

Evelyn Cole Senior Activity Center



Welcome to the Evelyn Cole Senior Activity Center!

WINTER 2022-2023



December 2022, January & February 2023

Monday, December 26

Monday, January 2

Monday, January 16

Monday, February 20

Christmas Day

New Year's Day

MLK Jr. Day

Presidents Day

Center Hours:

Monday-Friday

10am-2pm

Fall Registration

- Registration begins Wednesday, November 16 for **Residents (R)** only.
 - Note: The center will open at 10am on November 10 to assist with registrations.
- Registration begins on Wednesday, November 23 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 Information

Our Refund Policy:

100% refunds are issued when M-NCPPC cancels a class.

All other refunds are subject to a 20% administration fee.

All withdrawals/refunds must be processed by the facility offering the activity/trip.

Refunds **MUST** be requested **prior** to the end of the course.

Refunds will **NOT** be issued once the course has ended.

Credits nor refunds will be issued for classes missed by the participant.

The Senior Activity Center Director must approve all requested refunds.

Trip refunds will only be issued if the spot is resold.

Cash refunds are not allowed.

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 Transportation:

For your information, we include the mode of transportation used for our trips. Please note, the mode of transportation is subject to change. Here are the vehicles we use:

M-NCPPC Activity Bus – 12-15 passenger white or tan bus

Commission Bus – Large 24 passenger bus

Motor Coach Bus – 40-50 passenger but with restroom

Trip Information:

All trip registrants are expected to return with the group to the center or fill-out a release form.

Note: When you see these feet with a trip or activity, it means there will be a lot of walking.



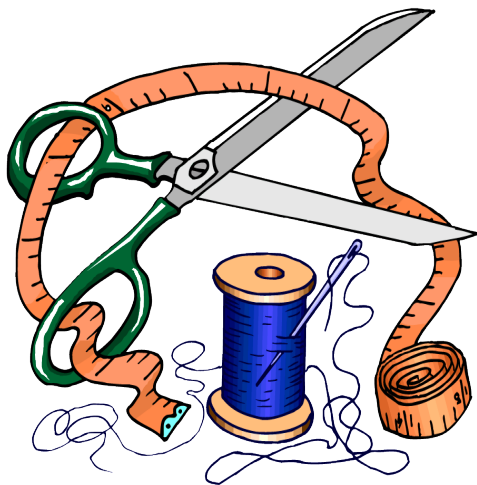
NO SMOKING POLICY

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.



Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Sewing Class	Activity Room 1	<u>Thursdays</u> Dec. 8 – Dec. 29 Jan. 5 – Jan 26 Feb. 2- Feb. 23	10 am-1 pm	15501-122A 15501-222B 15501-322C	\$25 (R); \$33 (NR) \$25 (R); \$33 (NR) \$25 (R); \$33 (NR)
Cricut Class	Activity Room 1	<u>Mondays</u> Dec. 12 Jan. 9 Feb 13	10am-12 noon	30510-122A 30510-122B 30510-122B	\$20 (R); \$26 (NR) \$20 (R); \$26 (NR) \$20 (R); \$26 (NR)
Morning Fitness <i>With LaShawn</i>	Activity Room 2	<u>Mon & Fri</u>	10:45-11:15 am	N/A	FREE
Bingo	Activity Room 1	<u>Tues & Thurs</u>	12:45-1:45 pm	N/A	FREE
5720 Walking Crew	Activity Room 2	<u>Tues & Thurs</u>	11:30am-12 noon	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



DECEMBER 2022



Darnall's Chance House Museum Gingerbread House

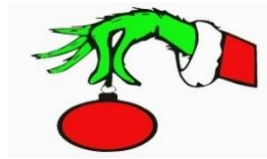
Thursday, December 8

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

10 am-2 pm

Parks Direct Code: ECSAC-20221208

Come see amazing displays of home-made gingerbread houses created by local patrons. Fee includes transportation on a M-NCPPC activity, admission to the show, a self-guided tour of the Museum and grounds, shopping in the gift shop and an amazing gingerbread cookie as a thank you for attending. All participants will have the opportunity to vote for their favorite entries in the Viewer's Choice Award Contest. Lunch on your own expense at the Dutch Village Famers Market



Who Celebrates Amongst Us - Holiday Celebration

Friday, December 9

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

12noon-2 pm

Parks Direct Code: ECSAC-SPEC-GA-20221209 No Grinch in sight! Get festive this holiday season and have fun amongst the stars in Whoville. Dress to impress and enjoy games, prizes, live entertainment featuring The Tribe Band, and a catered lunch. Advance registration required. Register early, seating is limited.



Health Talk for the Holidays

Wednesday, December 14

FREE

10:30-11:30 am

This session will share ways to stay healthy during the holidays. "What do I need to do?" "How much of this is too much?" "When to say no?" You may have lots of questions. Members of CareFirst Blue Cross will help you. Sign up early in the free book located at the center.

Evelyn Cole Senior Activity Center: Activities & Special Events



SENIOR HOLIDAY CONCERT

Thursday, December 15

Laurel-Beltsville Senior Activity Center

10:30 am-12noon

Parks Direct Code: LBSAC-SPEC-GA-20221215

Fee: Resident \$15; Non-Resident \$20

Celebrate the holiday season and enjoy a concert featuring the sounds of Jim Hession's, Black Tie Ensemble, featuring vocalists Angela Bass and Tyrone Arwood. This event will sure get you in the spirit of the holidays! **Doors open at 10:15 am.** You must have your ticket with the barcode with you for this event. Transportation will not be provided! Register early, seating is limited.



