

The News

Volume X Issue Four



Bowie Senior Center, Where The Finest People Meet.

Lost Your Newsletter? Log on to the Web

Misplaced your copy of *The News*? Don't panic! You can always find the Senior Center newsletter on the internet. Just log on, type "bowieseniorcenter.org" into your browser window and open up the Senior Center's web site. Click on "Center Newsletter" in the column at the left side of the home page, and the current edition of the newsletter will pop up on your screen.

Also, the Center's web site is a handy spot to review the Activity Calendar, check out upcoming trips/events or get information on classes. There's always a lot going on at your Center. The Center's web site is an easy way to keep up with all the information.

Volunteer Appreciation

*"I expect to pass through life but once.
If, therefore, there be any kindness I can show,
or any good thing I can do for any fellow being,
let me do it now . . ."*

William Penn

With great kindness and a giving spirit, 100 volunteers have given 10,000 hours of service at the Bowie Senior Center this past year. They have shared their time and talents in a variety of ways, so that others may benefit. Each April (for National Volunteer Week) we honor these generous individuals with a special celebration. Volunteers will be invited to a luncheon which will be held on April 18 at 11:00 a.m. When you see a volunteer, please take a moment to say "Thank You."

Artist of the Month

Richard and Ann Rohlfing are both members of the Bowie-Crofton Camera Club. They have won awards for their photographic endeavors from their club, local, and national organizations.

Previous solo exhibits include the old Capital Center Gallery, Quiet Waters Park in Annapolis, the National Wildlife Visitor Center and the Bowie Senior Center. Their work has been accepted and received recognition in shows at Montpelier. They have also exhibited at the Maryland Federation of Art in Annapolis, the Slayton House Gallery in Columbia and at Bowie City Hall. An Artists Reception will be held on Thursday, April 9 at 7:00 p.m. All are welcome.



Activities

Room assignments for Classes/
Meetings/Games are listed daily
on an easel in the lobby.

Reining in Utility Bills

Are those monthly utility bills getting out of hand? A BGE Energy Education Workshop is a great way to learn about low-cost and no-cost ways to cut home energy usage. Tips that can help save up to 20% on utility bills will be spelled out by a BGE energy educator at 10:30 a.m., Thursday, April 23 at the Bowie Senior Center. Please register at the front desk or call the Center at 301-809-2300.

Aerobics Program

Join our low impact/bio aerobic program. It is a 60 minute cardiovascular conditioning program designed for the senior adult. It is conducted by Jill Snellings. Classes are held Tuesday and Thursdays, from 9:00 a.m. to 10:00 a.m. for 8 weeks. The cost is \$38.00 for Residents and \$45.00 for Non-Residents. This fee covers two days a week for the 8 weeks. There is also available a class fee of \$19.00 for Residents or \$22.00 for Non-Residents for one day a week for the 8 weeks. The classes will begin on Tuesday, April 7.

Evening Social at the Piano Café

You and your friends are invited to join musician Jim Turk, for a pleasant and relaxing evening of piano music in a casual social setting. Good company and light refreshments will be enjoyed at the *Piano Café* on Thursday, April 23 from 6:30 p.m. – 8:00 p.m.



Tip from the "Green" Team



I know it's hard to believe, but Spring is just around the corner! It's time to think green in the garden. Check out the fertilizer you use to encourage growth. Is it friendly to the Chesapeake Bay? Do you use a bug killer that is organic? These products are pricier, but better as "green" products.

Also, when choosing perennials for the garden, look at plants that are drought resistant as well as non-invasive.

The Team meets every second Thursday, of the month. Join us!.



Armchair Tours

Caucasus at the Crossroads

Join Bill Cramer at 12:30 p.m., Wednesday, April 15, for a visit to the Caucasus, an unstable area in the news these days. Stops include Krasnodar, a large city in the North Caucasus; Sochi, Russia's top sea resort and future Olympic site; Novorossiysk, an heroic city on the Black Sea, site of an epic naval battle in WW II and Tbilisi, the capital of Russian-occupied Georgia.

Alaska and the Inside Passage

Beginning in Anchorage, this tour includes Denali National Park and Preserve, Fairbanks, a cruise on the Chena River, an Indian Village, the Mendenhall Glacier, Juneau, Glacier National Park, Sitka, and a cruise along the Inside Passage to Vancouver, British Columbia.

