

The News

Volume X Issue Ten



Bowie Senior Center Gains National Accreditation



It's time to celebrate! The Bowie Senior Center, after clearing a series of procedural hurdles over the past several months, has been granted full accreditation by the National Institute of Senior Centers (NISC) a unit of the National Council on Aging.

The Center will have a special program to commemorate this achievement on Wednesday, October 21, from 12:30 p.m. to 2:00 p.m.

The NISC, in its official notification of accreditation, said the Bowie Senior Center has shown "outstanding leadership and commitment to quality programs and services." Sharon L. Lally, co-chair of the Accreditation Board, said "achieving accreditation status takes the work of many people both in the senior center and in the community." Accreditation did indeed, take the work of many people to prepare, assemble and submit the required documentation of the Center's organization and operation. Review of all the paperwork required was followed by a personal inspection of the Bowie facility. In her report to the Accreditation Board, site reviewer, Sandi Johnson, commended Bowie's "lovely and well-maintained facility...strong and responsive leadership...warm and caring staff... [and] excellent transportation services." She noted also, the Center's wide range of classes and the strong collaboration with the county's community college. There is a broad array of support services offered to people with special needs. The City's "strong investment in senior programs" and the work of the Center's Advisory Board also were cited in the report. The Bowie Senior Center is the first Maryland senior center outside of Baltimore County to receive accreditation from NISC. Earlier, Baltimore County's 17 centers were accredited as a bloc. Nationally, about 175 senior centers hold NISC accreditation.

Activities

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

Halloween Party Will Have Lots of SPIRIT!



Raid the attic, dive into those old trunks, comb the closets and find your... SPIRIT! Have a favorite sports team? Come to this year's Halloween party in attire that shows your TEAM SPIRIT.

Be creative, colorful, and share a cheer or a team song at the party from 11:00 a.m. to 2:00 p.m. on Friday, October 30. Entertainment and lunch are included. The cost is \$8.00 for Bowie residents and \$9.00 for Non-Residents. Please register by Tuesday, October 20. Yea, Team!!!

Center To Participate in Bowie Health Fair

The Senior Center will be a participating facility in this year's Bowie Health Fair on Saturday, October 10, from 11:00 a.m. to 3:00 p.m.

"Neighbors Caring for Neighbors" is the theme of the fair which will offer free screening and tests and more than 40 exhibits at the Bowie Health Campus on Health Center Drive.

The sponsors are the Bowie Health Center, Bowie Physical Medicine, Dimensions Surgery Center, Larkin Chase Caring and Restorative Center and the City of Bowie.

At the Senior Center, the fair will offer screenings or tests for glaucoma, visual acuity, blood pressure, diabetes, body fat composition, reflux disease, skin cancer evaluation, podiatry issues, and grip testing.

From the Senior Center along Health Center Drive, you will be able to learn more about mental health, acupuncture, chiropractic spine screening, spinal weight distribution, Reiki and acupressure, and backpack safety at Bowie Physical Medicine.

At Dimensions Surgery Center, you can get an EKG, screenings for cataracts or prostate cancer and a Lasik evaluation. A peripheral vascular disease assessment and screening for HIV Aids also will be offered as well as an opportunity to learn more about plastic surgery.

There will be activities for children, food, and entertainment for all. Be sure to stop by the vendors' tables and gather information as part of your day at the fair.

Medicare Looking Ahead

Ms Diane James, Coordinator of the Prince Georges County Senior Health Insurance Program "S.H.I.P." will bring some helpful tips. She will speak on Medicare and you, being prepared and what is the "Donut Hole"? The program is scheduled for Thursday, October 29 at 10:30 a.m. Please register at the front desk by Friday, October 28.





Armchair Tours

A Walk Through Rome Part II

After concluding our Walk Through Rome, we will tour the Via Appia Antica, Esposizione Universale di Roma (EUR), the ancient Roman Port of Ostia Antica, Vatican City, and revisit the main features of the “Eternal City.” Join Frank Evans on Wednesday, October 28 at 12:30 p.m. for this tour.

