

# John E. Howard Senior Activity Center

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



## June, July and August 2022

Please note: the center will be closed on:

Monday, June 20

Juneteenth

Monday, July 4

Independence Day



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

### Summer Registration

- Registration begins Wednesday, May 18 for **Residents (R)** only.
- Registration begins on Wednesday, May 25 for **Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class 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:

Due to Covid-19, no trips are planned for Summer 2022

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.



## 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.

# John E. Howard Senior Activity Center: Classes

CLASS	LOCATIO N	DAYS/DATES	TIME	PARKS DIRECT	FEE
Balance Training	Gym	<u>Mon and Wed</u> June 8 & 15	11 – 11:30 am	17507-439A	<b>FREE</b>
		Weeks of July 18-27		17507-439B	\$6 (R); \$8 (NR)
		Weeks of Aug 1-24		17507-439C	\$12 (R); \$16 (NR)
Fitness Senior Boot Camp	Gym	<u>Mon and Wed</u> June 8 & 15	11:30 – 12:00 pm	17511-439A	<b>FREE</b>
		Weeks of July 18-27		17511-439B	\$6 (R); \$8 (NR)
		Weeks of Aug 1-24		17511-439C	\$12 (R); \$16 (NR)
Fitness: Intermediate	Gym	<u>Thursdays</u> June 16 & 23	11 – 12 Noon	17531-439A	<b>FREE</b>
		July 21 & 28 Weeks of Aug 4-25		17531-439B	\$15 (R); \$20 (NR) \$20 (R); \$26 (NR)
Line Dance (Beginner)	Gym	<u>Wednesdays</u> Weeks of June 8 – June 29	9:30 – 10:30 am	23501-439A	\$10 (R); \$13 (NR)
		Weeks of July 6 – July 27		23501-439B	\$10 (R); \$13 (NR)
		Weeks of Aug 3 – Aug 24		23501-439C	\$10 (R); \$13 (NR)
Line Dance Intermediate	Gym	<u>Tuesdays</u> Weeks of June 7 – June 28	9:30 – 11:30 am	23508-439A	\$20 (R); \$26 (NR)
		Weeks of July 5 – July 26		23508-439B	\$20 (R); \$26 (NR)
		Weeks of Aug 2 – Aug 23		23508-439C	\$20 (R); \$26 (NR)
Paint & Sip, Seniors	Room 14	<u>Wednesdays</u> June 8	10 – 12:00 pm	30504-439A	\$10 (R); \$13 (NR)
		July 13		30504-439B	\$10 (R); \$13 (NR)
		Aug 17		30504-439C	\$10 (R); \$13 (NR)

# John E. Howard Senior Activity Center: Classes

CLASS	LOCATION	DAYS/DATES	TIME	PARKS DIRECT	FEE
Fitness with LaShawn	Social Room	<u>Wednesday</u>	11am -12 pm	N/A	FREE
Bingo	Social Room	<u>Thursday</u>	10:30am -12pm	N/A	FREE
Card Players Club Tonk, Spades	Game Room	<u>Tuesday</u>	1 – 2 pm	N/A	FREE
Walking for Wellness	Loop Trail or Gym	<u>Monday</u>	10:30 – 11:30 am (meet in Lobby @ 10:15)	N/A	FREE
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



**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**

# John E Howard Senior Activity Center: Special Events

## June 2022



### Wii Fitness Tournament -Men's Health Month

Friday, June 3

**FREE**

10am – 11:30am

Wear Blue Day- Let's help and raise awareness about the importance of male health and to encourage men to live longer and healthier lives. Come join us in the Game Room for a fun time playing your favorite Wii Sports Game including, golf, bowling, boxing, tennis and track or just come and join us for a fun game of billiards or darts. Wear your blue! Light refreshments to be served. Space is limited. Sign up in the Free Book located at the center. (This is not for men only.)



