

TO: - **Community News**  
FROM: Laurel Raymond, Assistant Manager  
Bowie Senior Center  
14900 Health Center Dr.  
Bowie, MD 20716  
301-809-2300  
April 14, 2010

## **May 2010 - Programs & Events at the Bowie Senior Center**

*Contact the Bowie Senior Center for a complete schedule of programs, classes, and services.*

Mon.	May 3,10,17,24	10:00 am	Wii games
Mon.	May 3,10,17,24	1:00 pm	Mahjong
Mon.	May 3,10,17,24	1:00 pm	Pinochle
Mon.	May 3,10,17,24	12:00-4:30pm	Table Tennis
Tues.	May 4	10:00 a.m.	Advisory Board
Tues.	May 4	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues.	May 4,11,18,25	9:30-11:30am	Writer's Group
Tues.	May 4,11,18,25	3:15-5:00pm	Table Tennis
Tues.	May 4,11,18,25	1:00-4:00pm	Bridge (sign-up necessary)
Tues.	May 4,11,18,25	6:30-8:00 pm	Wii Game Night & more
Tues.	May 4,11,18,25	10:30-11:30 am	Balance & Strength Exercise
Tues.	May 4,11,18,25	4:00-8:30 pm	Fitness Gym – Open
Tues.	May 4,11,18,25	4:00-8:30 pm	Pool/Billiards room – Free
Tues.	May 4	10:30 am	Trip Sign-Up for Center Day Trips. Bowie city residents, May 4. Non-city residents, Sign-Up, May 6.
Wed.	May 5	10:00am-4:00pm	Hearing Impaired Special Interest Group

## Bowie Senior Center Events – Continued

Wed.	May 5	10:00-11:00am	Magic Club
Wed.	May 5,12,19,26	1:00-4:00pm	Scrabble
Wed.	May 5,12,19	1:00-1:30 pm	Armchair Fitness
Wed.	May 5,12,19	3:00-4:30pm	Table Tennis
Wed.	May 5	11:00am-12noon	Certified Massage Therapist offers FREE 15 min. mini-massages (shoulders & back). Appointments necessary. Bowie Senior Center 301-809-2300.
Wed.	May 5 & 19	10:00 am	Morning Movie
Thurs.	May 6,13,20,27	1:00pm	Mahjong
Thurs	May 6,13,20,27	1:00pm	Pinochle
Thurs.	May 6	12:45-1:45pm	Bingo & Conversation with Ingrid Turner, PG Co. Council Member
Thurs.	May 6,13,20	12:00-3:00 pm	Table Tennis
Thurs.	May 6	10:00am-12:00pm	Blood Pressure Screening
Thurs.	May 6,13,20,27	4:00-8:30 pm	Fitness Gym – Open
Thurs.	May 6,13,20,27	4:00-8:30 pm	Pool/Billiards room – Free
Thurs.	May 6	12:30-2:15pm	Bowie Senior Computer Club: <i>Apple Solutions</i>
Thurs.	May 6	10:30 am	Sharing Life Stories
Fri.	May 7,14,21,28	10:00-11am	Morning Exercise
Fri.	May 7,14,21,28	11:00 am	Healthy Lifestyles
Fri.	May 7,14,21,28	12:30–2:00pm	Piano Lounge
Fri.	May 7,14,21,28	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri.	May 7	9:00 – 11:00 am	Bonsai Club
Fri.	May 7,14,21,28	3:00-4:30pm	Table Tennis

## Bowie Senior Center Events – Continued

Sat.	May 8	8:30am-1:00pm	<b>American Red Cross Blood Drive. Call the Red Cross to schedule an appointment 1-800-448-3542. Open to the community.</b>
Mon.	May 10	12:30-1:30 pm	Health Awareness Program: <i>Stroke Awareness</i>
Mon.	May 10 & 24	10:30am-12:30pm	Bowie Single Society (for seniors 55+)
Tues.	May 11	10:00 am	Caregiver Support Group
Tues.	May 11	10:00am-12 noon	SAGE Summer class sign-up
Tues.	May 11	12:30 pm	Trivia
Thurs.	May 12	10:00 am	The Golden Age of Radio
Thurs.	May 13	1:00 pm	Bowie Senior Chorale Spring Concert <i>Broadway Today</i>
Thurs.	May 13	10:30 am	The “Green” Team, environmental group
Thurs.	May 13	10:00 am	Bingo
Thurs	May 13	10:00 – 11:00 a.m.	Blood Pressure Screening
Thurs.	May 13	3:00 pm	Book Club: <i>Look Again</i> by Lisa Scottoline
Thurs.	May 13	7:00 pm	Artist of the Month Reception: Gloria Hynes <b>Open to the public.</b>
Mon.	May 17	12:30 pm	Wayne’s Musical Memories
Tues.	May 18	11:00 am	<b>Fireside Chat:</b> “ <i>Health Care Reform</i> ” with Senior Center Information & Referral Specialist.
Tues.	May 18	12:30 pm	Reminiscence Discussion Group: <i>TV Moms</i>
<b>Tues.</b>	<b>May 18</b>	<b>7:00 pm</b>	<b>Bay Winds Band Concert. Open to the Public.</b>
Wed.	May 19	10:00am-12:00pm	Free Hearing Screening; Appointments necessary
Wed.	May 19	12:30 pm	Armchair Tour: <i>Kauai: The Garden Isle</i> Join host, Bill Cramer

