

# John E. Howard Senior Activity Center

*Welcome to the John E. Howard Senior Activity Center*



## September, October & November

### Scheduled Facility Closures:

Monday, September 5  
Friday, November 11  
Thursday, November 24  
Friday, November 25

Labor Day  
Veterans Day  
Thanksgiving  
Employee Appreciation



### Center Hours:

**Monday – Friday**

**9:00am – 3:30pm**

### Fall Registration

- Registration begins Wednesday, August 17 for **Residents (R)** only.
  - Note: The center will open at **9 am** on August 17 to assist with registrations.
- Registration begins on August 24 or **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.

**4400 Shell Street Capitol Heights, MD 20743**

**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:

Trips have not been continued at this time to protect the safety of our patrons. If this changes during the fall season, trips will be marketed via flyers that will be posted in the center, social media, and/or email.

# 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 2022**

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.



## **ACTIVE AGING WEEK!**

***Monday, September 12 through Friday, September 16***

# 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> Sept 8-29 Oct 6-27 Nov 3-17	11 am - 12 pm	17531-539A 17531-539B 17531-539C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Balance Training <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 7-28 Oct 3-26 Nov 7-30	11 am – 11:30 am	17507-539D 17507-539E 17507-539F	\$9 (R); \$12 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Body Sculpt <i>with Rachel</i>	Gym	<u>Mon and Weds</u> Sept 7-28 Oct 3-26 Nov 7-30	11:45 am – 12:15 pm	17511-539D 17511-539E 17511-539F	\$9 (R); \$12 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Line Dance (Beginner) <i>with Ms. Hattie</i>	Gym	<u>Wednesdays</u> Sept 7-28 Oct 5-26 Nov 2-23	9:30 – 10:30 am	23501-539A 23501-539B 23501-539C	\$8 (R); \$10 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Line Dance Intermediate <i>with Ms. Hattie</i>	Gym	<u>Tuesday</u> Sept 6-27 Oct 4-25 Nov 1-22	9:30 – 11:30 am	23508-539A 23508-539B 23508-539C	\$20 (R); \$26(NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Paint & Sip Seniors <i>with Tisha</i>	Room 14	<u>Wednesdays</u> Sept 21 Oct 19 Nov 16	10 am - 12 pm	30504-539A 30504-539B 30504-539C	\$12 (R); \$16 (NR) \$12 (R); \$16 (NR) \$12 (R); \$16 (NR)
Arts & Crafts Seniors <i>with Babbita</i>	Room 13	<u>Wednesday</u> Sept 7-28 Oct 5-26 Nov 2-23	10:30 am – 12 pm	15502-539A 15502-539B 15502-539C	\$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR)
Sewing 101 – Seniors <i>with Rhonda</i>	Room 14	<u>Fridays</u> Sept 9-30 Oct 7-28 Nov 4-11	10:00 am – 2 pm	15501-539A 15501-539B 15501-539C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$19 (R); \$27 (NR)
Bingo	Social Room	<u>Every Friday</u>	12:30 – 2 pm	N/A	FREE



# September 2022



## Closed Caption Seminar

Friday, September 2

**FREE**

1 – 2 pm

Clear Captions is a Federal Communications Commission (FCC) certified call captioning provider. Our service is made possible by Title IV of the Americans with Disabilities Act (ADA), which established the Telecommunications Relay Service (TRS) fund. The TRS fund covers the cost of the service, making it available at no cost to qualified individuals whose hearing loss requires the use of captions when making or receiving phone calls. Free Caption Phone for those who have hearing difficulties on phone to communicate with their loved ones. This is a “show up” event.



## Happy Birthday Pizza Party

Tuesday, September 6

**FREE**

12:30 – 2 pm

Come join us for National Cheese Pizza Day and to celebrate with the seniors born in the month of September! Seats are limited, so sign up at the center in the Free Book located in the lobby.



## Happy Grandparent's Day

Monday, September 12

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

12:30 – 2 pm

**Parks Direct Code: JEHSAC-SPEC-GA-20220912**

Come and celebrate Grandparents Day and the joys of being a Grandparent. Music, poems, trivia and “Simply Shirley” to bring us an afternoon of laughter. Light refreshments served. Sign up early as space is limited.

**ACTIVE AGING WEEK**



**Body Sculpting Class with Rachel**

**FREE**

**Parks Direct Code: 17511 - 539G**

Stay active and maintain your good health. Join us for a fun workout that combines flexibility and cardio.

**Monday, September 12**

**Wednesday, September 14**

**12:30 – 1 pm**

**Beginner Friendly Line Dance Class with Ms. Hattie**

**FREE**

**Parks Direct Code: 23501-539G**

A beginner friendly line dance class that will teach you simple dance patterns. Come and improve your fitness and feel great while moving to the music!

