

John E. Howard Senior Activity Center

FALL CALENDAR

September, October, and November 2025



Hours of Operation

Monday-Friday	9:00 am -3:00 pm
Holiday Closures	Monday, September 1- Labor Day
	Thursday, November 27-Thanksgiving
	Friday, November 28- Employee Appreciation

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.

4400 Shell St. Capitol Heights 20743

Johnehowardseniors@pgparks.com

Phone: 301-735-2400

TTY: 301-699-2544

Senior Activity Center Eligibility Requirement

- 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> Sept 8-Oct 1 Oct 6- Oct 29 Nov 3-Nov 26	11-11:30 am	17507-539A 17507-539B 17507-539C	\$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> Sept 8-Oct 1 Oct 6-Oct 29 Nov 3-Nov 26	11:45 am-12:15 pm	17511-539A 17511-539B 17511-539C	\$12(R); \$16(NR) \$12 (R); \$16(NR) \$12(R); \$16(NR)
Fitness: Seniors, Intermediate <i>With Rachel</i>	Gym	<u>Thursday</u> Sept 11-Sept 25 Oct 2-Oct 23 Nov 6- Nov 20	9:30-10:30 am	17531-539A 17531-539B 17531-539C	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesday</u> Sept 3-Sept 24 Oct 1-Oct 22 Nov 5-Nov 26	10:30 am–12 noon	15502-539A 15502-539B 15502-539C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sewing <i>With Rhonda</i>	Room 13	<u>Thursday & Friday</u> Sept 4-Sept 26 Oct 2-Oct 24 Nov 6-Nov 21	10 am- 2 pm	15501-539A 15501-539B 15501-539C	\$50 (R); \$65 (NR) \$50 (R); \$65 (NR) \$38 (R); \$49 (NR)
Drum n’ Tone <i>With Betty</i> New Class	Gym	<u>Wednesday</u> Sept 10 Oct 1 Nov 5	1-2 pm	17546-539A 17546-539B 17546-539C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi <i>With Rachel</i> New Class	Gym	<u>Thursday</u> Sept 4-Sept 25 Oct 2-Oct 23 Nov 6- Nov 20	11:00-11:30 am	21501-539A 21501-539B 21501-539C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
AARP Defensive Driving Course	Room 14	<u>Tuesday</u> Sept 23 Oct 21 Nov 18	10 am-3 pm	To register, call Rose Hobson on 301-736-1565	\$20 AARP Members \$25 Non- Members

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	10 am-2 pm	17511-539A 17511-539B 17511-539C	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**



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 @pgparksandrecreation

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.



September 2025

F.M.O-For Men Only Game Room FREE

**Wednesday, September 3
10:30 am-11:30 am**

Calling all men 60 and better to engage in a relaxed 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 is required. Sign up in the **FREE** book at JEHSAC front desk.

JEHSAC Morning Meetup Social Room

**Monday, September 8
10:30-11:30 am**

Learn more about the many programs offered at JEHSAC and the Senior Services Division with a cup of tea and a donut. This is a great opportunity to make suggestions for new programs as we welcome new ideas. We want to hear from YOU! Sign up in the **FREE Book** at JEHSAC front desk.

Live Music-Eddie Anderson Project Social Room FREE

**Wednesday, September 8
12:30 -1:30 pm**

Come enjoy a live performance featuring The Eddie Anderson Project. His music is a combination of Jazz and Funk, with a hint of Rhythm and Blues good tunes that will have you tapping your feet and swaying along. Sign up in the **FREE Book** at JEHSAC front desk.

Powerful Tools for Caregivers (PTC) Room 14 FREE

**Wednesday, September 8
1-3:30 pm**

Are you caring for someone with an injury or illness, such as dementia, cancer, heart disease, Parkinson's disease, or a stroke? Prince George's Department of Family Services will be sharing the importance of taking care of yourself as a caregiver. The program will run for 6 weeks. For registration and more information, call Jackie Harley, at 301-248-0039 or 443-386-1508, or email her at jcharley@co.pg.md.us.

