

Evelyn Cole Senior Activity Center



Fall 2019 Calendar



Welcome to the Evelyn Cole Senior Activity Center!

Monday – Friday, 10 am to 2 pm

September, October, November 2019

Please note the center will be closed on:

Monday, September 2, 2019	Labor Day
Monday, November 11, 2019	Veteran's Day
Thursday, November 28, 2019	Thanksgiving
Friday, November 29, 2019	Thanksgiving

Fall Registration

- Registration begins Monday, August 12 for **Residents (R)** only.
 - Note: The center will open at **7 am on August 12 only** to assist with registrations.
- Registration begins on Monday, August 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. 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> Sept. 5 – Sept. 26 Oct. 3 – Oct. 24 Nov. 7 – Nov. 21	10 am – 2 pm	15501-522A 15501-522B 15501-522C	\$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> Sept. 2 – Sept. 23 Oct. 7 – Oct. 28	10:45 – 11:30 am	17531-522A 17531-522B 17531-522C	\$10 (R); \$13 (NR)
Arts and Crafts:	Activity Room 1	<u>Tuesdays</u> Sept. 3 – Sept. 24 Oct. 8 – Oct. 29 Nov. 5 – Nov. 26	10:30 – 11:45 am	15502-522A 15502-522B 15502-522C	\$10 (R); \$13 (NR)
Spiritual Enrichment Class	Activity Room 2	<u>2nd Thursdays</u> Sept. 12, Oct. 10, Nov. 14	11 am – 12 noon	N/A	FREE
SAGE Line Dance	Activity Room 1	<u>Fridays</u>	10 am – 12 noon	N/A	PGCC SAGE Class
Morning Fitness	Activity Room 2	<u>Tues & Fri</u>	10:45 – 11:15 am	N/A	FREE
Bingo/ Pokeno	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	Activity Room 2	<u>Tuesdays</u>	1 – 1:30 pm	N/A	FREE
Manicures and Hand Massages	Activity Room 2	<u>Thursdays</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

SEPTEMBER 2019



United States Botanical Garden

\$15 (R); \$20 (NR)

Parks Direct Code: ECSAC-20190903

The U.S. Botanic Gardens is a unique, living plant museum containing artifacts which are world treasures. Join us on this expedition to view their ever-changing exhibits. Note: museum plants and exhibits are not to be disturbed or removed. Fee includes transportation aboard an M-NCPPC bus. Lunch is at your own expense at a local restaurant to be determined. Average menu price ranges from \$15-\$30.

Tuesday, September 3

10:00 am – 2:00 pm

Seminar: The Art of a Listening Ear

FREE

Failure to listen with your heart or time can result in offensiveness. Come join ECSAC on effective listening that will show acts of kindness and love. Please sign up at the ECSAC office at least one week prior to the seminar.

Thursday, September 5

10:30 am - 11:30 am



JEHSAC/ECSAC Joint Grandparent's Day Luncheon

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

Parks Direct Code: JEHSAC-SPEC-GA-20190906

Grandparents will be honored with a catered lunch and a live musical performance by keyboardist Kevin Howard. This luncheon takes place at John E. Howard Senior Activity Center, 4400 Shell Street in Capitol Heights, MD.

Thursday, September 5

12:30 pm – 2:00pm

Lexington Farmer's Market

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

Parks Direct Code: ECSAC-20190910

Experience history and curb your hunger at one of the nation's oldest markets! Hop on board the bus with us to the world famous Lexington Market in Baltimore. Established in 1782, this market covers your food needs from desserts to vegetables, seafood, and fresh meats. Fee includes transportation aboard an M-NCPPC bus. Shopping and lunch are at your own expense. Average menu price ranges from \$15-\$30.

Tuesday, September 10

9:30 am – 2:30 pm

Evelyn Cole Senior Activity Center: Trips & Special Events



Movie Matinee: Mama Flora's Family

FREE

Friday, September 13

12:30pm – 2:00 pm

Based on Alex Haley's epic story, this was originally a made-for-television mini-series. The tale revolves around one family's memorable journey through tragedy and triumph. Light refreshments will be served. Please sign up at least one week in advance.

Seminar: Out Of Harm's Way

FREE

Thursday, September 19

10:30 am – 11:30 am

Crime is on the rise against seniors. Come and learn the warning signs of victims: isolation, depression, and withdrawal. This education session will provide tips on how to engage seniors who may have become a victim, why they don't tell, and community based services available to help them.



Happy Birthday Observation

FREE

Friday, September 20

1:30 pm – 2:00 pm

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

Active Aging Week: Fun-Filled Senior Fitness

FREE



Monday, September 23

10:30 am – 11:30 am

Parks Direct Code: 26501-522A

Join us for an interactive chair movement class featuring chair aerobics, chair dance, and range of motion exercises. This is a low impact fitness class designed especially for individuals that use mobility devices such as canes, walkers, or wheelchairs.

Active Aging Week Trip: Feeling Fit Finale

FREE

Friday, September 27

10:00 am – 2:00 pm

Parks Direct Code: ECSAC-20190927

Join us on a free trip to the Kentland Community Center for the Active Aging Week Wellness Party. Enjoy arts and crafts, fitness activities, door prize, and light refreshments. Free transportation. Meal will be at your own expense at a local restaurant.

