

Evelyn Cole Senior Activity Center



Welcome to the Evelyn Cole Senior Activity Center!

Winter



December 2024, January & February 2025

Please note: the center will be closed on:

Wednesday, December 25

Wednesday, January 1

Monday, January 20

Monday, February 17

Christmas Day

New Years Day

MLK Jr. Day

Presidents Day

Fall Registration

- Registration begins Wednesday 13, of November for **Residents (R)** only.
- Registration begins on Wednesday 20, of November 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.
- 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.**

5720 Addison Rd, Seat Pleasant

Telephone: 301-386-5525

Maryland Relay: 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
- A variety of classes

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. **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 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 (28 passenger), white bus
- Charter bus— a private company is contracted to provide a bus (typically 40-50 passengers)

Trip Refunds:

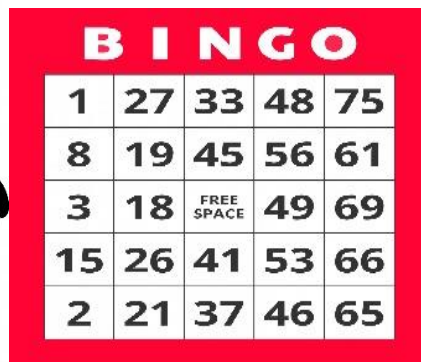
- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



When you see these feet, it means the trip involves a lot of walking.

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Cricut Class	Activity Room 1	1 st & 3 rd Monday December 2 & 16 January 6 (no class on 01/20) February 3 (no Class on 02/17)	10 am-12 noon	30510-122A 30510-122B 30510-122C	\$20 (R); \$25 (NR) \$10 (R); \$25 (NR) \$10 (R); \$25 (NR)
Morning Fitness with LaShawn	Activity Room 2	Mon & Fri	11:30 am-12 noon	N/A	FREE
Morning Inspiration	Activity Room 2	Monday	10:30-11:15 am	N/A	FREE
5720 Walking Crew	Activity Room 2	Tue & Thur	11:30am-12:00 noon	N/A	FREE
Bingo	Activity Room 1	Tue & Wed	12:45-1:45 pm	N/A	FREE
Pokeno	Activity Room 1	Mon & Thur	12:45-1:45 pm	N/A	FREE
Card Games (Bid Whist, Spades, 5 Crowns, Pinochle)	Activity 2	Friday's	10am – 12 noon	N/A	FREE



Evelyn Cole Senior Activity Center: Activities & Special Events

December 2024

Informational Session

Monday, December 2

Gastrointestinal Issues and Colonoscopies

FREE

11am-12 noon

Are you curious about gastrointestinal health or have questions about digestive issues? Join us for an informative session with Dr. James Chesley, a renowned expert in gastrointestinal health. Don't miss this opportunity to gain valuable insights and have your concerns addressed by a leading specialist. Your digestive health is important—let's talk about it!

Informational Session:

Friday, December 6

University of Maryland School of Medicine

FREE

11am-12 noon

Do you have high blood pressure, high cholesterol or diabetes? If so, these health illnesses are part of vascular/heart health and if not managed, could lead to a heart attack or stroke. Come listen to the University of Maryland's presentation on ways to manage and improve your vascular health through lifestyle changes, early detection and treatment options. Sign up in the Free Book located at the center.

Holiday Cookie Decorating

Monday, December 9

FREE

10:30am-12 noon

Parks Direct Code: ECSAC-20241209

Join us for a delightful holiday cookie decorating activity that's perfect for all ages! Get into the festive spirit as you create your own delicious masterpieces. Enjoy your favorite holiday tunes. Warm up with a cup of hot cocoa, complete with marshmallows and whipped cream while you decorate. Bring your creativity and holiday cheer for an afternoon of fun and festive cookie decorating. It's a sweet way to celebrate the season. Register early!

Darnall's Chance House-Gingerbread House

Wednesday, December 11

\$14 (R); \$17(NR)

10 am – 2 pm

Parks Direct Code: ECSAC-20241211

Come see amazing displays of home-made gingerbread houses created by local patrons. Fee includes bus, the show, a self-guided tour of the Museum and grounds, shopping in our Gift Shop and an amazing gingerbread cookie as a thank you for attending. All participants will have the opportunity to vote for their favorite entries in the Viewer's Choice Award Contest. Lunch on your own at the Dutch Village Farmers Market. Fee includes admission and transportation on Senior Activity bus.

