

John E. Howard Senior Activity Center



WINTER CALENDAR

December 2025, January, and February 2026



Hours of Operation

Monday-Friday	9:00 am-3:00 pm
Holiday Closures	Thursday, December 25: Christmas Day
	Thursday, January 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.

4400 Shell St. Capitol Heights 20743

Johnehowardseniors@pgparks.com

Phone: 301-735-2400

TTY: 301-699-2544

John E. Howard Senior Activity Center (JEHSAC): Information

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> Dec 1-Dec 17 Jan 5-Jan 28 Feb 2-Feb 25	11-11:30 am	17507-139A 17507-139B 17507-139C	\$9(R); \$12(NR) \$12(R); \$16(NR) \$10(R); \$13(NR)
Fitness Boot Camp/Body Sculpt: Seniors <i>With Rachel</i>	Gym	<u>Monday and Wednesday</u> Dec 1-Dec 17 Jan 5-Jan 28 Feb 2-Feb 25	11:45 am-12:15 pm	17511-139A 17511-139B 17511-139C	\$9(R); \$12(NR) \$12 (R); \$16(NR) \$10(R); \$13(NR)
Fitness Intermediate <i>With Rachel</i>	Gym	<u>Thursday</u> Dec 4- Dec 11 Jan 8-Jan 29 Feb 5- Feb 26	9:30-10:30 am	17531-139A 17531-139B 17531-139C	\$10 (R); \$13 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Arts & Crafts, Seniors <i>With Babbita</i>	Room 13	<u>Wednesday</u> Dec 3-Dec 24 Jan 7- Jan 28 Feb 4- Feb 25	10:30 am–12 noon	15502-139A 15502-139B 15502-139C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sewing <i>With Rhonda</i>	Room 13	<u>Thursday & Friday</u> Dec 4-Dec 19 Jan 8-Jan 30 Feb 5- Feb 27	10 am- 2 pm	15501-139A 15501-139B 15501-139C	\$38 (R); \$49 (NR) \$50 (R); \$65 (NR) \$50 (R); \$65 (NR)
Drum'n Tone <i>With Betty</i>	Gym	<u>Monday</u> Dec 1 Jan 5 Feb 2	1-2 pm	17546-139A 17546-139B 17546-139C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi <i>With Rachel</i>	Gym	<u>Thursday</u> Dec 4- Dec 11 Jan 8-Jan 29 Feb 5- Feb 26	11:00-11:30 am	21501-139A 21501-139B 21501-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Parks Direct	Room 13	<u>Friday</u> Dec 12 Jan 9 Feb 13	11:00 am- 12:00 noon	14505-139A 14505-139B 14505-139C	FREE

John E. Howard Senior Activity Center Clubs

CLUBS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Billiards	Game Room	Monday-Friday	9 am-3 pm	N/A	FREE with Senior ID Card
Gardening	Garden	Monday-Friday	Call JEHSAC front desk. Times vary	N/A	FREE with Senior ID Card
Games Board & Card Games	Social Room	Monday-Friday	10 am- 2 pm	N/A	FREE with Senior ID Card
Pickleball	Gym	Friday	10 am-2 pm	N/A	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**



December 2025

Wellness Wednesday
Game Room
FREE

Wednesday, December 3
9:30 am-10:30 am

Start your week with peace and positivity. We will practice mindfulness techniques such as deep breathing, gentle stretches, guided meditation and relaxation exercises. Sign up in the **FREE Book** at JEHSAC front desk.

Enjoy Tunes from Kevin Howard
Social Room
FREE

Thursday, December 4
12:00-1:00 pm

Join Kevin Howard, pianist/keyboardist extraordinaire for an afternoon of R&B and Smooth Jazz. An M-NCPPC Senior ID Card and reservations are required. Sign up in the **FREE Book** at JEHSAC front desk.

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

Wednesday, December 10
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.

Don't Be Stressed during the Holidays
Social Room
FREE

Wednesday, December 10
11:00 am-12:00 noon

The holidays can be a joyful time, but they can also bring stress, loneliness or sadness. Join us for an open and caring conversation about the challenges this season can bring. Let's share, support one another and explore healthy ways to find peace and comfort this holiday season. Sign up in the **FREE Book** at JEHSAC front desk.



