

The News

Volume XI Issue Seven



The Sunflower: A Fitting Symbol

Have you noticed the sunflower in bloom on the back page of this newsletter? Or maybe you spotted a sunflower on signs announcing Senior Center activities. The sunflower pops up here, there and everywhere around the Center because it is a designated part of our logo.

Why the sunflower? No, it's not because somebody around here misses Kansas, the nation's Sunflower state. The sunflower, originated in the Americas about 1000 B.C., was treasured for its radiant warmth long before the settlers started streaming across the mountains and the plains of the U.S.

Sunflowers have been called "the happiest of flowers." One flower guide says "no flower can lift spirits quite like sunflowers can." They are said to provide energy in the form of nourishment and vibrance, and stand for loyalty and longevity.

Warmth. Nourishment. Longevity. Those attributes alone make the sunflower a perfect symbol for the Bowie Senior Center.



The Newsletter



Do you have email? If so, you can now have the Senior Center Newsletter delivered to your computer each month. This service is part of Bowie E-News provided by Alert Bowie. There are three simple ways to register:

- Fill out a registration form at the Senior Center; or
- Go to the Alert Bowie icon on the City website; or
- Call 301-809-3032.

When you register you can also indicate if you'd like to receive other types of information through Alert Bowie, such as crime alerts, severe weather alerts, traffic alerts, as well as news of government closings, City Council actions, monthly news and events, and job openings.



**Monday, July 5
Independence Day**

Activities

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

Reminisce: America the Beautiful

**Tuesday,
July 27 at
12:30 p.m.**

America the Beautiful is an American patriotic song. The words capture the beauty of America in all its glory. Our country is full of all types of beauty; both natural and man-made monuments. Let's take this time to view and discuss some of our country's more patriotic, historic and awe inspiring visions from sea to shining sea. Feel free to bring your own pictures for the group to see and talk about.

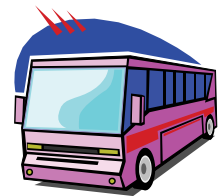


Hand and Wrist Injuries

Please join Dr. Shushan from Anne Arundel Medical Center as he speaks on *Hand and Wrist Injury Prevention and Treatment* on Thursday, July 8 at 10:30 a.m.

Senior Center Bus Trips

Charter bus trips and ticketed events are opened for early registration in order to meet enrollment and payment deadlines. Since some trips listed in the newsletter are advertised in advance in several publications; they may become filled quickly. Please call the Center or visit our web site www.bowieseniorcenter.org to check on Trip Status.



Diabetic Support Group is Back!



All of our lives are different. The way people handle their daily life with diabetes may in some way help others. The Diabetic Support Group will meet monthly to share problems, experiences, goals, and questions with one another in a relaxed informal atmosphere. The group will meet the first Monday of each month, except when there is a Monday holiday, then the group will meet the third Monday.

Join us on Monday, July 19 from 10:30 to 11:45 a.m. Perhaps this group can help you in some way to better deal with diabetes.



Armchair Tours

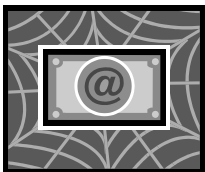
Both Bill Cramer and Frank Evans are taking the time during the summer to review their slides and present new views to you starting in September. They wish you to have fun touring this summer and will return in the Fall.

Computer Club

The Computer Club meets the first and third Thursday of every month, starting at 12:30 p.m. Members will discuss the features of various computers. Guests are always welcome. Bring your knowledge, your problems, and your questions.



Our Web Site



The Center has a web site. It is loaded with information. Classes, trips, events, etc. are all available to you at the site. The complete newsletter can be viewed and printed in color by you, the user. Make use of the site and tell your neighbors. Sometimes it is the way to encourage people to make use of the Center. The web address is www.bowieseniorcenter.org

Sharing Life Stories

The Center is filled with exciting people who have extraordinary experiences, interests, hobbies, collections, and life stories to share. The first Thursday of each month a different fascinating person invites you to join them. This month, Kevin Russell, who worked in the Old Executive Office Building in Washington, D. C. (where he did the printing for the White House complex), will share pictures and stories. Please drop-in on Thursday, July 1 at 10:00 a.m.

Celebrate Diversity

Tuesday, July 6 at 12:30-2:00 p.m.



It is the legacy of America, the Melting Pot in all its variety that the Center will celebrate Heritage Day. You are invited to come (cultural apparel, if you like) to share memories of your forbearers through music, song, dance, prose, poetry, recipes or any other medium that offers a peek at cultures of other lands or other times. There will be an open microphone so everyone will have a chance to make a presentation of his or her choice.

