

Evelyn Cole Senior Activity Center



Winter 2019/2020 Calendar



Welcome to the Evelyn Cole Senior Activity Center!

Monday – Friday, 10 am to 2 pm

December 2019, January, February 2020

Please note the center will be closed on:

Wednesday, December 25, 2019	Christmas Day
Wednesday, January 1, 2020	New Year's Day
Monday, January 20, 2020	MLK, Jr Day
Monday, February 17, 2020	President's Day

Winter Registration

- Registration begins Tuesday, November 12, for **Residents (R)** only.
 - Note: The center will open at **7 am on November 12 only** to assist with registrations.
- Registration begins on Monday, November 18, 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. 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.

5720 Addison Rd, Seat Pleasant, Maryland 20743
Telephone: (301)-386-5525 TTY: (301)-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

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. 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:

For your information, we have included the type of vehicle provided on a trip. Please note, this may change if necessary. Here are the vehicles we use:

M-NCPPC Activity Bus – 12-14 passenger activity bus

Commission Bus – Large 27 passenger white bus

Motor Coach Bus – 40-50 passenger bus with restroom


Following all trips, patrons will be asked to complete a trip evaluation.

Trip refunds are not available unless your registration can be filled with someone from the waiting list. All trip registrants are expected to return with the group to the center.

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
 Sewing	Activity Room 1	<u>Thursdays</u> Dec. 5 – Dec. 26 Jan. 9 – Jan. 30 Feb. 6 – Feb. 27	10 am – 2 pm	15501-122A 15501-122B 15501-122C	\$25 (R); \$33 (NR) Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing.
Fitness: Seniors Beginner/ Intermediate	Activity Room 1	<u>Mondays</u> Dec. 2 – Dec. 23 Jan. 6 – Jan. 27 Feb. 3 – Feb. 24	10:45 – 11:30 am	17531-122A 17531-122B 17531-122C	\$10 (R); \$13 (NR)
Arts and Crafts:	Activity Room 1	<u>Tuesdays</u> Dec. 3 – Dec. 24 Jan. 7 – Jan. 28 Feb. 4 – Feb. 25	10:30 – 11:45 am	15502-122A 15502-122B 15502-122C	\$10 (R); \$13 (NR)
Spiritual Enrichment Class	Activity Room 2	<u>2nd Thursdays</u> Dec. 12, Jan. 9, Feb. 13	11 am – 12 noon	N/A	FREE
Morning Fitness	Activity Room 2	<u>Tues & Thurs</u>	10:45 – 11:15 am	N/A	FREE
Bingo	Activity Room 1	<u>Mon & Wed</u>	12:45 – 1:45 pm	N/A	FREE
Weekly Announcements	Activity Room 2	<u>Mondays</u>	12:30 – 12:45 pm	N/A	FREE
Music Sensation/ Line Dance	Activity Room 2	<u>Tuesdays</u>	1 – 1:30 pm	N/A	FREE
Manicures and Hand Massages	Activity Room 2	<u>Fridays</u>	11 – 12 pm & 1 – 2 pm	N/A	FREE
Games	Activity Room 1	<u>Mondays</u>	12:45 – 1:45 pm	N/A	FREE
Smartphone Gadgets	Activity Room 2	<u>1st & 2nd Wednesdays</u>	10:30 – 11:30 am	N/A	FREE

Evelyn Cole Senior Activity Center: Trips & Special Events

DECEMBER 2019

Bowling: Crofton, MD
\$10 R; \$13 NR

Wednesday, December 5
10 am – 2 pm

PARKS DIRECT Code: ECSAC-20191205

A spare or better yet a strike! Hone your bowling skills while enjoying great company. Shoe rental is free and games cost \$3.50 each. Fee includes transportation aboard an M_NCPPC Activity Bus. Lunch is at your own expense at a nearby restaurant.

Seminar: Dementia Wise
FREE

Monday, December 9
10:30 am – 11:30 am

Prince George's County is working towards becoming a dementia friendly community. Learn about Dementia and several types of important tools.

