

FALL CALENDER

September, October and November 2026



Hours of Operation

Monday-Friday

10 am – 2 pm

Holiday Closures

Monday, Sept 7: Labor Day

Thursday, November 26: Thanksgiving

Friday, November 27: Employee Appreciation Day

Fall Registration

- Registration begins **Wednesday, August 12 for Residents (R)** only.
- Registration begins on **Wednesday, August 19 for Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class start date so we can plan accordingly. **A minimum number of registrants are required for most activities to be held.**
- See refund policy on the last page. Trip refunds are not given unless your spot can be filled with someone from our waiting list. Please contact the center as soon as possible if you must cancel your reservation.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (not trips) that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.
- M-NCPPC, Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation. To contact the Program Access office directly, you can e-mail northern.inclusion@pgparks.com or call 301-408-4350.

5720 Addison Rd, Seat Pleasant 20743

Telephone: (301)386-5525

TTY: (301)-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

Senior Activity Center Eligibility 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.

ACTIVITY	LOCATION	DAYS	TIME	PARKS DIRECT #	FEE
Walking Club	Gym	<u>Tuesdays & Thursdays</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness	Activity Room II	<u>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



****This activity is offered in partnership with the Prince George's County Council.***

Evelyn Cole Senior Activity Center: Activities

FALL 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

September 2026

Fireside Book Chat
KD Room
FREE

Tuesday, September 1
11 am-12 noon

Join us for our lively discussion where you will be able to engage, share your thoughts, insights and favorite part of the book. Sign up in the office to receive your complimentary copy of the selected book. Light refreshments will be provided. Sign up in the **FREE Book** located in the ECSAC office.

Walk It Out Walking Challenge
Gym
FREE

Thursday, September 3-October 8
11 am- 1pm

Put on some comfortable sneakers and try this six-week walking challenge which is perfect for all fitness levels. Build your endurance, improve your heart health and enjoy the benefits of walking. Staff will track your progress each week as you work to your personal goal. The top three participants will receive a fitness prize and bragging rights. Good luck and happy walking. Sign up in the **FREE Book** located in the ECSAC office.

Info Session: Financial Literacy
Activity Room I & II
FREE

Tuesday, September 8
11 am-12 noon

Join us for an informative seminar to learn about strategies that will help create reliable retirement income and prepare for healthcare costs. Discover options to help protect your financial future and gain an understanding for the years ahead. Sign up in the **FREE Book** located in the ECSAC office.

Coffee & Conversations
Activity Room I & II
FREE

Thursday, September 10
11 am-12 noon

Join ECSAC Staff for open discussion where you can share your ideas, ask questions and discuss programs. This is a great opportunity to connect directly and have your voice heard by shaping the center's offerings. Beverages and muffins will be provided. Sign up in the **FREE Book** located in the ECSAC office.

ACTIVE AGING WEEK SEPTEMBER 14-18, 2026

Enjoy **FREE** activities for ages 60 and better!

Seniors 60 and better are invited to come out and explore all that the Department of Parks and Recreation has to offer to our senior community! Try a new activity, meet new people, and stay active by participating in **FREE** Active Aging Week activities throughout Prince George's County.

Move It or Lose It
Activity Room I & II
FREE

Monday, September 14
11:30 am-12:30 pm

PARKS DIRECT CODE: 17530-522A

Get ready to sit, sweat, move and groove all while in the chair. Join us for a low impact high energy chair exercise that is perfect for all fitness levels. Whether you are looking to boost your heart rate, build strength or just have a good ole time moving to music.

Grandparents Day Appreciation*
Activity Room I & II
FREE

Wednesday, September 16
12 noon-2 pm

PARKS DIRECT CODE: ECSAC-SPEC-GA-20260916

Join us for an afternoon as we honor, celebrate and recognize the impact of grandparents. Oh, and don't forget to bring pictures of you with your grandkids. Light refreshments will be provided. **Deadline for registration is Wednesday, September 16.**

Annual Senior Picnic & Fitness Day
Watkins Regional Park
Upper Marlboro, MD
FREE

Friday, September 18
10 am -2 pm

Mark your calendars for fun, fitness and fellowship at the Annual Senior Picnic. Enjoy fitness activities, bingo, arts and crafts, line dancing food and more. Details and registration information are coming soon.



