

**September 2011**

The **News**

Volume XII Issue Nine

A Unit of the National Council on Aging



**September is National Senior Center Month**  
*My Life, My Time, My Way*

### **Remembering and Honoring 9/11**

Come join us on Friday, September 9 at 10:30 a.m. at the Bowie Senior Center Labyrinth as we open our hearts in memory of all the lives sacrificed ten years ago on 9/11. A solemn ceremony will be followed with a silent walking of the labyrinth (an ancient paved path that guides us to our true center). *Everyone is welcome.* Our tribute will be approximately 45-minutes. For more information, please call the Bowie Senior Center at 301-809-2300.

### **Bowie Health Fair**

The Annual Bowie Health Fair is scheduled for Saturday, September 17, from 11:00 a.m. to 3:00 p.m. The Health Fair should have something for everyone. There will be more than 30 free or low cost screening services, health care consultations and activities. Also, more than 50 exhibitors will be on hand to provide services and information. The services range from alternative health care options; including acupuncture and Reiki to cholesterol and glucose testing, EKG's, glaucoma and vision tests as well as female (gynecological) exams. This will also be the first year that there will be several speakers giving lectures on topics about nutrition, exercise, and brain health. The event will also include a children's activity area. For more information, please call 301-618-6123 or check the website [www.bowiehealthfair.blogspot.com](http://www.bowiehealthfair.blogspot.com) . Open to the Public.

### **Bringing 'Alice' to the Center**

The Ballet Theatre of Maryland will present a short program of *Alice in Wonderland in a Nutshell* at the Senior Center on Wednesday, September 28 at 12:30 p.m.

Through the magical language of dance, follow BTM into the rabbit hole and meet Alice, the Mad Hatter, the March Hare, the Queen of Hearts, the Cheshire Cat and other favorite Lewis Carroll characters. Experience Alice's adventures for yourself as she learns the value of independence and finds balance in a world of nonsense and imagination.

The program is open to the public.

**Center Closed  
Labor Day Holiday  
September 5**

# Activities

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

## **Meet and Greet Social**

### **Get To Know Our Instructors**

The Center is inviting all instructors and members to take this opportunity to get to know one another and to learn more about the excellent classes that are offered here. This is a time to ask about the course of study to determine if you would like to attend the class. Plan to attend the Meet & Greet Social on Wednesday, September 7 from 10:00 to 11:30 a.m.

**See page nine for the listing of classes.**



## **Bonsai Show**



The art of recapturing natural wonders in a container originated in China and was later introduced to Japan. It is called **penjing** in Chinese and **bonsai** (pronounced BONE-SIGH) in Japanese.

The Bowie Senior Bonsai Club will hold their second show at the Senior Center on Friday, September 23 from 9:00 a.m. to 12:00 noon. Members of the Club will display their bonsai at the show. It will also feature two bonsai from the local bonsai master, James Sullivan. It is open to the general public.

## **Fireside Chat**

Leading off the July *Fireside Chat*; coupons come to mind. They are a great way to save money. Please attend Tuesday, September 13, at 11:00 a.m. for the chat “The Coupon Corner.” Bring an empty box and coupons to share.

## **Flu Vaccines Are Your Life Saver!**



Get your flu and pneumonia vaccines at the Center on Friday,  
September 30 from 9:00 a.m.-12:00 p.m.

Be your own life saver! Seasonal flu and pneumonia are very serious illnesses for people over 65 years old. If you have an illness that weakens your body and its natural defenses against disease, you are also at great risk for complications. Don't take the risk. Medicare Part B participants receive vaccines for free, if not a member of an HMO otherwise the cost is \$30 for the flu vaccine. Vaccines are administered by registered nurses from MedStar Health Visiting Nurse Association.



## **Armchair Tours**

### **Niagara Falls and Toronto Re-visited**

Armchair Host Bill Cramer returns to Niagara Falls and Toronto, two of his favorite places, after an absence of several decades. Both have changed enormously in recent years, especially Toronto, now an ultra modern, bustling city of 2.5 million, with towering skyscrapers everywhere. Toronto's CN Tower (height 1815') was the world's tallest free-standing structure until recently.

Join us at 12:30 on Wednesday, September 21.