JEHSAC & ECSAC Joint Glitz and Glam Holiday Ball
\$12 R; \$16 NR

Friday, December 13
12:30 pm – 2 pm

PARKS DIRECT Code: JEHSAC-SPEC-GA-20191213

We are going to have a ball at this event. You do not want to miss the holiday ball of the season. Wear your favorite holiday attire: after five attire, gowns, suit or tuxedo. Festivities include Bring-a-Gift/Get-a-Gift – Gift Exchange: (Gift price limit \$7), catered lunch and performance by The Rise Band and Show. Register early as seats are limited. NOTE: This event is at John E Howard Senior Activity Center - 4400 Shell Street - Capitol Heights, MD 20743 - (301) 735-2400. Transportation will be provided from ECSAC for registered participants. An M-NCPPC activity bus will pick up from ECSAC at 12:00pm and return to the center at 2:00pm. **Register first and then sign up for transportation at ECSAC office.**

Alzheimer's Memory Care
FREE

Monday, December 16
10:30 am – 11:30 am

Come join in a discussion of things you should know about Memory Care when dealing with Alzheimer's, such as help with medications, bathing, grooming, eating, and dressing. As well as other daily tasks.

Adult Dental Health
FREE

Tuesday, December 17
10:30 am – 11:30 am

Did you know that gum disease-and not the aging process-is the leading cause of tooth loss in adults? Good oral health habits and a healthy lifestyle can help you keep your gums healthy and your smile bright for a lifetime. Come out and find some tips to help keep your mouth healthy and strong.

Evelyn Cole Senior Activity Center: Trips & Special Events

The Festival of Lights: Mormon Temple
\$15 R; \$20 NR

Thursday, December 19
3 pm – 11 pm

PARKS DIRECT Code: ECSAC-20191219

Mormon Temple, is open to all during the Christmas season. This impressive church and its surrounding grounds shine brightly with more than 450,000 sparkling Christmas lights. Each night, a different local musical group performs a live concert in a state-of-the-art theater. All events are free! Visitors are welcome to explore the Washington, D.C. Mormon Temple grounds and the Visitor Center and see a live outdoor nativity scene, an indoor exhibit of international nativity scenes and a selection of Christmas films. Transportation is limited, so register early. Light refreshments served prior to departure.

SENIOR HOLIDAY CONCERT

Laurel-Beltsville Senior Activity Center

PARKS DIRECT code: LBSAC-SPEC-GA-20191220A

FREE LBSAC-SPEC-GA-20191220B

Friday, December 20

2 Shows

1st Show - 10 am - 12 pm

2nd Show – 1 pm - 3 pm

The Intruders & Softones are sure to get you in the holiday spirit as they perform some of their hit tunes and your favorite holiday songs along with comedian Gregg Cooper bringing the holiday laughter. **Please make sure you register for the correct show/time slot.** You must have your ticket with the Barcode with you for this event. After you register then sign up for transportation at your senior center. NOTE: Transportation from ECSAC is for the 1st show only (10 am – 12 pm only). Transportation is aboard an M-NCPPC activity bus. Register early, seating is limited.



Happy Birthday Observation

FREE

Monday, December 16

1:00 pm – 1:30 pm

Join us as we observe December birthdays with ice cream and cake. To join in on the fun, sign up at the center no later than Friday, December 13.

JANUARY 2020

Carolina Kitchen

\$15 R; \$20 NR

PARKS DIRECT Code: ECSAC-20200107

Attention foodies! Join us for a trip to Cracker Barrel restaurant in Waldorf as we try exciting cuisine. Fee includes transportation aboard an M-NCPPC Activity Bus. Lunch is available at your own expense; average menu prices \$10 - \$30.

Tuesday, January 7

10 am – 2pm



Bowling: Crofton, MD

\$10 R; \$13 NR

PARKS DIRECT Code: ECSAC-20200109

A spare or better yet a strike! Hone your bowling skills while enjoying great company. Shoe rental is free and games cost \$3.50 each. Fee includes transportation aboard an M-NCPPC Activity Bus.

Lunch is at your own expense at the bowling alley or feel free to pack a lunch.

Thursday, January 9

10 am – 2 pm

Westminster Jazz Night

\$15 R; \$20 NR

PARKS DIRECT Code: ECSAC-20200110

Enjoy some of the area's finest jazz musicians in a safe, friendly environment. Dinner is available onsite by South West Catering Cafe 5:30-8 pm at your own expense. Average menu prices: \$9-\$15. Fee includes transportation aboard M-NCPPC activity bus.

Friday, January 10

4:30 pm – 9:30 pm

Laughter Yoga

FREE

Laughter Yoga promotes the use of breathing activities in between laughter exercises as a way to relax the body and mind. It boosts the immune system as well as exercises the diaphragm and abdominal muscles. Join us for a morning of fun and relaxation. Register at the center.

