

March 2010

# The News

Volume XI Issue Three



## 'When Irish Eyes Are Smiling...'

'Tis more than Irish eyes we'll see smiling at the Senior Center come mid-March 'cause there will be fun for all at the annual *St. Patrick's Day* party.

Slip into something green and join us for food, fun and music from 11:30 a.m. to 1:30 p.m., Wednesday, March 17, to give *Paddy* his proper due.

Mike Surratt, who has been entertaining audiences in the area for 40 years, will provide the music. With his digital keyboard, drum machine and vocalizing, Mike is a one-man band, who offers music from the 1940's through today. Mike promises the program will include many old Irish favorites befitting the occasion.

Corned beef and cabbage, of course, will be served for lunch. Sign up by Tuesday, March 9, to reserve your spot at the party. The price, including lunch, is \$7.00 for Bowie Residents, \$8.00 for Non-Residents.



## Calling all Grandparents

Once again, the "Amazing Herb" Briscoe, Jim Murray, and Dave Thomas will teach a six-week workshop. The results 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 all for supplies.



## Dance Performance

*Let's dance away the drearies . . .* the Center's own Dance Variety and Bowie Tappers will be performing a dance program at the Center on Thursday, March 4 at 12:45 p.m.

## 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.



# Activities

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

**Zumba** A new six week class will be offered starting March 9 running to April 13, from 6:00 p.m. to 7:00 p.m. Zumba Gold takes fitness to the next level by moving the body to Latin dance music. You don't have to know how to dance. All you do is follow along and have fun. Registration is required. The cost for the six week class is \$33.00 for Residents and \$39.00 for Non-Residents. For more information please call 301-809-2300.

## United States Census 2010

Correspondence from the United States Census Bureau will be arriving in your mailboxes beginning in March. Mandated by the U.S. Constitution, this decennial count of every person in the United States is of tremendous importance, determining everything from Congressional representation and level of federal funding to where businesses are placed. The Census, which **must be returned by April 1**, is quick and should take 10 or less minutes to complete the 10 questions. It is absolutely private, as any personally identifiable data is prohibited from being shared with anyone, including other federal agencies or law enforcement entities. The Center is a Census partner and will offer Questionnaire Assistance. The assistance is scheduled for Tuesday, Wednesday, Thursday and Saturday days starting March 23 through Saturday, April 17 from 10:00 a.m. to 12:00 p.m. This is your opportunity to receive individual assistance with completing the Census Questionnaire from a Census Bureau employee.

Finally, such a massive undertaking provides unscrupulous individuals with an opportunity to prey on law-abiding citizens. If you receive correspondence, e-mail, or a telephone call and you question its legitimacy; do not hesitate to call the Maryland Access Point program at 410-222-4257. An Information and Assistance Specialist will talk with you and help you verify the authenticity of a questionable call or correspondence.

**Remember: Everyone Counts in Prince Georges County!**

## Searching for Your Ancestors?

Do you have a curiosity to discover the mystery and intrigue of your family lineage, but you're not sure how or where to begin? The Prince George's County Genealogical Society will hold a Genealogy Workshop on Thursday, April 8 from 10:00 – 11:30 a.m. The topics covered will include types of source records and where to find them. Please join us for this informative presentation which will also include time for questions and answers.



This month's book will take us on an Elderhostel journey to The Santa Fe Trail of Colorado and New Mexico. The book we will be reading is no. 4 in the James P. Dandy Elderhostel mystery series, entitled *Painted Lady*. The author takes us into a delightful world where age disappears and is replaced by the ageless values of humor, adventure, and wisdom. Come to discuss on Thursday, March 18 at 3:00 p.m.

## Armchair Tours



### Italy – Part IV

This Tour will begin with the Amalfi Drive and visit Positano (Province of Campania); Castel del Monte, Trani, Bari Alberobello, Lecce, Otranto, Gallipoli, and Care S. Maria di Leuca (Province Puglia); Bagheria, Palermo, Monte Pellegrino, and Montreale (on the island of Sicily), and Cagliari and Alghero (on the island of Sardinia).

Join Frank Evans on Wednesday, March 24 at 12:30 p.m. for this concluding tour of Italy

### Hawaii: An Island Paradise

Armchair Host Bill Cramer begins a new series of programs on Hawaii. The program will be starting with a DVD tape he acquired on his recent visit to Hawaii. The tape covers the main islands, describing their history, culture, everyday life and main attractions. Join us at 12:30 p.m. on Wednesday, March 31.

## Funerals of the Famous

Let's take a light-hearted look at the unique details and trivia of the funerals (and lives) of celebrities, politicians, athletes and notorious criminals. Please join Paul Kin of Evans Funeral Home as he enlightens you on Thursday, March 11 at 10:30 a.m.

## Artist of the Month

Nancy Poat enjoys painting landscapes and adding people into her painting which are filled with color. Her work with pastels allows her the freedom to use bright colors. She especially likes creating pieces around vacations she has taken with her family. She participates in local art shows that have brought her quite a large collection of ribbons. Please join Nancy at her reception on Thursday, March 11 at 7:00 p.m. The reception is open to the public.