John E Howard Senior Activity Center: Activities & Special Events

Info Session: Navigating Well Being

Social Room

FREE

Growing old is not a sign of giving up, but a sign of maturity and well-being. Learn how to thrive instead of struggling is what this information session will convey to all that attend. Sign up in the **FREE Book** at JEHSAC front desk.

Wednesday, September 10

11 am-12 pm

Grandparents Day Taste and Toast

Social Room

FREE

There's a special bond with grandparents and their grandchildren. Bring your favorite photo of your grandchild or grandchildren and get ready for an afternoon full of storytelling, sweet treats, mocktails, and bragging rights. Sign up in the **FREE Book** at JEHSAC front desk.

Friday, September 12

12 -1:30 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.

Move to the Beat with Rachel

Gym

FREE

PARKS DIRECT CODE: 17511-539D

Come dance and exercise while increasing muscle strength, flexibility, and endurance to improve your overall health. You will enjoy low cardio, stretch, balance, chair, and Pilates PLUS the music is going to make you want to show off your own moves!

Please bring a small towel and bottled water for yourself. Get your heart pumping while enjoying the sounds of the past. Don't miss this one!

Tuesday, September 16

11 am-12 noon



John E Howard 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 will play all hits to make you move and groove and partake in refreshments on the pool patio Fee includes transportation.

Paint and Sip
Room 14
Fee \$5(R); \$7(NR)

Thursday, September 18
12:30-2 pm

PARKS DIRECT CODE: 30504-539A

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.

Pickleball
GYM
FREE

Friday, September 19
10 am-2 pm

PARKS DIRECT CODE: 27505-539D

Come play pickleball during our Open Gym. It's a great chance to work on your skills, enjoy some friendly competition, and meet other players. We've got paddles and balls, just bring your energy and get in a little cardio while having fun. See you on the court.

Info Session: Nine Things You Need to Know
Social Room
FREE

Monday, September 22
11 am- 12 noon

This information session will cover the 9 essential things you should know about planning a funeral in advance. From costs and legal documents to personal wishes and family considerations, this talk will help you make informed decisions and ease the burden on your loved ones. Planning ahead brings peace of mind. Sign up in the **FREE Book** at JEHSAC front desk.

Blood Pressure Screening by MedStar
Room 14
FREE

Wednesday, September 24
11 am-1 pm

Blood pressure checks are 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.

John E Howard Senior Activity Center: Activities & Special Events

Sankofa Mobile Museum
JEHSAC Parking Lot
FREE

Thursday, September 25
12:30-1:30 pm

PARKS DIRECT CODE: 18622-539A

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.

Traveling Nature Center comes to ECSAC
Room 13
FREE

Friday, September 26
12:45-1:45 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** at JEHSAC front desk.

Happy Birthday Observation
Social Room
FREE

Tuesday, September 30
1-2 pm

Join us as we observe September birthdays. A sweet treat will be served. To join in on the fun, sign up in the **FREE Book** at JEHSAC front desk.

October 2025

F.M.O-For Men Only
Game Room
FREE

Wednesday, October 1
10:30 am-11:30 am

Calling all men 60 and better to engage in a relaxed 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 is required. Sign up in the **FREE Book** at JEHSAC front desk.

John E Howard Senior Activity Center: Activities & Special Events

Breast Cancer Awareness Month-Walk-a-Thon

Wednesday, October 8

GYM

12:30-2:30 pm

FREE

Step up for a cause that touches us all. We're hosting a Breast Cancer Walk-a-Thon to raise awareness and show support for survivors, fighters and those we've lost. Pledge how many laps you can walk in honor of breast cancer awareness. Wear something **PINK** to show your support. Let's walk together, one step at a time, to promote hope, healing and awareness. Sign up in the **FREE Book** at JEHSAC front desk.

Twist & Create: Pipe Cleaner Art Fun

Thursday, October 9

Room 14

12:30-2:30 pm

FREE

PARKS DIRECT CODE:15502-539D

Pipe cleaner flowers are a delightful, accessible craft project that anyone can enjoy. Let's dive in and bring some whimsical, everlasting flowers into your life! They offer a simple, creative outlet that results in vibrant, unique blooms perfect for decorating any space or gifting as a charming handmade bouquet. No experience necessary, supplies will be provided.

