

The News

Volume XIII Issue One

January 2012



Save Energy, Save Money!

Do you want to learn how to save more money? Find out how by joining us on Wednesday, January 4 at 12:30 p.m. A representative from Baltimore Gas and Electric will host an interactive session at the Center to talk about easy and inexpensive energy conservation methods. Hope to see you there!

Commit To Be Fit: Senior Center 2012 Wellness Fair

Whether you're interested in weight loss, improving your overall health, controlling high blood pressure through nutrition or saving your brain, the Senior Center Wellness Fair offers something for everyone who wants to commit 2012 to their health!

Join us on Wednesday, January 11, from 10:00 a.m. to 11:30 a.m. for this event. Attendees will have the opportunity to experience an exclusive new wellness program with limited spots available. Here's the lecture lineup:

❖ ***21 Superfoods***

Discover which foods can help you lose weight (including those which have been wrongly accused of as "bad"), boost energy levels, and improve your overall health! The lecture will be presented by Mark Shields, the Center's Wellness Coordinator.

❖ ***The New Food Plate for the New Year***

Registered dietician Maureen Shackelford will provide helpful insight on how to fuel your body to better control your blood pressure. Ms. Shackelford will also tell us how to implement healthy changes in a fast-paced world full of processed foods, family obligations, and work. In a country where grocery stores are the size of shopping malls, this discussion will help you learn how to weed through the distractions to find satisfying alternatives that will improve your health!

❖ ***Save Your Brain***

Jonathan Ross, a two-time Personal Trainer of the Year and Author will share recent research on causes of Alzheimer's, Parkinson's, and other degenerative brain diseases, and what you can do about it! Simple strategies to make movement more enjoyable and engaging to the brain will enhance your movement experiences.

The Center will be closed:

Monday, Jan. 2

Monday, Jan. 16

Activities

Room assignments for Classes
Meetings/Programs
are listed daily in the lobby.

Computer Classes

This month, the Center welcomes members to register for the following computer classes: *Introduction to Computers, Beginner's I, Beginner's II, Word Processing using Microsoft Word 2010* (day class only), *E-mail & Internet*, and *Microsoft Excel 2010* (evening class).

Computer classes begin the week of January 9, 2012. Class listings are now available at the front desk.

Laughter Yoga: 10 Good Reasons to Laugh for NO Reason!

Join us for a free session of Laughter Yoga on Thursday, January 12 at 11:00 a.m. Come experience the 10 reasons to laugh for NO reason! You do not have to be happy to act happy!

- ☺ Laughter is a stress buster
- ☺ Laughter strengthens the immune system
- ☺ Laughter is anti-aging; toning muscles and increasing blood supply
- ☺ Laughter is aerobic exercise
- ☺ Laughter is internal jogging
- ☺ Laughter is a natural pain killer
- ☺ Laughter helps control high blood pressure
- ☺ Laughter reduces depression and anxiety
- ☺ Laughter improves bronchitis and asthma



Hearing Loss: Daily Effects and Treatment Options

Come to the Center on Thursday, January 26 at 10:30 a.m. to discuss hearing loss. Stacey Samuels-Cole, M.A., CCC-A, and Director of Audiology at Hearing Professionals, will explain how hearing is lost, and how it affects memory, emotion, and overall physical being. Information on the latest technology and treatment options will be covered as well. Dr. Samuels-Cole will have the answers, so please come with your questions ready!

Basic Facebook

Come join us at the Center on Friday, February 3 from 9:30 a.m. to 11:30 a.m. to learn how to create a FREE Facebook account page! This class will be held for Members who currently do not have a Facebook account. The cost of this class is \$10.00.

Bridge Basic II

This is the second course in a series for beginner bridge players and those who wish to brush up on the fundamentals of the game. The class runs from Thursday, January 5 to Thursday, February 9, 2012 (6 lessons), from 9:30 a.m. to 11:30 a.m. The cost is \$50.00 (includes text book). The course will cover Preemptive Opening Bids, Over Calls and Advances, Takeout Doubles and Advances, and The Competitive Auction. If you are interested, please sign up at the front desk.

Armchair Tour



Southern Germany

On this tour, sample the delights of Southern Germany, beginning with Munich and ending at Lake Constance (*Bodensee* in German).

Other stops include the fairy-tale castles of "The Mad King" Louis II; Starnberger See, where he drowned; the Zugspitze, Germany's highest peak; medieval towns along the Romantic Highway (*Romantische Strasse* in German); Erlangen; and medieval gems along the shores of Lake Constance (Meersburg, Konstanz, Mainau and Lindau).