Join host Frank Evans on this tour at 12:30 p.m., Wednesday, April 22.

What the Bowie Senior Center Means to Me

Having been a member of the Bowie Senior Center for seven and half years, I can truly say it has meant more to me than words can express. I have met many that have come and gone. At times, this causes me to feel a bit sad. "But that's life".

During the time I've been here, I have participated in some of the many activities the Center offers, which have been very fulfilling to say the least. The staff is very friendly and always ready and willing to help in any way they can.

So, I say thanks "Bowie Senior Center" for being there.

P.S. We have outstanding bus drivers!

Emma E. Jones

Ceramics Beginner Class



Join our Beginner/Refresher Ceramic class to learn the basic fundamentals of ceramics, while making decorative projects to keep or give as gifts.

Classes will be held on Wednesdays, beginning April 8 from 9:30 a.m. until 11:30 a.m. The registration fee is \$25.00 for Residents and \$30.00 for Non-Residents.

There will be an additional lab fee of \$30.00 for all the necessary brushes and supplies to complete the 5 projects in the class. Register at the front desk.

Beyond 80

Grumbings of a Crabby Old Man

Years ago many newspapers offered readers tidbits from the past under a heading like “Looking Backward” or somesuch. This feature listed events from “Ten Years Ago,” “Twenty Years Ago,” “Thirty Years Ago,” and sometimes even 40 or 50 years ago.



When I went to work in 1952 as a fledgling newspaper reporter in Gary, Indiana, one of my duties was to compile this assortment of historical trivia. It was not considered a plum assignment. Sitting in a darkened room scrolling through microfiche files of old newspapers was not likely to put a cub reporter on a path to a Pulitzer Prize. From time to time, however, rummaging through the past turned up nuggets that made the eyestrain almost worthwhile.



In 1912, for example, Judge E.H. Gary, chairman of the U.S. Steel Corp., curtly dismissed the radical notion of an eight-hour work day in the mills. “Twelve-hour shifts were essential to make steel,” he declared. It wasn’t until 1937 that he was proved wrong.

In 1932, as the Great Depression worsened, Communists were blamed for rioting at St. Louis City Hall. This news took me by surprise. After all, I lived less than 40 miles from St. Louis at the time. I was only 3, but it seems like somebody should have mentioned this as I was growing up. C’mon! Communists right on our doorstep!

With the nation once again wallowing in the economic pits, comparisons with the Great Depression are common these days. I should tell my grandchildren that I was there, that I lived through the Depression, but they would only yawn. And maybe they should. I was a poor witness to the Great Depression because I didn’t really know it was going on.

My family was poor in the 1930s, but so was everybody else in the town where I grew up. When everybody’s poor, nobody feels disadvantaged. We took in boarders. The summer kitchen at the back of the house was turned into a bunkhouse for 10 or so men who worked at a local saw mill turning out barrel staves for distillers in Kentucky. I thought it was wonderful having a crowd for supper every night.

The New Deal brought electricity to Grandma Schuette’s house out in the country. The kerosene lamps were doused and a real radio replaced the battery-powered, static-prone model that used to bring us Jack Benny on Sunday evenings.



A concrete highway (we called it the “slab”) was built, linking us with other towns to the east. The WPA contributed a municipal sewage treatment plant, promising an end to those shivery winter hikes to the outdoor privy. A new school lunch program featured butter beans as a staple on the menu. I can only guess that butter beans were in great surplus at the time and I haven’t liked them since.

I was too young to know when the Great Depression started and too dumb to know when it ended. But I’m going to keep a closer eye on the situation we’re in right now. If butter beans turn up on the dinner table, I’ll know we’re really in for it.

Paul Schuette

Special Groups

Reminiscence: Advertising Slogans

The point of any company's ad campaign is to lure the customers to buy their products. Some of the slogans and images are unforgettable like *Tony the Tiger* saying his "Frosted Flakes are GRE-A-A-AT!" One of my favorite ads from my childhood is *Oscar Mayer's* advertising jingle, "My Bologna has a first name: it's O-S-C-A-R," and their famous *Weinermobile*. Come join us for a fun discussion on what slogans stick in your mind. Which ones do you think were unforgettable and which ones do you think are forgettable?

