

Evelyn Cole Senior Activity Center



Welcome to the Evelyn Cole Senior Activity Center!

SPRING 2023



March, April and May

Please note the Center is closed:

Monday, May 30

Memorial Day

Center Hours:

Monday-Friday



10 am-2 pm

Fall Registration

- Registration begins Wednesday, February 15 for **Residents (R)** only.
 - Note: The center will open at 10am on **February 15** to assist with registrations.
- Registration begins on Wednesday, **February 22** 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.

5720 Addison Rd, Seat Pleasant 20743

Telephone: 301-386-5525

TTY: 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

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.**

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 (27 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, indicates the trip involves a lot of walking

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Sewing 	Activity Room I	<u>Thursdays</u> March 9-30 April 6-27 May 4-25	10 am-1 pm	15501-222A 15501-222B 15501-222C	\$25 (R); \$33 (NR) Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing.
Cricut Class	Activity Room I	<u>Mondays</u> March 13 April 10 May 15	1 am-12 noon	30510-222A 30510-222B 30510-222C	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Walking Club	Gym	<u>Tues & Thurs</u>	11:30 am -12 noon	N/A	FREE
Morning Fitness With LaShawn	Activity Room 2	<u>Mon & Fri</u>	10:45-11:15 am	N/A	FREE
Bingo	Activity Room 1	<u>Tues & Wed</u>	12:45-1:45 pm	N/A	FREE
Music Sensation	Activity Room 2	<u>Mondays</u>	1-1:30 pm	N/A	FREE
Games	Activity Room 1	<u>Wednesdays</u>	12:45-1:45 pm	N/A	FREE



March 2023



Mardi Gras Our Way

\$20(R); \$26(NR)

PARKS DIRECT CODE: JEHSAC-GA-20220301

Friday, March 3

12 noon-2 pm

Come and be a part of the famous New Orleans tradition our way. Don't miss this fun-filled event! Masks, beads, and lots of fun! Fee includes musical entertainment provided by saxophonist Sharon Thomas and the Juke Joint Band and light refreshments will be served. Register early!!! This event will take place at **John E Howard Senior Activity Center located at 4400 Shell Street, Capitol Heights, MD 20743**. No transportation is provided from ECSAC. Register early as seats are limited.



Kite Decorating

FREE

Wednesday, March 8

10:30 am-12 noon

Join in creating and decorating your very own a kite. Plan to join us when we schedule to fly out later in the month. Space is limited. Register in the FRRE book located at the center.

Health Talk - Healthy Living Series

FREE

Thursday, March 16

11 am-12 noon

7 Essential foods for senior health. Includes a cooking demonstration with samples by Heavenly Bodies, LLC. Sign up early. Seats are limited

Evelyn Cole Senior Activity Center: Activities & Special Events



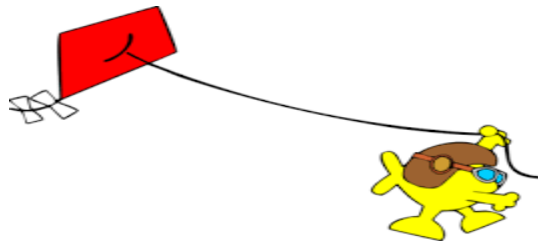
St Patrick's Day Celebration

Friday, March 17

FREE

1-2 pm

Wear your green attire and come join us for a day of celebration! Trivia, games, and music. Light refreshments to be served. Sign up in the FREE book at the center.



Kite Flying

Wednesday, March 22

FREE

12:30-2 pm

The unique kite you made earlier in March is ready to take flight. It is time to fly, up, up in the sky. (This activity is weather permitting).



Happiest Birthday Celebration!

Tuesday, March 28

FREE

1-1:30 pm

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

Evelyn Cole Senior Activity Center: Activities & Special Events



Craft and Sip FREE

Wednesday, March 29
10:30 am-12 noon

In celebration of Craft Month. This information session teaches the benefits of crafting and includes a mini crafting session. Space is limited. Sign up early at the center.

April 2023



Clutter Prevention FREE

Wednesday, April 5
10:45-11:45 am

This informative session teaches you everything you need to know and guides you step-by-step so you can become *clutter*-free for good. You will also learn reasons why cluttering takes place. Southern Belle Cleaners informs you how to stay safe where you dwell. Sign up at the center.



International Plant Appreciation Day FREE

Monday, April 10
12:30-1:30 pm

This day is a celebration of all plants and the countless benefits they provide. Participants will plant foliage and decorate a pot. Sign up early. Seats are limited.

