

John E. Howard Senior Activity Center

Welcome to the, John E. Howard Senior Activity Center



December 2024, January & February 2025

Scheduled Facility Closures:

Wednesday, December 25
Wednesday, January 1
Monday, January 20
Monday, February 17

Christmas Day
New Year's Day
MLK Jr. Day
Presidents Day



Center Hours:

Monday – Friday

9:00 am – 3:30 pm

Fall Registration

- Registration begins Wednesday, November 13 for **Residents (R)** only.
- Registration begins on Wednesday, November 20 for **non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class 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.**

4400 Shell Street, Capitol Heights

Phone: 301-735-2400

TTY: 301-699-2544

John E. Howard Senior Activity Center Information

Welcome to John E. Howard Senior Activity Center where we hope you will enjoy:

- JEHSAC Fitness Room, free for seniors 60 & better with M-NCPPC Senior ID card.
- Social room with social games and activities
- Game Room with billiard tables
- Gymnasium for fitness and dance classes
- Lunches served by the Department of Family Services Nutrition Program, to those signed up for the program.
- Trips and events
- Free seminars



Our Refund Policy:

1. 100% refunds are issued when M-NCPPC/SAARC Senior Program cancels an activity.
2. All other refunds are subject to a 20% refund administrative fee.
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. 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:

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.

John E. Howard Senior Activity Center Information



NO SMOKING POLICY

In accordance to 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.

KEEPING IT GREEN IN 2025

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



John E. Howard Senior Activity Center: Classes & Activities

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Fitness Intermediate <i>with Rachel</i>	Room 13	<u>Thursday</u> Dec 7-28 Jan 4-25 Feb 1-22	11 am - 12 pm	17531-139A 17531-139B 17531-139C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Dec 4-27 Jan 3-29 Feb 5-28	11-11:30 am	17507-139A 17507-139B 17507-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Dec 4-27 Jan 3-29 Feb 5-28	11:45 am-12:15 pm	17511-139A 17511-139B 17511-139C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> Dec 6-27 Jan 3-24 Feb 7-28	9:30-10:30 am	23501-139A 23501-139B 23501-139C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>with Ms. Hattie</i>	Gym	<u>Tuesday</u> Dec 5-26 Jan 2-23 Feb 6-27	9:30-11:30 am	23508-139A 23508-139B 23508-139C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Arts & Crafts Seniors <i>with Babbita</i>	Room 13	<u>Wednesday</u> Dec 6-27 Jan 3-24 Feb 7-28	10:30 am-12 noon	15502-139A 15502-139B 15502-139C	\$15 (R); \$20 (NR) \$15 (R); \$20 (NR) \$15 (R); \$20 (NR)
Sewing 101 – Seniors <i>with Rhonda</i>	Room 14	<u>Fridays</u> Dec 1-22 Jan 5-26 Feb 2-23	10 am-2 pm	15501-139A 15501-139B 15501-139C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR)
Cards	Social Room	<u>Tuesday's</u>	12:30-2pm	N/A	FREE



Arts & Crafts



December 2024

Informational Session:

Will and Trust -Leave a Will not a Bill

FREE

A will is a document that contains your direct wishes for your property and assets, as well as the care of your dependents. Failure to prepare a will typically leaves decisions about your estate in the hands of judges or state officials and may also cause family strife. Come and join us as Leave a Will not a Bill leads a discussion on wills and trusts.

Thursday, December 5

11am -12 noon

Holiday Sip and Paint

FREE

Unleash your inner artist and come and celebrate the holidays with a non-alcoholic beverage and light refreshments. Seating is limited, so sign up early. Sign up in the free book located in the lobby at the center as seating is limited.

Tuesday, December 10

10am-12noon

Informational Session: Driver Safety

FREE

Come out and learn driving techniques, proven safety strategies, new traffic laws and rules of the road with AARP. Sign up early in the free book located at the center as seating is limited.

Thursday, December 12

12:30 – 1:30PM

SENIOR HOLIDAY CONCERT

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

Parks Direct Code: SPD-SPEC-GA-20241212

Celebrate the holiday season and enjoy a concert featuring the sounds of The Rise Band and Show. This event will sure get you in the spirit of the holidays! **Doors open at 10:15 am.** Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the show. Register early! Seating is limited. This event is held at Laurel Beltsville Senior Activity Center located at 7120 Contee Road, Laurel MD.

Thursday, December 12

10:30am 12pm

TRANSPORTATION FEE NOT INCLUDED IN THE CONCERT TICKET PRICE.

Senior Holiday Concert Transportation

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

Parks Direct Code: JEHSAC-20241212

Catch a ride to the Senor Holiday Concert at Laurel Beltsville Senior Activity Center. After the show stop at a local restaurant for lunch at your own expense. Register early! Spaces are limited.

