

The background of the page is light blue and features numerous small, white line-art icons of rolled-up scrolls or diplomas scattered throughout. The main text is centered and uses a mix of bold, sans-serif and serif fonts.

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716
301-809-2300

Express Learning

June, July, and August

**Join other like-minded adults who
are interested in learning new things
and having lively discussions in a
friendly environment.**

**Classes are fun, free, and
meet for one to one and a half hours each.**



SUMMER 2017

Classes and Schedules - Summer 2017

June

Nature Walk Exploration	<i>Wednesday, June 7, 9 a.m.</i>
Sudoku Workshop	<i>Thursday, June 8, 10 a.m.</i>
Food Safety 101	<i>Monday, June 12, 10:30 a.m.</i>
Social Security: Currently Receiving Benefits	<i>Monday, June 12, 12:30 p.m.</i>
Tales of Belair at Bowie	<i>Tuesday, June 13, 12:30 p.m.</i>
Armchair Tour: Cruising to Alaska, Part II	<i>Friday, June 16, 12:30 p.m.</i>
Windows 10 Operating System	<i>Monday, June 19, 10 a.m.</i>
Social Security: Currently Not Receiving Benefits	<i>Monday, June 19, 12:30 p.m.</i>
Line Dancing	<i>Tuesday, June 20, 3 p.m.</i>
Nature Slideshow and Walk	<i>Tuesday, June 20, 5:30 p.m.</i>
Magical Mysteries	<i>Wednesday, June 21, 10 a.m.</i>
How to Have a Meaningful Conversation	<i>Friday, June 23, 10 a.m.</i>
Laughter Yoga	<i>Monday, June 26, 10 a.m.</i>
Negotiation or How to Haggle	<i>Tuesday, June 27, 12:30 p.m.</i>
Armchair Tour: An Islands Adventure	<i>Wednesday, June 28, 12:30 p.m.</i>
Ageless Grace	<i>Wednesday, June 28, 1 p.m.</i>
A Look at the Positive and Negative Effects of PEMF	<i>Thursday, June 29, 10 a.m.</i>
Introduction to Photography	<i>Friday, June 30, 10 a.m.</i>

July

Nature Walk Exploration	<i>Wednesday, July 5, 9 a.m.</i>
Magic Show	<i>Monday, July 10, 12:30 p.m.</i>
History of Radio Broadcasting in the U.S.	<i>Tuesday, July 11, 10 a.m.</i>
Hawaiian Lei and Japanese Origami Craft	<i>Wednesday, July 12, 10 a.m.</i>
Who Owns the Zebra – Brain Teasers	<i>Thursday, July 13, 10 a.m.</i>
Social Security: Currently Receiving Benefits	<i>Friday, July 14, 10 a.m.</i>
Windows 10 Operating System	<i>Monday, July 17, 10 a.m.</i>
Origami Swan Craft	<i>Tuesday, July 18, 10 a.m.</i>
History: Television Under the Swastika	<i>Tuesday, July 18, 12:30 p.m.</i>
Nature Slideshow and Walk	<i>Tuesday, July 18, 5:30 p.m.</i>
Fire and Public Safety	<i>Wednesday, July 19, 10 a.m.</i>
Preventing Infection is in YOUR Hands	<i>Thursday, July 20, 10 a.m.</i>
Catching an Asteroid: the OSIRIS-Rex Program	<i>Thursday, July 20, 6 p.m.</i>
Social Security: Currently Not Receiving Benefits	<i>Friday, July 21, 10 a.m.</i>
Bowie Senior Writers – Short Readings	<i>Tuesday, July 25, 10 a.m.</i>
Armchair Tour: Italy	<i>Wednesday, July 26, 12:30 p.m.</i>
Ageless Grace	<i>Wednesday, July 26, 1 p.m.</i>
Tales from the Past	<i>Thursday, July 27, 10 a.m.</i>

