December 2019, January & February 2020

Please note the center is closed:

- Wednesday, December 25  Christmas
- Wednesday, January 1  New Year’s Day
- Monday, January 20  MLK Jr. Day
- Monday, February 17  Presidents Day

Center Hours:
Monday – Friday  9:00am – 3:30pm

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.

4400 Shell St. Capitol Heights, MD 20743
Phone: (301) 735-2400  TTY: (301) 699-2544
REFUND POLICY

1. 100% refunds are issued when M-NCPCC/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-NCPCC 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.
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 2020**

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.

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**Upcoming AARP Smart Driver Course**

- **Thursday, December 12, 2019** 9:30 am - 2 pm
- **Thursday, January 9, 2020** 9:30 am - 2 pm
- **Thursday, February 13, 2020** 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.
<table>
<thead>
<tr>
<th>CLASS</th>
<th>LOCATION</th>
<th>DAYS/DATES</th>
<th>TIME</th>
<th>PARKS DIRECT</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Balance Training</td>
<td>Gym</td>
<td>Mon and Weds</td>
<td>11 – 11:30 am</td>
<td>17507-139A, 17507-139B, 17507-139C</td>
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<tr>
<td>Fitness Boot Camp: Seniors</td>
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<td>Mon and Weds</td>
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<tr>
<td>Fitness: Seniors, Intermediate</td>
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<td>Line Dance (Beginner)</td>
<td>Gym</td>
<td>Wednesdays</td>
<td>9:30 – 10:30 am</td>
<td>23501-139A, 23501-139B, 23501-139C</td>
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<td>February 4-25</td>
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<td>Paint &amp; Sip, Seniors</td>
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<td>Wednesdays</td>
<td>12 – 2 pm</td>
<td>30504-122A, 30504-122B</td>
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<tr>
<td>Sewing &amp; Quilting 101 - Seniors</td>
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<td>Fridays</td>
<td>10:30 – 2 pm</td>
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<tr>
<td>JEHSAC Crafters</td>
<td>Room 14</td>
<td>Wednesday</td>
<td>10:30–12:30pm</td>
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<td>February 5, 26</td>
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<tr>
<td>Bingo</td>
<td>Social Room</td>
<td>Every Thursday</td>
<td>10:30–11:30am</td>
<td>N/A</td>
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REGISTER FOR AN EVENT, CLASS or ACTIVITY TODAY!!
<table>
<thead>
<tr>
<th>CLASS</th>
<th>LOCATION</th>
<th>DAYS/DATES</th>
<th>TIME</th>
<th>PARKS DIRECT</th>
<th>FEE</th>
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<tr>
<td>PG Parks Alerts</td>
<td>Social Room</td>
<td>Every Monday</td>
<td>11:30am –12 pm</td>
<td>N/A</td>
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<td>(Learn how to receive PG</td>
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<td>of closures)</td>
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<tr>
<td>Healthy Living Fitness with</td>
<td>Game Room</td>
<td>Every Monday</td>
<td>12:30 pm – 2:30 pm</td>
<td>N/A</td>
<td>SAGE Class Register with PGCC</td>
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<tr>
<td>Dionne</td>
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<tr>
<td>Bible Club</td>
<td>Game Room</td>
<td>Wednesday</td>
<td>12:30 -1:30 pm</td>
<td>N/A</td>
<td>FREE</td>
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<tr>
<td>Spiritual Enrichment</td>
<td>Social Room</td>
<td>4th Thursday</td>
<td>11 am – 12 pm</td>
<td>N/A</td>
<td>FREE</td>
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<tr>
<td>Healthy Living with Patricia</td>
<td>Gym</td>
<td>Tuesdays &amp;</td>
<td>10:30 - 11:30 am</td>
<td>N/A</td>
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<tr>
<td>Smith</td>
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<td>Thursdays</td>
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<td>Healthy Living with Patricia</td>
<td>Gym</td>
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<td>Smith</td>
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<td>Thursdays</td>
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<td>Music Appreciation &amp; Mastery</td>
<td>Room 13</td>
<td>Wednesdays</td>
<td>10 am -12 pm</td>
<td>N/A</td>
<td>SAGE Class Register with PGCC</td>
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<tr>
<td>Class (Beginner Piano)</td>
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<tr>
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<tr>
<td>Class (Intermediate Piano)</td>
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<td>Spanish (Beginner)</td>
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<td>Fridays</td>
<td>10 am – 11 am</td>
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<tr>
<td>Spanish (Intermediate)</td>
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<td>Fridays</td>
<td>11:15 am – 1:15 pm</td>
<td>N/A</td>
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<tr>
<td>Tai Chi Dao Yin</td>
<td>Game Room</td>
<td>Tuesdays &amp;</td>
<td>9:50-10:50 am</td>
<td>N/A</td>
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<td>11 am – 12 pm</td>
<td>N/A</td>
<td>SAGE Class Register with PGCC</td>
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</tbody>
</table>
December 2019

