

John E. Howard Senior Activity Center



SUMMER CALENDAR JUNE, JULY and AUGUST 2026



Hours of Operation

Monday-Friday

9:00 am-3:00 pm

Summer Registration

- Registration begins **Wednesday, May 13 for Residents (R)** only.
- Registration begins on **Wednesday, May 30 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 With Rachel	Gym	<u>Monday and Wednesday</u> June 1-June 24 July 6-July 29 Aug 8- Aug 26	11-11:30 am	17507-439A 17507-439B 17507-439C	\$12 (R); \$16(NR) \$12 (R); \$16(NR) \$12 (R); \$16(NR)
Fitness Boot Camp/Body Sculpt: Seniors With Rachel	Gym	<u>Monday and Wednesday</u> June 1-June 24 July 6-July 29 Aug 8- Aug 26	11:45 am-12:15 pm	17511-439A 17511-439B 17511-439C	\$12 (R); \$16(NR) \$12 (R); \$16(NR) \$12 (R); \$16(NR)
Fitness Intermediate With Rachel	Gym	<u>Thursday</u> June 4-June 25 July 2-July 23 Aug 6-Aug 27	9:30-10:30 am	17531-439A 17531-439B 17531-439C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Sewing With Rhonda	Room 13	<u>Thursday & Friday</u> June 4-June 26 July 9-July 31	10 am- 2 pm	15501-439A 15501-439B	\$50 (R); \$65 (NR) \$50 (R); \$65 (NR)
Drum-n-Tone With Betty	Gym	<u>Monday</u> June 1 July 6 August 3	1-2 pm	17546-439A 17546-439B 17546-439C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi With Rachel	Gym	<u>Thursday</u> June 4-June 25 July 9-July 30 Aug 6-Aug 27	11:00-11:45 am	21501-439A 21501-439B 21501-439C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Parks Direct	Room 13	<u>Friday</u> June 12 July 10 August 14	11:00 am-12:00 noon	14505-439A 14505-439B 14505-439C	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
Inspirational Hour	Room 14	Wednesdays	10-11 am	NA	FREE with Senior ID Card
Pickleball	Gym	Friday	10 am-2 pm	N/A	FREE with Senior ID Card

HELLO PATRONS!

The weight room is open during programming hours for your convenience. Stop in and take advantage of the ellipticals, stationary bikes, free weights, and other fitness equipment to help you stay active, healthy and in shape. The space is ready for you to move at your own pace.

KEEP IT GREEN IN 2026

1. Save paper, please only take 1 Senior Activity Calendar
2. Avoid paper clutter. Learn how to find information you need online.
3. Recycle paper, bottles, and cans.
4. Never litter! Please dispose of garbage properly.

PG Parks Alerts

Get information on M-NCPPC closures, cancellations, and emergencies by email. Sign up today by visiting www.pgparcs.com/news/news-releases/pgparcs-alerts

June 2026

Morning Wellness Walk
JEHSAC Outdoor Track
FREE

June 1-August 31
8:30-10:30am

Jump start your morning with a refreshing Wellness Walk on our outdoor track. Walk at your own pace between 8:30 am and 10:30 am. Whether you are easing into your day or looking to boost your energy, this is a good way to burn those summer calories and get your heart rate up. Lace up your sneakers and take a step towards a healthier you. Just show up no registration required.

Turn Up the Heat Line Dance Party
GYM

Tuesday, June 2
12 noon-2:30 pm

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

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20260602

Join us for a **Red-Hot Line Dance Party** full of energy! **DJ Insane Wayne** will play all the hottest hits to keep you on the dance floor. Missed the last party? Don't miss this one because it will be even hotter! Red attire is encouraged. Fee includes admission and light refreshments.

Info Session: Hypertension Workshop with Luminis
Social Room
FREE

Tuesday, June 9
11 am-12 noon

PARKS DIRECT CODE: SPD-SPEC-GA-20260609

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. Sign up early.

