

# Evelyn Cole Senior Activity Center



*Welcome to the Evelyn Cole Senior Activity Center!*

## Summer 2024



## June, July and August

Please note: the center will be closed on:

Thursday, July 4

Independence Day

**Center Hours: Monday – Friday**

**10:00am – 2:00pm**

### Summer Registration

- Registration begins Wednesday, May 15 for **Residents (R)** only.
- Registration begins on Wednesday, May 22 for **Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class/trip 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.
- 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.

**5720 Addison Rd, Seat Pleasant 20743**

**Telephone: (301)-386-5525      TTY: (301)-699-2544**

# Evelyn Cole Senior Activity Center (ECSAC): Information

ECSAC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card.

- Activity room with social games and activities
- Computer station
- Lunches served by Department of Family Services Nutrition Program to those signed up for the program
- Trips and events
- Free seminars
- A variety of classes

## **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 as a check, which can take 3 to 4 weeks to process.**

## **Trip Information:**

Due to Covid-19, no trips are planned for Summer 2022

Note: When you see these feet with a trip or activity, it means there will be a lot of walking.



# Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Walking Club	Gym	<u>Tues &amp; Thurs</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness With LaShawn	Activity Room 2	<u>Mon &amp; Fri</u>	11:30am- 12 noon	N/A	FREE
Bingo	Activity Room 2	<u>Tues &amp; Wed</u>	12:45-1:45 pm	N/A	FREE
Music Sensation	Activity Room 2	<u>Mondays</u>	1-1:30 pm	N/A	FREE
Pokeno	Activity Room 2	<u>Mon &amp; Thurs</u>	12:45-1:45 pm	N/A	FREE
Morning Inspiration	Activity Room 1	<u>Monday</u>	10:30-11:15am	N/A	FREE
Bid Whist	Activity Room 1	<u>Fridays</u>	11am – 12 noon	N/A	FREE



## June 2024

**Harlem and the Heartbeats, Darnall's Chance House** **Wednesday, June 5**  
**\$10(R); \$12(NR)** **11am-2pm**

**Parks direct Code: ECSAC-20240605**

Bring a picnic lunch with a blanket or lawn chair and enjoy performances by local artist at the Lunchtime Lawn Concerts at Darnall's Chance House. Bring your lunch and a compact lawn chairs. Fee includes transportation on Senior Activity Bus.

**Informational Session** **Thursday, June 6**  
**FREE** **12:45-1:45p**

**Parks Direct Code:17544-422A**

**Healthy Eating for Older Adults**

As you get older, it is important you continue to eat well. Changes in your body results in lower energy or calorie requirements. This session will explore a few changes that should be made as you age well. Seating is limited. Register early.

**Informational Session** **Monday, June 10**  
**DHC Medical Supplies** **11am-12noon**  
**FREE**

Need Mobility Assistance? As we age, we need a little assistance; A DHC representative will come and discuss options for medical equipment-canes, wheelchairs, bathroom safety devices and more. Sign up in the FREE book located at the center.

**Red Lobster, Laurel, MD** **Tuesday June 11**  
**\$10(R); \$12(NR)** **11 am-2pm**

**Parks direct Code: ECSAC-20240611**

Come out to indulge in your favorite seafood and those delicious cheddar bay biscuits. Fee includes transportation on a Senior Activity bus.

**Jewelry Making** **Wednesday, June 12**  
**FREE** **11am-12 noon**

**Parks Direct Code: 15502-422A**

Create your very own jewelry. All supplies included. Register early as space is limited.



### **Father's Day Social**

**FREE**

**Parks Direct Code: 26507-422B**

Let's honor the men in your life. Granddad, father, husband, son and brother. Come out and enjoy some refreshments, games, and fun activities. Seats are limited so register early.

**Friday, June 14**

**12:30-2:00pm**



### **Juneteenth Celebration**

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

**Parks Direct Code: ECSAC-SPEC-GA-20240619**

Join us as we celebrate and learn the history of this monumental holiday with food and laughter. A native Washingtonian, Comedian E-Boogie will have you in tears laughing. Feast on some good ole summertime cookout dishes of Bar-B-Que Chicken, baked beans, collard greens and Juneteenth customary strawberry soda. Register early as seats are limited for this event.