Tuesday,
April 14,
at 12:30

Special Groups Meetings		
Advisory Board	First Tuesday	10:00
Armchair Tour	Fourth Wednesday	12:30
Book Club	Third Thursday	3:00
BSS (Bowie Single Society)	Second and Fourth Monday	10:30 — 12:30
Computer Club	First and Third Thursday	12:30—2:15
Green Team	Second Thursday	10:30
Magic Club	First Wednesday	10:00
NARFE Counseling (Federal Retirees)	First Tuesday	10:00 — 12:00
Senior Chorale	Every Thursday	2:30
Writers Group	Every Tuesday	9:30 — 11:30
Games		
Billiards	Daily	Center hours
Bridge (Sign-up necessary)	Every Tuesday	1:00 — 4:00
Duplicate Bridge (Sign-up)	Every Friday	12:30 — 4:00
Chess	Every Thursday	2:00 — 5:00
Mahjong	Every Monday and Thursday	1:00
Pinochle	Every Monday and Thursday	12:30
Scrabble	Every Wednesday	1:00
Table Tennis	Every Monday Every Tuesday Every Wednesday Every Thursday Every Friday	12:00—4:30 3:15—6:00 3:00—4:30 12:00 — 3:00 3:00—4:30
Table Shuffleboard	Daily	Center hours
Wii Game Night & More	Every Tuesday	6:30 — 8:00

April Classes

Monday	Tuesday	Wednesday
10:00 Watercolor/Adv. (CC)	9:00 Ceramics/Int. (F)	9:00 Basic French/ Conversation (CC)
10:00 Tai Chi (CC)	9:00 Bio-Aerobics (F)	9:30 Art History (CC)
10:00 Literary Shorts (CC)	9:30 Writer's Group (V)	9:30 Ceramics/Beg (F)
10:00 Let's Sing (CC)	10:00 Studio Fine Art (CC)	9:30 Angels & Spiritual World (CC)
10:00 Jewelry Making (CC)	10:00 Current Issues (CC)	9:30 Ki Gong (CC)
10:00 Wii Game (V)	10:00 Computers/Beg. II (F/V)	10:00 Watercolor (CC)
12:00 Computers/Beg. I (F/V)	10:00 Knit/Crochet (CC)	11:30 Conv. French/ Cultural (CC)
12:00 Table Tennis	10:00 Basic Fitness (CC)	12:30 Watercolor/Int. (CC)
12:30 Stain Glass/Beg. (CC)	10:00 Spanish/Beg. (CC)	12:30 Jewelry Making (CC)
12:30 Drawing/ Graphite (CC)	10:00 Crafts (V)	1:00 Scrabble
12:30 Literature/World Religions (CC)	10:30 Balance & Strength (V)	1:00 Tai Chi (CC)
12:30 Dance Variety (CC)	12:00 Piano (CC)	2:00 Drawing I (CC)
12:30 Pinochle	12:30 Devil and Faust (CC)	2:00 Estates, Trusts II (CC)
1:00 German (CC)	12:30 American History (CC)	3:00 Table Tennis
1:00 Mahjong	12:30 Stained Glass/Adv. (CC)	
2:00 Writing Memoirs (CC)	1:00 Line Dancing (CC)	
2:30 Ballroom Dancing/Adv (CC)	1:00 Bridge Club	
2:30 Drawing II/Colored Pencil (CC)	2:00 Music Appreciation (CC)	
	2:00 Spanish II (CC)	
	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:15 Computers/Photoshop Ele- ments II (FV)	
	6:30 Wii Games and More	

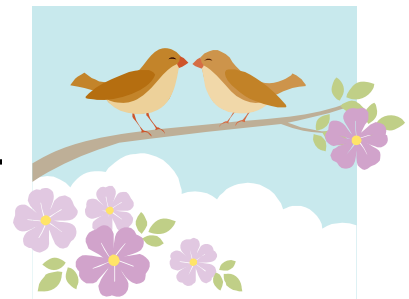
Monday Special

April 13

Wayne's Musical

Memories (12:30 p.m.)

CC = Community College,
Spring Classes at the
Senior Center
Semester Feb. 9—May 22
V = Volunteer, Staff
F/V = Fee/Volunteer



And Activities

Room assignments for Classes/
Meetings/Games are listed daily
on an easel in the lobby.

