

# The News

Volume XII Issue Two

**February 2011**

A Unit of the National Council on Aging



## **Fireside Chat**

In recognition of Black History Month, Information & Referral Specialist, Gloria Gaddy will highlight the life and music of Mavis Staples on Tuesday, February 15 at 11:00 a.m. We will celebrate how this Rock & Roll Hall of Famer and soul/gospel legend's life has impacted the world. Through her new anti-album, *You Are Not Alone*, she now emerges with new energy.



## **Reminisce: African-American Inventors**

*Tuesday, February 15, at 12:30 p.m.*

We will take a look at the great and often unrecognized leaders in the field of invention and innovation. For more than 300 years, black inventors have served as pioneers in the field of science and have made enormous impacts on society. As African-Americans sought freedom and equality, many of them developed the tools and processes that helped to shape not only black history but world history. From potato chips and street lights to air-conditioning and portable x-ray machines, we owe thanks to the creativity and ingenuity of some known and unknown African-Americans.

## **A Celebration of Friendship**



Everyone is invited to the Center's "Membership Appreciation Day" on Monday, February 14 from 12:30 – 2:00 p.m. This annual event is an opportunity to celebrate friendship and diversity. There will be live entertainment with tenor Charles Sullivan. An energetic performer, Charles' repertoire includes a broad spectrum of music. He includes the classical genre, American standards by Gershwin and Porter, jazz, and music sung by Tony Bennett, Frank Sinatra, Nat King Cole, and much more. Light refreshments will be served. Please join us for this special celebration.

## **Experience Africa**

Come and share Ms. Bernadette M. Allen's (former Ambassador to the Republic of Niger) early experience on the continent in the U.S. diplomatic service, culminating with her most recent experience in the Republic of Niger. She will focus on some of the challenges on the continent, as well as provide images of the rich cultures she had the privilege to experience over the course of her 31-year diplomatic career. The presentation will be on Thursday, February 10 at 10:00 a.m.

Center Closed  
Monday, Feb. 21  
President's Day

# Activities

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



## **S.A.G.E. -**

### **Classes Begin February 7**

The Senior Center is fortunate to partner with the P.G.C.C. *SAGE* (*Seasoned Adults Growing Educationally*) program to offer a variety of over 70 classes each week at our Center. Registration occurs 3 times a year for each semester which generally runs for 14 weeks. There are 3 ways to register with the college: Online through Owl Link, Mail-in, or In-Person. A \$50.00 registration fee is payable to P.G.C.C. Students may choose from a wide variety of classes. *Classes are offered Monday through Saturday during the day and Tues. & Thurs. evenings.*

The Spring semester begins the week of February 7. A description of each class and a registration form is available at the Center's front desk.

## **Come Meet the Author!**

The Center's Book Group will host local author Richard Morris (*Well Considered*) for a book reading/discussion on Thursday, Feb. 17 at 3:00 p.m. *Well Considered* is a multi-layered thriller set in a place "very similar" to Bowie. The story centers on Ron Watkins who learns that his great-grandfather, Thomas, was murdered by a mob in Maryland in 1907. He is driven to seek proof: that Thomas was an innocent victim, to protect his children's pride in their family, and race from those who might assume that Thomas committed some crime that incited the violence. This event is open to all seniors. Bring your friends to meet the author.



## **Fashion Show**

Models from the Center will be showcasing fashions right out of their own closets. Member, Rose Foreman, will coordinate the event. Inward beauty and charm will radiate outward during this enchanting show. Join us on Tuesday, February 22 at 12:30 p.m.

## **Continuing Artist's Work on Display**

Larry Lavin joined the SAGE watercolor art class several years ago. Encouraged by the instructor and members of the class, he discovered that he enjoyed trying his hand at drawing and water coloring. This show is the result. Please join us in the appreciation of his work. Happy Viewing!





## **Armchair Tours**

### **Halifax: A City Of Destiny**

Halifax, the capital of Nova Scotia, played a significant role in the early history of Canada. It was also where most of the victims of the Titanic disaster arrived in 1912; 150 of them are buried in three Halifax cemeteries. In another maritime tragedy, a disastrous ship collision occurred in Halifax Harbour in 1917.

Join Armchair Host Bill Cramer on this historic journey at 12:30 p.m. Monday, February 7.

### **Little Europe**

This tour will feature historic and cultural sites in some of western Europe's smallest countries – Andorra, Monaco, Vatican City, San Marino, Liechtenstein, Switzerland and Luxembourg.

Join Frank Evans for this tour at 12:30 p.m. Wednesday, February 23.