### **Brazil: Three Capital Cities**

Our tour of the world's fifth largest country, which occupies nearly half of South America, will begin at the first of its three successive capitals, Salvador (Bahia)(1549), then Rio de Janeiro (1763), then Brasilia (1960), with side trips to Belo Horizonte, Ouro Preto, Sao Paulo, and the beaches of Copacabana, Leblan, and Ipanema.

Join Frank Evans at 1:00 p.m., Wednesday, September 28 for this South of the Border tour.

## **Reminisce**



### **Automobiles – Tuesday, September 20 at 12:30 p.m.**

The cars of our youth stay with us forever. Who can ever forget the car in which you learned to drive – its color, its bulk, and its very odor? Join us to remember your first car, favorite cars and cross-country trips. There will be a small collection of cars in our parking lot for you to view prior to our meeting.

## **Intermediate Ceramics**



Ceramics classes will begin the week of September 12 and continue through December 8. Students may choose Tuesday or Thursday classes that meet from 9:00 a.m. to 12:00 p.m. The registration fee is \$15.00 for Residents and \$18.00 for Non-Residents. There is an additional lab fee for all. Please register at the front desk.

# Beyond 80

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## *Grumblings of a Crabby Old Man*

Our leaders keep telling us the United States is the greatest nation on earth but I'm beginning to wonder. Nothing seems to work anymore.

Oh, we're still good at gadgets. We have iPods, iPads, iPhones, Smartphones, Droids, Blackberries and apps for these devices that can do just about anything. I hope there's an app soon that can help with the driving because the human at the wheel with a phone stuck in his or her ear certainly doesn't have time to watch the road. So we can Twitter away to our heart's content these days but the big stuff seems to be getting beyond us.

Our capability to put men (and women) in space ended when the shuttle Atlantis completed its last mission in July. Fifty years earlier, John Kennedy declared we would go the moon and meet other challenges "not because they are easy but because they are hard." That was then; this is now. If we have business in space in the foreseeable future, we'll have to bum a ride on a Russian rocket.



The bold experiment in self-government that started in Philadelphia in 1776 isn't faring so well either. Minnesota shut down for nearly three weeks this summer while the governor and legislature bickered over the budget. State parks were closed, you couldn't get a driver's license, and dozens of state agencies closed, idling 22,000 workers.

Minnesota was also in the news in 2007 when a Minneapolis bridge collapsed into the Mississippi River. That tragedy spawned a rash of stories about the sorry state of the nation's bridges, but only the Minnesota span was actually rebuilt. We just worried about the others.

Neighboring Wisconsin also staged bitter battles in the statehouse this year but legislators did succeed in re-enabling child labor. They ended a 40-hour workweek max for boys and girls under 18 and got rid of a rule saying children could work no more than six days a week.

But we don't have to travel to the Midwest to find a legislature in disarray. We have Congress right next door. The Senate has been dysfunctional for years, hamstrung by its own quaint rules that allow the mere threat of a filibuster to sidestep the once-hallowed tradition of majority rule. And the House? Well, that body's chaotic handling of the recent debt limit crisis showed what we can expect on that side of the Capitol.



Back in the 1930s, Congress cooked up batches of alphabet soup to deal with the Great Depression. People joked about the WPA ("we poke around") but the agency put people to work building highways, bridges, water treatment systems and other public works. The TVA and the REA brought electricity to the country's rural hinterlands. The CCC put young men to work on conservation and reclamation projects across the nation.

In the current economic crisis, there's no WPA, no CCC, nothing like that for the unemployed. Congress is devoted to quarreling over budget cuts and the deficit. I hope somebody sends me a text message if anything else ever gets done.

