

# The News

Volume X Issue Six



June 2009

*Bowie Senior Center, Where The Finest People Meet.*

---

## The Advisory Board Needs You!

Nominations are being accepted to fill the empty seats on the Center's Advisory Board. The Bowie Senior Advisory Board, established in June 2000, advises and assists the Senior Center Program Manager in the promotion of the principles and policies and procedures, as well as the provision of services, to the seniors of the City of Bowie.

The Board consists of nine (9) persons who must be fifty-five years of age or older, are registered to vote in the City of Bowie, and who have been members of the Center for at least six months. Each year three new members are appointed and serve for three years. If you are interested in serving on the board, please pick up the application and a copy of the Advisory Board Bylaws at the front desk. The deadline to submit applications is June 19. Appointments will be made by June 30.

## Tai Chi, Music & Storytelling



There will be a special fundraising program presented by Master Chung-jen Chang, his daughter Alice Chang and his students to benefit the Bowie Food Pantry and Emergency Aid Fund. Donations will be accepted.

Each donor will receive a piece of Chinese calligraphy, featuring favorite Chinese characters. Please join us for this remarkable demonstration and musical performance at the Bowie Senior Center on Saturday, June 27, at 11:00 a.m. Music by Beethoven, Chopin, and Chinese composers will be featured. **Open to the public.**



## Coffee With the Council

One or more members of the Bowie City Council will join us at the Center at 10:00 a.m. Monday, June 15, for an hour of coffee and conversation. Everybody's welcome. The coffee is free and the discussion should be lively.

This is your chance to offer suggestions and ideas about senior issues or other community concerns. All Center members are encouraged to take part.

# Activities

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

## In Memory Of

Recently, a dear friend and member lost his battle with Parkinson's and the complications of the disease. To honor Dan Howe's memory, the Bowie Lion's Club donated a Wii game set to the Senior Center. With this donation, Dan Howe's name will be added to the Senior Center's memorial plaque located in the front lobby. Take time to view the plaque for Dan's name, as well as others, who have donated so much to the Center.

## Nine Ball Tournament



A nine ball tournament is scheduled for 12:00 p.m. on Thursday, June 18. Monday, June 1, sign-up begins for Residents, and on Friday, June 5, for Non-Residents. There will be a fee of \$2.00 for all. Sign-up at the front desk. The billiard room will be closed to Non-Tournament players from 11:00 a.m.-6:00 p.m. on that Thursday. Spectators are welcome.

## Magic Carpet Cabaret/Dinner

Mark your calendar June 11, at 6:30 p.m., is the date for the Center's "Evening of Magic Cabaret." You will be enchanted and captivated by strolling magicians during the dinner hour, and a suspense filled, surprise packed hour-long stage show after dinner. Every performer is a member of the Center's Magic Club. The cost of the dinner/show is \$9.00 for Residents and \$11.00 for Non-Residents. Register by June 2.



## Artist of the Month

Margaret "Peggy" Gregory has been a resident of Bowie since January 1964. While having taken art courses here and there over the years, Ms. Gregory is basically self-taught. Normally, she paints realistic scenes in oil and watercolors concentrating on nature (mountains and seascapes) and flowers. Please join Peggy at the Artist's reception on Thursday, June 18,

## Survey Summary

The Participant Satisfaction Survey Questionnaire was provided Feb.-March. There was a grand total of 443 questionnaires completed by Center participants. Look for the complete summary of results next month.



## Armchair Tours

### High Above the Clouds in Colorado

Experience the rugged beauty and majesty of the Colorado Rockies. In the opening installment of a new series on the USA, Armchair Host, Bill Cramer, presents a 55-minute VHS video. "Explore Colorado" encompasses the Rocky Mountain and Mesa Verde National Parks, the Colorado Springs area, and mining towns and railroads. Join us at 12:30 on Wednesday, June 17.

### A Walk Through London Part II

Beginning with Whitehall, the Houses of Parliament and Westminster Abby, this tour visits historic and cultural sites including Buckingham Palace, Hyde Park, Kensington Palace, Victoria and Albert Museum, the South Kensington and Chelsea areas, then crosses the Thames to tour the South Bank complex of theatres and museums and the Silver Jubilee Walk.

Join Frank Evans at 12:30 p.m., June 24, for this concluding tour of London.

## Ceramics Beginner Class

Classes will be held on Wednesdays, beginning July 8 from 9:30 a.m. until 11:30 a.m. The registration fee is \$25.00 for resident and \$30.00 for non-residents of Bowie. Additional lab fee of \$30.00 for all the necessary supplies to complete 5 projects. Register at the front desk.

### What the Bowie Senior Center Means to Me

Music unites people on and off and across the lines of race, education level, social status and economic background.