## Reminisce – Kites

Tuesday, March 23 at 12:30 p.m. brings to mind old sayings such as *In like a lion, out like a lamb...* and visions of March winds and other blustery weather. One favorite activity to do with all of this wind is fly kites. Let's discuss the history and functions of kites, the types of kites we used to build and the fun we used to have flying them.

## AARP Driver Safety Program

*Wednesday, March 31 or Thursday, April 1* (a 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. Checks should be made payable to AARP. Register at the front desk.

# Beyond 80



## *Grumblings of a Crabby Old Man*

Winter's end is near and I'm grateful. But the prospect of spring already has me brooding about vegetables. Not eating them. Growing them.

I have to face up to the fact that my thumb, never a true green in the best of times, has paled into a dormant stub. A sad admission since I grew up in a farming community where everybody grew their own vegetables. Men spaded and planted and hoed; women cooked, and canned and preserved; children...well, children were reluctant serfs who helped as ordered.

When we came to Bowie back in the '60s, it was apparent that our plot of land in Belair Estates offered plenty of room for a vegetable garden. Bill Levitt, in his wisdom, had provided the Schuettes and their neighbors with backyards that merged into a vast open field free of fences and ready for the plow...or a rented roto-tiller.



I tried my hand at a variety of crops over the years, not always with complete success. I found sweet corn easy to grow, but learned with dismay that a stalk of corn produces only one or maybe two ears. I figured I would need 20 or so acres of corn to keep newly picked ears coming to the family dinner table. Scratch sweet corn.

Fresh asparagus is another dietary delight—but did you know it takes three years to produce asparagus spears? I gave it a shot but patience is not my virtue. Scratch asparagus.

Strawberries are easy to grow, I learned, but the fruit ripens in one delicious burst, then it's over for the year. Fun while it lasts, but it doesn't last long. Scratch strawberries.

Lettuce, radishes, carrots and green beans provided a more enduring supply of produce and—another plus—they could be grown from seed. Tomatoes, however, were always my favorite. I waged war with bugs and blight and blossom-end rot year after year to keep the tomatoes coming through the summer and into the fall.

Now, the end may be near. Over the years, back yard saplings turned into mature shade trees, turning my once sunny garden into a shaded nook laced with roots from adjacent elms. I gave up on other crops but persisted with tomatoes in spots still blessed with some sunshine. But the tomatoes were few and puny.

I tried growing them in an Earth Box, lured by promises of a “high-tech growing system [that] controls soil conditions, eliminates guesswork and more than doubles the yield of a conventional garden with less fertilizer, less water and virtually no effort.”

Translation: you're growing tomatoes in a plastic box covered with a rain-proof sheet. Water is supplied through an upright pipe at one corner of the box. Daughter Jen agreed to do the watering chore one summer while my wife and I were away but she wasn't happy about it. One afternoon she called on her cell phone to say: “I'm in my car on your driveway. It's really pouring and I'm waiting for the rain to let up so I can water your Earth Box.”

She had a point. It didn't make sense. Goodbye, Earth Box. Hello, local produce stand.

*Paul Schuette*

# Special Groups



<b>Group &amp; Club Meetings</b>		
<b>Advisory Board</b>	First Tuesday	10:00
<b>Armchair Tours</b>	4th and 5th Wednesday	12:30
<b>Bonsai Club</b>	First Friday	9:00
<b>Book Club</b>	Third Thursday	3:00
<b>BSS (Bowie Single Society)</b>	Second and Fourth Monday	10:30 -12:30
<b>Computer Club</b>	First and Third Thursday	12:30-2:15
<b>Green Team</b>	Second Thursday	10:30
<b>Magic Club</b>	First Wednesday	10:00
<b>NARFE Counseling (Federal Retirees)</b>	First Tuesday	10:00 -12:00
<b>Senior Chorale</b>	Every Thursday	2:30-4:30
<b>Veteran's Club</b>	Second Friday	10:00
<b>Writers Group</b>	Every Tuesday	9:30 -11:30
<b>City Gym Senior Walk</b>	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

<b>Games</b>		
<b>Billiards</b>	Daily	Center hours
<b>Bridge (Sign-up necessary)</b>	Every Tuesday	1:00 -4:00
<b>Duplicate Bridge (Sign-up)</b>	Every Friday	12:30 -4:00
<b>Chess</b>	Every Thursday	2:00 - 5:00
<b>Mahjong</b>	Every Monday and Thursday	1:00
<b>Pinochle</b>	Every Monday and Thursday	12:30
<b>Scrabble</b>	Every Wednesday	1:00
<b>Table Tennis</b>	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
<b>Table Shuffleboard</b>	Daily	Center hours
<b>Wii Game Night &amp; More</b>	Every Tuesday evening	6:30 - 8:00

# March Classes

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

## Monday Special

March 22

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

Upcoming Blood Drives:  
Mar. 13, Apr 10, May 8  
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

- 9:00 Ceramics (F)
- 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/Beg II. (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 Mahjong
- 2:00 Chess (V)
- 6:15 Line Dancing (CC)
- 6:15 Meditation (CC)

### Thursday Special

March 18  
*BirthDay Sing-a-Long*  
(12:30 p.m.)