The Colorado Rockies

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. It is titled “Explore Colorado”, and encompasses the Rocky Mountain and Mesa Verde national parks, Pikes Peak and Colorado Springs area, and mining towns and railroads. Join us at 12:30 on Wednesday, October 21.

Reminisce: School Spirit and Pep Rallies

Tuesday, October 27 at 12:30 p.m.

Get into the Spirit! We’re talking about school spirit! We talking about getting together before the BIG game to encourage school spirit and support the members of the team. Cheerleading, Pep Rallies, School Mascots, and The Marching Band. How many of those tissue flowers did it really take to make a homecoming float for the parade?



Veterans Honored



The Center will pay tribute to those who served in our Armed Forces. The program will be held from 12:30 to 2:00 p.m. on Thursday, November 5 in anticipation of Veterans Day. You are invited to join in honoring the Veterans. Veterans attending will be recognized according to the branch of the Armed Forces in which they served. The Bowie Senior Chorale will perform their selection of patriotic songs.

Veterans please register before November 2. The free program is open to the public.

Artists of the month

Barbara Brisso and Doris Kessler are our artists for this month. They are currently working in acrylic paints. They have been adding fibrous papers to paper or canvases and producing abstracts as well as landscapes. At present in their class they are painting to a musical work. Come see their interesting paintings. Their reception will be on Thursday, October 15 at 7:00 p.m. The show is open to the public.

Beyond 80

Grumbings of a Crabby Old Man



I'm so old, I remember when "fast food" was actually fast! You could walk into a McDonald's, and choose from a menu that offered an ordinary hamburger, a quarter-pounder, a quarter-pounder with cheese and—for those who wanted a full dinner on a bun—a Big Mac. And that was about it. Oh, there were French fries, of course, and the usual varieties of soda. But Ray Kroc kept it simple at the start.

The limited menu made it easy on people who had trouble deciding what they wanted to eat. But, the big plus was, that the hamburgers and quarter-pounders and Big Macs were ready to go, basking under a heat lamp, so a hungry customer could be fed in mere seconds.

But Mr. Kroc and his colleagues weren't content with boasting of 30,000,000 or 50,000,000 or 80,000,000 hamburgers sold. They decided they could rope in even more customers, by offering more and more choices on the menu. Innovative though they may be, entrepreneurs tend to forget, that bigger isn't always better.



I welcomed the introduction of the sausage biscuit. Who wants to start off the day with a Big Mac? And it was mildly amusing, when the Sausage *McMuffin* was later joined by *McChicken* and *McRib*.

Admittedly, I was slow to catch on to the impact of an enlarged menu. But it finally dawned on me that more and more often, after placing an order, I was told, "That will be up in just a minute." This time estimate was usually wildly optimistic. I'd be more than happy to order something else, rather than wait "just a minute," but that doesn't work out either. At McDonald's, you place your order and **pay** for your order, before you get the word that what you want is out of stock. There is no retreating on the McDonald's assembly line.

I don't mean to single out McDonald's as the only fast food restaurant that misplaced its adjective as time went on. It's true enough that McDonald's menu now lists 166 items ranging from *Happy Meals* to *Mighty Kids Meals* to the *Chipotle BBQ snack wrap*, *Chicken McNuggets*, the *McSkillet Burrito* and ten varieties of coffee.

But the Burger King menu is not far behind with 142 offerings, including eight kinds of *Whoppers*, eight varieties of French fries, four kinds of onion rings, an assortment of "angry" sandwiches livened up with "spicy jalapenos" and "turbo strength" coffee to jolt you awake in the morning.

Wendy's, which was my favorite for a time, because you could actually specify what toppings you wanted on a hamburger, offers only 49 food items (and 20 different kinds and sizes of drinks), but the chain hypes an expanding menu as well. Wendy's has just introduced three varieties of boneless chicken wings that promise to deliver "pure, uninterrupted flavor."

Sure they will...in just a minute.

