

Spring 2015 CALENDAR



Welcome to the Evelyn Cole Senior Activity Center!

March, April, May 2015

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

Please note the center will be closed on: Monday, May 25

Spring Registration Begins

- Registration – Monday, February 9 for Residents
 - The Center will open at 7am on February 9 **only** to assist with registrations.
- Registration – Tuesday, February 17 for Non-Residents
- 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 programs to be held.

- See refund policy on back page.

5720 Addison Road, Seat Pleasant, MD 20743

Phone: (301) 386-5525

TTY: 301-446-3402

Evelyn Cole Senior Activity Center (ECSAC)

FITNESS ROOM

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



BLOOD PRESSURE SCREENINGS

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

BILLARDS/ GAMES

Come in and play some table games. Stop by and challenge someone today!



Join **Club 300** and take the

**Walk Across America
Challenge!**

Register online at:

www.pgparcs.com/club300.htm



For more information about Club 300, call 301-446-3444.



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

NIXLE – Sign Up Today!

Get information on M-NCPPC closures, cancellations and emergencies by text or email.

Sign up today by visiting www.pgparcs.com and click on



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

Senior Trip Information

For your information, we have included the mode of transportation provided on our trips. Please note, the mode of transportation 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, new white 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).

Evelyn Cole Senior Activity Center: Classes

| Class | Location | Day/Dates | Time | SMARTlink Barcode | Fee |
|---|---------------------|--|-----------------|---|---|
| SEWING | Multipurpose Room 2 | <u>Thursdays</u> 3/5-3/26 4/2-4/23 4/30-5/21 5/28-6/18 | 10am-2pm | 1607670 1607671 1607672 1626947 | \$20/R;\$24/NR Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing. |
| NEW SEWING CLASS 2!!! EACH CLASS IS <u>ONE DAY</u> | Multipurpose Room 2 | <u>Tuesdays</u> 3/17 4/7 5/5 | 10am-2pm | 1620587 1620588 1620590 | \$5/R;\$6/NR Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing. |
| Computer Class Level 1 | Durant's Den | <u>Tuesdays</u> 3/3-3/24 3/31-4/21 | 10am-10:50am | 1604578 1604579 | \$10/R;\$12/NR \$10/R;\$12/NR |
| Smart Devices | Durant's Den | <u>Tuesdays</u> 3/3-3/10 | 11am-12pm | 1607731 | \$10/R;\$12/NR |
| Computer Workshop: Learn how to register for M-NCPPC Classes online | Durant's Den | <u>Tuesday</u> 3/3 | 12:10-1pm | N/A Sign up no later than 2/24 at the center | FREE |
| Jewelry Making (one day class) | Multipurpose Room 2 | <u>Tuesday</u> 3/24 4/21 5/19 | 10:15am-11:45am | 1607727 1607728 1607729 | \$5/R;\$6/NR \$5/R;\$6/NR \$5/R;\$6/NR |

R- Resident of Prince George's or Montgomery Counties

NR- Non-resident of Prince George's or Montgomery Counties

Seasoned Adults Growing Educationally (SAGE)

For SAGE classes, you must register through Prince George's Community College



| Course | Title: Sub-Title/Specific Focus | Instructors | Days | Times | Dates |
|---------------|--|--------------------|-------------|--------------|--------------|
| HES 910 | Healthy Living | Brown, Carole | Mon | 12:30-2:30pm | 2/13-5/22 |

March 2015

Mary Kay Skin Care Workshop

Free

Tuesday, March 3

12:30pm-1:30pm

Join us as a representative from Mary Kay presents a free skin care workshop. Space is limited, so sign up at the center no later than one week prior to the workshop.

MedStar Information Session I – Medicare/Medicaid

Free

Thursday, March 5

10:30am – 11:15am

MedStar Representative Tonya Womack will conduct an informational session about interests and concerns regarding Medicare/Medicaid. Sign up at the center at least one week prior to the session.

