

Evelyn Cole Senior Activity Center



WINTER CALENDAR

December 2025, January and February 2026



Hours of Operation

Monday-Friday	10 am – 2 pm
Holiday Closure	Thursday, December 25: Christmas Day Thursday, Jan 1: New Year's Day

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

Winter Registration

- Registration begins **Wednesday, November 12** for **Residents (R)** only.
- Registration begins on **Wednesday, November 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 accommodation. To contact the Program Access office directly, you can e-mail 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.

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.pgparks.com/news/news-releases/pgparks-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.

Evelyn Cole Senior Activity Center: Activities

ACTIVITY	LOCATION	DAYS	TIME	PARKS DIRECT #	FEE
Walking Club	Gym	<u>Tuesdays & Thursdays</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness With LaShawn	Activity Room II	<u>Mondays & Fridays</u>	11:30am- 12 noon	N/A	FREE
Bingo	Activity Room II	<u>Tuesdays & Wednesdays</u>	12:45-1:45 pm	N/A	FREE
Crochet Club	Activity Room II	<u>Wednesdays</u>	11 am-12 noon	N/A	FREE
Line Dance Club	Activity Room I	<u>Thursdays</u>	1-2 pm	N/A	FREE
Games Board & Card Games	Activity Room I	<u>Mondays, Wednesdays & Fridays</u>	11 am- 1 pm	N/A	FREE
Music Sensation	Activity Room II	<u>Mondays</u>	1-1:30 pm	N/A	FREE
Pokeno	Activity Room II	<u>Mondays & Thursdays</u>	12:45-1:45 pm	N/A	FREE
Chair Exercise: Move It or Loose It! with Lashawn	Activity Room I	<u>Fridays</u>	1-1:30 pm	N/A	FREE

Connect with us!  @pgparks  @pgparks  @pgparksandrec  @pgparksandrecreation

- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.

December 2025

**Info Session: Vibrant Living
Activity Room I & II
FREE**

Growing old is not a sign of giving up but a sign of maturity and well-being. Learn how to thrive and live your life like it's golden. Sign up in the **FREE Book** located in the ECSAC office.

**Info Session: Be Vigilant During the Holidays
Activity Room I & II
FREE**

Join us as Officer Miller from the Seat Pleasant Police Department, shares important information on holiday safety tips. Learn how to stay safe while shopping and protect yourself during the busy holiday season. Sign up in the **FREE Book** located in the ECSAC office.

**SENIOR HOLIDAY CONCERT
Laurel-Beltsville Senior Activity Center
Ticket Code: SPD-SPEC-GA-20251212
Fee: Resident \$10; Non-Resident \$13**

Get ready to kick off the holidays in style with an unforgettable Senior Holiday Concert. Music provided by **Bencore Entertainment** featuring the incredible vocalist, **Ameya Taylor**. The soulful sounds and holiday favorites are sure to have you singing and feeling the joy of the season. **Transportation provided for \$10; seats are limited. You must register for transportation using the following Parks Direct trip code: ECSAC-20251212. Register early!**

**Info Session: Nailed It-Winter Footcare
Activity Room I
FREE**

Cold weather can be tough on our feet. Join us for an informative session on how to keep your feet healthy and comfortable during the winter months. The session will cover tips for preventing dryness, choosing the right socks and footwear and improving circulation. This session will help you stay active, safe, and comfortable all season long. Sign up in the **FREE Book** located in the ECSAC office.

**Monday, December 1
11 am-12 noon**

**Monday, December 8
11 am-12 noon**

**Friday, December 12
10:30 am-12 noon
Doors open at 10:15 am**

**Monday, December 15
11 am-12 noon**

Evelyn Cole Senior Activity Center: Activities & Special Events

Holiday Happy Hour

Activity Room I & II

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

PARKS DIRECT CODE: 26507-122A

For this affair, attendees will be treated to a festive atmosphere, complete with the soulful sounds of **Ray Apollo and the Apollo One Band**. Come dressed to impress and enjoy an afternoon filled with great company and a delicious catered meal and even hit the dance floor if you feel the holiday spirit. You don't want to miss this one, register early.

Tuesday, December 16

11 am-2 pm

Holiday Sip & Paint

Activity Room I

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

PARKS DIRECT CODE: 15502-122A

Get in touch with your inner creativity. Beginners, Intermediate and Advanced artists. No need to purchase that picture from the store. Your own original artwork will enhance your environment. Fees include all supplies plus beverages and snacks.

