

# John E. Howard Senior Activity Center

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



## March, April & May 2025

Please note the center is closed:

Monday, May 26

Memorial Day

### Center Hours:

Monday – Friday

9:00am – 3:30pm

### Spring Registration

- Registration begins Wednesday, February 12 for **residents (R)** only.
- Registration begins on Wednesday, February 19 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.
- 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](mailto:program.access@pgparks.com).**

4400 Shell St. Capitol Heights, 20743

Phone: (301) 735-2400

T'TY: (301) 699-2544

## 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.



## **NOTE:**

**Pending construction starting on March 3 at JEHSAC. This may impact daily operations. Look for updates at the front desk as they come available. Thank you.**

# 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 2025

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 3-24 April 7-30 May 5-28	11 – 11:30 am	17507-239A 17507-239B 17507-239C	\$11 (R); \$16 (NR) \$12(R); \$16 (NR) \$12 (R); \$16 (NR)
Fitness Boot Camp: Seniors <i>With Rachel</i>	Gym	<u>Mon and Weds</u> March 3-24 April 7-30 May 5-28	11:30 am – 12 pm	17511-239A 17511-239B 17511-239C	\$11 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Game Rm	<u>Thursdays</u> March 6-20 April 10-24 May 1-22	11 – 11:45 am	17531-239A 17531-239B 17531-239C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$20 (R); \$26 (NR)
Line Dance (Beginner) <i>With Ms. Hattie</i>	Gym	<u>Wednesdays</u> March 5-26 April 2-23 May 7-28	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>Tuesday</u> March 4-25 April 1-22 May 6-27	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 7-28 April 4-25 May 2-23	10:30 – 2 pm	15501-239A 15501-239B 15501-239C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesdays</u> March 5-26 April 2-23 May 7-28	10:30 – 12 pm	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 2025

### **Columbia Mall**

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

**Parks Direct Code: JEHSAC-20250306**

A trip to Columbia Mall combined with lunch at The Food Market offers a fantastic day out. Enjoy the best of shopping and dining in one convenient and enjoyable experience. This outing is sure to leave you feeling satisfied and refreshed. Fee includes transportation on a Senior Activity Bus. Lunch and shopping at your own expense.

**Thursday, March 6**

**9am-3pm**

### **Info Session:**

**Red Cross: Preparedness**

**FREE**

The session will cover creating emergency plans, building support networks, and understanding community response options. It will highlight key steps like gathering supplies, safeguarding documents, and ensuring access to medications, along with practical tips for staying informed and maintaining well-being during emergencies. Sign up in the Free Book located at the center.

**Friday, March 7**

**11am – 12noon**

### **La Caj Seafood Restaurant**

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

**Parks Direct Code: JEHSAC-20250313**

With \$12.99 lunch specials, you're sure to find something delicious at La Caj Seafood Restaurant and Bar that blends Cajun and Latin flavors. Come and enjoy a unique culinary experience that will tantalize your taste buds. Fee includes transportation on a Senior Activity Bus. Lunch at your own expense.

**Thursday, March 13**

**10am-3pm**

### **Movie Day**

**FREE**

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.

**Friday, March 21**

**12 noon-2pm**

### **National Museum of American Indian**

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

**Parks Direct Code: JEHSAC-20250327**

The National Museum of the American Indian is devoted to the culture of the Indigenous people of the Americas. It houses artifacts, historical and cultural objects. Tour the museum and go out to lunch afterwards. Fee includes transportation on a Senior Activity Bus. Lunch at your own expense.

**Thursday, March 27**

**10am-3pm**

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

## **Info Session:**

**Medicare 101**

**FREE**

**Friday, March 28**

**Time: 11am – 12noon**

Who is eligible for Medicare? Medicare enrollment periods, explained. Understanding your Medicare options and helpful resources. Sign up in the Free Book located at the center.

## **Birthday Celebration**

**FREE**

**Friday March 28**

**1-2pm**

Come celebrate with the special people born in the month of March. Join us for birthday treats and fun. Please sign up at the center as supplies are limited

## **April 2025**

## **Info Session:**

**Energy Efficiency Experts**

**FREE**

**Friday, April 4**

**11am – 12 noon**

Come out and learn ways to make your home energy efficient and help to save on your utility costs.

## **Maryland Chicken Wing Festival**

**\$30(R); \$39 (NR)**

**Parks Direct Code: JEHSAC-20250405**

**Saturday, April 5**

**11am-5pm**

Featuring a variety of wing flavors, vendors and live music. Enjoy a day of being outdoors and fun at the Arundel County Fair Grounds. Fee includes admission and transportation on a Senior Activity Bus.

## **Sister Act- Fords Theater, Washington DC**

**\$46(R); \$62(NR)**

**Parks Direct Code-JEHSAC-20250411**

**Friday, April 11**

**11am-5pm**

This Tony-nominated musical comedy, inspired by the smash hit 1992 film, promises an unforgettable experience. With its lively music, hilarious moments, and heartwarming story, "Sister Act the Musical" is a must-see show that will leave you singing and dancing all the way home. Enjoy lunch before the show at your own expense. Fee includes admission and transportation on a Senior Activity bus.

