

Evelyn Cole Senior Activity Center



SPRING CALENDER

March, April and May 2026

Hours of Operation

Monday-Friday	10 am – 2 pm
Holiday Closure	Monday, May 25: Memorial Day

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

Spring Registration

- Registration begins **Wednesday, February 11 for Residents (R)** only.
- Registration begins on **Wednesday, February 18 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 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.)

Our Refund Policy

1. 100% refunds are issued when M-NCPPC/ECSAC 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.

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
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



SPRING 2026 REGISTRATION FORM

PLEASE PRINT CLEARLY

Please detach this form and present it to staff at the front desk for registration.

Name: First Name _____ **Last Name** _____

Phone on File: _____ **Email Address:** _____

PARKS DIRECT CODE	CLASS, ACTIVITY, SPECIAL EVENT OR TRIP	COST

March 2026

Info Session: Risk & Financial Protection
Activity Room I & II
FREE

Monday, March 2
11 am-12 noon

Come out and hear an informative and empowering workshop that will cover practical strategies to safeguard your income, unexpected expenses, and common financial risks. This workshop will offer valuable tools to help you stay informed and financially secure. Sign up for this session in **FREE Book** located in the ECSAC office.

Info Session: Hypertension Workshop
Activity Room I & II
FREE

Tuesday, March 3
11 am- 12 noon

PARKS DIRECT CODE: ECSAC-SPEC-GA-20260303

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. Stay after the session for a free health screening!

An Emerald Affair
Activity Room I & II

Friday, March 6
11:30 am-2 pm

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

PARKS DIRECT CODE: 26507-222A

We are turning Evelyn Cole **GREEN**, and you are invited to celebrate in style. It will be an afternoon filled with music, laughter, and a catered lunch. We encourage you to wear emerald green or any shade of green. Come out and let the good times roll at ECSAC with live entertainment provided. Fee includes catered lunch with a drink and dessert. **Deadline to register is February 26.**

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session: CPR Activity Room II FREE

**Monday, March 9
11 am-12 noon**

Learn basic First Aid, CPR, and the Heimlich Maneuver techniques with a certified instructor with American Heart Association. This will be an abbreviated class, and attendees will not receive a certification. Space is limited. Sign up for this session in the **FREE Book** located in the ECSAC office.

Healthy Next Steps KD Room FREE

**Wednesday, March 11
11 am-12 noon**

This 6 week, in-person educational program sponsored by Medstar is designed to empower individuals who are at high risks for diabetes, managing chronic conditions or seeking to improve overall health outcomes. Participants will gain practical tools, knowledge and support to make healthier lifestyle choices. Sign up in the **FREE Book** located in the ECSAC office. Space is limited. **Session runs until April 22.**

World Kidney Day Activity Room I FREE

**Thursday, March 12
11 am-12 noon**

Join us as we recognize World Kidney Day with a powerful and informative session focused on kidney health and awareness. You will hear a first-hand story from a kidney transplant recipient who will share her personal journey, challenges, and triumphs. Sign up in the **FREE Book** located in the ECSAC office.

Queens of ECSAC- Women's History Month Activity Activity Room I & II FREE

**Monday, March 16
12 noon-2:00 pm**

Celebrate Women's History Month with a royal twist. We will celebrate the strength, grace and accomplishments of women past and present who have made a lasting impact. Come dressed as the Queen, you are in your royal purple attire. Sign up in the **FREE Book** located in the ECSAC office.



Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session: Memory Screenings

Wednesday, March 18

Activity I & II

11 am-1 pm

FREE

The Pickett Fences team will conduct memory screening that are brief, confidential and will only take approximately 10 minutes to complete. The results are not a diagnosis, it can suggest if someone should see a physician for a full evaluation. Early awareness matters, take a few minutes for your memory health. Sign up in the **FREE BOOK** located in the ECSAC office.

ECSAC Live Entertainment Hour

Thursday, March 19

Activity I & II

12:30-1:30 pm

FREE

Join us for a free one-hour live entertainment featuring Washington, DC native **Elijah Jamal Balbed**. He will perform a variety of songs for your listening pleasure offering an engaging hand clapping and finger snapping musical experience. Bring a friend. Sign up in the **FREE BOOK** located in the ECSAC office.

