

John E. Howard Senior Activity Center



SPRING CALENDAR

MARCH, APRIL and MAY 2026



Hours of Operation

Monday-Friday	9:00 am-3:00 pm
Holiday Closures	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.

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.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.

John E. Howard Senior Activity Center Classes

Please note: There will be no classes during the week of March 16-20.

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training <i>With Rachel</i>	Gym	<u>Monday and Wednesday</u> March 3-March 26 April 6- April 29 May 4- May 27	11-11:30 am	17507-239A 17507-239B 17507-239C	\$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> March 3-March 26 April 6- April 29 May 4- May 27	11:45 am-12:15 pm	17511-239A 17511-239B 17511-239C	\$9(R); \$12(NR) \$12 (R); \$16(NR) \$10(R); \$13(NR)
Fitness Intermediate <i>With Rachel</i>	Gym	<u>Thursday</u> March 3-March 26 April 2-April 23 May 7-May 28	9:30-10:30 am	17531-239A 17531-239B 17531-239C	\$10 (R); \$13 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Sewing <i>With Rhonda</i>	Room 13	<u>Thursday & Friday</u> March 5-March 27 April 2-April 24 May 7-May 29	10 am- 2 pm	15501-239A 15501-239B 15501-239C	\$38 (R); \$49 (NR) \$50 (R); \$65 (NR) \$50 (R); \$65 (NR)
Drum'n Tone <i>With Betty</i>	Gym	<u>Monday</u> March 9 April 13 May 11	1-2 pm	17546-239A 17546-239B 17546-239C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi <i>With Rachel</i>	Gym	<u>Thursday</u> March 3-March 26 April 2-April 23 May 7-May 28	11:00-11:45 am	21501-239A 21501-239B 21501-239C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Parks Direct	Room 13	<u>Friday</u> March 13 April 10 May 8	11:00 am- 12:00 noon	14505-239A 14505-239B 14505-239C	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



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 of File: _____ Email Address: _____

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

March 2026

Info Session: Risk and Financial Protection

Social Room

FREE

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.

Monday, March 2

9:30 am-10:30 am

Blood Pressure Screening by MedStar

Room 13

FREE

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

Tuesday, March 10

10 am-1 pm

Cherry Blossom Painting Workshop

Room 13

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

PARKS DIRECT CODE: 15502-239A

Celebrate the beauty of spring in this Cherry Blossom Watercolor and Acrylic Paint Workshop. Participants will be guided in creating cherry blossom inspired painting. Fee includes supplies and light refreshments. No experience needed.

Wednesday, March 11

10:30 am-12 noon

Info Session: Building Legacy Not Just Wealth

Social Room

FREE

True success is measured not only by what we accumulate, but by what we pass on. Join us this spring for meaningful conversations about protecting your family, planning for the future, and creating a legacy of stability, values, and opportunity for generations to come. Sign up in the **FREE Book** at JEHSAC front desk. Space is limited.

Wednesday, March 11

11 am-12 noon

John E Howard Senior Activity Center: Activities & Special Events

Living Well: Women in Every Season of Life
Social Room
FREE

Join us for an inspiring Women's History Month panel discussion celebrating wisdom, strength and experiences across generations. Our panelist will share insights on staying active and fit, embracing beauty at every age and maintaining a social life. Come out and be inspired, connect with others and celebrate women. Sign up in the **FREE Book** at JEHSAC front desk.

Info Session: CPR
Activity Room I & II
FREE

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

Steppin' Into the Spring Line Dance Party
GYM
FEE \$10 (R); \$13 (NR)
PARKS DIRECT CODE: 26507-239A

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 box lunch.

Tuesday, March 24

11 am-12 noon

Wednesday, March 25

12-2:30 pm

APRIL 2026

JEHSAC Stream Clean Up Project
Outdoors
FREE

Come lend a helping hand at our Annual Stream Clean. Please wear comfortable clothing and sturdy shoes. Trash bags and pickers will be provided. Lunch will be provided for volunteers. Sign up in the **FREE Book** at JEHSAC front desk.

Tuesday, April 7

8:30 – 11:30 am

John E Howard Senior Activity Center: Activities & Special Events

Senior Health and Fitness Day
SAARC, Brandywine, MD
FREE

Wednesday, April 8
9 am – 1 pm

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. Don't miss this opportunity to engage, have fun, and win!

Bus Transportation Fee: (\$10.00). Parks Direct code: JEHSAC-20260408. You must register for transportation using the highlighted registration code. Register early! Spaces are limited!

Springtacular Wreath Making Workshop
Room 13

Wednesday, April 8
10:30 am-12 noon

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

PARKS DIRECT CODE: 15502-239B

Get creative and celebrate the beauty of spring. Participants will design a vibrant wreath using pastel colors, floral and seasonal accents which will be an accent for decorating your front door or adding a colorful touch inside your home. Fee includes supplies and light refreshments. No experience needed.

Steppin' into Spring Senior Fashion Show
Auditorium

Thursday, April 9
12:30- 3 pm

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20260409

Get ready to strut your stuff at our Spring Fashion Show, featuring stylish runway scenes and a catered lunch proudly hosted by Rhonda's Sewing Class at JEHSAC. This event will showcase creativity, confidence, and spring inspired fashions.

Think you have got what it takes to shine on the runway? Models needed! If you would like to participate and show off your fashions, sign up at JEHSAC front desk.

Info Session: Gentle Steps Through Grief
SOCIAL ROOM
FREE

Monday, April 20
11 am-12 noon

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** at JEHSAC front desk.