Tuesday Matinee
Social Room
FREE

Tuesday, June 9
12:30 am-2 pm

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: Activities & Special Events

Info Session: Train Your Brain
Social Room
FREE

Wednesday, June 10
11 am-12 noon

Join us for a fun and engaging brain session where you will learn practical tools, memory tips and brain exercises that will keep your mind sharp. Sign up in the **FREE Book** at JEHSAC front desk.

Info Session: Retirement- Making Your Money Last
Social Room
FREE

Thursday, June 18
11 am-12:00 noon

Making Your Money Last is designed to help seniors prepare to live the retirement they have envisioned. Attendees will learn investment strategies to help build a strategy to last throughout one's retirement years. In addition, you will explore how to address key concerns such as inflation, health care expenses, and market volatility as well as ways to prepare in advance for things that may not go as expected. Sign up in the **FREE Book** at JEHSAC front desk.

Juneteenth Celebration
Activity Room I & II
FEE: \$15 (R); \$ 20 (NR)

Friday, June 19
11 am-2pm

PARKS DIRECT CODE: ECSAC-SPEC-GA-20260619

Celebrate freedom and culture at our joint Evelyn Cole and John E. Howard Juneteenth celebration. Join us for interactive fun. Feel the rhythm with an interactive bucket drumming experience, get on your feet with hype disc jockey **DJ Jeanette** as she will keep the celebration lively. Enjoy games, trivia, and prizes. Come out to honor and celebrate the significance of Juneteenth. Take part in a classic soul food meal featuring wingettes, green beans, potato salad, a slice of cake, water, and iced tea. Register early as seating is limited. **Deadline to register is Friday, June 12.**

Container Gardening
Social Room
FREE

Wednesday, June 24
10 am-12:30 pm

PARKS DIRECT CODE: 20507-439A

This engaging, hands-on course is designed specifically for seniors who want to expand their gardening success using containers – whether at home, on patios, or to complement existing plots. Container gardening is a fun, fast, and easy way to start growing some of your own food at home. Learn how to grow veggies in affordable and convenient containers whether new to gardening or you have an experienced ‘green thumb.’ Learn how to garden smarter and safer – including using ergonomic practices, lightweight materials, and strategies to reduce bending, lifting and fatigue. Join us for this workshop facilitated by three Master Gardeners from the Prince George’s County Master Gardener Program, University of Maryland County Extension Office.

John E Howard Senior Activity Center: Activities & Special Events

Jump Back in Time: Double Dutch Throwback

JEHSAC Gym

FREE

PARKS DIRECT CODE: 17619-439A

Think you still got those jump rope skills? Did you love jumping rope back in the day? Now is your chance to show what you got? Join us for a high energy throwback experience that will have you moving, reminiscing, and laughing. Whether you are ready to jump in or just want to cheer from the sidelines. We will also have a live Double Dutch demo by the **DC Retro Jumpers** so get ready to be amazed.

Tuesday, June 30

11:30 am-12:30 pm

July 2026

Fun Fact:

July is National Parks and Recreation Month celebrated in July to honor parks recreation professionals, and the benefits they provide to the communities.

All About Houseplants

Social Room

FREE

PARKS DIRECT CODE: 20507-439A

Growing house plants is a lovely way to bring some greenery inside your home while also purifying your indoor air. Sign up for this session and learn from Master Gardeners on how to select houseplants that are easy to care for, under or overwatering, feeding, fertilizing and proper repotting.

Wednesday, July 8

10 am-12:30 pm

Info Session: Maryland Homeowners Insurance and More

Social Room

FREE

This session is for you. Come hear an attorney from the Maryland Office of the Attorney General represents the interests of consumers concerning Maryland Homeowners' Insurance and Medical Professional Liability Insurance. There will be a Q & A after the information session. Bring your questions and concerns. Sign up in the **FREE Book** at JEHSAC front desk.