August

Nature Walk Exploration	<i>Wednesday, August 2, 9 a.m.</i>
Historical Evolution of U.S. Involvement in Global Policies, Part I	<i>Monday, August 7, 10 a.m.</i>
Origami Box Craft	<i>Tuesday, August 8, 10 a.m.</i>
Photography Slideshow	<i>Thursday, August 10, 10 a.m.</i>
Challenges and U.S. Role in International Relations, Part II	<i>Monday, August 14, 10 a.m.</i>
My Adventures of Astronaut Training – Dreams Do Come True!	<i>Monday, August 14, 12:30 p.m.</i>
Line Dancing	<i>Tuesday, August 15, 3 p.m.</i>
Nature Slideshow and Walk	<i>Tuesday, August 15, 5:30 p.m.</i>
Armchair Tour: Russia – Then and Now	<i>Friday, August 18, 12:30 p.m.</i>
A New Strategic Landscape for the U.S., Part III	<i>Monday, August 21, 10 a.m.</i>
Windows 10 Operating System	<i>Monday, August 21, 12:30 p.m.</i>
Armchair Tour: Florence and Venice	<i>Wednesday, August 23, 12:30 p.m.</i>
Ageless Grace	<i>Wednesday, August 30, 1 p.m.</i>
Good for the Monarch Butterfly, Good for Me	<i>Thursday, August 31, 10 a.m.</i>

Program Information

- Arrive 15 minutes before class as space is limited.
- Classes start promptly.
- Late arrivals will not be admitted.
- All classes are held at the Bowie Senior Center.
- Room locations will be posted in the lobby.
- Schedule subject to change.

June

Nature Walk Exploration

Wednesday, June 7, 9 a.m.

Instructor: Cecelia Reddy

Sometimes we think we have to go to the woods, the mountains, or the beach to get to nature, but it is all around us. In this session, we will walk around the Center and talk about the trees, listen to the birds, and enjoy the beauty. Perhaps you wondered what tree was blooming. Join us, meet new friends, and get some exercise.

Sudoku Workshop

Thursday, June 8, 10 a.m.

Instructor: Cecelia Reddy

Are you curious about the popular number puzzle Sudoku? If you can count to nine, you are on your way to mastering this game. The basics will be covered, and we will explore some strategies for more challenging puzzles. Bring a puzzle that you are stuck on. Maybe we can help you on your next step. Don't forget your pencils...and erasers.

Food Safety 101

Monday, June 12, 10:30 a.m.

Instructor: Adam Ghering

Did you know that one in six Americans gets sick from food poisoning each year? Older adults are at an even higher risk of serious complications because of their weakened immune systems. The USDA Food Safety and Inspection Service is offering Food Safety 101 to seniors and food service volunteers at the Bowie Senior Center. Come and learn some great tips for keeping you and others safe from foodborne illnesses.

Social Security: Currently Receiving Benefits

Monday, June 12, 12:30 a.m.

Instructor: James Afueh

The theme for this seminar is Your Social Security Benefits – Pay Little or No Taxes: A Tale of Two Tax Returns. This seminar is aimed at people who are at least 62 and are currently receiving social security benefits. Learn how to pay little or no taxes on benefits, increase spendable income, and make retirement savings last longer.

Tales of Belair at Bowie

Tuesday, June 13, 12:30 p.m.

Instructor: Jeff Krulik

There will be a 50-minute screening of a work-in-progress documentary about the early days of Levitt-built Belair and the residents who settled here. This is an advance look at the documentary before it premieres in November 2017. This will be of particular interest for those who witnessed this era firsthand.

Armchair Tour: Cruising to Alaska, Part II

Friday, June 16, 12:30 p.m.

Instructor: Bill Cramer

Part II of Cruising to Alaska includes an outstanding video of a northbound cruise through Alaska's inside passage. It begins with a stop at Sitka, a former Russian settlement; followed by Juneau, the capital; Glacier Bay; Haines; and Skagway, the gate to the Yukon.

Windows 10 Operating System

Monday, June 19, 10 a.m.

Instructor: Dave Hackenberg

Using the workstations in the Center's computer classroom, we will review the basics of managing the Windows 10 operating system and its various features. Students will get hands-on experience with the use of the system as well as some of its built-in applications, such as Snipping Tool and Calculator.

Class size is limited to 12 due to the number of workstations.

Social Security: Currently Not Receiving Benefits

Monday, June 19, 12:30 p.m.