Thursday, December 12

9:00am-3pm

John E. Howard Senior Activity Center: Special Events

Informational Session: P.G. City Memorial Library System

Friday, December 13

FREE

11am – 12pm

Please come out and gain access to resources for 60 & better seniors and while you're here sign up to receive a PG library card. Sign up early in the free book located at the center as seating is limited.

Holiday Centerpiece Workshop

Tuesday, December 17

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

10am-12 noon

Parks Direct Code:15502-539D

Join us in a creating centerpiece you can display and decorate on your holiday table. Fee includes all supplies needed and refreshments.

MOVIE DAY

Tuesday, December 17

FREE

12:30- 2:30pm

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.

Surratt House and Museum

Thursday, December 19

Fee: \$16(R); \$20(NR)

10am-3pm

Parks Direct Code: JEHSAC-20241219

Take a tour of the historic Surratt House Museum and learn more about its significance due to its role in dramatic events surrounding the Lincoln assassination conspiracy. After the tour have lunch at your own expense at a local restaurant. Fee includes admission and transportation on a Senior Activity bus.



Holiday Sweater Gathering

Friday, December 20

FREE

12 noon -2pm

Who said only ugly sweaters have to be celebrated? Pretty, cute, extravagant, ugly and hideous sweaters can be worn to this event. Celebrate in your own style. Wear your favorite holiday sweater. Prizes will be given for the best sweaters. Games, holiday treats and music by DJ Quartermaine.

Cupcakes and Mocktails Birthday Celebration

Tuesday, December 31

FREE

1:30 – 2:30 pm

Come celebrate with the special people born in the month of December. Birthday treats along with mocktails will be served. Register early as space is limited.

January 2025



New Year, New You!

FREE

**Thursday, January 2
10am-12pm**

Happy New Year! Let's take a toast to 2025. Did you make any New Year resolutions? Come and share what you have set for the new year and just maybe... someone can help you stay on track. Sparkling cider and New Year party favors will be provided. Sign up in the FREE book at the center.

Informational Session: Advance Directives

FREE

**Tuesday, January 7
11am – 12 noon**

Come out and gain inciteful information about advance directives. Advance care planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes. Having meaningful conversations with your loved ones is the most important part of advance care planning. Many people also choose to put their preferences in writing by completing legal documents called advance directives.



Informational Session: National Law Enforcement Day

FREE

**Thursday, January 9
10:30am -12 noon**

On this special day, we come together to honor and appreciate the dedication, bravery, and hard work of our local police officers. These men and women put their lives on the line every day to ensure our communities are safe and secure. Let's show our gratitude and support for those who protect and serve us. Your presence and participation will make this day even more special. Together, we can build stronger bonds and a safer community. Come dressed in blue with your questions and concerns to share with our Officers from Prince George's County, M-NCPPC Park Police and Capitol Heights Police Departments. Light refreshments will be served.

John E. Howard Senior Activity Center: Special Events

Martin Luther King Jr Memorial

Fee: \$12 (R); \$15 (NR)

Parks Direct Code: JEHSAC-20250114

In Celebration of Dr. Martin Luther King Jr's birthday, we will visit his memorial in Washington DC. Lunch at a local restaurant at your own expense. Fee includes transportation on the Senior Activity Bus.

Tuesday, January 14

9am-3pm

Denim and Boots Party

Fee: \$25 (R); \$33 (NR)

Parks Direct Code: JEHSAC-SPEC-GA-20250117

Giddy up and mosey on down to our Western Hoedown! Saddle up for a rootin' tootin', foot-stompin' good ole time. Your ticket includes live music by The Tribe Band, a delicious light lunch, and fun. This is one shindig you won't want to miss.

Friday, January 17

12 noon-2pm

Tribute to Frankie Beverly and Maze: Harmony Hall

Fee: \$35 (R); \$45 (NR)

Parks Direct Code: JEHSAC-20250118

Get ready for an unforgettable evening as we pay homage to the iconic music of MAZE and Frankie Beverly, featuring their greatest hits including "Happy Feeling," "Southern Girl," "Before I Let Go," and more. Dinner before the show at a local restaurant at your own expense. Fee includes admission to show and transportation on Senior Activity Bus.

Saturday, January 18

5-10pm

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.

Tuesday, January 21

12:30- 2:30pm



Soup for the Soul Day

FREE

Ticket Code: JEHSAC-SPEC-GA-20250123

Soup is a beloved meal enjoyed in many cultures around the world, with a history that likely dates back to the invention of the earliest cooking pots. Come by and treat yourself to a steaming hot cup of soup. It's the perfect way to warm up and enjoy a comforting, flavorful meal. Don't miss out on this delightful experience!