*Paul Schuette*

# Special Groups



| <b>Group &amp; Club Meetings</b>           |                                     |               |
|--|-------------------------------------|---------------|
| <b>Advisory Board</b>                      | First Tuesday                       | 10:00         |
| <b>Armchair Tours</b>                      | Third Wednesday<br>Fourth Wednesday | 12:30<br>1:00 |
| <b>Bonsai Club</b>                         | First Friday                        | 9:00 –11:00   |
| <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>Healthy Lifestyles</b>                  | Every Friday                        | 10:00         |
| <b>Magic Club</b>                          | First & Third 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>City Gym Senior Walk</b>                | Monday-Friday                       | 8:30-10:00    |

## **Advisory Board Members**

Tony Young  
Pat Rooney  
Judy Williams  
Robert Fierstein  
Naomi Kirkpatrick  
Carmen Laughery  
Carter Rardon  
Lillie Watson  
Herb Briscoe

| <b>Games</b>   |  |  |
|--|--|--|
| <b>Billiards</b>   | Daily  | Center hours   |
| <b>Bridge (Sign-up necessary)<br/>Duplicate Bridge (Sign-up)</b> | Every Tuesday<br>Every Friday  | 1:00 -4:00<br>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<br>Every Tuesday<br>Every Wednesday<br>Every Thursday<br>Every Friday | 12:00-4:30<br>3:15-5:00<br>3:00-4:30<br>12:00 -3:00<br>3:00-4:30 |
| <b>Table Shuffleboard</b>  | Daily  | Center hours   |

# September Classes

| <b>Monday</b>                         | <b>Tuesday</b>                         | <b>Wednesday</b>                       |
|---------------------------------------|--|--|
| 10:00 Tai Chi (CC)                    | 9:00 Class Piano (CC)                  | 10:00 Computers/Email & Internet (F/V) |
| 10:00 Jewelry Making/ Beg (CC)        | 9:00 Ceramics/Int (F)                  | 10:00 Watercolor (CC)                  |
| 12:00 Table Tennis                    | 9:00 Bio-Aerobics (F)                  | 12:00 Jewelry Making Int. (CC)         |
| 12:00 Computers/Beg I (F/V)           | 9:30 Ceramics/Beg. (F)                 | 12:00 Computers/Beg I (F/V)            |
| 12:00 Aquatic Exercise (at Sport Fit) | 9:30 Knitting & Crocheting (CC)        | 12:00 Aquatic Exercise (at Sport Fit)  |
| 12:30 Stain Glass/Beg. (CC)           | 9:30 Writer's Group (V)                | 12:30 Bridge                           |
| 12:30 Pinochle                        | 10:00 Studio Fine Art (CC)             | 12:30 Watercolor/Int. (CC)             |
| 1:00 Writing Memoirs                  | 10:00 Computers/Beg II (F/V)           | 1:00 Chair Fitness (V)                 |
| 1:00 Mahjong                          | 10:00 Current Issues (CC)              | 1:00 Scrabble                          |
| 2:00 Drawing I (CC)                   | 10:30 Walk Aerobics/Strength (V)       | 1:00 Tai Chi (CC)                      |
|                                       | 11:00 Music Appreciation (CC)          | 3:00 Table Tennis                      |
|                                       | 11:30 Knitting & Crocheting (CC)       |  |
|                                       | 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 Computers/Word 2010 (F/V)         |  |
|                                       | 6:00 Zumba Gold (F)                    |  |

## Monday Special

Sept. 12, 19 & 26

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

Sept. 19

*Wayne's Musical*

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



## Veterans Wall of Honor

Each veteran has a fascinating story to tell of their time in the military. The Center has created a Wall of Honor (near the front lobby). Every veteran is a hero in their own right and the valor of their military service is captured in this display. The framed display will change every month or two. If you have served our country and would be willing to share a part of your story, please sign up at the front desk.

*September Veteran:*

*Don White, World War II Army Veteran.*

Red Cross Community  
Blood Drives:  
Sept. 10 & Oct. 8  
Hours  
8:30 a.m.-1:00 p.m.  
Call for appointments  
1-800-REDCROS  
1-800-733-2767

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 Chronic Conditions
- 9:30 Ceramics/Beg (F)
- 10:00 Computers/Beg II (F/V)
- 10:00 Watercolor II (CC)
- 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
- 2:30 Chorale
- 3:00 Ballroom Dance (CC)
- 6:00 Computers/Excel (F/V)
- 6:15 Line Dancing (CC)

### Thursday Special

Sept. 15  
*Birthday Sing-Along*  
 (12:30 p.m.)