Wednesday, December 17

11 am-1 pm

Ugly Sweater Contest

Activity I & II

FREE

Your ugly sweater just might be the winner. Join in the fun and participate in the CSSAC UGLY HOLIDAY SWEATER CONTEST! Eligibility requirements for Contest – You must wear a holiday-or-winter themed sweater, sweatshirt, or sweater vest. You may add to or alter your sweater in any way you like. LET'S GET CREATIVE! All items must be “attached” to your sweater. Make it all that and a bag of chips! Prizes will be awarded to the WEIRDEST, MOST FESTIVE and MOST EMBELLISHED garment. Music by DJ Sweat. Light refreshments will be served. Sign up in the **FREE Book** located in the ECSAC office.

Friday, December 19

12-1:30 pm

Kwanzaa Celebration

Activity I & II

FREE

Celebrate Kwanzaa with us. Wear your African attire and enjoy light refreshments as we honor the season of unity, culture and community. Sign up in the **FREE Book** located in the ECSAC office.

Tuesday, December 30

12-1:30 pm

January 2026



Kicking Off the New Year

Activity Room I &II

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

PARKS DIRECT: 26507-122B

Start the year in style wear something sparkling and join us for a festive celebration. Enjoy a catered box lunch and live music as we toast to new beginnings and good times ahead.

Tuesday, January 6

11 am-1:30 pm

Veganuary: Try Something New This January

Activity Room I &II

FREE

Start the year with a healthy twist. Join us for **Veganuary** to explore nutritious plant-based recipes throughout the month of January. A registered nutritionist will lead a live cooking demonstration and share vegan recipes and other tips for adding more fruits and vegetables and plant-based meals to your diet.

Thursday, January 8

11 am-12 noon

Info Session: Caring for Caregivers

Activity Room II

FREE

Being a caregiver is an act of love, but it can also be emotionally and physically demanding. This information session is designed to support those who care for others by providing helpful resources, tips and self-care strategies. Sign up in the **FREE Book** located in the ECSAC office.

Monday, January 12

11 am-12 noon

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session: Smart Devices & AI for Seniors

Activity Room I &II

FREE

This session introduces user friendly smart devices. Learn how artificial intelligence (AI) can help with reminders for medication, video calls with family, entertainment and even home safety. Sign up in the **FREE Book** located in the ECSAC office.

Wednesday, January 14

11 am-12 noon

Info Session: Specialized Care

Activity Room II

FREE

Come and learn about specialized care services and the benefits of having a companion for yourself or a loved one. A provider will share valuable information, answers questions, and help you explore care options that support comfort and independence. Sign up in the **FREE Book** located in the ECSAC office.

Monday, January 19

11 am-12 noon

Soup for the Soul

Activity Room I & II

FREE

PARKS DIRECT: ECSAC-SPEC-GA-20260121

Soup is a comforting meal enjoyed around the world, dating back to the earliest cooking pots. Join us as we celebrate Soup for the Soul, a time to sit back, relax and savor a warm bowl of soup. Seating is limited, sign up early.

Wednesday, January 21

12 noon-2 pm

National Hot Chocolate Day-Chat and Sip with A Cop

Activity Room I & II

FREE

This day is dedicated to the rich and comforting beverage that has been warming hearts and souls for centuries. Whether it's a classic hot cocoa made with milk and cocoa powder, or a gourmet version made with dark chocolate, whipped cream, and marshmallows, hot chocolate is a timeless treat. Come chat and sip hot chocolate with Cpl. Tucker, Prince George's County Parks and Recreation Park Police Officer. You will be able to create your own hot chocolate drink by adding flavorings, candies, fun toppings, and syrups to your own liking. Sign up in the **FREE Book** located in the ECSAC office.

