

John E. Howard Senior Activity Center

Summer Calendar

June, July, and August 2025



Hours of Operation

Monday-Friday	9:00 am -3:00 pm
Holiday Closure	Friday, July 4 (Independence Day)

Please note: No classes will be held on scheduled center closure dates. Thank you.

Summer Registration

- Registration begins **Wednesday, May 14 for Residents (R)** only.
- Registration begins on **Wednesday, May 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

Johnehowardseniors@pgparks.com

Phone: 301-735-2400

TTY: 301-699-2544

Senior Activity Center Eligibility Requirements

- Must be 60 & better
- Maryland-National Capital Park and Planning Commission (M-NCPPC) PARKS DIRECT Senior Identification (ID): These Senior ID cards are free for Prince George's and Montgomery County residents. Non-residents can join for a nominal fee. To obtain your card, bring proof of residency and age to any M-NCPPC community center or senior activity center in Prince George's County during operating hours.
- Ability to participate in recreational activities with minimal personal assistance.
- Ability to take care of personal needs (i.e. hygiene, eating, mobility, medication, etc.)

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.

Inclement Weather Policy and Closure – Get up to date information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.com/news/news-releases/pgparcs-alerts. You will need a mobile phone or an email address and your zip code to complete the registration.



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.

John E. Howard Senior Activity Center Classes

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training <i>With Rachel</i>	Gym	<u>Monday and Wednesday</u> June 2-25 July 7-30 August 4-27	11-11:30 am	17507-439A 17507-439B 17507-439C	\$12(R); \$16(NR) \$12(R); \$16(NR) \$12(R); \$16(NR)
Fitness Boot Camp/Body Sculpt: Seniors <i>With Rachel</i>	Gym	<u>Monday and Wednesday</u> June 2-25 July 7-30 August 4-27	11:45 am-12:15 pm	17511-439A 17511-439B 17511-439C	\$12(R); \$16 (NR) \$12 (R); \$16(NR) \$12(R); \$16(NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Gym	<u>Thursdays</u> June 5-26 July 3-24 August 7-28	9:30 am-10:30 am	17531-439A 17531-439B 17531-439C	\$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 4-25 July 2-23 August 6-27	10:30 am–12 noon	15502-439A 15502-439B 15502-439C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Drum n' Tone <i>With Betty</i> New Class	Gym	<u>Wednesday</u> June 4 July 2 August 6	1-2 pm	17546-439A 17546-439B 17546-439C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi <i>With Rachel</i> New Class	Gym	<u>Thursday</u> June 5-26 July 3-24 August 7-28	11:00-11:30 am	21501-439A 21501-439B 21501-439C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Walk With Ease	Track (outside)	<u>Tuesday and Thursday</u> Saturday (virtual) June 10-July 22	8:30-9:30 am	32401-479A	\$10 (R); \$13 (NR)
AARP Defensive Driving Course	Room 14	June 25 July 8 August 12	10 am-3 pm	To register, call Rose Hobson on 301-736-1565	\$20 AARP Members \$25 Non-Members

PLEASE NOTE: SEWING 101 WITH RHONDA WILL RESUME IN THE FALL

John E. Howard Senior Activity Center Clubs

CLUBS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Gardening	Garden	Monday-Friday	Call JEHSAC front desk. Times vary	N/A	FREE with Senior ID Card
Pickleball	Gym	Friday	11:45 am-12:15 pm	17511-439A 17511-439B 17511-439C	FREE with Senior ID Card

STAY CONNECTED!

Join our email distribution list to get updates and upcoming events and center base offerings. Send an email to **Johnehowardseniors@pgparks.com**



For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The 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.

June 2025

Game On! Games Day

Various Rooms

FREE

Come join us for laughter, friendly competition, and an enjoyable time at JEHSAC Games Day. Enjoy a variety of board games, card games and group activities to help stimulate your mind for a day of fun. Come out and show your skills, cheer others on and have a bragging rights. Light refreshments will be provided. An M-NCPPC Senior ID Card and reservations required. Sign up in the FREE book at JEHSAC front desk.