**Wednesday, September 14**

**12:30 – 1:30 pm**



**Tie Dye Party**

**\$5 (R); \$7 (NR)**

**Parks Direct Code: JEHSAC-SPEC-GA-20220920**

Come and join us for a “Far Out” day at our end of Summer Tye Dye Party. Let your creative mind flow while listening to 70’s music and making your very own tye dyed t-shirt. Fee includes T-shirts, and materials. Come be the hippest one on the scene!

**Tuesday, September 20**

**12:30 – 2 pm**



# October 2022



## Washington Commanders Watch Party

\$5 (R); \$7(NR)

Parks Direct Code: JEHSAC-SPEC-GA-20221002

Are you ready for some football? Come and cheer on our home team to a big win! Washington Commanders vs Dallas Cowboys!!!! Join us for a Sunday afternoon indoor tailgate party. Loads of fun, games, prizes, and light refreshments to be served. Seating will be limited, so register early.

Sunday, October 2

12:30 – 4:30 pm



## National Have Coffee with a Cop

FREE

This educational session will provide an opportunity for seniors to have an open dialouge, with our own Captian Gregey Ford with the M-NCPPC Park Police. Coffee and doughnuts will be provided. Register early in the Free book located at the center.

Wednesday, October 5

12:30 – 1:30pm



## The Price is Right

FREE

Come on Down!! Join us for The Price is Right. The price of everyday items are changing daily. This game will have you guessing prices as they are today vs what they used to be years ago. Prizes to be given out to winners. Sign up at the center in the Free Book located in the lobby.

Friday October 7

12:30 – 2 pm

# John E. Howard Senior Activity Center: Special Events



## Rock Decorating

Free

Tuesday, October 12

12:30 – 2 pm

Spread a little kindness and join us for a meditative rock decorating craft. A painted rock, sometimes called a kindness stone, is simply a rock that someone has decorated with an inspirational message. Come, create, and paint a positive message on your rock to keep or to share with a friend or loved one. What a great way to get creative! All materials/supplies to be provided. Sign up in the free book located in the lobby of the center.



## HEALTHY LIVING FOR YOUR BRAIN AND BODY

FREE

Tuesday, October 18

10 – 11 am

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This is a "show up" event.





## John E. Howard Senior Activity Center: Special Events



### **Pretty in Pink Social**

**FREE**

**Friday, October 21**

**12 – 2 pm**

In honor of Breast Cancer Awareness month, come join us to hear why preventive measures are so important and take part in a discussion with survivors. Afterwards join us for some relaxing Jazz with flutist Lenora Rutherford. Guest are encouraged to come dressed in pink attire. Light refreshments to be served. Space is limited, so sign up early in the FREE book located in the lobby.



### **Happy Halloween/Birthday Celebration**

**FREE**

**Tuesday, October 31**

**12:30 – 2 pm**

Come celebrate Halloween with the awesome people born in the month of October. Treats and light refreshments will be served. Sign up early as space is limited. Sign up in the FREE book located in the center lobby.

## **November 2021**



### **Educational Sersis: Get Moving While Being Movivated**

**FREE**

**Wednesday, November 2**

**11 am – 12 pm**

Have you ever statrted a ftiness program and then quit? If you answered yes, you're not alone. Many people start fitess programs, but they may stop when they get bored, they don't enjoy it or it results come too slwoly. Get tips to help you stay motivated. This is a "show up event".

## John E. Howard Senior Activity Center: Special Events



### No Sew Pillows

\$5 (R); \$7 (NR)

Parks Direct Code: JEHSAC-SPEC-GA-20221117

Come make your own “No Sew” pillow. Select your fabric and make a pillow for yourself or to give it away to a loved one for the holidays. Sign up early, as space is limited..

Thursday, November 17

12:30 – 2 pm



### Thanksgiving Luncheon

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

Parks Direct Code: JEHSAC-SPEC-GA-20221122

Let's give thanks together. Gather with us to express our gratitude and well wishes to one another. Join us for lunch and live entertainment, featuring Ray Apollo Allen Jr. Fee includes a catered lunch and entertainment.

Tuesday, November 22

12 – 2 pm



### Happy Birthday Celebration

FREE Social Room

Come celebrate with the awesome people born in November. Birthday treats will be served. Sign up at the center no later than November 19. Sign up early as space is limited. Sign up in the free book located in the lobby.

Tuesday, November 30

1:30 – 2 pm

# **JEHSAC CINEMA PRESENTS**

**TUESDAY MOVIE DAYS**

**12:30 – 2:30 pm**

**September 20**

**October 18**

**November 22**

**FREE!!!!** Light Refreshments will be served!

Sign up in the Free Book located at the center.

The name of movies will be announced at the center.



# John E. Howard Senior Activity Center: Information Corner

## Senior Nutrition Program

The Senior Nutrition Program is offered Wednesdays and Fridays 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.

## 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.

### 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

Sign up for PG Parks Alerts and get the latest information on M-NCPPC closings due to weather, emergencies, maintenance, etc. Visit [www.pgparcs.com](http://www.pgparcs.com) and sign up for PG Parks Alerts today! Click on PG Parks Alerts icon.