

Evelyn Cole Senior Activity Center

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Welcome to the Evelyn Cole Senior Activity Center!

SPRING 2025



March, April and May

Please note: the center will be closed on:

Monday, May, 26

Memorial Day

Center Hours: Monday-Friday

10:00 am-2:00pm

Fall Registration

- Registration begins Wednesday, February 12 for **residents (R)** only.
- Registration begins on Wednesday, February 19 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.**

5720 Addison Rd, Seat Pleasant 20743

Telephone: 301-386-5525

Maryland Relay: 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:

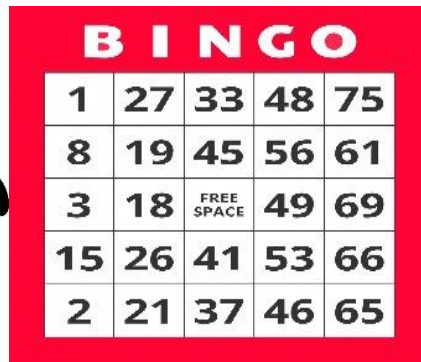
- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



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 | Kevin Durrant Room | 1 st & 3 rd Monday March 3 & 17 April 3 & 17 May 5 & 19 | 10 am-12 noon | 30510-122A 30510-122B 30510-122C | \$20 (R); \$25 (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 Motivational | Activity Room 1 | Monday | 10:30-11:15 am | N/A | FREE |
| 5720 Walking Crew | Gym | Tue & Thur | 11:30am-12:00 noon | N/A | FREE |
| Bingo | Activity Room 2 | Tue & Wed | 12:45-1:45 pm | N/A | FREE |
| Pokeno | Activity Room 2 | Mon & Thur | 12:45-1:45 pm | N/A | FREE |
| Cards (Bid whist, spades, Uno) | Activity Room 2 | Friday's | 11am – 12 noon | N/A | FREE |
| Crochet Club | Activity Room 2 | Wednesday | 10:30-12 noon | N/A | FREE |



March 2025

Fat Tuesday
FREE

Tuesday, March 4
10:30am-12 noon

Parks Direct Code: 26507-239A

The French name for Mardi Gras is Fat Tuesday. The day before the Lenten season to get your eat on! Come join us for a morning feast of pancakes and drinks. Seats are limited so register soon.

Info Session:

Estate Planning
FREE

Monday, March 10
11am-12 noon

What happens to my assets? Come listen to attorney LaShana Miller as she outlines how to distribute your assets according to your desires after death. Sign up in the FREE Book located at the center.

Fogo De Chao; National Harbor
\$12 (R); \$15 (NR)

Wednesday, March 12
11am-2pm

Parks Direct Code: ECSAC-20250312

Join us as we travel to the beautiful National Harbor to enjoy a scrumptious lunch at this all-you-can-eat restaurant with meat carved table side and an extensive salad bar for your selective enjoyment. Fee includes transportation on Senior Activity bus. Lunch is at your own expense.

Spring Wreath Making
\$5(R); \$7(NR)

Thursday, March 13
10:30-12 noon

Parks Direct Code: 15502-222A

Come and create a warm and inviting entrance to your home. Make your very own customized wreath. Embrace the spirit of spring with a decorative piece that reflects the season's beauty. Fee includes all supplies needed.

Emerald City Party
\$10 (R); \$13 (NR)

Friday, March 14
12 noon - 2pm

PARKS DIRECT CODE:

Celebrate St. Patrick's Day with us at our lively party featuring DJ Q and delicious refreshments! Enjoy an afternoon of great music, dancing, and festive fun. Don't forget to wear your green and join us for a fantastic time! Fee includes a light lunch and DJ.

Evelyn Cole Senior Activity Center: Activities & Special Events

Carrabba's Italian Restaurant
\$12 (R); \$15 (NR)

Wednesday, March 12
11am-2pm

Parks Direct Code: ECSAC-20250108

Join us and feast on a delicious lunch of authentic southern Italian food. Enjoy the rich flavors and comforting dishes that will transport your taste buds straight to Italy. Fee includes transportation on a Senior Activity bus. Lunch at your own expense

Info Session:

Mindfulness Practice
FREE

Tuesday, March 18
11am -12 noon

Come and explore mindfulness practices to enhance your mental clarity, reduce stress and to improve your overall wellbeing. Join us for a guided session to help you focus on the present.

Movie Day
FREE

Thursday, March 20
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. Movie selection will be posted at the center.