Wednesday, June 4

10:30 am-2:00 pm

F.M.O-For Men Only

Game Room

FREE

Calling all men 60 and better to engage in a relax and respectful environment. This is a great opportunity to have open discussions on a wide range of topics including current events, world issues, sports, health and matters that impact men. An M-NCPPC Senior ID Card and reservations required. Sign up in the FREE book at JEHSAC front desk.

Monday, June 9

10:30 am-11:30 am



Paint and Sip

Room 14

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

PARKS DIRECT CODE: 30504-439A

Get in touch with your inner creativity. Beginners, Intermediate and Advance artists. No need to purchase that picture from the store. Your own original artwork will enhance your environment. Canvas, paint, and drinks are the order for the day. Register for this event early.

Thursday, June 12

12:30 pm - 2 pm



Father's Day Social

Social Room

FREE

ACTIVITY 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. Light refreshments will be served. An M-NCPPC Senior ID Card and reservations required.

Monday, June 16

12 noon - 2pm

Wish of a Lifetime

Social Room

FREE

Wish of a Lifetime from AARP is an organization that grants wish experiences that spark hope and joy to adults 65+. The wishes are *unique* to each individual but fall within four categories: reignite passions; reconnect loved ones; fulfill a wish of a lifetime; and commemoration of service. Sign up in the FREE book at JEHSAC front desk.

Tuesday, June 17

11:00 am -12 noon



Juneteenth Celebration

Social Room

FREE

ACTIVITY CODE: 26507-439B

Come out to honor and celebrate the significance of Juneteenth. Silver Circle with Sheriff John D.B. Carr will provide senior safety tips and resources for the senior community. Take part in a classic Southern-Style lunch of fried chicken, green beans, potato salad and iced tea. Fee includes lunch and entertainment. Register early as seating is limited.

Thursday, June 19

10:30 am -2:30pm



A Smoothie on the Go
JEHSAC Parking Lot
FREE

Monday, June 23
12 noon -2 pm

ACTIVITY CODE: 26507-439C

Smooth out your day with a FREE smoothie! Join us for a taste of vibrant, delicious, and health-boosting smoothie samples that are both convenient and packed with goodness. Feel free to try these delightful samples crafted specifically to inspire healthier choices. Register early; An M-NCPPC senior ID card is required.

Summer Safety with Cpl. Tucker
Social Room
FREE

Tuesday, June 24
11 am- 12 noon

Join the Park Police for a fun and informative session focused on staying safe while enjoying the outdoors this summer. Cpl. Tucker will share tips on how to handle emergencies in the park, protecting your home and car, wildlife awareness, and more. This will be a great opportunity to connect with our law enforcement and learn how to enjoy the summer safely. Sign up in the FREE book at JEHSAC front desk.



Blood Pressure Screening by MedStar
Gym Room
FREE

Wednesday, June 25
11 am - 1 pm

Blood pressure check is one of the most important screenings. High blood pressure usually has no symptoms so it cannot be detected without being measured. High blood pressure increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. Sign up in the FREE book at JEHSAC front desk. Space is limited.

Sankofa Mobile Museum
JEHSAC Parking Lot
FREE

Thursday, June 26
11 am - 12:30 pm

PARKS DIRECT CODE: 18622-439A

Experience Prince George's Parks and Recreation's Sankofa Mobile Museum. Remember the past, impact the future. The Mobile Museum is a 70-foot interactive trailer of the County's historical narratives, characters, events, and trends. Explore the world of Margaret Adams, The Butler Family, Ridgeley Rosenwald School and much more.

Forever Young Senior Prom
GYM

Friday, June 27
12 pm - 2 pm

FEE: \$25 (R); \$32 (NR)

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20250627

Celebrate good times! Come on! The Ultimate Senior Prom. We are taking the senior prom to another level. Wear your best outfit. Walk the red carpet. Watch out for the paparazzi! Photo taking and more. Live entertainment by The Eddie Anderson Project. A catered meal will be served. Let's party! Register early, space is limited.



Happy Birthday Observation
Social Room
FREE

Thursday, June 30
1- 2 pm

Join us as we observe June birthdays with ice cream and cake. To join in on the fun, sign up in the FREE book at JEHSAC front desk.