Thursday	Friday	Saturday
9:00 Ceramics/Int. (F)	9:00 Bonsai (V)	9:00 Yoga/Adv. (CC)
9:00 Bio-Aerobics (F)	10:00 Quilting (CC)	11:00 Wt. Training/Adv. (CC)
10:00 Song Lyrics (CC)	10:00 Watercolor (CC)	11:00 Yoga/Beg (CC)
10:00 Computers/Beg. II (F/V)	10:00 Labyrinth Living (CC)	12:45 Wt. Training/ Beg. (CC)
10:00 History/Fred Zinneman (CC)	10:00 Tai Chi (CC)	
10:00 Yoga (CC)	10:00 Morning Stretch (V)	
12:00 Pilates (CC)	12:00 Computers/Pre Beg (V)	
12:00 Table Tennis	12:30 Quilting (CC)	
12:30 Tap Dance (CC)	12:30 Bridge Club (Duplicate)	
12:30 Pinochle	12:30 Art Studio (CC)	
12:45 Bingo with Prizes	1:00 Domestic Terrorism (CC)	
1:00 Current Issues (CC)	1:00 Tai Chi Dao Yin Chinese Flexibility (CC)	
1:00 History/Hollywood (CC)	2:30 Art Studio (CC)	
1:00 Mahjong	3:00 Table Tennis	
2:00 Chess (V)		
2:30 Senior Chorale		
3:00 Ballroom Dancing/Beg (CC)		
6:15 Line Dancing (CC)		
6:15 Computers/Photoshop Elements II (FV)		
6:30 Meditation 1st/3rd Thurs(CC)		

Friday Special
April 3, 10, 17, & 24
Piano Lounge (12:30 p.m.)

April 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Thursday Special
April 16
Birthday Sing-a-Long
(12:30 p.m.)

**Helen Barnes
To Retire**

Helen Barnes, who has led support groups at the Center for the past 15 years, is retiring May 1.

She is a geropsychiatric nurse counselor with the Prince George's County Department of Family Services' Area Agency on Aging.

Mrs. Barnes has been coming to Bowie every month over the past 15 years to help the Center's members deal with aging-related problems such as adjusting to moving in with relatives, or coping with the challenges of aging in place.

She also has done individual counseling to help people suffering from mild to moderate depression, anxiety over health issues or other problems.

Mrs. Barnes will be missed by the Center's staff and the many members she has helped over the years.

Transportation

Sign-up for May begins:

Tuesday April 21—City of Bowie Residents (10:30 a.m.)

To be part of the lottery you must arrive by 10:30 a.m.

Thursday, April 23—Non-City of Bowie Residents

Three Special Shuttle Services

Special shuttle services are now available through the Center, on Tuesday, Wednesday, and Friday. Sign-up at the front desk is necessary, and the cost **will be \$.50 each time you board the bus.**

Anyone 55 years or older with a current registration card may use the service.

The Tuesday and Wednesday shuttle service makes a loop from the Center to Kohl's, Target, Wal-Mart and returns to the Center.

Departures from the Center will be at 10 a.m., 11 a.m., and 12 p.m. There will be a final RETURN ONLY loop at 1:00 p.m.

The Friday shuttle service makes a loop from the Center through Bowie Town Center and returns to the Center.

Departures from the Center will be at 10 a.m., 11 a.m., and 12 p.m. There is a final RETURN ONLY loop from Town Center at 1:00 p.m.

April Trips	
3	Harrington Slots
13	"Hairspray" (the movie) @ P.G. Publick Playhouse
15	Lunch Bunch @ Empire Buffet
20	US Capitol Visitor Center
24	Queene Anne Prime Outlets & Cracker Barrel Restaurant
29	Ocean Hall – Museum of Natural History

May Trips (tentative)	
5	Lunch Bunch @ The Olive Garden
7	Bowie Baysox and Buffet
12	National Arboretum
15	The Inner Harbor, Baltimore
20	"Footloose" @ Lorenzo's Dinner Theatre
29	FDR Memorial & The Reagan Building



Footloose



The play is adapted from the 1984 film of the same name starring Kevin Bacon. This is the story of a young man who moves from the city to living in a puritanical small town. In this town, dancing and rock 'n 'roll are forbidden. Watch how this young man introduces music and dance, and thus, transforms a town!

