

The News

June 2011

The Center is a Smoke-Free
Facility & Campus.
Thank you for not smoking.

Volume XII Issue Six

The Advisory Board Needs You!

Nominations are being accepted to fill seats on the Center's Advisory Board. The Bowie Senior Center 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; who 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.

Calling all artists!

Every Thursday evening throughout the Summer, the Art room will be available for artists to set up and work on their art pieces independently. This FREE art studio time will be offered from June 2 – August 25, 6:00 – 8:00 pm.

We invite you to enjoy a creative evening with fellow artists.



As of July 1,
the
Bowie Senior Center
Saturday hours
will be
8:30 a.m. to 12:00 p.m.

Darnall Chance House

Darnall's Chance House Museum in Upper Marlboro is offering a 45 minute Power Point Presentation on the colonial history of Prince George's County. The program covers the founding of Maryland as a colony and then the founding of Prince George's County, the first settlers, its economy, and some of the 18 century architecture that still exists. There will be time for questions and answers. Afterwards, there will be an opportunity to win tickets to a free tour of the Museum. Join us for a free presentation on Thursday, June 2 at 10:30 a.m.

Activities

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

An Exciting New Workshop Facebook for Seniors:

Would you like to keep in touch with family and friends? How about trying the social media network with the FREE, *Facebook*? Join Cindy Freland on Wednesday, June 22, from 12:30 to 2:30 p.m. and learn about Facebook & how to use it. The cost of the workshop is \$10.00. Register at the front desk if you want to take part. The two-hour workshop will introduce you to the benefits of *Facebook* and show you how to:

- Set-up a personal *Facebook* account
- Address privacy issues
- Make interesting comments
- Attach links or photos
- Invite/delete Friends
- Chat
- Notes, Schedule events
- Play games

Reminisce

TV Dads – Tuesday, June 28 at 12:30 p.m.

When it comes to television dads, the outside shell often turns out to differ from the filling in the center.

Television fathers over the years—ranging from the clueless Homer Simpson to the indifferent Al Bundy to the courtly Jim Anderson on “Father Knows Best”—turn out to be surprisingly similar at the core. Let’s discuss these famous television dads, as well as our own fathers, as we celebrate Father’s Day.

Beginners Ceramics Class

Join the Beginner/Refresher Ceramic class to learn the basic fundamentals of ceramics, while making decorative projects to keep or give as gifts. Classes will be held on Tuesday, June 7 or Thursday, June 9th for 8 weeks from 9:30 to 11:30 a.m. The registration fee is \$15.00 for Residents and \$18.00 for non-residents. There is an additional lab fee of \$30.00 for all of the necessary brushes and supplies to complete the 5 projects in the class. Register at the Front desk.

Intermediate/Advanced Ceramics Classes

Classes start on Tuesday, June 7 for 8 weeks from 9:00 a.m.-12:00 p.m. or Thursday, June 9 for 8 weeks from 9:00 a.m.-12:00 p.m. The registration fee is \$15.00 for residents and \$18.00 for non-residents. Special summer extended time will be held on Thursdays 12:30 p.m.-2:30 p.m. for 8 weeks for an additional \$10.00 fee.

Sizzlin' Summer Programs

The Center's **Program and Activity Committee** have listened and responded to some of the suggestions that members have provided through a recent Center Survey. As a result, the Center is offering an exciting and diverse selection of short programs to fit nicely into your casual summer schedule. What a wonderful opportunity to take advantage of longer days by sampling some evening Summer Programs. All programs are **FREE**. Bring a friend and join us.

June

- **5 Habits of Great Nutrition** **Tuesday, June 14** **7:00 – 8:00 pm**
The diet world can often be confusing. Join Wellness Coordinator, Mark Shields as he discusses five nutritional habits to follow each day in order to increase energy levels, lose weight, or just plain feel better!
- **Container Gardening** **Tuesday, June 21** **7:00 – 8:00 pm**
Learn about Creative gardening ideas for growing herbs, flowers, and more!
Presented by Sandra Porterfield, Master Gardener for Patuxent Nursery.
- **Evening Armchair Tour** **Tuesday, June 28** **7:00 – 8:00 pm**
Tour Paris: "The City of Lights" with host Frank Evans.
From the Arc de Triumphe to the Ile St.-Louis, this slide presentation will feature the major historical and cultural sites (and sights) of the City of Lights.
- **Magic Show Extravaganza** **Thursday, June 30** **12:30 – 1:30 pm**
Hold on to your hats, (or they just might disappear) because the Center's Magic Club will be performing amazing demonstrations of prestidigitation (magic) for your entertainment.