Information Session: Heart Health and the Holidays
FREE
Monday, December 2
11 am – 12 Noon
The holidays can take a toll on your heart, even if you are healthy the rest of the year. Come out and hear Author Florence Champagne as she shares information for heart health and the holidays. Sign up early at the center.

Toby’s Dinner Theater: A Christmas Story - The Musical
$85(R); $111 (NR)
Wednesday, December 4
10 am - 5 pm
Join us for a LIVE musical presentation of the Christmas Story. This classic story is brought to life. Fee includes transportation aboard an M-NCPPC activity bus and buffet meal, a salad bar and ice cream bar.

JEHSACinema Presents: Black Nativity
FREE
Friday, December 6
12:15 pm – 2 pm
Based on the Langston Hughes, play, this beloved seasonal story is set in present day Harlem. The story is about a family torn apart years before because of misunderstandings who set aside their differences to come together. Music consists of gospel, hip-hop, and rhythm-and-blues seamlessly woven together. Snacks will be served. Sign up at the Center’s front desk.
Information Session: Holiday Stress Management

FREE

“Holiday Stress Syndrome” is real – lifestyle stressors can impact seasonal absenteeism and low-productivity. Learn how to relax and enjoy the holidays and festivities amidst the seasonal hustle and bustle. Sign up no later than December 4.

JEHSAC & ECSAC Joint Glitz and Glam Holiday Ball

Friday, December 13
12:30 pm – 2 pm

$12 (R); $16 (NR)

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.

The Music Center at Strathmore: Sinbad

Friday, December 13
5 pm – 11 pm

$50 (R); $65 (NR)

PARKS DIRECT Code: JEHSAC-20191213

Star of the comedy circuit, television, and movies, Sinbad is back! This is a comedian that you do not want to miss. Get ready for belly laughs and start your holiday with a smile. Fee includes admission to the show and transportation aboard an M-NCPDC activity bus. Dinner is at a local restaurant at your own expense. Average menu prices $15 - $30.
Gingerbread House Making
$7 (R); $10 (NR)
Parks Direct Ticket #: JEHSAC-SPEC-GA20191216
Monday, December 16
12:30 pm – 2 pm
Maybe you can't catch the gingerbread man, but you can build a gingerbread house. Build a house and eat it too. Fee includes gingerbread house supplies. Register no later than December 9.

Festival of Lights: Mormon Temple
$15(R); $20(NR)
Thursday, December 19
4:30 pm – 10 pm
PARKS DIRECT Code: JEHSAC-20191219
This “must see holiday attraction entertains more than 200,000 visitors who view the light show and explore the Mormon Temple grounds. Fee includes transportation aboard an M-NCPCC Activity bus. Dinner is at a local restaurant at your own expense prior to the Festival of Lights. Average menu prices $15 - $30.

SENIOR HOLIDAY CONCERT
Laurel-Beltsville Senior Activity Center
FREE
2 Shows
Friday, December 20
PARKS DIRECT code: LBSAC-SPEC-GA-20191220A
1st Show: 10 am - 12 pm
LBSAC-SPEC-GA-20191220B
2nd Show: 1 - 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 JEHSAC is for the 1st show only (10 am – 12 pm only). Transportation is aboard an M-NCPCC activity bus. Register early, seating is limited.
Happy Birthday Observation  
**FREE**  
Friday, December 27  
1:30 pm - 2 pm  
Join us as we celebrate December birthdays with special treats. To join in on the fun, sign up at the center no later than Friday, December 20.

