

John E. Howard Senior Activity Center

Welcome to the John E. Howard Senior Activity Center



Summer Registration

- Registration begins Monday, May 13 for **Residents (R)** only.
 - Note: The center will open at **7 am on May 13 only** to assist with registrations.
- Registration begins on Monday, May 20 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.

4400 Shell St. Capitol Heights, MD 20743

Phone: (301) 735-2400

TTY: (301) 699-2544

John E. Howard Senior Activity Center Information

REFUND POLICY

1. 100% refunds are issued when M-NCPPC/JEHSAC 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 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.



John E. Howard Senior Activity Center Information



WMATA Senior SmarTrip Cards are sold at the Center.

The purchaser must be at least 65 years of age with a government issued photo ID. Cost of the card is \$2. See the front desk staff to make your purchase.

Walking for Wellness!



Time to lace up your shoes and walk the John E. Howard loop trail! Every Thursday meet in the lobby at 10 am and walk the trail until 11 am. Walking is good for your heart, joints, and muscles! Join the walking movement!



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 2019

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.

DRIVER SAFETY

AARP Real Possibilities

Upcoming AARP Smart Driver Course

Thursday, June 13, 2019 9:30 am - 2 pm
Thursday, August 16, 2019 9:30 am - 2 pm

\$15/AARP Members; \$20/Non-AARP Members

Refresh your driving skills with the AARP Smart Drivers Course. You will learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion you could receive a multiyear discount on your car insurance. Bring your own lunch. Call the AARP Maryland State Coordinator: Ted Peterkin at (240) 603-2950 to register. Payment is due by check or money order (no cash) to AARP the day of the class.

John E. Howard Senior Activity Center: Classes & Activities

| CLASS | LOCATION | DAYS/DATES | TIME | PARKS DIRECT | FEE |
|--------------------------------|-------------|--|-----------------|--|--|
| Weight Training | Classroom | <u>Mondays</u> June 3 – June 24 | 9:30 – 10:30 am | 17503-439A | \$10 (R); \$13 (NR) |
| Balance Training | Gym | <u>Mon and Wed</u> June 3 – June 26 July 1 – July 30 Aug 5 – Aug 28 | 11 – 11:45 am | 17507-439A 17507-439B 17507-439C | \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) |
| Fitness Boot Camp: Seniors | Gym | <u>Mon and Wed</u> June 3 – June 26 July 3 – July 24 Aug 5 – Aug 28 | 12 – 12:45 pm | 17511-439A 17511-439B 17511-439C | \$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR) |
| Fitness: Seniors, Intermediate | Room 13 | <u>Mondays</u> June 3 – June 24 July 1 – July 22 Aug 5 – Aug 25 | 11 – 12 Noon | 17531-439A 17531-439B 17531-439C | \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) |
| Line Dance (Beginner) | Gym | <u>Wednesdays</u> June 5 – June 26 July 3 – July 24 Aug 7 – Aug 28 | 9:30 – 10:30 am | 23501-439A 23501-439B 23501-439C | \$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR) |
| Line Dance Intermediate | Gym | <u>Tuesday</u> June 4 – June 25 July 2 – July 23 Aug 6 – Aug 27 | 9:30 – 11:30 am | 23508-439A 23508-439B 23508-439C | \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR) |
| Paint & Sip, Seniors | Room 14 | <u>Wednesdays</u> June 12 July 10 Aug 14 | 12 – 2:00 pm | 30504-439A 30504-439B 30504-439C | \$10 (R); \$13 (NR) \$10 (R); \$13 (NR) \$10 (R); \$13 (NR) |
| Sewing: Seniors | Room 14 | <u>Fridays</u> June 14 June 21 June 28 July 5 July 12 July 19 July 26 August 9 August 23 August 30 | 10:30 – 2 pm | 15501-439A 15501-439B 15501-439C 15501-439D 15501-439E 15501-439F 15501-439G 15501-439H 15501-439I 15501-439J | \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) \$7 (R); \$10 (NR) |
| JEHSAC Crafters | Room 14 | <u>Wednesday</u> June 5, 19; July 3, 17; August 7 | 10:30–12:30pm | N/A | N/A |
| Bingo | Social Room | <u>Every Thursday</u> | 10:30–11:30am | N/A | N/A |

R- Resident of Prince George's or Montgomery Counties;

NR- Non-resident of Prince George's or Montgomery Counties

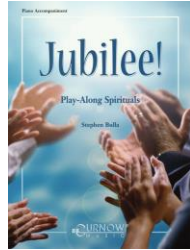
IMPORTANT: A minimum number of registrants are required for programs and trips to be held. **You MUST register or sign up for classes, trips, and events at least one week prior to the start date so we can plan accordingly.**

