

The News

Volume X Issue Three



Bowie Senior Center, Where The Finest People Meet.

Coffee With the Council



One or more members of the Bowie City Council will join us at the Senior Center at 10:00 a.m. Tuesday, March 10 for an hour of coffee and talk. 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.



We're All Irish on March 17

It's time to put on your GREEN; eat corned beef and cabbage; and kick up your heels to music. DJ Mike McIntyre will preside at the Center's annual celebration of St. Patrick's Day, from 11:00 a.m. to 2:00 p.m. Tuesday, March 17.

You don't have to be Irish to enjoy the St. Pat's party, but you do have to register by March 10, if you plan to attend. The cost is \$7.00 for Bowie Residents and \$8.00 Non-Residents Lunch Included.

April 15 is coming



Volunteer counselors will be at the Senior Center on Wednesdays until April 15 to offer income tax filing assistance. The service is for low to middle income seniors only. Tax-Aide Program is sponsored by AARP.

This free assistance is by appointment only. Call the Center at 301-809-2300 between 10:00 a.m. and 3:00 p.m. to arrange a time. Electronic filings are not available at the Senior Center.

Activities

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

Armchair Tour



A Walk Through Paris (Part II)

Beginning with Montmartre and Sacre-Coeur, this tour visits additional historical and cultural sites on the Right-Bank (Rive Droite) of the Seine River, which bisects Paris. We then cross the river to the Left Bank (Rive Gauche) to the Ile de Cite and Notre Dame, the Ile St. Louis, the Latin Quarter, the Palais du Luxemburg, Les Inralider, the Tour Eiffel, and the Palais de Chaillot.

Join Frank Evans at 12:30 p.m. Wednesday, March 25 for this concluding tour of Paris.

Metro Senior Smart Card

The Metro offers a Smartrip Card for all seniors over 65 years of age. At this presentation seniors will board a bus and have hands on training on the use of the Smartrip Card. To learn more about the Metro services, please attend the presentation on Thursday, March 26 at 10:30 a.m. at the Bowie Senior Center

Senior Law School



Jackie Byrd, of Byrd & Byrd, will give several programs on various topics. Some of the topics include Medicaid & Insurance, affording Long Term Care Insurance, understanding Trusts and Health Care Directives "Do they accomplish their purpose". The presentations are scheduled for Thursdays at 10:30 a.m. The first presentation will be on March 19, and continuing on April 16, and May 21. Registration recommended.

Tip from the "Green" Team

The Green Team learned that plastic is divided into two classes, #1 and #2. Number 2 plastic is used in decking (Trex). Recycled number 1 and 2 plastic is used in floor tile. They are also converted to polyester fiber for use in clothes, carpeting, fleece and denim. When you recycle, you help create products that do not use raw materials, thereby helping to preserve our earth.



Bonsai class

The art of growing miniature trees in containers, with esthetic appeal, originated in China and was introduced to Japan. It is called *penjing* in China and *bonsai* (pronounced BONE-SIGH) in Japan. Dr. Akey Hung is a retired USDA, (United States Department of Agriculture) scientist. He is the founder of *Bowie Bonsai Club* (1981) and *Mei-Hwa Penjing Society* (1984).



Dr. Hung will offer a free bonsai class for beginners, starting April 3. This 12 week class will meet from 9:00 a.m. to 11:00 a.m. on Fridays. The class size is limited to no more than 10 students. The size of the class is to insure that the students will receive more individual assistance.



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.

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.



Shuffleboard League Has Room for Recruits

John Lyons and Bill Prevo prevailed in a playoff to repeat as shuffleboard champions in Tournament VII.

If you're interested in playing, grab a partner and join in the fun. No experience is needed. You will meet some very nice people and make new friends.

Leave your name at the front desk if you want to play. Tournament VIII is under way, but you can join in at any time, shuffleboard coordinator, Bill Prevo said.

Beyond 80

Grumblings of a Crabby Old Man

Despite the wear and tear that occurs over the course of eight decades, I'm still using most of the body I started with. I have my own hips and knees, and I'm happy I do when people talk of hip or knee replacement surgery and the agonies of physical therapy that follow.



This is not to say I'm functioning entirely on my own. I wear a brace to counteract my left foot's strong tendency to flop over. "You're going to be walking on your ankle before long," a podiatrist warned me some years back. That's when the brace was prescribed and it does help keep me reasonably upright.

I have a set of dentures where my upper teeth used to be and more caps than teeth of my own on the bottom side. Dentures are not easily mastered. It takes a lot of practice and an occasional dab of cement to successfully attack an ear of corn.

