

The News

Volume XI Issue Two



Mardi Gras

Membership Appreciation Day

The biggest party of the year is *Mardi Gras*. A celebration of extravagant fun, festivities, and frolicking. It is also a time for people to express their appreciation for their family and friends. The Bowie Senior Center staff wants to express their appreciation for the many members who have helped us enjoy being at the Center. Please come to our **Membership Appreciation Day** on Tuesday, February 16 (Fat Tuesday) from 12:30-2:00 p.m. The Center will become the *Bourbon Street* of Bowie. We will enjoy our own **Mardi Gras** with the musical entertainment of DJ "Mr. Music." Light refreshments will be available. There is no fee for our festival of "Carnival."



Center Closed

Presidents Day
Monday, 2/15

Special Book Club News

The book club will host a local author, Ms. Erika Robuck, for a special book reading, discussion and book signing on **Thursday, February 18 at 3:00 pm**. The book being read for this very special event is entitled *Receive Me Falling* penned by Ms. Robuck.

The story is about a young woman from Annapolis who inherits land in the Caribbean Islands. She launches a quest to unlock the secrets of this mysterious place.

The book is available at the Annapolis "Borders" store and at some of the small independent book shops in downtown Annapolis. You can also purchase the book on-line through Amazon, Barnes & Noble, Borders, or at the author's website (www.erikarobuck.com).

All are welcome to attend the meeting. Bring your friends to share this special experience with you. We hope this will be just the first in a series of visits by local authors coming to our Center to discuss their works.



Activities

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

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 scientist. He is the founder of Bowie Bonsai Club (1981) and Mei-Hwa Penjing Society (1984). He will offer a **free** bonsai class for beginners starting March 5 through May 21. This 12 week class will meet from 9:00 a.m. to 11:00 a.m. on Fridays. The class size is limited to 10 students. There is a \$3.00 fee for handout materials and students will bring their own plants and pots. Please sign up at the front desk.



Fireside Chat

The topic for the February Fireside Chat is “Benefits of Change.” In November, Gloria Gaddy, the Center’s Information and Referral Specialist, provided a box for seniors to write the changes they made in their personal lives. After the group reviews the changes, they will chat about what benefits people received from making these changes.

Tax Preparation

AARP Tax Preparation Volunteers will be at the Center only on Wednesdays starting February 3rd through Wednesday, April 14. You **must** make an appointment by calling the Center between 10:00 a.m. to 2:00 p.m. Monday through Friday at 301-809-2300.

Magic

Calling all Grandparents once again, the “Amazing Herb” Briscoe, Jim Murray, and Dave Thomas will teach a six-week workshop with results that are sure to dazzle the grandchildren! Workshop sessions will be conducted from March 3 through April 7. Classes will meet each Wednesday from 11:00 a.m. to 12:00 noon. Please register at the front desk. The cost is \$5.00 for Residents and \$6.00 for Non-Residents, plus a \$20.00 fee for supplies.



Computer Registration



Computer class sign-up will be on Tuesday, February 23 at 11:00 a.m. Classes will begin the week of March 8. We will have the usual classes: *Introduction to Computers*, *Beginner's I*, *Beginner's II*, *Word*, *Introduction to Open Office*, and, *E-Mail & Internet*. Class listings are available at the front desk.



Armchair Tours

Vancouver and Victoria

Gateway to the Pacific Northwest

The Pacific Northwest, stretching from Seattle all the way to Alaska, is one of the most scenic areas in the world. It is anchored by Vancouver and Victoria, two magnificent cities in southwestern British Columbia, on opposite sides of the Strait of Georgia. Vancouver is the site of the 2010 Olympic Winter Games in February.

Join Armchair Host Bill Cramer at 12:30 on Wednesday, February 17.

Italy – Part III

This tour will visit Sienna (Province of Tuscany); Perugia, Assisi, Spoleto, and Orvieto (Province of Umbria); Grottoferrata, Frascati, Castel Gondolfo, and Nettuno (Province of Lazio); Monte Cassino, Caserta, Naples, Pompeii, Sorrento, and the Isle of Capri (Province of Campania).