Women's History – Sip and Paint
\$5(R); \$7 (NR)

Wednesday, March 29
10:30am-12 noon

Parks Direct Code: 15502-222B

In celebration of Women's History Month, join us for a delightful Sip and Paint event! Whether you're a seasoned painter or a beginner, this event is perfect for everyone. Space is limited, so be sure to sign up early at the center to secure your spot.

Maryland Live & Arundel Mills Mall
\$12(R);\$16(NR)



Thursday, March 27
10am- 2pm

ACTIVITY CODE: ECSAC-20250427

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 with more than 200 indoor stores.

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session:

Blood Pressure Screening
FREE

Wednesday, March 26
10:30am-1pm

Join us for a FREE blood pressure screening sponsored by MedStar Southern Hospital. High blood pressure is a major risk factor for heart disease and stroke. Regular screenings can help detect issues early and prevent serious health problems. Take charge of your health and join us for this important event.

Info Session:

Life Insurance
FREE

Tuesday, March 25
11am-12 noon

Do you have enough Life Insurance? Come hear Quanisha Marshall, Independent Agent, will discuss the different types, costs and the importance of having enough life insurance.

Happiest Birthday Celebration
FREE

Friday, March 28
12 noon-2 pm

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

April 2025



Patapsco Flea Market, Baltimore Md
\$12 (R); \$15 (NR)

Saturday, April 5
9am-3pm

Parks Direct Code: ECSAC-20250405

Located minutes from Baltimore Inner Harbor. With over 600 vendors there is something for everyone. The Patapsco Flea Market has both indoor and outdoor vendors for you to explore. Lunch at your own expense. Register early as seats are limited.

Info Session:

A Home-Made Plan
FREE

Monday, April 7
11am-12 noon

Discover the comfort and convenience of having a plan for you in your home. Come hear personalized care solutions, ensuring you or your loved one receives the needed support in the familiar surroundings of their own home.

Evelyn Cole Senior Activity Center: Activities & Special Events

Blue Dolphin Seafood Bar and Grill, Gambrills, MD

Wednesday, April 9

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

10am-2 pm

Parks Direct Code: ECSAC-20250409

Known for its great food, enjoy lunch in a friendly environment! Feast on delicious crab cake and your favorite seafood. Seating is limited so register early. Fee includes transportation on a Senior Activity bus. Lunch at your own expense

Info Session:

America's 250th Anniversary

Thursday, April 10

FREE

11am-12 noon

Join M-NCPPC's National and Historic Resources Division (NHRD) in commemorating the 250th anniversary of our country in a one-hour interactive workshop with trivia, presentation, and oral history. Sign up in the FREE Book located at the center.

Karaoke with Nikki

Monday, April 14

FREE

11am-1pm

Get ready to unleash your inner superstar at our upcoming Karaoke Party with Nikki! Whether you're a seasoned performer or a first-time singer, this event promises to be filled with laughter and music. From classic hits to the latest chart-toppers, we've got a song for everyone. Choose your favorite track and take the stage! Sign up in the FREE Book located at the center.

Movie Day

Thursday, April 17

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. Movie selection will be posted at the center.

Blooming Birthday Bash

Friday, April 18

FREE

12 noon – 2pm

Welcome to a vibrant celebration of the season's renewal and energy! Join us for an unforgettable afternoon filled with music, dancing, games and fun for all. Set against the backdrop of blooming flowers and fresh air. Refreshments and music by DJ Sweat.

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session:

What My Family Should Know

Monday, April 21

FREE

11am-12 noon

Join Amedisy's Care for an insightful discussion on the importance of organizing your personal affairs. They will provide essential information to share with your family. Sign up in the FREE Book located at the center.

Earth Day

Teacup Succulent Garden

Wednesday, April 23

Fee \$5 (R): \$7 (NR)

12:30-2pm

Activity Direct Code: 15502-293C

Join us in celebrating both Earth Day by creating your very own Teacup Succulent Garden. Bring new life to your old china (cup and saucer) or an unused coffee mug by transforming it into a charming mini planter. Come and enjoy a fun, hands-on creative activity. We look forward to seeing you there! The Fee includes all necessary materials, except for the teacup or mug.

Bowie Baysox Senior Bingo

Wednesday April 23

\$42 (R); \$55 (NR)

10am-3pm

Parks Direct Code: ECSAC-20250423

Take me out to the ball game! Enjoy a great Bowie Baysox baseball game while enjoying a delicious two- hour lunch buffet and Bingo! Fee includes admission and transportation on the Senior Activity Bus.