July

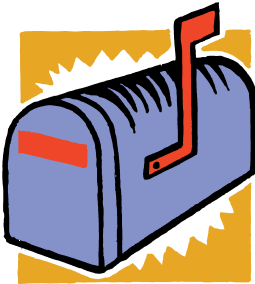
- **Is Your Fat Your Fault?** **Thursday, July 7** **7:00 – 8:00 pm**
Top 10 Exercise & Nutrition Myths with Wellness Coordinator, Mark Shields
Discuss top ten exercise and nutritional myths that make losing weight difficult: *Eggs raise cholesterol, eating fat makes you fat, orange juice is healthy, & 7 others.*
- **Exploring the Latest Technology** **Thursday, July 14** **10:00 – 11:30 am**
Does the Nook, Kindle, Digital Camera, iPod, etc. leave you curious and confused!?
Allow the experts to explain. Presented by Best Buy.
- **Self Defense** **Tuesday, July 14** **6:30 – 7:30 pm**
"Tips on Safety, Fraud & Scams" for Seniors.
Presented by the City of Bowie Police Department.
- **Evening Armchair Tour** **Tuesday, July 19** **7:00 – 8:00 pm**
Tour China: Wave of the Future with host Bill Cramer
Bill reviews his 2005 visit to China, with stops in Beijing, the Great Wall of China, and Shanghai, visits in Beijing: Tiananmein Square, the Mao Mausoleum, the Forbidden City, Ming Tombs and Summer Palace. Shanghai, the largest city in China, is much less interesting. Places visited: Pudong, the Bund and Huangpu River waterfront, and the thousands of highrises which dot the area.
- **Grief & Loss Workshop** **Tuesday, July 26** **6:00 – 8:00 pm**
"Journey through the process of grief" with Dorotea Gonzalez, RN, BSN, MSN
In a caring environment explore the types of grief, factors that influence grief, emotions, and the healing process of grief.

Beyond 80



Grumblings of a Crabby Old Man

During a family gathering one weekend, the old TV show “Mayberry R.F.D.” happened to pop up in the conversation. “What does ‘R.F.D.’ stand for?” a son-in-law asked. My wife, Terry, was quick to respond. “Rural Free Delivery,” she said. Silence. Except for me, nobody else in the room—children, grandchildren—had ever heard of Rural Free Delivery.



Those of us of mature years know about Rural Free Delivery, of course. Much of America lived on farms back in our day. They had no internet. No e-mail. No Twitter. No Facebook. They had only the U.S. Postal Service to connect them to the rest of the world.

It was truly a boon to the rural population when carriers took to their buggies and started traveling the dirt roads back in the 1890s to deliver the mail. But all that changed over the years. Farmers moved to town, “rural” mail routes moved to suburbia, and the descriptive initials R.F.D. moved into history.

The mailbox is not the only artifact of the American scene that’s been transformed over time. It may not be long before mention of a phone booth also brings a “what’s that?” reaction from young people. The proliferation of cell phones has turned the old-fashioned pay phone into a curiosity. Lord only knows where Clark Kent goes these days to change into his Superman outfit.



I can’t really say that I miss the pay phone. Phone booths of the past were too often decorated with “out of order” signs and dangling chains that testified to the past presence of a phone book. The cell phone is much handier and stores more numbers than I’ll ever need. There are other advances on the technology front that are not all that welcome, however.

Not long ago, I succumbed to temptation and acquired a blu-ray disc player to hook up to our television. This new device will handle DVDs as well as the new-fangled blu-ray discs. It will go on the internet to “stream” movies and television shows onto the TV. But it will not accommodate VCR tapes, which apparently are headed for the technological trash heap.



So time marches on but it’s leaving behind a jillion memories recorded on those old VCR tapes. High school and college graduations. Weddings. The last Orioles game played at Memorial Stadium in 1991. Cal Ripken’s record-breaking 2,131st consecutive game in 1995 and his final game in 2001. The three-part, 1995 PBS series on the even older War on Poverty.

The VCR player has been retired to an upstairs room where it’s mated with another relic of the past, an analog television set. An appropriate setting, perhaps, for this old relic to re-live those past chapters of history.