John E. Howard Senior Activity Center: Classes

| CLASS | LOCATION | DAYS/DATES | TIME | PARKS DIRECT | FEE |
|---|-------------|---------------------------------|---|--------------|----------------------------------|
| PG Parks Alerts (Learn how to receive PG Parks Alerts for notifications of closures) | Room 14 | <u>Every Monday</u> | 11:30am - 12 pm | N/A | FREE |
| Bible Club | Game Room | <u>Wednesday</u> | 12:30 - 1:30 pm | N/A | FREE |
| Card Players Club | Social Room | <u>Tuesday</u> | 1 - 2 pm | N/A | FREE |
| Spiritual Enrichment | Social Room | <u>4th Thursday</u> | 11 am - 12 pm | N/A | FREE |
| Walking for Wellness with "Mz. Hattie" | Loop Trail | <u>Thursdays in May</u> | 10:30 - 11:30 am (meet in Lobby @ 10:15) | N/A | FREE |
| Healthy Living with Patricia Smith | Gym | <u>Tuesdays & Thursdays</u> | 10:30 - 11:30 am | N/A | SAGE Class Register with PGCC |
| Healthy Living with Patricia Smith | Gym | <u>Tuesdays & Thursdays</u> | 11:30 am - 12:30 pm | N/A | SAGE Class Register with PGCC |
| Music Appreciation & Mastery Class (Beginner Piano) | Room 13 | <u>Wednesdays</u> | 10 am - 12 pm | N/A | SAGE Class Register with PGCC |
| Music Appreciation & Mastery Class (Intermediate Piano) | Room 13 | <u>Wednesdays</u> | 12:30 - 2:30 pm | N/A | SAGE Class Register with PGCC |
| Spanish (Beginner) | Room 13 | <u>Fridays</u> | 10 - 11am | N/A | SAGE Class Register with PGCC |
| Spanish (Intermediate) | Room 13 | <u>Fridays</u> | 11:15 am - 1:15 pm | N/A | SAGE Class Register with PGCC |

John E Howard Senior Activity Center: Trips and Special Events

June 2019



Arena Stage – Stage Play: *Jubilee*
\$100 (R); \$130 (NR)

Saturday, June 1
12 pm – 6 pm

PARKS DIRECT Code: JEHSAC-20190601

The world-renowned Fisk Jubilee Singers shattered racial barriers in the U.S. and abroad, entertaining kings and queens. For centuries, the bold a cappella African American ensemble born on the campus of Fisk University has blended their rich voices together sharing a heritage of suffering, strength and endurance. “A known showman” with a “gift for stirring theatricality” (Washington Post), playwright and director Tazewell Thompson brings an innovative and heart-stirring score to life in this world premiere. With uplifting spirituals and hymns including “Wade in the Water,” “Ain’t That Good News,” “Swing Low, Sweet Chariot” and “Nobody Knows the Trouble I’ve Seen,” this a cappella performance with more than three dozen songs is sure to ignite audiences. Fee includes transportation. Meal will be at your own expense at a local restaurant to be determined.



JEHSAC Cinema Presents: *John Q*
FREE

Tuesday, June 4
11:45 am - 2 pm

John Quincy Archibald's son Michael collapses while playing baseball as a result of heart failure. John rushes Michael to a hospital emergency room where he is informed that Michael's only hope is a transplant. Unfortunately, John's insurance won't cover his son's transplant. Out of options, John Q. takes the emergency room staff and patients hostage until hospital doctors agree to do the transplant. Light snacks will be served. Sign up at the center front desk no later than Tuesday, May 28.

John E Howard Senior Activity Center: Trips and Special Events

Fall Balance Training FREE

Tuesday, June 4 – Tuesday, June 25
10:30 am – 11:30 am

Come learn a series of movements and simple exercises help to improve balance. The system is designed to identify common fall hazards and reduce the probability of falls and fall-related injuries. It also increases body flexibility, leg strength, and overall endurance, and reduces the fear of falling. Participants are asked to commit to the entire four week session (June 4 – June 25). Seats are limited. Sign up early at the Center.

Publick Playhouse Trip – Clean Comedy with Ms. Gayle & Friends \$10 (R); \$13 (NR)

Friday, June 7
9:30 am – 2:00 pm

PARKS DIRECT Code: JEHSAC-20190607

Join us on a trip to the Publick Playhouse to see 'Clean Comedy with Ms. Gayle and Friends'. This side-splitting comic pokes fun at her country upbringing in rural Virginia, television shows, weight gain, and various hard knocks of life. A favorite with all audiences, Ms. Gayle will uplift your spirits and have you rolling in the aisles with her uproarious, but clean, commentary and down-home humor. Fee includes admission and transportation aboard an M-NCPPC activity bus. Lunch will be at your own expense at a local restaurant.