Join Frank Evans on Wednesday, February 24 at 12:30 p.m. for this third of a series of tours of Italy.

Reminisce: The History of African-American Music

We will take a look at five traditional African American musical styles – spirituals, blues, jazz, gospel and rap. As far back as we know, music has been as much a part of life as speaking. Music was used for worship and celebration; to tell stories and to share feelings. Let's discuss how these types of music have helped form parts of our lives and what music means to us. Join us on Tuesday, February 23, at 12:30 p.m.

Artist of the Month

Rosemarie Hargett finds great pleasure in creating embroideries and handicrafts which flow from the subdued earth tones to flowering brilliance. As a self taught artist, she likes to challenge her abilities to do difficult and more intricate patterns with good results. Please join Rosemarie at her reception on Thursday, February 11 at 7:00 p.m. The reception is open to the public.



AARP Driver Safety Program

Thursday, February 4 (1-day Course)

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 certificates. Some insurance companies honor completion with a reduction rate. There is a \$12.00 fee for AARP members, or \$14.00 fee for Non-AARP members. Next classes will be Wednesday, March 31 and Thursday, April 1. Checks should be made payable to AARP. Register at the front desk.

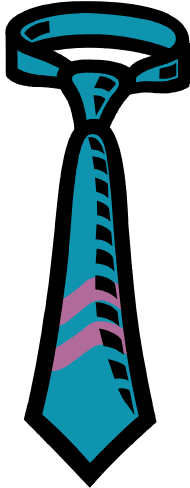
Beyond 80



Grumblings of a Crabby Old Man

One of the joys of retirement is the dress code. There isn't any. Every day is "casual Friday."

In some places, the transition to "casual every day" can be a rite of passage into retirement. A family cousin was so honored when he retired last year as the Michigan Fraternal Order of Police photographer. As part of the ceremony, Jim "had his tie severed and was warned that in future years ties were only for weddings and funerals" That's a rule a man can live with!



In my high school days, when dressing up was still a novelty, ties were a welcome part of the grown-up costume. I even polished my shoes on a near daily basis. But with maturity came the recognition that ties are one of the torments that burden a suffering humanity.

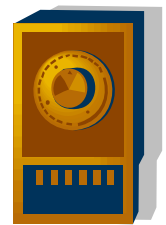
Ties don't really look right unless they are worn snug to the collar, restricting the flow of oxygen to the lungs and blood to the brain. They serve no utilitarian purpose whatsoever. They just hang there on the chest, waiting to be stained by mustard or catsup, soup or salsa. Bow ties may be a safer choice for the careless eater, but bow ties...well, they are just a little bit silly to be frank about it.

The czars of fashion dictate changes in the shape of ties from time to time just to keep sales going. Square-cut knit ties of the 40's gave way to the skinny ties of the 50's which were displaced by the wide, wide styles of later decades.

I'll confess that I didn't wait until retirement to push neckties to the back of the closet. Arab members of OPEC came to my rescue in 1973 when they declared an embargo on oil shipments to the U.S. to punish us for sending supplies to Israel during the Yom Kippur war.

You may remember the shortages and long lines at gas stations that became part of our auto-dependent existence during that period. Twenty per cent of the nation's filling stations had no fuel at all by the last week of February 1974, the AAA reported.

To conserve energy, the federal government resorted to year-round daylight saving time in 1974 and imposed a nationwide 55 mph speed limit. Thermostats were turned up in federal buildings in summer to reduce the load on air conditioning systems—a blessing in disguise as it turned out. To help us tolerate the limits on AC use, word came down that men could dispense with neckties as office wear.



Once given that dispensation, I never went back to neckties on a regular basis even after ACs were humming again at full throttle. And now that I'm retired, open collar comfort is here to stay. Except for weddings and funerals, of course.