### Seminar Topic:

### Tips for Living Your Best Life While Aging Gracefully

Wednesday, June 15

**FREE**

1pm – 2pm

Are you curious to learn how to age with grace and a smile on your face? Learn all you need to know and get your daily dose of health information. Sign up in the Free Book located at the center.



### FATHER'S DAY: CASINO ROYALE

Friday, June 17

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

12:00pm to 2:00pm

Parks Direct Code: JEHSAC-SPEC-GA-20220617

Come join us for a day to remember as we wish our dad's a Happy Father's Day in style. Dress in your favorite suit, tie and hat and prepare to play your favorite games. There will be a judging of the best dressed dad and he will be crowned The King of the Casino. Light refreshments will be served.

## John E Howard Senior Activity Center: Special Events



### **National Iced Tea Month FREE**

**Thursday, June 23  
12:30pm-2:00pm**

As the temperature heats up in June, it's a perfect time to have a glass of tea! June is National Iced Tea Month, so let's listen to some music, play some checkers and sip on an iced-cold glass of tea. Sign up in the Free Book located at the center.



### **Happy Birthday Observation FREE**

**Thursday, June 30  
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 24. Sign up in the Free Book located at the center.

## July 2022



### **JEHSAC Chill Grill \$7 (R); \$10 (NR)**

**Friday, July 8  
12:30pm- 2:00pm**

**Parks Direct Code: JEHSAC-SPEC-GA-20220708**

Please join us for a fun gathering of chilling and grilling at the JEHSAC CHILL GRILL. There will be games and grilled hotdogs. Light refreshments will be served. Hope to see you there. Sounds by DJ Captain Fly. Register early!!!

# John E Howard Senior Activity Center: Special Events



## JEHSAC Planning Meeting

**FREE**

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.

**Tuesday, July 13**

**1 pm - 2 pm**



## Senior Dance Party, Martins Crosswinds

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

**PARK DIRECT code: SPD-SPEC-GA-20220722**

You do not want to miss this popular summer Line Dance Party for seniors! Enjoy an American fare breakfast, then head to the dance floor for fun line dancing. Laugh, make new friends, and show off your dance moves! Face coverings are not required but optional. Registration is on first come basis. No tickets are sold at the door. You must have a Parks Direct account to register! Transportation not provided. Plan your transportation through Call-A Bus.

**Friday, July 22**

**9 am – 12 pm**



## Happy Birthday Observation

**FREE**

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 22. Sign up in the Free Book located at the center.

**Friday, July 29**

**1:30 pm - 2 pm**



# John E Howard Senior Activity Center: Special Events

## August 2019



### **NATIONAL ICE CREAM SANDWICH DAY FREE**

**Tuesday, August 2  
1:30pm-2:00pm**

I scream, You scream, We all scream! Please join us for an afternoon tasty treat of ice cream sandwiches. Space is Limited supplies. Sign up in the Free Book located at the center.



### **BINGOFEST**

**FREE – Admission: donation of school supply items  
PARKS DIRECT JEHSAC-SPEC-GA-20220812**

**Friday, August 12  
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.



### **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. Sign up in the Free Book located at the center.



### **Seminar Topic:**

**Mental Health Awareness: Alzheimer's Caregiving: Caring for Yourself** Friday, August 19  
**FREE** 1pm – 2pm

Caring for someone with Alzheimer's? Learn how to get help from family, friends, and others. Care for your own physical, mental, and spiritual health. Sign up in the Free Book located at the center.

# JEHSAC CINEMA PRESENTS

**TUESDAY MOVIE DAY**

**12:30pm -2:30pm**

**June 21- Just Mercy**

**July 19- Soloist**

**August 16- Redtails**

**FREE!!!!** Light Refreshments will be served!  
Sign up in the Free Book located at the center.



# John E. Howard Senior Activity Center: Information Corner

## Senior Nutrition Program

The Senior Nutrition Program is offered Wednesday's and Friday's 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. meal.

The actual donation is \$4.00. 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

**PGParks  
ALERTS**  
POWERED BY nixle

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 PGParks Alerts icon.