Enjoy this tour with Armchair Host Bill Cramer at 12:30 p.m. on Wednesday, January 18.

Thailand

The Kingdom of Thailand is unique among Southeast Asian countries for having developed a culture independently of Western colonialism. A tour of Bangkok will be followed by visits to Ayutthaya, the former capital, to Bang Po In, with its summer palace complex, and to Nakhon Pathom ("Ancient City"). We then return to Bangkok to view the "Floating Market".

Join Frank Evans for this tour at 12:30 p.m. on Wednesday, January 25.

SAGE—Continuing Education Class Registration

The Center is fortunate to partner with the PGCC *SAGE* (*Seasoned Adults Growing Educationally*) program to offer a variety of over 65 classes each week at our Center. Registration occurs three times a year for each 14-week semester.

There are three ways to register with the college: Online through Owl Link, through mail-in registration, or in person at the college. A \$50 registration fee is payable to PGCC for seniors 60 and over. Students may choose classes in Art, Finance, Health & Fitness, History & Social Studies, Humanities, Languages, Music, and much more!

The Spring semester offers an exciting selection of classes and begins the week of February 6, 2012. Registration information, as well as a description of each class, is available at the front desk. Check out a few new exciting classes that will be offered this semester! This is such an excellent opportunity to gain knowledge and develop new friendships!

Artist of the Month: Lorraine Warner

I have always been interested in art. In addition to my years of exploring art as a hobby, my formal training began when I retired in 1996, through the PG County SAGE program.

My love lies with watercolors, but I have explored other art forms as well. I learned to make art quilts and explored sculpture and digital photography. I have shown my work in galleries throughout the state of Maryland, from Baltimore to Bowie; from La Plata to Laurel. Two of my pieces, a collage shown in Annapolis, and a photo displayed in the Mattawoman Art Center, received an Honorable Mention. I have been fortunate to sell paintings and photos to individuals who love variations of color and scenic photography.

As my love and curiosity for art grows, I will continue to explore the play of light in photography, and the depictions of textures of objects. Enjoy this month's art exhibit!

Beyond 80



Grumblings of a Crabby Old Man

Goodbye, 2011! Hello, 2012! We went through that last year so fast my head's still spinning. Maybe it all comes down to a matter of physics.

I can't claim to fully understand Einstein's Theory of Relativity. To be honest about it, I don't have a clue. High school science nearly did me in. When I stumble across terms like "thermodynamics" or "quantum physics" or "statistical mechanics," I know I opened the wrong book.



Though the Theory of Relativity is beyond me, I do know Einstein said that the faster you travel through space, the slower you travel through time. A NASA web site explained it this way: There are two brothers, identical twins. One gets a job as an astronaut and rockets into deep space; the other twin stays on earth. When the traveling twin returns home, he discovers he's younger than his brother!

I don't think anybody has spent enough time in outer space to test that out, but it's plain to me there's a variation of that theory that occurs right here on earth. It's this: the longer you travel through life, the faster you travel through time.

When you're a kid waiting for Christmas, or a birthday, or school to let out, the passage of time is painfully slow. The days seemed like weeks, the weeks like months. Would Christmas ever get here?

Now that I'm old, I'm moving slower and slower but the days and weeks go flying by. What? It's 2011? Happy New Year! Wait a minute...now it's spring! Then summer's gone! The trees are bare. Wooosh! Another year is history.

But even as the pages of the calendar are turning faster and faster, it's taking me longer and longer just to start each day. Come morning, there was a time when I'd "leap from my bed with a glad cry," as a friend of mine used to put it. Now, I'm obliged to sit on the edge of the bed waiting for my blood pressure to steady so I can stand up without toppling over.



It took me a while to learn that age takes its toll. I once had the notion that I'd spend my retirement years as an organic farmer, raising wholesome vegetables to sell at the produce market. I came to my senses one day when I found I was pooped out after weeding a flower bed for half-hour. What made me think I could handle 40 acres, with or without a mule? Scratch organic farming.

I'm more realistic now about the pace of life. Time may be flying by, but I'm content to inch along. My resolutions for the new year are modest as well. No more of this "turning over a new leaf" business. I'm sticking to the basics: Keep moving. Keep breathing. Don't look back.

Happy New Year!

Paul Schuette

Special Groups

The Bowie Senior Center invites you to join a Group or Club with people that share your interests. This is a great way to make new friends. Just stop by!