Holiday Sip and Paint

Friday, December 23

FREE

10 am-12 noon

Unleash your inner artist and come and celebrate the holidays with a non-alcoholic beverage and light refreshments. Seating is limited, so sign up early in the free book at the center.



Happy Birthday Observation

Wednesday, December 28

FREE

1:30-2 pm

Join us as we celebrate December birthdays with special treats. To join in on the fun, sign up in the free at the center no later than Friday, December 16.

JANUARY 2023



New Year Black and White Breakfast Cruise

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

Parks Direct Code: ECSAC-SPEC-GA-20230103

“Cruise” into the New Year on the *SS Evelyn Cole!* Put on your black and white attire for the Captain’s Breakfast. Enjoy breakfast treats, games, and dance your way into the New Year with music provided by DJ Captain Fly and a toast to the New Year!

Tuesday, January 3

10 am-12:30 pm



Who Are The People in Your Neighborhood Educated Senior Series:

Hands Only CPR

FREE

Thursday, January 12

10:45-11:45 am

Presented by the Prince George’s County Fire Department. This session will also include fall prevention and smoke alarm information. Sign up at the center in the free book.



Martin Luther King Jr Memorial

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

Parks Direct Code: ECSAC-20230117

In Celebration of Dr. Martin Luther King Jr's birthday, we will visit his memorial in Washington DC. Lunch at a local restaurant at your own expense. Fee includes transportation on a M-NCPPC activity bus.

Tuesday, January 17

10 am-2 pm

Evelyn Cole Senior Activity Center: Activities & Special Events



Soup for the Soul Day

FREE

Ticket Code: JEHSAC-SPEC-GA-20230119

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- Grab and Go Style. Stop by or stay in your car and pick up your soup and goodies. Limited quantities, so register early. Pick up is at John E Howard Senior Activity Center located at 4400 Shell Street, Capitol Heights, MD.

Thursday, January 19

12:30-2 pm



Happy Birthday Observation

FREE

Join us as we celebrate January birthdays with special treats. To join in on the fun, sign up in the free book at the center.

Wednesday, January 25

1:30-2 pm



National Hot Chocolate Day

FREE

No other drink brings warmth to our lives and tastebuds quite like hot chocolate. On January 31, we celebrate National Hot Chocolate Day, a day devoted to our favorite chocolate beverage. Come and indulge in a Hot Chocolate Sampler- stir in marshmallows, whipped crème, peppermints and other add ins to liven up your cup! Sign up in the free book located in at the center.

Tuesday, January 31

11 am-12 noon

FEBRUARY 2023

The Real Milk and Honey

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

Parks Direct Trip Code: ECSAC-20230208

Mmmm Good! Join us for lunch at the Real Milk and Honey Eatery Bar. This New Orleans themed Eatery Bar restaurant that features award winning Shrimp and Grits, Chicken and Waffles that specializes in other slow cooked mouthwatering favorites. A meal that you will not forget! Fee Includes transportation aboard a M-NCPPC activity bus. Lunch is at your own expense,

Thursday, February 9

10:30 am-2 pm



Black History Program: Black History in Motion

Publick Playhouse

\$7 (R); \$10 (NR)

PARKS DIRECT# PGPP-SPEC-GA-20230210

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, Yvonne Johnson and Band, will perform Classic Oldies, R&B, and Soul music. Special guest, Ni Dembaya African Drum and Dance Ensemble. Tickets may be purchased at the Publick Playhouse, any senior activity center, or any M-NCPPC facility. Upon completion of your purchase, please print and retain your ticket(s) as tickets are required for admission to the theater. The Publick Playhouse is located at: 5445 Landover Road, Cheverly, MD 20784

Friday, February 10

10:30 am-12:00 noon



Embody Love

FREE

True love starts with self-love. What lights you up from the inside out? Learn to pamper yourself. What makes you happy? Different types of meditations. Music, giveaways and refreshments. A little somethin', somethin' to awaken your inner spark. Seats are limited. Sign up in the free book located in at the cente

Tuesday, February 14

10:30 am-12:00 noon

Evelyn Cole Senior Activity Center: Activities & Special



EDUCATED Seniors

Friday, February 17

FREE

12:30-1:30 pm

Heart Healthy BINGO Learn about heart health by playing B-I-N-G-O. Members of Pickett Fences will conduct an informative session on heart health. Sign up early at the center.



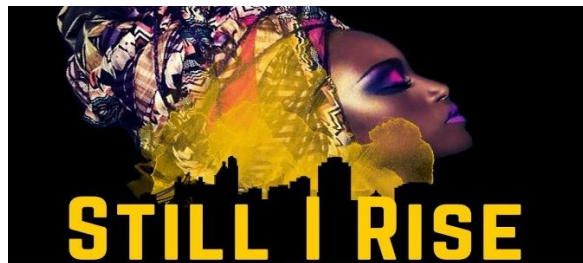
Happiest Birthday Celebration

Wednesday, February 22

FREE

1:30 pm-2 pm

Come celebrate with the fantastic people born in February. Birthday treats will be served. Sign up at the center one week in advance.



Black History Jeopardy

Monday, February 27

FREE

12:30-2 pm

Test your knowledge about Black History or learn some interesting black history facts you never knew. Prizes will be awarded to the winner. Light refreshments will be served. Sign up in the free book located at the center.



ECSAC CINEMA PRESENTS

FREE MOVIE WEDNESDAY'S

December 21

January 11

February 15

12 noon-2 pm

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.



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 on Monday - 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 in advance.

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 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

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.





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 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.

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.



-  @pgparks
-  @pgparks
-  @pgparksandrec
-  @pgparksandcreation

For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The 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.