I've worn glasses since I was 19. At first I needed glasses just for distance vision. Then came the bifocals. I was never tempted to try contacts. Groping through the grass for a lost contact is not for me. I'm so used to glasses now that going without seems like indecent exposure. This is not the case with my hearing aids.

I first tried hearing aids back in the 1990s before they were transistorized or computerized or whatever the technology is that's used today. Back then, hearing aids simply amplified sounds. All sounds. They squeaked and they squawked and brought the sounds of city traffic inside the head to torment and torture the wearer. I quickly gave up on those devices.



The hearing aids I have now are much more sophisticated. They are smaller. They selectively amplify sounds in the higher frequencies where my hearing needs help. They can be re-programmed to keep current with my audio needs.

This is all to the good, but the sad truth is that hearing aids still feel like there's something stuck in my ears that shouldn't be there. And it turns out that some of the higher frequency sounds I've been missing are sounds I really can do without. Clocks strike with jarring intensity. Other metallic sounds come through loud and clear but contribute nothing to my well-being.

I thought hearing aids would be especially useful when riding a bike to let me know when a car or truck is about to smack me from the rear. But all I hear when pedaling along the street at top speed (not really so fast, in my case) is the wind whistling in my ears.

I'm still determined to get the hang of these appliances, however. I often wear them while watching television in the hopes they'll help make sense of the dialogue. I usually wear them to church so I don't miss anything in the sermon. Better safe than sorry.

But if we meet on the street and you don't see a bit of plastic tucked behind each of my ears, that doesn't mean I'm not ready to chat. Just SPEAK UP, PLEASE!

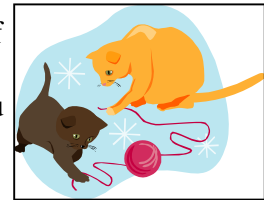
Paul Schuette

Special Groups

Reminiscence: Pets

NEW DAY
 Tuesday,
 March 10,
 at 12:30

Let's get together to talk about the pets that have loved us unconditionally. Do you have any favorite pet stories – some that make you laugh, or some that touch your heart? Have you known anyone with unusual types of pets? We can debate the merits of canine vs. feline. Have you ever seen TV programs that show pet tricks and you wonder why can't you get your own pet to do even the basic sit command? Ever heard of the Dog Whisperer?



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
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

March Classes

Monday	Tuesday	Wednesday
10:00 Brain Gym (CC)	9:00 Ceramics/Int. (F)	9:00 Basic French/ Conversation (CC)
10:00 Watercolor/Adv. (CC)	9:00 Bio-Aerobics (F)	9:30 Art History (CC)
10:00 Tai Chi (CC)	9:30 Writer's Group (V)	9:30 Angels & Spiritual World (CC)
10:00 Literary Shorts (CC)	10:00 Studio Fine Art (CC)	9:30 Ki Gong (CC)
10:00 Let's Sing (CC)	10:00 Current Issues (CC)	10:00 Watercolor (CC)
10:00 Jewelry Making (CC)	10:00 Computers/Beg. II (F/V)	11:30 Conv. French/ Cultural (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/Beg. (CC)	1:00 Scrabble
12:30 Stain Glass/Beg. (CC)	10:00 Crafts (V)	1:00 Tai Chi (CC)
12:30 Drawing/ Graphite (CC)	10:30 Balance & Strength (V)	2:00 Drawing I (CC)
12:30 Literature/World Religions (CC)	12:00 Piano (CC)	2:00 Estates, Trusts (CC)
12:30 Dance Variety (CC)	12:00 Computers/Beg I (F/V)	2:30 Computers/Open Office (FV)
12:30 Pinochle	12:30 Devil and Faust (CC)	3:00 Table Tennis
1:00 German (CC)	12:30 American History (CC)	
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) (FV)	
	6:30 Wii Games and More	

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

Monday Special

March 9

Wayne's Musical

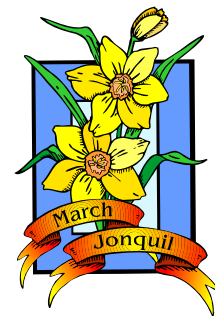
Memories (12:30 p.m.)