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

## Info Session:

**Advanced Directives**

**Friday, April 11**

**FREE**

**11am-12 noon**

Come out and gain inciteful information about advanced directives. Advance care planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes. Having meaningful conversations with your loved ones is the most important part of advance care planning. Many people also choose to put their preferences in writing by completing legal documents called advance directives.

## Info Session:

**Silver Circle**

**Thursday, April 17**

**FREE**

**11am-1p**

Come and meet Prince George's Sheriff and hear about the scams and fraudulent techniques that are being widely used today against seniors. Get your questions answered on best practices and which agency handles specific complaints.

## Movie Day

**Friday, April 18**

**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.

## Bureau of Engraving

**Tuesday, April 22**

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

**9am-3pm**

**Parks Direct Code: JEHSAC-20250422**

Take tour of The Bureau of Engraving-where US currency is made and operates as the Nation's central bank. After the tour have lunch at a local restaurant at your own expense. Fee includes transportation on a Senior Activity bus.

## Info Session:

**Blood Pressure Screening**

**Wednesday, April 23**

**FREE**

**10:30am-1pm**

Hosted by clinical staff from MedStar Southern Maryland Hospital.

## Butterfly Birthday Party

**Friday, April 25**

**Fee: FREE**

**12-2pm**

Please join us for a birthday party inspired by the beauty of nature and the fluttering wings of butterflies. Light refreshments to be served with the sounds of DJ Quartermaine.

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

## MAY

### May is Fitness Month

#### **Top Golf**

**\$48(R); \$62(NR)**

**Parks Direct Code: JEHSAC-20250508**

Come swing and play. Join us for a fun-filled outing at Top Golf! Enjoy some friendly competition and laughter. Whether you're a seasoned golfer or a beginner, this event will be a delightful experience. Fee includes two and half hours of golfing, food and transportation on a Senior Activity bus.

**Thursday, May 8**

**10am-2pm**

#### **Mother's Day**

**FREE**

Let's celebrate and honor the incredible women in our lives! Join us for a delightful afternoon filled with heartfelt poems, touching tributes, and beautiful music dedicated to you and that special lady. Seats are limited, so register early to ensure you don't miss out on this memorable event!

**Monday, May 12**

**12 noon-2 pm**

#### **Bowie Baysox Senior Bingo**

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

**Parks Direct Code: JEHSAC-20250514**

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 14**

**10am-3pm**

#### **Hat and Tea Party**

**\$35(R); \$46(NR)**

**Parks Direct Code: JEHSAC-SPEC-GA-20250516**

Let's celebrate and honor the incredible women in our lives! Join us for a delightful afternoon luncheon filled with heartfelt poems, touching tributes, and beautiful music dedicated to you and that special lady. Register early to ensure you don't miss out on this memorable event! Fee includes a light lunch and entertainment from Brencore Allstars featuring Amela Taylor. **This event is at Prince George's Ballroom located at 2411 Pinebrook Ave. Landover, MD.**

**Friday, May 16**

**12 noon -2:30 pm**



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

**Senior Health and Fitness Day**

**Wednesday, May 21**

**FREE**

**10 am-2 pm**

**PARKS DIRECT CODE: SAARC-SPEC-GA-20250521**

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.

**Go-Go Fitness- Senior Health and Fitness Week**

**Thursday, May 22**

**FREE**

**11am-12 noon**

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

Get ready to groove and sweat to the electrifying beats of DC's own Go-Go music! Join us for a high-energy workout session where fitness meets fun. Feel the rhythm, move your body, and get fit while dancing to the funky Go-Go tunes. It's time to turn up the music, let loose, and have a blast! Register soon as space is limited.

**Bob and Ediths Diner, Springfield VA**

**Thursday, May 22**

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

**9am-3pm**

**Parks Direct Code: JEHSAC-20250522**

Bobs and Edith's offers down home-style meals that are sure to satisfy. Start your day with breakfast favorites like corned beef hash, fried eggs, and a waffle. For lunch or dinner, enjoy cooked-to-order country fried steak, mashed potatoes, and the vegetable of the day. Whatever you choose, you won't be disappointed! Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

**Karaoke with Nikki**

**Friday, May 23**

**FREE**

**11am-1pm**

Get ready to unleash your inner superstar at our upcoming Karaoke Party with Nikki! Whether you're a seasoned performer or a first-time singer, this event promises to be filled with laughter and music. From classic hits to the latest chart-toppers, we've got a song for everyone. Choose your favorite track and take the stage! Sign up in the Free book located at the center.

**Arundel Mills Mall and Maryland Live Casino**

**Tuesday May, 27**

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

**9am-3pm**

**Parks Direct Code: JEHSAC-20250527**

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.

**Happy Birthday Celebration-Ice Cream Social**  
**FREE**

**Friday, May 30**  
**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.

## Important Numbers

### 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

For the latest information on M-NCPPC closures due to weather, maintenance, or emergencies, please sign up for email or mobile PG Parks Alerts by going to [www.pgparcs.com](http://www.pgparcs.com), click on "news" scroll down to the bottom and click on PGPARKS ALERTS.