**Wednesday, June 19**

**11 am – 2pm**

### **Pontoon Boat Ride-Bladensburg Waterfront Park**

**\$10(R); \$12(NR)**

**Parks direct Code: ECSAC-20240625**

Enjoy a morning ride on the Anacostia River on a pontoon boat. After the boat ride enjoy your packed bag lunch at the Waterfront. Fee includes boat fee and transportation. Lunch on your own.

**Tuesday, June 25**

**10 am-2pm**

### **Happiest Birthday Celebration!**

**FREE**

**pm**

Come celebrate with the delightful people born in the month of June! Birthday treats will be served. Sign up at the center one week in advance. Sign up in the "Free Book" located at the center.

**Friday, June 28**

**1 – 1:30**

# July 2024

## **Informational Session**

**Sight/Prevention of Blindness**

**Monday July 1**

**Fee: FREE**

**11am-12 noon**

The Eyes have it! There are several things that can affect our sight, glaucoma, cataracts and even computer glare. A representative from Your Eyes will discuss preventative and maintenance measures for seeing clearly as long as we can. Sign up in the FREE book located at the center.

**Arundel Mills Mall and Maryland Live Casino**

**Tuesday, July 9**

**\$12 (R); \$15 (NR)**

**9am-3pm**

**Parks Direct Code: ECSAC-20240709**

Come and Shop until you drop! Take a trip with us to Arundel Mills Outlet Mall. Lunch on your own at the food court or spend your afternoon at Maryland Live Casino. Fee includes transportation on a Senior Activity bus.

## **Informational Session**

**Caregiver Burn Out**

**Monday, July 15**

**Fee: Free**

**11am -12 noon**

Are you feeling overwhelmed, fatigue or just simply need a break. Come join us as we learn how to prioritize healthy boundaries and learn strategies on how to balance being a happy, healthy stress-free caregiver. Sign up in the FREE book located at the center.

**National Ice Cream Day**

**Friday, July 19**

**FREE**

**12:30-1pm**

**Parks Direct Code: 26507-422C**

Come get a scoop of ice cream to cool you down! Stop by the center and get a scoop ice cream and a funnel cake with toppings from Funnel Fare Ice Cream Truck. This is limited to while supplies last. Register early.

**Senior Line Dance Party, Martins Crosswinds**  
7400 Greenway Center Drive, Greenbelt, Maryland 20770  
**PARKS DIRECT code: SPD-SPEC-GA-20240719**

**Friday, July 19**  
**9am - 12 noon**

**Doors Open: 8:30 am**

**Ticket Price: \$38 (R); \$50 (NR)**

You *DON'T* want to miss this popular Senior Line Dance Party for seniors 60 or better! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing, fan clapping, laughter, and show off your dance moves! Registration is on first come basis. Tickets are *Not* sold at the door. You must have a Parks Direct account to register! Transportation will not be 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.

**Seafood Palace Buffet, Annapolis, MD**  
**\$12(R); \$16(NR)**  
**Parks Direct Code: ECSAC-20240723**

**Tuesday, July 23**  
**10am-2pm**

Voted one of the best all you can eat Seafood Buffet in Annapolis. Serving all your seafood favorites and more. Fee includes transportation of a senior activity bus. Lunch at your own expense.



**Paint and Sip**  
**\$5(R); \$7(NR)**  
**Parks Direct Code: 15502-422B**

**Wednesday, July 24**  
**12:30- 2 pm**

Get in touch with your inner creativity. Beginners, Intermediate and Advance artists. No need to purchase that picture from the store. Your own original artwork will enhance your environment. Canvas, paint, and drinks are the order for the day. Register for this event early.

**Wieners to Brighten Your Day!**

**FREE**

**Parks Direct Code: 26507-422D**

**Friday, July 26**

**12-2pm**

In celebration of National Hotdog month let's indulge in a doggone good ole time! Hotdogs with all the fixin along with games and DJ Jeanette Harris to keep the party going. Register early as seats are limited.



