

Evelyn Cole Senior Activity Center



Fall 2015 CALENDAR



Welcome to the Evelyn Cole Senior Activity Center !

September, October, November 2015

Hours of Operation: Monday—Friday, 10am-2pm

The center will be closed on: Monday, Sept. 7 (Labor Day)

Wednesday, November 11 (Veteran's Day)

Thursday & Friday, November 26 & 27 (Thanksgiving)

2015 Fall Registration Begins

- Registration - Monday, August 10 for residents
The Center will open at 7am on Monday, August 10th ONLY to assist with registrations.
- Registration - Monday, August 17th for non-residents
- Summer Classes/Trips – Sign up early, trips fill on a first come, first serve basis.
- Please register at least one week prior to the class/trip start date so we can plan accordingly. A minimum number of registrants is required for programs to be held.
- See refund policy on back page.

5720 Addison Rd, Seat Pleasant, Maryland 20743

Telephone: (301)-386-5525

• TTY:(301)-446-3402

Evelyn Cole Senior Activity Center (ECSAC): Amenities

FITNESS ROOM

The fitness room is available Monday-Friday, 10am-2pm. The fitness room is FREE for bi-county residents (Prince George's and Montgomery County) 60 & Better with a M-NCPPC Senior ID.



BLOOD PRESSURE SCREENINGS

Blood pressure screenings are available the 2nd and 4th Fridays of the month. Stop by and get your blood pressure checked.



NIXLE – Sign Up Today!

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



You will need your mobile phone number or an email address and your zip code to complete the registration.



Help us “go green” and conserve resources by only taking one calendar per season and use it as a reference!

Check us out online by going to:

www.pg parks.com

Click on Things To Do

Senior Trip Information

For your information, we have included the type of vehicle provided on a trip. Please note, the type of vehicle is not guaranteed and may be changed. Here are some of the vehicles we use:


- M-NCPPC Activity bus- small tan bus
- Senior Activity bus- medium sized, white activity bus that seats 12 adults comfortably
- Commission bus- large (27 passenger), white bus
- Charter bus- a private company is contracted to provide a bus (typically 40-50 passengers).



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

Trip Refunds: Trip refunds are not available unless your registration can be filled with someone from the waiting list. If you must cancel your reservation, please contact the center staff as soon as possible.

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	SMARTlink Barcode	Fee
Sewing	Multipurpose Room 2	<u>Thursdays</u> Sept. 17-Oct. 8 Oct. 15-Nov. 5 Nov. 12-Dec. 3	10am-2pm	1634067 1634068 1634069	\$20 (R)/\$24(NR) Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing.
Computer Skills Level 1	Durant's Den	<u>Tuesdays</u> Sept. 1-Sept. 22 Sept. 29 – Oct. 20	10-10:50am	1633500 1633501	\$10(R)/\$12(NR)
Computer Workshop: Learn how to register for M-NCPPC Classes online	Durant's Den	<u>Tuesday</u> Nov. 10	12:10-1pm	Sign up no later than 11/3 at the center	FREE
Jewelry Making (one day class)	Multipurpose Room 2	<u>Tuesday</u> Sept. 1 Oct. 13 Nov. 10	10:15-11:45am	1634064 1634065 1634066	\$5(R)/\$6(NR)
Ageless Grace	Durant's Den	<u>Thursdays</u> Sept. 10-Oct. 1 Oct. 8 – Oct. 29 Nov. 5-Nov. 19	10:00-10:45am	1635788 1635789 1635792	\$10(R)/\$12(NR) \$10(R)/\$12(NR) \$7(R)/\$9(NR)
Spiritual Enrichment Class	Durant's Den	<u>Thursdays</u> June 11 July 9 August 13	11am-12noon	Sign up at the center	FREE
Memory Training	Durant's Den	<u>Thursdays</u> Sept. 10-Oct. 1 Oct. 8 – Oct. 29 Nov. 5-Nov. 19	11am-12:30pm	1635793 1635794 1635797	\$10(R)/\$12(NR) \$10(R)/\$12(NR) \$7(R)/\$9(NR)
 Paint & Sip	Multipurpose Room 2	<u>Tuesdays</u> Sept. 15 Oct. 13 Nov. 3	12:30-1:45pm	Sign up at the center	FREE

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 is required for programs to be held.

You MUST register for classes and trips at least one week prior to the start date so we can plan accordingly.