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
City Gym Senior Walk	Monday-Friday mornings	8:30-10:00

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)	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 evening	6:30 - 8:00

February Classes

Monday	Tuesday	Wednesday
9:30 Living Well w Chronic Cond. (CC)	9:00 Class Piano (CC)	9:00 French/Beg (CC)
10:00 Creative Thinking/Int (CC)	9:00 Bio-Aerobics (F)	9:30 Ki Gong (CC)
10:00 German /Int. (CC)	9:30 Writer's Group (V)	10:00 Art History/Plays/ Noel Coward (CC)
10:00 Literature/Exploration (CC)	10:00 Computers/Word Proc. (F/V)	10:00 Watercolor (CC)
10:00 Great Peacemakers (CC)	10:00 Spanish I (CC)	11:30 French thru Film (CC)
10:00 Tai Chi (CC)	10:00 Studio Fine Art (CC)	12:00 Jewelry Making (CC)
10:00 Jewelry Making (CC)	10:00 Current Issues (CC)	12:30 Watercolor/Int. (CC)
10:00 Wii	10:00 Knit/Crochet (CC)	1:00 Armchair Fitness (V)
12:00 Table Tennis	10:00 Basic Fitness (CC)	1:00 Scrabble
12:00 Computers/Beg I (F/V)	10:30 Balance & Strength (V)	1:00 Tai Chi (CC)
12:30 German /Beg. (CC)	11:00 Music Appreciation (CC)	2:00 French/Int. (CC)
12:30 Stain Glass/Beg. (CC)	12:00 Computers/Beg I (F/V)	2:00 Estates, Trusts (CC)
12:30 Dance Variety (CC)	12:00 Studio Fine Arts (CC)	2:00 Drawing I/Traditional (CC)
12:30 Literature/World Religions (CC)	12:30 American History (CC)	3:00 Table Tennis
12:30 Pinochle	12:30 Stained Glass/Adv. (CC)	
1:00 Music Appreciation/ Opera Songs (CC)	1:00 Line Dancing (CC)	
1:00 Writing Memoirs (CC)	1:00 Biblical Greek (CC)	
1:00 Current Issues/Middle East (CC)	1:00 Bridge Club	
1:00 Mahjong	2:00 Spanish II (CC)	
2:30 Ballroom Dancing/Adv (CC)	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:00 Zumba Gold (F)	
	6:30 Wii Games and More	

Monday Special

February 22

Wayne's Musical

Memories (12:30 p.m.)

Upcoming Blood Drives:
Feb. 13, Mar. 13
Hours
8:30 a.m.-1:00 p.m.



CC = Community College,
Spring Semester Classes
at the Senior Center
Feb. 8-May 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 Bio-Aerobics (F) 10:00 History/Hollywood Sports in Film (CC) 10:00 Literature/Vivid Persons in Poetry (CC) 10:00 Watercolor (CC) 10:00 Computers/Word Proc. (F/V) 10:00 Yoga (CC) 12:00 Pilates (CC) 12:00 Table Tennis 12:15 Computers/E-mail & Internet (F/V) 12:30 Drawing I & II (CC) 12:30 Tap Dance (CC) 12:30 Pinochle 12:45 Bingo with Prizes 1:00 Political Confrontation (CC) 1:00 History/Earth & Aliens-Films (CC) 1:00 Mahjong 2:00 Chess (V) 3:00 Ballroom Dancing/Beg (CC) 6:15 Line Dancing (CC) 6:15 Meditation Thurs (CC)	10:00 Quilting (CC) 10:00 Watercolor (CC) 10:00 Tai Chi/Int. (CC) 10:00 Labyrinth (CC) 10:00 Morning Exercise (V) 12:00 Computers/Pre-Beginners (V) 12:30 Quilting (CC) 12:30 Bridge Club (Duplicate) 12:30 Art Studio (CC) 1:00 Tai Chi Dao Yin Chinese Flexibility (CC) 2:30 Art Studio (CC) 3:00 Table Tennis	9:00 Yoga/Adv. (CC) 11:00 Yoga/Beg (CC)
	Friday Special February 5, 12, 19 & 26 <i>Piano Lounge (12:30 p.m.)</i>	<p style="text-align: center;">Prince George's Community College (PGCC) SAGE (Seasoned Adults Growing Educationally) Continuing Education classes offered at the Center</p> <p>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.</p>
	<div style="border: 1px solid black; padding: 5px;"> <p>The Fitness Room is open on Saturdays 8:30 a.m. to 2:30 p.m.</p> </div>	<p>Center Closed</p> <p>Presidents Day Monday, 2/15</p> <p>February 2010</p>

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

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						

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 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 by check made to: The 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 Bowie Senior Activities Bulletin Board.