## Friday

- 9:00 Bonsai (V)
- 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)
- 1:00 Stories for Mid-life Traveler (CC)
- 2:30 Art Studio (CC)

### Friday Special

March 5, 12, 19 & 26  
*Piano Lounge* (12:30 p.m.)



AARP Tax Preparation Volunteers will be at the Center on Wednesdays in March through 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.

## 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. 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.

**The Fitness Room is open on Saturdays**

**8:30 a.m. to 2:30 p.m.**

### March 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 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 Center and Bowie Senior Activities Bulletin Board.

Also visit our website: [bowieseniorcenter.org](http://bowieseniorcenter.org)

### March Trips & Events

2 Philadelphia Flower Show

5 Riversdale Calvert Museum

10 Harrington Slots

18 Lunch Bunch @ The Four Seasons Grill

24 "Hairspray" @ Toby's

30 Dulles Udvar-Hazy Air & Space Museum

## 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.**

### April Trips & Events (tentative)

6 FDR Memorial & Cherry Blossoms

9 Baltimore Basilica

14 Greenbelt Museum

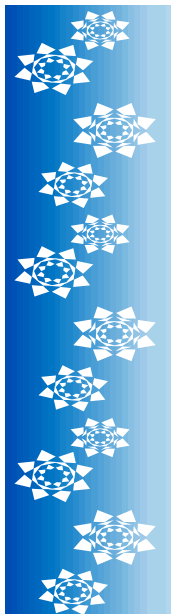
21 Gettysburg Visitors Center/Museum

26 Crofton Bowling

30 Lunch Bunch @ Applebees

# 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 and the Nutrition Program are cancelled for the day. In addition, all morning classes and activities scheduled before 11:00 a.m. are cancelled.
- A **one hour delay** doesn't affect transportation, Nutrition Program or classes.
- If public schools close two hours early because of impending inclement 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.

## Date Change



## Senior Center Summit

An Informational Summit will be held at the Center during the week of **May 24 through May 27**. The goal is to provide information to residents. 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, investments and housing. The event will end with an **Information Fair with vendors** on Thursday, May 27. Look for more information about this event in the next few weeks.

## Health Awareness

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 March 8, 12:30 p.m. the topic is "Things to keep us healthy and living longer." Please register at 301-809-2300.

## Every Diabetic Counts

The Delmarva Foundation for Medical Care will be offering a free class on diabetes at the Senior Center on four Fridays in April. The class will meet from 10:00 to 11:45 a.m. on April 9, 16, 23, and 30.

This important class will provide diabetes self-management education to underserved Medicare beneficiaries with diabetes who receive their medical care in Maryland.

Topics to be covered are:

- Understanding the human body.
- Understanding diabetes and its risk factors.
- Monitoring your body.
- Physical activity and diabetes.
- Nutrition and diabetes.
- Identifying and preventing complications of diabetes.
- Learning about medications and medical care.
- Involving family and friends in your diabetes self-care program.

At the end of this four-week program, you will be able to make better decisions about managing your diabetes.

If you are a Medicare beneficiary with diabetes, you may register for this class by calling 301-809-2300.

Elaine Kackley, Wellness Coordinator

## A different look at Diabetes

Dr. Finley is the Medical Director of the Joslin Diabetes Center at Doctors Community Hospital. The center has been located there for 5 years and is part of a national and international network of Diabetes Centers. Dr. Finley was locally trained at George Washington Hospital and the National Institutes of Health. Dr. Finley's specializes in Endocrinology which involves the study of hormones in the body. He has developed a unique approach to viewing common conditions, such as diabetes, which has allowed his group of patients to come further and faster than most others in the area toward understanding, managing and controlling this condition. His approach includes a process he terms *Treating Diabetes From The Neck Up*. In his discussion, he will briefly illustrate this approach as he helps his audience understand, break down myths, have *ah-ha*" moments, and improve their approach to their care.

Please, Join Doctor Finley on Thursday, March 18 at 10:30 a.m.

## 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 Mar. 4, 10:00 a.m.—12:00 p.m.*

A volunteer nurse is available for blood pressure screening:

*Thursday Mar. 11, 10:00 a.m.—11:00 a.m.*

*Thursday Mar. 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, March 10, 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, Mar. 17 1:00 p.m.—2:00 p.m.*



## Special Interest Groups

<b> Fireside Chat </b> Facilitator Gloria Gaddy	<i>Tuesday, Mar. 16</i> "Stash It or Trash It"	11:00 a.m. -11:45 a.m.
<b>Caregiver Support</b> Facilitator Rosemary Allender	<i>Second Tuesday</i> <i>Fourth Thursday</i>	10:00 a.m. -11:00 a.m. 6:00 p.m.-7:00 p.m.
<b>Healthy Lifestyles</b>	<i>Every Friday</i>	11:00 a.m. –12:00 p.m.
<b>Hearing Impaired Seniors</b>	<i>Wednesday, Mar. 3</i>	10:00 a.m. –4:00 p.m.
<b>Parkinson's Support</b>	<i>Monday, Mar. 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.**