Paul Schuette

Special Groups



Group & Club Meetings		
Advisory Board	First Tuesday	10:00
Armchair Tours	Third & Fourth Wednesday	12:30
Bonsai Club	First Friday	9:00
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—4:30
Veteran's Club	Second Friday	10:00
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—5:00 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

October Classes

Monday	Tuesday	Wednesday
9:30 Living Well w Chronic Conditions (CC)	9:00 Ceramics/Int. (F)	9:00 French/Beg (CC)
10:00 German /Int. (CC)	9:00 Class Piano (CC)	9:30 Ki Gong (CC)
10:00 Literature/Exploration (CC)	9:00 Bio-Aerobics (F)	10:00 Angels & Life Hereafter (CC)
10:00 Creative Critical Thinking (CC)	9:30 Writer's Group (V)	10:00 Computers/Excel (F/V)
10:00 Great Peacemakers (CC)	10:00 Spanish I (CC)	10:00 Art History/London (CC)
10:00 Tai Chi (CC)	10:00 Computers/Beg. II (F/V)	10:00 Watercolor (CC)
10:00 Jewelry Making (CC)	10:00 Studio Fine Art (CC)	11:30 French thru Film (CC)
10:00 Wii Game (V)	10:00 Current Issues (CC)	12:30 Watercolor/Int. (CC)
12:00 Table Tennis	10:00 Knit/Crochet (CC)	12:30 Jewelry Making (CC)
12:00 Computers/Beg.I (F/V)	10:00 Basic Fitness (CC)	1:00 Armchair Fitness (V)
12:30 German /Beg. (CC)	10:30 Balance & Strength (V)	1:00 Scrabble
12:30 Stain Glass/Beg. (CC)	11:00 Music Appreciation (CC)	1:00 Tai Chi (CC)
12:30 Dance Variety (CC)	12:00 Computers/Beg.I (F/V)	2:00 French/Int. (CC)
12:30 Literature/World Religions (CC)	12:00 Studio Fine Arts (CC)	2:00 Estates,Trusts, (CC)
12:30 Pinochle	12:30 American History (CC)	2:00 Drawing I/Traditional (CC)
1:00 Music Appreciation/ Russian & Operetta (CC)	12:30 Stained Glass/Adv. (CC)	2:30 Computers/ Open Office (F/V)
1:00 Writing Memoirs (CC)	1:00 Line Dancing (CC)	3:00 Table Tennis
1:00 Mahjong	1:00 Biblical Greek (CC)	
1:00 Global Nuclear Program (CC)	1:00 Bridge Club	
2:30 Ballroom Dancing/Adv (CC)	2:00 Spanish II (CC)	
	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:30 Wii Games and More	

Monday Special

October 19
Wayne's Musical Memories (12:30 p.m.)

Upcoming Blood Drives:
 Oct. 10, Nov. 14, Dec. 12
 Hours:
 8:30 a.m.-1:00 p.m.

CC = Community College,
 Fall Semester Classes at
 the Senior Center
 Oct. 5—Jan. 22
 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
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 Yoga/Beg (CC)
10:00 Retirement Concerns (CC)	10:00 Labyrinth Living (CC)	
10:00 History/Novels in Film (CC)	10:00 Tai Chi/Int. (CC)	
10:00 Literature/American Women (CC)	10:00 Morning Exercise (V)	
10:00 Computers/Beg. II (F/V)	12:00 Computers/Pre Beg. (F/V)	
10:00 Watercolor (CC)	12:30 Quilting (CC)	
10:00 Yoga (CC)	12:30 Bridge Club (Duplicate)	
12:00 Pilates (CC)	12:30 Art Studio (CC)	
12:00 Table Tennis	1:00 Tai Chi Dao Yin Chinese Flexibility (CC)	
12:15 Computers/Email & Internet (F/V)	2:30 Art Studio (CC)	
12:30 Drawing II (CC)	3:00 Table Tennis	
12:30 Tap Dance (CC)		
12:30 Pinochle		
12:45 Bingo with Prizes		
1:00 Political Confrontation (CC)		
1:00 History/Films Impact (CC)		
1:00 Mahjong		
2:00 Chess (V)		
3:00 Ballroom Dancing/Beg (CC)		
6:15 Line Dancing (CC)		
6:30 Meditation 1st/3rd Thurs(CC)		

Prince George's Community College (PGCC)
SAGE (Seasoned Adults Growing Educationally)
Continuing Education classes offered at the Center

The SAGE calendar consists of three semesters; Fall, Spring, and Summer. Maryland residents who are 60 or older may register for as many non-conflicting courses as desired and pay one \$50 registration fee to PGCC. Students under 60 years old may now register for all classes by paying the tuition. The cost of SAGE tuition is \$75.00 for one hour course and \$150 for two hour courses.

