

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



June, July and August 2024

Please note the center is closed:

Thursday, July 4

Independence Day

Center Hours:

Monday-Friday

9 am-3:00 pm

Summer Registration

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



John E. Howard Senior Activity Center



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.

**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 3-26 (No class June 17) July 1-24 (No class July 4) August 5-28 (No classes August 7-13)	11-11:30 am	17507-439A 17507-439B 17507-439C	\$11(R); \$15(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 3-26 (No class June 17) July 3-31 (No classes July 4) August 7-30 (No classes August 7-13)	11:45 am- 12:15 pm	17511-439A 17511-439B 17511-439C	\$11(R); \$15 (NR) \$12 (R); \$16(NR) \$9 (R); \$12 (NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Game Rm	<u>Thursdays</u> June 6-27 (No class on June 13) July 11-25 (No class on July 4) August 1-29 (No classes on Aug 8)	11-12 noon	17531-439A 17531-439B 17531-439C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$20 (R); \$26 (NR)
Line Dance (Beginner) <i>With Ms. Hattie</i>	Gym	<u>Wednesdays</u> June 5-26 July 3-24 August 7-28	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 4-25 July 2-23 August 6-27	9:30-11:30 am	23508-439A 23508-439B 23508-439C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesdays</u> June 5-26 July 3-24 August 7-28	10:30 am–12 noon	15502-439A 15502-439B 15502-439C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)



John E Howard Senior Activity Center: Activities & Special Events

June 2024

Informational Session

Skin Care by Mary Kay

Fee: FREE

Come join Mary Kay Skin care representative to learn techniques to keep aging skin as youthful and as healthy as possible.

Monday, June 3

11am -12noon

Informational Session

Financial Basics for 50+

Fee: FREE

This program will talk about how to better handle your financial status, e.g., your net worth, assets budgeting, taking care of your credit and debt protecting your assets from fraud and retirement living.

Thursday, June 6

11am -12 noon

Earth, Wind and Fire Tribute Band, Publick Playhouse

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

Parks Direct Code; JEHSAC-20240606

Earth, Wind and Fire Tribute Band will perform classic songs from Earth, Wind and Fire. Hear "Shining Star", "Let's Groove", "Reasons" and many more of your favorites! The dance floor will be open for the party! Fee Includes admission and transportation.

Thursday June 6

10am-3pm



Father's Day Social

FEE: FREE

Parks Direct Code: 26507-439A

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. Enjoy the comedy of native Washingtonian Comedian E-Boogie. Light refreshments will be served.

Friday, June 14

12 noon -2pm



Juneteenth Celebration

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20240619

Wednesday, June 19

12 noon-2pm

Come out to honor and celebrate the significance of Juneteenth. Get your groove on listening to some of your favorite R&B tunes, while partaking in a classic Southern-Style lunch of fried chicken, green beans, potato salad and iced tea. Fee includes lunch. Register early as seating is limited.

Cowtown Farmers Market

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

Parks Direct Code: JEHSAC-20240622

Saturday, June 22

5:30am-6:30 pm

Join us as we travel to the oldest indoor/outdoor farmers/flea market in Southern New Jersey. Cowtown Farmers Market has been serving buyers and sellers since 1926. It has over 400 shopping vendors and dining establishments. Fee includes transportation on a charter bus. There are several food vendors, meals at your own expense. *Cowtown is an indoor/outdoor flea market with uneven surfaces and requires a lot of walking. See attached website for further details.*

<https://www.cowtownfarmersmarket.com/>

Happy Birthday Observation

FREE

Wednesday, June 26

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.

Elk Run-Wine Tasting, Mt Airy, MD

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

PARKS DIRECT CODE: JEHSAC-20240628

Friday, June 28

9am-3pm

Elk Run Vineyards is nestled in the rolling hills of Frederick County surrounded by dairy and horse farms and fields of wheat and corn. The name "Elk Run" was chosen for a stream. Wine tasting cost at you own expense. Fee includes transportation on a Senior Activity Bus.

July 2024



Sip and Paint

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

Parks Direct Code: 15502-439D

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

Tuesday, July 2

12:30-2 pm

Informational Session:

Safety in your Neighborhood

FEE: FREE

Officer Jaun Charles with Park Police to present information on how seniors can keep themselves safe in their neighborhoods or while out in public. Sign up in the FREE book at the center.