Grandparents Day Luncheon

Friday, September 11

12noon-2pm

Fee: \$7/Resident; \$9/Non-resident

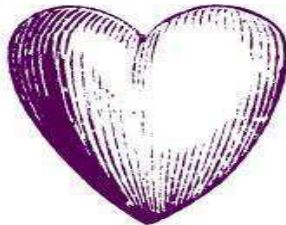
SMARTlink #: 1636501

A special day for grandparents!

- ◆ Share memories of your grandparents.
- ◆ Share memories of being a grandparent.
- ◆ Enjoy a catered lunch.
- ◆ Listen to live music.
- ◆ Enjoy this grand experience!

Come out and enjoy a special day planned just for you!

*In Honor Of
Grandparents Day...*



*A little extra love &
attention*

Evelyn Cole Senior Activity Center: Trips & Special Events

SEPTEMBER 2015

Senior Activity Planning Meeting

Tuesday, September 1

Free

1- 2pm

Would you like to provide input on the types of trips, classes, and events Evelyn Cole Senior Activity Center provides? Take this opportunity to share your ideas and take a sneak peek at the Evelyn Cole Senior Activity Center Winter Calendar of Activities. Light refreshments will be provided. Please sign up at the center no later than one week prior to the meeting. Meeting depends on sufficient registration.

Annapolis Harbor Cruise

Thursday, September 3

\$30/Resident; \$36/Non-resident

11am-5pm

Smartlink#1635194

Take a 40-minute narrated boat tour of historic Annapolis Harbor and then enjoy a delicious lunch at Phillips Seafood Restaurant. Fee includes transportation and cruise fee. Lunch is on your own. Transportation will be aboard an M-NCPPC activity bus.

Bowling

Thursday, September 10

\$7/Resident; \$9/Non-resident

11am-2pm

Smartlink#1634058

Get off the couch, out of the house, and get busy bowling. No refunds unless trip is cancelled or unless spot is resold. Trip depends on sufficient registration. Transportation will be aboard an M-NCPPC activity bus.

AARP Smart Driver Course

Thursday, September 10

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

10am-3pm

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) 602-2950 to register. Payment is due by check or money order (no cash) to AARP the day of the class.

Grandparents Day Luncheon

Friday, September 11

\$7/Resident; \$9/Non-resident

12pm-2pm

SMARTlink#: 1636501

The annual Grandparents Day Luncheon will be held with our friends at John E. Howard Senior Activity Center. Grandparents will be honored with poetry, lunch and a live musical performance. Seats are limited so don't wait to register.

Evelyn Cole Senior Activity Center: Trips & Special Events

Spiritual Enrichment Class

2nd Thursdays, September 10, October 8, & November 12

Free

11am-Noon

This spiritual enrichment class is designed to give participants information on how the unseen (spiritual) can affect that which is seen (the natural world) in both positive and negative ways. Ideally the class participants will become enlightened, enriched and encouraged to view tragedies, trials and temptations as obstacles and stumbling blocks that can be turned into stepping stones and get some understanding that life's mistakes are just lessons to be learned.



Great Falls: Canal Boat Ride \$12/Resident; \$15/Non-resident

Thursday, September 17
9:30am-2:30pm

Smartlink#1634354

Come see and hear the beautiful sights of the waterfalls at Great Falls. Bring a bag lunch and picnic in the park. Then, enjoy a mule-drawn canal boat ride which goes through a historic lift-lock and is guided by park rangers who will provide our tour with a history of the canal.

Fall Filmfest: "VENUS and SERENA"

Friday, September 18

Free

12pm-2pm

"Venus and Serena" takes an unfiltered look into the remarkable lives of the greatest sister-act professional tennis has ever seen. With unprecedented access, the film tells the inspiring story of how these two women, against all odds, but with the help of visionary parents, made it to the top. Please register at the center. A light snack will be served.



Birthday Recognition

Friday, September 24

Free

12:30pm-2pm

Join us as we recognize our fall (September, October, and November) birthdays with cake and ice cream. Live entertainment by Mr. Vaughn McClarrin will help make this celebration special. Get your M-NCPPC Senior ID card and come on out. Don't have an ID card? Sign up to get one so you don't miss out on all the fun. Sign up no later than one week prior to the birthday recognition.