## Friday

- 9:00 Walk Aerobics & Strength (V)
- 9:30 Bridge Class (F)
- 10:00 Quilting (CC)
- 10:00 Computers/Word 2010 (F/V)
- 10:00 Stories for Midlife (CC)
- 10:00 Tai Chi/Int. (CC)
- 10:00 Healthy Lifestyles (V)
- 12:00 Computers/Pre-beginners (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

Sept. 2, 9, 16, 23, & 30  
*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.

## Celebrating Veterans



Mark your calendars. The Center will be celebrating Veterans on Thursday, November 10. The guest speaker, Stephen Williams PhD, will speak on "The Importance of Remembering Vietnam". In addition the Bowie Senior Choraleers will sing patriotic songs. The program will begin at 12:15.

## September 2011

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 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.*

### September Trips & Events

|    |                                |
|----|--------------------------------|
| 7  | Lunch Bunch at <i>Longhorn</i> |
| 13 | Harrington Slots               |
| 21 | St. Michaels                   |
| 27 | National Harbour               |
| 30 | Bowie City Hall Tour           |

### Future planned trips (all tentative)

| October |  | November |  | December |   |
|---------|--|----------|--|----------|---|
| 5       | Lunch Bunch at <i>Chesapeake Grille</i>                            | 2        | Valentine Richmond History Center & VA Capitol | 5        | NYC Rockettes                           |
| 12      | "Chicago" at <i>Toby's</i>   | 7        | Harrington Slots                               | 9        | BSO Cirque de la Symphonie              |
| 21      | MLK Memorial, African American Civil War Museum & Ben's Chili Bowl | 16       | Lunch Bunch at <i>Uno's</i>                    | 14       | "White Christmas" at <i>Toby's</i>      |
| 25      | Annamarie Sculpture Garden and Calvert Marine Museum,              | 30       | Annapolis Mall                                 | 19       | National Harbor Ice Show (tentative)    |
|         |  |          |  | 28       | Lunch Bunch at <i>Bowie Town Grille</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 membership 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.**

# Happenings

## **Fall SAGE Class Registration**

It is time to enroll for Fall classes through the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) program. Students can pick up information at the front desk and are encouraged to register as soon as possible since classes fill up. There are 3 ways to register with the College: Online through Owl Link, Mail-in, or In-Person at the Community College. Classes begin the week of October 3.

**Wow, what a class line up!** Students may choose from a wide variety of dynamic classes:

Tai Chi  
Jewelry Making  
Literature  
German  
Writing Memoirs  
Dance Variety  
Stained Glass  
Drawing  
Painting  
Piano  
Studio Fine Art  
Spanish  
Knitting & Crocheting

Current Issues  
Music Appreciation  
Handel to Stravinsky  
American History  
Creating a Kid's Book  
Line Dancing  
Yoga  
French  
One Act Plays  
Coastal Ocean Mysteries  
EnhanceFitness  
Sign Language  
Ocean Explorers

Estate Planning  
Great Foreign Movies  
Poetic Forms  
Tap Dance  
Pilates  
Ballroom Dancing  
Quilting  
Tales, Midlife Traveler  
Self Awareness  
Nutrition  
And more



## **Intergenerational Program**

### **“Endangered Species”**

*Endangered species are being pushed toward extinction by a variety of threats ranging from pollution to over-exploitation.*

*Meet some endangered animals up close and learn what you can do to help them survive. Join us on Thursday, September 29 at 6:30 p.m. and **bring the grandchildren.***

Presented by the Maryland Zoo in Baltimore



### **Center Needs!**

The Center needs to fill the following opportunities in the Computer Center:

- Computer Center Instructors or Assistants to the Instructors
- Tech. savvy individuals to help with the hardware control of the computers. For more information

Contact: Kathy White at 301-809-2300



## **September is Falls Prevention Month**

One in three community-dwelling persons over the age of 65 falls each year, and this number increases to one in two by the age of 80. Fall-related injuries are often serious enough to result in hospitalization and even premature death; moreover, persons who fall often face significant declines in mobility and independence.

