

The News

Volume XII Issue Five

May 2011

A Unit of the National Council on Aging



Bay Winds Band – Evening Public Concert

Back by popular demand, the Annapolis-based 70 piece volunteer band will perform a variety of show tunes, marches, country, and other musical medleys. The community is invited to the concert on Tuesday, May 3 at 7:00 p.m. The event is free, however the non-profit band, accepts donations to help with expenses. Bring your family and neighbors along for a musical evening with the Bay Winds Band!



Senior Chorale Spring Concerts

The spring show, *I Believe in Music*, has something for everyone! Songs range from *Carousel's*, "You'll Never Walk Alone" to *Glee's* "Keep Holding On." Other songs included are the "Eye of the Tiger" and "Beautiful Day." The Senior Chorale will take the stage at 1:00 p.m. on **Thursday, May 12, here at the Center**. Though the concert is free, a donation to the Bowie Pantry is requested.

On **Friday, May 20 at 7:30 p.m. at the Bowie Center for the Performing Arts**, a repeat performance will be presented. There is a \$6.00 charge for this performance. Tickets are available at the Senior Center.

Amelia Earhart



Dreams Take Flight is the program for History Alive which will be presented by actress Mary Ann Jung. Amelia Earhart was much more than just a courageous aviatrix. Ms. Jung dresses up in the role that she depicts, making the presentation so much more exciting to watch. Join her as she explores her life as Amelia. Light refreshments will be served. The cost is \$3.00 for Residents, and \$4.00 for Non-Residents. Register at the front desk.

Come for a fun time on Friday, May 6 at 12:30 p.m.

**Center will be
closed on
Monday, May 30
Memorial Day**



Activities

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

Information and Employment Fair

Mark your calendar, for Tuesday, May 24, from 4:00 until 8:00 p.m. The event is “FREE.” It will include local businesses, non-profit organizations and government agencies. This is a great opportunity to explore what is available to you.

For information please contact Gloria Gaddy, at 301-809-2300.

See You at the Fair!



Book Club – Thursday, May 19 at 3:00 p.m.



The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows is our selection for this month. The book begins in January 1946 as people are emerging from the dark days of World War II. Told from the point of view based entirely on the exchange of letters discussing the recent life of the islanders of Guernsey in the English Channel, we are introduced to an interesting character study of these people. Through the chorus of voices the authors have created, they have composed a rich tale that celebrates the power of hope and human connection in the shadows of war.

Reminisce

Home Remedies – Tuesday, May 24 at 12:30 p.m.



Using at-home remedies is not a new concept. Different cultures around the world have been getting relief from a multitude of issues for centuries using only natural remedies. After years of ignoring them, we are starting to recognize the value of these many remedies. It's time we begin to go back to some of the basics. After all, our grandmothers taught them to us and grandmas always seem to know what's best for us. Let's discuss some of your tried and true home remedies to ease whatever ails you.

Aerobics Program

The low impact/bio aerobic program is a 60 minute cardiovascular conditioning program designed for the senior adult. The classes are on Tuesday and Thursday, from 9:00 to 10:00 a.m. for 8 weeks. The cost is \$38.00 for Residents and \$45.00 for Non-Residents. Also available is a one-day-a-week class for a fee of \$19.00 for Residents and \$22.00 for Non-Residents. The classes begin on Tuesday, June 14.



Armchair Tours

America the Beautiful! Part II

Part II of "America The Beautiful" takes us across the western two-thirds of the continental USA, as well as Alaska and Hawaii. Other highlights include the Mississippi River, Chicago, St. Louis, the Oregon Trail, several western national parks, several large cities in Texas, Las Vegas, LA and San Francisco.

Join Armchair Host Bill Cramer for this tour at 12:30 p.m. on Monday, May 2.

Japan

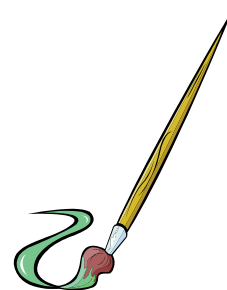
Japan arose from the ashes of World War II to become a successful democracy and one of the world's economic superpowers. After two major natural disasters, it again begins rebuilding. This tour will feature historical and cultural sites of Tokyo, with brief visits to Gifu, Ashiya, Kobe, Osaka, and Kyoto.

Please join Frank Evans for this tour at 12:30 p.m. Wednesday, May 25.

Frank has been presenting Armchair Tours at the center for the past seven years beginning with a tour to Paris in May 2004.