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

Starting this month
 the Exercise room
 will be open on
 Saturdays
 8:30 a.m. to 2:30 p.m.



October 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

Thursday Special
 October 15
Birthday Sing-a-Long
 (12:30 p.m.)

Transportation

New Trip Information & Policy!

Recently, a flyer was posted at the Front Desk announcing that new trips were available for immediate registration. This was necessary to provide ample time for members to sign up before the trips had to close due to contractual deadlines (theatres, bus companies, restaurants, etc...).

Trial Registration Policy effective September, 2009

No longer a lottery system.

Bowie residents may begin open registration on the 3rd Tuesday of the month. Non-Residents may begin open registration on the 3rd Thursday of the month. Come anytime after 10:30 a.m., registration is continual. Go to the Program Assistant's office to register and pay by cash or check payable to The City of Bowie.

Refer to the new TRIP INFORMATION Bulletin Board to find out when future trips become available for immediate sign ups. It is located on the wall opposite the Fitness Center and Bowie Senior Activities Bulletin Board or Visit our website: bowieseniorcenter.org. Thank you for your understanding and cooperation as we make this transition in policy. A big thank you for your participation!!!!

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.

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

All 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.**

October Trips & Events

2 Patuxent Wildlife Center & Lunch

8 "Jersey Boys" @ National Theater (full)

14 Torpedo Factory in Old Town Alexandria

21 "My Way" @ Toby's in Columbia

27 Lunch Bunch @ Sullivan's Steak & Beverage Co.

28 Princess Di Exhibit in Philadelphia, PA

30 Halloween Party



November Trips & Events (All open now)

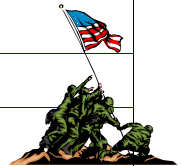
4 Harrington Slots

5 Veteran's Day Celebration

13 Lunch Bunch @ Red Lobster

18 "Annie" @ Toby's in Columbia

23 Annapolis Mall



Happenings

Veterans Community Projects

We had the opportunity to visit and tour **FISHER HOUSE** in July. We would like members of the Center to have the opportunity to participate in providing back packs for wounded soldiers who return home, most of the time, with nothing but the clothes on their backs. A list of items that could be placed in the back pack is at the front desk.

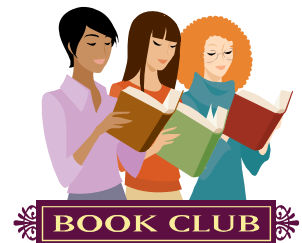
The Center, in partnership with Knights of Columbus, Bowie VFW post, and other organizations, is sponsoring the “FISHER HOUSE” project. Injured personnel are returning to our area weekly. Although their needs are being met by the military medical staff, they get numerous requests from the community who feel compelled to help. Please bring donated items to the Center by Friday, November 6.

WREATHS FOR VETERANS

Last December, Marion May proposed a special project to the Center. She is a member of the Ladies Auxiliary of the local VFW post 8065. Last year members of the Center gathered and decorated 50 wreaths. They were then delivered to Cheltenham Veterans Cemetery in Maryland. This year the goal is to lay 100 wreaths in one of the oldest sections of the Cemetery. Please look for more information about this project in the next addition of the Center’s newsletter.

The Book Club

The Center Book club meets the third Thursday of the month at 3:00 p.m. October’s book selection is *A Thousand Splendid Suns* by Khaled Hosseini. This novel spent fifteen weeks on the New York Times Bestseller list and remained on the list for an impressive forty-nine weeks. The book chronicles thirty years of Afghan history and provides a deeply moving story of family, friendship, and faith. The powerful theme, so apt for our times: the passionate search for family, home, acceptance, a healthy society and a promising future regardless of the obstacles.



Social Security and You!