Living Strong Fitness Class

Monday, March 23

Activity I

9:30-10:30 am

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

PARKS DIRECT CODE: 17697-279A

Whether you're a graduate of Fit & Strong! or new to group fitness and would like a challenge, Living Strong is a great way to stay active and build strength in a supportive environment. This class includes strength training, aerobic exercise, balance, flexibility and more, along with goal setting to help you stay motivated and consistent. Come improve your endurance, boost your energy, and keep Living Strong! Registration required. **This session runs until June 17, 2026**

Maryland Day at ECSAC

Wednesday, March 25

Activity I & II

12-1:30 pm

FREE

Celebrate Maryland Day with us as we dive into the rich history of Maryland and Prince George's County. M-NCPPC's Natural and Historic Resource Division (NHRD) will present the interactive activity. Play trivia, share stories, and learn about 250th commemoration. Join us for a day of learning, fun and Maryland pride! Sign up in the **FREE Book** located in the ECSAC office.

Evelyn Cole Senior Activity Center: Activities & Special Events

Lights, Camera Action!

Activity Room I & II

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

PARKS DIRECT CODE: 26507-222B

Enjoy a relaxing day where a featured movie for World Theater Day will be on the big screen for your viewing pleasure. Sit back and relax and enjoy the full movie going experience right at ECSAC. A concession stand will be available featuring hot dogs, nachos, popcorn, candy, and drinks. The fee includes the concession stand items. **Deadline to register is March 20.**

Friday, March 27

12:30-2:00 pm

A Splash of Color for World Crayon Day

Activity I & II

FREE

PARKS DIRECT CODE: 15502-222A

This will be a guided art activity using crayons. This activity will be one of conversation, laughter, and self-expression with a splash of color. Crayons and supplies will be provided. No art experience needed, open to all skill levels. Sign up in the **FREE Book** located in the ECSAC office.

Tuesday, March 31

12-1:30 pm

April 2026

Laugh Out Loud Comedy Hour

Activity Room I & II

FREE

Get ready to laugh and good vibes as we welcome Simply Shirley for a special comedy hour. Simply Shirley is known for her humor, storytelling, and wit. This is guaranteed to be a good comedy show for all in attendance as laughter is good for the soul. Sign up in the **FREE Book** located in the ECSAC office.

Wednesday, April 1

12:30- 1:30 pm



Evelyn Cole Senior Activity Center: Activities & Special Events

Senior Health and Fitness Day
Landover, MD

Wednesday, April 8
9 am – 1 pm

FREE

PARKS DIRECT CODE: SPLEX-SPEC-GA-20260408

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, and health screenings. This event will feature an exciting health & fitness challenge! Participants who successfully complete the challenge will have their names entered into a drawing for special prizes. Do not miss this opportunity to engage, have fun, and win! **Bus Transportation Fee: (\$10.00). Parks Direct code: ECSAC-20260408.** You must register for transportation using the highlighted registration code. Register early! Spaces are limited!

Bus Transportation will be leaving from the Evelyn Cole Senior Activity Center.

Celebrate Earth Day with Us
Activity Room I

Wednesday, April 22
1-2 pm

FREE

PARKS DIRECT CODE: 15517-222A

Celebrate Earth Day with us and enjoy a hands-on workshop where you will learn how to create your very own flower arrangement to add beauty and color to your home décor. No experience needed. Sign up in the **FREE Book** located in the ECSAC office. Space is limited.

Info Session: Write It Down or Save It Smart
Activity Room I & II

Thursday, April 23
11 am-12 noon

FREE

Join us for a helpful and practical information session designed to support seniors in capturing essential information in ways that work best for you-whether it means writing it down or saving it on your phone. The session will be hands on guidance. Bring a notebook, your phone or both. Sign up in the **FREE Book** located in the ECSAC office.

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session: Gentle Steps Through Grief

Monday, April 27

Activity Room I & II

11 am-12 noon

FREE

Take gentle steps toward healing, respect, and support. Explore ways to cope with loss and change, honor memories while moving forward and find comfort through community and conversation. Sign up in the **FREE Book** located in the ECSAC office.