Instructor: James Afueh

The theme for this seminar is Your Social Security Benefits – Receive Now or Receive Later, Pay Little or No Taxes: A Tale of Two Tax Returns. This seminar is aimed at people who are at least 62 and are currently not receiving social security benefits. Learn how to decide to collect benefits now or wait, pay little or no taxes on benefits, increase spendable income, and make retirement savings last longer.

Line Dancing

Tuesday, June 20, 3 p.m.

Instructor: Bob Meadows

Line dance instruction is provided for beginners through advanced participants. Learn basic steps and choreographed dances from different genres, such as old school and new, country, western, club, and urban or soul line dances. Meet new people, exercise, and enjoy the music.

Nature Slideshow and Walk

Tuesday, June 20, 5:30 p.m.

Instructor: Cecelia Reddy

A slideshow will present many of the wonders of nature. A nature walk around the Center will follow the slideshow. The public is invited. This will be an experience you may want to share with your grandchildren.

Magical Mysteries

Wednesday, June 21, 10 a.m.

Instructor: Herb Briscoe

Under the tutelage and guidance of Bowie Senior Center's Magic Club members, those who attend this seminar will learn magic secrets designed to amaze and mystify family members and friends. Each magic trick has been selected for its simplicity to learn and its stunning effect. Participants will come away with magic ability that will awe observers.

How to Have a Meaningful Conversation

Friday, June 23, 10:00 a.m.

Instructor: Cecelia Reddy

Do you think conversation is a lost art? In this session, we will discuss some tips to bring it back. We all want to meet people and connect, but we don't always know what to say. Join us and brush up on your communication skills. Let's explore what we can do to make a conversation more meaningful.

Some areas that will be covered will be being genuine, finding common interests, listening to understand and validate, empathizing, knowing your intentions, choosing your topics, knowing how you feel about getting to know people, meeting people where they are, checking your tone and body language, picking up cues, making it about the other person, and asking good questions. A conversation is not a business meeting. It is a personal talk that can happen anywhere. It can help to make new friends. It can just brighten up another person's life. It can change the world.

Laughter Yoga

Monday, June 26, 10 a.m.

Instructor: Kathy Lacey

Laughter yoga is a new twist on an ancient practice. Not only does it increase happiness, but it also strengthens the immune system, reduces pain, and lowers stress. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being. When combined with yogic breathing, laughter truly becomes the best medicine, providing extensive health benefits for people of all body types.

Laughter is a stress buster. It strengthens the immune system and is anti-aging by toning muscles and increasing blood supply. It is aerobic exercise and internal jogging. Laughter is a natural pain killer. It controls high blood pressure, reduces depression and anxiety, and also reduces the symptoms of bronchitis and asthma. You do not have to be happy to act happy.

Negotiation or How to Haggle

Tuesday, June 27, 12:30 a.m.

Instructor: Denise Cross

Is negotiation only for the office? Is negotiation always confrontational? Is haggling an argument when one person loses and one person wins? In this course, you will learn that negotiating and haggling are conversations that should lead to agreements. Not only that, they can be used in most of your daily interactions. Learn some tactics and be prepared to activate your body and your mind.

Armchair Tour: An Islands Adventure

Wednesday, June 28, 12:30 p.m.

Instructor: Frank Evans, PhD

In Hawaii, we will visit Honolulu and Oahu and then travel to the Caribbean Sea to visit Nassau in the Bahamas, Santo Domingo in the Dominican Republic, and Charlotte Amalie in the U.S. Virgin Islands.

Ageless Grace

Wednesday, June 28, 1 p.m.

Instructor: Mark Shields

Ageless Grace is a fitness program that consists of 21 simple exercise tools designed for all ages and abilities. These exercises are based on everyday movements that are natural and organic while focusing on healthy longevity of the body and mind.

The movements are designed to be performed while seated in a chair and at your own pace and comfort. Join us in this fun and interactive class that will not only benefit your body but will engage and awaken your mind.

A Look at the Positive and Negative Effects of PEMF

Thursday, June 29, 10 a.m.

Instructor: gLou Coleman-Stevens

This is a overview of the impact on our lives and the environment of PEMF (Pulse Electromagnetic Fields).

Introduction to Photography

Friday, June 30, 10 a.m.

Instructor: Roz Kleffman

Dust off your camera and bring it to class as we talk about basic photography and what makes a good photograph. Learn tips to help you take better photos, use your digital camera, and also use a cellphone camera.