Group & Club Meetings		
Advisory Board	Second Tuesday	10:00 a.m.
Armchair Tours	Third Wednesday Fourth Wednesday	12:30 p.m. 12:30 p.m.
Bonsai Club	<i>Will resume in March</i>	9:00 a.m.-11:00 a.m.
BSS (Bowie Single Society)	Second and Fourth Monday	10:30 a.m.-12:30 p.m.
Computer Club	First and Third Thursday	12:30 p.m.-2:15 p.m.
Healthy Lifestyles	Every Friday	10:00 a.m.
Magic Club	First & Third Wednesday	10:00 a.m.
NARFE Counseling (Federal Retirees)	First Tuesday	10:00 a.m.-12:00 p.m.
Writers Group	Every Tuesday	9:30 a.m.-11:30 a.m.
City Gym Senior Walk	Monday-Friday	8:30 a.m.-10:00 a.m.

Advisory Board Members

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

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

January Classes

Monday

9:30 Writing Memoirs (CC)
 10:00 German/Int (CC)
 10:00 Literature/Exploration (CC)
 10:00 Tai Chi (CC)
 10:00 Jewelry Making/ Beg (CC)
 12:00 Table Tennis
 12:00 Aquatic Exercise (at Sport Fit)
 12:30 Dance Variety (CC)
 12:30 German/Beg. (CC)
 12:30 Stain Glass/Beg. (CC)
 12:30 Pinochle
 1:00 Mahjong
 1:00 Painting/Watercolor (CC)
 2:00 Traditional Drawing (CC)
 2:30 Zumba Gold (F)

Monday Special

Jan. 23
Wayne's Musical Memories (12:30 p.m.)

January is National Hot Tea Month!



Tuesday

9:00 Class Piano (CC)
 9:00 Bio-Aerobics (F)
 9:30 Spanish I (CC)
 9:30 Knitting & Crocheting (CC)
 9:30 Writer's Group (V)
 10:00 Studio Fine Art (CC)
 10:00 Current Issues (CC)
 10:30 Walk Aerobics/Strength (V)
 11:00 Spanish II (CC)
 11:00 Music Appreciation (CC)
 11:30 Knitting & Crocheting (CC)
 12:30 Music Appreciation (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 Spanish Int. (CC)
 1:00 Line Dancing (CC)
 3:15 Table Tennis
 6:00 Gentle Yoga (CC)
 6:00 Stained Glass (CC)
 6:00 Zumba Gold (F)

Tuesday Special

Jan. 3
Old Tyme Radio (12:30 p.m.)
 Jan. 10
Trivia (12:30 p.m.)
 Jan. 17 *Reminisce* (12:30 p.m.)

Wednesday

10:00 Enhanced Fitness (CC)
 10:00 French/Beg. (CC)
 10:00 Environmental History Ocean Mysteries (CC)
 10:00 Sign Language (CC)
 10:00 Watercolor (CC)
 12:00 Jewelry Making/Int. (CC)
 12:00 Aquatic Exercise (at Sport Fit)
 12:00 Cultural French (CC)
 12:30 Watercolor/Int. (CC)
 1:00 Environmental History Ocean Explorers (CC)
 1:00 Chair Fitness (V)
 1:00 Scrabble
 1:00 Tai Chi (CC)
 2:00 Estate Planning (CC)
 2:00 French/Int. (CC)
 3:00 Table Tennis

Wednesday Special

Jan. 18 & 25
Armchair Tour (12:30 p.m.)
 Jan. 11
Commit to Be Fit (10:00 a.m.)

CC = Community College,
 Fall Trimester Classes at
 the Senior Center
 Oct. 3-Jan. 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 Bio-Aerobics (F)
- 10:00 Poetry (CC)
- 10:00 History/Foreign Movies (CC)
- 10:00 Watercolor I (CC)
- 10:00 Yoga (CC)
- 12:00 Pilates (CC)
- 12:00 Table Tennis
- 12:30 Drawing I & II (CC)
- 12:30 Pinochle
- 12:45 Bingo with Prizes
- 1:00 Mahjong
- 2:30 Chorale
- 3:00 Ballroom Dance (CC)
- 6:15 Line Dancing (CC)

Thursday Special

Jan. 19
BirthDay Sing-Along
(12:30 p.m.)