May 2026

OLDER AMERICANS' MONTH

&

NATIONAL PHYSICAL FITNESS MONTH

Cinco De Mayo Fiesta

Tuesday, May 5

Activity Room I & II

12 noon- 1:30 pm

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

PARKS DIRECT CODE: 18501-222A

Join us for a lively Cinco de Mayo celebration filled with music, movement, culture, and flavor. Participants will learn basic salsa dancing and enjoy chips, salsa, guacamole, queso and a signature mocktail margarita. **Deadline to register is April 28.**

Beats & Bingo

Friday, May 8

Activity Room I & II

12 noon- 2:00 pm

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

PARKS DIRECT CODE: 26504-222A

Get ready for a lively twist on a classic game. Enjoy the excitement of bingo combined with music provided by **DJ Infinite Sounds**, good vibes, prizes, and lots of laughs. As the beats play, players will mark their cards, groove to the music, and enjoy a high energy social experience. Come out to be a winner! Fee includes swag and refreshments. **Deadline to register is May 1.**

Evelyn Cole Senior Activity Center: Activities & Special Events

NATIONAL PHYSICAL FITNESS & SPORTS MONTH ACTIVITY

Forever Fit
Activity Room I & II
FREE

Wednesday, May 13
11 noon- 12:30 pm

PARKS DIRECT CODE: 17531-222A

The Office of Community Relations will be hosting their Forever Fit with ECSAC. OCR staff will spread awareness regarding senior's health through dancing/stretching activities, explain why it is beneficial, provide vital information from County partners, and present healthier food options. This activity will be filled with games such as raffles, dance sessions, prizes, light refreshments, and a guest speaker.

M*Town Get Down
Brandywine, MD

Wednesday, May 20
11 am-1:30 pm

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

PARKS DIRECT: SAARC-SPEC-GA-20260520

We're going to a go-go! Join us and celebrate the musical magic of the Motown era at the Motown, Get Down! Enjoy the smooth voices and high-stepping choreography of the Brencore All-Star Band as they perform some of Motown's iconic hit songs. After the show and catered lunch, hop on the dance floor and create your own Motown performance as the band continues to crank out more memorable Motown tunes. It's a great way to get those daily steps in and exercise your lungs! Don't miss the fun! Retro dress code desired. Doors open at 10:30 am. Transportation is being provided; seats are limited.

Bus Transportation Fee: (\$10.00). Parks Direct code: ECSAC-20260520. Leaving from ECSAC at 9:30 am. Transportation ticket does not include admission.

NATIONAL PHYSICAL FITNESS & SPORTS MONTH ACTIVITY

Let's Make a Deal: Fitness Edition
Activity Room I & II
FREE

Wednesday, May 27
12:30-2 pm

PARKS DIRECT CODE: 17531-222B

Get ready to move, laugh and make some healthy choices. Participants will play a fun, fitness-themed version of Let's Make a Deal. Mystery bags, boxes or envelopes may include light fitness challenges, wellness questions or a surprise. Just like the show, you can keep what you have or trade it for a healthy deal. Oh, and you can dress in costume for the fun and fitness of it.

Evelyn Cole Senior Activity Center: Activities & Special Events

Everybody's Birthday Celebration!

Activity Room I & II

FREE

Thursday, May 28

1-2 pm

Whether your birthday is in *March, April* or *May*, 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.

Blue Jean Bash

Auditorium at JEHSAC

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

PARKS DIRECT CODE: 26507-239C

Friday, May 29

12 noon-3 pm

Let's close out the month in style at our Evelyn Cole and John E. Howard Senior Activity Centers Blue Jean Bash, featuring live music by **The Tribe Band**. Put on your favorite denim and join us for an afternoon of great music, dancing, and a delicious lunch. **Deadline to register is May 22.**

Evelyn Cole 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)
- 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 the sufficient registration; specific registration deadlines apply.



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

Evelyn Cole Senior Activity Center: Trips

**The Farmhouse
Gambrills, MD**

**Wednesday, March 4
9 am - 2 pm**

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

PARKS DIRECT CODE: ECSAC-20260304

Join us for a lunch outing to a contemporary American farm to fork restaurant with a warm and rustic atmosphere. Enjoy delicious food and a unique experience. Average menu prices: \$11-\$30. Fee includes transportation on an M-NCPPC activity bus.