July

Nature Walk Exploration

Wednesday, July 5, 9 a.m.

Instructor: Cecelia Reddy

Sometimes we think we have to go to the woods, the mountains, or the beach to get to nature, but it is all around us. In this session, we will walk around the Center and talk about the trees, listen to the birds, and enjoy the beauty. Perhaps you wondered what tree was blooming. Join us, meet new friends, and get some exercise.

Magic Show

Monday, July 10, 12:30 p.m.

Instructor: Herb Briscoe and the Magic Club

Be amused and amazed as members of the Bowie Seniors Magic Club perform tricks and illusions that are sure to entertain.

History of Radio Broadcasting in the U.S.

Tuesday, July 11, 10 a.m.

Instructor: Brian Belanger

This presentation will describe how entertainment radio broadcasting began and evolved into the Golden Age of Radio.

Hawaiian Lei and Japanese Origami Craft

Wednesday, July 12, 10 a.m.

Instructor: Lilia Claude

What could be more festive and colorful than a lei? It's a money lei that you craft yourself. A lei is given as a token of love, honor, or friendship for another person on their birthday, graduation, wedding, or promotion. You can even create a celebration as an excuse to give a lei.

A lei (na lei is the plural in the Hawaiian language) may be composed of fresh natural foliage, such as flowers, leaves, vines, fern fronds, and seeds.

For this class origami paper and one-dollar bills will be folded into hearts. These hearts will be taped to a ribbon long enough to hang around the recipient's neck. After finishing the heart lei, students will also learn to make an origami crane.

Students need to bring up to 10 crisp one-dollar bills.

Who Owns the Zebra – Brain Teasers

Thursday, July 13, 10 a.m.

Instructor: David Dasenbrock

Participate with your classmates in solving a series of brain teasers. A brain teaser is a form of narrative puzzle or problem which does not necessarily require knowledge but requires thought and logic to solve. In this class, you will put your brain to the test and hone your problem-solving skills. As a simple example, if you were running a race and you passed the person in second place, what place would you be in now? Several brain teasers will be presented, each a little more difficult than the previous one. In the finals, you will need to sort through over 10 different related clues to solve the mystery of "Who Owns the Zebra?" Join the fun. (By the way, if you said first place above, you would be wrong.)

Social Security: Currently Receiving Benefits

Friday, July 14, 10 a.m.

Instructor: James Afueh

The theme for this seminar is Your Social Security Benefits – Pay Little or No Taxes: A Tale of Two Tax Returns. This seminar is aimed at people who are at least 62 and are currently receiving social security benefits. Learn how to pay little or no taxes on benefits, increase spendable income, and make retirement savings last longer.

Windows 10 Operating System

Monday, July 17, 10 a.m.

Instructor: Dave Hackenberg

Using the workstations in the Center's computer classroom, we will review the basics of managing the Windows 10 operating system and its various features. Students will get hands-on experience with the use of the system as well as some of its built-in applications, such as Snipping Tool and Calculator.

Class size limited to 12 due to the number of workstations.

Origami Swan Craft

Tuesday, July 18, 10:00 a.m.

Instructor: Lili Claude

Origami is the Asian art of paper folding using a single sheet of square paper. Following the origami special language of symbols, one can learn to fold a square piece of paper to create a flower, a leaf, a heart, and an envelope. In this class, we will learn to fold a flapping bird and/or a swan in the Japanese tradition.

History: Television under the Swastika

Tuesday, July 18, 12:30 p.m.

Instructor: Tony Young

Germany introduced television four years before the United States. A video will be presented which depicts television developed in Germany beginning in March 1935, well before the United States introduced it at the World's Fair in 1939. This video is heavily laced with propaganda. The purpose of this presentation is to provide a visual recap of the innovative use of television cameras of the day and to demonstrate the technical progress in television broadcasting.

Nature Slideshow and Walk

Tuesday, July 18, 5:30 p.m.

Instructor: Cecelia Reddy

A slideshow will present many of the wonders of nature. A nature walk around the Center will follow the slideshow. The public is invited. This will be an experience you may want to share with your grandchildren.

Fire and Public Safety

Wednesday, July 19, 10 a.m.

