

TO: **Community News** – Announcements, Calendar, Worth Noting, etc.
 FROM: Laurel Raymond, Assistant Manager
 Bowie Senior Center
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 Bowie, MD 20716
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February 2011 - 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*

Tues.	Feb. 1,8,15,22	9:30-11:30am	Writer's Group
Tues	Feb. 1,8,15,22	3:15-5:00pm	Table Tennis
Tues.	Feb. 1,8,15,22	1:00-4:00pm	Bridge (sign-up necessary)
Tues.	Feb. 1,8,15,22	6:30-8:00 pm	Wii Game Night & more
Tues.	Feb. 1,8,15,22	10:30-11:30 am	Walk Aerobics & Strength
Tues.	Feb. 1,8,15,22	4:00-8:30 pm	Fitness Gym – Open
Tues.	Feb. 1,8,15,22	4:00-8:30 pm	Pool/Billiards room
Tues.	Feb. 1	12:30 pm	Golden Age of Radio
Tues.	Feb. 1	10:30 am	Trip Sign-Up for Lunch Bunch & non-ticketed trips. Bowie city residents, Feb. 1 Non-city residents, Sign-Up, Feb. 3
Tues.	Feb. 1	10:00am-12:00pm	NARFE Counseling (Federal Retirees)
Tues.	Feb. 1	10:00 am	Advisory Board meeting
Wed.	Feb. 2	10:00am-4:00pm	Hearing Impaired Special Interest Group
Wed.	Feb. 2	10:00-11:00am	Magic Club
Wed.	Feb. 2,9,16,23	1:00-4:00pm	Scrabble
Wed.	Feb. 2,9,16,23	9:00am-12:00pm	AARP Tax preparation. Call for an appointment.

Bowie Senior Center Events – Continued

Wed.	Feb. 2,9,16,23	1:00-1:30 pm	Chair Fitness
Wed.	Feb. 2,9,16,23	3:00-4:30pm	Table Tennis
Thurs.	Feb. 3,10,17,24	1:00pm	Mahjong
Thurs	Feb. 3,10,17,24	1:00pm	Pinochle
Thurs.	Feb. 3,10,17,24	12:00-3:00 pm	Table Tennis
Thurs.	Feb. 3,10,17,24	2:30 – 4:40 pm	Senior Chorale
Thurs.	Feb. 3,10,17,24	4:00-8:30 pm	Fitness Gym – Open
Thurs.	Feb. 3,10,17,24	4:00-8:30 pm	Pool/Billiards room
Thurs.	Feb. 3,10,17,24	2:00 pm	Chess Club
Thurs.	Feb. 3 & 17	12:30 – 2:15 pm	Bowie Senior Computer Club
Thurs.	Feb. 3	12:30 pm	Bingo
Thurs.	Feb. 3	10:30 am	Green Team – environmental group
Fri.	Feb. 4,11,18,25	9:00 – 10:00am	Walk Aerobics & Strength
Fri.	Feb. 4,11,18,25	10:00 am	Healthy Lifestyles
Fri.	Feb. 4,11,18,25	12:30–2:00pm	Piano Lounge
Fri.	Feb. 4,11,18,25	12:30-4:00pm	Duplicate Bridge (sign-up necessary)
Fri.	Feb. 4,11,18,25	3:00-4:30pm	Table Tennis
Fri.	Feb. 4	10:00-11:00 am	Injury Screenings: A board certified orthopedic physical therapist will answer personal questions about aches and pains.
Mon.	Feb. 7	12:30 pm	Armchair Tour: <i>Halifax: A City of Destiny</i> Host Bill Cramer
Mon.	Feb. 7,14,28	10:00 am	Wii game
Mon.	Feb. 7,14,28	1:00 pm	Mahjong

Bowie Senior Center Events – Continued

Mon. Feb. 7,14,28	1:00 pm	Pinochle
Mon. Feb. 7,14,28	12:00-4:30pm	Table Tennis
Mon. Feb. 7,14,28	1:00 pm	Writing Memoirs Group
Mon. Feb. 7	10:30 -11:45 am	Diabetic Support Group
Tues. Feb. 8	10:00 am	Caregiver Support Group
Tues. Feb. 8	12:30 pm	Trivia with Herb
Wed. Feb. 9	10:00 am	Aging Issues Support
Wed. Feb. 9	11:00am-12noon	Mental Health Services: <i>A Geriatric Nurse Counselor is available once a month for individual free one-time-only consultations. Call for appointment 301-809-2300.</i>
Thurs. Feb. 10	10:00 am	<i>Experience Africa – presented by former Ambassador to the Republic of Niger, Bernadette M. Allen.</i>
Thurs. Feb. 10	12:30 pm	Bingo
Thurs. Feb. 10	10:00-11:00 am	Blood Pressure Screening
Sat. Feb. 12	8:30am-1:00pm	American Red Cross Blood Drive. Open to the community. To schedule an appointment call 1-800-Red-Cros.
Mon. Feb. 14	11:00 am	Health Awareness Presentation: <i>Comforting one who is grieving. What to say and not to say. Also, Heart Health month.</i>
Mon. Feb. 14 & 28	10:30am -12:30pm	Bowie Single Society (for seniors 55+)
Art on display throughout February		Artist of the Month (continued) Larry Levin; Drawing and Watercolor.
Tues. Feb. 15	12:30 pm	Reminiscence Group: <i>African-American Inventors</i>
Tues. Feb. 15	11:00 am	Fireside Chat: Black History Month <i>“Life & Music of Mavis Staples”</i> with Information & Referral Specialist.

