

# Evelyn Cole Senior Activity Center

## Fall Calendar

### September, October and November 2025



#### Hours of Operation

Monday-Friday	10 am – 2:00 pm
Holiday Closure	Monday, Sept 1: Labor Day Thursday, Nov 27: Thanksgiving Day Friday, Nov 28: Employee Appreciation Day

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

#### Fall Registration

- Registration begins **Wednesday, August 13 for Residents (R)** only.
- Registration begins on **Wednesday, August 20 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 accommodation. **To contact the Program Access office directly, you can e-mail [northern.inclusion@pgparks.com](mailto:northern.inclusion@pgparks.com) or call 301-408-4350.**

5720 Addison Rd, Seat Pleasant 20743

Telephone: (301)-386-5525      TTY: (301)-699-2544

# Evelyn Cole Senior Activity Center (ECSAC): Information

## 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.)

## Our 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.

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**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](http://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.

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## 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.

## Evelyn Cole Senior Activity Center: Activities

ACTIVITY	LOCATION	DAYS	TIME	PARKS DIRECT #	FEE
Walking Club	Gym	<u>Tues &amp; Thurs</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness With LaShawn	Activity Room II	<u>Mondays &amp; Fridays</u>	11:30am- 12 noon	N/A	FREE
Bingo	Activity Room II	<u>Tuesdays &amp; Wednesdays</u>	12:45-1:45 pm	N/A	FREE
Crochet Club	Activity Room II	<u>Wednesday</u>		N/A	FREE
Music Sensation	Activity Room II	<u>Mondays</u>	1-1:30 pm	N/A	FREE
Pokeno	Activity Room II	<u>Mondays &amp; Thursdays</u>	12:45-1:45 pm	N/A	FREE
Tai Chi with Rachel	Activity Room II	<u>Wednesdays</u> Sept 10 Oct 8 Nov 12	1:15-1:45 pm	N/A	FREE
Chair Exercise: Move It or Loose It! with Lashawn	Activity Room II	<u>Fridays</u>	1-1:30 pm	N/A	FREE



For more information, please email Customer Service at [customerservice@pgparks.com](mailto: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.

## September 2025

### **Lunch in Blanc at ECSAC**

**Activity Room I & II**

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

**PARKS DIRECT CODE: ECSAC-SPEC-GA-20250905**

Who says you can't wear white after Labor Day? At this stylist affair, we're breaking the rules and doing it in elegance. Join us for Lunch in Blanc, where both the décor and the attire are all white. Come dressed to impress and enjoy an afternoon filled with great company and a delicious catered meal while snapping your fingers and patting your feet to the soulful sounds of Ray Apollo and the Apollo One Band. You don't want to miss this one, register early.

**Friday, September 5**

**11 am -1:30 noon**

### **Open House-We Want to Hear You**

**Activity Room I**

**FREE**

Join ECSAC Staff for open discussion where you can share your ideas, ask questions and discuss programs. This is a great opportunity to connect directly and have your voice heard in shaping the center's offerings.

**Monday, September 8**

**11 am -12 pm**



### **9/11: We Shall Never Forget**

**Activity Room I**

**FREE**

Join us for a powerful and moving remembrance as we honor the lives lost and the heroes who responded on September 11, 2001. This year, hear an up-close and personal account from a Military Police Officer who was at the Pentagon when the plane hit. Let's come together in reflection, remembrance and unity because we will never forget. Sign up in the **Free Book** located in the ECSAC office.

**Thursday, September 11**

**11 am - 12 pm**

## ACTIVE AGING WEEK SEPTEMBER 15-19, 2025

### Enjoy **FREE** activities for ages 60 and better!

Seniors 60 and better are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity, meet new people, and stay active by participating in **FREE** Active Aging Week activities throughout Prince George's County.

#### **Info Session: Osteoarthritis**

**Monday, September 15**

**Activity Room I**

**11 am- 12 pm**

#### **FREE**

Do you suffer from Osteoarthritis? There are ways to manage pain. We will have a lively discussion where we we'll discuss osteoarthritis, its impact on daily life and practical pain management strategies. Take the first step towards feeling better by attending this information session, your joints will thank you. Sign up in the **Free Book** located in the ECSAC office.

#### **The Ultimate Jeopardy Throwdown**

**Monday, September 15**

**Activity Room I & II**

**11 am- 12 pm**

#### **FREE**

Test your knowledge across a variety of fun and challenging categories from culture, history and music to random facts and brain teasers. It's your chance to show what you know, compete for bragging rights, and have a blast. Buzz in, think quick and let the throwdown begin! Sign up in the **Free Book** located in the ECSAC office.