Instructor: Jesse Constantino

Personnel from the Prince George's EMS Department will present a program on fire safety, Hands-Only CPR, and their new PulsePoint.

PulsePoint is a cellphone application that can be used to alert trained individuals to respond and help in the event of sudden cardiac arrests near their location.

Preventing Infection is in YOUR Hands

Thursday, July 20, 10 a.m.

Instructor: Carolyn Jackson

Infections are a common occurrence and affect people through all stages of life. Older individuals and young children are particularly susceptible as their immune systems are more challenged. It is important to know how to prevent infections. Many approaches that are taken throughout the day can prevent the development of infection for seniors and others. This program will review steps to prevent infections and how to communicate with health-care professionals when infections are suspected.

Catching an Asteroid: the OSIRIS-Rex Program

Thursday, July 20, 6 p.m.

Instructor: David Lorenz

In September 2016, NASA launched a spacecraft called OSIRIS-Rex to rendezvous with an asteroid in late 2018. The purpose of this mission is multi-faceted, but one of its primary purposes is to study the asteroid in detail, obtain a small sample of the surface material, and then bring that sample back to Earth for detailed analysis. In this talk, an overview of the mission will be given – its purpose, why this particular asteroid was chosen, and how the rendezvous, study, and sampling will take place. A summary of how the sample will be returned and studied will be provided. The purpose of this mission within the wider context of astronomy and other human endeavors will be discussed.

Social Security: Currently Not Receiving Benefits

Friday, July 21, 10 a.m.

Instructor: James Afueh

The theme for this seminar is Your Social Security Benefits – Receive Now or Receive Later, Pay Little or No Taxes: A Tale of Two Tax Returns. This seminar is aimed at people who are at least 62 and are currently not receiving social security benefits. Learn how to decide to collect benefits now or wait, pay little or no taxes on benefits, increase spendable income, and make retirement savings last longer.

Bowie Senior Writers – Short Readings

Tuesday, July 25, 10 a.m.

Instructor: Shirley Galusky

Several members of the Bowie Senior Writers group will present short diverse readings. The subjects will vary as will the writing styles. They are a collection of years of effort and experiences by the club members.

Armchair Tour: Italy

Wednesday, July 26, 12:30 p.m.

Instructor: Frank Evans, PhD

This will be a tour of historical and cultural sights in Rome, the Eternal City.

Ageless Grace

Wednesday, July 26, 1 p.m.

Instructor: Mark Shields

Ageless Grace is a fitness program that consists of 21 simple exercise tools designed for all ages and abilities. These exercises are based on everyday movements that are natural and organic while focusing on healthy longevity of the body and mind. The movements are designed to be performed seated in a chair and at your own pace and comfort. Join us in this fun and interactive class that will not only benefit your body but will engage and awaken your mind.

Tales from the Past

Thursday, July 27, 10 a.m.

Instructor: Cecelia Reddy

Folktales have been passed along from generations to generations. In the past, they have conveyed wisdom to people across the globe. In this workshop, we will examine and discuss their relevance in today's world. The folktales are from Allan B. Chinen's book, *In the Ever After – Fairytales and the Second Half of Life*; and *The Girl Who Helped Thunder* retold by James Bruchac, PhD; and other sources.

August

Nature Walk Exploration

Wednesday, August 2, 9 a.m.

Instructor: Cecelia Reddy

Sometimes we think we have to go to the woods, the mountains, or the beach to get to nature, but it is all around us. In this session, we will walk around the Senior Center and talk about the trees, listen to the birds, and enjoy the beauty. Perhaps you wondered what tree was blooming. Join us, meet new friends, and get some exercise.

Historical Evolution of U.S. Involvement in Global Policies, Part I

Monday, August 7, 10 a.m.

Instructor: Dr. Willie Curtis

Historically, the end of World War II signaled a definitive break with the long-standing approach of the United States in its conduct of foreign and strategic affairs on the world stage. Indeed, the United States' approach had followed the advice of the young country's first president, George Washington, in his Farewell Address published in a newspaper on September 19, 1796.

Origami Box Craft

Tuesday, August 8, 10 a.m.

Instructor: Jacqueline Linabeck

Learn how to fold paper in a designated manner to make a box with a lid. Paper will be supplied by the instructor.