Movie Matinee: *The Whitney Houston Story*

Free

Friday, March 6

12Noon-2pm

Whitney Elizabeth Houston was an American singer, actress, producer, and model. In 2009, Guinness World Records cited her as the most awarded female act of all time. Houston was one of the world's best-selling music artists, having sold over 200 million records worldwide. She released six studio albums, one holiday album and three movie soundtrack albums, all of which have diamond, multi-platinum, platinum or gold certification. Houston's crossover appeal on the popular music charts, as well as her prominence on MTV, starting with her video for "How Will I Know", influenced several African American women artists who follow in her footsteps. Light refreshments will be served. Sign up at the center no later than Monday, March 2.

Senior Activity Planning Meeting

Free

Tuesday, March 10

1pm-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 peak at the Evelyn Cole Senior Activity Center Summer 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.

Bingo "BUCKS"

\$1/Resident; \$2/Non-resident



Thursday, March 12

12:30pm-1:30pm

Play "Bingo Bucks" for a chance to win M-NCPPC gift cards and other prizes. M-NCPPC gift cards may be used to pay for M-NCPPC classes, trips, and events. Light refreshments will be served.

Evelyn Cole Senior Activity Center: Trips & Special Events

Chair Massage

Friday, March 13

\$5/Resident; \$6/Non-resident

Noon-2pm

A massage can help you feel good at any age. It is especially beneficial for maintaining youthful characteristics as you grow older. Massage helps improve general health, addresses problem conditions, and enhances the quality of life. Sign up for your ten minute massage at the center registration desk. Spaces are limited, so sign up today.

Publick Playhouse Senior Matinee: *Peeples'*

Tuesday, March 17

Free

10am-2pm

SMARTlink# 1620654

Sparks fly when Wade Walker crashes the Peeples' annual reunion in the Hamptons to ask for their precious daughter Grace's hand in marriage. Starring Craig Robinson, Kerry Washington, David Alan Grier, with Dianne Carroll as Nana, you are sure to enjoy this movie. We will stop for lunch at a local restaurant following the movie. Transportation aboard a M-NCPPC activity bus. Lunch is at your own expense.

All Shades Of Green St. Patrick's Day Parade/Spring Fling

Friday, March 20

Free

12:30pm-2pm

Show off your favorite green attire at our St. Patrick's Day indoor parade/dance circle. We will enjoy the live musical sounds of Chicago Green and the Lou Rawls Revue. Light refreshments will be served. Sign up at the center no later than Friday, March 13. You will be green with envy if you miss out!

Toby's Dinner Theater, Columbia: *"The Addams Family"*

Wednesday, March 25

\$64/Resident; \$77/ Non-resident

9:30am-5pm

SMARTlink# 1611170

The Addams Family is taking the world's musical theatre scene by storm with some of the most beloved characters of all time. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. Now, Gomez Addams must do something he's never done before - keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents.

Fee includes transportation *aboard the M-NCPPC activity bus*, admission, and meal.

TRANSPORTATION WILL DEPART FROM and RETURN TO the JOHN E HOWARD SENIOR ACTIVITY CENTER. No refunds unless trip is cancelled, or unless spot is resold.

Evelyn Cole Senior Activity Center: Trips & Special Events

Birthday Recognition and Comedy Revue with Simply Shirley

Free



Friday, March 27

1pm-2pm

Evelyn Cole Senior Activity Center seniors that have a M-NCPPC senior ID card are welcome to join us as we recognize March, April, and May birthdays with cake and ice cream. Entertainment provided by Simply Shirley –“old school” comedienne. Don't have an ID? Sign up to get one so you don't miss out on all the laughter and fun. Sign up at least one week prior to the birthday recognition.

April 2015

Bowling

\$5/Resident; \$6 Non-resident



Wednesday, April 1

10am-2pm

Back by popular demand and special request, we will be going bowling at the College Park bowling alley. Transportation aboard a M-NCPPC activity bus. Lunch and bowling is at your own expense. Register (POS) at the center at least one week prior to the trip.

