

The News

Volume XI Issue Six



Tenth Anniversary Celebration

The Bowie Senior Center has been a part of the Bowie community experience since 1977. The original funding for two staff positions was provided by Title VI of the Comprehensive Employment and Training Act (CETA). The first Center was located in two rooms at City Hall. Due to the growth and success of the original program, the City of Bowie Council approved funding to construct a new building.



In June 2000, the doors opened to an inviting and exciting new Bowie Senior Center on Health Center Drive. The expansive 29,000 square foot facility, which encompasses fully equipped classrooms, a computer lab, fitness and exercise rooms, billiards/pool room, multipurpose room, library, lounge, health suite, kitchen, conference room, and staff offices, is the hub of activity for seniors in the community. Many people and good happenings have made the Center what it is today.

Please join us as we celebrate Bowie Senior Center—"Past, Present and Future!" The festivities will begin at 10:00 a.m. on Friday, June 18 with entertainment, tours, and light refreshments.



The Advisory Board Needs You!

Nominations are being accepted to fill seats opening up on the Center's Advisory Board. The Bowie Senior Advisory Board, established in June 2000, advises and assists the Center's Program Manager in the promotion of the principles, policies and procedures, as well as the provision of services, to the seniors in our community.

The Board consists of nine (9) persons who must be fifty-five years of age or older, are registered to vote in the City of Bowie, and who have been members of the Center for at least six months. Each year three new members are appointed to serve for three years.

If you are interested in serving on the board, please pick up an application and a copy of the Advisory Board Bylaws at the front desk. The deadline to submit applications is June 19. Appointments will be made by June 30.

Activities

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

Reminisce: Juneteenth

Tuesday
June 22:
12:30 p.m.

Juneteenth is an American holiday (June 19) also known as Freedom Day or Emancipation Day, celebrating the ending of slavery in the United States. The final days of slavery occurred in Galveston, Texas 2 ½ years after Lincoln's Emancipation Proclamation. These days *Juneteenth* commemorates African American freedom and emphasizes education and achievement. Come discuss the history behind this holiday as well as the different ways the holiday is celebrated.

Genealogy Workshop – Part II

Discover your family history. The Prince George's County Genealogical Society will hold a second workshop. Topics will cover: maps, military, immigration, society, state universities, and land records. Please join us for this informative presentation on Thursday, June 10 from 10:00 a.m. – 11:30 a.m.

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, June 15.



Help for Chronic Wounds:

Join Doctor Chester Dilallo, Medical Director, Wound Center at Doctors Community Hospital on Thursday, June 17 at 10:30 a.m. Dr. Dilallo will talk about the risks, treatment and prevention of chronic wounds.

Macular Degeneration

Join Doctor Mhikel from the Anne Arundel Medical Center as he talks about Macular Degeneration-an age related degeneration- of the eye-on Thursday, June 24 at 10:30 a.m.

Beyond 80



Grumblings of a Crabby Old Man

“Golf is a good walk spoiled.”

That was Mark Twain’s opinion of the sport way back when. Twain had no way of knowing that Tiger Woods would one day take enough of those “good walks” to rake in \$110 million a year. That’s according to Parade magazine’s annual salary survey. Even after losing a number of sponsors because of his off-the-course activities, Tiger should still be able to make ends meet. And probably overlap by more than a little.

Even \$110 million a year didn’t put Tiger at the top of the leader board in Parade’s salary survey. Mark Zuckerberg, CEO of the internet’s Facebook, raked in \$3 billion, the magazine reported. And Zuckerberg is only 25. Think of what he’ll be making when he grows up!



Parade’s survey of earnings wasn’t limited to the wealthy. The newspaper supplement listed the income of just under 200 people plying various trades in every corner of the country. A Maine outdoor guide netted \$25,000. A Virginia pharmacist earned \$48,200. An Arkansas firefighter/EMT was paid \$45,000. An Oregon secret shopper got only \$1,300. I don’t know what a secret shopper does exactly, but if my pay was that low I’d want to keep it a secret, too.

Apart from satisfying our curiosity about who’s making what in this country, the salary survey establishes once again that earnings relate not at all to an individual’s contribution to the common good. A food bank coordinator in Oxon Hill, Maryland, earned \$20,600 a year while TV’s Jay Leno made off with \$32 million. A medical resident in Arizona was paid \$48,100 while the Fox network’s Glenn Beck got \$23 million. A Good Samaritan executive director in Nebraska earned \$20,000 while the NFL’s Michael Vick was banking \$1.6 million.

