

# Evelyn Cole Senior Activity Center

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*Welcome to the Evelyn Cole Senior Activity Center!*

## Fall 2024



## September, October & November

Please note: the center will be closed on:

Monday, September 2

Labor Day

Thursday, November 28

Thanksgiving Day

Friday, November 29

Employee Appreciation Day

**Center Hours: Monday-Friday**

**10:00 am-2:00pm**

### Fall Registration

- Registration begins Wednesday 14, August for **Residents (R)** only.
- Registration begins on Wednesday 21, 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.
- 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).**

**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.**

## **Senior Trip Information**

For your information, we have included the type of vehicle provided on our trips; however, it's 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 Refunds:

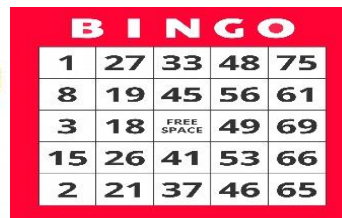
- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



When you see these feet, it means the trip involves a lot of walking.

# Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Cricut Class	Activity Room 1	1 <sup>st</sup> & 3 <sup>rd</sup> Monday September 16 (No class on 09/02) October 7 & 21 November 4 & 18	10 am-12 noon	30510-522A 30510-522B 30510-522C	\$10 (R); \$13 (NR) \$20 (R); \$25 (NR) \$20 (R); \$25 (NR)
Morning Fitness with LaShawn	Activity Room 2	Mon & Fri	11:30 am-12 noon	N/A	FREE
Morning Inspiration	Activity Room 2	Monday	10:30-11:15 am	N/A	FREE
5720 Walking Crew	Activity Room 2	Tue & Thur	11:30am-12:00 noon	N/A	FREE
Bingo	Activity Room 1	Tue & Wed	12:45-1:45 pm	N/A	FREE
Pokeno	Activity Room 1	Mon & Thur	12:45-1:45 pm	N/A	FREE



## September 2024

**Sankofa Mobile Museum**

**Thursday, September 5**

**FREE**

**10:30am-12 noon**

**Activity Code:17544-522A**

The word “Sankofa” is a word in the Twi, Akan and Fante language of Ghana that translates to “retrieve”- “go back and get it”. Sankofa is an interactive mobile museum to introduce individuals to untold stories and unsung individuals from the past. Step into the history and experience people and places that shape the past and present through virtual and augmented reality. Sign up early as entry into the mobile museum is limited.

**Grandparents Day Celebration**

**Monday, September 9**

**FREE**

**12 noon- 2pm**

**Activity Code: 17544-522B**

Come and celebrate Grandparents Day and the joys of being a Grandparent. Music, poems, and a FREE tasty smoothie from Smoothies on the Move along with light refreshments.

Music by DJ Captain Fly. Sign up early as seats are limited. Sign up in the FREE book located in the office.

**Informational Session**

**What’s Going On?**

**Monday, September 9**

**FREE**

**11 am-12 noon**

Join us for engaging topics with Officer Miller of Seat Pleasant Police Department, focusing on neighborhood safety and community engagement.

**Jaspers Restaurant, Largo, MD**

**Tuesday, September 10**

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

**10 am- 2pm**

**Activity Code: ECSAC-20240910**

Come and dine at this upscale casual restaurant that serves American fare. That includes chicken and Waffles, Lump Crabcakes, Jasper Crispy Chicken and much, much more.

Lunch at your own expense. Fee includes transportation on a Senior Activity bus.

**Movie Day** **Thursday, September 12**  
**FREE** **12 noon-2pm**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

**Hispanic Heritage Month Activity** **Friday, September 13**  
**FREE** **11am-12noon**

**Activity Code: 17544-522C**

Celebrate Hispanic Heritage month and virtually learn the Salsa! Try some samples of traditional Hispanic foods. Sign up early in the free book located at the center. Space is limited.

**Banneker-Douglas Museum, Annapolis, MD** **Tuesday, September 17**  
**\$10(R);\$12(NR)** **10am- 2pm**

**Activity Code: ECSAC-20240917**

Take a guided tour through The Banneker-Douglass Museum, formerly known as Mt. Moriah African Methodist Episcopal Church, is a historic church at Annapolis, Anne Arundel County, Maryland. After the tour have lunch on our own at a local Annapolis MD restaurant. Fee includes admission to the museum and transportation on a senior activity bus.

