

John E. Howard Senior Activity Center



SEPTEMBER, OCTOBER and NOVEMBER 2026

Hours of Operation

Monday-Friday

9:00 am-3:00 pm

Holiday Closures

Monday, Sept 7: Labor Day

Thursday, Nov 26: Thanksgiving Day

Friday, Nov 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.

4400 Shell St. Capitol Heights 20743

Johnehowardseniors@pgparks.com

Phone: 301-735-2400 301-735-3320

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> Sept 2-Sept30 Oct 5-Oct 28 Nov 2-Nov 25	11-11:30 am	17507-539A 17507-539B 17507-539C	\$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> Sept 2-Sept30 Oct 5-Oct 28 Nov 2-Nov 25	11:45 am-12:15 pm	17511-539A 17511-539B 17511-539C	\$12 (R); \$16(NR) \$12 (R); \$16(NR) \$12 (R); \$16(NR)
Fitness Intermediate With Rachel	Gym	<u>Thursday</u> Sept 3-Sept 24 Oct 1-Oct 22 Nov 5-Nov 19	9:30-10:30 am	17531-539A 17531-539B 17531-539C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$15 (R); \$20 (NR)
Sewing With Rhonda	Room 13	<u>Thursday & Friday</u> Sept 3-Sept 25 Oct 1-Oct 23 Nov 5- Nov 20	10 am- 2 pm	15501-539A 15501-539B 15501-539C	\$50 (R); \$65 (NR) \$50 (R); \$65 (NR) \$38 (R); \$49 (NR)
Drum-n- Tone With Betty	Gym	<u>Monday</u> Sept 14 Oct 5 Nov 9	1-2 pm	17546-539A 17546-539B 17546-539C	\$5 (R); \$7 (NR) \$5 (R); \$7 (NR) \$5 (R); \$7 (NR)
Tai Chi With Rachel	Gym	<u>Thursday</u> Sept 3-Sept 24 Oct 1-Oct 24 Nov 5-Nov 19	11:00-11:45 am	21501-539A 21501-539B 21501-539C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Parks Direct Computer Training Class	Room 13	<u>Friday</u> Sept 11 Oct 9 Nov 13	11:00 am- 12:00 noon	14505-539A 14505-539B 14505-539C	FREE

John E. Howard Senior Activity Center Clubs

CLUBS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Bingo	Social Room	Wednesday	1-2:30 pm	N/A	FREE with Senior ID Card
Billiards	Game Room	Monday-Friday	9 am-3 pm	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
Gardening	Garden	Monday-Friday	Call JEHSAC front desk. Times vary	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

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 of File: _____ **Email Address:** _____

[illegible]

September 2026

Falling for Art Workshop
Room 14

Wednesday, September 2
10:30 am-12:30 pm

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

PARKS DIRECT CODE: 15502-539A

Create a fun and festive fall inspired craft while exploring your creativity. All supplies are provided. No experience necessary just come ready to create, connect and enjoy the colors of fall.

Coffee, Tea & Conversations
Social Room
FREE

Thursday, September 3
11 am-12 noon

Join JEHSAC 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.

Fall into the Groove Line Dance Social*
GYM
FREE

Tuesday, September 8
12 noon-2:30 pm

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20260908

Join us for a Fall into the Groove Line Dance Social 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. Orange attire is encouraged. Light refreshments will be provided. **Deadline for registration is Wednesday, September 1.**

Tuesday Matinee
Social Room
FREE

Tuesday, September 8
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.



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

John E Howard Senior Activity Center: Activities & Special Events

Fall Gardening Workshop
Social Room

Wednesday September 9
10 am-12:30 pm

FREE

PARKS DIRECT CODE: 20507-539A

Fall is one of the best seasons for planting and giving your yard a fresh start. Cooler temperatures mean fewer pests, less stress on you and your plants, and ideal soil conditions for establishing strong roots. Join us for this interactive and informative session.

If you want guidance on choosing and starting your vegetable seeds or plants, register for this workshop. Meet three of the PG County Master Gardeners who will be an excellent resource to help you make the most of your fall planting season.

9/11 Remembrance
Social Room

Friday, September 11
12:30-1:30 pm

FREE

Do you remember what you were doing and where you were on 9/11? Join us as we gather and reflect to honor the lives lost on September 11, 2001, through moments of silence and reflection. Let's come together to ensure we never forget.

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.

Morning Flow Tai Chi
GYM

Tuesday, September 15
10:30-11:30 am

FREE

PARKS DIRECT CODE: 21501-539A

Start your day with gentle movement, deep breathing, and peaceful energy. This relaxing Tai Chi session helps improve balance, flexibility, and overall wellness while calming the mind and strengthening the body. All fitness levels welcomed.

John E Howard Senior Activity Center: Activities & Special Events

Fitness Bingo

Social Room

FREE

Get active while having fun with fitness bingo. Complete fitness challenges to mark your bingo board, stay moving and compete for prizes. A great way to improve your health, boost your energy and enjoy friendly competition.