Movie Matinee: *Josephine Baker*

Free

Thursday, April 2

10am-2pm

Outrageous, shocking, sensational Josephine Baker (Lynn Whitfield) was born poor, but achieved fame and fortune through her sizzling exotic performances. Starting life on the American vaudeville circuit, success takes Josephine to Paris where her dancing causes an international sensation. Josephine's life is a roller coaster ride of love and rejection from both her lovers and her country. But semi-rude, or head-to-toe in sequins; in battle fatigues or rags, her beauty and ambition ensured that Josephine Baker will always be remembered as the first, and possibly most loved, truly international star. Light refreshments will be served. Sign up at the center no later than Friday, March 27th.

MedStar Information Session II – Medicare/Medicaid

Free

Tuesday, April 7

10:30am – 11:15am

If you missed Session I of the Medicare/Medicaid seminar do not fret. MedStar Representative Tonya Womack will provide additional information regarding Medicare and/or Medicaid. She will address your questions and concerns. Sign up at the center at least one week prior to the session.

Evelyn Cole Senior Activity Center: Trips & Special Events

2015 Seniors on Stage

Bowie Center for the Performing Arts

\$8/Resident; \$10/Non-Resident

SMARTlink# 1607689

Wednesday, April 8

Showtime 10:30am-Noon

Doors open at 9:45am

Come and be entertained by very talented Prince George's County seniors as they take to the stage! You must register in advance in SMARTlink and tickets will be mailed out prior to the show. Note: you **must** purchase your ticket first and then sign up at the center for transportation. Limited transportation available aboard an M-NCPPC activity bus. The bus will depart at 9:45am and return at 2pm. Following the show we will go out to eat lunch at a local restaurant (lunch at your own expense).

Chair Massage

\$5/Resident; \$6/Non-resident

Friday, April 10

Noon-2pm

A massage can help you feel good at any age. It is especially beneficial for maintaining youthful characteristics as you grow older. Massage helps improve general health, addresses problem conditions, and enhances the quality of life. Sign up for your ten minute massage at the center registration desk.

Spaces are limited so sign up today.

Uno Tournament

Free



Thursday, April 16

12noon-2pm

From the "professional" Uno player to the beginner, put your Uno skills to the test. The luck of the draw or superior technique will determine the winners of the Evelyn Cole Senior Activity Center Annual Uno Tournament. Prizes will be awarded to the first and second place winners. Sign up at the center early as space is limited. Don't miss out on the fun!

Special Musical Performance by Ron Duskin – "Multi-instrumentalist"

Free

Friday, April 17

1pm-2pm

Join us for a special musical performance by Ron Duskin – "Multi-instrumentalist" at our annual music appreciation day. Light refreshments will be served. Sign up at the center.

Publick Playhouse: Dallas Black Dance Theater

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

SMARTlink# 1620636

Thursday, April 23

10am-2pm

Join us to see the world -traveled Dallas Black Dance Theater. As you experience the kaleidoscopic beauty and energy of their motions, you'll want to leave your seat and glide across the stage. Fee includes transportation aboard an M-NCPPC activity bus, and admission. Lunch at a local restaurant is at your own expense following the show.

Evelyn Cole Senior Activity Center: Trips & Special Events

Maryland Live!

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

SMARTlink# 1607737



Tuesday, April 28

10am-6pm

The Maryland Live! Casino features 3,200 slot machines and electronic table games and nationally-acclaimed restaurants. Trip includes transportation aboard a M-NCPPC activity bus only. Meals are at your own expense.

May 2015

Senior Hat and Tea Social

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

SMARTlink# 1626963



Friday, May 1

12:30pm-2pm

Evelyn Cole Senior Activity Center presents our annual Hat and Tea Social. Enjoy an assortment of teas, pastries and tea sandwiches along with live entertainment. Space is limited, please register early.

Movie Matinee: *I Can Do Bad All By Myself (The Play)*

Free

Thursday, May 7

12noon-2pm

When Madea gets sick, her family comes to her aid. What they don't realize is they're the ones who need her help. As always, Madea's cockeyed outlook on life saves the day and guarantees sidesplitting laughs along the way. Light refreshments will be served. Sign up at the center no later than Thursday, April 30.



Bingo "BUCKS"

Free

Tuesday, May 12

12:30-1:30pm

Play "Bingo Bucks" for a chance to win M-NCPPC gift cards and other prizes. M-NCPPC gift cards may be used to pay for M-NCPPC classes, trips, and events. Light refreshments will be served.