#### **Roll, Toss and Tone**

**Tuesday, September 16**

**GYM**

**11 am- 12 pm**

#### **FREE**

Get ready to roll, toss and tone in this low impact fitness class using a soft lightweight ball. Participants will engage their core, enhance balance and mobility. Suitable for all fitness levels. Soft lightweight balls will be provided. Sign up in the **Free Book** located in the ECSAC office.

## Evelyn Cole Senior Activity Center: Activities & Special Events



**SAARC Pool Party**  
**Brandywine, MD**  
**Fee \$10(R); \$13(NR)**

**Wednesday, September 17**  
**12-2 pm**

**PARKS DIRECT CODE: JEHSAC-20250917**

Get ready to soak up the sun and make a splash at our pool party. Lounge by the pool, take a dip to beat the heat during Active Aging Week. A DJ music will play all hits to make you move and groove and partake in refreshments on the pool patio Fee includes transportation.

**Move, Groove, and Improve-Chair Exercise**  
**GYM**  
**FREE**

**Friday, September 19**  
**11 am- 12 pm**

**PARKS DIRECT CODE: 17530-522A**

Get ready to sit, sweat, move and groove all while in the chair. Join us for a low impact high energy chair exercise that is perfect for all fitness levels. Whether you are looking to boost your heart rate, build strength or just have a good ole time moving to music.



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

**Wednesday, September 24**  
**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** located in the ECSAC office. Space is limited.

## Evelyn Cole Senior Activity Center: Activities & Special Events



### Traveling Nature Center comes to ECSAC Activity Room I&II **FREE**

**Tuesday, September 30**  
**11-12 pm**

Get ready for a wild adventure. The Traveling Nature Center is making a special stop at EC, and you won't want to miss it. Hear from a Park Naturalist as she unpacks her magical suitcase filled with nature's surprises from feathers and fossils to animal artifacts and unexpected treasures from the great outdoors. Come curious and leave inspired as we explore the wonders of nature, right from your seat! Sign up in the **Free Book** located in the ECSAC office.



### Happiest Birthday Celebration! Activity Room I & II **FREE**

**Tuesday, September 30**  
**1 pm – 2 pm**

Come celebrate with the delightful people born in the month of September! Birthday treats will be served. Sign up in the **Free Book** located in the ECSAC office.



## October 2025

### ***BREAST CANCER and HISPANIC HERITAGE MONTH***

#### **Pink Out Fridays**

Show your support for Breast Cancer Awareness by wearing **pink** on Friday, October 3, 10, 17 and 24. This simple act helps raise awareness to those affected by this disease. A small token will be available in ECSAC office while supplies last.

#### **Ranger Jeopardy Activity Room I &II FREE**

**Monday, October 6  
11 am-12 pm**

Test your knowledge with one of our favorite Park Rangers, get ready to compete in a friendly game featuring categories like Parks & Recreation, Trails and Treks, Nature & Wildlife and Gardens & Green Spaces. Who will win? Who will have bragging rights? Sign up in the **FREE Book** located in the ECSAC office.

#### **Paint a Pumpkin Activity Room I FEE: \$7 (R); \$10 (NR)**

**Thursday, October 9  
11 am-1 pm**

#### **PARKS DIRECT ACTIVITY CODE: 15502-522A**

Get creative and add a touch of festive charm to your home inside or out with a hand painted pumpkin. This will be a relaxing, creative and therapeutic session where you can channel your creativity. Fees include one pumpkin, supplies, a beverage to sip while you paint and a mini charcuterie container.

#### **Info Session: Alzheimer's Awareness Social Room FREE**

**Tuesday, October 14  
11 am- 12 pm**

Healthy Living for Your Brain and Body: Tips from the Latest Research Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. This information session is presented by the Alzheimer's Association. Sign up in the **FREE Book** at JEHSAC front desk.



## Evelyn Cole Senior Activity Center: Activities & Special Events

**Hispanic Heritage Month Activity & Live Entertainment**  
**Activity Room I &II**  
**FREE**

**Wednesday, October 15**  
**11:30 am-2 pm**

**PARKS DIRECT ACTIVITY CODE: 18501-522A**

Join us as we celebrate the rich culture, history and contributions of Hispanic and Latino communities. Each day, stop by and check out the **“Spanish Word of the Day”** posted on the whiteboard, where you will learn how to pronounce and spell it. It will be the kickoff to our daily discussion. Plus, don’t miss out on the musical journey with Matthew who will play, Blues, Jazz, Swing, and Country and more and enjoy guacamole, chips, salsa and queso. Oh, and we will have a refreshing sangria mocktail to enjoy as we close out the month on October 15.