## **Income Tax Preparation**

AARP Tax Preparation Volunteers will be at the Center only on Wednesdays starting February 2 through Wednesday, April 13. You **must** make an appointment by calling the Center between 10:00 a.m. & 2:00 p.m. Monday through Friday at 301-809-2300.



## **Alert Bowie**

Have you signed up for Alert Bowie? This service will notify you of Bowie emergencies, safety problems, or information notices. You can receive messages via email, text, cell phone, or on your smart phone.

You can choose the alerts of interest to you. It is a free service for which you can sign up either by; completing a form, by email to [publicinfo@cityofbowie.org](mailto:publicinfo@cityofbowie.org), by visiting [www.cityofbowie.org](http://www.cityofbowie.org) and selecting the Alert Bowie link, or you can call 301/809-3032.

Choices are:

- Emergencies**—dangerous weather, national emergency, hazmat situation
- Public Safety**—traffic problems, crime alerts, health alerts, (i.e. swine flu), or
- Informational**—job vacancies, news and events, City Council actions, pet pickup alerts, government closing, skatepark news, senior newsletters.

# Beyond 80



## *Grumblings of a Crabby Old Man*

A while back, granddaughter Bailey, who is 9, needed help. As part of a school project, she needed artifacts from ancient history—the 1950’s or earlier—so naturally she turned to her aged grandparents. We have a cabinet in the corner of our home office crammed with old photos, postcards, ticket stubs, press passes and other mementos that we are going to sort through and get organized someday soon.

We were able to meet Bailey’s needs—political buttons from the Stevenson/Kefauver campaign and other relics—but we also came across a folded-up letter a half-century old written to our son, Scott, when he was nine days old. The letter came from Allen Naïve, a colleague at the Gary Post-Tribune where Terry and I hired on as reporters (and met) when we were fresh out of college. Allen was a reporter, too, but he was different from the rest of us on the news staff. He was blind, and had been since birth.

Allen was already a fixture in the newsroom when I came to work at the paper in 1952. He covered area police stations by phone, taking notes on a Braille board and typing his stories on a Royal manual. The letter excerpted below came from that same Royal:



Gary, Ind., Oct. 20, 1959

Here’s a big, hearty welcome for Scott Paul. You were a long time getting here, but we are all glad you finally made it... I am sure you [will be] some boy, providing of course you are a democrat from the crown of your head to the soles of your feet, a 100 per cent union member, a White Sox fan, a friend of the once glorious Confederate States of America, a pipe smoker and a liker of Bourbon whisky...

I hope I will soon have a chance to take you on my knee and regale you with some of the stories for which I am famous. I will begin with parlor stories and as you grow older, I will move along to those which had their birth in taverns and other places you do not yet know about. With best wishes for you, your father and mother, I am

Uncle Allen,  
Allen T. Naive

Born and raised in Kentucky, Allen was a fervent fan of University of Kentucky basketball. When Kentucky came to Chicago for a game, Allen bought tickets and one or another colleague would take Allen to “see” the game. It was quite an experience to sit beside him and do a play-by-play commentary on what was happening on the court. Allen played poker with other staffers, too, using a Braille-marked deck so he could read the cards. He was just one of the guys back then; his career as a reporter seems remarkable only in retrospect.

We delivered Allen’s letter some 50 years late but Scott was glad to have it. He admits he hasn’t met all of Allen’s criteria, but it’s not a total loss. He did grow up to be “a liker of Bourbon whisky.”

*Paul Schuette*

# Special Groups



<b>Group &amp; Club Meetings</b>		
<b>Advisory Board</b>	First Tuesday	10:00
<b>Armchair Tours</b>	First Monday and Fourth Wednesday	12:30
<b>Bonsai Club</b>	First Friday	9:00 –11:00a.m.
<b>Book Club</b>	Third Thursday	3:00
<b>BSS (Bowie Single Society)</b>	Second and Fourth Monday	10:30 -12:30
<b>Chess</b>	Thursday	2:00
<b>Computer Club</b>	First and Third Thursday	12:30-2:15
<b>Green Team</b>	First Thursday	10:30
<b>Healthy Lifestyles</b>	Every Friday	10:00
<b>Magic Club</b>	First Wednesday	10:00
<b>NARFE Counseling (Federal Retirees)</b>	First Tuesday	10:00 -12:00
<b>Writers Group</b>	Every Tuesday	9:30 -11:30
<b>Writing Memoirs</b>	Every Monday	1:00 p.m.
<b>City Gym Senior Walk</b>	Monday-Friday	8:30-10:00