Paul Schuette

Special Groups



Group & Club Meetings		
Advisory Board	First Tuesday	10:00
Armchair Tours	Return in September	12:30
Bonsai Club	First Friday	9:00 –11:00
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	First Thursday	10:30
Healthy Lifestyles	Every Friday	10:00
Magic Club	First & Third Wednesday	10:00
NARFE Counseling (Federal Retirees)	First Tuesday	10:00 -12:00
Writers Group	Every Tuesday	9:30 -11:30
Writing Memoirs	Every Monday	1:00
City Gym Senior Walk	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

Games		
Billiards	Daily	Center hours
Bridge (Sign-up necessary) Duplicate Bridge (Sign-up)	Every Tuesday Every Friday	1:00 -4:00 12:30 -4:00
Mahjong	Every Monday and Thursday	1:00
Pinochle	Every Monday and Thursday	12:30
Scrabble	Every Wednesday	1:00
Table Tennis	Every Monday Every Tuesday Every Wednesday Every Thursday Every Friday	12:00-4:30 3:15-5:00 3:00-4:30 12:00 -3:00 3:00-4:30
Table Shuffleboard	Daily	Center hours

June Classes

Monday	Tuesday	Wednesday
10:00 Tai Chi (CC)	9:00 Class Piano (CC)	9:30 Ceramics (F)
10:00 Jewelry Making/ Beg (CC)	9:00 Ceramics/Int (F)	10:00 Enhance Fitness (CC)
12:00 Table Tennis	9:00 Bio-Aerobics (F)	10:00 Watercolor (CC)
12:00 Aquatic Exercise (at Sport Fit)	9:30 Knitting & Crocheting (CC)	10:00 Environmental History: Oceans (CC)
12:00 Computers/Beg I (F/V)	9:30 Writer's Group (V)	12:00 Jewelry Making Int. (CC)
12:30 Stain Glass/Beg. (CC)	10:00 Studio Fine Art (CC)	12:00 Aquatic Exercise (at Sport Fit)
12:30 Pinochle	10:00 Computers/MS Word (F/V)	12:30 Watercolor/Int. (CC)
1:00 Writing Memoirs	10:00 Current Issues (CC)	1:00 Environmental History: Alaska (CC)
1:00 Mahjong	10:30 Walk Aerobics/Strength (V)	1:00 Chair Fitness (V)
2:00 Drawing I (CC)	11:00 Music Appreciation (CC)	1:00 Scrabble
2:30 Zumba Gold (F)	11:30 Knitting & Crocheting (CC)	1:00 Tai Chi (CC)
	12:00 Computers/Beg. I (F/V)	3:00 Table Tennis
	12:30 American History (CC)	
	12:30 Stained Glass/Adv. (CC)	
	12:30 Art/Create Children's Books (CC)	
	12:30 Bridge Club	
	1:00 Line Dancing (CC)	
	3:15 Table Tennis	
	6:00 Gentle Yoga (CC)	
	6:00 Stained Glass (CC)	
	6:00 Zumba Gold (F)	
	6:30 Computers/MS Word (F/V)	

Monday Special

June 6 & 20

Wii game (10:00 a.m.)

June 20

Wayne's Musical

Memories (12:30 p.m.)



Tuesday Special

June 7

Family Feud (12:30 p.m.)

June 14

Trivia (12:30 p.m.)

CC = Community College,
Summer Trimester Classes
at the Senior Center
June 6-Sept. 17
F = Fee
V = Volunteer, Staff
F/V = Fee/Volunteer

And Activities

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

Thursday

- 9:00 Ceramics/Int (F)
- 9:00 Bio-Aerobics (F)
- 9:30 Ceramics/Beg (F)
- 10:00 History/Hollywood Cinematic Images-France (CC)
- 10:00 Watercolor II (CC)
- 10:00 Computers/MS Word (F/V)
- 10:00 Yoga (CC)
- 12:00 Pilates (CC)
- 12:00 Table Tennis
- 12:30 Drawing II (CC)
- 12:30 Pinochle
- 12:45 Bingo with Prizes
- 1:00 Mahjong
- 2:00 Chess
- 3:00 Ballroom Dance (CC)
- 6:15 Line Dancing (CC)

Friday

- 9:00 Walk Aerobics & Strength (V)
- 10:00 Quilting (CC)
- 10:00 Enhance Fitness (CC)
- 10:00 Stories for Midlife (CC)
- 10:00 Tai Chi/Int. (CC)
- 10:00 Healthy Lifestyles (V)
- 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

June 3, 10, 17 & 24
Piano Lounge (12:30 p.m.)

Saturday

- 8:30 Yoga/Adv. (CC)
- 10:00 Tai Chi (CC)
- 10:30 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 trimesters; Fall, Spring, and Summer. Maryland residents who are 60 or older may register for as many non-conflicting courses as desired and pay one \$50 registration fee to PGCC. Seniors 55 to 60 contact PGCC or Senior Center for fee information.