**This activity is offered in partnership with the Prince George's County Council.*

Evelyn Cole Senior Activity Center: Activities & Special Events

Autumn Trivia Challenge

Activity Room I & II

Tuesday, September 22

11 am-12 noon

FREE

Come and celebrate the season of Autumn. Test your knowledge for all things fall from harvest traditions, food to holidays and fun facts. Enjoy friendly competition, socialization and a chance to win a prize. Sign up in the **FREE Book** located in the ECSAC office.

Info Session: Men's Urologic Health Update

Activity Room I & II

Wednesday, September 23

11 am-12 noon

FREE

Take charge of your health by joining us for an informative session. This educational session will empower men to recognize early warning signs, sharing tips for reducing (UTIs) explain how to protect kidney function through hydration, blood pressure and diabetes management, healthy eating, and regular checkups and overall practical steps seniors can take to stay healthy and active. Sign up in the **FREE Book** located in the ECSAC office.

Afternoon Movies at ECSAC

KD Room

Thursday, September 24

12 noon-2 pm

FREE

Enjoy an afternoon watching a featured film on the big screen. Popcorn and a beverage will be served. The name of the movie will be posted on the whiteboard and in the ECSAC office. Sign up in the **FREE Book** located in the office.

Sip and Paint

KD Room

Friday, September 25

11:30 am-1 pm

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

PARKS DIRECT CODE: 30504-522A

Create your own masterpiece in a beginner friendly session. The instructor will guide you step by step through mixing colors and laying the paint. Supplies and light refreshments are included.

Blood Pressure Screening by MedStar

KD Room

Tuesday, September 29

10 am – 12 noon

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 keep track of our numbers to help us stay healthy. Sign up in the **FREE book** located in the ECSAC office. Space is limited.

Evelyn Cole Senior Activity Center: Activities & Special Events

Shake Rattle & Roll: Classic 50's Flash Back*

Activity Room I & II

FREE

PARKS DIRECT CODE: ECSAC-SPD-GA-20260930

Step back in time and join us for a fun filled 50's throwback. Put on your poodle shirts, leather jackets, saddle shoes or your favorite retro attire and dance to the hits of the 1950s and more. Enjoy music, food and fun. Come ready to twist, jive and let the good times roll. Light refreshments will be provided. **Deadline for registration is Wednesday, September 23.**

Wednesday, September 30

12 noon-2 pm

October 2026

Jewelry Making

KD Room

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

PARKS DIRECT ACTIVITY CODE: 15502-522B

Create your own custom bracelet, earrings or a brooch and express your personal style in this fun, relaxing and therapeutic jewelry making class. Supplies to create your unique pieces are included.

Monday, October 5

10:30am- 12 noon

Blood Pressure Screening by MedStar

KD Room

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 keep track of our numbers to help us stay healthy. Sign up in the **FREE Book** located in the ECSAC office. Space is limited.

Tuesday, October 6

10 am -12 noon



****This activity is offered in partnership with the Prince George's County Council.***

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session: Protecting Your Breast Health Prevention, Early Detection and Hope

Thursday, October 8
11 am- 12 noon

Activity Room I & II

FREE

Join a double board-certified physician for an engaging and practical presentation on breast cancer prevention, early detection, screening recommendations, common warning signs and evidence-based lifestyle habits. You will be empowered with knowledge and simple steps to support your health at every stage of life. Sign up in the **FREE Book** located in the office and wear pink in support of Breast Cancer Awareness Month!

Virtual Travel Excursion to Mexico

Monday, October 12
11 am- 12:30 pm

Activity Room I

FREE

Celebrate Hispanic Heritage Month with us as we journey virtually to Mexico. We will explore the roots, music and stories that shaped Mexico's rich heritage. To complete our journey and stamp our passports, enjoy a taste of Mexico with churros, one of its famous desserts.

Paint a Pumpkin

Wednesday, October 14
11 am- 1 pm

Activity Room I

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

PARKS DIRECT ACTIVITY CODE: 15502-522C

Get creative and add a touch of festive charm to your home inside or out with a hand painted pumpkin. This will be a relaxing, creative and therapeutic session where you can channel your creativity. Fees include one pumpkin, supplies, a beverage to sip while you paint and a mini charcuterie container.

Info Session:

Thursday, October 15
11 am- 12 noon

Mocktails with Advisory Committee on Aging

Activity Room I & II

FREE

Join us for a conversation with committee members of Prince George's County Committee on Aging while having signature mocktails. Learn how this dedicated group advocates for older Prince Georgians, identify needs, share community concerns and work to ensure seniors have access to resources and services. Sign up in the **FREE Book** located in the office.