## **Advisory Board Members**

Tony Young  
Chairperson

Pat Rooney  
Co-Chair

Judy Williams  
Secretary

Robert Fierstein

Naomi Kirkpatrick

Carmen Laughery

Carter Rardon

Lillie Watson

Glory Williams

<b>Games</b>		
<b>Billiards</b>	Daily	Center hours
<b>Bridge (Sign-up necessary) Duplicate Bridge (Sign-up)</b>	Every Tuesday Every Friday	1:00 -4:00 12:30 -4:00
<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

# February Classes

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
10:00 Literature/Modern Voices (CC)	9:00 Class Piano (CC)	10:00 French/Beg. (CC)
10:00 Tai Chi (CC)	9:00 Bio-Aerobics (F)	10:00 Art History (CC)
10:00 German/Int. (CC)	9:30 Knitting & Crocheting (CC)	10:00 Enhance Fitness (CC)
10:00 Jewelry Making/ Beg (CC)	9:30 Writer's Group (V)	10:00 Our Coasts: Mysteries Resolved (CC)
12:00 Table Tennis	10:00 Spanish I (CC)	10:00 Watercolor (CC)
12:00 Aquatic Exercise (at Sport Fit)	10:00 Studio Fine Art (CC)	10:00 Sign Language (CC)
12:30 Dance Variety (CC)	10:00 Current Issues (CC)	12:00 Jewelry Making (CC)
12:30 Stain Glass/Beg. (CC)	11:00 Music Appreciation (CC)	12:00 Cultural French/Film (CC)
12:30 German/Beg. (CC)	12:00 Computers/Beg. I (F/V)	12:00 Aquatic Exercise (at Sport Fit)
12:30 Pinochle	12:30 Etymology (CC)	12:30 Watercolor/Int. (CC)
1:00 Writing Memoirs	12:30 American History (CC)	1:00 Chair Fitness (V)
1:00 Mahjong	12:30 Stained Glass/Adv. (CC)	1:00 Scrabble
2:00 Drawing II (CC)	12:30 Art/Create Children's Books (CC)	1:00 Tai Chi (CC)
2:30 Zumba Gold (F)	12:30 Bridge Club	2:00 French /Int. (CC)
	1:00 Spanish II (CC)	2:00 Estate Planning (CC)
	1:00 Line Dancing (CC)	3:00 Table Tennis
	3:15 Table Tennis	
	6:00 Yoga (CC)	
	6:00 Stained Glass (CC)	
	6:00 Zumba Gold (F)	
	6:30 Wii Games & More (V)	

## Monday Special

February 7, 14, & 28

*Wii game* (10:00 a.m.)

February 28

*Wayne's Musical*

*Memories* (12:30 p.m.)

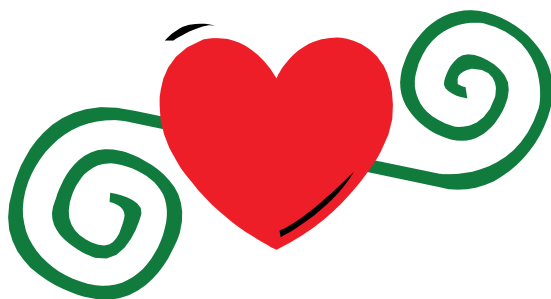
## Tuesday Special

February 1

*Radio Show* (12:30 p.m.)

February 8

*Trivia* (12:30 p.m.)



CC = Community College,  
Spring Semester Classes  
at the Senior Center  
Feb. 7-May. 21  
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 Bio-Aerobics (F)
- 10:00 History/Hollywood Cinematic Images-England (CC)
- 10:00 Watercolor I & II. (CC)
- 10:00 Poetry/Jewish Events & Christian Scripture (CC)
- 10:00 Yoga (CC)
- 12:00 Pilates (CC)
- 12:00 Table Tennis
- 12:30 Drawing I & II (CC)
- 12:30 Tap Dance (CC)
- 12:30 Pinochle
- 12:45 Bingo with Prizes
- 1:00 Vietnam War (CC)
- 1:00 Mahjong
- 2:00 Chess
- 2:30 Senior Chorale (F)
- 3:00 Ballroom Dance (CC)
- 6:15 Line Dancing (CC)

### Thursday Special

February 17  
*Birthday Sing-Along*  
 (12:30 p.m.)



## Friday

- 10:00 Quilting (CC)
- 10:00 Watercolor (CC)
- 10:00 Enhance Fitness (CC)
- 10:00 Stories for Midlife Traveler (CC)
- 10:00 Tai Chi/Int. (CC)
- 12:00 Computers/Pre Beg. (F/V)
- 12:30 Quilting (CC)
- 12:30 Bridge Club (Duplicate)
- 12:30 Art Studio (CC)
- 1:00 Chinese Exercise (CC)
- 1:00 Creative Critical Thinking (CC)
- 2:30 Art Studio (CC)
- 3:00 Table Tennis

### Friday Special

February 4, 11, 18 & 22  
*Piano Lounge* (12:30 p.m.)