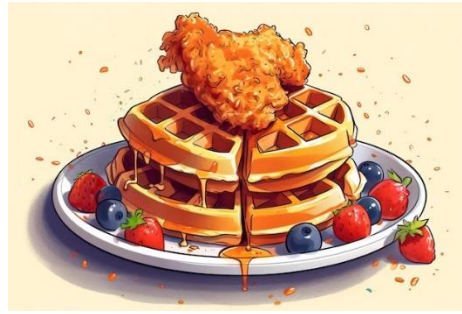


**National Black Poetry Day**  
**Activity Room I &II**  
**FREE**

**Friday, October 17**  
**1 pm-2 pm**

ECSAC is calling all poets and lovers of poetry. We invite you to take the stage and share your original poem, a poem or reading of your choice. It can be personal, powerful or simply meaningful to you. This day honors poets such as Jupiter Hammon, the first published Black American poet. **Sign up to perform in the office by Friday, October 10.**

## Evelyn Cole Senior Activity Center: Activities & Special Events



### **Chicken & Waffles**

**Activity Room I & II**

**FEE: \$5 (R); \$8 (NR)**

**PARKS DIRECT CODE: ECSAC-SPEC-GA-20251025**

Who says chicken and waffles are just for brunch? Why not indulge in this comfort food. We are bringing the waffle house to you. Join us for a delicious plate featuring two golden waffles, three crispy chicken wings topped with fresh strawberries, blueberries, whipped cream, and sprinkled powdered sugar. Come hungry and leave happy. Limited seating, register early.

**Monday, October 20**

**11 am-12:30 pm**



### **Commanders vs. Cowboys Watch Party**

**Activity Rooms I & II**

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

**PARKS DIRECT CODE: ECSAC-SPEC-GA-20251019**

Join us for the ultimate game day experience as we watch the Commanders, the home team take on the Dallas Cowboys on the big screen. Come early to enjoy a fun tailgate party with food, music and good vibes before the kickoff. Every seat is a good seat. Wear your favorite team shirt. Fees include a catered meal, dessert, drinks and swag giveaways to show your team spirit.

**Sunday, October 19**

**2 – 6 pm**

## Evelyn Cole Senior Activity Center: Activities & Special Events

### Memory Screening

Rooms 13 & 14

**FREE**

A memory screening is a simple and safe health brain checkup that test memory and other thinking skills. Each memory screening takes approximately 10 minutes and while results are not a diagnosis, it can suggest if someone should see a physician for a full evaluation. Sign up in the **Free Book** at ECSAC office to receive your free complimentary screening.

**Tuesday October 21**

**10 am-12 pm**



### Kandy and Karaoke

Activity Room I & II

**FREE**

Whether you're belting out your favorite classics or just cheering for your ECSAC friends, this event is all about good vibes, sweet treats and unforgettable performances. We'll have a candy bar loaded with nostalgic favorites and karaoke tracks from every decade so bring your voice, your sweet tooth, and your best dance moves to go along with the tunes, DJ Infinite will be playing. If you feel like dressing in costume, you are welcome to do so. Sign up in the **FREE** book at ECSAC office.

**Friday, October 24**

**12:30-2 pm**



**Sneaker Masquerade Ball & Birthday Celebration!**  
**GYM**

**Friday, October 31**  
**12-2:30 pm**

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

**PARKS DIRECT CODE: JEHSAC-SPEC-GA-20251031**

You can be whoever you want to be at this Sneaker Ball Masquerade Party. Wear your favorite mask or costume with your sneakers and join the fun. We will also be celebrating those seniors born in the month of October. You never know who will show up to the party! Music, games, and lots of fun, fun, fun. Secure your seat today. Fee includes catered lunch and music from Exclusives. This is a joint event with Evelyn Cole Senior Activity Center and will take place at **John E. Howard Senior Activity Center located at 4400 Shell St. Capitol Heights, MD.**

## November 2025

**Info Session: Medicare Dual Eligible Planning Pt. 2**  
**Activity Room I**  
**FREE**

**Monday, November 3**  
**11 am- 12 noon**

Come out and gain insightful information about advanced directives. Advances care planning involves discussing and preparing for future decisions about your medical care. Sign up in the **Free Book** located in the ECSAC office.