I enjoy the simple things in life: a good meal, a close family life and a good song. Our dynamic music director Mr. Craig Sparks has, in some ways, enriched my life with his choice of mood music/songs.

Craig and his mother, Mrs. Paula Sparks, have demonstrated their professionalism and loyalty to the Bowie Senior Chorale, while retaining a wonderful and unique sense of humor. By sharing their passion for music, they take time from their busy schedules to teach the choir.

Aside from the fact that Craig is a good looking chap, he has the capability of activating and producing an effect. That's a rare thing you know. Energy—AYE! There's the rub. He is neat; he is great: watching him in action with the full range and power of his voice was truly an exciting experience.

On behalf of the Bowie Senior Chorale, I wish to say "Thank You" for your dedication and untiring efforts for making us the best that we can be. We Love You.

Eunice Romano

# Beyond 80

## *Grumbings of a Crabby Old Man*

Sometimes some of the more rabid animal rights people do or say things that make me want to go out and kick a dog, pick a cat up by the tail, or commit some other childish act of cruelty as a sort of protest.



I got one of these senseless urges when I read a while ago, that People for the Ethical Treatment of Animals (PETA) wants us to start calling fish “sea kittens.” The theory is that children won’t want to eat fish if they think of these scaly critters as cuddly, lovable kittens. This campaign presumably is intended to detour youngsters into a vegan paradise of carrots and beets and rutabagas.



PETA has my support when it lobbies against factory farms where cows, chickens, pigs or other animals are crammed into cages or pens so tightly they can barely move and pumped full of drugs to make them grow faster. An egg-industry expert has said that “chickens are cheap; cages are expensive.” I’m all for barring those practices.

But PETA doesn’t stop there. Last year, the organization wrote to Ben Cohen and Jerry Greenfield asking them to quit making Ben and Jerry’s ice cream with cow’s milk and use human breast milk instead.

PETA says a move to human breast milk would lessen the suffering of dairy cows and their babies and benefit human health. I’m not so sure that the mothers conscripted to provide the human breast milk would share in that health dividend.

Ben and Jerry’s didn’t go along either. “We applaud PETA’s novel approach... but we believe a mother’s milk is best used for her child,” a company spokesperson said.



One might get a chuckle out of this PETA proposal, but other campaigns are less amusing. A New York City rabbi said he received more than a thousand threatening e-mails last year, after PETA launched a protest over the ritual slaughter of chickens before Yom Kippur.

PETA is not alone in taking the animal rights cause to extremes. An outfit called the Animal Liberation Brigade claimed responsibility for the firebombing in March of a car owned by a UCLA psychologist and neuroscientist. His sin? He does research on rodents and primates.

It’s selfish, I know, but when it comes to testing medicines and medical procedures I would rather have them tried out on rats than people.

Maybe some of the all-or-nothing animal rights folks would benefit from a closer relationship with the animals whose rights they are hell-bent on protecting. I didn’t grow up on a farm, but we did have chickens, and it was my chore to clean out the chicken house from time to time. Believe me, I never came away from that smelly job with any warm feelings about the birds that provided our breakfast eggs and Sunday dinners.

*Paul Schuette*

# Special Groups



## Reminisce with Jenny

“Remembering the Fifties” – what a swell way to spend the afternoon. Let’s have a blast from the past by talking about the fifties fads, the fashion, the slang and of course, the music. I promise we will not get cooties, but we will be cool cats, Daddy-O.

Tuesday,  
June 9,  
at 12:30



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

# June Classes

Monday	Tuesday	Wednesday
9:30 Chronic Conditions (CC)	9:00 Ceramics/Int. (F)	9:30 Angels & Life Hereafter (CC)
10:00 WatercolorII /Adv. (CC)	9:00 Bio-Aerobics (F)	10:00 Watercolor (CC)
10:00 Tai Chi (CC)	9:30 Writer's Group (V)	12:30 Watercolor/Int. (CC)
10:00 Critical Thinking (CC)	10:00 Studio Fine Art (CC)	12:30 Armchair Fitness (V)
10:00 Jewelry Making (CC)	10:00 Current Issues (CC)	12:30 Jewelry Making (CC)
10:00 Wii Game (V)	10:00 Computers/Beg. II (F/V)	1:00 Scrabble
12:00 Computers/Beg. I (F/V)	10:00 Knit/Crochet (CC)	1:00 Tai Chi (CC)
12:00 Table Tennis	10:00 Basic Fitness (CC)	2:00 Drawing I/Traditional (CC)
12:30 Stain Glass/Beg. (CC)	10:30 Balance & Strength (V)	2:30 Current Issues Hot Spots (CC)
12:30 Drawing II(CC)	12:00 Piano Beg. (CC)	3:00 Table Tennis
12:30 Literature/World Religions (CC)	12:30 Ancient Greeks (CC)	
12:30 Pinochle	12:30 American History (CC)	
1:00 Mahjong	12:30 Stained Glass/Adv. (CC)	
2:30 Ballroom Dancing/Adv (CC)	1:00 Line Dancing (CC)	
2:30 Current Issues (CC)	1:00 Piano/Int. (CC)	
	1:00 Bridge Club	
	2:00 Music Appreciation (CC)	
	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:30 Wii Games and More	



## Monday Special

June 8

*Wayne's Musical Memories* (12:30 p.m.)