July 2025



DIY Tie Dye T-shirt Making **Room 13**

Wednesday, July 2
12:30 - 2 pm

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

PARKS DIRECT CODE: 15502-439D

Get ready for a colorful and creative afternoon. Join us for a DIY tie-dye t-shirt making session, where you'll design your very own vibrant shirt. The fees include a T-shirt, all tie-dye supplies, and light refreshments to enjoy while you work. No experience needed, just bring your creativity and you are guaranteed to have fun.



Meal Prep: Salad in a Jar **FREE**

Tuesday, July 8
12 noon-1 pm

Social Room

PARKS DIRECT CODE: 20515-439A

Join us for this cooking demonstration and discover how to prepare nutritious meals for the entire week, so you can avoid the hassle of cooking every day.

Info Session: Energy Efficiency Experts **FREE**

Friday, July 11
11 am- 12 noon

Social Room

Come out and learn ways to make your home energy efficient and help to save on your utility cost. Sign up in the FREE book at JEHSAC front desk.



National Hot Dog Day

Social Room

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

PARKS DIRECT CODE: 26507-439D

National Hot Dog Day celebrates a summertime staple on a bun! We'll celebrate the day with music and a meal. Fee includes a hot dog, chips, fixing bar a soda, and a dessert. An M-NCPPC senior ID card is required.

Wednesday, July 16

11 am - 1 pm

Senior Line Dance ALL-White Boots On the Ground Party

Martins Crosswinds

7400 Greenway Center Drive, Greenbelt, Maryland 20770

PARKS DIRECT CODE: SPD-SPEC-GA-20250718

Doors Open: 8:30 am

Ticket Price: \$45 (R); \$59 (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 a first-come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! **Transportation is not 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. The receipt is not your ticket! For additional information call 301-408-4343.

Friday, July 18

9 am - 12 noon

Senior Line Dance Distribution Schedule

Camp Springs Senior Activity Center	9:30 am-3 pm	Wednesday, June 4, 18 & July 2
Laurel/Beltsville Senior Activity Center	10 am-3 pm	Thursday, June 5, 19 & July 3
Cedar Heights Senior Activity Center	10 am-3 pm	Wednesday, June 11, 25 & July 9
John E. Howard Senior Activity Center	9:30 am-3 pm	Thursday, June 12, 26 & July 10
SAARC Senior Program	10 am-2:30 pm	Monday, June 9, 23 & July 7
Gwendolyn Britt Senior Activity Center	10 am-3pm	Monday-Friday June 2-July 11
Langley Park Senior Activity Center	10 am-3 pm	Monday-Friday June 2-July 15



National Ice Cream Day
Social Room
FREE

Monday, July 21
12:45 pm - 1:45 pm

PARKS DIRECT CODE: 26507-439E

Get ready to indulge your sweet tooth on National Ice Cream Day, with cool treats and great company. We will have ice cream toppings to add to your free ice cream cone or sundae. Sign up early! M-NCPPC senior ID card is required.



Happy Birthday Celebration
Social Room
FREE

Thursday, July 31
1- 2 pm

Celebrate Good Times, Come On! Join us as we observe July birthdays with a BIRTHDAY CELEBRATION! Enjoy birthday games and treats. Sign up in the FREE book at JEHSAC front desk.

August 2025



Bingofest
GYM

Friday, August 8
9 am – 2 pm

FREE-Admission: With a donation of school supply items
PARKS DIRECT CODE: SPD-SPEC-GA-20250808

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 the items needed will be available at the front desk in July. Register early as space is limited. **All donated school supplies will be given to Bradbury Heights Elementary School.**

**Billiards Tournament****Billiards Room****Fee: \$5 (R); \$7 (NR)****PARKS DIRECT CODE: 27501-439A**

Billiards Tournament at the John E. Howard Senior Activity Center. Join in on a day of friendly competition, billiards enthusiasts will gather to showcase their skills and enjoy a festive atmosphere. Participants will compete in a double elimination tournament. Secure your spot in the tournament by completing registration before Thursday, August 7. Limited slots are available, so don't delay.