## Evelyn Cole Senior Activity Center: Activities & Special Events

### Info Session: Toward the Better End of Life

Tuesday, November 4

Activity Room I & II

11 am-12 pm

**FREE**

Connect with Luminis Health Gilchrist Life Care Institute for a one-hour presentation and learn what hospice really is and what it isn't. This session will provide clarity on the services available, when hospice care is appropriate and how it supports both patients and families during life's most sensitive moments. Sign up in the **FREE** book at ECHSAC front desk.

### 2025 Senior Veterans Luncheon

Friday, November 7

Martin's Crosswinds

10 am- 2pm

Greenbelt, MD

**Ticket Code: SPD-SPEC-GA-20251107**

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed. To register, visit [pgparksdirect.com](http://pgparksdirect.com) and register for Ticket Code: SPD-SPEC-GA-20251107. Please bring your printed receipt for admission to the event. **Deadline for registration is Friday, October 17.**



### It's Giving Season!

Tuesday, November 11

Help us reach our goal of 100 cans for a cause. Let's show the spirit of giving season by collecting 100 cans of food to donate to UCAP Shelter to support individuals and families in need. Collection dates are **November 11-22**. Drop off your canned goods in ECSAC office.

## Evelyn Cole Senior Activity Center: Activities & Special Events

### **Back in the Day: Guess Who?**

**Activity Room I & II**

**Friday, November 14**

**12:30-2 pm**

**FREE**

Let's take a walk down memory lane! Join us for an afternoon of memories, laughter and a little friendly competition at Back in the Day photo guessing game. Bring a childhood of yourself. All photos will be secured on a display board with no names attached. Participants will guess who's who among the ECSAC seniors. There will be a prize for the person who correctly identifies the most amongst the group. Get ready to reminisce and be surprised on how little everyone has changed. **Please bring your photo to the office by Monday, November 11 to be included.**

### **The Golden Gathering**

**Activity Room I & II**

**Friday, November 21**

**12:00-2 pm**

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

**PARKS DIRECT CODE: ECSAC-SPEC-GA-20251121**

Join us for a warm and festive catered luncheon celebrating the season of gratitude. Enjoy a delicious meal featuring some of your favorite turkey day trimmings along with good company, conversation and fun. Music will be provided by DJ Quartermaine.



### **Happiest Birthday Celebration!**

**Activity Room I & II**

**Monday, November 24**

**1 pm- 2 pm**

**FREE**

Come celebrate our November Birthdays! Birthday treats will be served. Sign up in the **Free Book** located in the ECSAC office.

## Evelyn Cole Senior Activity Center: Trips

### 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 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.

**Abner's Crabhouse and Gaming  
Chesapeake Beach, MD**

**Fee: \$15 (R); \$20 (NR)**

**PARKS DIRECT CODE: ECSAC-20250904**

Get ready for a fun-filled day as we head to a local favorite restaurant know for its fresh seafood, casual atmosphere and exciting game room. Meal and gaming expenses on your own. Fee includes transportation on a M-NCPPC activity bus. Limited seats, sign up early.



**Thursday, September 4  
9 am-2 pm**

**The 57<sup>th</sup> Maryland Seafood Festival  
September 13**

**Sandy Point State Park, Annapolis, MD**

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

**PARKS DIRECT CODE: ECSAC-20250913**

Join us for a trip to the Maryland Seafood Festival. Enjoy a full day of live music, arts, craft vendors and of course seafood and food vendors. Fee includes admission and transportation on a M-NCPPC activity bus. Food vendors will be on-site with delicious eats to purchase. Limited seats, sign up early.



**Saturday,  
11 am-5 pm**



## Evelyn Cole Senior Activity Center: Trips

**National Air and Space Museum  
Washington, DC**



**Tuesday, September 16  
10 am-2 pm**

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

**PARKS DIRECT CODE: ECSAC-20250916**

Explore the wonders of aviation, space travel and scientific innovation through interactive exhibits and historic artifacts. Lunch will be on your own. Fee includes transportation on a M-NCPPC activity bus.

**Copper Canyon  
Glenarden, MD**

**Thursday, September 25  
10 am-2 pm**

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

**PARKS DIRECT CODE: ECSAC-20250925**

Let's Eat! Join us as we visit Copper Canyon and enjoy a delicious meal with good friends. The meal is at your own expense (average menu prices: \$11-\$55). Fee includes transportation on a M-NCPPC activity bus.