Friday, January 30

10:30-11:30 am

February 2026

HONORING BLACK HISTORY & AMERICAN HEART MONTH

Black History In Motion Program

FEE \$7 (R); \$10 (NR)

PARKS DIRECT CODE: PGPP-SPEC-GA-20220211

Celebrate Black History Month with seniors from throughout Prince George's county and beyond with a historical journey highlighting the contributions of African Americans through musical performance at The Publick Playhouse. The headliners of this event, Ka'ba Soul Singer and Band, will perform Classic Oldies, R&B, and Soul music. Special guest singer, songwriter, and author, **Tomika Arnold** will also grace the stage. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the theater. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784

Thursday, February 5

10:30 am – 12 noon

Doors open at 9:30 am

I Heart You: A Valentine's Day Celebration

ACTIVITY ROOM I & II

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

PARKS DIRECT CODE: 26507-122C

Celebrate the season of love with us wearing something red, white, and pink. Enjoy moments of laughter, and delicious treats featuring our signature chocolate covered fruit shish kabobs. Come share the love, fun and community with live entertainment.

Friday, February 13

12 noon- 1:30 pm

Hypertension Workshop

ACTIVITY ROOM I & II

FREE

PARKS DIRECT CODE: SPD-SPEC-GA-20260217

This educational session explores essential strategies for managing and preventing hypertension. Participants will learn about risk factors, lifestyle modifications, and the impact of nutrition and exercise on blood pressure control. The workshop provides practical tools for maintaining heart health and reducing the likelihood of developing hypertension, empowering attendees to take charge of their well-being.

Tuesday, February 17

11 am- 12 noon

Health Screenings 12:30-2 pm

Evelyn Cole Senior Activity Center: Activities & Special Events

African Mask Making
Activity Room I
FEE: \$5 (R); \$7(NR)

PARKS DIRECT CODE: 15502-122B

Learn about the rich history and cultural significance of African mask making. Then get creative and design your very own mask during this hands-on art activity. Fee includes supplies and light refreshments.

Wednesday, February 18
11 am-1 pm

Black History Month Jeopardy
Activity Room I & II
FREE

Join us for an exciting and educational journey through Black history, culture, and achievements! This Jeopardy game will challenge your knowledge of key historical figures, pivotal moments in the civil rights movement, influential artists and inventors and more. Compete with friends while celebrating the rich legacy and contributions of Black individuals throughout history. Whether you are a history buff or just want to have fun and learn something new. Sign up in the **FREE Book** located in the ECSAC office.

Thursday, February 19
12:30-2 pm

Info Session: Financially Fit
Activity Room I & II
FREE

Take charge of your financial well-being. The information session is designed to help make smart money decisions, manage expenses and plan with confidence. Stay empowered and financially fit. Sign up in the **FREE Book** located in the ECSAC office.

Monday, February 23
11 am-12 noon

Everybody's Birthday Celebration!
Activity Room I & II
FREE

Whether your birthday is in December, January or February, come join the fun as we honor all our winter birthdays. Wear your birthday sash, shirt or crown or anything that makes you feel festive and special. We will enjoy music, laughter and a sweet treat as we celebrate another wonderful year of life and friendship. Sign up in the **Free Book** located in the ECSAC office.

Monday, February 24
1-2 pm

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.

26th Annual Gingerbread House Contest and Show

Darnall's Chance House Museum

Upper Marlboro, MD

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

PARKS DIRECT CODE: ECSAC-20251209

It's a Gingerbread Contest. Come view beautiful handcrafted gingerbread houses created by talented local bakers and vote for your favorite entries. Enjoy a self-guided Fee includes admissions and transportation on a M-NCPPC activity bus. Limited seats, sign up early.



Tuesday, December 9

10 am-2 pm

Arundel Mills Holiday Excursion

Hanover, MD

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

PARKS DIRECT CODE: ECSAC-20251216

Get ready to shop till you drop at Arundel Mills Mall. Enjoy holiday shopping at your favorite stores, try your luck at the casino, or relax with a delicious meal at one of the many restaurants or food court options. Fee includes admissions and transportation on a M-NCPPC activity bus. Limited seats, sign up early.



Tuesday, December 16

9:30 am- 3 pm

Evelyn Cole Senior Activity Center: Trips

The Watkins Park Festival of Lights

Upper Marlboro, MD

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

PARKS DIRECT CODE: ECSAC-20251218

Enjoy a spectacular drive through display featuring over two million twinkling lights, sparked themed scenes and a breathtaking 54-foot LED musical tree show. We will grab a bit to eat before we explore the drive through. It is a holiday tradition you won't want to miss. Fee includes transportation on a M-NCPPC activity bus.

Cracker Barrel

Waldorf, MD

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

PARKS DIRECT CODE: ECSAC-20260108

Let's Eat! Join us as we visit Cracker Barrel and enjoy a delicious homestyle meal. The meal is at your own expense (average menu prices: \$11-\$30). Fee includes transportation on a M-NCPPC activity bus.

