

The News

September 2009

Volume X Issue Nine



Bowie Senior Center, Where The Finest People Meet.

Registrations

SAGE Courses



Registration for fall semester courses will be on Tuesday, September 8, from 10 a.m. to noon. Classes will begin the week of October 5.

Seniors may enroll in classes such as Literature, Health & Fitness, Art, History, Dance, Music, Finance, Humanities, and more. Participants pay a \$50 registration fee per semester to Prince George's Community College.

Additional information is available at the front desk.

Computer Classes

Registration officially begins at 11:00 a.m., September 8. If you miss the date, you have until the individual classes begin to register. Session dates are September 14 - November 6.

Classes offered include: Introduction to Computers, Beginners I, Beginners II, E-Mail & Internet, Using Word Writer, Excel, and Open Office. Schedules are available at the front desk. Classes are subject to cancellation if too few students register.



Sign up for Open Office and get an introduction to the word processing, spreadsheet and presentation functions of this FREE software. We will supply the software on a CD for your home use.

Our First 'Community Yard Sale'!

It's time to dust off those 'treasures' that have been taking up precious space in the garage or attic and turn them into cash! We are inviting the community to reserve a space in the parking lot of the Center for a morning of selling and/or trading.

The event will be on Saturday, September 26, from 8:30 a.m. until noon. (Rain date: Saturday, October 3.)

To reserve a space, bring \$10.00 to the Center by September 14 and sign up at the front desk.

The community is welcome to participate.



Center
Closed

Monday,
September 7
Labor Day

Activities

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

Grandparents Do Have an Opinion!

Recognizing and appreciating the huge role that many grandparents play in the lives of their grandchildren and their own adult children, Youth & Family Services is offering an introductory service for grandparents, beginning Tuesday, September 22 at 1:30 p.m. They are offering a six-week, one-hour seminar for 10 to 12 grandparents. Come gather, talk and share your experiences, ideas and possible concerns. Discussion will begin with *Why Grandparents Matter: Lessons from Resilient Elders*. Other topics of interest are planned. (Sign-up at the front desk by Friday September 18.)

Influenza Shots

MedStar VNA Health Care will provide regular flu shots on September 25 from 9:00 a.m. to noon. The Charge is \$30 with exceptions. There is no charge for Medicare Part B participants, **except an HMO user. If you have an HMO you are not eligible for the shot at the Center. You must go to your provider.**



Artists of the Month

The Bowie-Crofton Camera Club has been serving photography enthusiasts for over thirty years. The membership demonstrates a wide range of skill levels, interests and experiences. Their members range from beginners to highly skilled photographers. Interests include color slides, black & white prints, color prints, and digital imaging, with many devotees in each division. Join the artists at their reception on Thursday, September 16, at 7:00 p.m. The show is open to the public.

Gurlz in the Hood

Join Historic Properties Manager, Pam Williams, for a look back in *HERstory*. Were Silversmith, upholsterer, screenmaker, or clockmaker- - - only trades for colonial men? Not at all! Discover the lives and livelihoods of ladies earning a living in the 18th century —in what many might consider the realm of men. Join Pam on Thursday, September 24, at 10:30 a.m. Register at the front desk.

Aerobics Program

The low impact/bio aerobic program is a 60 minute cardiovascular conditioning program designed for the senior adult. Jill Snellings, conducts classes on Tuesday and Thursdays, from 9:00 to 10:00 a.m. for 8 weeks. The cost is \$38.00 for Residents and \$45.00 for Non-Residents. There is also available a one day a week class for a fee of \$19.00 for Residents or \$22.00 for Non-Residents for the 8 weeks. The classes begin on Tuesday, September 8.



Armchair Tours

A Walk Through Rome Part I

Rome, 3,000 years old, is one of the oldest and most important cities in the world. It dominated Western culture for more than 1,000 years as the center of the Roman Empire, then as the center of Christianity. It still resembles a vast open-air museum, with largely unorganized and frequently unidentified exhibits on and between seven hills on the banks of the Tiber River.

