

TO: **Community News** – Announcements, Calendar, Worth Noting, etc.  
 FROM: Laurel Raymond, Assistant Manager  
 Bowie Senior Center  
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## September 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)*

Wed. Sept. 1	10:00am-4:00pm	Hearing Impaired Special Interest Group
Wed. Sept. 1	10:00-11:00am	Magic Club
Wed. Sept.1,8,15,22,29	1:00-4:00pm	Scrabble
Wed. Sept.1,8,15,22,29	1:00-1:30 pm	Armchair Fitness
Wed. Sept.1,8,15,22,29	3:00-4:30pm	Table Tennis
Thurs. Sept. 2	10:00 – 11:30 am	Meet & Greet; Learn about 80 Fall classes
Thurs. Sept.2,9,16,23,30	1:00pm	Mahjong
Thurs Sept.2,9,16,23,30	1:00pm	Pinochle
Thurs. Sept.2,9,16,23,30	12:00-3:00 pm	Table Tennis
Thurs. Sept.2,9,16,23,30	2:30 – 4:40 pm	Senior Chorale
Thurs. Sept.2,9,16,23,30	4:00-8:30 pm	Fitness Gym – Open
Thurs. Sept.2,9,16,23,30	4:00-8:30 pm	Pool/Billiards room – Free
Thurs. Sept.2,9,16,23,30	2:00 pm	Chess Club
Thurs. Sept. 2	12:30 – 2:15 pm	Bowie Senior Computer Club
Thurs. Sept. 2	12:30 pm	Bingo

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

Fri.	Sept.3,10,17,24	10:00-11am	Morning Exercise
Fri.	Sept.3,10,17,24	11:00 am	Healthy Lifestyles
Fri.	Sept.3,10,17,24	12:30–2:00pm	Piano Lounge
Fri.	Sept.3,10,17,24	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri.	Sept.3,10,17,24	3:00-4:30pm	Table Tennis
<b>Mon.</b>	<b>Sept. 6</b>	<b>Senior Center Closed, Labor Day</b>	
Tues.	Sept. 7	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues.	Sept.7,14,21,28	9:30-11:30am	Writer’s Group
Tues	Sept.7,14,21,28	3:15-5:00pm	Table Tennis
Tues.	Sept.7,14,21,28	1:00-4:00pm	Bridge (sign-up necessary)
Tues.	Sept.7,14,21,28	6:30-8:00 pm	Wii Game Night & more
Tues.	Sept.7,14,21,28	10:30-11:30 am	Walk Aerobics & Strength
Tues.	Sept.7,14,21,28	4:00-8:30 pm	Fitness Gym – Open
Tues.	Sept.7,14,21,28	4:00-8:30 pm	Pool/Billiards room – Free
Tues.	Sept. 7	10:30 am	Trip Sign-Up for Center Day Trips. Bowie city residents, Sept. 7 Non-city residents, Sign-Up, Sept. 9
Tues.	Sept. 7	10:00 am	Advisory Board meeting
Wed.	Sept. 8	10:00-11:00 am	Blood Pressure Screening
Wed.	Sept. 8	10:00 am	Aging Issues Support
Wed.	Sept. 8	10:00 am	Magic Club
Thurs.	Sept. 9	6:00 pm	Candlelight Stretch and Chamomile Tea; rejuvenate Body, Mind & Spirit

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

Thurs. Sept. 9	10:00 am	Golden Age of Radio – “ <i>Bob Hope</i> ”
Thurs. Sept. 9	10:30 am	Green Team mtg. – environmental issues
<b>Fri. Sept. 10</b>	<b>10:00am – 1:00 pm</b>	<b>Bonsai Show, Open to the Public</b>
Mon. Sept. 13 & 27	10:30am -12:30pm	Bowie Single Society (for seniors 55+)
Mon. Sept. 13,20, 27	10:00 am	Wii game
Mon. Sept. 13,20, 27	1:00 pm	Mahjong
Mon. Sept. 13,20, 27	1:00 pm	Pinochle
Mon. Sept. 13,20, 27	12:00-4:30pm	Table Tennis
Mon. Sept. 13	12:30 pm	Health Presentation: <i>Stroke &amp; Making the Right Decisions.</i>
Tues. Sept. 14	10:00 am	Caregiver Support Group
Tues. Sept. 14	10:00-11:30 am	Blood Pressure Screening
Wed. Sept. 15	12:30 pm	Armchair Tour: <i>Going Down to Rio</i> Host Bill Cramer
Wed. Sept. 15	10am – 12:00 pm	Free Hearing Screening; Appointments necessary
Wed. Sept. 15	9:30 am	Morning Movie
Thurs. Sept. 16	12:30-2:15pm	Bowie Senior Computer Club
Thurs. Sept. 16	3:00 pm	Monthly Book Club
Thurs. Sept. 16	10:00 am	Bingo
Thurs. Sept. 16	12:30 pm	Birthday Sing Along
<b>Mon. Sept. 20</b>	<b>10:30 -11:45 am</b>	<b>Diabetic Support Group</b>
Mon. Sept. 20	12:30 pm	Wayne’s Musical Memories
Tues. Sept. 21	11:00 am	Fireside Chat: “ <i>Watch Your Step</i> ” with Senior Center Information & Referral Specialist.

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

Thurs. Sept. 22	12:30 pm	Armchair Tour: <i>Portugal</i> Host Frank Evans
Thurs. Sept. 23	10:00 – 11:00 a.m.	Blood Pressure Screening
<b>Thurs. Sept. 23</b>	<b>7:00 pm</b>	<b>Power Point presentation: <i>Fermi Gamma Ray Space Telescope. Open to the public.</i></b>
Thurs. Sept. 23	6:00 pm	Caregiver Support Group
Thurs. Sept. 23	10:30 am	Health Presentation; <i>Lower Back Pain</i>
Thurs. Sept. 23	12:30 pm	Bingo
<b>Sat. Sept. 25</b>	<b>11:00am-3:00 pm</b>	<b>Bowie Community Health Fair Open to the Public</b>
Mon. Sept. 27	10:00am-12:00pm	Parkinson's Support Group
Tues. Sept. 28	12:30 pm	Reminiscence Discussion Group: <i>Grandparents</i>
Thurs. Sept. 30	12:30 pm	Bingo
Thurs. Sept. 30	10:30 am	<i>Spine Health, Disorders, and Treatments</i> Presented by Dr. Vemuri from AAMC

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## **Upcoming 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 Chamomile Tea**

Yes, you read that right! The Bowie Senior Center is hosting a Candlelight ‘time-out’ for adults to rejuvenate their Body, Mind and Sprit. 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 Chamomile 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.

### **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.

### **Let’s Peek Through a Space Telescope**

Dr. Chris Shrader of NASA’s Goddard Space Flight Center will give a power point presentation on the Fermi Gamma Ray Space Telescope a the Senior Center on Thursday, September 23, at 7:00 p.m.

Fermi is a powerful space observatory that has opened a new window on the universe. Gamma rays are the highest energy form of light and the gamma-ray sky is spectacularly different from the one we perceive with our own eyes. **Open to the public.**

### **Influenza Shots**

Friday, October 1, between the hours of 9:00 am – 12:00 pm. MedStar VNA Health Care will provide regular flu shots at a charge of \$30.00. There is no charge for Medicare Part B participants, except an HMO user who is not eligible for a flu shot at the Center.

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