John E Howard Senior Activity Center: Activities & Special Events

Spring Breeze Kite Social

JEHSAC Outside Field

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

PARKS DIRECT CODE: 26507-239B

Join us outdoors and enjoy fresh air, gently movement and the pleasure of watching coloring kites dance in the sky. Fee includes kites for all registered participants. If it rains this event will be rescheduled.

Wednesday, April 29

12:30-2:00 pm

MAY 2026

OLDER AMERICANS' MONTH

&

NATIONAL PHYSICAL FITNESS MONTH

Healthy Next Steps

Room 13

FREE

This 6 week, an 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** at JEHSAC front desk. Space is limited.

Session runs until June 9.

Tuesday, May 5

11 am- 1 pm

Blood Pressure Screening by MedStar

Room 13

FREE

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.

Tuesday, May 12

10 am-1 pm

Hydrangea Centerpiece Workshop

Room 13

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

PARKS DIRECT CODE: 15502-239C

Create a beautiful seasonal centerpiece using silk hydrangeas in this hands-on floral workshop. Fee includes supplies and light refreshments. No experience needed.

Wednesday, May 13

10:30 am-12 noon

John E Howard Senior Activity Center: Activities & Special Events

**Tai Chi
GYM
FREE**

**Tuesday, May 19
11:00 am-12 noon**

PARKS DIRECT CODE: 21501 -239D

In recognition of National Physical Fitness and Sports Month, join us for a refreshing session focused on gentle movement balance, and overall wellness. Come enjoy a peaceful way to stay active, reduce stress, and support your physical well-being while moving at your own pace.

M*Town Get Down

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 Bencore 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: JEHSAC-20260520. Leaving from JEHSAC at 9:30 am. Transportation ticket does not include admission.

Back in the Day: Guess Who?

Social Room

FREE

Let's take a walk down memory lane! Join us for an afternoon of memories, laughter and a little friendly competition at Back in the Day photo guessing game. Bring a childhood picture of yourself. All photos will be secured on a display board with no names attached. Participants will guess who's who among the JEHSAC seniors. There will be a prize for the person who correctly identifies the most amongst the group. Get ready to reminisce and be surprised at how little everyone has changed. **Please bring your photo to the front desk at JEHSAC by Monday, May 4 to be included.**

John E Howard Senior Activity Center: Activities & Special Events

Stay Active, Stay Pickled!

GYM

FREE

PARKS DIRECT CODE: 27505-239A

Come play pickleball, a fun and exciting way to stay active and get pickled. It's a great chance to work on your skills, enjoy some friendly competition, and meet other players. We've got paddles and pickleballs, just bring your energy and get in a little cardio while having fun. See you on the court. Bring your water bottle.

Friday, May 22

10 am-2 pm

Everybody's Birthday Celebration

Social Room

FREE

It's time to celebrate with you! Whether your birthday is in March, April or May, 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.

Thursday, May 28

1-2:30 pm

Blue Jean Bash

Activity Room I

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.**

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.

Leesburg Premium Outlet

Leesburg, VA

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

PARKS DIRECT CODE: JEHSAC-20260312

Shop Till You Drop! Shop at more than 100 designer and name-brand outlet stores, which offer great discounts. Enjoy outdoor amenities, courtyard lounging and dining areas. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Thursday, March 12

9 am-5:30 pm

The Dubliner

Washington, DC

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

PARKS DIRECT CODE: JEHSAC-20260319

Come join us for an authentic Irish dining experience. This restaurant is known for tradition fare, and comfort food with classic pub favorites. An experience to taste and try flavors of Ireland. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Thursday, March 19

10 am- 2pm

John E Howard Senior Activity Center: Trips

The Chuck Brown Band

Publick Playhouse

Cheverly, MD

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

PARKS DIRECT CODE: JEHSAC-20260328

The Chuck Brown Band honors the “Godfather of Go-Go” by continuing his legacy, touring with this classic and new material from the band. Don’t miss this uplifting non-stop performance that blends jazz, funk, and soul while engaging the audience. The Godfather may be gone, but his legacy continues as The Chuck Brown Band carries his funky groove forward without missing a B-E-A-T. Wind Us Up, Chuck! Fee includes admission and transportation on an M-NCPPC activity bus. Lunch at your own expense.

Saturday, March 28

9 am-3 pm

All American Steakhouse Grill

Waldorf, MD

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

PARKS DIRECT CODE: JEHSAC-20260414

A casual dining restaurant known for its steaks, burgers and classic American favorites. A spot to enjoy a satisfying meal and good company. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Tuesday, April 14

10-3 pm

Maryland Chicken Wing Festival

Crownsville, MD

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

PARKS DIRECT CODE: JEHSAC-20260418



Saturday, April 18

9:30 am – 4 pm

Patapsco Flea Market

Baltimore, MD

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

PARKS DIRECT CODE: JEHSAC-20260509

Saturday May 9

8 am- 4 pm

This flea market is located minutes from the Baltimore Inner Harbor with over 600 vendors where there is something for everyone. The Patapsco Flea Market has both indoor and outdoor vendors for you to explore. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

John E Howard Senior Activity Center: Trips

Air & Space Museum

Washington, DC

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

PARKS DIRECT CODE: JEHSAC-20260514

This exciting trip offers an opportunity to see historic aircraft, space shuttles and fascinating exhibits that highlight the achievements of air and space exploration. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Thursday, May 14

9 am- 2 pm

Mike's America Restaurant

Springfield, VA

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

PARKS DIRECT CODE: JEHSAC-20260519

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. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Tuesday, May 19

10 am- 2:30 pm

John E. Howard Senior Activity Center
presents

TUESDAY MOVIE DAY



SOCIAL ROOM
12:00 noon- 2 pm
March 10
April 14
May 12

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 \$5.00. 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.**