Red Cross Community Blood Drives:  
 Feb. 12, Mar. 12  
 Hours  
 8:30 a.m.-1:00 p.m.  
 Call for appointments  
 1-800-REDCROS  
 1-800-733-2767



## Saturday

- 9:00 Yoga/Adv. (CC)
- 10:30 Tai Chi (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.

### February 2011

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!

Charter Trips – Automatic for destinations to: Washington, D.C., Baltimore or anywhere beyond a 30 mile radius of Bowie

Charter Trips are open for sign up as soon as contractual arrangements are made. This is necessary in order to meet important enrollment numbers and contract date deadlines.

City of Bowie Trips that include admission fees or tickets are also open for early sign ups for the same reasons.

Lunch Bunch and non-ticketed trips are open for registration on the first Tuesday of each month for Bowie Residents and the first Thursday of each month for Non-Residents.

Please look for newly opened trips at the Front Desk, the Trip Bulletin Board, or visit our website: bowieseniorcenter.org

**Trips are planned months in advance and we don't want you to miss out on these opportunities!**

*Suggestions are always welcome.*

### February Trips & Events

5 Lunch Bunch @ *Squisito Pizza & Pasta*  
(recently opened in Crofton Center)

8 Mt. Vernon

16 "I Left My Heart" – Toby's Dinner Theater

25 Harriet Tubman Tour - Full



### Philadelphia Flower Show

The 2011 Philadelphia Flower Show will transport visitors to the beautiful City of Light – the capital of art, fashion, food, and love. *Springtime in Paris* will greet guests with a bucolic park scene along the Seine: flowering trees, lilacs, roses and border of lavender lead visitors through gardens inspired by the Tuileries. A daring Moulin Rouge atmosphere will pulse with cabaret performances, spectacular flower sculptures and carousel topiaries. Enjoy lunch on your own inside the Convention Center or at nearby restaurants

## 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 is a **\$.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. Wednesday only-Hilltop Plaza and Freestate Mall.

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**

### March Trips & Events (tentative)

2 Lunch Bunch @ The Irish Channel

7 Philadelphia Flower Show

17 St. Patrick's Day Party

22 Harrington Slots

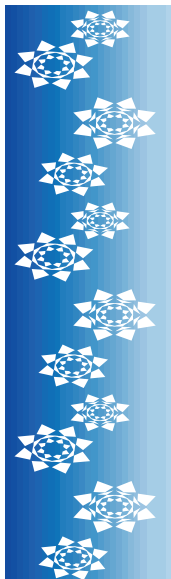
30 Patuxent Rural Museums

**Look for this upcoming trip!**

April 13 - *Send Me No Flowers*,  
Rainbow Theater, Paradise, PA

# 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 **may** be open for unscheduled activities. **Call the Center before coming.**
  - 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.

## **Attention Grandparents!!**

Mark your calendar for Tuesday evening, **March 1<sup>st</sup> from 6:30 -7:30 pm** and bring your grandchild to the Center for a special event: "Dr. Seuss, Seniors & Children" *Celebrate Reading!*

The evening will include intergenerational reading aloud, quiet shared story time, and light refreshments. There is no admission fee but please bring a new or gently used children's book that will be donated to a local shelter.

Please sign up by calling the Center at 301-809-2300, or stop by the front desk to register. Let us know if you or your grandchild/children would like to volunteer to read a short paragraph aloud from a favorite book – anything from Curious George to J.K. Rowling's Harry Potter – the goal is to celebrate reading!

Children are encouraged to wear their pajamas to get in the spirit and then they will be ready to hop into bed when they get home! Grandparents too!



## **Trivia**

On January 3 of this year, *The Washington Post* included in their *Style* section a 2011 calendar of special days to celebrate each month. The calendar was located in the *Kids Post* page.

The month of February has three days they felt were notable.

This is the *Exotic Vegetables and Star Fruit Month*. On February 5 we celebrate *Ice Cream for Breakfast Day*, while on February 9 it is *Read in the Bathtub Day*. Have fun with your days!