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**January 2020**

Motivation and Inspiration Hour of Power with Ms. Ethel  
**FREE**  
Thursday, January 2  
10:30 am - 12:00 pm  
We are starting the New Year 2020 motivating and inspiring others. A little encouragement from Ethel Thomas can help you reach their goals in this new year. Come out and share love through poetry, song, dance and shine a bright light into someone’s new year. Sign up at the Center.

Happy New Year Retro Line Dance Party  
Friday, January 3  
$15(R); $20(NR)  
11:00 am - 2:00 pm  
Parks Direct Ticket #: JEHSAC-SPEC-GA20200103  
Let’s celebrate the 2020 New Year retro style. Throwback line dances to the latest line dances. Beginners, intermediates or advanced line dancer get ready to move. DJ Nate de Skate and Mz. Hattie will have you on the dance floor doing all of your favorite dances. Grab your crew because we are going back and dancing our way up to the new line dances. Refreshments will be served. You do not want to miss this celebration. Sign up early.

Information Session: Move It or Lose It  
Tuesday, January 7  
10:30 am - 11:30 am  
It is a new year, join us for demonstrations of flexible exercises for seniors. Learn the keys to living a healthy life by moving your body. Come on out and move it, move it! Sign up at the front desk no later than one week prior to this date.
Cheddars Scratch Kitchen Restaurant  
Tuesday, January 14  
10:00 am – 2 pm

**PARKS DIRECT Code: JEHSAC-20200114**

Enjoy made-from-scratch goodness in a welcoming place serving items like House Smoked Baby Back Ribs, Hand-battered Country Chicken Fried Chicken, Scratch Burgers, Homemade Onion Rings and other mouthwatering dishes. Meal is at your own expense. Fee includes transportation is aboard an M-NCPPC activity bus. Register early. Seats are limited. Meal prices range from $12 - $30.

Dr. Martin Luther King, Jr. Memorial  
Tuesday, January 21  
10:00 am – 2 pm

**PARKS DIRECT Code: JEHSAC-20200121**

View and ponder the many famous quotes engraved at this memorial honoring this civil rights leader. The memorial is a first dedicated on the National Mall to an African-American and non-presidential figure. Fee includes transportation aboard an M-NCPPC Activity bus. Lunch is at a local restaurant at your own expense. Average menu prices $15 - $30.

Soup for the Soul Day  
Friday, January 24  
12:30 pm – 2 pm

**FREE**

Soup is a common meal in many countries and probably dates back to the invention of the earliest cooking pots. We will celebrate Soup for the Soul Day with a tasting of delicious crab, chicken noodle, or tomato basil soup. Space is limited. Sign up at the center no later than one week prior to the date.

Happy Birthday Observation  
Friday, January 31  
1:30 pm - 2 pm

**FREE**

Come celebrate January birthdays with cake and ice cream. Sign up at the center one week in advance.
Black History In Motion Program

Wednesday, February 5
10:30 am – 12 pm

Parks Direct Ticket #: 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 headliners of this event, Ray Apollo Allen and the Apollo One Band, will perform various cover songs from the Motown era as well as Classic Oldies, R&B, and Soul music. Recording artist and violinist Bliss Ananda will perform songs from his 'Trinity Too' album.

Tickets may be purchased online, at a Senior Activity Center or by calling the Publick Playhouse, 301-277-1710. Tickets purchased directly from the Publick Playhouse will be mailed. For online ticket purchases, 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 the center reception desk! Limited transportation will be provided. An M-NCPDC activity bus will depart the center at 9am and return at 2pm. (Showtime is 10:30am- Noon). We will stop at a local restaurant for lunch at your own expense following the show. Average menu prices: $10 - $20. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784.
JEHSACinema Presents: *Southside With You*  
**FREE**  
Friday, February 7  
12:30 pm – 2 pm  
Inspired by Barack and Michelle Obama’s first date, SOUTHSIDE WITH YOU recounts the eventful summer day in 1989 when a young law firm associate named Barack Obama tried to woo lawyer Michelle Robinson during a daylong date. Refreshments will be served. Sign up at the Center’s front desk no later than Tuesday, February 4.

