

TO: - **Community News**  
FROM: Laurel Raymond, Assistant Manager  
Bowie Senior Center  
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Bowie, MD 20716  
301-809-2300  
March 15, 2010

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

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

Thurs. Apr.1,8,15,22,29	1:00pm	Mahjong
Thurs Apr.1,8,15,22,29	1:00pm	Pinochle
Thurs. Apr.1,8, 29	12:45-1:45pm	Bingo
Thurs. Apr.1,8,15,22,29	12:00-3:00 pm	Table Tennis
Thurs. Apr.1,8,15,22,29	2:00-5:00 pm	Chess
Thurs. Apr. 1	10:00am-12:00pm	Blood Pressure Screening
Thurs. Apr.1,8,15,22,29	4:00-8:30 pm	Fitness Gym – Open
Thurs. Apr.1,8,15,22,29	4:00-8:30 pm	Pool/Billiards room – Free
Thurs. Apr. 1	12:30-2:15pm	Bowie Senior Computer Club
Thurs. Apr. 1	10:30 am	Sharing Life Stories
Fri. Apr.2,9,16,23,30	10:00-11am	Morning Exercise
Fri. Apr.2,9,16,23,30	11:00 am	Healthy Lifestyles
Fri. Apr.2,9,16,23,30	12:30–2:00pm	Piano Lounge
Fri. Apr.2,9,16,23,30	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri. Apr. 2	9:00 – 11:00 am	Bonsai Club
Fri. Apr.2,9,16,23,30	3:00-4:30pm	Table Tennis

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

Mon.	Apr.5,12,19,26	1:00 pm	Mahjong
Mon.	Apr.5,12,19,26	1:00 pm	Pinochle
Mon.	Apr.5,12,19,26	12:00-4:30pm	Table Tennis
Tues.	Apr. 6	10:00 a.m.	Advisory Board
Tues.	Apr. 6	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues.	Apr.6,13,20,27	9:30-11:30am	Writer's Group
Tues.	Apr.6,13,20,27	3:15-5:00pm	Table Tennis
Tues.	Apr.6,13,20,27	1:00-4:00pm	Bridge (sign-up necessary)
Tues.	Apr.6,13,20,27	6:30-8:00 pm	Wii Game Night & more
Tues.	Apr.6,13,20,27	10:30-11:30 am	Balance & Strength Exercise
Tues.	Apr.6,13,20,27	4:00-8:30 pm	Fitness Gym – Open
Tues.	Apr.6,13,20,27	4:00-8:30 pm	Pool/Billiards room – Free
Tues.	Apr. 6	10:30 am	Trip Sign-Up for Center Day Trips. Bowie city residents, Apr. 6. Non-city residents, Sign-Up, Apr. 8.
Wed.	Apr. 7	10:00am-4:00pm	Hearing Impaired Special Interest Group
Wed.	Apr. 7	10:00-11:00am	Magic Club
Wed.	Apr.7,14,21,28	1:00-4:00pm	Scrabble
Wed.	Apr.7,14,21,28	1:00-1:30 pm	Armchair Fitness
Wed.	Apr.7,14,21,28	3:00-4:30pm	Table Tennis
Wed.	Apr. 7	10:00 am	Magic Club
Wed.	Apr. 7	7:00 pm	Artist of the Month: Wednesday Art Class <b>Open to the public.</b>

## Bowie Senior Center Events – Continued

Wed. Apr. 7	11:00am-12noon	Certified Massage Therapist offers FREE 15 min. mini-massages (shoulders & back). Appointments necessary. Bowie Senior Center 301-809-2300.
Wed. Apr. 7 & 21	10:00 am	Morning Movie
Wed. Apr. 8	6:30 pm	“Spring’s Rebirth” – A Celebratory Labyrinth Walk
Thurs. Apr. 8	10:30 am	The “Green” Team, environmental group
Thurs. Apr. 8	10:00 – 11:00 a.m.	Blood Pressure Screening
Thurs. Apr. 8	3:00 pm	Book Club: Guest speaker Herbert Hane
<b>Sat. April 10</b>	<b>8:30am-1:00pm</b>	<b>American Red Cross Blood Drive. Call the Red Cross to schedule an appointment 1-800-448-3542. Open to the community.</b>
Mon. Apr. 12	12:30-1:30 pm	Health Awareness Program: <i>Understanding Colon Diseases.</i>
Mon. Apr. 12 & 26	10:30am-12:30pm	Bowie Single Society (for seniors 55+)
Tues. Apr. 13	10:00 am	Caregiver Support Group
Tues. Apr. 13	12:30 pm	Trivia
Wed. Apr. 14	10:00am-12:00pm	Free Hearing Screening; Appointments necessary
Thurs. Apr. 15	12:30-2:15pm	Bowie Senior Computer Club
Thurs. Apr. 15	10:30 am	Health Lecture: <i>Cardiac Rehabilitation</i> Speaker from Doctors Community Hospital
Thurs. Apr. 15	12:15 pm	Ballet Theatre of Maryland performance
Mon. Apr. 19	12:30 pm	Wayne’s Musical Memories
Tues. Apr. 20	11:00 am	<b>Fireside Chat:</b> “ <i>Positive Magnetic Field</i> ” with Senior Center Information & Referral Specialist.
Tues. Apr. 20	12:30 pm	Reminiscence Discussion Group: <i>Spring in Bloom</i>

## Bowie Senior Center Events – Continued

Wed.	Apr. 21	12:30 pm	Armchair Tour: <i>Hawaii, Aahu</i> - Part II Join host, Bill Cramer
Wed.	Apr. 21	12:30 pm	“Spring’s Rebirth” – A Celebratory Labyrinth Walk
Thurs.	Apr. 22	10:00-11:00am	Bingo
Thurs.	Apr. 22	12:30 pm	Birthday Sing-Along
Thurs.	Apr. 22	6:00 pm	Caregiver Support Group
Thurs.	Apr. 22	10:00-11:00 am	Blood Pressure Screening
Mon.	Apr. 26	10:00am-12:00pm	Parkinson’s Support Group
Mon.	Apr. 26	12:30 pm	Comedy Hour
Tues.	Apr. 27	11:00 am	Computer Class Registration: contact Center for details.
Tues.	Apr. 27	12:30 pm	Sharing Life Stories
Wed.	Apr. 28	12:30 pm	Armchair Tour: <i>Iberian Penninsula</i> Join Host Frank Evans
Thurs.	Apr. 29	10:30 am	Car Care & Maintenance
Thurs.	Apr. 29	10:00 am	The Golden Age of Radio
Fri.	Apr. 30	10:00am-2:00pm	“Senior Law Day” - Free Legal Clinic Call Center for an appointment.

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### Press Release: Community Events

#### Searching for Your Ancestors?

Do you have a curiosity to discover the mystery and intrigue of your family lineage, but you’re not sure how or where to begin? The Prince George’s county Genealogical Society will hold a Genealogy Workshop at the Bowie Senior Center on Thursday, April 8 from 10:00 – 11:30 a.m. The topics covered will include types of source records and

where to find them. Please join us for this informative presentation which will also include time for questions and answers.

**“Spring’s Rebirth” – A Celebratory Labyrinth Walk**

Join Dr. Ginny Lerch at the Bowie Senior Center for a Labyrinth program that will focus on Celebrating the Return of Spring. The presentation will briefly review what a labyrinth is, but the walk will demonstrate how the labyrinth can be used for celebrations. The program will incorporate spring readings & poetry, quiet reflection, and sharing. This program is open to the community on April 8 at 6:30 p.m. and another program on April 21 at 12:30 p.m. Please register at the Senior Center.