

Evelyn Cole Senior Activity Center



Summer 2019 Calendar



Welcome to the Evelyn Cole Senior Activity Center! June, July, August 2019

Please note the center will be closed on:

Thursday, July 4, 2019 Independence Day

Spring 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.

5720 Addison Rd, Seat Pleasant, Maryland 20743
Telephone: (301)-386-5525 TTY: (301)-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

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.

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.



Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Sewing 	Activity Room 1	<u>Thursdays</u> June 6 – June 27 July 11 – Aug 1 Aug 8 – Aug 29	10 am – 2 pm	15501-422A 15501-422B 15501-422C	\$25 (R); \$33 (NR) Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing.
Fitness: Seniors Beginner/ Intermediate	Activity Room 1	<u>Mondays</u> June 3 – June 24 July 8 – July 29 Aug 5 – Aug 26	10:45 – 11:30 am	17531-422A 17531-422B 17531-422C	\$10 (R); \$13 (NR)
Arts and Crafts:	Activity Room 1	<u>Thursdays</u> June 6 – June 27 July 11 – Aug 1 Aug 8 – Aug 29	10:30 – 11:45 am	15502-422A 15502-422B 15502-422C	\$10 (R); \$13 (NR)
Spiritual Enrichment Class	Activity Room 2	<u>2nd Thursdays</u> June 13, July 11, Aug 8	11 am – 12 noon	N/A	FREE
SAGE Line Dance	Activity Room 1	<u>Fridays</u>	10 am – 12 noon	N/A	PGCC SAGE Class
Morning Fitness	Activity Room 2	<u>Tues & Fri</u>	10:45 – 11:15 am	N/A	FREE
Bingo	Activity Room 1	<u>Mon & Wed</u>	1 – 2 pm	N/A	FREE
Weekly Announcements	Activity Room 2	<u>Mondays</u>	12:30 – 12:45 pm	N/A	FREE
Music Therapy	Activity Room 2	<u>Tuesdays</u>	1 – 1:30 pm	N/A	FREE
Manicures and Hand Massages	Activity Room 2	<u>Thursdays</u>	11 – 12 pm & 1 – 2 pm	N/A	FREE
Games	Activity Room 1	<u>Mondays</u>	12:45 – 1:45 pm	N/A	FREE
Trivia Showdown	Activity Room 2	<u>Wednesday</u>	10:30 – 11:30 am	N/A	FREE

Evelyn Cole Senior Activity Center: Trips & Special Events

JUNE 2019

Heart Disease Seminar Series (4 days)
FREE

Mondays, June 3 - June 24
10:30 - 11:30 am

Heart disease, known medically as coronary artery disease, is blockage of the coronary arteries. This blockage restricts blood flow to the heart. Without adequate blood, the heart becomes starved of oxygen and vital nutrients it needs to work properly. Learn more about this chronic disease and how to prevent it by signing up for the series at the ECSAC Office.



AARP Smart Driver Course
\$15/AARP Members; \$20/Non-AARP Members

Tuesday, June 4
10 am - 2 pm

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) the day of class to AARP.

Rod and Reel Restaurant
\$15 R; \$20 NR

Tuesday, June 4
10:15 am - 2pm

Join us for lunch on the Chesapeake Beach at the Rod-N-Reel Restaurant. Rod-N-Reel has been a premier waterfront dining destination since 1946. While feasting on delicious local seafood you can smell the salt air and feel the Bay breeze as the bustle of harbor activity unfolds before you. Fee includes transportation aboard an M-NCPPC activity bus. Lunch is at your own expense.

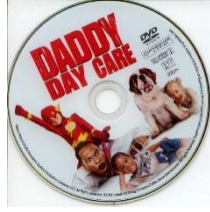
Publick Playhouse Trip: Clean Comedy With Ms. Gayle and Friends
\$10 R; \$13 NR

Friday, June 7
10 am - 2 pm

Parks Direct Code: ECSAC-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.

