

The
News

Volume X Issue One

Bowie Senior Center, Where The Finest People Meet.



Happy New Year 2009

A new year, a new resolution is all about change and new (or oft-repeated) goals.

For 2009, let's all start a new goal with an actual *Bucket List* that consists of things to do; people to see, and places to visit. It can be (1) a simple, ongoing hand-written list; or (2) a nice notebook with cut-out magazine pictures and itineraries for places to visit, people to see, meals or desserts to prepare, etc; or (3) a very organized computer folder (you know, an electronic bucket). You can turn your Bucket List into a life project by marking off completed things and adding new ones.

You can pick up a blank Bucket List at the front desk and get busy adding to your Bucket List. You might want to share it with us. Could you possibly fulfill some of your wishes at the Center?

You could take a trip with an Armchair Tour, or take one of our monthly trips. You could learn a new language –Spanish, maybe. You could trade recipes for a gourmet dish, or learn a new craft or game. Remember you could also add some acts of kindness to your Bucket List.

Spring PGCC Classes

Registration for Spring Classes:

Tuesday, January 13, 10:00 a.m. – 12:00 p.m.



The Bowie Senior Center is fortunate to host a wide variety of non-credit educational opportunities for adults 60 years and older. This program, known as **SAGE** (Seasoned Adults Growing Educationally), is sponsored in Prince George's County by the State of Maryland. Participants pay Prince George's Community College (PGCC) a \$50.00 registration fee per semester, and may enroll in classes of interest that include: Art, Music, History, Literature, Health & Fitness, Finance, Humanities, Dance, and more.

The spring semester begins the week of February 9. Additional information is available at the Center's Front Desk.

Center Closings

January 1
for New Year's
January 19
Martin Luther King's
Birthday

Activities

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



Armchair Tour

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 Alaska Highway into Canada's Yukon Territory, Skagway, the Mendenhall glacier, Juneau, Glacier Bay National Park, Sitka, and a cruise along the Inside Passage to Vancouver.

Join Frank Evans on this tour at 12:30 p.m. Wednesday, January 28.

"Smart Card"

The Metro offers a *Smartrip Card* for all seniors over 65 years of age. Seniors will be able to ride the rail and the bus services for half fare. To learn more about the Metro services, please attend the presentation on Thursday, January 8, at 10:30 a.m. at the Bowie Senior Center.

Aerobics Program

Join our low impact/bio aerobic program. It is a 60 minutes cardiovascular conditioning program designed for the senior adult. Classes are held Tuesday and Thursdays, from 9:00 to 10:00 a.m. for 8 weeks. The cost is \$38.00 (Residents) or \$45.00 (Non-Residents) for 2 days a week. There is also a program for one day a week, \$19.00 for (Residents) or \$22.00 for (Non-Residents). Join Jill Snellings, the instructor, on Tuesday, January 20.

Tip from the "Green" Team

The Team visited the Prince George's County Materials Recycling Facility. It is run by Waste Management Recycle America. Ms. Courtney gave an excellent informative talk about recycled goods and their use, as well as a tour of the facility. This is a "single stream recycling" facility. The team was in awe of the abilities of the personnel involved in the separation. Tours are available to the public on weekdays only.

The "Green" team meets on the second Thursday of the month at 10:30 a.m. and welcomes new people.

Train's On Display

Ted Tuck's train garden is back and has a new location! The train display is located to your left as you enter the dining room. Ted's work is always so much fun and enjoyed by all. Don't forget to bring the grandchildren in to see the trains this year!

Message from Kathy White

Looking back over the activities of this past year, what do I see?

I see:

- a Center that is energized, and ready to experience the future.
- members that care about going green and saving the earth!
- members always looking to expand and enrich the Center programs with their suggestions!
- members supporting community projects, donating gifts for soldier's children, donating to the Bowie Pantry and caring for each other.