**Rod 'N' Reel Resort
Chesapeake, MD**

**Tuesday, March 10
9 am- 3pm**

Fee: \$12 (R); \$14(NR)

PARKS DIRECT CODE: ECSAC-20260310

Try your luck on the casino floor, enjoy bingo games or spend the day relaxing at one of the dining options. Fee includes transportation on an M-NCPPC activity bus.



**DC Cherry Blossom & Dr. MLK Tidal Basin Sightseeing
Washington, DC**

**Tuesday, April 7
9 am- 3 pm**

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

PARKS DIRECT CODE: ECSAC-20260407

Join us for a beautiful day of DC sightseeing as we visit the Cherry Blossoms, Dr. Martin Luther King Jr. Memorial at the Tidal Basin. You will have time to stroll, take pictures, snap selfies and enjoy the spring views.

**BJ's Restaurant and Brewhouse
Bowie, MD**

**Thursday, April 9
10 am-2 pm**

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

PARKS DIRECT CODE: ECSAC-20260409

This restaurant is known for its sweet treat, the Pizookie a warm cookie topped with ice cream and features a California spin on deep-dish Chicago style pizza and other favorites. The popular Pizookie Meal Deal is an average lunch price of \$13. Register and hop along and join us.

Evelyn Cole Senior Activity Center: Trips

Maryland Chicken Wing Festival
Crownsville, MD



Saturday, April 18
9:30 am - 4 pm

Fee: \$25 (R); \$33(NR)

PARKS DIRECT CODE: ECSAC-20260418

The 12th Annual Maryland Chicken Wing Festival will have some of the best wings from various establishments. Come along with us to Anne Arundel Fairgrounds and enjoy the day with activities, music, tasty food and drinks. Food and drinks are available for purchase at your own expense from the vendors on site. Fees include festival admission and transportation aboard an M-NCPPC activity bus.

Dallas Black Dance Theater
Publick Playhouse
Cheverly, MD

Thursday, April 23
9 am-3 pm

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

PARKS DIRECT CODE: ECSAC-20260423

Dallas Black Dance Theatre's professional company, DBDT, consists of professional dancers performing a mixed repertory of modern, jazz, African and spiritual works by nationally and internationally known choreographers. DBDT's performing company are professional artists from around the nation who provide dance services for DBDT's growing local and regional educational outreach. You don't want to miss this outstanding performance. Fees include admission and transportation aboard an M-NCPPC activity bus. After the show we will have lunch at your own expense at Jaspers.

The Wizard of Oz
Toby's Dinner Theater
Fee: \$100 (R); \$130 (NR)

Wednesday, May 6
9 am- 4 pm

PARKS DIRECT CODE: ECSAC-20260506

Enjoy a delicious buffet and a fantastic matinee performance of The Wizard of Oz. Fee includes admission and transportation on an M-NCPPC activity bus.

Patapsco Flea Market
Baltimore, MD



Saturday, May 9
8 am - 3 pm

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

PARKS DIRECT CODE: ECSAC-20260509

This trip is back by popular demand. Located minutes from the Baltimore Harbor with over six hundred vendors both indoor and outdoor, something for everyone Lunch at your own expense. The fee includes transportation on a M-NCPPC activity bus.

Evelyn Cole Senior Activity Center: Trips

Marie's Dinner

La Plata, MD

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

PARKS DIRECT CODE: ECSAC-20260512

Come with us to Charles County for a delicious outing to Marie's where you can enjoy your choice of a homestyle breakfast or lunch along with a dessert menu to satisfy your sweet tooth. The fee includes transportation on a M-NCPPC activity bus.

Tuesday, May 12

10 am- 2 pm

Bowling at Crofton

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

PARKS DIRECT CODE: ECSAC-20260521

A spare- or better yet, a strike! Come hone your bowling skills. Shoe rental and games will be paid in cash at the bowling alley. Enjoy two games of bowling. Fee includes transportation on a M-NCPPC activity bus.

Thursday, May 21

9 am- 3 pm

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 \$5.00. 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.

Inclement Weather Policy and Closures

Trip refunds will only be available if your registration is replaced by someone on the waitlist. If you cancel your reservation, please contact the center staff as soon as possible.