If you would like to cool down, try the ice cream social on July 6 at 12:30 p.m. during the program. The cost is \$1.00. Please sign-up and prepay for your participation at the front desk by July 2.

Beyond 80



Grumblings of a Crabby Old Man

People my age—yes, you know who you are—tend to deplore the behavior of youngsters and the state of our schools.

When a car roars by the house at 2 a.m. with the radio blaring rock at full volume, I know who to blame. “Drug-crazed teen-agers,” I mutter to myself. When I see graffiti scrawled on a wall or sidewalk, it’s no mystery to me who did the deed. “Drug-crazed teen-agers” get the blame.

I admit I have no evidence to convict the younger generation of every act of senseless vandalism that occurs, but surely there can’t be any doubt about these kids frittering away their time at school. Countless surveys have attested to the ignorance of our adolescents.

A 2008 survey of 17-year-olds found that nearly a quarter of the 1,200 respondents could not identify Adolph Hitler. More than 40 percent thought *The Scarlet Letter* was about a witch trial or a piece of correspondence. One-third did not know that the Bill of Rights guarantees freedom of speech and religion. Other findings in this survey and others like it were no less appalling.

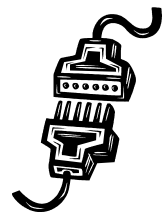


Having this mind set, it came as no surprise to me to learn that a ninth grade class at South River High School in Edgewater was having a demonstration of marble-sorting machines as the school year was coming to a close. Marble-sorting! That’s certainly preparing these youngsters for life in the real world!

One of the South River marble-sorters happened to be my 15-year-old granddaughter Morgan O’Brien, so I had a chance to find out more about this strange project.

“What kind of class teaches marble sorting?” I asked. “Principles of Engineering,” Morgan replied. Say what? The course, she explained, is part of the school’s STEM program. That’s an acronym for Science, Technology, Engineering and Mathematics.

Then she told me how to build a marble sorter. You start with a bunch of parts from Fischertechnik, a German outfit that makes blocks sort of like high-tech Legos. You build a pathway for the marbles to roll down into a hopper, where the marbles are “read” by a photo sensor. The marbles then roll onto another pathway lined with three separate bins. The photo sensor is linked to a motor linked to gears linked to gates along the pathway. And, naturally, everything is linked to a computer.



If everything works right, black marbles roll into one bin, clear marbles into a second bin, and blue marbles into the remaining bin. How do you make the whole thing work? Why, you put together a computer program to turn readings from the photo sensor into commands that control the movement and timing of the pathway gates, my granddaughter explained. And did the machine sort the marbles correctly? Of course, said Morgan smugly.

There were roughly 30 machines sorting away during the demonstration at the school and perhaps a hundred proud parents on hand to applaud. I’m sorry I missed the show but I’m glad I’m not in high school these days. Principles of Engineering? I’d flunk out for sure.

Paul Schuette

Special Groups



Group & Club Meetings		
Advisory Board	Return in September	10:00
Armchair Tours	Return in September	12:30
Bonsai Club	First Friday	9:00
Book Club	Return in September	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	Return in September	10:30
Healthy Lifestyles	Friday	11:00—12:00
Magic Club	First Wednesday	10:00
NARFE Counseling (Federal Retirees)	First Tuesday	10:00 -12:00
Senior Chorale	Return in August	2:30-4:30
City Gym Senior Walk	Return in September	9:30—11:30
Writers Group	Every Tuesday	9:30 -11:30

Advisory Board Members

Tony Young
Chairperson

Robert Fierstein
Vice Chair

Naomi Kirkpatrick
Secretary

Frank Evans

Carmen Laughery

Carter Rardon

Pat Rooney

Lillie Watson

Glory Williams

Games		
Billiards	Daily	Center hours
Bridge (Sign-up necessary) Duplicate Bridge (Sign-up)	Every Tuesday Every Friday	1:00 -4:00 12:30 -4:00
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 evening	6:30 - 8:00