John E Howard Senior Activity Center: Activities & Special Events

DIY Treat & Candle Holder Making

Room 14

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

PARKSDIRECT CODE: 15502-139D

Get creative with Arts on a Roll in this fun hands-on holiday art activity. You will design and decorate your own treat candle holders to take home to add to your décor. All supplies are included; no experience is necessary.

Thursday, December 11

11:30 am-1:30 pm

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

Laurel, MD

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

PARKS DIRECT TICKET CODE: SPD-SPEC-GA-20251212

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. Please note: **Transportation provided for \$10; seats are limited. You must register for transportation using the following Parks Direct trip code: JEHSAC-20251212. Register early!**

Friday, December 12

10:30 am-12 noon

Doors open at 10:15 am

Info Session: Financially Fit

Social Room

FREE

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

Wednesday, December 17

11 am-12 noon

Ugly Sweater Contest

Social Room

FREE

Your ugly sweater just might be the winner. Join in the fun and participate in the JEHSAC 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 Ron. Light refreshments served.

Sign up in the **FREE Book** at JEHSAC front desk.

Monday, December 22

12-1:30 pm

John E Howard Senior Activity Center: Activities & Special Events

Celebrate the Principles of Kwanzaa

Social Room

FREE

Monday, December 29

12-2 pm

Come learn and honor the seven principles of Kwanzaa. We'll watch *The Black Candle* narrated by Maya Angelou and engage in a meaningful group discussion. Popcorn and beverages will be served. Sign up in the **FREE Book** at JEHSAC front desk.

JANUARY 2026



HAPPY NEW YEAR

F.M.O-For Men Only

Game Room

FREE

Wednesday, January 7

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.

Ranger Jeopardy

Social Room

FREE

Wednesday, January 7

11 am-12 noon

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** at JEHSAC front desk.

Groove into the New Year

GYM

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

PARKS DIRECT CODE: 26507-139A

Friday, January 9

12-2:30 pm

Groove into the New Year with live music featuring **The Exclusives** and enjoy a catered box lunch. Don't forget to dress to impress and wear your bling.

John E Howard Senior Activity Center: Activities & Special Events

Blood Pressure Screening by MedStar

Room 13

FREE

Tuesday, January 13

10 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 check our numbers to help us stay healthy. Please sign up in the **FREE Book** at JEHSAC front desk. Space is limited.

Sip & Paint

Room 14

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

PARKS DIRECT CODE: 15502-139E

Tuesday, January 13

12:30-2 pm

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. Canvas, paint and drinks are the order for the day.

Steppin' Into the Season Line Dance Party

GYM

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

PARKS DIRECT CODE: 26507-139B

Wednesday, January 14

12-2:30 pm

Whether you're a seasoned dancer or just eager to learn, everyone is welcome on the dance floor. Join us for an afternoon of fun and fitness. DJ Insane Wayne will keep you on the floor and the music flowing, helping you burn calories and get your steps in. Fee includes a light lunch, beverage and a dessert.

Info Session: Getting Fit for 2026 with Forever Fit

Social Room

FREE

Monday, January 19

10:30 am-12 noon

Join Prince George's County Office of Community Relations as they spread awareness about the importance of health and wellness through stretching and dancing. Representatives from our county partners will share valuable health information and showcase healthy food options. Enjoy a fun morning filled with games, prizes and light refreshments. Let's move, learn and get fit for the new year.

Soup for the Soul

Social Room

FREE

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20260121

Wednesday, January 21

12:00-2:00 pm

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.

John E Howard Senior Activity Center: Activities & Special Events

Live Entertainment-Bliss

Thursday, January 22

Social Room

1-2 pm

FREE

Bliss Ananda is a classically trained violinist, who has captivated audiences in the Washington D.C. metropolitan area with his signature "Blue Violin" for nearly three decades. Stop by and enjoy the melodious sounds. Please sign up in the **FREE Book** at JEHSAC front desk.