Happy Father's Day Luncheon

Joint ECSAC and JEHSAC Father's Day Luncheon \$12 (R); \$15 (NR)

Friday, June 14
12:30 pm – 2 pm

Parks Direct Ticket #: JEHSAC-SPEC-GA-20190614

Camouflage Father's Day Celebration - ATTENTION TROOPS! We don't know what you've been told - but you can wear your favorite camouflage outfit as we celebrate Father's Day. This mission for men and women will include a raffle, catered lunch and a live musical performance.. Duty calls for you to sign up early as seats are limited.



Information Session: Gardening and Men's Health FREE

Thursday, June 20
10:00am – 10:45 am

In observance of Men's Health month, Derek Hall will give you tips on gardening for your health. This is not a men only presentation. Sign up early at the center.

John E Howard Senior Activity Center: Trips and Special Events



Happy Birthday Observation FREE

Friday, June 21
1:30 pm - 2 pm

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

Atlantic City Boardwalk and Steel Pier Amusement Park \$60 (R); \$78 (NR) PARKS DIRECT Code: JEHSAC-20190627



Thursday, June 27
6:30 am – 11:30 pm

The Atlantic City Boardwalk is over 4 miles long and features shopping, dining, amusement park, and casinos. Fee includes transportation aboard a charter bus and light snacks. Meals and tickets for the amusement park are at your own expense. Single tickets are \$1.25. A book of 50 tickets with coupons is \$45. A book of 80 tickets with coupons is \$65.

July 2019



JEHSAC Cinema Presents: *Independence Day* FREE

Tuesday, July 2
11:45 am - 2 pm

Directed by Roland Emmerich. With Will Smith, Bill Pullman, Jeff Goldblum, Mary McDonnell. The aliens are coming and their goal is to invade and destroy Earth. Fighting superior technology, mankind's best weapon is the will to survive. Sign up at the center front desk no later than Tuesday, June 25.

JEHSAC Planning Meeting FREE

Tuesday, July 2
1 pm - 2 pm

You have a voice at JEHSAC! We welcome your input on the type of trips, classes, and events that John E Howard Senior Activity Center offer. Take this opportunity to share your ideas and thoughts. Please sign up at the center no later than one week prior to the meeting. Meeting depends on sufficient registration.

John E Howard Senior Activity Center: Trips and Special Events



Toby's Dinner Theatre: *Grease*

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

Parks Direct Code: JEHSAC-20190710

Wednesday, July 10

9:30 am – 4 pm

It's STILL the word! One of the world's favorite musicals hits the stage in a high-octane production featuring all the hit songs you love, including "Summer Night," "You're the One That I Want," "Hopelessly Devoted to You" and "Greased Lightning." Danny, Sandy and the coolest gang of students from Rydell High take you back to the 1950's when drive-in movies, sock-hops and tough talkin' Pink Ladies defined a generation. Grease and Toby's go together like a wop bam boom! Fee includes transportation, admission and meal.



Joint ECSAC and JEHSAC Annual Summer Sensations Cookout

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

PARKS DIRECT code: JEHSAC-SPEC-GA-20190712

Friday, July 12

12 pm – 2 pm

Join us for a mid-day cookout! We will enjoy some of your favorite cookout food, drinks, and games. A live musical performance by one of our favorite bands is guaranteed to make you dance, bob your head, or tap your feet. Wear your money green and gold as you cash out on the fun at this event. We want to see your million-dollar smile in the place. Register early as space is limited! **You don't want to miss this event!**

Senior Dance Party, Martin's Crosswinds

\$32 (R); \$42 (NR)

PARK DIRECT code: SPD-SPEC-GA-20190717

Wednesday, July 17

9 am – 12 pm

Don't miss this very popular summer line dance party for seniors! Enjoy an American Fare breakfast and then on the floor for lots of fun line dancing! Registration is required. Tickets are purchased through **PARKS DIRECT ONLY**. Please bring your tickets with the **BARCODE** on it for admission to the event. No tickets sold at the door. Martin's Crosswinds is located at 7400 Greenway Center Drive in Greenbelt. No transportation will be provided from JEHSAC.



Happy Birthday Observation

FREE

Friday, July 19

1:30 pm - 2 pm

Join us as we observe July birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, July 12.

