

TO: **Community News** – Announcements, Calendar, Worth Noting, etc.  
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## August 2010 - Programs & Events at the Bowie Senior Center

*Over 100 activities are offered each week at the Center.  
 For a complete schedule of programs, classes, Trips, and services see our  
 Newsletter at [www.bowieseniorcenter.org](http://www.bowieseniorcenter.org)*

Mon.	Aug. 2,9,16,23,30	1:00 pm	Mahjong
Mon.	Aug. 2,9,16,23,30	1:00 pm	Pinochle
Mon.	Aug. 2,9,16,23,30	12:00-4:30pm	Table Tennis
<b>Mon.</b>	<b>Aug. 2</b>	<b>10:30 -11:45 am</b>	<b>Diabetic Support Group</b>
Tues.	Aug. 3	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues.	Aug.3,10,17,24,31	9:30-11:30am	Writer's Group
Tues	Aug.3,10,17,24,31	3:15-5:00pm	Table Tennis
Tues.	Aug.3,10,17,24,31	1:00-4:00pm	Bridge (sign-up necessary)
Tues.	Aug.3,10,17,24,31	6:30-8:00 pm	Wii Game Night & more
Tues.	Aug.3,10,17,24,31	10:30-11:30 am	Balance & Strength Exercise
Tues.	Aug.3,10,17,24,31	4:00-8:30 pm	Fitness Gym – Open
Tues.	Aug.3,10,17,24,31	4:00-8:30 pm	Pool/Billiards room – Free
Tues.	Aug. 3	10:30 am	Trip Sign-Up for Center Day Trips. Bowie city residents, Aug 3. Non-city residents, Sign-Up, Aug. 5.
Wed.	Aug. 4	10:00am-4:00pm	Hearing Impaired Special Interest Group

## Bowie Senior Center Events – Continued

Wed.	Aug 4	10:00-11:00am	Magic Club
Wed.	Aug. 4,11,18,25	1:00-4:00pm	Scrabble
Wed.	Aug. 4,11,18,25	1:00-1:30 pm	Armchair Fitness
Wed.	Aug. 4,11,18,25	3:00-4:30pm	Table Tennis
Wed.	Aug. 4	10:00-11:30 am	Blood Pressure Screening
Wed.	Aug. 4	11:00am-12noon	Certified Massage Therapist offers FREE 15 min. mini-massages (shoulders & back). Appointments necessary. Bowie Senior Center 301-809-2300.
Thurs.	Aug. 5,12,19,26	1:00pm	Mahjong
Thurs	Aug. 5,12,19,26	1:00pm	Pinochle
Thurs.	Aug. 5,12,19,26	12:00-3:00 pm	Table Tennis
Thurs.	Aug. 5,12,19,26	4:00-8:30 pm	Fitness Gym – Open
Thurs.	Aug. 5,12,19,26	4:00-8:30 pm	Pool/Billiards room – Free
Thurs.	Aug. 5	12:30 – 2:15 pm	Bowie Senior Computer Club
Thurs.	Aug. 5	10:00 am	Sharing Life Stories
Thurs.	Aug. 5	12:30 pm	Bingo
Fri.	Aug.6,13,20,27	10:00-11am	Morning Exercise
Fri.	Aug.6,13,20,27	11:00 am	Healthy Lifestyles
Fri.	Aug.6,13,20,27	12:30–2:00pm	Piano Lounge
Fri.	Aug.6,13,20,27	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri.	Aug. 6	9:00 – 11:00 am	Bonsai Club
Fri.	Aug.6,13,20,27	3:00-4:30pm	Table Tennis
Mon.	Aug. 9 & 23	10:30am-12:30pm	Bowie Single Society (for seniors 55+)

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

Tues. Aug. 10	10:00 am	Caregiver Support Group
Wed. Aug 11	10:00-11:00 am	Blood Pressure Screening
<b>Sat. Aug. 14</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. Aug. 16	12:30 pm	Wayne’s Musical Memories
Tues. Aug. 17	11:00 am	Fireside Chat: “ <i>Asking for Help</i> ” with Senior Center Information & Referral Specialist.
Wed. Aug. 18	10am – 12:00 pm	Free Hearing Screening; Appointments necessary
Wed. Aug. 18	9:30 am	Morning Movie
Thurs. Aug. 19	12:30-2:15pm	Bowie Senior Computer Club
Thurs. Aug. 19	10:00 am	Bingo
Thurs. Aug. 19	12:30 pm	Birthday Sing Along
Mon. Aug. 23	10:00am-12:00pm	Parkinson’s Support Group
Tues. Aug. 24	12:30 pm	Reminiscence Discussion Group: <i>Elvis Presley</i>
Thurs. Aug. 26	10:00 am	Golden Age of Radio – “ <i>Ozzie &amp; Harriet</i> ”
Thurs. Aug. 26	10:00 – 11:00 a.m.	Blood Pressure Screening
Thurs. Aug. 26	6:00 pm	Caregiver Support Group
Thurs. Aug. 26	12:30 pm	Bingo
Thurs. July 29	12:30 pm	Bingo

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## **Upcoming September Events**

**Meet & Greet Social** – Thursday, September 2 from 10:00 – 11:30 p.m.

Seniors are invited to take an advance peek at upcoming classes offered at the Bowie Senior Center for the Fall and meet the instructors. Whether you're into stained glass or computers, current issues or history, fine art or fitness, there likely will be a class you'll find appealing among the over 80 varied classes to be offered. Instructors will be on hand to describe and answer questions about their class. This is a great opportunity to preview the full Fall program.

### **Aerobics Program**

The low impact/bio aerobic program is a 60 minute cardiovascular conditioning program designed for the senior adult. The classes are on Tuesday and Thursday, from 9 a.m. to 10 a.m. for 8 weeks and begin September 7. Contact the Bowie Senior Center for fees and registration.

### **Candlelight Stretch and Tea**

Yes, you read that right! The Bowie Senior Center is hosting a Candlelight 'time-out' for adults to rejuvenate their Body, Mind and Spirit. Come join us on Thursday, September 9 at 6:00 p.m. for a one hour *Candlelight Program* that will stretch and relax your body, lighten your mind, and nourish your spirit. The program will end with Candlelight, Conversation and Camomile Tea. Kindly register by calling the Center at 301-809-2300.

### **Zumba Gold**

Zumba Gold is a dance/exercise program that takes fitness to the next level by moving the body to Latin dance music. You don't have to know how to dance, just follow along and have fun. Classes meet once a week on Monday from 2:30 – 3:30 p.m. or Tuesday 6:00 – 7:00 p.m. starting September 13. Contact the Bowie Senior Center for fees and registration.

### **Computer Class Registration**

The sign-up for Fall computer classes will be at 11:00 a.m. on Tuesday, September 7. Classes offered include Introduction to Computers, Beginner's I and II, Advanced Word Processing, Excel, Introduction to Open Office, E-Mail & Internet, and Creating a Photographic Presentation. Classes meet once a week and begin September 13. Contact the Bowie Senior Center for schedule and fee information.

### **Bonsai Show**

The art of growing miniature trees in containers with esthetic appeal originated in China and was introduced in Japan where it is called Bonsai (BONE-SIGH). The Bowie Bonsai club meets at the Bowie Senior Center on the first Friday of each month. The Club is presenting a Bonsai Show, which will feature their work. All seniors are invited to enjoy this unique Show on Friday, September 10 from 10:00 a.m. – 1:00 p.m.

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