Evelyn Cole Senior Activity Center: Trips & Special Events



ECSAC Cinema: *Daddy Daycare*

Tuesday, June 11

FREE

12 pm – 2 pm

In the comedy *Daddy Day Care*, two fathers lose their jobs in product development at a large food company and are forced to take their sons out of the exclusive Chapman Academy and become stay-at-home fathers. Light refreshments will be served. Please sign up at the ECSAC office no later than Tuesday, June 4th.

Brookside Garden Tour

Thursday, June 13

\$15 R; \$20

10 am – 2 pm

ECSAC-20190613

The grass is always greener on one of our trips. Hitch your wagon to a fabulous excursion to Brookside Gardens - Montgomery County's incomparable, award-winning 50-acre public display gardens situated within Wheaton Regional Park. Included in the gardens are several distinct areas: Aquatic Garden, Azalea Garden, Butterfly Garden, Children's Garden, Rose Garden, Japanese Style Garden, Trial Garden, Rain Garden, and the Woodland Walk. Fee includes transportation on M-NCPPC activity bus. Lunch at a local restaurant at your own expense.

Joint ECSAC and JEHSAC Father's Day Luncheon

Friday, June 14

\$12 R; \$15 NR

12:30 – 2 pm

JEHSAC-SPEC-GA-20190614

Location: *John E Howard Senior Activity Center*

ATTENTION TROOPS! We don't know what you've been told - but wear your favorite camouflage outfit as we celebrate Father's Day. This mission will include a raffle, catered lunch and a performance by saxophonist Sharon Thomas. Duty calls for you to sign up early as seats are limited. The Evelyn Cole Senior Nutrition bus will be directly routed to John E. Howard Senior Activity Center for the day. You don't want to miss this event!

Evelyn Cole Senior Activity Center: Trips & 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.

JULY 2019

Ice Cream Event

FREE

Tuesday, July 2

12:45 pm - 1:45 pm

“I scream, you scream, we all scream for ... ice cream”! Cool treats are the order for the day. Chill out with yummy ice cream and drinks. Sign up at least one week early at the center. Ice cream is limited and served while supplies last.

Diabetes Seminar Series (4 days)

FREE

Mondays, July 8 - July 29

10:30 - 11:30 am

Diabetes is a condition that develops either due to inadequate production of insulin, or inability of the cells to make use of or respond to the produced insulin in a proper way, or both. Common symptoms include frequent urination, excessive hunger and thirst. Diabetes is treated by lowering and maintaining blood sugar levels by administering medication. Learn more about this chronic disease and how to prevent it by signing up for the series at the ECSAC Office.



ECSAC Cinema: *The Patriot*

FREE

Tuesday, July 9

12 pm – 2 pm

A reluctant South Carolina farmer (Mel Gibson) is forced to fight the British in this adventure epic set during the time of the American Revolution. Nominated for 3 Academy Awards® (2000) - including Best Cinematography, Best Original Score and Best Sound - The Patriot is a gripping tale of war and family. Light refreshments will be served. Please sign up at the ECSAC office no later than Tuesday, July 2nd.

Evelyn Cole Senior Activity Center: Trips & Special Events



Toby's Dinner Theatre: *Grease*

\$85 R; \$110 NR

Parks Direct Code: ECSAC-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 Nights," "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. *Trip departs from and returns to the John E. Howard Senior Activity Center.*

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

Evelyn Cole Senior Activity Center will join John E. Howard Senior Activity Center 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 so register early. The cookout will be located at the John E. Howard Senior Activity Center. The Evelyn Cole Senior Nutrition bus will be directly routed to John E. Howard Senior Activity Center for the day. Register early as space is limited! **You don't want to miss this event!**

Senior Dance Party, Martins 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 ECSAC.

Evelyn Cole Senior Activity Center: Trips & Special Events



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.