UniverSoul Circus

\$25/Resident; \$30/Non-Resident

SMARTlink# 1620517



Thursday, May 14

9:30am-3:30pm

The UniverSoul Circus is the most interactive circus in the world. It is deeply rooted in traditional circus, with a fresh and energetic flair that is just right for today and definitely as unexpected as tomorrow.

Transportation aboard M-NCPPC Activity bus which departs from John E Howard Senior Activity Center.

Lunch at your own expense following the show

Evelyn Cole Senior Activity Center: Trips & Special Events

Senior Health and Fitness Day Free



Wednesday, May 20
10am–2pm

Exercise, walk, dance, swim, and visit numerous exhibitors which will provide information on health, wellness and services for seniors. Activities including free chair massages, use of the fitness room, the pool and health screenings are available. Come and join other seniors from around the county! Space is limited, so sign up for transportation at Evelyn Cole Senior Activity Center no later than Wednesday, May 13th. *Transportation aboard an M-NCPPC Activity bus.*

Shopping Trip to the Amish Market \$10/Resident; \$12/Non-Resident SMARTlink# 1620638



Thursday, May 21
10am-2pm

Shop for fresh meats and baked items at the Amish Market and surrounding shops. Fee includes transportation aboard an M-NCPPC activity bus only. Shopping and lunch is at your own expense. No refunds unless trip is cancelled, or unless spot is resold. Trips depend on sufficient registration.

Rod and Reel Restaurant \$10/Resident; \$12/Non-resident Smartlink# 1621668

Tuesday, May 26
10am-2pm

Enjoy a fabulous lunch, the beach and other fun activities along the Chesapeake Bay. Fee includes transportation aboard a M-NCPPC activity bus only. Lunch is at your own expense.

M-NCPPC Senior ID Card (ages 60 & better)

The Senior ID Card is your pass to the Department of Parks and Recreation in Prince George's County. It provides FREE access to:

- More than 40 Community Centers including fitness rooms
- 6 Senior Activity Centers and fitness rooms
- Community Center Senior Clubs
- The Prince George's Sports and Learning Complex fitness room, indoor track and pool
Mondays, Wednesdays and Fridays, 8 am to 12 pm (summer schedule varies)

Simply bring proof of age and Prince Georges' County residency to any M-NCPPC staffed recreation facility in Prince George's County during operating hours to get your FREE Senior ID Card.

Help us "go green" and only take one calendar per season!

Please use the Evelyn Cole Senior Activity Center calendar as a reference all season long!

Check us out online at www.pgparks.com

Things To Do "Seniors" Evelyn Cole Senior Activity Center/Events & Programs

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 | 12:15-12:30pm | FREE |
|  <u>Bingo</u> | Multipurpose Room | Mondays and Wednesdays | 12:30-1:30pm | FREE |
| <u>Blood Pressure Screening</u> | Multipurpose Room | 2 nd and 4 th Fridays of the Month | 10am – Noon | 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 | 10am-2pm | FREE with ID |
| <u>Coupon Club</u> Mr. C will make coupon shopping lots of fun! | Multipurpose Room | Mondays | 10-11am | FREE |
| <u>Wii Games</u> Join us as we play popular Wii games such as bowling, volleyball& golf. | Multipurpose Room | Tuesdays and Thursdays  | 12:30-2pm | FREE |
| <u>Dominoes</u> Just for the fun of it. | Multipurpose Room | Monday – Friday | 10am-3pm | FREE |
| <u>Make It & Take It Arts & Crafts</u> There are a variety of fun projects to be made. Sign up early, as space is limited. | Multipurpose Room | Third Tuesday of every month | 10am-12pm | 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 | 301-265-8401 |
| Seniors County Information | 301-265-8450 |
| Medicare Information | 1-800-633-4227 |
| 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, here 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

If the weather outside is frightful, M-NCPPC typically follows the decisions of Montgomery and Prince George's County Governments in announcing closings and delays related to snow and weather related emergencies. Please listen to your radio and/or television or visit our website at www.pgparcs.com to determine if the center is closed due to adverse weather conditions.