Memory Screening

Monday, October 13

Rooms 13 & 14

10 am-12 pm

FREE

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

Give Cancer the Boot Line Dance Party

Thursday, October 16

GYM

12-2:30 pm

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20251016

Put on your boots and get ready to dance for a purpose. Come out for a high energy line dance party as we raise awareness and show support for those affected by cancer. Music will be provided by DJ Insane Wayne. Whether you're a seasoned dancer or a beginner, everyone is welcome on the dance floor. Fee includes hot dog bar with a fixing station; two hot dogs, a bag of chips, a soda and a dessert.



John E Howard Senior Activity Center: Activities & Special Events

Info Session: First Aid and CPR Class with Tamika

Wednesday, October 22

Room 14

12-2:30 pm

FREE

Learn basic First Aid, CPR and Heimlich Maneuver techniques with a certified instructor with the American Heart Association. This will be an abbreviated class, and attendees will not receive a certification. Space is limited. Sign up in the **FREE Book** at JEHSAC front desk.

Sneaker Masquerade Ball & Birthday Celebration!

Friday, October 31

GYM

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 by The 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

Monday, November 3

Activity Room I

12:45- 1:45 pm

FREE

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** at JEHSAC front desk.

F.M.O-For Men Only

Wednesday, November 5

Game Room

10:30-11:30 am

FREE

Calling all men 60 and better to engage in a relaxed 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 is required. Sign up in the **FREE Book** at JEHSAC front desk.

John E Howard Senior Activity Center: Activities & Special Events

2025 Senior Veterans Luncheon

Martin's Crosswinds

Greenbelt, MD

Ticket Code: SPD-SPEC-GA-20251107

Friday, November 7

10 am-2 pm

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 and register for Ticket Code: SPD-SPEC-GA-0251107. Please bring your printed receipt for admission to the event. **Deadline for registration is Friday, October 17.**

Live Music-Yvonne Johnson

Social Room

FREE

Friday, November 7

12:30 -1:30 pm

Join us for an afternoon of live music as pianist Yvonne Johnson plays an hour of melodies and tunes. This will be a relaxing and uplifting afternoon for all music lovers. Sign up in the **FREE Book** at JEHSAC front desk.

Info Session: Healthy Living for Your Brain and Body:

Social Room

FREE

Wednesday, November 12

11 am- 12 pm

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.

JEHSAC Friendsgiving: Gobble till you Wobble

Social Room

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20251120

Thursday, November 20

12-3:00 pm

Join us for a heartwarming Friendsgiving hosted for our cherished seniors. The afternoon will be about sharing laughter, stories and a delicious meal. We will have traditional Thanksgiving favorites and a friendly atmosphere. Come celebrate the spirit of friends you met at JEHSAC with gratitude, connection and togetherness.

Happy Birthday Celebration

Social Room

FREE

Monday, November 24

1-2 pm

Celebrate Good Times, Come On! Join us as we observe November birthdays with a BIRTHDAY CELEBRATION! Enjoy birthday games and treats. 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).

Disclaimer: A TRANSPORTATION WAIVER MUST BE SIGNED PRIOR TO PARTICIPATE IN TRIPS

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.



Rod 'N' Reel Resort
Chesapeake Beach, MD
Fee: \$10 (R); \$ 13(NR)

PARKS DIRECT CODE: JEHSAC-20250903

Enjoy a day playing bingo or go try your luck in gaming. All gaming, bingo and lunch at your own expense. Fee includes admission and transportation on an M-NCPPC activity bus.

Wednesday, September 3
9 am-3 pm



Mike's Seafood Restaurant
Springfield, VA
Fee: \$10(R); \$13(NR)

PARKS DIRECT CODE: JEHSAC-20250909

Mike's is known for its famous Hickory Grilled Salmon, Jumbo Lump Crab Cakes, Baby Back Ribs and more. Join us and enjoy a delicious meal with friends. The fee include transportation on an M-NCPPC activity bus. Lunch at your own expense.