Monday, August 11**10 am- 2 pm****National Senior Citizens Day****Social Room****FREE****PARKS DIRECT CODE: 26507-439F**

Join us as we honor the wisdom, strength, and contributions of our beloved seniors on National Senior Citizen Day! Enjoy an afternoon of celebration with live entertainment by saxophonist Tracy Cutler. A light reception will follow as we recognize and show appreciation for seniors.

Thursday, August 21**12:00-2:00 pm****Informational Session: Advance Directives****Social Room****FREE**

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. Sign up in the FREE book at JEHSAC front desk.

Friday, August 22**11:00 am-12 noon**



**Summer Sensations Cookout
Social Room**

**Friday, August 29
12 noon-2pm**

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20250829

Join us for a midday cookout! We will enjoy some of your favorite cookout food, drinks, and games and a live musical 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 live.



**Blood Pressure Screening by MedStar
Game Room
FREE**

**Wednesday, August 27
10 am-12 noon**

Blood pressure check is one of the most important screenings. High blood pressure usually has no symptoms so it cannot be detected without being measured. High blood pressure increases your risk of heart disease and stroke. Let's keep a check on our numbers to help us stay healthy. Sign up in the FREE book at JEHSAC front desk. Space is limited.

**Info Session: Critical Illness & Final Expenses
Social Room
FREE**

**Wednesday, August 27
11am-12 noon**

What you need to know when critical situations hit the family hard. How plans should work to have the best outcome for the family. Sign up in the FREE book at JEHSAC front desk.

John E Howard Senior Activity Center: Trips

Trip Information

For your information, we have included the type of vehicle provided on our trips; however, it is 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 Refund Policy

- No refunds unless the trip is canceled or unless the spot is resold. The trip coordinator must approve and process all refunds. Trips depend on sufficient registration; specific registration deadlines apply.



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

Go-Go Museum

Washington, DC

Fee: \$15(R); \$18(NR)

PARKS DIRECT CODE: JEHSAC-20250605

The Go-Go Museum & Café is the official site for the appreciation and study of go-go music, history and culture from its headquarters in the historic Anacostia neighborhood of Washington, D.C. Go-go music is a brand of funk, R&B, hip-hop, and Afro-Latin rhythms created in the 1970s by "Godfather of Go-Go" Chuck Brown and his Washington D.C. fans. Fees include admission and transportation on an M-NCPPC activity bus. Lunch is at your own expense.



Thursday, June 5

9 am-3 pm

Taste of Springfield Festival, Springfield Town Center

Springfield, VA

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

PARKS DIRECT CODE: JEHSAC-20250607

The Taste of Springfield Festival is a community celebration of good food, exhibitors, performances and LIVE music! This family-friendly event allows you to stroll through the dozens of fun exhibitors outdoors at the beautiful Springfield Town Center at your leisure while sampling some of the delicious offerings of local restaurants and chefs. Fees include transportation on an M-NCPPC activity bus. Lunch is at your own expense.



Saturday, June 7

10 am - 4pm



ECO City Farms
Bladensburg, MD
Fee: \$10(R); \$13(NR)

Tuesday, June 10
10 am- 1pm

PARKS DIRECT CODE: JEHSAC-20250610

Take a trip with us to ECO City Farms and learn about farming practices, see how compost helps plants grow, learn the important role of recycling organic materials and explore the beautiful farm environment. Fees include transportation on an M-NCPPC activity bus.

Ain't Too Proud to Beg
The National Theatre
Washington, DC
Fee: \$115(R); \$150(NR)

Saturday, June 21
1-4 pm

PARKS DIRECT CODE: JEHSAC-20250621

The Life and Time of The Temptation is the electrifying, smash-hit Broadway musical that follows the 'Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits such as *My Girl, Get Ready and Just My Imagination* just to name a few. Fees include admission and transportation on an M-NCPPC activity bus.



Leesburg Premium Outlets
Leesburg, VA
Fee: \$15(R); \$20(NR)

Wednesday, June 25
9 am – 5:30 pm

PARKS DIRECT CODE: JEHSAC-20250625

Shop Till You Drop Start! Shop at more than 100 designer and name-brand outlet stores, which offer great discounts. Enjoy outdoor amenities, courtyard lounging and dining areas. An M-NCCPC Senior ID Card. Fees include transportation on an M-NCPPC activity bus. Lunch is at your own expense.



