

Evelyn Cole Senior Activity Center

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Welcome to the Evelyn Cole Senior Activity Center!

Winter



December 2023, January & February 2024

Please note: the center will be closed on:

Monday, December 25
Monday, January 1

Christmas Day
New Years Day

Center Hours: Monday-Friday

10:00 am-2:00pm

Fall Registration

- Registration begins Wednesday 15, of November for **Residents (R)** only.
- Registration begins on Wednesday 22, of November 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

Maryland Relay: 711

Evelyn Cole Senior Activity Center (ECSAC): Information

ECSAC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card.

- Activity room with social games and activities
- Computer station
- Lunches served by Department of Family Services Nutrition Program to those signed up for the program
- Trips and events
- Free seminars
- A variety of classes

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. **No 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.**

Senior Trip Information

For your information, we have included the type of vehicle provided on our trips; however, it's not guaranteed and may be changed. Here are some of the vehicles we use:

- M-NCPPC activity bus - small activity bus that seats 12-13 adult passengers
- Commission bus— large (28 passenger), white bus
- Charter bus— a private company is contracted to provide a bus (typically 40-50 passengers)

Trip Refunds:

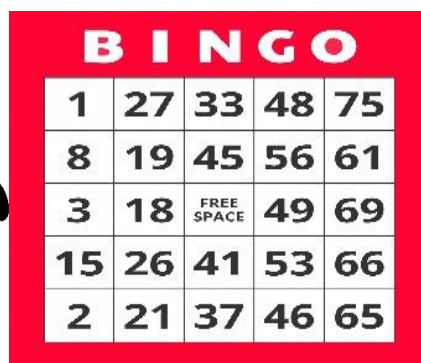
- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



When you see these feet, it means the trip involves a lot of walking.

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Cricut Class	Activity Room 1	1 st & 3 rd Monday December 4 & 18 January 8 & 22 February 5 & 19	10 am-12 noon	30510-122A 30510-122B 30510-122C	\$20 (R); \$25 (NR) \$20 (R); \$25 (NR) \$20 (R); \$25 (NR)
Morning Fitness with LaShawn	Activity Room 2	Mon & Fri	11:30 am-12 noon	N/A	FREE
Morning Inspiration	Activity Room 2	Monday	10:30-11:15 am	N/A	FREE
5720 Walking Crew	Activity Room 2	Tue & Thur	11:30am-12:00 noon	N/A	FREE
Bingo	Activity Room 1	Tue & Wed	12:45-1:45 pm	N/A	FREE
Pokeno	Activity Room 1	Mon & Thur	12:45-1:45 pm	N/A	FREE
Bid Whist	Activity 2	Friday's	11am – 12 noon	N/A	FREE



December 2023

Informational Session

Chronic Disease

FREE

Monday, December 4

11am-12 noon

Join us for an informative session looking at different aspects of what it means to be "Healthy" and the concept of wealth in our society. Sign up at the in the "Free Book" located at the center.



Jewelry Making

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

Activity Code: 15502-122F

Wednesday, December 6

12:30-2 pm

Learn simple jewelry making techniques. Take home a wearable piece of your own piece of jewelry. Space is limited. Register early. Fee includes all supplies.



National Holiday Card Day

FREE

Friday, December 8

12:30-2pm

Join us for an afternoon of holiday cheer and get your holiday cards ready to mail or to give out to your friends and family. Bring your own holiday cards to address or come and make your own original cards. Light refreshments, holiday music and card making supplies will be provided. Limited quantity of cards will be provided to each. Seating is limited. Sign up in the FREE book located at the center.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session

Program to Encourage Active and Rewarding Lives

Monday, December 11

FREE

11am-12 noon

There are many losses associated with aging – loss of health, loved ones, and independence – and these losses can lead to feelings of loneliness, frustration, anxiousness and restlessness. Prince George’s County Department of Family Services provides trained Counselors for the PEARLS Program. A trained Counselor will meet with you individually for eight (8) sessions and will empower you to identify and solve problems that are linked to making you feel the way you are, as well as find ways to become more physically and socially active by doing pleasant and fun activities. The PEARLS program teaches you skills to manage some unpleasant feelings and improve your quality of life.

SENIOR HOLIDAY CONCERT

Thursday, December 14

Laurel-Beltsville Senior Activity Center

10:30am-12pm

Ticket Code: SPD-SPEC-GA-20231214

Fee: Resident \$12; Non-Resident \$15

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 not provided! Register early, Seating is limited.