Monday, July 13

11 am-12:00 noon

John E Howard Senior Activity Center: Activities & Special Events

Blood Pressure Screening by MedStar
Room 13
FREE

Tuesday, July 14
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. Sign up in the **FREE Book** at JEHSAC front desk. Space is limited.

Tuesday Matinee
Social Room
FREE

Tuesday, July 14
12:30-2 pm

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.

Info Session: Outsmart the Scammers
Social Room
FREE

Wednesday, July 15
11 am-12 noon

The Outsmart the Scammers seminar will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones.

CSSAC's Glee Club in Concert
Activity Room I &II
FREE

Thursday, July 16
12 noon-1 pm

Come out and hear Camp Springs Senior Activity Center's Glee Club as the group renders a variety of musical selections showcasing talent, sharing good vibes, and celebrating community unity. Sign up for this session in **FREE Book** located in the ECSAC office.

John E Howard Senior Activity Center: Activities & Special Events

Senior Line Dance Black and White Party
 Martin's Crosswinds
 Greenbelt, MD

Friday, July 17
 9 am-12 noon

FEE: \$45 (R); \$59 (NR)

Doors open 8:30 am

PARKS DIRECT CODE: SPD-SPEC-GA-20260717

DON'T miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then slide on the dance floor for fun line dancing, fan clapping, laughter, to show off your dance moves! Registration is on a first-come basis. Tickets are **Not** sold at the door. You must have a Parks Direct account to register! Transportation is not provided. A physical receipt of purchase is required to receive your ticket. Don't forget to pick up a flyer for the ticket distribution schedule and locations. The receipt is not your ticket! For additional information call 301-408-4343.

Senior Line Dance Ticket Distribution Schedule

Center Location	Time	Dates
Camp Springs Senior Activity Center	9:30 am-3 pm	Wednesday, June 3 & 17
Cedar Heights	10 am-3 pm	Wednesday, June 10 & 24
Gwendolyn Britt Senior Activity Center	9:30 am-3 pm	Tuesday-Friday June 2-July 10
Hampton Park Senior Activity Center	10 am-3	Tuesday, June 2 & 16
John E. Howard Senior Activity Center	9:30-3 pm	Thursday, June 11 & 25
Langley Park Senior Activity Center	9:30 am-3 pm	Tuesday-Friday June 2-July 10
Laurel Beltsville Senior Activity Center	10 am-4 pm	Thursday, June 4 & 18
SAARC Senior Program	10 am-3 pm	Monday, June 8, and 22

National Ice Cream Day
 Activity Room I & II
FREE

Friday, July 24
 11:30 am-12:30 pm

Walk up to the ice cream truck like a kid back in the day and get ready to indulge your sweet tooth on National Ice Cream Day, with a cool treat. We will have ice cream toppings to add to your free chocolate or vanilla ice cream cone or funnel cake. An M-NCPPC senior ID card is required. Sign up in the **FREE Book** located in the ECSAC office. Space is limited. **Deadline for signing up is Friday, July 17.**

John E Howard Senior Activity Center: Activities & Special Events

Info Session: Healthy Teeth, Healthy You

Wednesday, July 29

Social Room

12:30-2 pm

FREE

A smile is more than just appearance. Join us for an informative and engaging session focused on simple everyday habits that help keep your teeth and gums strong. Learn proper brushing and flossing techniques, the importance, and dental visits and how nutrition plays a role in oral health. Sign up in the **FREE Book** located at the front desk.

Open Mic Karaoke with Nikki

Thursday, July 30

Social Room

12:30-2 pm

FREE

Get ready for a fun and entertaining afternoon of music, laughter, and good vibes. Join Nikki for an open mic karaoke where you can pick your favorite songs and sing your heart out. Sign up in the **FREE Book** located at the front desk.