Everybody talks about how important teachers are to the future of the nation, but we don’t pay them that way. An English teacher in Mobile, Alabama, earned \$48,500; a college instructor in Richmond, Kentucky, was paid \$24,000; a teacher’s aide in Middleton, Wisconsin, received \$19,800. Compare those salaries to a Minnesota truck driver’s \$91,400, an Alaska carpenter’s \$65,000, or a Washington boiler repairman’s \$98,000.

Maybe I have a morbid interest in salaries because I started my post-college working career as a newspaper reporter back in 1952. The pay was not good. I started at \$43.50 a week in Gary, Indiana, and counted myself lucky to get the job. Many small dailies at the time insisted that job applicants “must have car and camera.” I had neither.

It would be heartening to report that times have changed for the better in the newspaper business, but they haven’t. Not only are papers folding right and left or cutting staffs to try to remain solvent, but the pay is still lousy. Parade magazine reported that a 29-year-old newspaper reporter in Logan, Utah, earned \$22,200, and a copy editor in Corvallis, Oregon, was paid \$25,000.

Makes me glad I’m retired. The pay is better.

Paul Schuette

Armchair Tours



Maui, Lanai, and Molokai

This month we will be visiting three enchanting islands in the middle of the Hawaiian chain. Maui is famous for its magnificent beaches and elegant resorts, as well as Haleakala, a 10,000 foot volcanic crater accessible by road. Molokai was once a leper colony made famous by Father Damien; and Lanai, though far less known and visited, is just plain gorgeous!

Join Armchair Host Bill Cramer at 12:30 p.m. on Wednesday, June 16.

The Iberian Peninsula – Part III

Continuing our tour through Spain, we visit Alarcon, Segovia, Valladolid, Burgos, Vitoria, Santillana del Mar, Leon, Astorga, Lugo, La Coruna, Santiago do Compostela, Pontevedra, Zamora, and Salamanca – the northwest quadrant of Spain.

Join Frank Evans at 12:30 p.m., Wednesday, June 23, for this third in a series of tours of the Iberian Peninsula.

Computer Club

The Computer Club meets the first and third Thursday of every month, starting at 12:30 p.m. The topic for the June 17 meeting should be of particular interest to anyone thinking about buying a new computer. Members will discuss the features of various laptop computers.



Zumba Gold

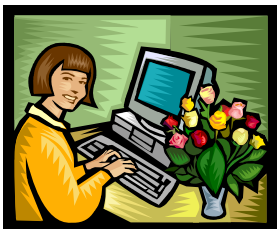
‘Zumba Gold’ takes fitness to the next level by moving the body to Latin dance music. You do not have to know how to dance, just follow the instructor, Sharon McCarroll, and have fun! For your convenience, **two** six week classes will be offered in June:

Monday, June 7 – July 12 from 2:30 – 3:30 p.m.

Tuesday, June 8 – July 13 from 6:00 – 7:00 p.m.

The cost for the class is \$33.00 for Residents and \$39.00 for Non-Residents. Please register at the front desk by June 1.

Web site



The Center has a web site. It is loaded with information. Classes, trips, menus, 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. Some times it is the way to encourage people to make use of the Center.

The web address is www.bowieseniorcenter.org

Special Groups



<i>Group & Club Meetings</i>		
Advisory Board	First Tuesday	10:00
Armchair Tours	3rd and 4th Wednesday	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 September	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

<i>Games</i>		
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

And Activities

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

Thursday

- 9:00 Ceramics (F)
- 9:00 Bio-Aerobics (F)
- 10:00 History/Hollywood Sports in Film (CC)
- 10:00 Watercolor Adv. (CC)
- 10:00 Computers/Beg II. (F/V)
- 10:00 Yoga (CC)
- 12:00 Pilates (CC)
- 12:00 Table Tennis
- 12:15 Email & Internet (F/V)
- 12:30 Drawing Adv. (CC)
- 12:30 Pinochle
- 12:30 Living Well w. Chronic Conditions (CC)
- 12:450 Bingo with Prizes
- 1:00 History/Hollywood War & Peace (CC)
- 1:00 Mahjong
- 6:00 Living Well w. Chronic Conditions (CC)
- 6:15 Line Dancing (CC)

Friday

- 10:00 Quilting (CC)
- 10:00 Ennegram (CC)
- 10:00 Tai Chi/Int. (CC)
- 10:00 Morning Exercise (V)
- 11:00 Healthy Lifestyles (V)
- 12:00 Computers/Pre-Beg. (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

June 4, 11, & 25
Piano Lounge (12:30 p.m.)