Evelyn Cole Senior Activity Center: Special Events

SENIOR HOLIDAY CONCERT

Thursday, December 12

Laurel-Beltsville Senior Activity Center

10:30am-12pm

Parks Direct Ticket Code: SPD-SPEC-GA-20241212

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

Celebrate the holiday season and enjoy a concert featuring the sounds of The Rise Band and Show. This event will sure get you in the spirit of the holidays! **Doors open at 10:15 am.** Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the show. Register early! Seating is limited. This event is held at Laurel Beltsville Senior Activity Center located at 7120 Contee Road, Laurel MD.

TRANSPORTATION FEE NOT INCLUDED IN THE CONCERT TICKET PRICE.

Senior Holiday Concert Transportation

Thursday, December 12

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

9:00am-3pm

Parks Direct Code: ECSAC-20241212

Register for transportation to see the Senior Holiday Concert at Laurel-Beltsville Senior Activity Center. After the show stop at a local restaurant for lunch at your own expense. Register early! Spaces are limited.

Rod N' Reel Gaming and Bingo, Chesapeake, MD

Wednesday, December 18

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

9am-3pm

Parks Direct Code; ECSAC-20241218

Enjoy a day playing bingo or go try your luck in gaming. Have Lunch at CBQ after winning all your loot. Bingo \$25 for 12 cards. All gaming, bingo and lunch at your own expense. Fee includes transportation on a senior activity bus.

Movie Day

Thursday, December 19

FREE

12 noon-2pm

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE Book located at the center. Movie selection will be posted at the center.

Eat, Drink and Be Jolly Holiday Gathering

Monday, December 23

FREE

12noon-2pm

Join us for a festive gathering dressed in your favorite holiday attire. Light holiday refreshments served along with holiday music.

Evelyn Cole Senior Activity Center: Activities & Special Events

Happiest Birthday Happy Hour

Friday, December 27

FREE

12:30pm-1:30

pm

Come celebrate with the special people born in the month of December. Birthday treats along with mocktails will be served.

January 2025

Cheers to the New Year!

Thursday, January 2

FREE

10:30am-12noon

Let's take a toast to the New Year and all the new wonderful things to come. Sparkling cider and New Year party favors will be provided. Sign up in the FREE book located at the center.

That's My Jam!

Monday, January 6

FREE

11am-1pm

Get ready to sing your heart out at "That's My Jam" with Nikki! Join us for an unforgettable day of music, fun, and fantastic performances. Enjoy a wide selection of songs from all genres. Come show off your vocal talents at "That's My Jam." It's going to be a day full of music and memories. Sign up in the FREE book located at the center.

Fogo De Chao; National Harbor

Wednesday, January 8

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

11am-2pm

Parks Direct Code: ECSAC-20250108

Join us as we travel to the beautiful National Harbor to enjoy a scrumptious lunch at this all-you-can-eat restaurant with meat carved table side and an extensive salad bar for your selective enjoyment. Fee includes transportation on Senior Activity bus. Lunch is at your own expense.

Informational Session:

National Law Enforcement Appreciation Day

Thursday, January 9

FREE

11am-1pm

On this special day, we come together to honor and appreciate the dedication, bravery, and hard work of our local police officers. These men and women put their lives on the line every day to ensure our communities are safe and secure. Let's show our gratitude and support for those who protect and serve us. Come dressed in blue with your questions and concerns to share with our Officers from Prince George's County, M-NCPPC Park Police and Seat Pleasant Police Departments. Light refreshments will be served.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session:

Friday, January 10

University of Maryland School of Medicine

FREE

11am-12 noon

Do you have high blood pressure, high cholesterol or diabetes? If so, these health illnesses are part of vascular/heart health and if not managed, could lead to a heart attack or stroke. Come listen to the University of Maryland's presentation on ways to manage and improve your vascular health through lifestyle changes, early detection and treatment options.