UniverSoul Circus \$30 (R); \$39 ECSAC-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. *Trip departs from and returns to JEHSAC 4400 Shell Street, Capitol Heights, MD 20743.*

ECSAC Senior Activity Center Planning Meeting FREE

Tuesday, July 23
1 - 2 pm

You have a voice at ECSAC! We welcome your input on the type of trips, classes, and events that Evelyn Cole 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.

AUGUST 2019



BINGOFEST: Prince George's Ballroom FREE - Admission: donation of school supply items PARKS DIRECT code: 26504 444B

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.

Evelyn Cole Senior Activity Center: Trips & Special Events

Hypertension Seminar Series (4 days) FREE

Mondays, August 5-August 26
10:30 - 11:30 am

There are no exact causes for hypertension, but there are many factors that increase the risk such as sedentary lifestyle, age and other medical conditions. It could be with no symptoms, but the common symptoms when present include headache, shortness of breath and nose bleeding. Simple lifestyle changes, like healthy diet and regular exercise can reduce high blood pressure. Medication will help manage the condition. Learn more by signing up for the series at the ECSAC Office.



AARP Smart Driver Course \$15/AARP Members; \$20/Non-AARP Members

Tuesday, Aug 6
10 am - 2 pm

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) the day of class to AARP.



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

Friday, August 9
10:30 - 11:30 am

ECSAC-SPEC-GA-08092019

Is it really true that the hand is quicker than the eye? Come and see for yourself as this group of senior magicians give you a fun filled time of tricks and wonders. Light refreshments will be served.



ECSAC Cinema: *Marvin Gaye – The Real Thing In Performance* FREE

Tuesday, August 13
12:30 – 2 pm

Marvin Gaye – The Real Thing In Performance 1964 – 1981 begins with Marvin singing one of his earliest hits, “Hitch Hike,” on American Bandstand in 1964. The DVD progresses through the artist’s entire Motown career, including vintage performances of “Pride & Joy,” “Ain’t That Peculiar,” “Can I Get A Witness,” “Let’s Get It On” and a host of others. Light refreshments will be served. Please sign up at the ECSAC office no later than Tuesday, August 6.

Evelyn Cole Senior Activity Center: Trips & Special Events

Ocean City Beach Trip

\$35 R; \$46 NR

ECSAC-20190815

Join us for a trip to the beach in Ocean City! Trip includes transportation aboard a coach bus and snack. Meals and shopping are at your own expense.

Thursday, August 15

7 am – 8 pm



Happy Birthday Observation

FREE

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.

Friday, August 16

1:30 pm – 2 pm

Captain Billy's Crab House

\$25 R; \$33 NR

ECSAC-20190827

Captain Billy's Crab House is located in Popes Creek, Maryland on the Potomac River. Back in the days of mail boats and locomotives, when electricity was new to Popes Creek, and work was just beginning on the Potomac River Bridge, nine-year-old Billy Robertson sold his first crab on this very shore. He spent his entire life working on the water that he loved. He opened two successful restaurants, Robertson's Crab House and later, Capt. Billy's, where his greatest joy was to mingle with and talk to his customers. Fee includes transportation aboard an M-NCPPC activity bus. Meal is at your own expense.

Tuesday, August 20

10 am – 3 pm

Indoor Beach Party

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

ECSAC-SPEC-GA-20190823

Enjoy hot dogs, baked beans, chips, soda, and other cookout favorites. Tap your feet, nod your head, or dance to “old school” hits spun by a DJ at the first annual ECSAC Indoor Beach Party. Space is limited so register early.

Friday, August 23

12 pm – 2 pm



Sandy Point Beach Lunch Trip

\$15 R; \$20

ECSAC-20190829

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

Thursday, August 29

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 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, Annie Allen or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 1pm the day before you would like a meal, register by 1pm 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 Ms. Annie Allen, 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.

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 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.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pg parks.com and click on PG Parks Alerts. You will need a mobile phone number or an email address and your zip code to complete the registration.