Happenings

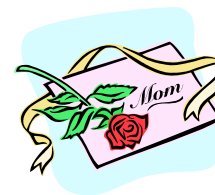
May Day Celebrations

Free Legal Clinic For Seniors

“Living Today For a Better Tomorrow” LAW DAY 2009, the topic for this month. Have you thought about how important it is to have your Living Wills/Advance Medical Directives in place? Maybe you said “I’ll get around to it and never have.” Well, here is your chance to have professional assistance and your questions answered. On May 1 from 10:00 a.m.-2:00 p.m. an attorney will be at the Center to assist you. Please call the Center at 301-809-2300 to register.

Sponsored by, the Maryland State Bar Association Elder Law Section Council, Prince George’s County Advisory Commission on Aging, and Prince George’s County Department of Family Services.

Mother’s Day Sellabration



Friday, May 1,
9:00 a.m. to
1:00 p.m.
Bowie Senior
Center

The Center would like a great Mother’s Day for you and all the wonderful women in your life. We have arranged an exciting, convenient venue of assorted, appropriate Mom’s day gifts and services as part of our *Bowie Senior Center Spring Event*. Come and invite your family and friends, young and young-at-heart, to join you for this special Mother’s Day shopping event (cash or check only). There will be door prize drawings for seniors, as well as special savings for all attendees.

Sellabration! Join us and have a good time.

Bocce Ball, Horseshoes

The Center’s newly-constructed bocce ball court and horseshoe pits will have their grand opening for play on Friday, May 1 at 1:00 p.m. Both facilities are located near the gazebo at the rear of the Center building.

The first order of business will be a “thank you” to the Bowie Lions Club, which provided funding and leadership in carrying out the project. City of Bowie crews started last fall to handle the construction.

Most likely, Center members are familiar with the game of horseshoes; but the traditional Italian sport of bocce ball is something else again. Bocce ball coordinator, Frank Sallustio says about half of the 40 people who have signed up have never played before.

Sallustio hopes to have a number of bocce ball veterans, from Baltimore’s Little Italy, on opening day to demonstrate how the game is played. There may also be pick-up games, so Center members can try out the court.

“The facility will feature a scoreboard that was built to match those in use at the bocce ball courts in Baltimore,” Sallustio said.

Wellness

Keeping the Fitness Room Fit for All

With the increase in our fitness room membership, it is important

- that everyone respect others who use the room, and
- help the staff by obeying the rules that have been set to maintain safety, cleanliness, and the workout flow of the room.

As a reminder, here are some of the rules some members are often forgetting:

1. All users must sign a liability/waiver and go through a scheduled orientation in order to get a fitness room pass. When you are in the fitness room, a room pass must be worn visibly at all times .
2. Proper attire is required to use this room. Tennis shoes or athletic shoes with proper tread are required. Loose fitted clothing is recommended. No sharp objects in your pockets when using the weight machines.
3. Please respect our 30 minute limit on all of the aerobic equipment. Please do not sit on the equipment and “socialize.” Use the machine and move on, so that others can finish their workout.
4. Please respect the fitness room closing hours. Plan your workout times so that you are finished before closing time. Remember that our fitness room is closed for two hours on the first Wednesday of every month from 1:00 p.m. to 3:00 p.m. for monthly maintenance on the machines. Also, the room closes every Saturday at noon for the “SAGE” weight training class. Please plan your workouts around these hours.
5. Cleaning supplies are furnished for members to help keep our equipment clean and sanitized. Please try to be thrifty with the use of our sanitizing wipes. You can use one wipe for more than one machine.

As always your cooperation is always appreciated, in keeping the fitness room clean, safe, and a good place to workout .

Elaine Kackley, Wellness Coordinator

Sleep Center Presentation

A representative from Sleep Services of America will speak on various topics and give helpful tips on Sleep Apnea, Restless Legs Syndrome, Narcolepsy and Insomnia. The program is scheduled for Thursday, April 9 at 10:30 a.m. Registration recommended.

Nurse on Duty

A nurse from Prince George's County Health Department is available for blood pressure screening and health information on the first Thursday of the month:

Thursday April 2, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Friday, April 10, 9:00 a.m.—11:00 a.m.