Thursday Special

- June 16
Birthday Sing-Along
(12:30 p.m.)
- June 30
Magic Show
(12:30 p.m.)



Red Cross Community Blood Drives:
June 11, July 9
Hours
8:30 a.m.-1:00 p.m.
Call for appointments
1-800-REDCROS
1-800-733-2767

June 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	29	30		

Transportation

Trip Information & Policy!

Charter Trips are opened in advance to meet enrollment requirements and contract date deadlines.

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

Look for newly opened trips at the Front Lobby, the Trip Bulletin Board, or visit our website: bowieseniorcenter.org.

Please note that buses must leave at announced times. The Center is not responsible for members who do not return to the bus in time for departures.

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

Suggestions are always welcome.

June Trips & Events	
3	Annapolis Harbor Town Center
8	Lunch Bunch at Applebees
16	"Wicked"- Full
21	Spirit of Baltimore Cruise -Full
29	American Indian Museum/ U.S. Botanic Gardens

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 valid 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 Town Center at 1:00 p.m.**

July		August		September	
6	Lunch Bunch at <i>T.J. Elliott's</i>	6	<i>Saturday</i> Arlington Cemetery Lunch at <i>Carmines</i>	7	Lunch Bunch at <i>Longhorn</i>
15	Crab Feast at Buddy's - Annapolis	10	Lunch Bunch at <i>Blue Dolphin</i>	13	Harrington Slots
19	Eastern Market / Nat'l Cathedral Tea & Tour	17	"Anything Goes" at <i>Toby's*</i>	22	St. Michael's
27	Atlantic City	24	New York City	27	National Harbour

Happenings

SAGE Registration

The Senior Center is fortunate to partner with the PGCC **SAGE** (*Seasoned Adults Growing Educationally*) program to offer a variety of over 45 classes each week this summer. 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 at the Community College. A \$50 registration fee for Seniors 60 and older is payable to PGCC. Students may choose classes in Tai Chi, Jewelry Making, Stained Glass, Drawing, Painting, Piano, Knitting & Crocheting, Current Issues, American History, Creating a Children's Book, Line Dancing, Yoga, Literature, Ocean Explorers, Enhance Fitness, Alaska, Cinematic Images of France, Pilates, Ballroom Dancing, Quilting, Tales of a Midlife Traveler, Self Awareness, and more. The Summer Semester begins the week of June 6. A description of each class/registration information is available at the Center's front desk.

Happy Feet

Kathy Cocoros, PTA, from Chesapeake Bay Aquatic & Physical Therapy will present a program on how to keep your feet healthy and happy. She will show you, as well as have you participate in, foot massage and foot and toe exercises. Wear comfortable, loose fitting clothing as well as shoes and socks that are easily removed. Kathy will have a handout for you that you can use at home for daily foot care.

Join Kathy, at 10:30 on Thursday, June 9.

Celebrating Juneteenth

Marking the date that the last enslaved people in Galveston, Texas learned of their freedom (almost 18 months after Lincoln freed the slaves) has created a new holiday entitled *Juneteenth*. *Juneteenth* is an official holiday recognized in 12 states and the District of Columbia. The day is celebrated with food, music, dance and families telling stories of their ancestry. The fourth annual *Juneteenth* celebration at Watkins Regional Park in Largo, Maryland is scheduled for June 18. There will be plenty of entertainment food and an outdoor exhibit on the history of *Juneteenth*. Call MD Park and Planning for more information.

Want to Play Family Feud?

The first "episode" will involve FOUR teams of FIVE persons. We are seeking volunteer participants from among the many distinct groups that use the Center. For example: Table Tennis, Mahjong, Ceramics, Pool, Bridge, Pinochle, Singles Club, Zumba, Writers Group, Jewelry, Exercise...you get the idea. The winning team will receive a PRIZE! The date is Tuesday, June 7 at 12:30 p.m. Sign- up at the Front desk.

More Important Than Cholesterol?

Part 1 of 2

What if all we've been told about cholesterol was wrong or not entirely accurate? Weight loss coach and nutritional healing expert, Dr. Jonny Bowden says the following, "Cholesterol is a relatively minor risk factor for heart disease compared with much more serious things like inflammation. And the emphasis on cholesterol to the exclusion of other more important risk factors has also led us to take our eye off the ball when it comes to a risk factor we can easily do something about without taking a single medication: **triglycerides.**"

Instead of focusing on our total cholesterol numbers, look at your triglycerides compared to HDL. According to the Journal of the American Heart Association, this ratio is a strong predictor for heart disease. In his book *Good Calories Bad Calories*, Gary Taubes references studies from the '70s showing that total cholesterol is meaningless; LDL is a very weak indicator and HDL levels are a better predictor for heart disease.