AUGUST 2026

Bingofest

Friday, August 7

JEHSAC GYM

9 am- 2 pm

Capitol Heights, MD

FREE-Admission: With a donation of school supply items

PARKS DIRECT CODE: SPD-SPEC-GA-20260807A

Let's play BINGO! Win some great prizes and have lots of fun while supporting Prince George's County students by donating school supplies for elementary-aged children in need. A box lunch will be provided. A supply list of items needed will be available in July. Register early as space is limited. **Seat Pleasant Elementary** will be the recipient of the donated supplies.

Tuesday Matinee

Tuesday, August 11

Social Room

12:30-2 pm

FREE

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: Activities & Special Events

Bye-Bye Clutter

Social Room

FREE

PARKS DIRECT CODE:

This session will cover creating a healthy environment space by deciding what to keep, donate and discard. It will give you tools and motivation to get started. Sign up in the **FREE Book** located at the front desk.

Wednesday, August 12

10:30 am-12 noon

National Senior Citizens Day

Activity Room I & II

FREE

We will celebrate National Senior Citizens Day and honor the wisdom, strength, and contributions of our dedicated patrons of JEHSAC. We will show appreciation by sharing stories and simply say thank you to the seniors who participate in our program. A sweet treat and a beverage will be served. Sign up in the **FREE Book** located at the front desk.

Monday, August 17

1-2:30 pm

Summer Sensations Cookout

JEHSAC

FEE \$20 (R); \$26 (NR)

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20260828

Join us for a joint Evelyn Cole and John E. Howard Senior Activity Centers midday cookout! We will enjoy some of your favorite cookout food, cold drinks, games, prizes and live entertainment to make you dance, bob your head, and tap your feet. Register early as space is limited. You don't want to miss this sizzling summer event. Fee includes food, beverages, and a sweet treat. We will also celebrate **Everybody's Birthday** for the month of June, July, and August. **Deadline for registering is Monday, August 17.**

Friday, August 28

12-3 pm

John E Howard Senior Activity Center: Trips

DISCLAIMER: A TRANSPORTATION WAIVER MUST BE SIGNED PRIOR TO PARTICIPATE IN 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).

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.

**The National Great Blacks and Wax
Baltimore, MD**



**Wednesday, June 3
9 am-4 pm**

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

PARKS DIRECT CODE: JEHSAC-20260604

Join us for an enriching and inspiring guided tour to this museum founded in 1983. This premier museum features over 150 life size wax figures that will bring history to life, highlighting historical and contemporary African American figures who have shaped culture and the world. After the museum, we will have lunch at your own expense at BJ's Restaurant and Brewhouse in Laurel, MD

**Butler's Orchard
Germantown, MD**



**Tuesday, June 16
9 am-5 pm**

FEE: \$12 (R); \$16 (NR)

PARKS DIRECT CODE: JEHSAC-20260616

Experience the charm of farm life with a day at Butler's Orchard. This summer field trip offers hands on agricultural fun where you can pick your own tomatoes, peppers, herbs, flowers and more for an additional fee to be paid at the Orchard. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

John E Howard Senior Activity Center: Trips

Crab Boat Restaurant and Bar
Waldorf, MD

Thursday, June 25
11 am- 4pm

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

PARKS DIRECT CODE: JEHSAC-20260625

Enjoy a delicious outing with lunch at Crab Boat, Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

Medieval Times Dinner and Tournament
Hanover, MD

Saturday, June 27
1-6:30 pm

FEE: \$65 (R); \$ 87 (NR)

PARKS DIRECT CODE: JEHSAC-20260627

Step back in time for a two-hour live tournament where you will be transported to the 11th century style castle where knights compete in jousting matches. Enjoy a four-course medieval feast. The experience features knighting ceremonies and interactive audience participation. Come have fun the royal way. Fee includes admission and transportation on an M-NCPPC activity bus.