I see dedicated staff willing to do whatever it takes to make the Center successful. Laurel Raymond provided *Signature Programs* that highlighted specialties throughout the summer. This year the Labyrinth landscaping has been finished. Elaine Kackley and Volunteer Ginny Lerch have initiated programs that will enhance your use of the Labyrinth. *The Bowie Senior Center won a state award for the Labyrinth program!*

The Center now has a cyber café area with two public internet computers. Many volunteer hours have been given to set-up the computers and to keep them going. The Chorale has expanded to one hundred and eight members and provides wonderful holiday concerts. The fitness room has a new floor and new equipment and is very user friendly.

The Lions Club of Bowie provided funds to install a Bocce Ball court and horseshoe pit. The City of Bowie building and grounds crew did an outstanding job installing and landscaping the area behind the gazebo. Can't wait for spring, for an opening day Bocce Ball tournament. Table shuffleboard tournaments are going on now with more than 21 teams playing, and five to six tournaments a year.

Energy was and still is on our minds. The Center hosted a BG&E, Pepco and Washington Gas *energy fair* that provided much needed information. The addition of Information and Referral Specialist, Gloria Gaddy, has provided a resource link for members, and family members. The Center hosted a very successful *Information Fair* with more than 38 vendors and many program lectures.

2009 will be bringing an exciting event. The Center will have National Accreditation through the National Council on Aging and the National Association of Senior Centers. The Accreditation will put in place standards that will help in planning current and future activities of the Center. We are busy bringing together all the information for this journey.

We thank all the volunteers, staff and members who participate each and everyday.
May the New Year bring Peace and Joy to all, and may you enrich your lives by attending the Bowie Senior Center.

Kathy White, Manager

Beyond 80



Grumblings of a Crabby Old Man

If the public at large asked for my advice on picking a New Year's resolution for 2009, I would say, "ANSWER THE PHONE!"

That was once the custom, you may recall. Your phone would ring. You would pick it up. You would say, "Hello." The caller would say, "Hello." And a conversation would follow. That doesn't happen so much any more. When you place a call now, odds are you will get an answering machine.

I don't know if anybody has carried out a scientific study of who's answering their phones nowadays and who isn't, but I do know for a fact that I talked to many more answering machines than I did people in telephone canvassing for one of the candidates in the presidential campaign that finally came to an end November 4.



In this wondrous age of computerized databases and the internet, I was fed seemingly endless lists of voters and phone numbers I could call without stirring from home and hearth. I called people in Maryland, Virginia, Pennsylvania and Missouri. And who did I talk to? Answering machines, mostly.

Some people, I learned, still record their own messages to be played if the phone should ring: "You have reached the home of Joe the Plumber [not his real name], but Joe can't answer right now. Leave a name and number." That's just a recording, of course, but at least you are talking to somebody's own personal answering machine. Increasingly, however, people seem to be signing on to an answering service. "You have reached XXX-XXX-XXXX," a disembodied voice tells you, "but no one is available to take your call. Leave your name, number and a detailed message. Your call will be returned as soon as possible." The only thing missing from this canned message is the reminder, "Your call is important to us," repeated time and again while you're waiting to talk to a live person.

The reluctance of people to answer phones at home seems to disappear when they're out and about. In their cars or afoot, on the bus or sitting in a restaurant, they talk endlessly on their cell phones. The only time they stop talking on the cell is when they are text messaging. Or reading e-mail on that tiny telephone screen.

I'll confess that I have a cell phone myself, but I don't much like to use it. It's too little. I like a phone that stretches from mouth to ear, but cells don't come in that size anymore. I remember with some fondness the old phones with a receiver you put to your ear while talking directly into a separate mouthpiece. Admittedly, you couldn't drag that cumbersome model from room to room, a convenience of the cordless phone that I've come to relish.

Despite its shortcomings, I do answer my cell phone when it rings. And I generally answer the phone at home as well because I'm afraid I'll miss something if I don't. But if I don't answer, just let the phone ring five times. My answering service will pick up.