Why are triglycerides a big deal? Triglycerides trigger the liver to produce more cholesterol, particularly the small dense particles known as LDLb which are particularly harmful. So, we've been told all these years that LDL is bad or "lousy," yet there are multiple types of LDL, one being harmful and the other harmless.

A Harvard-lead study author reported:

- "High triglycerides alone increased the risk of heart attack nearly three-fold.
- And people with the highest ratio of triglycerides to HDL – the "good" cholesterol – had **16 times the risk of heart attack as those with the lowest ratio of triglycerides to HDL**, in the study of 340 heart attack patients and 340 of their healthy, same-age counterparts.
- The ratio of triglycerides to HDL was the strongest predictor of a heart attack, even more accurate than the LDL/HDL ratio (Circulation 1997;96:2520-2525)."
- According to Dr. Mercola, optimal ratio levels should be below 2.0. For example; if your triglycerides are 150 and your HDL is 50, then your triglyceride to HDL ratio is 3.0.
- Dr. Bowden goes on to say the following, "Elevated triglycerides can be due to being overweight, being inactive, smoking, or eating a diet very high in carbohydrates. You can bring triglyceride levels down rather easily by reducing sugar in the diet." Diets that are lower in carbs have been shown in numerous studies to cause triglyceride levels to drop quickly.

Next month I'll finish this two part series by discussing why eating cholesterol is not bad for us, why inflammation is the problem and what you can do to decrease triglycerides and inflammation.

Mark Shields, Wellness Coordinator

Hip and Knee Pain

Juli Pastrana, Program Coordinator of The Joint Center, will speak on Hip and Knee Pain. Learn what's causing the cracking and grinding in your joints as well as ways to treat the pain. Please join us for this class, taught by an experienced Nurse Educator on Thursday, June 16 at 10:30 a.m.

Information and Referral Specialist

Nurse on Duty

A volunteer nurse is available for blood pressure screening:

Tuesday June 7 10:00 a.m.—11:30 a.m.
 Thursday June 16 10:00 a.m.—11:00 a.m.
 Thursday June 23 10:00 a.m.—11:00 a.m.

Injury Screenings

You can ask Kathy Cocoros PTA, a board certified orthopedic physical therapist about any aches and pains you may be experiencing.
 June 3, 10:00 – 11:00 a.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 15, 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 June 22nd from 11:00 am to 12:00 p.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 minute mini-massages for shoulders and back. Appointments necessary. Sign up at the front desk.
 Wednesday, June 22, 11:00 a.m.-12:00 p.m.



The Center 

Notary

Notary services by appointment

Special Interest Groups		
Aging Issues Support	<i>Wednesday, June 22</i>	10:00 a.m.-10:45 a.m.
Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, June 17</i> <i>A Penny Saved is a Penny Earned</i>	11:00 a.m. -11:45 a.m.
Caregiver Support <i>Facilitator Rosemary Allender</i>	<i>Second Tuesday</i> <i>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 1</i>	10:00 a.m.-4:00 p.m.
Parkinson's Support	<i>Monday, June 27</i>	10:00 a.m.-12:00 p.m.
Diabetic Support	<i>Monday, June 6</i>	10:30 a.m.-11:45 a.m.
Stroke Survivors	<i>Wednesday, July 13</i>	1:00 p.m.-2:00 p.m.

Bowie Senior Center, Where The Finest People Meet.



Bowie Senior Center

14900 Health Center Drive Bowie, MD 20716
www.bowieseniorcenter.org

Alternative versions
of this newsletter are available
upon request. Call the Center at 301-809-2300.

The Center is open to all independent seniors, 55+

The hours of operation are: Monday, Wednesday, and Friday, 8:30 a.m. to 4:30 p.m.;
Tuesdays and Thursdays, 8:30 a.m. to 8:30 p.m.; and Saturdays, 8:30 a.m. to 2:30 p.m.

For information about current programs or to obtain the
day trips schedule, stop by the Center for the Monthly
Newsletter and Trip List, or visit our web page
www.bowieseniorcenter.org or call the Center at 301-809-2300.

Manager..... Kathy White
Assistant Manager Laurel Raymond
Transportation Sue O'Toole
Wellness Coordinator ..Mark Shields
Information & Referral
Specialist.....Gloria Gaddy
Program Assistants..... Betty Joubert, Judith Lorenz,
..... Jenny Tringali, Marchette Alexander
Receptionist..... Pat Dunston
Maintenance Ray Esguerra
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.