July Classes

Monday	Tuesday	Wednesday
8:30 Senior Fit	9:00 Class Piano (CC)	8:30 Senior Fit
9:15 Current Issues/Foreign Policy (CC)	9:00 Ceramics (F/V)	9:30 Ki Gong (CC)
10:00 World Religions/ Topical Discussions (CC)	9:00 Bio-Aerobics (F)	10:00 Art History (CC)
10:00 Tai Chi (CC)	9:30 Writer's Group (V)	10:00 Watercolor (CC)
10:00 Jewelry Making/ Beg (CC)	10:00 Knit/Crochet (CC)	12:00 Glendale Bridge
12:00 Table Tennis	10:00 Studio Fine Art (CC)	12:00 Jewelry Making (CC)
12:30 Stain Glass/Beg. (CC)	10:00 Current Issues (CC)	12:30 Watercolor/Int. (CC)
12:30 World Religions/Great Peacemakers (CC)	10:30 Balance & Strength (V)	1:00 Armchair Fitness (V)
12:30 Pinochle	11:00 Music Appreciation (CC)	1:00 Scrabble
1:00 Mahjong	12:30 American History (CC)	1:00 Tai Chi (CC)
2:00 Labyrinth Living (CC)	12:30 Stained Glass/Adv. (CC)	2:00 Drawing I/Traditional (CC)
2:30 Zumba Gold (F)	12:30 Bridge Club	3:00 Table Tennis
	1:00 Line Dancing (CC)	
	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:00 Labyrinth Living (CC)	
	6:00 Zumba Gold (F)	
	6:30 Wii Games & More (V)	

Monday Special

July 19

Wayne's Musical

Memories (12:30 p.m.)



Wednesday Special

July 7 & 21

Movie (10:00 a.m.)



CC = Community College,
Summer Semester Classes
at the Senior Center
June 7-Sept. 18
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

- 9:00 Ceramics (F/V)
- 9:00 Bio-Aerobics (F)
- 10:00 History/Hollywood Sports in Film (CC)
- 10:00 Watercolor Adv. (CC)
- 10:00 Yoga (CC)
- 12:00 Pilates (CC)
- 12:00 Table Tennis
- 12:30 Drawing Adv. (CC)
- 12:30 Pinochle
- 12:30 Living Well w. Chronic Conditions (CC)
- 12:45 Bingo with Prizes
- 1:00 History/Hollywood War & Peace (CC)
- 1:00 Mahjong
- 6:15 Line Dancing (CC)

Friday

- 8:30 Senior Fit
- 10:00 Quilting (CC)
- 10:00 Ennegram (CC)
- 10:00 Tai Chi/Int. (CC)
- 10:00 Morning Exercise (V)
- 11:00 Healthy Lifestyles (V)
- 12:30 Quilting (CC)
- 12:30 Bridge Club (Duplicate)
- 12:30 Art Studio (CC)
- 1:00 Tai Chi Dao Yin Chinese Flexibility (CC)
- 1:00 Stories for Mid-life Traveler (CC)
- 2:30 Art Studio (CC)
- 3:00 Table Tennis

Friday Special

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

Saturday

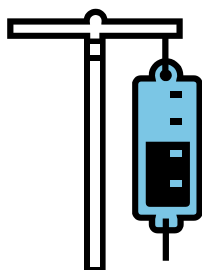
- 9:00 Yoga/Adv. (CC)
- 11:00 Yoga/Beg (CC)

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. Seniors 55 to 60 contact PGCC or Senior Center for fee information.

Thursday Special

- July 1
Sharing Life Stories
(10:00 a.m.)
- July 15
Birthday Sing-Along
(12:30 p.m.)



Upcoming Blood Drive:
July 10 Baysox Mascot, Louie will attend
Hours
8:30 a.m.-1:00 p.m.



July 2010

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

Trip Information & Policy!

Please note that earlier sign-ups are in place so that the Senior Center may reach the necessary enrollment for trips in a timely fashion. Charter bus trips require 30 days notification to avoid penalties. If you are interested in a trip, please sign up as soon as possible. Your money will be refunded if the Center has to cancel due to low enrollment.

Bowie residents may begin open registration on the **1st Tuesday** of the month. Non-Residents may begin open registration on the **1st Thursday** of the month. Please come anytime after 10:30 a.m. Please go to the Program Assistant's office to register. Pay cash or check made out to: City of Bowie. Refer to the 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 Room and Activities Bulletin Board. Also visit our website: bowieseniorcenter.org.

July Trips & Events
7 Lunch Bunch @ Nautilus Diner
14 National Gallery of Art/Air & Space Museum
16 P.G. Genealogy Library - Bowie
20 <i>Dorothy Megan</i> Luncheon Cruise
23 National Harbor
28 Atlantic City – Full

International Spy Museum

Come with us on Aug. 13 to visit the only public museum in the United States solely dedicated to espionage. It is the one museum in the world that provides a global perspective on this all-but-invisible profession. The museum features the largest collection of international spy-related artifacts ever placed on public display. You'll learn of individual spies in stories told through film and state-of-the-art exhibits.