Thursdays

Thursday, July 9

Reading Terminal Market
Philadelphia, PA



Wednesday, July 16
7 am-6:30 pm

FEE: \$40 (R); \$ 52 (NR)

PARKS DIRECT CODE: ECSAC-20260716

Enjoy a fun day trip to Philly! Spend the day exploring at your own pace visiting museums and cultural attractions within walking distance from Reading Terminal Market- Museum of Illusions, African American Museum in Philadelphia, to name a few as well as The Liberty Bell & Independence Hall. After sightseeing, enjoy lunch from the many delicious food options at Reading Terminal Market. **This trip involves a lot of walking, so comfortable walking shoes are strongly recommended.** All activities and lunch are at your own expense. Fee includes transportation on a charter bus. Snacks will be provided. **The pickup and drop off location is Evelyn Cole Senior Activity Center 5720 Addison Rd, Seat Pleasant, MD 20743.**

John E Howard Senior Activity Center: Trips



Shop, Stroll and Play Day Trip to Atlantic City
Atlantic City, NJ

Wednesday, July 22
6:30 am- 8:30 pm

FEE: \$80(R); \$104(NR)

Parks Direct Code: ECSAC-20260722

Hop aboard the bus and escape for a fun-filled day at Atlantic City. This getaway offers something for everyone. Try your luck at the casino or just have lunch and enjoy shopping and the boardwalk. It's a day trip for fun and adventure. Activities are at your own expense. Fees include transportation on an air-conditioned single-bathroom-chartered bus and a snack bag. **The pickup and drop off location is Evelyn Cole Senior Activity Center 5720 Addison Rd, Seat Pleasant, MD 20743.**

Parks Direct Code	Departure Time	Return Time	Departure/Return Location
SAARC-20260722	6:30 am	9:30 pm	Southern Area Aquatics & Recreation Complex 13601 Missouri Avenue – Brandywine, MD
CSSAC-20260722	7:00 am	9 pm	Camp Springs Senior Activity Center 6420 Allentown Road – Camp Springs, MD
ECSAC-20260722	8:00 am	8:30 pm	Evelyn Cole Senior Activity Center 5720 Addison Rd – Seat Pleasant, MD

Top Golf
Oxon Hill, MD

Wednesday, July 29
10 am-2 pm

FEE: \$50(R); \$65(NR)

PARKS DIRECT CODE: JEHSAC-20260729

Come swing and play for a fun-filled outing to Top Golf. Enjoy some friendly competition and laughter. Whether you are a seasoned golfer or a beginner, this event will be a delightful experience. Fee includes two and a half hours of golfing, food, and transportation on an M-NCPPC activity bus.

TLC the Musical at Arena Stage
Washington, DC

Wednesday, August 5
11 am-3 pm

FEE: \$ 85 (R); \$110 (NR)

PARKS DIRECT CODE: JEHSAC-20260805

Coming to the stage is TLC's (mostly true) story of unshakable sisterhood to the featuring a powerhouse cast, high-octane choreography, and multi-platinum Billboard hits like "Waterfalls," "Creep," "Unpretty," and of course, "No Scrubs." Go beyond the fiery scandals, explosive creative clashes, and harrowing tragedies to experience this remarkable tale of defiance, triumph, and love. Lunch after the musical at your own expense. The fee includes admission and transportation on a M-NCPPC activity bus.

John E Howard Senior Activity Center: Trips

Columbia Mall Shopping
Publick Playhouse
Columbia, MD



Thursday, August 13
9 am-3 pm

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

PARKS DIRECT CODE: JEHSAC-20260813

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

Founding Farmers
Alexandria, VA

Thursday, August 20
10 am- 3 pm

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

PARKS DIRECT CODE: JEHSAC-20260820

Join us for a popular farm-to-table restaurant known for its fresh, flavorful dishes. Enjoy a wide variety of menu options from comfort food favorites or lighter selections. A great treat to yourself and a great dining experience. Fee includes transportation on an M-NCPPC activity bus. Lunch is at your own expense.

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.**