Also visit our website: bowieseniorcenter.org

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.**

February Trips & Events

3 "I Love You, You're Perfect, Now Change" @ Toby's

10 Lunch Bunch @ Golden Corral

12 Surratt House Museum

16 Friendship Day Party

22 Super Walmart



Trains on Display

Ted Tuck's train garden is back. It is located to the left as you enter the Center's dining room. Ted's work is always so much fun and enjoyed by all.

Don't forget —bring the grandchildren to see the trains!

March Trips & Events (tentative)

2 Philadelphia Flower Show

5 Riversdale Museums

10 Harrington Slots

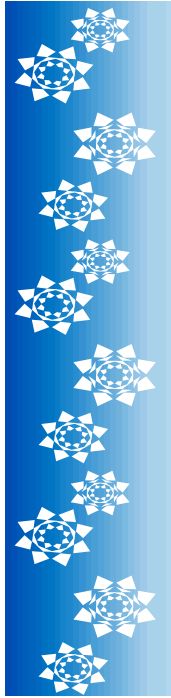
19 Lunch Bunch @ The Four Seasons Grill

24 "Hairspray" @ Toby's

30 Dulles Udvar-Hazy Air & Space Museum

Happenings

Weather Policy



- When Prince George's County Schools are **closed** due to inclement weather, the Bowie Senior Center's scheduled activities (including PGCC classes, transportation and the Nutrition Program) **are cancelled for the day**. However, the facility is open for unscheduled activities.
 - 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.
- * **NOTE:** — 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.

Senior Center Summit

An Informational Summit will be held at the Center during the week of **March 29 through April 1**. The goal is to provide information to residents regarding the topics cited in the Senior Needs Survey (distributed to the City of Bowie residents in July of last year). The following topics will be addressed during the event:

- *Health Presentations:* Medicare and Medical Insurance, Fitness Information, Services for the Homebound and the Disabled, Nutrition information, Emergency Meals.
- *Safety Presentations :* Crime Awareness and Prevention, Solicitation: door to door and phone
- *Municipal Services Presentations:* Emergency Preparedness, Communication: City Website, Spotlight, City Publications and Subsidized Transportation.

Presentations will also include finance, retirement, and investments. The event will end with an **Information Fair** on Thursday, April 1. Look for more information about this event in the next few weeks.

Mark you Calendars

February Is American Heart Month

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To educate the public with the warning signs and how important it is to receive medical treatment as soon as you suspect you may be experiencing any of these first signs of heart attack or stroke, the American Heart Association has launched a campaign called "Act in Time." Heart attack and stroke are life-and-death emergencies and every second counts. If you see or have any of the symptoms listed below call 911 immediately.

Heart Attack Warning Signs

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Warning Signs

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing with one or both eyes.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden, severe headache with no unknown cause.

These symptoms should not be ignored. Receiving immediate medical treatment is important. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Learn the signs, but remember this; even if you are not sure about your symptoms, have it checked out. Minutes matter! Fast action can save lives-maybe your own. Don't wait— call 911.

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. On February 8 the topic is "Things to keep us healthy and living longer." Please register at 301-809-2300.

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 Feb. 4, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Thursday Feb. 11, 10:00 a.m.—11:00 a.m.

Thursday Feb. 25, 10:00 a.m.—11:00 a.m..

Information and Referral Specialist

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

Monday—Friday 10:00 a.m. —2:00 p.m.

Some helpful printed resources are always available at the Center.

Mini Massage



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

Wednesday, February 3, 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, Feb. 17 10:00 a.m.—12:00 p.m.



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, Feb. 16</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.
Healthy Lifestyles	<i>Every Friday</i>	11:00 a.m. –12:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, Feb.3</i>	10:00 a.m. –4:00 p.m.
Parkinson's Support	<i>Monday, Feb.22</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.

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.