**Alvin Ailey Dance Theater at the Kennedy Center**  
Saturday, February 8  
$100 (R); $130 (NR)  
**PARKS DIRECT Code: JEHSAC-20200208**  
This world-renowned dance company was founded in 1958 by dancer, choreographer, and visionary Alvin Ailey. Their groundbreaking performances, by young, African Americans, forever changed the perception of the American, modern dance art form. Join us and be inspired as audiences have been around the world for decades. Fee includes transportation aboard an M-NCPPC activity bus. Meal: location to be determined; at your own expense.

**Candymaking – Make and Take**  
Monday, February 10  
$7 (R); $10 (NR)  
**Parks Direct Ticket #: JEHSAC-SPEC-GA20200210**  
This is the month of sweetness. Learn how to make delicious candy treats in a variety of shapes and sizes. You might be the next Hersheys, Mars or Willy Wonka with your own factory. Fee includes supplies for this session. Register early. Space is limited.

**Information Session: H2O and You – The Importance of Water**  
Tuesday, February 11  
**FREE**  
10:30 am – 11:30 am  
H2O aka water is often neglected. It has no taste and you do not like drinking it. Water is important for the body. You will learn the benefits of water. You might give up your other fluid drinks and prefer to drink water. How much should you drink daily? This seminar will offer thought provoking information on your water intake and health. Register at the front desk.
Valentine’s Day Luncheon the SS JEHoward Love Boat  
Friday, February 14  
$15 (R); $20 (NR)  
Parks Direct Ticket #: JEHSAC-SPEC-GA-20200214  
All aboard!! Plenty of fun on the SS JEHoward Love Boat indoor cruise. Wear your favorite red or pink outfit. You will enjoy the sounds of Sharon Thomas and Band. There will also be a catered lunch. Come on out and share the love. Seats are limited. Register early to reserve your seat.

Information Session: Documentary - “Alive Inside” & Lunch  
Friday, February 21  
FREE  
Empathy, the sharing of the pain and the joy of another human being is the core power of this documentary. "Alive Inside" changed the world for many elders, but the film's questions still remain - How were so many of our elders forgotten? Can we reconnect them to life? Lunch will be provided by the presenter for those registered in advance. Register early. Seats are limited.

Reginald F. Lewis Museum  
Thursday, February 27  
$15 (R); $20 (NR)  
PARKS DIRECT Code: JEHSAC-20200227  
Witness a museum 400 years in the making. Start your discovery of African American history at the Reginald F. Lewis Museum. Explore Maryland heritage through the themes of family, community, slavery, and art. Enjoy learning at your leisure while being inspired for the present and future. Lunch is at your own expense in Baltimore's Inner Harbor. Trip includes transportation aboard an M-NCPPC activity bus.

Happy Birthday Celebration  
Friday, February 28  
FREE  
Let’s celebrate with those born in February with cake and ice cream. Sign up at the center no later than Friday, January 21.
FREE BLOOD PRESSURE SCREENING!

No appointment necessary

2nd Fridays  10 am – 12 Noon

January 10 ~ February 14

Wellness on Wheels Mobile Health Clinic

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

FREE!  9am – 1pm

Tuesdays:

December 3
January 7
February 4

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
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 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 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.pgparks.com and sign up for PG Parks Alerts today! Click on PGParks Alerts icon.
Seniors On Stage Auditions

GOSPEL EXPLOSION

ARE YOU A TALENTED SINGER?
Register in advance to Audition!

Laurel-Beltsville Senior Activity Center                Friday, January 10
10 am - 4 pm (last audition registration taken at 3:30 pm)
This is your opportunity to audition and be a part of our Seniors on Stage Show. Audition
guidelines are available by calling 301-408-4343. Register to audition in advance beginning
Dec. 1. Auditions closed to the public and scheduled every 15 minutes. To schedule an audition,
call 301-408-4343.