Join Frank Evans on Wednesday, September 23 at 12:30 p.m. for this first of two tours of Rome, the “Eternal City.”



Reminiscence: Remembering School Days

Take this time to share your memories of what school was like for you as a child and for you as an adult, trying to get your own children off to school. Remember one-room schoolhouses? How about our 3 R's—reading, riting, and rithmetic? Other things were taught such as spelling, history and music. And my favorite—recess! Join us on Tuesday, September 22 at 12:30 p.m.

AARP Driver Safety Program

Wednesday, September 23 or Thursday, October 1
from
10:00 a.m.—3:00 p.m.

The AARP Driver Safety Program is a classroom driver refresher course designed for motorists age 50 and older. Upon completion of the one-day course, students receive a certificate. Some insurance companies honor completion with a reduced rates. There is a \$12.00 fee for AARP Members or \$14.00 for Non-AARP Members. The check should be made payable to AARP. Register at the front desk.

Veteran's Club

Several military veterans over the age of 55, have expressed interest in getting together once a month. The next meeting will be Friday, September 11 at 10:00 a.m.

If you would like to meet other veterans who served in the armed forces and talk about your experiences, sign-up at the front desk. The next meeting will be Friday, September 11 at 10:00 a.m.



Beyond 80

Grumbings of a Crabby Old Man

Summer will soon be ended and the rumble of air conditioners will fade away as we welcome the cooler days of autumn. I'm so glad.



I don't deny that AC has made the sweltering dog days of summer more livable. But sheltering in a cool house day after day, with doors closed and windows down, tends to feed my tendency toward claustrophobia. What a relief it is, when cooler air lets us open up the house and breathe again! But it's a relief, as well, to flip the AC back on when the temperature soars.



When I was a kid, the big movie theaters seemed to have a monopoly on central air conditioning. Banners on marquees featured ice cycles and boasted, "COOL INSIDE!" Housing for us common folk didn't share such luxury. I slept in a second-floor bedroom under a tin roof that retained the sun's heat throughout the night. It was sweltering. I could have drowned in those sweat-soaked pillows and sheets.

Nowadays, we spend our summer evenings indoors where it's cool, watching re-runs on television or communing with our computers. Pre-AC, we sat on the porch or out in the yard on hot summer nights. No radio. No TV. Too dark to read. Nothing to do but talk to one another. And swat those darn mosquitoes.

This was small town stuff, to be sure. But summer came to the cities as well. Before air conditioning, people left their stifling apartments and row houses, on hot summer nights, to sit on stoops and sidewalks. Neighbors knew neighbors. Streets were livelier. And safer. Some critics finger air conditioning as one of the factors that stripped urban neighborhoods of any sense of community.

Be that as it may, I wouldn't want to go back to those "good old days." Not for a minute. Bill Levitt was thoughtful enough to provide central air in the houses he built for us here in Bowie. I'm perfectly willing to use it when both the temperature and the humidity crawl into the 90s.



This man-made comfort comes at a price, of course. And the price goes up year by year. I don't enroll in those budget plans offered by utilities, so you pay the same amount for electricity every month of the year. No, I want to know the full cost of comfort in the summer months, horrifying though it may be. And I do relish those few short weeks, in fall or spring, when there is little or no need for either the furnace or AC. It's a welcome interlude when utility bills are actually affordable.

There could come a time, I suppose, when the astronomical electric bills of summer force us to turn off the AC entirely at times just to stay solvent. Then we'll be back out in the yard on hot summer nights. Just talking. And swatting those darn mosquitoes.