Evelyn Cole Senior Activity Center: Activities & Special Events



Spring Fling Dance FREE

Friday, April 21
12 noon- 2 pm

Put some pep in your step and boogie like never before. Come dance the day away. This is one event you don't want to miss. Fee includes DJ and refreshment. Please sign up in the FREE BOOK located at senior activity center, as seats are limited



Happiest Birthday Celebration! FREE

Wednesday, April 26
1-1:30 pm

Come celebrate our April Birthdays! Birthday treats will be served. Sign up at the center one week in advance



Poetry Slam Jam FREE

Friday, April 28
12:30-2 pm

This is National Poetry Month. Bring in your favorite poem to recite and jam to your favorite tunes. Sign up at the center

May 2023

Information Session

Wednesday, May 10

FREE

10:30-11:30 am

May is Mental Health Awareness month. Mental health awareness is always important. Good mental health contributes greatly to an overall feeling of well-being. Mission of Love Charities representatives will present ways seniors can cope with the stresses of life. Sign up early to realize your full potential. Sign up in the FREE book at the center.



Mother's Day Hat & Tea Party

Friday, May 12

\$20 (R); \$26 (NR)

11 am-2 pm

PARKS DIRECT CODE: JEHSAC-GA-20220506

Join us for our annual Mother's Day Hat and Tea Party! Come enjoy a lovely afternoon tea and "don" your favorite hat in our Hat Parade. Hat judging categories will be the Most Fascinating Fascinator, the Most Creative Hat and the Most Prim and Proper Hat and for our gentlemen - Mr. Tea! This year's event will take place at Prince George's Ballroom, located at 2411 Pinebrook Ave. Hyattsville, MD. Fee includes tea related items, lunch, speakers, music from Rockville Strings-Hip Hop Trio and to close out this fabulous social we will have the Wax Master DJ! You don't want to miss this! Register early as seats are limited.

Information Session

Wednesday, May 17

FREE

10:30-11:30 am

Medicare and Medicaid for Seniors – What are the benefits? Caring Home Care representatives can help you with your questions. Sign up in the FREE book at the Center.

Evelyn Cole Senior Activity Center: Activities & Special Events



May is Fitness Month

Senior Health and Fitness Day

Wednesday, May 24

FREE

10 am-2 pm

PARKS DIRECT CODE: SPD-SPEC-GA-20230524A

Get your body moving and engaged at the 2023 Senior Health and Fitness Day! Come out and enjoy activities including Zumba, line dancing, bingo, Drum 'n Tone, swimming, a spin class, chair massages, wellness screenings, art, and more at Southern Area Aquatic and Recreation Center in Brandywine, MD. Transportation is being provided from each senior activity center. Please sign up at a senior activity center, as seats are limited.

Sweating To The Oldies

Friday, May 26

FREE

12:30-1:30 pm

Our very own Health and Wellness Instructor, LaShawn will have you moving and grooving as she plays old school music, while leading you in moving your body, stretching, line dancing and more. Sign up at the center.



Happiest Birthday Celebration!

Tuesday, May 30

FREE

1:30-2 pm

Come celebrate with the delightful people born in the month of May! Birthday treats will be served. Please sign up in the FREE BOOK located in the lobby at senior activity center, as seats are limited

ECSAC CINEMA PRESENTS



Thursday MOVIE DAY
12 noon-2 pm

March 23

April 13

May 18

Light refreshments will be served!

Sign up in the Free Book located at the center. The name of the movie will be posted at the center.

**Light Refreshments will be served! Sign up at the
Center**

Evelyn Cole Senior Activity Center: Trips



Tanger Outlets National Harbor

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

ACTIVITY CODE: ECSAC-20230323

Come and shop until you drop. Retail utopia! Enjoy shopping at your favorite brand store. After shopping enjoy lunch at National Harbor. Lunch at your own expense. Fee includes transportation on a Senior Activity bus.

Thursday, March 23

10am-2 pm

Westminster Blues Night

Westminster Presbyterian Church, Washington, DC

\$22(R); \$26(NR)

ACTIVITY CODE: ECSAC-20230410

Enjoy some of the area's finest blues 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 on the Senior Activity Bus and entry to the show.

Monday, April 10

3:30-9:30 pm

Rod and Reel Restaurant

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

ACTIVITY CODE: ECSAC-20230413

Rod 'N' Reel Restaurant is known for the freshest seafood in southern Maryland. The Rod 'N' Reel Restaurant offers beautiful bay front views and the most delicious seafood. Lunch at your own expense. Fee includes transportation on a Senior Activity bus.

Thursday, April 13

10am-2 pm

Evelyn Cole Senior Activity Center: Trips



Westminster Jazz Night

Westminster Presbyterian Church, Washington, DC

\$22(R); \$26(NR)

ACTIVITY CODE: ECSAC-20230428

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 on the Senior Activity Bus and entry to the show.

Friday, April 28

3:30-9:30 pm

Maryland Live & Arundel Mills Mall

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

ACTIVITY CODE: ECSAC-20230518

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. Fee includes transportation on the Senior Activity Bus.

Thursday, May 18

10 am-2 pm



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

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 11:30 am-12:00 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.

Disability Accommodations

The 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 accommodation. **To contact the Program Access office directly, you can e-mail central.inclusion@pgparks.com or call 301-249-7200.**

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparks.com and click on PG Parks Alerts. address and your zip code to complete the



You will need a mobile phone number or an email registration.