CC = Community College,  
Summer Semester Classes  
at the Senior Center  
June 8—Sept. 14  
F = Fee  
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
<p>9:00 Ceramics/Int. (F)</p> <p>9:00 Bio-Aerobics (F)</p> <p>10:00 Computers/Beg. II (F/V)</p> <p>10:00 History Holocaust (CC)</p> <p>10:00 Finance/Retirement (CC)</p> <p>10:00 Yoga (CC)</p> <p>12:00 Pilates (CC)</p> <p>12:00 Table Tennis</p> <p>12:30 Pinochle</p> <p>12:45 Bingo with Prizes</p> <p>1:00 History/Image &amp; Reality (CC)</p> <p>1:00 Mahjong</p> <p>2:00 Chess (V)</p> <p>3:00 Ballroom Dancing/Beg (CC)</p> <p>6:15 Line Dancing (CC)</p> <p>6:30 Meditation 1st/3rd Thurs(CC)</p>	<p>9:00 Bonsai (V)</p> <p>10:00 Quilting (CC)</p> <p>10:00 Watercolor (CC)</p> <p>10:00 Labyrinth Living (CC)</p> <p>10:00 Tai Chi/Int. (CC)</p> <p>10:00 Morning Stretch (V)</p> <p>12:00 Computers/Pre Beg (V)</p> <p>12:30 Quilting (CC)</p> <p>12:30 Bridge Club (Duplicate)</p> <p>12:30 Art Studio (CC)</p> <p>1:00 Tai Chi Dao Yin Chinese Flexibility (CC)</p> <p>2:30 Art Studio (CC)</p> <p>3:00 Table Tennis</p>	<p>9:00 Yoga/Adv. (CC)</p> <p>11:00 Wt. Training/Adv. (CC)</p> <p>11:00 Yoga/Beg (CC)</p> <p>12:45 Wt. Training/ Beg. (CC)</p>



**Friday Special**  
June 5, 12, 19, & 26  
*Piano Lounge* (12:30 p.m.)



**Thursday Special**  
June 18  
*Birthday Sing-a-Long*  
(12:30 p.m.)

**June 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				

# Transportation

Sign-up for July begins:

**Tuesday, June 16**—City of Bowie Residents (10:30 a.m.)

**Thursday, June 18**—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.

**NOTICE:** As of **July 2009**, the Center will be using Charter Bus Service for all trips into Baltimore, Washington, and destinations beyond a 30-mile radius.

### June Trips & Events

2 Harrington Slots

5 Annapolis Harbour Mall – PA Dutch Farmer's Market

10 Lunch Bunch @ *Jasper's*

11 An Evening of Magic @ Senior Center

17 Sight & Sound in Strasburg, PA

19 *Linganore* Winecellars

24 St. Michaels

26 National Museum of American History

### July Trips & Events (tentative)

7 Lunch Bunch @ *Old Country Buffet*

10 Goddard Space Flight Center

15 Brookside Gardens

22 Annapolis Trolley & Boat Tour

27 Ford's Theater Museum

29 Bingo @ Rod'N Reel & North Beach Boardwalk

## Annapolis Trolley Tour & Boat Cruise

Take a driving tour on a "Discover Annapolis" trolley that includes, a stop at the Severn River Overlook and provides sweeping views of the Naval Academy. The tour also takes you by the State House, Governor's residence, colonial mansions and gardens, three homes of signers of the Declaration of Independence, water views from three bridges, and much more. We will have some free time in Annapolis to shop, dine, and enjoy the charm of this historic town. You may want to bring lunch and picnic outside. Finally, we board the *Harbor Queen* for a 40-minute narrated tour on the water, before heading back to the Center.