Mr. Austin, Public Affairs Specialist will discuss the requirements on how to qualify for Social Security benefits such as Retirement, Survivors, Disability, Medicare and Supplement Security Income. He will elaborate on the Windfall Elimination Provisions and Government Pension Offset Provision, Military Service, how you can file for benefits Online at www.socialsecurity.gov and much more. Come and join us in taking a look at where Social Security has been and where it is going. You will have an opportunity to get your questions answered on the spot. Remember this is part of your financial future and the time to plan is now. Join us on Thursday October 15 at 10:30 a.m.

Wellness

Healthy Lifestyles

The Wellness Department recently introduced a new program. This program will take the place of the Weight Management Support Group that met every Friday at 11:00 a.m.

The group voted on a change of name that would describe our new program. It will now be called *Healthy Lifestyles*. The name change came, when the group unanimously decided that their meetings are not just about losing weight. The meetings are about coming together as a group to learn about aging in good health. They like to think of it as “preventive maintenance” for aging. They discuss diet, exercise, getting enough sleep, ways to control our stress, shopping on a budget, the importance of seeing our doctor on a regular basis for check-ups, and the healthy way to take off pounds sensibly. So, you see! They are not **just** a weight loss group any more. The new program started Friday, September 11 at 11:00 a.m.. It will offer a new topic each month that will guide participants towards making their healthy lifestyle changes.

October's Program.

Home Exercise (Working out was never so easy!)

Learn how to exercise at home. Keep yourself on track with your workouts. Find ways to move more every day and burn extra calories. Choose the best equipment within your budget.

- Choosing the best home exercise equipment
- Moving more...using a pedometer to increase your steps every day
- Couch potato exercise. Using TV commercials to your advantage
- Weight lifting at home. Increase your strength for everyday tasks
- Why inactivity is a major risk factor for heart disease

Topics chosen for this class are meant to support participants with making better choices to support their “healthy lifestyles.” Regular participation is needed to get full benefits from this program.



Health Awareness Program

Dorotea Gonzalez, R.N. B.S.N. M.S.N. a speaker from Capital Hospice will present a series of health topics the second Monday of each month. On October 12 at 12:30 p.m. she will speak about hypertension.

The “Green” Team

It's getting to be that time of the year to store your garden hand tools till next year. Clean them up. Remove any rust, dirt, and repair any damage. Rub them with some cheap oil and store in a bucket of sand. The winter weather will not do any damage to them. Come Spring they will be all ready to be used. Join us on October 8 at 10:30 a.m. if you are interested in helping Bowie residents to become more “green loving.”



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 Oct. 1, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Tuesday, Oct. 13, 9:00 a.m.— 11:00 p.m.

Thursday Oct. 29, 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.

Mini Massage



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

Wednesday, October 14, 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, Oct. 21 10:00 a.m.—12:00 p.m.*



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, Oct. 13</i>	11:00 a.m. -11:45 a.m.
Diabetes Support	<i>Wednesday, Oct. 14</i>	10:00 a.m. -11:00 a.m.
Caregiver Support <i>Facilitator Rosemary Allender</i>	<i>Second Tuesday Fourth Thursday</i>	10:00 a.m. -11:00 a.m. 6:00-7:00 p.m.
Healthy Lifestyles	<i>Every Friday</i>	11:00 a.m. -12:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, Oct. 7</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, Oct. 26</i>	10:00 a.m. - 12:00 p.m.

The Center

Notary



Notary services by appointment



Bowie Senior Center

14900 Health Center Drive Bowie, MD 20716
www.bowieseniorcenter.org

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

The Center's **Mission** is to provide a comprehensive, multifaceted service and referral program tailored to meet the needs of adults 55 years of age and older. The Center works to enhance the dignity of senior's 55 plus while supporting their wellness and independence and encouraging their community involvement. The goal is to provide the senior in the community with the opportunity to experience an optimal quality of life.

- 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, Marchette Alexander
- Receptionist Pat Dunston
- Maintenance Ray Esguerra, Harry Booth
- Nutrition Manager Mary Garman
- Bus Drivers... Lisa Bennett, John Bannan, 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

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.