Info Session: DHS Office of Adult Services

Wednesday, January 28

Social Room

11:00 am-12 noon

FREE

Come out for an informative session featuring representatives from the Office of Adult Protective Services. Gain valuable information on prevention, protection and support services available in your area. Sign up in the **FREE Book** at JEHSAC front desk.

FEBRUARY 2026

Black History in Motion Program

Thursday, February 5

Publick Playhouse

10:30 am-12 noon

Cheverly, MD

Doors open at 9:30 am

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

PARKS DIRECT CODE: PGPP-SPEC-GA-20260205

Join us on a journey through the American experience recognizing the contributions of African Americans to U.S. history and culture. Enjoy the crowd-thrilling musical experience of

The Exclusives – one of the hottest bands in the DMV! They will deliver an unforgettable musical experience spanning the greatest hits from the '60s to today. Get ready to dance, sing along, and be blown away by a band that knows how to keep the party going! 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. Transportation provided for \$10; You must register for transportation using Parks Direct Code: JEHSAC-20260205. Register early!**

The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784.

Mardi Gras

Tuesday, February 17

Auditorium

12:00- 2:30 pm

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

PARKS DIRECT CODE: 26507-139C

Let the good times roll. Come join us as we celebrate New Orleans culture, JEHSAC style. Enjoy a bowl of jambalaya, rice and beignets. Dance to live music from **The Memphis Trio** and soak in the festive spirit of Mardi Gras at JEHSAC.

John E Howard Senior Activity Center: Activities & Special Events

Info Session: Skin Care

Wednesday, February 18

Social Room

11 am-12 noon

FREE

It's a special one-hour session with a Mary Kay consultant who will give helpful tips and pointers on how to care for your skin. Learn simple routines and product suggestions to keep your skin healthy and glowing. Sign up in the **FREE Book** at JEHSAC front desk.

Info Session: Living Benefits:

Monday, February 23

Your Safety Net When You Need It Most

11 am-12 noon

Social Room

FREE

What happens if you face a serious health crisis? Medical bills pile up, and your savings can disappear quickly. This eye-opening session reveals a little-known benefit that many seniors already have (but don't know about!) - or can easily access. Discover how Living Benefits can put cash in your hands *while you're still living* to cover medical expenses, make ends meet, or simply reduce financial stress during the toughest times. Walk away knowing exactly what options exist to protect yourself and your family from financial hardship when health challenges strike.

Red Hot Bingo

Wednesday, February 25

Social Room

12:30-2:00 pm

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

PARKS DIRECT CODE: 26504-139A

Get ready for a sizzling good time. Join us for exciting bingo games featuring Red Hot Bingo, where every prize is something in the color **RED**. Enjoy classic bingo games of Four Corners, Postage Stamp, Blackout, and more. Fee includes snacks and drinks. Come play, win and have a red-hot good time.

Everybody's Birthday Celebration

Thursday, February 26

Social Room

1-2:30 pm

FREE

It's time to celebrate with you! Whether your birthday is in December, January or February, come join in the fun as we honor all winter birthdays. Wear your birthday sash, shirt, crown or whatever makes you feel festive and special. We'll enjoy music, laughter and a sweet treat as we celebrate another wonderful year of life and friendship. 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.

A Christmas Carol

**The Bowie Center for Performing Arts
Bowie, MD**

**Friday, December 5
9 am-3 pm**

Fee: \$20 (R); \$26 (NR)

PARKS DIRECT CODE: JEHSAC-20251205

This timeless tale follows the path of Ebenezer Scrooge, who finds redemption through the eyes of a young boy, Tiny Tim. Ebenezer is visited by three spirits, and his former business partner Jacob Marley, who teach him the importance of family and empathy during the holiday season. This action-packed production features live music, choral singing, and a timeless tale appropriate for audiences of all ages. Come join us at the Bowie Center for the Performing Arts and see our remount of this highly popular production A Christmas Carol. Fee includes admission and transportation on an M-NCPPC activity bus.