Wednesday, September 16

1-2:30 pm

Rack 'Em Up! Senior Billiards Social

Billiards Room

FREE

PARKS DIRECT CODE: 27501-539A

Join us for a friendly competition of billiards. Test your skills, cue the sticks and take your best shot while staying active and engaged. Light refreshments served while supplies last.

Thursday, September 17

10 am-2 pm

Golden Beats Drum Fitness

GYM

FREE

PARKS DIRECT CODE: 17546-539A

Drum to the rhythm of your favorite songs while enjoying a fun and energizing workout that engages all muscle groups.

Thursday, September 17

1-2 pm

Annual Senior Picnic & Fitness Day

Watkins Regional Park

Upper Marlboro, MD

FREE

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.

Friday, September 18

10 am-2 pm

Pickleball Rally

GYM

FREE

PARKS DIRECT CODE: 27505-539A

Join us for a fun pickleball rally in celebration of activity aging week with fitness, fun and friendly competition. Whether you're a beginner or a seasoned player, come have fun. Stay active, connected and young at heart one rally at a time!

Friday, September 18

10 am-2 pm

John E Howard Senior Activity Center: Activities & Special Events

Info Session: Train Your Brain

Social Room

FREE

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.

Monday, September 28

12:30-1:30 pm

Jump Back in Time: Double Dutch Throwback Pt. 2

JEHSAC Gym

FREE

PARKS DIRECT CODE: 17619-539A

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, September 29

12:30-1:30 pm

October 2026

DIY Halloween Art Workshop

Room 14

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

PARKS DIRECT CODE: 15502-539B

Get into the Halloween spirit with this Halloween theme arts and crafts workshop. Create a fun and festive craft to decorate your home or share with family and friends. All supplies are provided; no crafting experience is required. Come and enjoy this time of creativity, laughter and seasonal fun.

Wednesday, October 7

10:30 am-12:30 pm

John E Howard Senior Activity Center: Activities & Special Events

Give Cancer the Boot Line Dance Social*

Tuesday, October 13

GYM

12-2:30 pm

FREE

PARKS DIRECT CODE: JEHSAC-SPEC-GA-20261013

Put on your boots and get ready to dance for a purpose. Come out for a high energy line dance party as we raise awareness and show support for those affected by cancer. Music will be provided by **DJ Insane Wayne**. Whether you're a seasoned dancer or a beginner, everyone is welcome on the dance floor. Let's paint the dance floor pink. Wear your favorite shades of pink as we unite in support of Breast Cancer Awareness. Light refreshments will be provided. **Deadline for registration is Tuesday, October 6.**

Tuesday Matinee

Tuesday, October 13

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.

Info Session: Fire and Prevention

Wednesday, October 14

Social Room

12:30-1:30 pm

FREE

Join us as we recognize Fire Prevention Month with a special presentation from the local fire department. Staff will provide hands-on demonstrations on fire safety, testing equipment, evacuation procedures and practical tips to keep you and your loved ones safe. Sign up in the **FREE Book** at JEHSAC front desk.

SEASONS: A Senior Fashion Show*

Thursday, October 18

Auditorium

12 noon-3 pm

FREE

PARKS DIRECT CODE: JESHAC-SPD-GA-20261018

Celebrate timeless beauty, confidence and style at SEASON, a one-of-a-kind senior fashion show showcasing elegance and creativity. Our models will take you on a journey through the seasons of life with grace, charm and style. Join us for an afternoon of fashion, entertainment and inspiration. Seasons-where every season of life deserves to shine. Light refreshments will be provided. front desk. The name of the movie will be posted at the front desk.



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

John E Howard Senior Activity Center: Activities & Special Events

Blood Pressure Screening by MedStar

Tuesday, October 20

Room 13

10 am-1 pm

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.

Create Your Own Zen Garden

Wednesday, October 21

Room 14

10:30 am-12:30 pm

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

PARKS DIRECT CODE: 15502-539C

Sign up and create your very own DIY Zen Garden where you can design and personalize your very own miniature garden. Fee includes supplies needed for your garden. Light refreshments will be served.

Info Session: I Am a Survivor

Wednesday, October 28

Social Room

11 am-12 noon

FREE

Come hear the inspiring journeys of breast cancer survivors during this empowering session. Learn about their experiences and gain insight and discover resources that support prevention and treatment. Whether you are a survivor, caregiver or what to learn more, this session will offer hope, education and encouragement. Light refreshments will be provided. Sign up in the **FREE Book** at JEHSAC front desk. Space is limited.

Spooktacular Bingo*

Friday, October 30

Social Room

11 am-12 noon

FREE

Get ready for an afternoon of Halloween theme bingo where we will play several games. Wear your favorite Halloween colors or a costume. Play for prizes and bragging rights. Sweet treats will be provided. Sign up in the **FREE Book** at JEHSAC front desk. Space is limited.



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

John E Howard Senior Activity Center: Activities & Special Events

November 2026

Healthy Next Steps

Room 14

FREE

November 3-December 8

11 am-12 noon

This 6 week in-person educational program 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 JEHSAC office. Space is limited. **Session runs until December 8.**

2026 Senior Veterans Luncheon

Martin's Crosswinds

Greenbelt, MD

FREE

Friday, November 6

11 am- 1 pm

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.