OCTOBER 2019



Making an Action Plan

FREE

Stop putting things off! Let us help you make an action plan and put it to work. No time to exercise? Don't like to drink water? Too busy to clean? We all need an extra push sometimes in life for things we delay or never make the time to do. Please sign up at the ECSAC office at least one week prior to the seminar.

Thursday, October 3

10:30 am – 11:30 am



Joe Theismann's Restaurant

\$15 (R); \$20 (NR)

Parks Direct Code: ECSAC-20191008

Enjoy an all-around entertaining experience! Join us at Theismann's Restaurant where they combine fine dining, neighborhood gathering, and energetic sports viewing. Excellent service, quality products, and a comfortable, friendly environment are their trademark. Menu offerings are creative and prepared from scratch with fresh ingredients. Fee includes transportation aboard an M-NCPPC activity bus.

Tuesday, October 8

10:00 am – 2:00pm



Movie Matinee: Decoding Annie Parker

FREE

Annie Parker finds out she has breast cancer - a devastating blow to a woman who's already lost her mother and sister to the same disease. Mary Claire King is a geneticist researching the still unknown link between DNA and cancer in the wake of skeptical colleagues and funding challenges. Please sign up a week in advance. Light refreshments will be served

Friday, October 11

12:30 pm – 2:00pm

Evelyn Cole Senior Activity Center: Trips & Special Events

Bowling

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

Parks Direct Code: ECSAC-20191015

A spare or better yet a strike! Hone your bowling skills while enjoying great company. Shoe rental is free and games cost 2.50 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.

Tuesday, October 15

10:00 am – 2:00 pm

Seminar: Breast Cancer Awareness

FREE

Ethel Thomas will share information on Breast Cancer in honor of Breast Cancer Awareness Month. Wear your pink to support Breast Cancer Awareness.

Thursday, October 17

10:30 am – 11:30 am



Happy Birthday Observation

FREE

Join us as we observe October birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, October 11.

Friday, October 18

1:30 pm – 2:00 pm



Toby's Dinner Theater: "The Bodyguard"

\$85 (R); \$111 (NR)

Parks Direct Code: ECSAC-20191023

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, admission and meal.

Wednesday, October 23

4:00 pm – 10:00 pm

NOVEMBER 2019



Senior Lunch Bunch Timbuktu Restaurant

Tuesday, November 5

\$15 (R); \$20 (NR)

10:00 am – 2:00 pm

Parks Direct Code: ECSAC-20191105

Timbuktu is a family owned restaurant that takes pride in providing the best quality food and service to its patrons. In addition to our restaurant and lounge, we also have a deli and convenience store, liquor store, private dining and a banquet room for special occasions and events. We are conveniently located to both Baltimore and Washington, DC and offer an array of menu options that will delight your taste buds and fulfill any appetite. Fee includes transportation aboard an M-NCPPC activity bus. Lunch is at your own expense.



African American Civil War Memorial

Thursday, November 7

\$15 (R); \$20 (NR)

10:00 am – 2:00 pm

Parks Direct Code: ECSAC-20191107

This national monument is the "first" national memorial to the 209,145 African-American soldiers and their 7, 000 white officers who fought in the American Civil War from 1862 to 1865. The monument features sculptor Ed Hamilton's Spirit of Freedom Memorial. The names of the soldiers are engraved on plaques, placed on curved walls behind the sculpture. The museum interprets the African American experience in the Civil War. Fee includes transportation aboard an M-NCPPC activity bus. Lunch is at your own expense.

Seminar: Managing Your Meds

Thursday, November 7

FREE

1030 am – 11:30 am

Feeling a little lost without your medication during an emergency? It is very important that you always have medical information handy in case of an emergency. Learn helpful tips on how to read of medication labels and how to keep medical information with you at all times. Please sign up at the ECSAC office at least one week prior to the seminar.

Evelyn Cole Senior Activity Center: Trips & Special Events



Movie Matinee: Soul Food

FREE

Friday, November 8

12:30 pm – 2:00 pm

Sunday dinner at Mother Joe's is a mouth-watering, 40 year tradition, but the good times suddenly stop when bickering tears the family apart. Now it's up to Mother's young grandson to bring everyone back together and teach them the true meaning of soul food. Light refreshments will be provided. Sign up no later than one week prior to the movie.

Seminar: Assisted Living: What is it?

FREE

Thursday, November 14

10:30 am – 11:30 am

Do you really know what assisted living is? Find out what assisted living means, what it provides, how much it costs, and who pays.



Happy Birthday Observation

FREE

Friday, November 15

1:30 pm – 2:00 pm

Join us as we observe November birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, November 8.



Annapolis Amish Market

\$15 (R) \$20 (NR)

Parks Direct Code: ECSAC-20191121

Thursday, November 21

10:00 am – 2:00 pm

Enjoy the deliciousness of fresh, local foods! The Pennsylvania Dutch Farmer's Market, known locally as the Amish Market, is located in the Annapolis Harbor Center. All of the Amish merchants are from Lancaster PA. Shop for fresh fruits, vegetables, bakery items, meats, and more. Lunch is at your own expense in the Amish Market. Register today for a basket full of regional, flavorful goodness. Fee includes transportation aboard an M-NCPPC activity bus.

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.