Senior Holiday Concert

**Laurel Beltsville Senior Activity Center
Laurel, MD**

**Friday, December 12
10 am-2:30 pm**

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

PARKS DIRECT CODE: JEHSAC-20251212

Please note, the fee is for transportation to the concert **ONLY** on an M-NCPPC activity bus. You must purchase a ticket to attend the concert. After the concert, we'll stop at a restaurant in Laurel for lunch at your own expense.

John E Howard Senior Activity Center: Trips

Motown Christmas

Baltimore, MD

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

PARKS DIRECT CODE: JEHSAC-20251213

BRENCORE Entertainment and the Bowie Center for the Performing Arts present “A MOTOWN CHRISTMAS” featuring The BRENCORE ALLSTARS Band who will perform some of MOTOWN’s greatest Christmas songs by the Temptations, Four Tops, Smokey Robinson, Gladys Knight and The Pips, Marvin Gaye, Stevie Wonder, Diana Ross and The Supremes, Michael Jackson, The Spinners, The Jackson 5, and more to put you in the holiday spirit. Fee includes admission and transportation on an M-NCPPC activity bus.

Saturday, December 13

5-10 pm



Potomac Mills Mall Shopping

Woodbridge, VA

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

PARKS DIRECT CODE: JEHSAC-20251217

Shop till you Drop shopping trip to Potomac Mills 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.

Wednesday, December 17

9 am-4 pm

Festival of Lights

Upper Marlboro, MD

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

PARKS DIRECT CODE: JEHSAC-20251218

Join us for a magical evening at Watkins Region Park’s Festival of Lights. Before the tour, we’ll stop for a quick bite to eat. We will experience the sparkle of thousands of dazzling holiday displays from the comfort of the bus as we drive through the winter wonderland. Don’t miss out on this festive outing. Meal at your own expense. Fee includes transportation on an M-NCPPC activity bus.

Thursday, December 18

5-9 pm

Galliano Italian Restaurant & Wine Bar

Gambrills, MD

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

PARKS DIRECT CODE: JEHSAC-20260106

Travel with us we venture out to enjoy authentic Italian cuisine crafted with passion, tradition and fresh ingredients. From classic pasta dishes to desserts, there’s something on the menu for everyone. Lunch at your own expense. Fee includes transportation on an M-NCPPC activity bus.

Tuesday, January 6

10 am-3 pm

John E Howard Senior Activity Center: Trips

**Dr. Martin Luther King Jr. Memorial
Washington, DC**

**Tuesday, January 20
9 am-4 pm**

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

PARKS DIRECT CODE: JEHSAC-20260120

The memorial honors Martin Luther King, Jr.'s legacy and the struggle for freedom, equality, and justice. A prominent leader in the modern civil rights movement, Dr. King was a tireless advocate for racial equality, working class, and the oppressed around the world. Check out the bookstore after you take pictures. Fee includes admission transportation on an M-NCPPC activity bus. After the visit, lunch will be on your own.

**The Roses Gaming Resort
Dumfries, VA**

**Tuesday, January 27
10 am-4 pm**

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

PARKS DIRECT CODE: JEHSAC-20260127

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

**The B&O Railroad Museum
Baltimore, MD**

**Thursday, February 5
9 am-3 pm**

FEE: \$30(R); \$39(NR)

PARKS DIRECT CODE: JEHSAC-20260205

All aboard for a fund day out for a visit to the B&O Railroad Museum, where you'll explore fascinating exhibits and learn about the history of American railroads. After the museum tour, we'll enjoy lunch at staple Baltimore restaurant.

**The Alexandria Black History Museum
Alexandria, VA**

**Thursday, February 12
9 am-3 pm**

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

PARKS DIRECT CODE: JEHSAC-20260212

We are heading to a meaningful visit to Alexandria Black History Museum, where we'll explore powerful exhibits that celebrate African American history, culture and contributions. Discover stores of resilience and achievement that have shaped the Alexandria community. After the visit, we will visit Old Town Alexandria for lunch at your own expense. Fee includes transportation on an M-NCPPC activity bus.



John E. Howard Senior Activity Center
presents

TUESDAY MOVIE DAY



SOCIAL ROOM

12:00 noon- 2 pm

December 9

January 13

February 10

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.**