Evelyn Cole Senior Activity Center: Activities & Special Events

Pink with Purpose Week **Hope, Healing and Honor**

Monday, October 19-October 23

Wear your pink and join us all week long as we will raise awareness for Breast Cancer Awareness Month. Throughout the week participate in educational and wellness activities. We will celebrate survivors; honor loved ones and stand in the fight against breast cancer. Sign up in the **FREE Book** located in the office.

Afternoon Movies at ECSAC **KD Room** **FREE**

Thursday, October 22
12 noon-2 pm

Enjoy an afternoon watching a featured film on the big screen. Popcorn and a beverage will be served. The name of the movie will be posted on the whiteboard and in the ECSAC office. Sign up in the **FREE Book** located in the office.

Info Session: Medicare Dual Eligible Planning **Activity Room I** **FREE**

Monday, October 26
11 am- 12 noon

Come out and gain insightful information about advanced directives. Advances in care planning involve discussing and preparing for future decisions about your medical care. Sign up in the **FREE Book** at ECSAC front desk

Glow Party* **Activity Room I & II** **FREE**

Thursday, October 29
12 noon-2 pm

PARKS DIRECT ACTIVITY CODE: ECSAC-SPD-GA-20261029

Get ready to light up the room at our Glow Party. Enjoy games, dancing, lunch, music and fun as the DJ keeps the energy going with some of your favorite hits. Come dressed in your neon colors. Light refreshments will be provided. **Deadline for registration is Friday, October 16.**



****This activity is offered in partnership with the Prince George's County Council.***

November 2026

2026 Senior Veterans Luncheon

Martin's Crosswinds

Greenbelt, MD

FREE

Ticket Code: SPD-SPEC-GA-20261106

M-NCPPC, Department of Parks and Recreation, Prince George's County, is honoring our senior veterans with a special luncheon celebration. Please note that this event is exclusively for veterans (ages 60 & better) who reside in Prince George's County. To accommodate as many veterans as possible, only veterans will be permitted to attend; no guests are allowed.

To register, visit pgparksdirect.com and register for Ticket Code: SPD-SPEC-GA-20261106. Please bring your printed receipt for admission to the event.

Deadline for registration is Friday, October 16.

Friday, November 6

11 am- 1 pm

It's Giving Season!

Monday, November 9-Monday, November 23

Help us reach our goal of 100 cans for a cause. Let's show the spirit of giving season by collecting 100 cans of food to donate to UCAP Shelter to support individuals and families in need. Collection dates are **November 9-23**. Drop off your canned goods in ECSAC office.

Fall into Cricut Creations Workshop

KD Room

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

PARKS DIRECT ACTIVITY CODE: 15516-522A

Get creative and design and create beautiful autumn inspired crafts. Learn how to use the Cricut machine. Whether you are a beginner or have experience using the machine you will receive hands-on instruction and leave with a fall creation. Supplies will be provided but participants are welcome to bring their own Cricut machine and materials if preferred.

Monday, November 16

11 am-1 pm

Evelyn Cole Senior Activity Center: Activities & Special Events

Afternoon Movies at ECSAC

KD Room

FREE

Enjoy an afternoon watching a featured film on the big screen. Popcorn and a beverage will be served. The name of the movie will be posted on the whiteboard and in the ECSAC office. Sign up in the **FREE Book** located in the office.

Thursday, November 19

12 noon-2 pm

The Golden Gathering*

Activity Rooms I & II

FREE

PARKS DIRECT CODE: ESAC-SPD-GA20261120

Celebrate the season of thanksgiving with friends at our Golden Gathering. Enjoy an afternoon filled with fun games, Thanksgiving theme trivia, good music, and light refreshments. Wear your fall colors and join us as we connect, give thanks and share. **Deadline for registration is Friday, November 13.**

Friday, November 20

12 noon-2 pm

Info Session: Forever Fit

Activity Rooms I & II

FREE

The Office of Community Relations will be hosting their Forever Fit. 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 day will be filled with games such as raffles, dance sessions, prizes, food, and a guest speaker to provide them with information from the County. Sign up in the **Free Book** located in the ECSAC office.

Monday, November 30

11 am-12 noon

Everybody's Birthday Celebration!

Activity Room I & II

FREE

Come celebrate our September, October and November Birthdays! Birthday treats will be served. Sign up in the **Free Book** located in the ECSAC office.

Monday, November 30

1 pm- 2 pm



****This activity is offered in partnership with the Prince George's County Council.***

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.