Informational Session:

Monday, December 18

Skin Care by Mary Kay

12:45-1:45pm

FREE

Come join Mary Kay Skin Care representative to learn techniques to keep aging skin as youthful and as healthy as possible. Seating is limited. Sign up in the FREE book located at the center.

Evelyn Cole Senior Activity Center: Activities & Special Events



Winter Wonderland-Holiday Event

\$15(R); \$20(NR)

Parks Direct Code: ECSAC-SPEC-GA-20231220

It's a Ho, Ho, Ho down! Come spread some holiday cheer with us. DJ Jeanette will have us dancing and singing along to all our favorite holiday music and more. You do not want to be left out. Fee includes DJ and a light lunch.

Wednesday, December 20

12 noon-2pm



Graham Cracker Gingerbread House

FREE

Join us in a classic holiday tradition and build your own festive gingerbread house using graham crackers! Graham crackers, frosting and candy provided. Seating is limited. Sign up in the FREE book located at the center.

Friday, December 22

10:30am-12 noon



Happiest Birthday Happy Hour

FREE

Come celebrate with the special people born in the month of December. Birthday treats along with mocktails will be served. Sign up at the in the "Free Book" in the office one week in advance.

Friday, December 29

12:30-1:30 pm

January 2024



Happy New Year Toast

Tuesday, January 3

FREE

11am-12 noon

Happy New Year! Let's take a toast to 2024. Did you make any New Year resolutions? Come and share what you have set for the new year and just maybe... someone can help you stay on track. Sparkling cider and new year party favors provided. Sign up in the FREE book at the center.

Informational Session:

Asset Protection Part 2

Monday, January 8

FREE

12:45-1:45pm

Come learn how to get your assets and final wishes in order. Wills, power of attorney, executors of estates, tax information and more.



National Law Enforcement Appreciation Day

Wednesday, January 10

FREE

11am-1pm

Officer Miller, with the Seat Pleasant Police will stop by to discuss scams. After his presentation let's join in celebrating Officer Miller and all the brave men and women that risk their lives to protect us. Coffee and breakfast treats provided. Sign up in the FREE book at the center.

Informational Session:

Fall Prevention

Monday, January 22

FREE

11am-12:00 noon

No need to yell, "I've fallen and I can't get up!" Come learn tips to help lessen your risk of falls and broken bones with J. J. Current of MedStar

Evelyn Cole Senior Activity Center: Activities & Special Events



Denim and Boots

\$25 (R); 33 (NR)

Parks Direct Code: JEHSAC-SPEC-GA-20240119

Howdy Partners! Mossey on down to our western hoedown. Saddle up and join us for a rootin tootin, foot stompin' good ole time. Join in and learn the Wagon Wheel Line Dance! Fee includes music provided by The Tribe Band, a light lunch, and games. This is a shindig you don't want to miss. This event will take place at JohnE Howard Senior Activity Center located at 4400 Shell Street, Capitol Heights, MD.

Friday, January 19
12 noon-2pm



National Popcorn Day

FREE

National popcorn day recognizes one of our favorite munchies. What's your favorite? Sweet, savory, buttered or plain? However, you enjoy it, it's a snack we all love. Our popcorn bar will have you adding all your favorites to your bag. Sign up in the FREE book at the center.

Monday, January 22
12:30-2pm



Soup for the Soul Day

FREE

Ticket Code: ECSAC-SPEC-GA-20240124

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, stay in your car and pick up your Soup and goodies. Limited quantities so register early.

Wednesday, January 24
12:30pm-2 pm

Evelyn Cole Senior Activity Center: Activities & Special Events

Hand Knitting FREE

Friday, January 26
10:30am-12 noon

Finger knitting is a fun, easy way to create a crochet or knit look, without dealing with the hassle of the hooks. Grab your favorite-colored yarn and a pair of scissors and you have just what you need. Supplies will be provided. Seating is limited. Sign up in the FREE book located at the center.



Happy Birthday Pizza Party FREE

Wednesday, January 31
1-2 pm

Come celebrate with the special people born in the month of January. Pizza and Birthday treats will be served. Sign up at the in the “Free Book”.

February 2024



Black History and American Heart Month

Black History Jeopardy FREE

Monday, February 5
11am-12 noon

What is...? Knowledge equals power and understanding! Deepen and enrich your knowledge of African American history and increase your familiarity on a variety of African American topics. Sign up in the FREE book located at the center.