Upcoming Blood Drives:

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 Ceramics/Int. (F)	10:00 Quilting (CC)	9:00 Yoga/Adv. (CC)
9:00 Bio-Aerobics (F)	10:00 Watercolor (CC)	11:00 Wt. Training/Adv. (CC)
10:00 Song Lyrics (CC)	10:00 Labyrinth Living (CC)	11:00 Yoga/Beg (CC)
10:00 Computers/Beg. II (F/V)	10:00 Tai Chi (CC)	12:45 Wt. Training/ Beg. (CC)
10:00 Retirement Concerns (CC)	10:00 Morning Stretch (V)	
10:00 History/Fred Zinneman (CC)	12:00 Computers/Pre Beg (V)	
10:00 Yoga (CC)	12:30 Quilting (CC)	
12:00 Pilates (CC)	12:30 Bridge Club (Duplicate)	
12:00 Table Tennis	12:30 Art Studio (CC)	
12:30 Tap Dance (CC)	1:00 Domestic Terrorism (CC)	
12:30 Pinochle	1:00 Tai Chi Dao Yin Chinese Flexibility (CC)	
12:45 Bingo with Prizes	2:30 Art Studio (CC)	
1:00 Current Issues (CC)	3:00 Table Tennis	



Friday Special

March 6, 13, 20, & 27
Piano Lounge (12:30 p.m.)

1:00 History/Hollywood (CC)

1:00 Mahjong

2:00 Chess (V)

2:30 Senior Chorale

3:00 Ballroom Dancing/Beg (CC)

6:15 Line Dancing (CC)

6:15 Computers/Photoshop Elements (FV)

6:30 Meditation 1st/3rd Thurs(CC)

Thursday Special

March 19
Birthday Sing-a-Long
(12:30 p.m.)

March 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 April begins:

Tuesday March 17—City of Bowie Residents (10:30 a.m.)

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

Thursday, March 19—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.

March Trips & Events
5 Philadelphia Flower Show "Bella Italia"
11 National Gallery of Art (Pompei)
17 St. Patrick's Day Party
18 "My Way" @ Toby's in Columbia
23 Lunch Bunch @ Killarney House
27 Crime and Punishment Museum

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

U.S. Capitol

The United States Capitol is a monument, a working office building, and one of the most recognizable symbols of representative democracy in the world. We will enter the building through the Capitol Visitor Center, located underground on the east side of the Capitol. Here we will experience the new Exhibition Hall. A tour of the Capitol is also scheduled.

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 a reprint. (unedited) "Thoughts"
submitted by Eunice Romano

What the Bowie Senior Center Means to Me

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

Their remarkable energy, passion, ability and dedication to help us achieve the best possible solutions with the economic, cultural, a 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. I am also please to say that this is a special opportunity for me to say "Thanks" and that I am incredibly proud and happy to be a member of the Bowie Senior Center."

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, March 12 and April 9 at 10:30 a.m. Registration recommended.

March is National Nutrition Month

Eating well can help reduce the risk of chronic diseases like cancer, diabetes, obesity, and hypertension. Eating well means eating a variety of healthy foods in the right amounts so your body gets the nutrients needed to maintain good health and work properly. Include a variety of fruits, vegetables, whole grains, and lean proteins into each meal to help ensure that your body gets the right amount of essential nutrients. Eating too much saturated fat and sugar can lead to excess weight gain and chronic disease.

For more information on eating healthy join us at our weekly “Weight Management Support Group” on Friday at 11:00 am.

Opening Day for Bocce Ball

Whether you’re an “old pro” at rolling bocce balls or a beginner who doesn’t yet know the rules of the game, you’ll find a warm welcome at the grand opening of the Center bocce ball court on May 1.

Coordinator Frank Sallustio describes opening day as “an introduction to bocce ball”. Some 40 Center members, including both women and men, already have indicated their interest in the game. “About half of the people who signed up have never played,” Sallustio said.

The May Day program will include instructions for beginners, and maybe, some pick-up games among experienced players during the course of the day.

The bocce ball court, adjacent horse shoe pits and a new addition are located just north of the gazebo, at the rear of the Center. The Bowie Lions Club provided financial support and Bowie City crews carried out the construction. Wayne Rardon and Lynn Stottlemeyer also played key roles. Most of the construction work was done last fall and the finishing touches will be completed as the weather warms this spring

Bocce ball is a “senior friendly” activity. People interested in participating in any way should sign up at the reception desk.

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 Mar. 5, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Friday, Mar. 13, 9:00 a.m.—11:00 a.m.

Thursday Mar. 26, 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, Mar. 12, 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, Mar. 18, 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 Mar. 18 1:00 p.m.—2:00 p.m.



Special Interest Groups

Aging Issues Support <i>(Life Changes)</i>	<i>Thursday, Mar. 12</i>	11:00 a.m. - 12:00 p.m.
Diabetes Support	<i>Wednesday, Mar. 11</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, Mar. 4</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, Mar. 23</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



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.