Tuesday, September 9
10 am-2:30pm

John E Howard Senior Activity Center: Trips



Reginald Lewis Museum and Moe's Seafood Restaurant
Baltimore, MD

Thursday, September 18
10 am-4 pm

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

PARKS DIRECT CODE: JEHSAC-20250918

Founded in 2005, the 82,000-square-foot facility accommodates over 13,000 square feet of permanent and temporary exhibition space, hosting more than 11,000 objects. The Reginald F. Lewis Museum is the authentic voice of African American art, history and culture. After we visit the museum, we will travel over a block to Moe's Seafood which features a variety of dining experiences to suit every taste and occasion. Fee includes museum admission and transportation on an M-NCPPC activity bus.



Columbia Mall Shopping
Columbia, MD

Tuesday, September 23
10 am-4 pm

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

PARKS DIRECT CODE: JEHSAC-20250923

Shop till you Drop shopping trip to Columbia Mall which has over 200 specialty stores and restaurants where you can grab a bite to eat or catch a movie. Fee includes transportation on an M-NCPPC activity bus. Don't forget to bring your shopping bags.



Ada's on the River
Alexandria, VA

Thursday, October 9
10:30 am-4 pm

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

PARKS DIRECT CODE: JEHSAC-20251009

The restaurant is situated along the Potomac River, providing stunning views and an appetizing and memorable dining experience. The meal is at your own expense (average menu prices \$7-\$55). After you finish your scrumptious meal take a stroll through the streets of Old Town Alexandria and explore its history and the shops and boutique. Fee includes transportation on an M-NCPPC activity bus.

Saturday Night Fever
Toby's Dinner Theatre
Columbia, MD

Wednesday, October 15
9 am-4 pm

FEE \$ 95(R); \$ 124(NR)

PARKS DIRECT CODE: JEHSAC-20251015

Enjoy a delicious buffet and a fantastic matinee performance of Saturday Night Fever. Fee includes admission and transportation on an M-NCPPC activity bus.

Delta Bingo**Laurel, MD****\$10(R); \$13(NR)****PARKS DIRECT CODE: JEHSAC-20251021**

Join us as we travel to Laurel Maryland to play a variety of bingo games and slot themes for all experience levels. Fee includes transportation on an M-NCPPC activity bus.

Tuesday, October 21**10 am -4 pm****Tribute to the Music of Earth, Wind & Fire****Harmony Hall****Fort Washington, MD****FEE \$35(R); \$ 46(NR)****PARKS DIRECT CODE: JEHSAC-20251025**

Savor a meal at Jasper's before the show. Meal on your own. Enjoy some of the greatest hits from Earth, Wind & Fire such as "Serpentine Fire", "Shining Star," "Can't Hide Love," "Reasons," featuring the BRECORE ALL STARS and more. Fee includes admission and transportation on an M-NCPPC activity bus.

Saturday, October 25**4:30-11 pm****American Visionary Art Museum****Baltimore, MD****FEE \$30(R); \$ 40(NR)****PARKS DIRECT CODE: JEHSAC-20251104**

It's a one-of-a-kind experience at this museum in Baltimore, a museum like no other. Discover bold original and thought-provoking works created by self-taught artist. After exploring the museum, enjoy lunch at a nearby restaurant. Lunch on your own. Fee includes transportation on an M-NCPPC activity bus.

Tuesday, November 4**10 am-3 pm****Top Golf****Oxon Hill, MD****FEE: \$48(R); \$62(NR)****PARKS DIRECT CODE: JEHSAC-20251113**

Come swing and play for a fun-filled outing to 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 a half hours of golfing, food and transportation on an M-NCPPC activity bus.

Thursday, November 13**10 am-2 pm****National Museum of Natural History****Laurel, MD****FEE: \$10(R); \$13(NR)****PARKS DIRECT CODE: JEHSAC-20251119**

Hop on the bus with us to Smithsonian National Museum of Natural History where you will explore exhibits featuring dinosaurs, gems, minerals, ancient culture and more. After the museum enjoy lunch on your own at a nearby restaurant. Fee includes transportation on an M-NCPPC activity bus.

Wednesday, November 19**10 am-4 pm**

John E. Howard Senior Activity Center
presents

TUESDAY MOVIE DAY



SOCIAL ROOM

12:00 noon- 2 pm

September 9

October 14

November 11

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	301-265-8475
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
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 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.**