Summer: The Donna Summer Musical
Toby's Dinner Theatre
Columbia, MD

Wednesday, September 9
9:30 am-4 pm

Fee: \$93 (R); \$130 (NR)

PARKS DIRECT CODE: ECSAC-20260909

Enjoy a delicious buffet and a fantastic matinee performance Summer: A girl from Boston with a voice from heaven, who shot to stardom from gospel choir to dance floor diva. Summer's classic hits include "Bad Girls," "Hot Stuff" and "Last Dance". Fee includes admission and transportation.

The 60th Maryland Seafood Festival
Sandy Point State Park, Annapolis, MD
Fee: \$20 (R); \$26 (NR)

Saturday, September 12
11 am - 5 pm

PARKS DIRECT CODE: ECSAC-20260912

The Maryland Seafood Festival, celebrating its 60th anniversary, is a premier waterfront event along Chesapeake Bay, offering a wide variety of fresh seafood including crab, oysters, shrimp, mussels, and locally caught fish prepared in multiple styles. Enjoy a full day of live music, arts, craft vendors and of course seafood and food vendors. Fee includes admission and transportation on a M-NCPPC activity bus. **Please note: This trip involves a lot of walking.**

Live Casino and Shopping at Arundel Mills Mall*
Hanover, MD
FREE

Tuesday, September 15
9 am-3 pm

PARKS DIRECT CODE: ECSAC-20260915

Maryland Live! Casino features slot machines and electronic table games. You may prefer to try your luck or to shop at Maryland's largest shopping outlet, Arundel Mills Mall, with more than 200 stores and have lunch in the food court or dine at one of the restaurants at your own expense. Transportation will be provided on M-NCPPC activity bus. **Please note: This trip involves a lot of walking.**

Bowling and Lunch at Blue Dolphin*
Crofton, MD
FREE

Thursday, October 1
9:30 am-4 pm

PARKS DIRECT CODE: ECSAC-20261001

A spare – or better yet, a strike! Come hone your bowling skills while enjoying some great company. Shoe rental is free, and games cost \$6.00 each. Enjoy two games of bowling. Lunch is at your own expense at Blue Dolphin. Average menu prices: \$10 - \$40. Transportation will be provided on M-NCPPC activity bus.

Bowie Town Center & Lunch Outing*
Bowie, MD
FREE

Thursday, October 15
9:30 am - 3 pm

PARKS DIRECT CODE: ECSAC-20261015

Shop till you Drop shopping trip to Bowie Town Center Mall which has over 80 specialty stores and restaurants where you can grab a bite to eat at your own expense. Fee includes transportation on an M-NCPPC activity bus. Don't forget to bring your shopping bags.

Please note: This trip involves a lot of walking.

Delta Bingo *
Laurel, MD
FREE

Tuesday, October 20
10 am -4 pm

PARKS DIRECT CODE: ECSAC-20261020

Join us as we travel to Laurel Maryland and have breakfast first at the GrandE Buffet and Grill. We will test our luck and play a variety of bingo games and slot themes. You are responsible for paying for your own bingo games and slot themes. Good luck! Transportation will be provided on an M-NCPPC activity bus.



****This activity is offered in partnership with the Prince George's County Council.***

Secret Garden Music, Arts and Wine Festival*
Carroll County Farm Museum
Westminster, MD
FREE

Saturday, November 7
10 am-5:30 pm

PARKS DIRECT CODE: ECSAC-20260707

Grab your lawn chair and join us for a fun-filled trip to Westminster Maryland. Enjoy a lively community focused celebration featuring live music, local artisans, food trucks, wines from local wineries and more. The cost of food and beverages will be at your own expense. Transportation will be provided on a chartered bus.

Please note: This trip involves a lot of walking.

Dutch Village Farmers Market*
Upper Marlboro, MD
FREE

Friday, November 13
9:30 am- 2 pm

PARKS DIRECT CODE: ECSAC-20261113

Join us for a trip to the market and check off items off your Thanksgiving shopping list. Transportation will be provided on a M-NCPPC activity bus. **Please note this trip involves a lot of walking.**

Annual Thanksgiving Luncheon*
Accokeek Firestation
Accokeek, MD
FREE

Tuesday, November 24
9 am- 3pm

PARKS DIRECT CODE: ECSAC-20261124

Join the Accokeek Volunteer Fire Department as they give back to the community at their annual free Thanksgiving luncheon right at station, a tradition that brings together community members, seniors, and volunteers for a festive meal and celebration.



****This activity is offered in partnership with the Prince George's County Council.***

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.