Butlers Orchard
Germantown, MD
Fee: \$12(R); \$16(NR)

Thursday, July 17
9 am-3pm

PARKS DIRECT CODE: JEHSAC-20250717

Experience the charm of farm life with a day at Butler's Orchard. This summer field trip offers hands on agricultural fun where you can pick your own tomatoes, peppers, herbs, flowers and more for an addition fee to be paid at the Orchard . Fees include transportation on an M-NCPPC activity bus. Lunch at your own expense.

Harris Crab House & Seafood Restaurant
Grasonville, MD

Wednesday, July 23
10 am- 4 pm

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

PARKS DIRECT CODE: JEHSAC-20250723

Bring your appetite and indulge in a variety of seafood dishes or crack open crabs at one of Maryland's renowned seafood restaurants on the waterfront and enjoy the picturesque views of Kent Narrows. Fees include transportation on an M-NCPPC activity bus.

Klobys' Smokehouse
Laurel, MD

Wednesday, July 30
10 am -3 pm

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

PARKS DIRECT CODE: JEHSAC-20250730

Join us for a lunch trip to a delicious BBQ restaurant Kloby's serves up the best smoked Pulled Pork (served Carolina-Style), Beef Brisket, Ribs, Chicken, and all of your favorite "made from scratch" sides. Fee includes transportation on an M-NCPPC activity bus. Lunch at your own expense.

M-NCPPC Greenhouse at Randall Farm
Upper Marlboro, MD

Tuesday, August 5
10 am- 2 pm

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

PARKS DIRECT CODE: JEHSAC-20250805

Come take a behind the scenes tour of the M-NCPPC Greenhouse and discover where the beauty of our parks and center begins. Learn about the greenhouse operation, how plants and flowers are grown and cared for and the process that brings vibrant life to our shared spaces. Fee includes transportation on an M-NCPPC activity bus.

Who's Bad-The Ultimate Michael Jackson Experience
The Birchmere Music Hall
Alexandria, VA

Friday, August 8
6 - 10:30 pm

Fee: \$55(R); \$72(NR)

PARKS DIRECT CODE: JEHSAC-20250808

Get ready to experience the ultimate tribute to the legendary King of Pop with Who's Bad: The Ultimate Michael Jackson Experience! This electrifying show features a jaw-dropping performance that has wowed audiences around the world. Fees include admission and transportation on an M-NCPPC activity bus.

A Day at the Beach
Sandy Point Beach
Annapolis, MD



Wednesday, August 13
9 am - 4 pm

Fee: \$35(R); \$45(NR)

PARKS DIRECT CODE: JEHSAC-20250813

Enjoy a relaxing day at the beautiful Sandy Point Beach. Lounge by the ocean or stroll along the scenic shoreline. Bring your own beach chair, towel, snacks, and sunscreen. Fees include box lunch and transportation on an M-NCPPC activity bus.

College Park Aviation Museum
College Park, MD



Tuesday, August 19
9 am- 2 pm

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

PARKS DIRECT CODE: JEHSAC-20250819

Explore the history of Flight on National Aviation Day at College Park Aviation Museum located on the grounds of the world's oldest operating airport. Fee includes transportation on an M-NCPPC activity bus. Lunch at your own expense at a nearby eatery.



John E. Howard Senior Activity Center
presents

TUESDAY MOVIE DAY



SOCIAL ROOM

12:00 noon- 2 pm

June 10

July 8

August 12

Join us for an afternoon movie along with popcorn and a drink. Please see the movie title at the front desk. An M-NCPPC Senior ID Card is required. Sign up in the Free Book located at the front desk. The name of the movie will be posted at the front desk.

John E. Howard Senior Activity Center: Information Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8665
Legal Aid	800-896-4213 x7750
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603

Senior Nutrition Program

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.

The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance. Please bring the 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.

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 southern.inclusion@pgparks.com or call 301-203-6011.**