## **Bowie Senior Center Events – Continued**

Thurs. May 20	12:30-2:15pm	Bowie Senior Computer Club: <i>FIOS &amp; DSL</i>
Thurs. May 20	10:30 am	Health Lecture: <i>Sleep Disorders</i> Speaker from Doctors Community Hospital
Thurs. May 20	10:00-11:00am	Bingo
Thurs. May 20	12:30 pm	Birthday Party
Mon. May 24	10:00am-12:00pm	Parkinson's Support Group
<b>May 24, 25, 26, &amp; 27</b>	<b><i>Senior Information Summit &amp; Information Fair</i></b>	
<b>Mon. May 24</b>	<b>10:00-11:00 am</b>	<b>Motivational Speaker: <i>Healthy Well &amp; Informed Seniors</i></b>
	<b>1:00-2:00 pm</b>	<b>Medicare &amp; Medical Insurance</b>
	<b>2:30-3:30 pm</b>	<b>Homebound &amp; Nutrition Services</b>
<b>Tues. May 25</b>	<b>10:30-11:30 am</b>	<b>Crime Awareness &amp; Prevention</b>
	<b>1:00-2:00 pm</b>	<b>Handling Door &amp; Phone Solicitations</b>
	<b>2:15-3:15 pm</b>	<b>Fitness</b>
	<b>6:30-8:00 pm</b>	<b>Finding Adventure &amp; Meaning in 2<sup>nd</sup> Half of Life</b>
	<b>7:00-8:00 pm</b>	<b>Retirement Presentations</b>
<b>Wed. May 26</b>	<b>10:30-11:30 am</b>	<b>Housing</b>
	<b>1:00-2:00 pm</b>	<b>Subsidized Transportation</b>
	<b>2:30-3:30 pm</b>	<b>Keeping Up With City News</b>
<b>Thurs. May 27</b>	<b>9:00am-1:00pm</b>	<b>Senior Information Fair</b>
	<b>6:30-7:30 pm</b>	<b>Financial Presentation</b>
Wed. May 26	12:30 pm	Armchair Tour: <i>Iberian Penninsula - Part II</i> Join Host Frank Evans
Thurs. May 27	6:00 pm	Caregiver Support Group
Thurs. May 27	10:00 am	<i>Antarctica Expedition Ship Sinks – A local survivor's story</i>
Thurs. May 27	12:30 pm	<i>Dentistry and You</i>
Thurs. May 27	10:00-11:00 am	Blood Pressure Screening
Mon. May 31	<b>Bowie Senior Center Closed (Memorial Day)</b>	

---

## **Press Release: Community Events**

### **Bowie Senior Chorale – Spring Concerts**

The Bowie Senior Chorale will showcase “*Broadway Today*” in two performances. The chorale will take stage at 1:00 p.m., on Thursday, May 13 at the Bowie Senior Center. There is no charge for admission, but donations to the Bowie Pantry are requested.

The second performance will be at 7:00 p.m., on Wednesday, May 19 at the Bowie Center for the Performing Arts. There is a \$5 charge for this performance. Tickets are available at the Senior Center.

### **Bay Winds Band Concert**

The Bay Winds Band will present a concert from 7:00 to 8:00 p.m. on Tuesday, May 18, at the Senior Center. The performance is open to the community. There is no charge, but donations to the band are appreciated.

### **Senior Center To Celebrate a Tenth Anniversary**

We blinked our eyes and now we’re 10! Bowie has had a Senior Center for 33 years actually, but in June we celebrate the tenth anniversary of our building on Health Center Drive.

The celebration we take place on Friday, June 18 with the festivities beginning at 10:00 a.m. there will be entertainment, tours, and demonstrations throughout the day. Join us as we present Bowie Senior Center “Past, Present and Future!” All adults are welcome.

### **Summer Semester SAGE Class Registration**

The Bowie Senior Center offers a large variety of continuing education classes weekly at the Center through a partnership with the PGCC SAGE program. An on-site registration will be at the Senior Center on Tuesday, May 11 from 10:00 a.m. – 12:00 p.m. Participants may register for classes such as; Art, Health & Fitness, History & Social Studies, Humanities, Music, and more. A complete listing of classes is available at the Center. Summer Semester classes begin the week of June 7 and continue to September 18. For further information, please contact the Senior Center at 301-809-2300.

### **Senior Employment Fair**

With the new realities of the job market for aging baby boomers and emerging issues of seniors needing employment, the Bowie Senior Center’s Information and Referral Specialist, Gloria Gaddy, will host an Employment Fair on Saturday, May 1, from 9:00 a.m. – 1:00 p.m. The one day event will showcase local businesses, non-profit organizations and governmental agencies to assist seniors in making the right choice. It will also include seminars on resume writing and tips on “Being Successful in the Workplace” plus “Seeking a job through Volunteering.” All Seniors 55+ welcome.