## ***Aquatic Exercise Program***

The Bowie Senior Center is happy to announce that our aquatic exercise program is now on our schedule of weekly activities. This new class is the result of a partnership that has been formed between the Bowie Senior Center and Sport Fit Bowie. The management and staff at Sport Fit and the Bowie Senior Center have worked diligently for the past several months to come up with an aquatic exercise program that would suit the needs and fitness levels of our seniors. Sport Fit has supplied us both with an aquatic exercise program and an instructor which meets all the requirements we were looking for.

The program is designed with an emphasis on senior fitness with exercises that are easy to follow and easy on the joints. The ability to swim is not necessary. The water is only chest level. The class runs for 45 minutes and includes the use of water weights and fitness noodles. Everyone leaves the class feeling better, a little more flexible, and most important with a smile on their face.

The Center would like to extend a special thank you to Sport Fit General Manager, Scott Wade and their employees Gigi Nash, Director of Wellness Outreach and their Aquatic Instructor, Judith Rothman for providing us with this program.

The Aquatic Exercise class meets twice a week on Monday and Wednesday from 12:00 p.m. to 12:45 p.m.. The cost for Bowie Senior Center members is \$20.00 per month. Participants must register at the Center and provide their own transportation. Proper swim attire and aquatic shoes are required for this class.

For more information please call the Center at 301-809-2300

## ***Health Survey at Bowie Senior Center***

On February 16, 2011 from 10:00 a.m. to 1:00 p.m., Joelle Mornini will be conducting a survey about older adult's opinions on flu vaccinations at the Center. The survey was designed by University of Maryland professors and is funded by a grant from the National Institute of Health. The survey contains 56 questions and will take about 20-30 minutes to complete. Participate in the survey and receive a free University of Maryland Tote Bag!

## ***Osteoarthritis***

Ebony Carson, DPT. is a staff physical therapist at Chesapeake Bay Aquatic & Physical Therapy in Bowie. She treats patients on a daily basis with osteoarthritis both "on land" and "in the pool". She will present the causes of OA and discuss what treatment options are available. This disease affects millions of Americans every year. Join Ebony on Thursday, February 24 at 10:30 a.m.

## Information and Referral Specialist

### Nurse on Duty

A volunteer nurse is available for blood pressure screening:

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

*Thursday Feb. 17, 10:00 a.m.—11:30 a.m.*

*Thursday Feb. 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.

### Injury Screenings

You can ask Megan Mahar, a board certified orthopedic physical therapist about any aches and pains you may have.

*February 4, 10:00 – 11:00 a.m.*



### Mini Massage

Pat Durning, Certified Massage Therapist, offers free 15 minute mini-massages for shoulders and back.

Appointments necessary. Sign up at the front desk.

*Wednesday, Feb. 23 12:00 p.m.-1:00 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. 16 10:00 a.m.—12:00 p.m.*

### Mental Health Services

Helen Barnes, a geriatric Nurse Counselor, is available one day a month for individual free one-time-only consultations. Call to make an appointment for a session by calling the Center at 301-809-2300. This Counselor is available on the second Wednesday of the month from 11:00 am to 12:00 p.m.



### Special Interest Groups

<b>Aging Issues Support</b>	<i>Wednesday, Feb. 9</i>	10:00 a.m.-10:45 am
<b>Fireside Chat</b> <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, Feb. 15 "You are not Alone"</i>	11:00 a.m. -11:45 a.m.
<b>Caregiver Support</b> <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.
<b>Hearing Impaired Seniors</b>	<i>Wednesday, Feb. 2</i>	10:00 a.m. -4:00 p.m.
<b>Parkinson's Support</b>	<i>Monday, Feb. 28</i>	10:00 a.m. - 12:00 p.m.
<b>Diabetic Support</b>	<i>Monday, Feb. 7</i>	10:30 a.m.-11:45 a.m.

The Center

**Notary**



Notary services by  
appointment

## **Bowie Senior Center, Where The Finest People Meet.**



### **Bowie Senior Center**

14900 Health Center Drive Bowie, MD 20716  
[www.bowieseniorcenter.org](http://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](http://www.bowieseniorcenter.org) or call the Center at 301-809-2300.

Manager..... Kathy White  
Assistant Manager ..... Laurel Raymond  
Transportation ..... Sue O'Toole  
Wellness Coordinator ..Vacant  
Information & Referral Specialist  
..... Gloria Gaddy  
Program Assistants..... Betty Joubert, Judith Lorenz,  
..... Jenny Tringali, Marchette Alexander  
Receptionist..... Pat Dunston  
Maintenance ..... Ray Esguerra, Harry Booth  
Sr. Nutrition Aid..... Diane Clemons, Barbara Talbert  
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. **Reservations are required 48 hours in advance.** Cancellations should be made as soon as possible.

**Call 301-809-2356.**