**Happiest Birthday Celebration!** **Thursday, September 19**  
**FREE** **1-1:30 pm**

Come celebrate with the special people born in the month of September. Birthday treats will be served. Sign up in the "Free Book" in the office one week in advance. Space is limited

**Fall Carnival** **Friday, September 20**  
**\$15(R); \$20(NR)** **12 noon-2pm**

**Parks Direct Activity Code: JEHSAC-SPEC-GA-20240920**

As the leaves turn vibrant shades of red, orange, and gold, join us in celebrating the season at our spectacular Fall Carnival. Mark your calendar and join us for a day to remember at the Fall Carnival. We can't wait to celebrate the season with you! Join us for your favorite carnival foods-hotdogs, cotton candy, popcorn, pretzels and more, fun carnival games and prizes. Fee includes admission, food, games, prizes and music from DJ Quartermaine. Don't miss out on the fun and festivities! This is a joint event with John E Howard Senior Activity

Center and will be located at **John E Howard Senior Activity Center 4400 Shell Street, Capitol Heights, MD.**

**Active Aging Week**

**Seniors on the Move**

**Monday, September 23**

**FREE**

**Time: 11am-12 noon**

**Activity Code: 17511-522B**

Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun exercise class. Make friends and boost your mood with other seniors about being healthy.

**Active Aging Week at SARRC**

**Pool Party**

**Wednesday, September 25**

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

**11am- 3pm**

**Activity Code: JEHSAC-20240925**

Come splash your way into shape and have fun doing it. The pool has a gentle slope ramp for entry and in-water wheelchairs and walkers are available. Then, step on the patio and enjoy a nice refreshing refreshment and listen to some old school tunes.

**National Museum of African American History**

**Thursday, September 26**

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

**9am- 3pm**

**Parks Direct Code: ECSAC-20240926**

The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Enjoy a down-home lunch at the Sweet Home Café. Fee includes transportation on a senior activity bus. Lunch at your own expense. **Note-Outside food cannot be consumed in the museum spaces including the café.**

**Informational Session**

**Domestic Violence**

**Monday, September 30**

**FREE**

**12:30-1:30pm**

Mental or physical abuse should never be accepted. Ms. Vargas, from Maryland Department of Social Services will share strategies on how to be free & love yourself. The first step is putting you first. Sign up in the FREE book located at the center.

# October 2024



## BREAST CANCER AWARENESS MONTH

**Cracker Barrel, Waldorf, MD**

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

**Parks Direct Code; ECSAC-20241003**

**Thursday, October 3**

**10 am- 2pm**

Hop onboard our bus for a lunch trip to Waldorf's Cracker Barrel restaurant. Come for the tasty, classic food selections and find a shopping bargain in the old country store. Fee includes transportation aboard senior activity bus. Lunch at your own expense.

### **Informational Session:**

**The Balance of A Caretaker For The Elderly**

**FREE**

**Monday, October 7**

**11am – 12 noon**

How do I balance my time? What kind of things do the elderly like to? Will I have time to rest and relax with my loved one? Learn techniques on how to balance out your everyday life, and not get burned out. You both can be well rested and happy and enjoy life. Sign up in the FREE book located at the center.

### **Informational Session:**

**Wellness Workshop**

**FREE**

**Tuesday, October 8**

**11am-12 noon**

Join us this October for our **Breast Cancer Awareness** workshop! Together, we'll empower ourselves with knowledge about breast cancer prevention. This workshop aims to educate and raise awareness about the importance of healthy lifestyle choices that can reduce the risk of breast cancer. Let's come together to support each other and spread awareness in our community. Together, we can make a difference in the fight against breast cancer! Sign up in the FREE book located at the center.

**Sneaker Decorating****FREE****Activity Code: 15502-522A**

Customize your favorite sneakers. Design your one-of-a-kind sneakers and wear them to our Sneaker Masquerade Ball later in the month. You provide your own sneakers, and we'll provide the supplies needed. Spaces are limited.

**Thursday, October 10****10:30am-12 noon****Karaoke with Nikki****FREE****Activity Code:17544-522D**

So, you think you can sing? Don't miss out on some unforgettable fun, laughter, and music. Grab the mic and sing your heart out. Whether you're a shower singer, or just love to cheer on your friends, this is the perfect fun event. A list of songs for every taste. Pick your favorite and show off your talent!

**Tuesday, October 15****11am-1pm****Maryland Live & Arundel Mills Mall****\$12(R); \$16(NR)****ACTIVITY CODE: ECSAC-20241016**

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination.

**Wednesday, October 16****9 am-2pm****Movie Day****FREE**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

**Thursday, October 17****12 noon-2pm****Informational Session****Overcoming Grief****FREE**

Have you lost a loved one, or someone very dear to your heart? Is your heart still hurting & grieving? Do you feel lost and uncertain? Come hear Areille Thomas from Amedisys's Hospice Facility share some ways to assist you with your healing process.