Tuesday Matinee

Social Room

FREE

Tuesday, November 10

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.

Holiday Wreath Making Art Workshop

Room 14

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

PARKS DIRECT CODE: 15502-539D

Wednesday, November 11

10:30 am-12:30 pm

Get creative and create your own holiday wreath. All supplies are included. Choose from a variety of fall-inspired decorations to create a one-of-a-kind wreath for your door. No experience necessary.

John E Howard Senior Activity Center: Activities & Special Events

JEHSAC Friendsgiving **Social Room** **FREE**

Thursday, November 19
12-3:00 pm

Celebrate the season of gratitude at our Friendsgiving. Gather with your friends at JEHSAC for an afternoon of laughter, games, and music. Connect with old friends and make new ones. Enjoy community and give thanks. Sign up in the **FREE Book** located at the front desk.

Info Session: Vibrant Living **Social Room** **FREE**

Wednesday, November 23
12 noon-1:30 pm

Finding joy in everyday moments, how small daily experiences a conversation, a favorite song, a sunrise, or a cup of coffee can bring happiness. Let us help you explore how each stage of life brings new opportunities for growth, purpose, relationships, and personal fulfillment. Sign up in the **FREE Book** located at the front desk.

Everybody's Birthday Bash **Social Room** **FREE**

Monday, November 30
1:30-3 pm

Whether your birthday is in month of September, October, and November, come join the fun as we honor all fall birthdays. Wear your birthday sash, shirt or crown or anything that makes you feel festive and special. We will enjoy laughter, music and a sweet treat as we celebrate another year of life and friendship **Deadline for registering is Monday, November 23.** Sign up in the **FREE Book** located at the front desk.

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.

Ketch 22*

Chesapeake Beach, MD

FREE

PARKS DIRECT CODE: JEHSAC-20260904

This restaurant creates an experience with beautiful views overlooking the water. The menu offers a variety of dishes and handcrafted drinks, something for all to enjoy. Lunch at your own expense. Transportation on an M-NCPPC activity bus.

Friday, September 4

10 am-3 pm

Westminster Blue Monday Blues

Westminster Presbyterian Church

Washington, DC

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

PARKS DIRECT CODE: JEHSAC-20260914

Enjoy an evening with some of DC's finest blues musicians. Admission is \$10 at your own expense. Dinner is available onsite by the South West Catering Café, 5:30-8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes admission and transportation on an M-NCPPC activity bus.

Monday, September 14

4-9:30 pm

Horseshoe & Lexington Market*

Baltimore, MD

FREE

PARKS DIRECT CODE: JEHSAC-20260929

Enjoy gaming at the casino then explore- one of the nation's oldest public markets featuring a variety of local favorites such as seafood, baked goods and specialty vendors. Something for everyone to enjoy. Transportation on an M-NCPPC activity bus. **Please note this trip involves a lot of walking.**

Tuesday, September 29

10 am-3 pm



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

John E Howard Senior Activity Center: Trips

Patapsco Flea Market*
Baltimore, MD

Saturday, October 10
10 am - 2 pm

FREE

PARKS DIRECT CODE: JESAC-20261010

This trip is back by popular demand. Located minutes from Baltimore Inner Harbor with over 600 vendors there is something for everyone at this indoor and outdoor market. Lunch at your own expense. The fee includes transportation on a M-NCPPC activity bus. Transportation will be provided on a M-NCPPC activity bus. **Please note this trip involves a lot of walking.**

Delta Bingo and Gaming*
Laurel, MD

Tuesday, October 20
10 am -4 pm

FREE

PARKS DIRECT CODE: JEHSAC-20261020

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.

G&M Restaurant*
Linthicum, MD

Tuesday, October 27
10 am-3 pm

FREE

PARKS DIRECT CODE: JEHSAC-20261027

Treat yourself to good food and good company at one of Maryland's favorite dining destinations known for its crabcakes. Lunch at your own expense. Transportation will be provided on an M-NCPPC activity bus.

Walmart Superstore and Lunch Outing*
Alexandria, VA

Tuesday, November 3
9:30-3 pm

FREE

PARKS DIRECT CODE: JEHSAC-20261103

We are going to Wally World. Bring your shopping bags to fill with all your great finds and deals. After shopping, we will have lunch at your own expense at Della J's. Transportation will be provided on an M-NCPPC activity bus.



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

John E Howard Senior Activity Center: Trips

Secret Garden Music, Arts and Wine Festival*

Carroll County Farm Museum

Westminster, MD

FREE

PARKS DIRECT CODE: JEHSAC-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.**

Saturday, November 7

10 am-5:30 pm

Annual Thanksgiving Luncheon*

Accokeek Firestation

Accokeek, MD

FREE

PARKS DIRECT CODE: JEHSAC-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. Transportation will be provided on a M-NCPPC activity bus.

Tuesday, November 24

9 am- 3pm



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

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.**