Black History in Motion Publick Playhouse PARKS DIRECT# SPD-SPEC-GA-20240209

Friday, February 9
11am-12:30pm
FEE: \$10(R); \$13 (NR)

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 performances. 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.

Evelyn Cole Senior Activity Center: Activities & Special Events



**Informational Session
Dental Care and Hygiene
FREE**

**Tuesday, February 6
11am-12:00 noon**

Be true to your teeth or they will be false to you. Come learn how to take care of your teeth and gums as your mouth ages and how poor oral hygiene can affect the overall health of the elderly.

**Floral Arrangement: African American History Theme
Fee: \$7(R); \$10 (NR)
Parks Direct Code: 15502-122A**

**Tuesday, February 13
10am -12 noon**

Come and create a beautiful festive flower arrangement. Join us in creating your very own masterpiece to adorn your table. Fee includes all supplies needed.



**Valentine's Day Social
Free**

**Wednesday, February 14
12:30-2pm**

Be my Valentine!!! Come and spread the love with your sweetheart from Evelyn Cole. Music, light refreshments and games. Sign up in the free book located at the center.

**Go Go Fitness
FREE**

**Tuesday, February 22
11am-12 noon**

Parks Direct Code: 17531-122F

Native Washingtonian **Danette "Dani" Tucker** will crank up and get us moving to the go go beat. Come join us for a go go fitness class that will have you moving and grooving to support a fun and healthy lifestyle. Space is limited, so register soon.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session

Hospice Care Capital Caring Health

FREE

Learn what hospice care is; what it provides; and how to get the additional support when going through difficult health issues.

Thursday, February 29

11am-12:00 noon



Daiquiri's and Pina Colada's Birthday Celebration!

FREE

Come celebrate with the special people born in the month of February. Virgin daiquiri and pina coladas along with birthday treats will be served. Sign up at the in the "Free Book" in the office one week in advance.

Thursday, February 29

12:30-1:30 pm



**ECSACinema
PRESENTS**

**MOVIE DAY
FREE
12:15-1:45 pm**

Thursday, December 28

Thursday, January 25

Thursday, February 15

FREE!!!! Light Refreshments will be served!
Sign up in the Free Book located at the center.
The name of movies will be announced at the
center.



Evelyn Cole Senior Activity Center: Trips

Festival of Lights-Watkins Regional Park

Tuesday, December 5

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

4-9pm

Parks Direct Code: ECSAC-20231205

Join us for a drive through Watkins Regional Park as we look at more than a million beautiful festival lights. Fee includes transportation aboard the senior activity bus. Dinner at Silver Diner at your own expense. Seating is limited.

Darnall's Chance House-Gingerbread House

Thursday, December 7

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

10am-2 pm

Parks Direct Code: ECSAC-20231207

Come see amazing displays of home-made gingerbread houses created by local patrons. Fee includes bus, the show, a self-guided tour of the Museum and grounds, shopping in our Gift Shop and an amazing gingerbread cookie as a thank you for attending.. Lunch on your own at the Dutch Village Farmers Market. Fee includes transportation of Senior Activity Bus.

A Motown Christmas

Saturday, December 9

\$60(R); \$78(NR)

4-10pm

Parks Direct Code: ECSAC-20231209

The BRENCORE ALLSTARS Band will perform some of MOTOWN's greatest Christmas songs by the Temptations, Four Tops, Smokey Robinson, Gladys Knight and The Pips, Marvin Gaye, Stevie Wonder, Diana Ross and The Supremes, Michael Jackson, The Spinners, The Jackson 5 and more to put you in the holiday spirit. Come and sing along with friends and family members and enjoy "A MOTOWN Christmas" and more holiday spectacular show. Before that show dinner at Texas Roadhouse at your own expense. Fee includes admission to show and transportation of Senior Activity Bus.

Tanger Outlets Shopping

Wednesday, December 13

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

10am-2pm

Parks Direct Code: ECSAC-20231213

Let's shop until we drop. Enjoy shopping at wide variety of stores. Discover 100s of brands at unbeatable value. Fee includes transportation of Senior Activity Bus

Evelyn Cole Senior Activity Center: Trips

The Festival of Lights: Mormon Temple
\$12(R); \$16 (NR)

Tuesday, December 19
4-10 pm

Parks Direct Code: ECSAC-20231219

Mormon Temple, is open to all during the Christmas season. This impressive church and its surrounding grounds shine brightly with more than 450,000 sparkling Christmas lights. Each night, a different local musical group performs a live concert in a state-of-the-art theater. All events are free! Visitors are welcome to explore the Washington, D.C. Mormon Temple grounds and the Visitor Center and see a live outdoor nativity scene, an indoor exhibit of international nativity scenes and a selection of Christmas films. Transportation is limited, so register early.

