R); \$15(NR)**

**Thursday April 18  
10-11:30am**

**Parks Direct Code: 20507-239A**

Never garden before or do you naturally have a green thumb? What are container gardens? Join us along with Park Rangers and learn how to start a container garden that you can be proud of in the smallest of spaces at your home. Space is limited, so register soon. Fee includes all materials needed to grow your very own container garden.



**Earth Day: Reduce, Reuse and Recycle Waste with Shantae**  
**FREE**

**Monday, April 22**  
**11am-12 noon**

Come out and learn how to recycle common household items to reduce and reuse plastic and other waste materials. Light refreshments will be served. Sign up in the FREE book located in the lobby at the center.



**Spring Fling 80's Neon Dance Party**  
**\$20(R); \$26 (NR)**

**Friday, April 26**  
**12 noon - 2pm**

**Parks Direct Code:JEHSAC-SPEC-GA-20240426**

Put some pep in your step and boogie like never before. Let's shake it up!! Dust off those leg warmers and tease up your hair, come party with us. Be there or be square. Dress in your favorite 80's style attire. Come dance the day away with Jeanette Harris. This is one event you don't want to miss. Fee includes a DJ and light refreshment will be served. Register early.



**Happy Birthday Celebration**  
**FREE**

**Tuesday, April 30**  
**1:30-2:30pm**

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.

## May 2024

**JEHSAC Cinema Presents**  
**FREE**

**Tuesday, May 7**  
**12:00-2pm**

Join us for an afternoon movie along with popcorn and drinks. Sign up in the FREE book located in the center lobby and see what movie will be shown.



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

**Thursday, May 9**  
**12 noon-2:30 pm**

**PARKS DIRECT CODE: JEHSAC-GA-20240509**

Join us for our annual Mother's Day Hat and Tea Party! Come 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 tea related items, lunch, speakers, music from The Rise Band 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.

**Arundel Mills Mall and Maryland Live Casino**  
**\$12 (R); \$15 (NR)**

**Tuesday May, 14**  
**9am-3pm**

**Parks Direct Code: JEHSAC-20240514**

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: Fall Prevention with LaShawn**  
**FREE**

**Wednesday, May 15**  
**11am - 12pm**

Do you have trouble keeping your balance? Come learn strategies for preventing falls and staying safe.

**Phyllis Hyman Tribute, Publick Playhouse**  
**\$25 (R); \$33(NR)**

**Friday, May 17**  
**10am-3pm**

**Parks Direct Code: JEHSAC-20240517**

Join us as Brencore All Stars present a show that revisits the work of the wonderfully unique Phyllis Hyman. From jazz to R&B her artistry was beloved. Come listen to "Becha by Golly Wow," "You Know How to Love Me," and more. Lunch at your own expense after the show. Fee includes admission and transportation on a Senior Activity bus.

## May is Fitness Month

**Fun In The Sun Fitness Class**

**Tuesday, May 21**

**FREE**

**11am-12 noon**

**Parks Direct Code: 17531-239F**

This class is suitable for all fitness levels. Join in the fun while increasing muscle strength, range of motion, flexibility, and endurance to improve your overall health. Enjoy low cardio, stretch, yoga, track machine stations, strength using tubes with handles. Please bring bottled water and a small towel. Space is limited, so please register soon.



**Senior Health and Fitness Day**

**Wednesday, May 22**

**FREE**

**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.

**Iron Rooster, Annapolis MD**

**Tuesday, May 28**

**\$12(R); \$14(NR)**

**9am-3pm**

**Parks Direct Code: JEHSAC-20240528**

Serving a new twist on traditional comfort food, including breakfast all day, lunch, supper and drinks. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

**Informational Session: Mental Health Awareness**

**Thursday, May 30**

**FREE**

**11am - 12pm**

Excessive anxiety can create a level of stress and hopelessness that affects our overall mental health and wellbeing. Learn strategies to manage anxiety and staying present in the moment.



**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.



# 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](mailto: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](http://www.pg parks.com) and sign up for PG Parks Alerts today! Click on PG Parks Alerts icon.