Soup for the Soul Day

Tuesday, January 14

FREE

12:30pm-2 pm

Parks Direct Code: ECSAC-SPEC-GA-20250114

Soup is a beloved meal enjoyed in many cultures around the world, with a history that likely dates back to the invention of the earliest cooking pots. Come by and treat yourself to a steaming hot cup of soup. It's the perfect way to warm up and enjoy a comforting, flavorful meal. Don't miss out on this delightful experience! Seating is limited so register soon.

Denim and Boots

Friday, January 17

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

12 noon-2pm

Parks Direct Code: JEHSAC-SPEC-GA-20250117

Howdy Partners! Mosey on down to our western hoedown. Saddle up and join us for a rootin' tootin', foot stompin' good ole time. Fee includes music provided by The Tribe Band, a light lunch, and games. This is a shindig you don't want to miss. **This event will take place at John E Howard Senior Activity Center located at 4400 Shell Street, Capitol Heights, MD.**

Cowboy Café: Arlington, VA

Tuesday, January 21

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

11am-2pm

Parks Direct Code: ECSAC-20250121

Come with us and enjoy a western-inspired joint serving up burgers and other pub grub. Fee includes transportation on Senior Activity bus. Lunch is at your own expense.

Movie Day

Thursday, January 23

FREE

12 noon-2pm

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE Book located at the center. Movie selection will be posted at the center

Evelyn Cole Senior Activity Center: Activities & Special Events

Happy Birthday

FREE

Come celebrate with the special people born in the month of January. Birthday treats will be served. Sign up at the in the “Free Book”.

Friday, January 31

1-2 pm

February 2025



Black History and American Heart Month

Informational Session: Heart Smart Trivia

FREE

Wednesday, February 5

11am-12 noon

Join us for an exciting and educational game of Heart Smart Trivia! Test your knowledge about heart health and learn valuable tips to keep your heart in top shape. Win fun prizes and show off your heart smarts. Learn important facts and tips to maintain a healthy heart while having a great time. Let's get heart smart together! Sign up in the Free book located at the center.

Black History in Motion

Publick Playhouse

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

Parks Direct Code:SPD-SPEC-GA-20250207

Friday, February 7

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.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session:

Health Screenings & Educational Resources

Tuesday, February 11

FREE

10am-12 noon

Ticket Code: SPD-SPEC-GA-20250211

Take charge of your health! Join us for a FREE comprehensive health screening with Luminis Health, where you can get your blood pressure, glucose, A1C, and cholesterol levels checked. You will get all the results of your screening the same day. Based on the screenings results, you will be provided educational resources to help improve your health. Ages 18 & up.

Tracing the Life of Frederick Douglas: Virtual Field Trip

Tuesday, February 11

Maryland Center for History and Culture

FREE

11am-12 noon

Born into slavery on Maryland's Eastern Shore in 1818, Frederick Douglass rose to become a prominent social reformer, abolitionist, orator, writer, and statesman. This program delves into his remarkable life by examining primary sources from the Maryland Historical Society collection, highlighting Douglass' enduring legacy and his profound impact on history

Carolina Kitchen: Capitol Heights

Wednesday, February 12

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

11am-2pm

Parks Direct Code: ECSAC-20250212

Come with us to one of the most popular Southern Home Cooking Restaurants in our area. Choose your chicken, meatloaf, pork chops and more and don't forget your sides and dessert! Fee includes transportation on Senior Activity bus. Lunch is at your own expense.

Valentine's Day Birthday Party

Friday, February 14

Free

12:30-2pm

Come and spread the love with your sweetheart at Evelyn Cole's Valentine's Day party! Enjoy an afternoon filled with music, light refreshments, and fun games. It's the perfect way to celebrate love and make unforgettable memories with your special someone. Music provided by DJ Quartermaine.

Movie Day

Thursday, February 27

FREE

12 noon-2pm

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE Book located at the center. Movie selection will be posted at the center.

Evelyn Cole Senior Activity Center: Activities & Special Events

Walmart Superstore, Alexandria VA
\$12(R); \$16(NR)

Friday, February 28
9am-2pm

Activity Code: ECSAC-20250228

Let's go shopping! Bring your shopping bags to fill with all your great finds, shopping at Walmart. After shopping enjoy lunch at a local restaurant. Fee includes transportation on a senior activity bus.



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

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 12:00 and 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.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.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.