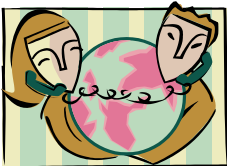
So, how do you go about preventing falls? Increasing muscular strength is of utmost importance. One of the best exercises you can start doing is squats. If you are unfamiliar with squats, the simplest way to begin is find a chair and have a seat. From there, hold your arms straight out and stand up. Then keep repeating that as many times as necessary for it to become challenging. If you are able to do more than 15 with good form, then you will need to progress to a slightly more challenging version. Perform the same movement, but this time instead of sitting down, as soon as you start to feel the chair stand back up. This will require your muscles to work more since they aren't allowed to rest and thus making it more effective.

Last month's newsletter article talked about the health benefits of Vitamin D, but I couldn't list all the benefits due to space limitations and left out that it prevents falls. When 54 studies were reviewed with 26,000 seniors it was found that taking vitamin D, with or without calcium, cut the risk of falling by an average of 17 percent. Low vitamin D levels also cause muscle weakness. If you are taking statins (cholesterol lowering drugs) they deplete coenzyme Q10 (CoQ10) levels in the body which can cause muscle weakness among a host of other side effects. Talk to your doctor, about supplementing with CoQ10, since when on statins it is strongly recommended by numerous physicians that know the nasty side effects of CoQ10 depletion. And finally, low vitamin D levels contribute to osteopenia (early osteoporosis) and fractures.

*As always, be sure to talk to your doctor prior to taking any new supplements to be sure there are no medication interactions.*

Mark Shields, Wellness Coordinator

## **The Telephone Reassurance Program**



This program offers homebound and isolated seniors in the community the opportunity to receive a friendly phone call. If you or someone you know is a senior who is home alone for an extended period of time and would like to participate in this program, please contact Kathy White, 301-809-2300, at the Senior Center.

### **Volunteers Needed**

Telephone Reassurance is a program of Prince George's County Department of Family Services. If you would like to become a volunteer with the program and can spare a couple of hours one day a week, please call Laurel Raymond at the Bowie Senior Center.

## Information and Referral Specialist

### Nurse on Duty

A volunteer nurse is available for blood pressure screening:

*Thursday Sept. 8 10:00 a.m.—11:00 a.m.*  
*Tuesday Sept. 20 10:00 a.m.—11:30 a.m.*  
*Thursday Sept. 22 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.

*Sept. 2, 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.**

*Bowie Hearing Center Wednesday, Sept. 21 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 Sept. 14 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, October 12, 11:00 a.m.-12:00 p.m.*



The Center

**Notary**

Notary services by appointment



### Special Interest Groups

|  |  |  |
|--|--|--|
| <b>Aging Issues Support</b>  | <i>Wednesday, Sept. 14</i>                           | 10:00 a.m.-10:45 a.m.                    |
| <b>Fireside Chat</b><br><i>Facilitator</i><br><i>Gloria Gaddy</i>          | <i>Tuesday, Sept. 13</i><br><i>The Coupon Corner</i> | 11:00 -11:45 a.m.                        |
| <b>Caregiver Support</b><br><i>Facilitator</i><br><i>Rosemary Allender</i> | <i>Second Tuesday</i><br><i>Fourth Thursday</i>      | 10:00 -11:00 a.m.<br>6:00 p.m.-7:00 p.m. |
| <b>Hearing Impaired Seniors</b>  | <i>Wednesday, Sept. 7</i>                            | 10:00 a.m.-4:00 p.m.                     |
| <b>Parkinson's Support</b>   | <i>Monday, Sept. 26</i>                              | 10:00 a.m.-12:00 p.m.                    |
| <b>Diabetic Support</b>  | <i>Monday, Sept. 19</i>                              | 10:30 -11:45 a.m.                        |
| <b>Stroke Survivors</b>  | <i>Wednesday, Oct. 12</i>                            | 1:00 -1:45 p.m.                          |

## 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 12:00 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.

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



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, Joe Thornberry  
Sr. Nutrition Aid..... Diane Clemons, Barbara Talbert  
Bus Drivers... Lisa Bennett, John Bannan, Joe Clark,  
..... Bob Long, Robert Garland,  
..... Gary Harash, Dean Moore,  
..... Venard Gray, John Scanlon, Darryl Stafford,  
..... James Woodard, Dario Ciuffetelli

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 of-  
fers (within the city limits of Bowie)  
curb-to-curb transportation for Bowie senior  
citizens and individuals with disabilities.  
This service is for medical appointments, shop-  
ping, 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 the 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.**