**The Unwine Festival  
Patuxent Park**



**Saturday, September 27  
10 am-5 pm**

**Upper Marlboro, MD**

**Fee: \$40 (R); \$52(NR)**

**PARKS DIRECT CODE: ECSAC-20250927**

Join us for a relaxing day of wine tasting, good music, food and fun! Experience local wineries and breweries while enjoying live musical entertainment. Please bring your own chair or blanket. Fee includes general admission; samples of different wines, beer and cider, a souvenir stemless wine glass, and transportation on a M-NCPPC activity bus.

**Lunchtime Listening with Michelle Bowman  
Brandywine, MD**

**Wednesday, October 1  
10 am-2 pm**

**Fee \$15(R); \$20(NR)**

**PARKS DIRECT CODE: JEHSAC-20251001**

Celebrate Hispanic Heritage Month with the soulful sounds of MiMi. A Baltimore native, Michelle Bowman blends jazz, gospel, classical, Afro-Cuban, and Neo-Soul into a captivating musical experience. Inspired by Billie Holiday and Donnie Hathaway, MiMi has graced stages from the White House to Meyerhoff Symphony Hall, sharing the spotlight with Jeffrey Osborne, Maysa, and Take 6. With international radio airplay and a new album, Truth and Love on the way, she's bringing her artistry to the world. Don't miss this

unforgettable celebration of culture, rhythm, and soul. Fee includes admission and transportation on a M-NCPPC activity bus.

**Patapsco Flea Market (Back by Popular Demand)**  
**Baltimore, MD**



**Saturday, October 11**  
**10 am - 2 pm**

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

**PARKS DIRECT CODE: ECSAC-20251011**

This trip is back by popular demand. Located minutes from the Baltimore Inner Harbor with over 600 vendors there is something for everyone at this indoor and outdoor market. Lunch at your own expense. The fee includes transportation on a M-NCPPC activity bus. Register early, seats are limited.

**EllaRay's Cafe**  
**Forestville, MD**

**Thursday, October 16**  
**10 am - 2 pm**

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

**PARKS DIRECT CODE: ECSAC-20251016**

It's a Soul food lunch outing at a hidden gem in Forestville known for its authentic southern dishes, warm hospitality and cozy atmosphere. Fees include transportation on an M-NCPPC activity bus.

**Library of Congress**  
**Washington, DC**



**Thursday, October 23**  
**10 am- 2 pm**

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

**PARKS DIRECT CODE: ECSAC-20251023**

The Library of Congress is the largest library in the world. Discover historic collections, architecture, and exhibits that bring history, literature, and culture to life. Enjoy lunch on your own at a nearby restaurant. Fees include transportation on an M-NCPPC activity bus.

**Sly & The Family Stone Tribute with Gold Soul Movement**  
**Harmony Hall**

**Friday, November 7**  
**10 am-2 pm**

**Ft. Washington, MD**

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

**PARKS DIRECT CODE: ECSAC-20251107**

Join us for a live tribute to Sly & the Family Stone, the iconic American funk band from the 1960s and 70s, renowned for their significant role in shaping the genres of funk, soul, R&B, and rock music. Inducted into the Rock and Roll Hall of Fame in 1993, they are celebrated as the 43rd greatest artist of all time by Rolling Stone. Enjoy classic hits like "I Want to Take You Higher," "Everyday People," and "Dance to the Music." The Gold Soul Movement is a collective of DMV-based artists. Fee includes admission and transportation on a M-NCPPC activity bus.

**Tyson's Corner Center Mall Shopping**  
**McLean, VA**

**Tuesday, November 18**  
**10 am - 3 pm**

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

**PARKS DIRECT CODE: ECSAC-20251118**

Shop Till You Drop. Get a head start on your holiday shopping at one of the top 10 shopping centers in the country. Don't want to shop, catch a movie at the 16-screen stadium seating IMAX 3D AMC movie theatre. Lunch on your own. Fee includes transportation on a M-NCPPC activity bus.

**Dutch Village Farmers Market**  
**Upper Marlboro, MD**

**Friday, November 21**  
**10 am- 2 pm**

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

**PARKS DIRECT CODE: ECSAC-20251121**

Wander through the aisles of the Dutch Market filled with homemade baked goods, fresh produce and meats. Come along and fill up your shopping bags. Fee includes transportation on a M-NCPPC activity bus.



**ECSAC CINEMA PRESENTS**  
**FREE MOVIE DAY**

**Thursday, September 18**

**Thursday, October 16**

**Thursday, November 13**

**12:00 noon - 2:00pm**

Popcorn and a beverage will be served!

## Evelyn Cole Senior Activity Center Corner

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

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 11:30 am-12:00 pm and 12:15 pm-12:45 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.