Thursday, January 23

12noon-2 pm

John E. Howard Senior Activity Center: Special Events

Informational Session:

Friday, January 24

University of Maryland School of Medicine

FREE

11am-12 noon

Do you have high blood pressure, high cholesterol or diabetes? If so, these health illnesses are part of vascular/heart health and if not managed, could lead to a heart attack or stroke. Come listen to the University of Maryland's presentation on ways to manage and improve your vascular health through lifestyle changes, early detection and treatment options.

Tina -The Tina Turner Musical: National Theater

Sunday, January 26

\$130(R); \$170(NR)

11am -5pm

Parks Direct Code: JEHSAC-20250126

The Tina Turner Musical is a jukebox musical featuring the music of Tina Turner and depicting her life from her humble beginnings in Nutbush, Tennessee, to her transformation into a rock 'n roll superstar. Lunch at a local restaurant before the show at your own expense. Fee includes admission to the musical and transportation on a Senior Activity bus.

Birthday Celebration

Friday, January 31

FREE

1:30 – 2:30 pm

Come celebrate with the special people born in the month of January and sing along to your favorite songs. Birthday treats will be served. Sign up at the in the "Free Book" located at the center.

February 2025



Black History and American Heart Month

Black History Jeopardy

Wednesday, February 5

FREE

11am-12 noon

What is...? Knowledge equals power and understanding! Deepen and enrich your knowledge of African American history and increase your familiarity on a variety of African American topics. Sign up in the FREE book located at the center.

John E. Howard Senior Activity Center: Special Events

Black History in Motion: Publick Playhouse

Friday, February 7

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

11am-12:30pm

PARKS DIRECT# SPD-SPEC-GA-20250207

Celebrate Black History Month with seniors from throughout Prince George's County and beyond, with a historical journey highlighting the contributions of African Americans through musical performances. Tickets may be purchased at the Publick Playhouse, any Senior Activity Center, or any M-NCPPC Facility. Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the theater. The Publick Playhouse is located at: 5445

Landover Road, Cheverly, MD 20784. **TRANSPORTATION FEE NOT INCLUDED IN THE CONCERT TICKET PRICE. Register early! Spaces are limited.**

Music of the Isley Brothers: Harmony Hall

Saturday, February 8

Fee: \$35(R); \$45(NR)

5-10pm

Parks Direct Code: JEHSAC-20250208

This unforgettable night pays homage to The Isley Brothers. With hit after hit, the band will keep the music going all night long. Don't miss out on this high powerful musical event! Dinner before the show at a local restaurant at your own expense. Fee includes admission to show and transportation on Senior Activity Bus.

I Heart You

Friday, February 14

Free

11am -1pm

Join us for a day of love, laughter, and music at our Valentine's Day party featuring Karaoke with Nikki! Whether you're serenading your sweetheart or just having fun with friends, this is the perfect way to celebrate the day of love. Light refreshments served. Sign up in the Free book located at the center

MOVIE DAY

Tuesday, February 18

FREE

12:30- 2:30pm

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.

John E. Howard Senior Activity Center: Special Events

Information Session: Final Expense Life Insurance

Friday, February 21

FREE

11am - 12 noon

Death is a topic no one likes to talk about but it's inevitable. So many people are not prepared. It is not cheap to bury someone. Come find out the importance of making sure you are not leaving that burden on your loved ones.

Tribute to Gladys Knight: Harmony Hall

Saturday, February 22

Fee: \$35(R); \$45(NR)

5-10pm

Parks Direct Code: JEHSAC-20250222

Join us as we celebrate Gladys Knight iconic songs, her soulful voice, and her lasting influence on the world of music. Dinner before the show at a local restaurant at your own expense. Fee includes admission to show and transportation on Senior Activity Bus.

Informational Session: Hoarding Awareness: "Leading with Love"

Friday, February 28

FREE

11am – 12 noon

Please join us as Southern Belle Cleaners explains what hoarding is, possible causes and how you can access treatment and support. Includes tips for helping someone who is hoarding, as well as helping yourself.

Birthday Celebration!

Friday, February 28

FREE

12:30-1:30 pm

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



John E. Howard Senior Activity Center: Information Corner

Senior Nutrition Program

The Senior Nutrition Program is offered Mondays through Fridays 12 noon to 12:30pm at John E Howard Senior Activity Center with a healthy, well-balanced meal by the Prince George's County Department of Family Services. Individuals who are 60 & Better can reserve a meal by contacting our Nutrition Manager, Ms. Sandra or stop by the kitchen or by calling the Department of Family Services Nutrition Office 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 (2) days in advance with Nutrition Manager. Please bring exact change to cover your donation.

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 Aging Services Division Office 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

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.

Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. Please refer to the complete refund policy on page 2 of this calendar.

Important Numbers

IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8401
Seniors County Information	301-265-8450
Medicare Information	800-633-4227
Call-A-Bus	301-499-8603



Weather Policy & Center Closures

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](#)