# Happenings



## Senior Chorale wins Governors Award

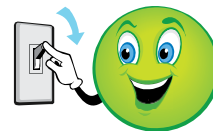
The Senior Chorale recently won the Governor's second Annual Leadership in Aging Award for Excellence and Outstanding Contributions to the field of Aging and Quality of Life for seniors. The nomination was submitted in the category of Visual or Performing Arts for an individual 60 years of age or older, or a group (members must be 55 years of age or older), who has demonstrated excellence in the visual or performing arts. In 500 words or less, Maurice Petrone, chorale manager explained that the "Senior Chorale members exude joy and talent. Those in the audience can't help but be touched and their lives enriched." Under the direction of Craig Leland Sparks, accompanied on the piano by Paula Sparks, the Chorale sings a variety of music in four to six part harmony. The beautiful blend of voices and the exceptional vocal quality are a result of the director's expertise and hard work. The dedication to obtaining perfection results in excellence being achieved. This being said, the Chorale won Governor O'Malley's Leadership in Aging award in the category of Performing Arts. *Congratulations!!*

## Smart & Safe Living Series

The nationally-recognized *Smart & Safe Living* safety program will be presented in an effort to help keep older adults safe from crime and victimization. This talk will summarize the basic fundamentals of personal safety in a non-threatening, entertaining format. To learn how to enhance your personal safety in 2009, plan to attend this first of three important Smart & Safe Living presentations on Thursday, June 11 at 10:30 a.m. The presentations are sponsored in part by Evans Funeral Home. Sign-up at the front desk.

## Tip from the "Green" Team

That's Made From What?	
Old Life	New Life
Glass	▶ Road asphalt
Plastic bottles	▶ Shoelaces, diaper bags
Newspapers	▶ Wallets, combs, pencils
Tires	▶ Handbags, mousepads
Cassette tapes	▶ Gel pens
Computer circuit boards	▶ Picture frames, clocks
Bicycle parts	▶ CD racks, bottle openers
Vinyl records	▶ iPod cases



The chart is from the April 2009 Woman's Day Magazine. It was quite enlightening.

The Green Team meets every second Thursday of the month at 10:30 a.m. Join us!

# Wellness

## Keep Your Body Hydrated in Summer Heat

Summer is nearly here so, it is more important than ever to drink enough water to keep our bodies hydrated. Water is necessary for the healthy function of all internal organs, and must be consumed to replace the amount lost each day during basic activities.



In one hour of exercise, the body can lose more than a quart of water, depending on exercise intensity and air temperature. If there is not enough water for the body to cool itself through perspiration, the body enters a state of dehydration. It is important to know the signs and symptoms of dehydration. Seek medical assistance if you are experiencing any of the following symptoms:

Symptoms of dehydration include:

- thirst
- decreased urination
- feeling more tired than usual
- dry mouth
- chills
- dry skin
- increased heart rate and respiration
- muscle cramps

To meet your daily hydration needs:

- drink a glass of water first thing in the morning
- during hot weather, drink extra water
- drink water during leisure times: reading watching TV or resting
- drink water before, during, and after exercise
- drink a glass of water with each meal
- drink a glass of water before going to bed



The most important tip to remember about staying hydrated during the hot summer months is to carry a bottle of water with you at all times.

Drink **before** you are thirsty!



*Elaine Kackley, Wellness Coordinator*

## 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 June 4, 10:00 a.m.—12:00 p.m.*

A volunteer nurse is available for blood pressure screening:

*Wednesday, June 10, 10:00 a.m.—12:00 p.m.*

*Thursday June 25, 10:00 a.m.—11:00 a.m.*

## Information and Referral Specialist

The Center offers assistance to seniors in the community by providing information and referral in areas such as; health care, finance, family issues, housing options, and many other concerns. Call for an appointment at 301-809-2377 or come to the Center.

*Monday—Friday 10:00 a.m. —2:00 p.m.*

Some helpful printed resources are always available at the Center.

## Massage

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

*Wednesday, June 17, 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 June 17 10:00 a.m.—12:00 p.m.*



The Center

Notary 

Notary services by appointment

## Special Interest Groups

<b>Fireside Chat</b>	<i>Tuesday, June 9</i>	11:00 a.m. -11:45 a.m.
<b>Diabetes Support</b>	<i>Wednesday, June 10</i>	10:00 a.m. -11:00 a.m.
<b>Caregiver Support</b> <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.
<b>Weight Management Support</b>	<i>Every Friday</i>	11:00 a.m. -12:00 p.m.
<b>Hearing Impaired Seniors</b>	<i>Wednesday, June 3</i>	10:00 a.m. -4:00 p.m.
<b>Parkinson's Support</b>	<i>Monday, June 22</i>	10:00 a.m. - 12:00 p.m.

Bowie Senior Center, Where The Finest People Meet.



## Bowie Senior Center

14900 Health Center Drive Bowie, MD 20716

[www.bowieseniorcenter.org](http://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](http://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... Lisa Bennett, Deborah Boone, 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 \$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**.