Paul Schuette

Special Groups

Group & Club Meetings		
Advisory Board	First Tuesday	10:00
Armchair Tour	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 Tuesday and Wednesday	1:00
Table Tennis	Every Monday Every Tuesday Every Wednesday Every Thursday Every Friday	12:00—4:30 3:15—6:00 3:00—4:30 12:00 — 3:00 3:00—4:30
Table Shuffleboard	Daily	Center hours
Wii Game Night & More	Every Tuesday	6:30 — 8:00

September Classes

Monday	Tuesday	Wednesday
10:00 Tai Chi (CC)	9:00 Ceramics/Int. (F)	9:30 Ceramics/Beg. (F)
10:00 Jewelry Making (CC)	9:00 Bio-Aerobics (F)	9:30 Angels & Life Hereafter (CC)
10:00 Wii Game (V)	9:30 Writer's Group (V)	10:00 Computers/Excel (F/V)
12:00 Table Tennis	10:00 Computers/Beg. II (F/V)	10:00 Watercolor (CC)
12:00 Computers/Beg.I (F/V)	10:00 Studio Fine Art (CC)	12:30 Watercolor/Int. (CC)
12:30 Stain Glass/Beg. (CC)	10:00 Current Issues (CC)	1:00 Armchair Fitness (V)
12:30 Literature/World Religions (CC)	10:00 Knit/Crochet (CC)	12:30 Jewelry Making (CC)
12:30 Pinochle	10:00 Basic Fitness (CC)	1:00 Scrabble
1:00 Mahjong	10:30 Balance & Strength (V)	1:00 Tai Chi (CC)
2:30 Ballroom Dancing/Adv (CC)	12:00 Computers/Beg.I (F/V)	2:00 Drawing I/Traditional (CC)
2:30 Current Issues (CC)	12:00 Piano Beg. (CC)	2:30 Computers/Open Office (F/V)
	12:30 American History (CC)	2:30 Current Issues Hot Spots (CC)
	12:30 Stained Glass/Adv. (CC)	3:00 Table Tennis
	1:00 Line Dancing (CC)	
	1:00 Scrabble	
	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	

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

CC = Community College,
Summer Semester Classes
at the Senior Center
June 8—Sept. 19
F = Fee
V = Volunteer, Staff
F/V = Fee/Volunteer

Tuesday Special

September 8
*Wayne's Musical
Memories* (12:30 p.m.)

If you are interested in recycling and *going green*, join us on September 10 at 10:30 a.m.

Coffee Social

Please join a representative(s) from the City of Bowie Council for a free coffee social on Tuesday, September 22 at 10:00 a.m. for an hour of lively discussion.

This is your opportunity to talk about senior issues or other concerns in the community



The "Green" Team

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 Tai Chi/Int. (CC)	11:00 Yoga/Beg (CC)
10:00 History Holocaust (CC)	10:00 Morning Exercise (V)	
10:00 Computers/Beg. II (F/V)	12:00 Computers/Pre Beg. (F/V)	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.
10:00 Watercolor II/Adv. (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 Pinochle		
12:45 Bingo with Prizes		
1:00 History/Image & Reality (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)		

Thursday Special

September 17
Birthday Sing-a-Long
 (12:30 p.m.)

Friday Special
 September 4, 11, 18 & 25
Piano Lounge (12:30 p.m.)

Book Club

Our first meeting is scheduled for Thursday, September. 17 at 3:00 p.m.. We will be taking a humorist look at our aging process by reading *Dave Barry Turns 50*, written by Dave Barry. Please join us in what looks like a fun, yet interesting discussion group.



September 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

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.

Please come anytime after 10:30 a.m.

Please go to the Program Assistant's office to register by paying by cash or check payable to The City of Bowie.

The Center uses Charter Bus Service for all trips to D.C., Baltimore and to destinations beyond a 30-mile radius

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.

Also 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.**

September Trips & Events (All open now)

- 4 Lunch Bunch @ Pizzeria Uno's
- 9 Pentagon and World War II Memorials
- 11 Maryland Seafood Festival
- 16 End of Summer Party @ the Center
- 17 Anne Arundel County Fair
- 23 Atlantic City, N.J.
- 28 Bowling @ Crofton Center

October Trips & Events

- 2 Washington National Zoo
(open for registration now through Sept. 2)
- 8 "Jersey Boys" @ National Theater *(full)*
- 14 Old Town Alexandria via National Harbor Water Taxi *(tentative)*
- 27 Lunch Bunch @ Sullivan's Steak & Beverage Co. *(tentative)*
- 30 Halloween Party *(open now)*

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 back. 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.