August Trips & Events (tentative)

4 Lunch Bunch @ <i>T.J. Elliott's</i>
6 Annapolis State & Paca Houses
11 "Nonsense" at <i>Toby's</i>
13 International Spy Museum
17 Beltsville Agricultural Center
25 Baltimore Inner Harbour

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 donation 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.**

Happenings

What do You Know about the Month of July?

Since the Romans decided to name the months of the year, they started with naming the month of June after the queen of the gods. They in turn named March after Mars, the god of war. This all happened in the year 46 B.C. Julius Caesar ordered a reform of the calendar. While doing this he changed Quintillis (meaning fifth month) to July (after himself). It was the fifth month until 153 B.C. when the new year was started in January instead of the previous March.



Our Independence Day falls in this month. There are other countries that do the same. Canada has July 1 (separation from Britain), the French with Bastille Day on July 14. Independence Day is on July 5 in Venezuela, July 9, in Argentina, July 21 in Belgium, and July 28 in Peru.

While July is usually the hottest month of the year in the Northern Hemisphere, it is winter in the Southern Hemisphere. It is a month with little rain, abundant flowers, and loads of insects. Growing up, we all remember, sleeping by the window, or on the floor, or if you were lucky, on the screened porch. Remember making paper fans to cool yourself in school?



But July is not all serious thinking. It is also the National Ice Cream Month. President Ronald Reagan in 1984 gave July this honor. However, the list does not end with this title. July also observes Air-Conditioner Appreciation Day, Skyscraper Month, National Blueberries Month, Cell Phone Courtesy Month, Family Reunion Month, National Grilling Month, National Hot Dog Month, just to name a few.

The Ruby is the birthstone for the month of July. Is it because red brings to mind excessive heat? It's colors range from pink to blood-red. It is a variety of aluminum oxide. The red color is caused mainly by the presence of the element chromium. It's name comes from rubber, which is Latin for red. Sapphire, emerald, diamond and ruby are the four precious stones. Prices vary according to color. Pigeon blood red gem commands a huge premium over other rubies of similar quality.



Is July your birth month? Here are a few others who share your month.

- Stephen Foster, July 4, 1826
- Calvin Coolidge, July 4, 1872
- Thurgood Marshall, July 2, 1908
- George M. Cohan, July 3, 1878
- Gerald R. Ford, July 14, 1913

**Have Fun this Month.
Grill, eat ice cream,
and visit your relatives.**

Healthy Hydration

Summer is here, and it is more important than ever that we drink our water to help 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 and seek medical assistance if you are experiencing any of the following symptoms:

- thirst
- decreased urination
- feeling more tired than usual
- dry mouth
- chills
- dry skin
- increased heart rate and respirations
- 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; while reading, watching TV, and 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 and drink **before** you are thirsty!

Elaine Kackley, Wellness Coordinator

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. Join her on Monday, July 12 at 12:30 p.m. The topic is Cholesterol and Stroke. Please register at 301-809-2300.

Information and Referral Specialist

Nurse on Duty

A *volunteer nurse* is available for blood pressure screening:

- Wednesday July 14, 10:00 a.m.—11:00 a.m.*
- Thursday July 22, 10:00 a.m.—11:00 a.m.*
- Wednesday July 28, 10:00 a.m.—11:00 a.m..*

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. Sign up at the front desk.

Wednesday, July 21 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.

Bowie Hearing Center Wednesday, July 28 1:00 p.m.—2:00 p.m.

The Center

Notary



Notary services by appointment



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, July 20 “Live Long, Have Fun, Less Stress”</i>	11:00 a.m. -11:45 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 p.m.-7:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, July 7</i>	10:00 a.m. —4:00 p.m.
Parkinson’s Support	<i>Monday, July 26</i>	10:00 a.m. - 12:00 p.m.
Diabetic Support	<i>Monday, July 19</i>	10:30 a.m.—11:45 a.m.

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.

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,
..... Diana Shrader, Jenny Tringali,
..... Marchette Alexander
Receptionist Pat Dunston
Maintenance Ray Esguerra, Harry Booth
Sr. Nutrition Aid..... Diane Clemons
Bus Drivers... Lisa Bennett, John Bannan, Joe Clark,
..... Bob Long, Robert Garland,
..... Gary Harash, Dean Moore, Antoinne Wood
..... Venard Gray, John Scanlon, Darryl Stafford,
..... James Woodard, Dario Ciuffetelli

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.

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.

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.