Active Aging Week Event:

Live Your Adventure at Lake Artemesia

Monday, September 28

Free

10am-1pm

SMARTlink#: 1637655

An adventure filled day at the beautiful Lake Artemesia awaits you! Kayak, Walk & Talk with the Doc, ride a bike, create nature art, do some yoga in the park or just come and enjoy the sights and sounds of the great outdoors. No transportation provided. Refer to the Active Aging Week brochure for details.

Evelyn Cole Senior Activity Center: Trips & Special Events

An Adventure in Chair Fitness

Free

Smartlink #1637661

Don't let limited mobility prevent you from exercising. No stress, no strain, bring your rollators, walkers, and canes. Loosen up, lighten up, or stretch while you experience a taste of fitness performed in a chair. These are gentle and non-strenuous exercises for each part of the body. Sign up early at the center as space is limited.

Tuesday, September 29

1pm-1:45pm

October 2015

A Jazzy Adventure

Free

SMARTlink #1637656

Cool down with some hot jazz! Sit back and relax to the smooth sounds of Sharon Thomas and her band at the lovely Bowie Center for the Performing Arts. Donations of new toiletry items (shampoo, bath soap, toothpaste, etc.) will be collected in the lobby to support local families in need. Limited transportation provided from the center. You must first register for the concert in SMARTlink and then sign up for transportation. Tickets will be mailed out 2 weeks prior to the concert. The bus will depart from the center at 9:30am and return at 2pm after lunch. Following the concert, we will stop at a local restaurant for lunch. Lunch is at your own expense.

Friday, October 2

10:30-11:30am

(doors open at 9:45am)

Blacks in Wax Museum of Baltimore

\$20/Resident; \$24/Non-resident

SMARTlink #1635195

Join us to visit the National Great Blacks in Wax Museum, America's first and only wax museum of African American history and culture. After the museum, enjoy lunch at Phillips Seafood Restaurant in the Baltimore Harbor. Fee Includes transportation aboard the M-NCPPC Senior Activity Bus and admission to the museum. Lunch is at your own expense.



Thursday, October 8

10am-4pm

Busboys & Poets

\$10/Resident; \$12/Non-resident

SMARTlink #1635230

Join us as we take a trip to Busboys & Poets. Busboys & Poets is a restaurant, bookstore, lounge, and theater in Washington D.C. It has been described as a haven for writers, thinkers and performers from America's progressive social and political movements. Fee includes transportation aboard the M-NCPPC Senior Activity Bus. Lunch is at your own expense.

Thursday, October 15

10am-2pm

Preventing Food Waste Webinar

Free

According to a report by the Natural Resources Defense Council, Americans are tossing up to 40 percent of the food supply each year, along with all the resources used to produce food that never gets eaten. Food waste occurs at home, on the farm, and in supermarkets. Learn how you can reduce food waste at home.

Tuesday, October 20

10:30am-11am

Evelyn Cole Senior Activity Center: Trips & Special Events

Miller Farms

\$10/Resident; \$12/Non-resident

SMARTlink #1635231



Thursday, October 22

10am-2pm

Miller Farms is a 267-acre farm that has been family-owned since 1840. They have an array of fresh fruits, crisp vegetables, a bakery of delicious, home-baked goods, handmade ice cream, a nursery with beautiful plants and flowers and much more. Fee includes transportation aboard the M-NCPPC Senior Activity Bus. Lunch is at your own expense.

Fall Filmfest: *"Standing in the Shadows of Motown"*

Free

Friday, October 23

12Noon-2pm

Hitsville, U.S.A. – Detroit, Michigan, 1959, Berry Gordy gathered the best musicians from the city's thriving jazz and blues scene for this new record company: Motown. They called themselves the Funk Brothers and they were the greatest hit machine in the history of popular music. This is their story. Sign up at the center. Light refreshments will be served.

Western Costume Bash

Free

Friday, October 30

12:30-2pm

Yippie Ki Yay! Giddy up to the annual costume bash! Come dressed in your choice of western themed attire or wear your favorite costume and have a chance to win one of three "best costume" prizes. Categories include: scariest costume, most creative costume, and most authentic costume. Show off your costume by participating in the customary costume parade. Light refreshments and live entertainment will be provided. Sign up at the center no later than Friday, October 23rd.

November 2015

National Aquarium in Baltimore



\$35/Resident; \$42/Non-resident

SMARTlink #1635196

Tuesday, November 3

11am-4pm

With more than 16,000 animals at the National Aquarium in Baltimore, you'll discover something new every time you visit! Sharks of various sizes and species slowly encircle visitors inside this 225,000-gallon, ring shaped exhibit. See more than 500 exotic species such as triggerfish, eels, and porcupine fish. Fee includes transportation aboard the M-NCPPC Senior Activity Bus and admission. Lunch is at your own expense.

