

TO: - **Community News**  
FROM: Laurel Raymond, Assistant Manager  
Bowie Senior Center  
14900 Health Center Dr.  
Bowie, MD 20716  
301-809-2300  
June 18, 2010

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

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

Thurs. July 1,8,15,22,29	1:00pm	Mahjong
Thurs July 1,8,15,22,29	1:00pm	Pinochle
Thurs. July 1,8,15,22,29	12:00-3:00 pm	Table Tennis
Thurs. July 1,8,15,22,29	4:00-8:30 pm	Fitness Gym – Open
Thurs. July 1,8,15,22,29	4:00-8:30 pm	Pool/Billiards room – Free
Thurs. July 1	<b>1:00-2:15pm</b>	Bowie Senior Computer Club
Thurs. July 1	10:30 am	Sharing Life Stories, Kevin Russell
Thurs. July 1	12:30 pm	Bingo
Fri. July 2,9,16,23,30	10:00-11am	Morning Exercise
Fri. July 2,9,16,23,30	11:00 am	Healthy Lifestyles
Fri. July 2,9,16,23,30	12:30–2:00pm	Piano Lounge
Fri. July 2,9,16,23,30	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri. July 2	9:00 – 11:00 am	Bonsai Club
Fri. July 2,9,16,23,30	3:00-4:30pm	Table Tennis
<b>Mon. July 5</b>	<b>Senior Center Closed, Independence Day</b>	
Tues. July 6	10:00 am	Caregiver Support Group

## Bowie Senior Center Events – Continued

<b>Tues. July 6</b>	<b>12:30 pm</b>	<b>Celebrating Diversity &amp; Ice Cream Social</b>
Tues. July 6	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues. July 6,13,20,27	9:30-11:30am	Writer's Group
Tues. July 6,13,20,27	3:15-5:00pm	Table Tennis
Tues. July 6,13,20,27	1:00-4:00pm	Bridge (sign-up necessary)
Tues. July 6,13,20,27	6:30-8:00 pm	Wii Game Night & more
Tues. July 6,13,20,27	10:30-11:30 am	Balance & Strength Exercise
Tues. July 6,13,20,27	4:00-8:30 pm	Fitness Gym – Open
Tues. July 6,13,20,27	4:00-8:30 pm	Pool/Billiards room – Free
Tues. July 6	10:30 am	Trip Sign-Up for Center Day Trips. Bowie city residents, July 6. Non-city residents, Sign-Up, July 8.
Wed. July 7	10:00am-4:00pm	Hearing Impaired Special Interest Group
Wed. July 7	10:00-11:00am	Magic Club
Wed. July 7,14,21,28	1:00-4:00pm	Scrabble
Wed. July 7,14,21,28	1:00-1:30 pm	Armchair Fitness
Wed. July 7,14,21,28	3:00-4:30pm	Table Tennis
Wed. July 7 & 21	10:00 am	Morning Movie
Thurs. July 8	12:30 pm	Bingo
Thurs. July 8	10:30 am	Health Lecture: <i>Hand &amp; Wrist Issues</i> Doctor from Anne Arundel Medical Center
<b>Sat. July 10</b>	<b>8:30am-1:00pm</b>	<b>American Red Cross/Bowie Baysox Blood Drive</b> <b>Call the Red Cross to schedule an appointment</b> <b>1-800-448-3542. Open to the community.</b>
Mon. July 12,19,26	10:00 am	Wii games

Mon. July 12,19,26 1:00 pm Mahjong

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

Mon. July 12,19,26 1:00 pm Pinochle

Mon. July 12,19,26 12:00-4:30pm Table Tennis

Mon. July 12,19,26 10:00 am Wii games

Mon. July 12,19,26 1:00 pm Mahjong

Mon. July 12,19,26 1:00 pm Pinochle

Mon. July 12,19,26 12:00-4:30pm Table Tennis

Mon. July 12 12:30-1:30 pm Health Awareness Program: *Cholesterol and Stroke Awareness*

Mon. July 12 & 26 10:30am-12:30pm Bowie Single Society (for seniors 55+)

**Wed. July 14 10:00am-11:00pm Blood Pressure Screening**

Thurs. July 15 12:30-2:15pm Bowie Senior Computer Club

Thurs. July 15 10:00 am Bingo

Thurs. July 15 12:30 pm Birthday Sing Along

Mon. July 19 12:30 pm Wayne's Musical Memories

**Mon. July 19 10:30 am Diabetic Support Group**

Tues. July 20 11:00 am **Fireside Chat:** *"Live Long, Have Fun, Less Stress"* with Senior Center Information & Referral Specialist.

Wed. July 21 11:00am-12noon Certified Massage Therapist offers FREE 15 min. mini-massages (shoulders & back). Appointments necessary. Bowie Senior Center 301-809-2300.

Thurs July 22 10:00 am Golden Age of Radio

Thurs July 22 10:00 – 11:00 a.m. Blood Pressure Screening

Thurs. July 22                      6:00 pm                      Caregiver Support Group

**Bowie Senior Center Events – Continued**

Thurs. July 22                      12:30 pm                      Bingo

Mon. July 26                      10:00am-12:00pm                      Parkinson’s Support Group

Tues. July 27                      12:30 pm                      Reminiscence Discussion Group: *America the Beautiful*

Wed. July 28                      1:00 – 2:00 pm                      Free Hearing Screening; Appointments necessary

**Wed. July 28                      10:00-11:00 am                      Blood Pressure Screening**

Thurs. July 29                      12:30 pm                      Bingo

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**Celebrating Diversity:**

It is the legacy of America, the Melting Pot in all its variety that the Bowie Senior Center will celebrate Heritage Day at 12:30 p.m. on Tuesday, June 6. Seniors are invited to come to share memories of their forbearers through music, song, dance, prose, poetry, recipes or any other medium that offers a peek at cultures of other lands or other times. There will be an open Mic so everyone will have a chance to make a presentation of his or her choice. The event will include an Ice Cream Social for \$1. Please sign-up and confirm your participation at the Center by July 2.