MAY 2025

May is Fitness Month

Info Session:

Maryland Department of Family Services

Monday, May 5

FREE

11am-12 noon

Come and hear detailed information on the services offered by the Maryland Department of Social Services and how seniors can benefit from their programs. These services include health and wellness programs, financial assistance, housing assistance, and more.

Evelyn Cole Senior Activity Center: Activities & Special Events

Cinco De Mayo **FREE**

Monday, May 5
12:30-1:30pm

Join us as we celebrate Cinco de Mayo. We will have chips, salsa and virgin margaritas on deck. There will be a variety of activities, games and music. Wear red, green and white for this event. Please sign up in the FREE Book located in the lobby, as seats are limited.

Jewelry Making **FREE**

Wednesday, May 6
10:30am-12 noon

Whether you're looking to start a new hobby, enhance your skills, or simply enjoy a creative activity, this jewelry making class offers something for everyone. Space is limited. Sign up in the FREE Book located at the center.

Teppanyaki Grill- Laurel MD **\$12(R); \$16 (NR)**

Tuesday, May 13
10am-2pm

ACTIVITY CODE: ECSAC-20250513

This all-you-can-eat buffet includes over 200 food items. Offering Italian, American, Japanese and a dessert and salad bar. Register soon as seating is limited. Fee includes transportation on a Senior Activity bus. Lunch at your own expense

Botanical Garden, Washington, DC **\$12(R);\$16(NR)**

Thursday, May 15
10am-2pm

Parks Direct Activity Code:: ECSAC-20250515

Tour this plant museum on the grounds of the US Capitol. The National Garden features more than 44,00 plants to view. Lunch at a local restaurant at your own expense.

Hat and Tea Party **\$35(R); \$46(NR)**

Friday, May 16

Parks Direct Code: JEHSAC-SPEC-GA-20250516

12 noon -2:30 pm

Let's celebrate and honor the incredible women in our lives! Join us for a delightful afternoon luncheon filled with heartfelt poems, touching tributes, and beautiful music dedicated to you and that special lady. Register early to ensure you don't miss out on this memorable event! Fee includes a light lunch and entertainment from Brencore Allstars featuring Amela Taylor. **This event is at Prince George's Ballroom located at 2411 Pinebrook Ave. Landover, MD.**

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session:

Silver Circle-Prince George's County Sheriff Department

FREE

Come and meet Prince George's Sheriff Department and hear about the scams and fraudulent techniques that are being widely used today against seniors. Get your questions answered on best practices and which agency handles specific complaints.

Tuesday, April 17

11am-1pm

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. Movie selection will be posted at the center.

Thursday, April 17

12 noon-2pm

Senior Health and Fitness Day

FREE

PARKS DIRECT CODE: SAARC-SPEC-GA-20250521

Senior Health and Fitness Day is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities, educational programs, and health screenings and sign up for a massage! Transportation provided! **Bus Transportation (\$10.00)**. You must register for transportation using the following *Parks Direct code: ECSAC-20250521*. Register early! Spaces are limited!

Wednesday, May 21

10 am-2 pm

Tai Chi-Senior Health and Fitness Week

FREE

Parks Direct Code-21501-222A

Join us for a special Tai Chi class designed for seniors of all fitness levels during Health and Fitness Week. This class offers a gentle and effective way to improve balance, flexibility, and overall well-being through the ancient practice of Tai Chi. No prior experience with Tai Chi is necessary. Whether you're looking to improve your physical health, reduce stress, or simply try something new, this Tai Chi class is the perfect opportunity to enhance your well-being during Health and Fitness Week.

Thursday, May 22

1-1:45pm

Evelyn Cole Senior Activity Center: Activities & Special Events

Info Session:

Forever Fit

FREE

Tuesday, May 27

10:30am-12noon

Join the Prince George's County Office of Community Relations as they spread awareness regarding senior's health through dancing/stretching activities, explain why it is beneficial, provide vital information from our county partners, and present healthier food options.

This day will be filled with games -bingo, dance sessions, prizes, food, and a guest speaker to provide information from the County.

Happiest Birthday Celebration

FREE

Tuesday, May 30

1-2pm

Come celebrate with the delightful people born in the month of March!!! Birthday treats will be served. Sign up at the center in the FREE Book.

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 |

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

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.

Inclement Weather/Closures

For the latest information on M-NCPPC closures due to weather, maintenance, or emergencies, please sign up for email or mobile PG Parks Alerts by going to www.pgparcs.com, click on "news" scroll down to the bottom and click on PG PARKS ALERTS.