Saturday

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

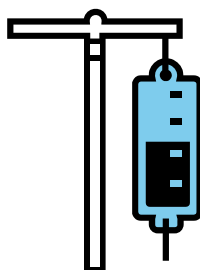
Prince George's Community College (PGCC)
SAGE (Seasoned Adults Growing Educationally)
Continuing Education classes offered at the Center

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. Contact PGCC for information.



Thursday Special

- June 3
Sharing Life Stories
(10:30 a.m.)
- June 17
Birthday Sing-Along
(12:30 p.m.)



Upcoming Blood Drives:
June 12 & July 10
Hours
8:30 a.m.-1:00 p.m.

June 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			

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 by check made out 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 Center and 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.**

June Trips & Events

- | | |
|----|--|
| 1 | Arundel Mills Mall |
| 9 | Lunch Bunch @ Blue Dolphin |
| 16 | New York City |
| 21 | U.S. Botanic Gardens/
WWII Memorial |
| 30 | "Crooners" @ La Fontaine Bleu |



Eat on the Water

Join us July 20 for a scenic cruise along the Choptank River on the Eastern Shore of Maryland. We will take a charter bus to Suicide Bridge Restaurant where we will board the *Dorothy Megan* Paddleboat for a two hour luncheon cruise. The menu features crab cake, fried chicken, vegetables, potatoes, non-alcoholic beverages and dessert. Cost includes transportation, lunch and cruise.



July Trips & Events (tentative)

- | | |
|----|--|
| 7 | Lunch Bunch @ "It's a Mystery?" |
| 14 | National Gallery of Art & Air & Space Museum |
| 16 | P.G. Genealogy Library - Bowie |
| 20 | <i>Dorothy Megan</i> Luncheon Cruise |
| 23 | Annapolis State House |
| 28 | Atlantic City |

Happenings



Bowie Senior Center

Past, Present, Future

Join us for our Open House

Tenth Anniversary Celebration

Friday, June 18,
10:00 am –2:00 p.m.

Program

- Welcome 10:00 a.m.
- Entertainment
- Tours
- Refreshments

Schedule is subject to change, please call the Center for details.

For Transportation in Bowie please call the
Bowie Senior Center. at 301-809-2324.

Wellness

Are you a “Boomer” or a “Zoomer?”

Increased life expectancy has transformed “Yesterday’s Yuppie” into today’s “Zoomer”. These new boomers are coloring outside the lines, zigzagging and zooooooming toward a bright new horizon chock-full of possibilities for reinventing retirement and redefining what it means to be a mature adult in the new millennium.



Are you a Boomer? You are if your birthday falls between 1946-1964. Birth dates alone don’t tell you much about how a person thinks or acts. Not all Boomers think and act the same. Some Boomers are breaking new ground, re-defining aging and re-inventing retirement. That’s why we use the term “Zoomer” to identify this trend-setting group of Boomers.

Are you a Zoomer? The answer is yes if you measure up to the operational definition that was created. A Zoomer is someone who:

- **knows** the difference between primary (inevitable) and secondary (reversible) aging.
- **monitors** inherited health risks and practices preventive health care.
- **performs** daily exercise (aerobics for endurance, anaerobics for strength, and neurobics for brain power).
- **calculates** daily nutritional and caloric needs based on age, gender, and weight.
- **orchestrates** a social support system of companions, close friends, and a confidante.
- **enjoys** positive self-concept, and a passion for living life to the fullest.
- **achieves** the resources necessary to live an adventurous life.

How do you measure up? Are you lost in old school thinking about aging and retirement or are you moving forward with today’s “Zoomers”? Is it time to stop acting your age and start living your life?

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 Monday, June 14 at 12:30 p.m. the topic is “Cholesterol and Stroke Awareness.” Please register at 301-809-2300.

Information and Referral Specialist

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 June 3, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

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

Thursday June 24, 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.

Wednesday, June 9 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, June 16 10:00 a.m.—12:00 p.m.

The Center

Notary



Notary services by
appointment



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, June 15 "Summer Tips for Seniors"</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, June 2</i>	10:00 a.m. —4:00 p.m.
Parkinson's Support	<i>Monday, June 28</i>	10:00 a.m. - 12:00 p.m.
Diabetes Support	<i>Tuesday, June 8</i>	10:30 a.m.—11:45 a.m.



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,
..... Diana Shrader, Jenny Tringali,
..... Marchette Alexander
- Receptionist Pat Dunston
- Maintenance Ray Esguerra, Harry Booth
- Nutrition Manager
- Bus Drivers... Lisa Bennett, John Bannan, Joe Clark,
..... Bob Long, Robert Garland,
..... Gary Harash, 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.