**Friday, October 18****11am -12 noon**



**Baltimore Aquarium**

**\$44(R); \$57(NR)**

**Activity Code: ECSAC-20241024**

**Thursday, October 24**

**9am-3pm**

Explore award-winning exhibits and meet all the animals at the National Aquarium, located on Baltimore's Inner Harbor. Afterwards partake in lunch at one of Baltimore's local restaurants. Fee includes admission and transportation on a senior activity bus. Lunch at your own expense. **Note- No Outside food can be consumed in the museum spaces.**

**Informational Session**

**Diabetes Awareness**

**FREE**

**Monday, October 28**

**11am -12 noon**

Be certain, be sure of everything that is going on inside your body. Mrs. Jihan Starr, from Eldercare Consulting will share some information on how to live a healthy, happy & active life with diabetes.

**Sneaker Masquerade Ball & Birthday Celebration!**

**\$25(R); \$33 (NR)**

**Parks Direct Code:ECSAC-SPEC-GA-20241031**

**Thursday, October 31**

**12 noon-2 pm**

You can be whoever you want to be at this Sneaker Ball Masquerade Party. Wear your favorite mask or costume with your sneakers and join the fun. We will also be celebrating those seniors born in the month of October. You never know who will show up to the party! Music by The Rise Band, games, special treats and lots of fun, fun, fun. Secure your seat today.

# November 2024

## AMERICAN DIABETES MONTH

**Informational Session**

**Health & Wellness Fit**

**FREE**

**Monday, November 4**

**11am- 12 noon**

Stay fit and strong on purpose. Learn how to eat healthy and exercise daily to live a productive life. Sign up in the FREE book located at the center.

**Dutch Village Farmers Market, Upper Marlboro,MD** **Friday, November 8**  
**\$12(R); \$15 (NR)** **10 am- 2pm**  
**Activity Code: ECSAC-20241106**  
Lancaster's Best Brought to You!!!! Purchase your fresh produce, meats, baked goods and dairy products. Lunch at your own expense at one of your favorite vendors while there. Fee include transportation on a senior activity bus.

**Informational Session: American Diabetes Month**  
**Food Demo** **Tuesday, November 12**  
**FREE** **11am-12noon**

**Activity Code: 17544-522F**  
Celebrate American Diabetes Month with us this November! Join our workshop featuring a live food demo dedicated to raising awareness about diabetes prevention, management, and support. Whether you're living with diabetes or interested in learning more about it, our workshop will provide valuable insights and practical tips for maintaining a healthy lifestyle. Together, we'll explore strategies for healthy eating, physical activity, and monitoring blood sugar levels to promote overall well-being. Let's come together to educate, support, and empower each other in the fight against diabetes.

**Mystery Restaurant** **Wednesday, November 13**  
**\$12(R); \$16(NR)** **10am-2pm**  
**PARKS DIRECT CODE: ECSAC-20241113**

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

**Movie Day** **Thursday, November 14**  
**FREE** **12 noon-2pm**

Join us for an afternoon matinee. Popcorn and drinks to be served. Sign up in the FREE book located at the center. Look for the posted movie selection at the center.

**Informational Session:**  
**Resolving Conflict in a Dilemma** **Monday, November 18**  
**FREE** **11am-12 noon**

Are you having a hard time explaining or putting resources into place for a loved one.

Is it tough communicating about their living arrangements. If they should live in a long term facility or have a home health aide at home. Join us as we have an open discussion on resolving and keeping the peace while seeking the best care for our loved ones. Sign up in the FREE book located at the center.

**Holiday Centerpiece Workshop**

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

**Activity Code:15502-522B**

Get into the holiday spirit with our special Centerpiece Workshop. Come together for a delightful and creative experience that will leave you with a beautiful handmade wreath to adorn your home. Enjoy a cup of hot cocoa, tea, coffee, and holiday treats as you work on your masterpiece and chat with friends. Spaces are limited, so be sure to register soon. Fee includes guided instructions, all supplies needed and refreshments.

**Tuesday, November 19**

**10:30am-12 noon**

**Thanksgiving Birthday Celebration**

**FREE**

**Activity Code:17544-522F**

Let's give thanks together. Gather with us to express our gratitude and well wishes to one another and celebrate those born in the month of November. Join us for refreshments, birthday treats and music by DJ Jeanette. Space is limited.

**Friday, November 22**

**12 noon-2 pm**

**CBQ Restaurant, Chesapeake, MD**

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

**Parks Direct Code: ECSAC-20241126**

A Maryland inspired BBQ restaurant featuring- smoked brisket, pulled pork sandwiches and much more. Take an elevator ride and hop into the Rod and Reel Resort Casino. Lunch at your own expense. Fee includes transportation on a Senior Activity Bus.

**Tuesday, November 26**

**9am-2pm**

## 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 12:00 and 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 \$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 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

## Inclement Weather/Closures

**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.

**PG Parks Alerts:** Sign up for our PG Parks Alerts and get the latest information on M-NCPPC closures due to weather, maintenance or other emergencies. Go to [PGParks Alerts | MNCPPC, MD](#)