Thursday April 23, 10:00 a.m.—11:00 a.m.

Mental Health Services

A counselor from Prince George's County Family Services, Aging Division, is available one day a month for individual free *one-time-only* consultations. Call to make an appointment for a session by calling the Center at 301-809-2300.
The Counselor is available

Thursday, April 16, 10:00 a.m. —2:00 p.m.



Massage

Pat Durning, Certified Massage Therapist, offers **free** 15 min. mini-massages for shoulders and back! Appointments necessary.

Wednesday, April 1, 11:00 a.m.-12:00 p.m.

Hearing Screening

An audiologist from either Hearing Professionals, Inc. or Bowie Hearing Center will be available at the Center for hearing screenings once a month.

Appointments necessary.

Hearing Professionals, Inc. Wednesday April 15 1:00 p.m.—2:00 p.m.



Special Interest Groups

Aging Issues Support <i>(Life Changes)</i>	<i>Thursday, April 16</i>	11:00 a.m. - 12:00 p.m.
Diabetes Support	<i>Wednesday, April 8</i>	10:00 a.m. -11:00 a.m.
Caregiver Support <i>Facilitator</i> <i>Rosemary Allender</i>	<i>Second Tuesday</i> <i>Fourth Thursday</i>	10:00 a.m. -11:00 a.m. 6:00-7:00 p.m.
Weight Management Support	<i>Every Friday</i>	11:00 a.m. -12:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, April 1</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, April 27</i>	10:00 a.m. - 12:00 p.m.

The Center

Notary



Notary services by appointment

Bowie Senior Center, Where The Finest People Meet.



Bowie Senior Center

14900 Health Center Drive Bowie, MD 20716

www.bowieseniorcenter.org

Alternative versions of this newsletter are available upon request. Call the Senior Center at 301-809-2300.

The Center is open to all independent seniors, 55+

The hours of operation are: Monday, Wednesday, and Friday, 8:30 a.m. to 4:30 p.m.; Tuesdays and Thursdays, 8:30 a.m. to 8:30 p.m.; and Saturdays, 8:30 a.m. to 2:30 p.m.

For information about current programs or to obtain the day trips schedule, stop by the Center for the Monthly Newsletter and Trip List, or visit our web page www.bowieseniorcenter.org or call the Senior Center at 301-809-2300.

- Manager..... Kathy White
- Assistant Manager Laurel Raymond
- Transportation Sue O'Toole
- Wellness Coordinator . Elaine Kackley
- Information & Referral Specialist
..... Gloria Gaddy
- Program Assistants. Betty Joubert, Judith Lorenz,
..... Lori Lackey, Diana Shrader,
..... Jenny Tringali
- Receptionist Pat Dunston
- Maintenance Ray Esguerra, Harry Booth
- Nutrition Manager Mary Garman
- Bus Drivers... Joe Clark, Bob Long, Robert Garland,
..... Gary Harash, John Kylus, Dean Moore,
..... Venard Gray, John Scanlon, Darryl Stafford,
..... James Woodard, Dario Ciuffetelli

Phone Numbers:

- Senior Center 301-809-2300
- Transportation..... 301-809-2324
- Weekday Nutrition..... 301-809-2356

Prince George's County Senior Information/Assistance .. 301-265-8450

Prince George's County (Aging Services) Home Delivered Meals .. 301-265-8475

Services



Transportation Services

The City of Bowie Transportation Services offers (within the city limits of Bowie) curb-to-curb transportation for Bowie senior citizens and individuals with disabilities. This service is for medical appointments, shopping, Center activities, Senior Clubs, and other trips on a priority basis.

A lift-equipped van is available for those in need. Please, let staff know of need for a lift-equipped van when making a transportation appointment. **A minimal \$.50 donation each way** is requested.

To make an appointment, call **301-809-2324**.



Nutrition Program

Meals are served at the Center, Monday through Friday at 11:45 a.m. The meals are provided through the Prince George's County Department of Family Services, Aging Division, Nutrition Program (formerly known as the Food & Friendship Program).

The county pays \$4.49 per meal. Seniors are asked to donate as much as they can. Suggested donation is \$2.50. **Reservations are required 48 hours in advance.** Cancellations should be made as soon as possible.

Call **301-809-2356**.