Horseshoe Casino

Thursday, January 11

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

10am-3 pm

Parks Direct Code: ECSAC-20240111

Horseshoe Casino in Baltimore is an urban two-story casino, and the second largest casino in Maryland with a 122,000-square-foot gaming floor. The multimillion-dollar facility features video lottery terminals, table games, and a World Series of Poker room.

Seafood Palace Buffet, Annapolis MD

Tuesday January 16

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

10am-2pm

ACTIVITY CODE: ECSAC- 20240116

All-you-can-eat American and Seafood fare! With over 150 choices in our endless buffet, There's something for everyone. Lunch at your own expense. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus

Museum of the Bible

Tuesday, January 23

\$26(R); \$34(NR)

10am-2pm

ACTIVITY CODE: ECSAC-20240123

Museum of the Bible's docent-led tours examine the ways the Bible has impacted our history and culture. The tours take guests on a journey through our permanent galleries and many other museum spaces, exploring our artifacts along the way. Lunch on your own afterwards.

Evelyn Cole Senior Activity Center: Trips

Platinum Film: The Descendants

\$15 (R); \$20 (NR)

ACTIVITY CODE: ECSAC-202402

This documentary film follows descendants of the survivors from the Clotilda, the last ship that carried enslaved Africans to the United States, as they reclaim their story. Fee includes admission and transportation to the Publick Playhouse on a Senior Activity Bus

Thursday, February 1

10am-2pm

Thrifting- 2nd Avenue-Laurel, MD

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

ACTIVITY CODE: ECSAC-20240206

Join is in finding gently used items at discounted prices at a local thrift store. After shopping enjoy lunch at Grand E Buffet and Grill all-you-can-eat restaurant. Lunch at your own expense. Fee includes transportation on a Senior Activity bus.

Tuesday February 6

10am-2pm

Blue Dolphin Seafood Bar and Grill

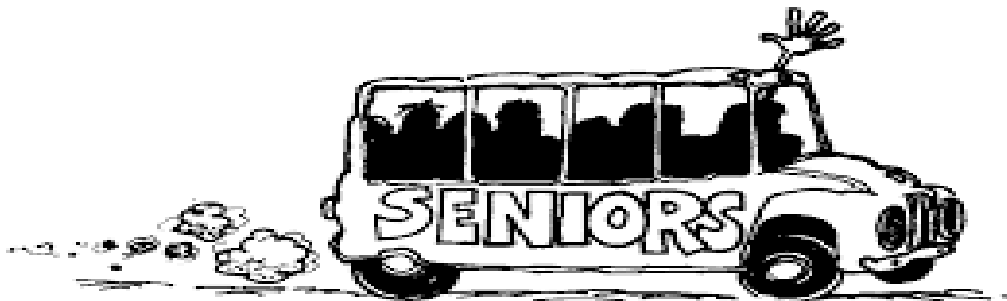
\$12 (R); \$16 (NR)

ACTIVITY CODE: ECSAC- 20240221

The Blue Dolphin Seafood Bar & Grill is in Crofton, Maryland. The Blue Dolphin Seafood Bar & Grill offers a creative, approachable modern American cuisine in an energetic, comfortable, and vibrant setting.

Wednesday, February 21

10am-2pm



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

The Senior Nutrition Program

The Senior Nutrition Program operated by the Prince George's County Department of Family Services, Area Agency on Aging, offers a nutritionally balanced lunch at this center to individuals who are 60 or better. Lunches are offered at ECSAC on:

- **Mondays through Fridays 12:00 and 12:30 pm**

Meal registration: call the Department of Family Services, Aging Services Division at (301) 265-8475. You must register at least one day in advance. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance.

Please bring exact change to cover your donation.

Transportation registration: call the Department of Public Works & Transportation Intake line at (301) 499-8603.

Note: There will be no lunch program when Prince George's County schools have a delayed opening or are closed due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

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

M-NCPPC, 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. To contact the Program Access office directly, e-mail northern.inclusion@pgparks.com or call [301-408-4350](tel:301-408-4350).

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparks.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.