End of Summer Luau Party

Join the Center as we bid farewell to summer at the annual *End-of-Summer Party* on Wednesday, September 16, from 11:00 a.m. – 2:00 p.m. **Enjoy the festive atmosphere of a colorful Luau.** Come dressed in comfortable Island attire, take part in some fun games, dance to the invigorating music, and feast on outdoor grilled hot dogs and hamburgers with baked beans and potato salad! Entertainment is provided by “Talked About” band playing popular hits of yesterday and today. Register at the front desk by September 8. The cost is \$8.00 for Residents and \$9.00 for Non-Residents.



Safety While Out and About

Life is to be enjoyed, and people need to be encouraged to partake in it-and not be afraid of the outside world. In this presentation, we discuss parking lot safety, ATM safety, and motorist safety. There are easy to remember rules that will deter criminals and give confidence to good, decent, law abiding citizens. We will review them in an entertaining manner. This presentation is the third and last of the series on safety presented by Paul Kin. Join Paul on Thursday, September 10 at 10:30 a.m.

Wellness

The Weight Management Support Group that meets at 11:00a.m. on Fridays will begin their new 12 month program on September 11. The title for the first month's class will be: *Getting Started: Set Realistic Goals*. You will learn these valuable lessons and more:

- How to rate your diet and discuss previous weight loss attempts/expectations
- Keep expectations realistic-what is realistic versus unrealistic?
- Follow the My Pyramid guidelines
- Fitting exercise into your life
- Partners in weight control-how teaming up helps you succeed.
- Staying motivated and facing challenges.
- Reward yourself for success. Find non-food rewards for behavior changes/weight loss.

September is National Emergency Preparedness Month.

It's a good time to focus on making sure that you have taken some basic precautions to protect yourself in an emergency. Below are some no-cost or low-cost ways to be better prepared.

No Cost

- Create an emergency contact list. Include family, neighbors, and doctors.
- Decide on an alternate place to go if you can't be at home. Make sure someone else knows where you will be.
- Decide now what you will do with your pet if there's an emergency. Will you go to a pet friendly hotel, can you leave your pet with friends or family, or will you use a boarding kennels?
- Make an inventory of valuables. A visual one is best if you can do it.
 1. Videotape or take pictures, then save to a disk
 2. Keep a copy of the inventory in your home and store a copy elsewhere –with a friend or family member or in a safe deposit box.
- Have a copy of your important documents. You can have a paper copy or scan them and save on a disk. Keep in safe deposit box or send to a friend or family member.
- Back up your computer regularly.
- Check on your homeowner's or renter's policy
 1. Know what coverage you have. What's your deductible? Is your coverage adequate to replace your valuables?
 2. Do you have sewer backup protection? It is usually an inexpensive endorsement to your policy, but well worth the expense if you were to have a backup.
- Have a "Go Bag" of essentials. Decide what would you grab if you only had five minutes to leave. Register for Alert Bowie. Receive emails and text messages on your cell phone from the City of Bowie when there is dangerous weather or other emergencies. Call 301-809-3032 for more information.

Low Cost Items to Purchase

- First aid kit
- Smoke detectors
- Flashlight and batteries
- Emergency radio

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 Sept. 3, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Tuesday, Sept. 8, 9:00 a.m.— 11:00 p.m.

Wednesday, Sept. 9, 10:00 a.m.—12:00 p.m.

Thursday Sept. 24, 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



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

Wednesday, September 16, 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 Sept. 16 1:00 p.m.—2:00 p.m.



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, Sept. 22</i>	11:00 a.m. -11:45 a.m.
Diabetes Support	<i>Wednesday, Sept. 9</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.
Weight Management Support	<i>Every Friday</i>	11:00 a.m. -12:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, Sept. 2</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, Sept. 28</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 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.