Paul Schuette

Special Groups



Reminisce Presidential Inaugurations

Inauguration Day, January 20, marks the swearing-in of the new President of the United States. Along with the “swearing-in ceremony,” there will be many festivities, including parades and many formal balls. Let’s get together on Wednesday, January 7 at 12:30 p.m, and reminisce about past inaugurations and their events. Let’s talk about this year’s event and how you plan to celebrate this special occasion.

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

January Classes

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

Monday Special

January 12

Wayne's Musical

Memories (12:30 p.m.)

CC = Community College,
Classes at the Senior
Center
V = Volunteer, Staff
F/V = Fee/Volunteer

Upcoming Blood Drives:
Jan. 10, Feb. 14 and
Mar. 14
Hours:
8:30 a.m.-1:00 p.m.

And Activities

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

| Thursday | Friday | Saturday |
|--|---|-------------------------------|
| 9:00 Bio-Aerobics (F) | 10:00 Quilting (CC) | 9:00 Yoga/Adv. (CC) |
| 10:00 Modern Poetry (CC) | 10:00 Watercolor (CC) | 11:00 Wt. Training/ Adv. (CC) |
| 10:00 Yoga (CC) | 10:00 Tai Chi (CC) | 11:00 Yoga/Beg (CC) |
| 12:00 Pilates (CC) | 10:00 Morning Exercise (V) | 12:45 Wt. Training/ Beg. (CC) |
| 12:00 Table Tennis | 12:00 Computers/Pre Beg (V) | |
| 12:30 Tap Dance (CC) | 12:30 Quilting (CC) | |
| 12:30 Pinochle | 12:30 Bridge Club (Duplicate) | |
| 12:45 Bingo with Prizes | 12:30 Art Studio (CC) | |
| 1:00 History/Middle East (CC) | 1:00 Terrorism & US Intelligence (CC) | |
| 1:00 Mahjong | 1:00 Tai Chi Dao Yin Chinese Flexibility (CC) | |
| 2:00 Chess (V) | 2:30 Art Studio (CC) | |
| 2:30 Computers/E-Mail & Internet (F/V) | 3:00 Table Tennis | |
| 2:30 Senior Chorale | | |
| 3:00 Ballroom Dancing/ Beyond Beg I (CC) | | |
| 6:00 Yoga (CC) | | |
| 6:15 Line Dancing (CC) | | |
| 6:30 Meditation (CC) | | |

Center Closings

January 1
for New Year's

January 19
Martin Luther King's
Birthday

Friday Special
January 2, 9, 16, 23, & 30
Piano Lounge (12:30 p.m.)

Thursday Special

January 8
Piano Café with Jim
(6:30 p.m.)

A Very Special Thank You!

For many, many years Anna Pacholkiw has donated to the Center wonderful crochet blankets and pillow shams, to be raffled at the Holidays.

Each blanket is done with love from the Heart of Anna. We are sending a *Warm Thank You* to Anna for her many donations.

January 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 | 31 |

Transportation

Sign-up for February begins:

Tuesday Jan. 20—City of Bowie Residents (10:30 a.m.)

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

Thursday, Jan. 22—Non-City of Bowie Residents

| January Trips |
|---|
| 7 Lunch Bunch @ DuClaws |
| 9 College Park Aviation Museum |
| 14 “Mid-Life Crisis” @ Toby’s in Columbia |
| 23 Bowie Railroad Station and Belair Stable |
| 26 Columbia Mall |
| 30 NEWSEUM |

| February Trips (tentative) |
|--|
| 3 Harrington Slots |
| 6 National Portrait Gallery |
| 13 Friendship Day at Bowie Senior Center |
| 21 Lunch Bunch |
| 24 “Road to Freedom” S. Dillon Ripley Center |

Harrington Raceway and Casino

Harrington is offering a special winter package for charter bus groups through February. Along with the \$15 Free Play, you also will receive a free trip to the luncheon buffet! You must present your Players Club Card. If you don’t already have a card ,you may obtain one upon arrival. Be sure to bring a valid photo ID! And be sure to bring good luck!

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.