Artist of the Month

Through the years, Diane Shipley has worked with stained glass and making silver jewelry, but her strongest desire was to always paint. After taking her first watercolor class in 2009, she immediately knew that she wanted to explore it further. Diane enjoys the movement of watercolor and the fact that it flows, as if it had a life of its own. She feels that it takes on a magical quality that sometimes cannot be controlled and she finds that very exciting. Please join Diane at her Artist reception on Thursday, May 12 at 7:00 p.m. The show is open to the public.



Prince George's County: An 18th Century Perspective

Darnall's Chance House Museum in Upper Marlboro is offering a 45 minute PowerPoint presentation on the colonial history of Prince George's County. The program covers the founding of Maryland as a colony, the types of people who made up the colony, its economy, the founding of Prince George's County, and some of the 18th century architecture that still stands in the county. There will be time for questions and answers. Afterwards, there will be an opportunity to answer some trivia questions about the presentation and a chance to win tickets to a free tour at the Museum! Join us for a free presentation at the Center on Thursday, June 2 at 10:30 a.m.

Beyond 80



Grumblings of a Crabby Old Man

I'm old-fashioned in many ways but I *am* on Facebook—and if you don't know what Facebook is you're even more old-fashioned than me. But most of you probably know that Facebook is a “social networking site” for those who prefer to do their socializing on the computer instead of (forgive the expression) face to face.

I came to Facebook with considerable reluctance. Old-timers like me can remember a time when people kept diaries to record their day-to-day activities, their hopes, their dreams. These were secret journals, tucked away in bottom drawers. Some had flaps that could be locked in place to keep the contents safe from prying eyes.

That regard for privacy was eroding long before the Facebook era, sad to say. Back in the 1970s, there was a movement encouraging people to open up more. We were urged to “Let it all hang out!” I was horrified. No, no, I thought, please, please keep some of it to yourself!



Given that mind-set, it took some persuading to get me onto Facebook. In the end, it was my distant grandchildren who lured me aboard. Charlie, just 2, and Harper, not yet 1, were often photographed but seldom seen by me. “Send me pictures,” I would plead. “Dad, they're on Facebook,” I was told. “You've got to get on Facebook.”

My kids assured me that I could use Facebook without putting my person in the public domain. With their coaching, I signed up and chose settings that would allow only people I designated (my own family members) to get to my Facebook page.

Another daughter who shares my high regard for privacy signed up about the same time with those same settings. As a result, I couldn't see her Facebook page and she couldn't see mine. To correct that situation, she came by with her laptop and, seated side by side, we simultaneously dropped our privacy barriers just long enough to become “friends.” Then back into seclusion.

All was well for a time. I could feast on family photographs as well as read the tidbits of news posted by my children. Nobody else bothered me. But then one day I got an e-mail from somebody who wanted to be my Facebook “friend.” Other e-mails began arriving from other would-be “friends.”

Come to find out that Facebook had changed its privacy settings so all the “friends” of my family members could find me on Facebook. This was no small thing. One of my daughters has more than 600 “friends,” another more than 300. A whole new world opened up before me. People I had never heard of wanted to “friend” me.

At first, I ignored the requests but the clutter in my mailbox was annoying. If I simply delete them, I thought, I'll probably hurt somebody's feelings. Finally, I simply accepted all my new “friends” and hoped for the best.

I now have 33 friends, most of whom I know, but not all. Maybe someday we'll all get together, face to face, and really get acquainted. Maybe.

Paul Schuette

Special Groups



Group & Club Meetings		
Advisory Board	First Tuesday	10:00
Armchair Tours	First Monday and Fourth Wednesday	12:30
Bonsai Club	First Friday	9:00 –11:00a.m.
Book Club	Third Thursday	3:00
BSS (Bowie Single Society)	Second and Fourth Monday	10:30 -12:30
Chess	Thursday	2:00
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 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 p.m.
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

May Classes

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

Monday Special

May 9 & 16

Wii game (10:00 a.m.)

May 16

Wayne's Musical

Memories (12:30 p.m.)

Tuesday Special

May 3

Radio Show (12:30 p.m.)

May 10

Trivia (12:30 p.m.)



CC = Community College,
Spring Trimester 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 wall in the lobby.

Thursday

- 9:00 Ceramics/Int (F)
- 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 Computers/Beg II(F/V)
- 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)
- 6:15 Line Dancing (CC)
- 6:30 Computers/Excel (F/V)

Thursday Special

May 19
Birthday Sing-Along
 (12:30 p.m.)



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

May 13, 20, & 27
Piano Lounge (12:30 p.m.)

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 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.

Red Cross Community Blood Drives:
 May 14 & June 11
 Hours
 8:30 a.m.-1:00 p.m.
 Call for appointments 1-800-REDCROS
 1-800-733-2767

May 2011

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	18	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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 Desk, 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 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.