Wednesday, July 10

11am-12 noon

Pappas Restaurant, Glenn Burnie, MD

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

Parks Direct Code: JEHSAC-20240711

Enjoy one of Maryland's award winning crabcakes. It is a favorite of celebs, including Oprah who regularly has them shipped to her. Fee includes transportation on Senior activity Bus. Lunch at your own expense.

Thursday, July 11

9am-3pm

CBQ Restaurant, Chesapeake, MD

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

Parks Direct Code: JEHSAC-20240716

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.

Tuesday, July 16

9am-3pm

**Informational Session
Brain and Body Health
Fee: FREE**

**Tuesday, July 16
11am-12 noon**

Successful Aging is built on several pillars: mental, intellectual, physical, spiritual, social and emotional wellness. To achieve a sense of well-being, an ability to adjust to age-appropriate transitions and tranquility of mind it is important to explore all of these pillars. Come and enjoy a virtual presentation on Brain and Body Health. Sign up in the FREE book at the center.

**National Ice Cream Day
FEE: FREE**

**Friday, July 19
12:30-1pm**

Parks Direct Code: 26507-439B

To celebrate National Ice Cream Day Funnel Fare Ice Cream truck will visit the center for us to partake in this national celebration. Spaces are limited so sign up soon.

**Senior Line Dance Party, Martins Crosswinds
7400 Greenway Center Drive, Greenbelt, Maryland 20770
*PARKS DIRECT code: SPD-SPEC-GA-20240719***

**Friday, July 19
9am - 12 noon**

Doors Open: 8:30 am

Ticket Price: \$38 (R); \$50 (NR)

You *DON'T* want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on first come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! Transportation will not be provided. A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations.



**Happy Birthday Celebration
FREE**

**Wednesday, July 31
12- 2 pm**

Parks Direct Code: 26507-439C

Celebrate Good Times, Come On! Join us as we observe July birthdays with a BIRTHDAY CELEBRATION! Enjoy DJ Jeanette along with birthday games and treats. Sign early as seating is limited.

August 2024



Bingofest

Friday, August 2

FREE-Admission: With a donation of school supply items

9am-2pm

Parks Direct Code: SPD-SPEC-GA-20240802- 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.

Thrifting

Saturday, August 10

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

9am-4pm

Parks Direct Code: JEHSAC-20240810

Thrifting at Unique Thrift Store/Value Village and 2nd Ave in Laurel, MD.

Beauty is in the eye of the beholder. Come and join us for a day of shopping for gently used items at a discounted price at three different thrift stores. A stop for lunch at Grand Buffet Fee includes transportation on a senior activity bus. Lunch at your own expense.

MJ the Musical, National Theater Washington DC

Sunday, August 18

FEE: \$125(R) ; \$163 (NR)

4-10:30pm

Parks Direct Code:JEHSAC-20240818

Michael Jackson's unique and unparalleled artistry has finally arrived in a brand-new *musical*.

The most Tony Award®-winning new *musical* of the season. MJ the Musical is a jukebox musical based on the life of the American entertainer Michael Jackson. Fee includes admission and transportation to the show.

Informational Session

Keeping Physically Active

Tuesday, August 20

Fee: FREE

11am-12noon

A virtual presentation on the exploration of the importance of keeping physically Healthy and how it fits in with the concept of total wellness. Sign up in the free book located at the center.



Summer Sensations Cookout

Friday, August 23

FEE: \$15(R); \$20(NR)

12-2pm

PARKS DIRECT code: JEHSAC-SPEC-GA-20240823

Join us for a mid-day cookout! We will enjoy some of your favorite cookout food, drinks, and games. Musical performance by The Tribe Band. 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 band.



National Senior Citizens Day

Wednesday, August 21

FREE

12:30 - 2pm

FEE: FREE

It's finally your day. What a great way to start the day as a senior. Today we celebrate you! There will be trivia on how Boomers have made a difference in today's society, games, and light refreshments. Sign up in the free book located in the lobby.

Informational Session

Thursday, August 29

FREE

12:45-1:45 PM

Parks Direct Code: 17544-439A

10 foods to Energize Your Afternoon

Most seniors start their day early in the morning. We will discuss the foods to energize you for that planned social event in the afternoon. Seating is limited. Register early.

Happy Birthday Observation

Friday, August 30

FREE

1:30- 2pm

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.

JEHSAC CINEMA PRESENTS



TUESDAY MOVIE DAY

12:00 noon-2 pm

June 11

July 9

August 20

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.

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:

- **Monday -Friday**
12:00 noon to 12:30pm

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 modification. **To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email program.access@pgparks.com.**

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!