Fall Filmfest: *"Buffalo Soldiers"*

Free

Friday, November 6

12Noon-2pm

They've ridden dusty miles without end and fought fierce battles. Yet when these brave African-American cavalymen enter a scraggly frontier town, they must walk through it instead of ride. The town dishonors them but the soldiers' Native-American foes do not. Apache leader Victorio and other warriors give the horsemen a name of honor and strength: *Buffalo Soldiers*. Sign up at the center. Light refreshments will be served.

Evelyn Cole Senior Activity Center: Trips & Special Events

Super Walmart Shopping

\$10/Resident; \$12/Non-resident

SMARTlink#: 1634060

Tuesday, November 10

10am-2pm

Join us as we take a trip to Super Walmart followed by lunch. Fee includes transportation aboard the M-NCPPC Senior Activity Bus. Lunch is at your own expense.

AARP Smart Driver Course

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

Thursday, November 12

10am-3pm

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) 602-2950 to register. Payment is due by check or money order (no cash) to AARP the day of the class.

MedStar Information Session-Medicare/Medicaid

Free

Thursday, November 12

10:30-11:15am

A representative of MedStar will provide information and answer any question you may have about Medicare/Medicaid open enrollment. Please sign up at the center no later than Thursday, November 5th.

Blue Dolphin Seafood Restaurant

\$7/Resident; \$9/Non-resident

SMARTlink#: 1634057

Thursday, November 19

11am-2pm

Attention 'seafoodies'! Join us as we visit the Blue Dolphin Seafood Restaurant. Fee includes transportation aboard the M-NCPPC Senior Activity Bus. Lunch is at your own expense.

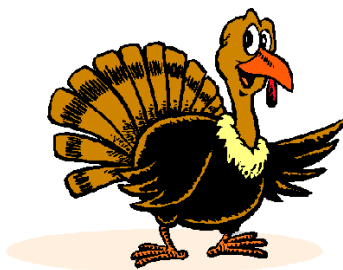
Coping With Loneliness Webinar

Free

Tuesday, November 24

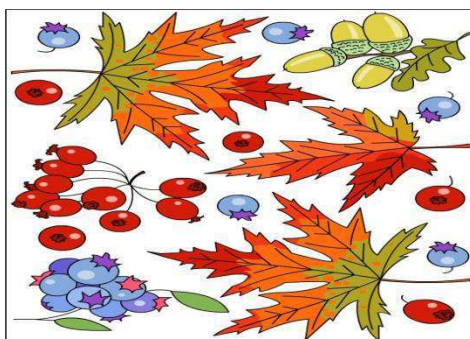
10:30am-11am

Many people have to deal with loneliness in retirement as their personal roles and responsibilities change and evolve. Often predictable routines and support systems that gave life meaning in the past are no longer in place. If you are looking for ways to build new social connections, explore interests you love and avoid being lonely in retirement, this "Sixty & Me" webinar is for you!



Evelyn Cole Senior Activity Center: Weekly Activities

ACTIVITY	ROOM	DAY	TIME	FEE
<u>Weekly Announcements</u> Get weekly center updates and reminders.	Multipurpose Room	Monday - Friday	10:15-10:45am	FREE
<u>Bingo</u>	Multipurpose Room	Mondays and Wednesdays	12:30-1:30pm	FREE
<u>Table Games</u> Drop in and play your favorite game.	Multipurpose Room	Monday-Friday	10-11:30am	FREE
<u>Fitness Room</u>	Fitness Room	Monday-Friday	9am-3:30pm	FREE with ID
<u>Coupon Club</u> Mr. C will make coupon shopping lots of fun!	Multipurpose Room	Mondays & Wednesdays	10-11am	FREE
<u>Wii Games</u> Join us as we play popular Wii games such as bowling, volleyball, golf, and more.	Multipurpose room	Thursdays	12:30-1:30pm	FREE
<u>Dominoes</u> Just for the fun of it. Sets available at senior activity center desk.	Multipurpose room	Monday–Friday	10am-3pm	FREE



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.

Refund Policy:

Class and activity refunds are subject to a 20% handling fee and must be requested in writing. **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 POLICY/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 Nixle alerts.



You will need a mobile phone number or an email address and your zip code to complete the registration.