Happenings

Weather Policy



- When Prince George's County Schools are **closed** due to inclement weather, the Bowie Senior Center will be **closed** for all member participation. Open for employees only.
- When schools are **opening 2 hours late** transportation services (including trips) and the Nutrition Program are cancelled for the day.
In addition, all morning classes scheduled before 11:00 a.m. are cancelled.
The Center will open at 11:00 a.m. for afternoon classes and activities.
- A one hour delay doesn't affect transportation, Nutrition Program or classes.
- If public schools close two hours early because of impending foul weather, all classes after 2:00 p.m. will be cancelled.
- During any time not governed by the above (weekends, evenings, summer and school holidays), there will be an announcement on the radio/TV, if the Center is closed or opening late.

The following is the first of "Thoughts" submitted
by members of the Center

Share Your Thoughts

The Bowie Senior Center is an integral part of our community and on behalf of the seniors and me, I wish to express our profound gratitude to the managers: Kathy White, Laurel Raymond and the highly skilled staff of the Bowie Senior Center.

Their remarkable energy, passion, ability and dedication to help us achieve the best possible solutions with the economic, cultural, and wide range of educational programs and the social aspect in the community is undiminished and also greatly appreciated.

Seniors possess a wealth of accumulated experiences and knowledge few younger persons can match. We have raised families, helped churches and schools and therefore are the backbone of our society.

I strongly urge seniors to take advantage of the great activities that the Center offers. The service is impeccable. This is a special opportunity for me to say "Thanks" and that I am incredibly proud and happy to be a member of the Center.

By Eunice Romano

Wellness

“Creative Side of Wellness” Open House

The Center will give you a glimpse of the programs that inspire seniors to discover their inner passion through the arts. With the guidance of talented instructors, the students are free to express themselves. The Center will have presentations, short readings, and displays of hand crafted jewelry, stained glass, art pieces, and more.



Mark your calendar and don't miss Bowie Senior Center's *Creative Side of Wellness* on Friday, January 16, at 10:00 a.m.-12:00 p.m.

Low Vision Resource Demonstration

Easter Seals is an organization devoted to helping individuals with various disabilities. On Thursday, January 22 at 10:30 a.m., Easter Seals will illustrate a variety of devices that will aid those with low vision in carrying out daily functions. Easter Seals low vision services are provided at no cost. Please sign-up at the front desk if you want to attend this demonstration.



My Rememberer

My forgetter's getting better
But my rememberer is broke
To you that may seem funny
But, to me, that is no joke.

For when I'm "here" I'm wondering
If I really should be "there"
And, when I try to think it through,
I haven't got a prayer!

Often times I walk into a room,
Say "what am I here for?"
I wrack my brain, but all in vain
A zero, is my score.

At times I put something away
Where it is safe, but, Gee!
The person it is safest from
Is, generally, Me!

When shopping I may see someone,
Say "Hi" and have a chat,
Then, when the person walks away
I ask myself, "who was that?"

Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke.

Please send this to everyone you know because I Don't Remember who I sent it to!

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:

No January Screening

A volunteer nurse is available for blood pressure screening:

Thursday, Jan. 8, 10:30 a.m.—12:00 p.m.

Thursday Jan. 22, 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, TBA 10:00 a.m. —2:00 p.m.



Massage

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

Wednesday, Jan. 14, 9:30 a.m.-11:00 a.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.

Bowie Hearing Center. Wednesday Jan. 21 1:00 p.m.—2:00 p.m.



Special Interest Groups

| | | |
|--|---|--|
| Aging Issues Support <i>(Life Changes)</i> | <i>Thursday, Jan. TBA</i> | 11:00 a.m. - 12:00 p.m. |
| Diabetes Support | <i>Wednesday, Jan. 14</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, Jan. 7</i> | 10:00 a.m. -4:00 p.m. |
| Parkinson's Support | <i>Monday, Jan. 26</i> | 10:00 a.m. - 11:00 a.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. 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



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.

Services

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 \$3.71 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.