**Happy Birthday Observation**

**FREE**

**Wednesday, July 31**

**1:30- 2 pm**

Join us as we observe July birthdays with ice cream and cake. To join in on the fun sign up at the center in the free book.

# August 2024



**Bingofest**

**FREE-Admission: With a donation of school supply item**

**Parks Direct Code: SPD-SPEC-GA-20240802 - John E. Howard**

**Friday, August 2**

**9am-2pm**

Let's play BINGO! Win some great bingo prizes and have lots of fun while supporting our County youth by donating school supplies for elementary age children in need. A box lunch will be provided. A supply list of needed items will be available in July. Register early as space is limited.



**Informational Session**

**Coffee with a Cop-Seat Pleasant Police Department**

**Monday, August 5**

**Fee: FREE**

**11am-12 noon**

Beware of your Surroundings-Officer Miller our neighborhood police officers will talk about safety at home and outside of the home for seniors and field questions and answers. Sign up in the FREE book located at the center.

**Informational Session**

**Monday, August 12**

**The Art of Relaxation**

**11am-12 noon**

You can relieve stress by practicing relaxation techniques like deep breathing, mindfulness and meditation, releasing physical tension and exercising. Learn a great inner peace as we use stress balls to practice mindfulness. Sign up in the FREE book located at the center.

**Mystery Restaurant**

**Tuesday, August 13**

**\$12(R); \$16(NR)**

**9am-3pm**

**PARKS DIRECT CODE: ECSAC-20240813**

Enjoy a delicious lunch a local restaurant. Fee includes transportation on the Senior Activity Bus. Lunch at your own expense.

**MJ the Musical, Washington DC**

**Sunday, August 18**

**\$125(R); \$163 (NR)**

**4-10:30pm**

**Parks Direct Code: ECSAC-20240818**

Michael Jackson's unique and unparalleled artistry has finally arrived in a brand-new musical. The most Tony Award®-winning new musical of the season. MJ the Musical is a jukebox musical based on the life of the American entertainer Michael Jackson. Fee includes admission and transportation to the show.



**National Senior Citizens Day**  
**FREE**

**Monday, August 25**  
**12:30 - 2pm**

It's finally your day. What a great way to start the day as a senior. Today we celebrate you. There will be trivia, music, games, and light refreshments. Sign up in the free book located in the lobby.

**Sun Catchers**  
**Fee: FREE**

**Wednesday, August 21**  
**11am-12 noon**

**Parks Direct Code: 15502-422C**

Join us in decorating an optical wind chime. Hang it in your window or sunny place and let the sun's rays reflect and scatter the beautiful colors. Register early as seats are limited.



**Summer Sensations Cookout**  
**\$15(R); \$20 (NR)**

**Friday, August 23**  
**12-2pm**

**PARKS DIRECT code: JEHSAC-SPEC-GA-20240823**

Join us for a mid-day cookout! We will enjoy some of your favorite cookout food, drinks, and games. Musical performance by The Tribe Band. We want to see your million-dollar smile in the place. Register early as space is limited! You don't want to miss this event! Fee includes lunch and musical performance.



**Happiest Birthday Celebration!**  
**FREE**  
**pm**

**Friday, August 30**  
**1 pm – 1:30**

Come celebrate our August Birthdays! Birthday treats will be served. Sign up at the center one week in advance. Sign up in the "Free Book" located in the office.



**ECSAC CINEMA PRESENTS  
FREE MOVIE DAY**

**June 20**

**July 18**

**August 15**

**12:00 -2:00pm**

Light refreshments will be served!

Sign up in the Free Book located at the center. The name of the movie will be posted at the center.

# 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 11:30 am-12:00 pm and 12:15 pm-12:45 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 \$4.00. 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

*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 at (301) 386-5525.

### Trip Refund Policy:

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

## 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 modification. To contact the Program Access office directly, call 301-249-7200 (Maryland Relay 7-1-1) or email [program.access@pgparks.com](mailto:program.access@pgparks.com)."

## Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting: [PGParks Alerts - Park and Recreation - Prince Georges County MD](#). You will need a mobile phone number or an email address and your zip code to complete the registration.