May Trips & Events	
5	Springfest in Ocean City (<i>full</i>)
11	Bowie Baysox & Buffet
13	Lunch Bunch at Red Lobster
17	Ladew Topiary & Boordy Vineyards
19	Harrington Slots
25	"Happy Days" at Toby's (<i>full</i>)

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.**

June		July		August	
1	Lunch Bunch at Applebees	6	Lunch Bunch at T.J. Elliott's	6	Saturday Arlington Cemetery Lunch at Carmine's *
3	Annapolis Harbour/ Amish Market	15	Crab Feast at Buddy's - Annapolis*	10	Lunch Bunch at Blue Dolphin
16	"Wicked"*- Full	19	Eastern Market / Nat'l Cathedral Tea & Tour*	17	"Anything Goes" at Toby's*
21	Spirit of Baltimore Cruise *-Full	27	Atlantic City *	24	New York City *
29	American Indian Museum/* U.S. Botanic Gardens				

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 at the Bowie Senior 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 at the Community College. A \$50 registration fee 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 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 health 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.

Variety Show Offers Fun Tour of TV Past

Do you remember those evenings of laughs with some of your favorite TV shows of the past? The Charles County Senior Center Show Troup invites you to revisit those memories as they present a variety show with a TV Land theme: *Golden Girls*, *Gilligan's Island*, *Green Acres*, *MASH* and many more.

Join us for this charming and entertaining show on Monday, May 23 at 10:30 a.m.

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, Book 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

Wellness



Wellness Coordinator, Mark Shields, is the newest member of the Bowie Senior Center staff. He brings us a wealth of knowledge in nutrition, fitness and aerobic exercises. Please welcome him when you see him and say “Hi!”

What's for Breakfast

As a personal trainer and nutrition coach, I work with clients that are looking to lose a few unwanted pounds while trying to improve their overall health. One of the first areas I try to tackle is nutrition, and it all begins with breakfast. Most people tend to skip breakfast, but if they do eat something, it's on the go. Cereals, breakfast bars, bagels, or anything else that is packed with processed carbs and little-to-no protein have become the typical American breakfast. But how did we get here? Think about what breakfast was when you were a youngster. It wasn't the latest food *concoction* in a box that came with a special toy; most likely it was something more natural, something grown or picked.

So this begs the question what should you be eating for breakfast that can both help reduce body fat *and* nourish your body?

Look no further than an egg omelet. Sadly, eggs get a bad reputation by those who say the yolk isn't healthy for us. Know what I think? *Says who?* The cereal companies, that's who. What's not good for us is eating a bowl of cereal with a whopping 45g. of carbs and a measly 8g. of protein by the time you add the milk (and that's only if you add milk).

With an omelet, simply toss in a bunch of your favorite veggies, or even ones that you can't tolerate, as they will be masked by the deliciousness of the eggs. The eggs provide you with the protein you need to boost metabolism and help maintain your muscle mass, as well as help keep you feeling fuller longer, preventing cravings later in the day. The yolk is where you find the majority of the good nutrients. They contain lutein and zeaxanthin.

But what are so great about these two nutrients? They protect the eyes from developing age-related macular degeneration and cataracts. Add in the peppers, onions, spinach, and other veggies you might use, and you're getting more nutrients in one meal than many of us get in a day. Need to give that omelet a little kick? Toss in some low-fat cheese and salsa.

I dare you (and the cereal companies) to come up with a better breakfast that's packed with so much nutrition *and* can help with weight loss.

Ship Program

SHIP (Senior Health Insurance Assistance Program) provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options and Medicare Part D options. The program provides guidance with making an informed decision regarding long-term care insurance. Please join Dianne James, Prince Georges County SHIP Coordinator on Thursday, May 26 at 10:30 a.m.

Information and Referral Specialist

Nurse on Duty

A volunteer nurse is available for blood pressure screening:

- Thursday May 12 10:00 a.m.—11:00 a.m.
- Tuesday May 17 10:00 a.m.—11:30 a.m.
- Thursday May 26 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 Kathy Cocoros PTA, a board certified orthopedic physical therapist about any aches and pains you may have.
May 6, 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, June 22 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, May 18, 1:00 p.m.—2:00 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.



The Center

Notary

Notary services by appointment

Special Interest Groups		
Aging Issues Support	<i>Wednesday, May 11</i>	10:00 a.m.-10:45 am
Fireside Chat <i>Facilitator</i> <i>Gloria Gaddy</i>	<i>Tuesday, May 17</i> <i>We are What we Eat</i>	11:00 a.m. -11:45 a.m.
Caregiver Support <i>Facilitator</i> <i>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, May 4</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, May 23</i>	10:00 a.m. - 12:00 p.m.
Diabetic Support	<i>Monday, May 2</i>	10:30 a.m.-11:45 a.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.