John E Howard Senior Activity Center: Trips and Special Events



UniverSoul Circus
\$30 (R); \$39
JEHSAC-20190720

Saturday, July 20
10 am – 3 pm

The circus is coming to town! UniverSoul Circus is a highly interactive, live event rooted in deep tradition, but with a fresh and energetic flair. Bringing circus acts from all corners of the globe, the diversity of performances and performers makes UniverSoul a uniquely international experience. UniverSoul Circus will bring the fun. Meals are at your own expense at a local restaurant or at the Circus. Transportation will be aboard an M-NCPPC activity bus.

Information Session: Lunch and Learn
FREE

Thursday, July 25
10:30 am – 11:30 am

This session provides information regarding final expense fraud and laws that are in place to help protect consumers as they plan for final expenses. Although it is not easy, it is a necessary part of life. We educate you so that you can make informed decisions. Sign up early at the Center's front desk by July 12th to receive lunch at this session. Seats are limited.

August 2019



BINGOFEST: Prince George's Ballroom
FREE – Admission: donation of school supply items
PARKS DIRECT code: 26504444B

Friday, August 2
10:00 am – 2 pm

Let's play BINGO! Win some great bingo prizes and have lots of fun while supporting our County youth by donating school supplies for elementary age children in need. A box lunch will be provided. A supply list of needed items will be available in July. Register early as space is limited.

John E Howard Senior Activity Center: Trips and Special Events



JEHSAC Documentary: Swing: *The Velocity of Celebration* **FREE**

Tuesday, August 6
11:45 am - 2 pm

Directed by Ken Burns. With Keith David. As the 1930's come to a close, Swing-mania is still going strong, but some fans are saying success has made the music too predictable. Count Basie and the Kansas City sound reignite the spirit of swing. By the decade's end, Duke Ellington has been hailed as a hero in Europe, amid anxious preparations for war. Light snacks will be served. Sign up at the center front desk no later than Tuesday, July 30.

Information Session: Seven Benefits of Crafting for Seniors **FREE**

Wednesday, August 7
10:30am – 11:30 am

It is never too old to create. Arts and Crafts have benefits for the mind, spirit and body. This session will be informative and fun. This hands on session will teach you advantages of being creative and helps you get in touch with your creative arts side. Reserve your seat by signing up at the center front desk no later than Wednesday, July 31st.



Happy Birthday Observation **FREE**

Friday, August 16
1:30 pm - 2 pm

Join us as we observe August birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, August 9.

Mike's Crab House of Annapolis **\$20 (R); \$26 (NR)**

Thursday, August 22
10 am – 3 pm

Parks Direct Code: JEHSAC-20190822

Mike's Crab House brings you a mouth-watering waterfront dining experience on the banks of the beautiful South River. They serve crabs in the finest Chesapeake Bay Tradition for your dining pleasure. Meals are at your own expense at a local restaurant or at the Circus. Transportation will be aboard an M-NCPPC activity bus.

Sandy Point Beach Lunch Trip **\$15 (R); \$20 (NR)**

Thursday, August 29
9:00 am – 2 pm

Parks Direct Code: JEHSAC-20190829

Reserve a space for our annual trip to Sandy Point State Park. Relax and enjoy sun, saltwater, and the cool breezes off the Chesapeake Bay. Fee includes admission to the park, lunch and beverage, and transportation aboard an M-NCPPC activity bus.

John E. Howard Senior Activity Center

FREE

Health and Wellness Activities

FREE

FREE BLOOD PRESSURE SCREENING!



No appointment necessary

2nd Fridays 10 am – 12 Noon

June 14 ~ July 12 ~ August 9

Wellness on Wheels Mobile Health Clinic

Health Services Conveniently Available at John E. Howard Senior Activity Center

FREE! 9am – 1pm

Tuesdays:

June 18

July 16

August 20

A collaboration between the Prince George's County Health Department and Doctors Community Hospital, Wellness on Wheels or W.O.W. is a mobile clinic that travels to various locations in the area and provides **FREE** services to help you maintain or improve your health. Wellness on Wheels is staffed by a team of experienced and compassionate healthcare professionals. They provide a wide range of services to people ages 18 and older.

Services provided include:

- + **Diabetes screenings**
- + **Cholesterol screenings**
- + **Blood pressure screenings**
- + **Medication reviews and education**

John E. Howard Senior Activity Center: Information Corner

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 @ 301-420-3120 or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 11am the day before you would like a meal, register by 11am Friday for a Monday

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 the 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.



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 |

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.

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 and sign up for PG Parks Alerts today! Click on PGParks Alerts icon.