Bowie Senior Center Events – Continued

Wed. Feb 16	10:00am –12:00 pm	Free Hearing Screening: <i>Audiologist available</i> Appointments necessary 301-809-2300.
Thurs. Feb. 17	10:00-11:30 am	Blood Pressure Screening
Thurs. Feb. 17	10:00 am	Bingo
Thurs. Feb. 17	12:30 pm	Birthday Sing Along
Thurs. Feb. 17	3:00 pm	Book Club: <i>Well Considered</i> Meet the Author, Richard Morris for Book reading and discussion. All are welcome.
Mon. Feb. 21	Senior Center Closed – President’s Day	
Tues. Feb. 22	12:30 pm	Fashion Show
Wed. Feb. 23	12:30 pm	Armchair Tour: “ <i>Little Europe</i> ” Host, Frank Evans
Thurs. Feb. 24	10:00 – 11:00 a.m.	Blood Pressure Screening
Thurs. Feb. 24	10:30 p.m.	Health Presentation: <i>Osteoarthritis,</i> <i>Causes and Treatment</i>
Thurs. Feb. 24	6:00 pm	Caregiver Support Group
Mon. Feb. 28	12:30 pm	Wayne’s Musical Memories
Mon. Feb. 28	10:00am-12:00pm	Parkinson’s Support Group

Bowie Senior Center Upcoming Events

AARP Tax Preparation

AARP Tax Preparation Volunteers will be at the Center to assist senior adults each Wednesday beginning February 2 through Wednesday, April 13. Seniors must make an appointment by calling the Senior Center between 10:00 a.m. to 2:00 p.m. Monday through Friday at 301-809-2300.

S.A.G.E. - Continuing Education Class Registration

The Senior Center is fortunate to partner with the PGCC *SAGE (Seasoned Adults Growing Educationally)* program to offer a variety of over 70 classes each week at our Center. Registration occurs 3x a year for each semester which generally runs for 14 weeks. There are 3 ways to register with the college: Online through Owl Link, Mail-in, or In-Person. A \$50 registration fee is payable to PGCC. Students may choose classes in Art, Finance, Health & Fitness, History/Social Studies, Humanities, Languages, Music, and more. Class topics include: *Vietnam During Kennedy's Administration, American Sign Language, How to Design & Illustrate Children's Books, Paris' Louvre Museum, Creative & Critical Thinking Skills, Current Issues, Jewelry Making, Quilting, Knitting & Crocheting, Stained Glass, Drawing, Environmental History – Coastal Mysteries Resolved, Etymology, Estate Planning, French, German, Spanish, Tai Chi, Yoga, Pilates, Enhance Fitness, Line Dance, Ballroom Dance, Dance Variety, Cinematic Images of England, Modern Voices, Poetry of Jewish Events/Christian Scripture, Tales for the Midlife Traveler, Piano, Music Appreciation, Watercolor, Studio Fine Art, Tap Dance, American History. Classes are offered Monday through Saturday.* The Spring semester begins the week of February 7. A description of each class and registration information is available at the Senior Center front desk.

Train Display for the Young and Old

Ted Tuck's annual Train Garden is on display at the Senior Center through mid February. Members of the community are welcome to stop by to visit the trains during Center hours. Grandparents are encouraged to enjoy this delightful experience with their grandchildren.

Fireside Chat - Black History Month

In recognition of Black History Month, Information & Referral Specialist, Gloria Gaddy will highlight the life and music of Mavis Staples on Tuesday, February 15 at 12:30 p.m. We will celebrate how this Rock & Roll Hall of Famer and soul/gospel legend's life has impacted the world. Through her new anti-album, *You Are Not Alone*, she now emerges with new energy. Join us!

Experience Africa

Come and share Ms. Bernadette M. Allen's (former Ambassador to the Republic of Niger) early experience on the continent in the U.S. diplomatic service, culminating with her most recent experience as the United States Ambassador to the Republic of Niger. She will focus on some of the challenges on the continent, as well as provide images of the rich cultures she had the privilege to experience over the course of her 31-year diplomatic career. The presentation will be on Thurs., February 10 at 10:00 a.m.

Come Meet the Author

The Bowie Senior Center will host local author Richard Morris (*Well Considered*) for a book reading/discussion on Thursday, Feb. 17 at 3:00 p.m. *Well Considered* is a multilayered thriller set in a place "very similar" to Bowie. The story centers on Ron Watlins who learns that his great-grandfather, Thomas, was murdered by a mob in Maryland in 1907. He is driven to seek proof: that Thomas was an innocent victim to protect his children's pride in their family, and race from those who might assume that Thomas committed some crime that incited the violence. This event is open to all seniors. Bring your friends to meet the author.

Fashion Show

Models from the Center will be showcasing fashions right out of their own closets. Senior Center member, Rose Foreman will coordinate the event. Inward beauty and charm will radiate outward during this enchanting show. Join us on Tuesday, February 22 at 12:30 p.m.

Intergenerational Event – open to the community

“Celebrate Reading” Event for Grandparents & Grandchildren

You are invited to “Celebrate Reading” at the Bowie Senior Center 14900 Health Center Drive, Bowie, MD on Tuesday, March 1 from 6:30 p.m. – 7:30 p.m. Sign up by calling the Center at 301-809-2300 or stop by the front desk to register.

We are encouraging grandparents to bring their grandchildren and a favorite book to this fun intergenerational event. Children may volunteer to read a short paragraph aloud from their book. We want everyone to celebrate reading! Come and enjoy quiet story time, cookies and hot cocoa. Wear cozy pajamas. There is no admission fee but if you can, *please bring a new or gently used children’s book to be donated to a local shelter.* RSVP by February 25.

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