Photography Slideshow

Thursday, August 10, 10 a.m.

Instructors: Roz Kleffman and Dick Russell

A selection of slideshows will be presented by members of the Bowie-Crofton Camera Club (www.b-ccc.org). The shows are a compilation of photos synchronized to music. Individual shows are approximately five to ten minutes long and may include travel photos.

Come out and be entertained for an hour with some really great photos.

Challenges and U.S. Role in International Relations, Part II

Monday, August 14, 10 a.m.

Instructor: Dr. Willie Curtis

Since the end of World War II, United States international politics have been profoundly shaped by two constants. They are the United States position as the international system's most powerful state and its strategic choice to be deeply engaged in the world.

Line Dancing

Tuesday, August 15, 3 p.m.

Instructor: Bob Meadows

Line dance instruction is provided for beginners through advanced participants. Learn basic steps and choreographed dances from different genres, such as old school and new, country, western, club, and urban or soul line dances. Meet new people, exercise, and enjoy the music.

My Adventures of Astronaut Training – Dreams Do Come True!

Monday, August 14, 12:30 p.m.

Instructor: Kathleen Beres

Kathleen dreamed of becoming an astronaut as a child and told her parents that NASA should send her instead of the chimps into space. She named her turtle Sputnik after her dad pointed out the satellite from her backyard. Her adventures of mountain climbing expeditions on every continent, a trans-Atlantic crossing in a 31-foot sailboat, and an offshore ocean sailing race led to her selection as a NASA astronaut. You will vicariously experience astronaut training as she describes experiencing weightlessness and all the rigorous physical testing. Come and enjoy the trip into outer space!

Nature Slideshow and Walk

Tuesday, August 15, 5:30 p.m.

Instructor: Cecelia Reddy

A slideshow will present many of the wonders of nature. A nature walk around the Center will follow the slide show. The public is invited. This will be an experience you may want to share with your grandchildren.

Armchair Tour: Russia – Then and Now

Friday, August 18, 12:30 p.m.

Instructor: Bill Cramer

This will be a presentation comparing Russia in days past to the present.

A New Strategic Landscape for the U. S., Part III

Monday, August 21, 10 a.m.

Instructor: Dr. Willie Curtis

A decade and a half of exhausting wars, economic setbacks, and rising regional powers seeking nuclear weapons has called into question American’s fundamental position and purpose in world politics. We will examine a number of complex questions regarding the role of the United States in the second decade of the 21st century.

Will the United States continue to be the only superpower in the international system? Should it continue advancing the world-shaping grand strategy it has followed since the dawn of the Cold War (Deep Engagement Policy)? Should it “come home” and focus on its internal problems (Retrenchment Policy)?

Participants will engage in conversation.

Windows 10 Operating System

Monday, August 21, 12:30 p.m.

Instructor: Dave Hackenberg

Using the workstations in the Center’s computer classroom, we will review the basics of managing the Windows 10 operating system and its various features. Students will get hands-on experience with the use of the system as well as some of its built-in applications, such as Snipping Tool and Calculator.

Class size limited to 12 due to the number of workstations.

Armchair Tour: Florence and Venice

Wednesday, August 23, 12:30 p.m.

Instructor: Frank Evans, PhD

The many historical and cultural of Florence and Venice will be explored.

Ageless Grace

Wednesday, August 30, 1 p.m.

Instructor: Mark Shields

Ageless Grace is a fitness program that consists of 21 simple exercise tools designed for all ages and abilities. These exercises are based on everyday movements that are natural and organic while focusing on healthy longevity of the body and mind. The movements are designed to be performed seated in a chair and at your own pace and comfort. Join us in this fun and interactive class that will not only benefit your body but will engage and awaken your mind.

Good for the Monarch Butterfly, Good for Me

Thursday, August 31, 10 a.m.

Instructor: Elmer Dengler

This class will focus on improving the habitat for the Monarch butterfly. Learn about native plants which can be used for this purpose. The migration habits will be explained. Live Monarchs will be used for demonstration purposes, and they will be tagged and released. If time permits, a tour of the Center grounds will be taken to point out the habitat improvements that have been made.

Classes and schedules are subject to change. Call the Center for confirmation at 301-809-2300.