Monday, January 13

10:30 am – 11:30 am

Evelyn Cole Senior Activity Center: Trips & Special Events

Seminar: Good Hygiene

Friday, January 17

FREE

10:30 am– 11:30 am

It is important for your loved ones to keep healthy and clean. Hygiene is an important factor for all of us; however, as we age our lifestyles change and so do our needs for how often and what standards are acceptable for senior hygiene habits. So join us as we discuss good hygiene techniques.



Happy Birthday Observation

Friday, January 24

FREE

1:00 pm – 1:30 pm

Join us as we observe January birthdays with ice cream and cake. To join in on the fun, sign up at the center no later than Friday, January 17.

Soup for the Soul

Thursday, January 30

FREE

12:30 pm – 1:15 pm

Soup is the common meal in many countries and probably dates back to the invention of the earliest cooking pots. Today let's warm up together on a cold winter day and celebrate Soup for the Soul with a delicious cup of soup. Sign up at the front desk early as participation will be limited.

FEBRUARY 2020

Black History in Motion Program, Publick Playhouse

Wednesday, February 5

\$5 R; \$7 NR

Show Time: 10:30 am - 12 pm

PARKS DIRECT code: PGPP-SPEC-GA-20200205

Doors open at 9:30 am

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 performance at The Publick Playhouse. The headliner of this event is "Ray Apollo Allen" with the Apollo One Band, along with others. Upon completion of your purchase, please print and retain your ticket(s), as tickets are required for admission to the theater. If you want transportation from the center to this event, you **MUST** register first in **PARKS DIRECT** and then sign up for transportation at your senior center. Limited transportation provided. Lunch is at your own expense. Transportation aboard M-NCPPC activity bus.

Evelyn Cole Senior Activity Center: Trips & Special Events

Seminar: Why Exercise Is Important?

FREE

Friday, February 7

10:30 am – 11:30 am

Physical activity and exercise can improve your health and reduce the risk of developing several diseases, including obesity, Type 2 Diabetes, and high blood pressure. Join us as we learn a few exercise techniques to stay healthy while having fun.

Westminster Blues Night

\$15 R; \$20 NR

Monday, February 10

4:30 pm – 9:30 pm

PARKS DIRECT Code: ECSAC-20200210

Based on the Warner Brother's film starring Whitney Houston and Kevin Costner, The Bodyguard features a score filled with Ms. Houston's greatest hits including: "I Will Always Love You," "I'm Every Woman," "Saving All My Love," "How Will I Know," "I Wanna Dance With Somebody," "So Emotional," "One Moment In Time," ...the list of hit songs goes on and on! Former Secret Service agent Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love. Fee includes transportation aboard an M-NCPPC activity bus and admission.

Red and **Black** Valentine's Day Gala

\$12 R; \$15 NR

Friday, February 14

12:30 pm – 2 pm

PARKS DIRECT Code: ECSAC-SPEC-GA-20200214

Come join us for a **Red** and **Black** Valentine's Day Gala featuring Ray Apollo Allen and the Apollo One Band. Come dressed in your finest red and black! Doors will open at 12pm. There will be a catered lunch. Please register early at Evelyn Cole Senior Activity Center as spaces are limited.



Happy Birthday Observation

FREE

Friday, February 21

1:00 pm – 1:30 pm

Join us as we observe February birthdays with ice cream and cake. To join in on the fun, sign up at the center no later than Friday, February 14.

Evelyn Cole Senior Activity Center: Trips & Special Events

Cracker Barrel
\$15 R; \$20 NR

Tuesday, February 25
10:30 am – 2 pm

PARKS DIRECT Code: ECSAC-20200225

Attention foodies! Join us for a trip to Cracker Barrel restaurant in Waldorf as we try exciting cuisine. Fee includes transportation aboard an M-NCPPC Activity Bus. Lunch is available at your own expense; average menu prices \$10 - \$30.

Line Dance/Ice Cream Social
\$5 R, \$7 NR

Thursday, February 27
12:30 pm – 2 pm

PARKS DIRECT Code: ECSAC-SPEC-GA-20200227

Dance to your favorite line dances while enjoying strawberries with cake and ice cream. Please register before no later than February 20th.



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 is offered Monday through Friday featuring a healthy, well-balanced meal. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager, Annie Allen or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 1pm the day before you would like a meal, register by 1pm Friday for a Monday meal.

The actual donation is \$3.00. Please donate as much as you can. If you need to cancel your meal, please do so at least two (2) days in advance with Ms. Annie Allen, 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 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

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparcs.com and click on PG Parks Alerts. You will need a mobile phone number or an email address and your zip code to complete the registration.