Movie Day at Xscape Theatres in Brandywine 14

Brandywine, MD

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

PARKS DIRECT CODE: ECSAC-20260112

Join us for a relaxing day at the movies. Sit back in reclining seats and enjoy a great film.

Don't forget to grab some hot buttery popcorn and your favorite snacks from the concession stand at your own expense. Fee includes transportation on a M-NCPPC activity bus.



Annapolis Mall

Annapolis, MD

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

PARKS DIRECT CODE: ECSAC-20260122

Spend the day shopping at Annapolis Mall, featuring a wide selection of name brand stores, restaurants, and a variety of options in the food court. Enjoy a fun and relaxing outing with time to shop and dine. Fee includes transportation on a M-NCPPC activity bus.

Sign up early, seats are limited.

Thursday, December 18

4-9 pm

Thursday, January 8

9:30 am-2 pm

Monday, January 12

9:30 am-2 pm

Thursday, January 22

9:30 am- 2 pm

Evelyn Cole Senior Activity Center: Trips

The Roses Gaming Resort

Dumfries, VA

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

PARKS DIRECT CODE: ECSAC-20260127

Join us for trip to The Gaming Resort and try your luck. Enjoy lunch at your own expense at one of the restaurants at the Market Street. The fee includes transportation on an M-NCPPC activity bus.

Tuesday, January 27

9 am-3 pm

The Great Blacks in Wax Museum

Baltimore, MD

Fee: \$30 (R); \$36(NR)

PARKS DIRECT CODE: ECSAC-20260210

Come along for an educational and inspiring guided tour to National Great Blacks and Wax Museum. Explore lifelike wax figures and powerful exhibits, struggles and rich history of African Americans. The fee includes transportation on an M-NCPPC activity bus.

Tuesday, February 10

9 am-3 pm

African American Civil War Museum & Ben's Chilli Bowl

Washington, DC

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

PARKS DIRECT CODE: ECSAC-20260219

We are traveling to the Nation's Capital as we explore the American Civil War Museum and uncover stories that shaped our nation's history. After the tour, we'll stop by the legendary Ben's Chilli Bowl, a D.C. staple known for its rich history and delicious food. The fee includes transportation on an M-NCPPC activity bus.

Thursday, February 19

9 am-3 pm

Tribute to Frankie Beverly

Publick Playhouse

Chevely, MD

Fee: \$30 (R); \$46 (NR)

PARKS DIRECT CODE: ECSAC-20260227

A live tribute to American singer and songwriter Frankie Beverly. He was best known for his recordings with the soul and funk band Maze and was a consistent hitmaker on the R&B charts for almost 50 years. His music is known for its authenticity and emotional depth. This concert highlights the early years of Maze and the transition to Maze featuring Frankie Beverly. We Are One X-Perience performs all the hit songs that everyone knows and loves, including: "Back in Stride," "Too Many Games," "Can't Get Over You," "Before I Let Go, Running Away," and many more. They pride themselves on giving the audience an incredibly high-energy performance each time they take the stage. Fee includes admission and transportation on a M-NCPPC activity bus.

Friday, February 27

10 am-2 pm

Evelyn Cole Senior Activity Center: Activities & Special Events



**ECSAC CINEMA PRESENTS
FREE MOVIE DAY**
Thursday, December 18
Thursday, January 15
Thursday, February 19
12:00 noon - 2:00 pm

Popcorn and a beverage will be served!

Sign up in the **Free Book** located in the office. The name of the movie will be posted at the center.

Evelyn Cole Senior Activity Center Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8400
Seniors County Information	301-265-8400
Medicare Information	800-233-1124
Call-A-Bus	301-499-8603

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
12 noon-12:30 pm.

Meal registration: Call the Department of Family Services, Aging Services Division at (301) 265-8475.

You must register at least one day in advance. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance. Please bring exact change to cover your donation.

Transportation registration: call the Department of Public Works & Transportation Intake line at (301) 499-8603.

Note: There will be no lunch program when Prince George's County schools have a delayed opening or are closed due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

For Your Information

Moved? Number changed?

From time to time, please stop at the office and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors at the Evelyn Cole Senior Activity Center? If so, give us a call on (301) 386-5525.