Friday

- 9:00 Walk Aerobics & Strength (V)
- 10:00 Critical Thinking (CC)
- 10:00 Quilting (CC)
- 10:00 Tap Dance (CC)
- 10:00 Enhanced Fitness (CC)
- 10:00 Tai Chi/Int. (CC)
- 10:00 Healthy Lifestyles (V)
- 12:30 Quilting (CC)
- 12:30 Bridge Club (Duplicate)
- 12:30 Art Studio (CC)
- 1:00 Chinese Exercise (CC)
- 1:00 Literature Once Upon A Lifetime (CC)
- 2:30 Art Studio (CC)
- 3:00 Table Tennis

Friday Special

Jan. 6, 13, 20, & 27
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.



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

January 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Transportation

Trip Information & Policy!

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.

January Trips & Events	
4	Lunch Bunch at <i>Golden Pavilion</i>
11	"Billy Elliot" at the Kennedy Center (<i>full</i>)
19	Harrington Slots (<i>full</i>)
27	Museum of American History



Future planned trips (T)= Tentative

February		March (open for registration)	
Feb. 1	Lunch Bunch at <i>Golden Corral</i> (T)	Mar. 1	Lunch Bunch <i>TBA</i>
Feb. 10	P.G. African American Museum	Mar. 7	Philadelphia Flower Show/ Dinner at <i>Moshulu</i>
Feb. 15	"King & I" at <i>Toby's</i>	Mar. 14	Harrington Slots (T)
Feb. 28	"My Grandmother Told Me" at <i>Publik Playhouse</i>	Mar. 23	"1776" at Ford's Theater

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.**

Wellness

Belly Dancing Workshop

Belly dancing is one of the world's oldest and most elementary forms of spiritual expression. Instructor Joanne Dewilde will be visiting the Center to teach hand and arm movements, slow and fast hip movements, shimmies, walks, and more! You will strengthen your legs, back, arms, and stomach during this exciting workshop.

This workshop will improve your sense of well-being, and boost your self esteem, not to mention a healthy dose of exercise and fun! So come along on this journey and allow Joanne to introduce you to the world of Belly Dancing. This two hour workshop will be held on Tuesday, January 24 from 12:30 p.m. to 2:30 p.m. A \$10 registration fee is due by January 16.



Aerobics Program

Start the new year with a low-impact, bio-aerobic program! This is a 60-minute cardiovascular conditioning class, designed for the senior adult. The classes are on Tuesdays and Thursdays, from 9:00 a.m. to 10:00 a.m., and will continue for 8 weeks. The cost for Residents is \$38.00, and the cost for Non-Residents is \$45.00.

A one-day-a-week class is also available, for a fee of \$19.00 for Residents and \$22.00 for Non-Residents.

The classes will begin on Tuesday, January 10, 2012.

Zoom in to 'Zumba Gold'

Zumba Gold takes fitness to the next level by moving the body to Latin dance music. You don't have to know how to dance; just followed certified instructor, Sharon McCarroll, and have fun!

There are two classes to choose from: Mondays from 2:30 p.m. to 3:30 p.m. or Tuesdays from 6:00 p.m. to 7:00 p.m. This 8-week class begins the week of January 9, 2012. Register at the front desk by January 6, 2012. The cost is \$33.00 for Residents and \$39.00 for Non-Residents.

A New Wellness Class is Coming!

A new class facilitated by Wellness Coordinator, Mark Shields, is coming to the Center soon. This class is for people who are looking to become healthier, but are struggling to do it on their own. Bi-weekly group support meetings will guide you along the way in this six-month class. Class size will be limited to 10 participants, and certain criteria must be met to participate. It will cost \$20.00 to take the class. If you attend the 2012 Commit to Be Fit Wellness Fair, you will have the first chance to sign up!

Each class meeting provides a new assignment to help you achieve weight loss and better health. As part of this class, participants will receive detailed nutrition instruction and training programs, which will include using the Fitness Center.

Classes begin on Wednesday, February 1, from 10:00 a.m. to 11:00 a.m., and will continue on the first and third Wednesdays of each month. For six months. You must complete an application to participate. Come join us!

Happenings

Our Vision for the Center: A Message from the Manager

We seek to provide an atmosphere that will enhance the dignity of seniors while supporting their wellness, independence, and encouraging their community involvement so that they may experience an optimal quality of life.

As Manager of this Center, I have been moved by the outreach of love, compassion and giving that has taken place from our members. This past year you have provided food and monetary items to the Bowie Food Pantry. You have given your time as a Volunteer at the Center and you have touched the hearts of our Soldiers families.

By attending the Center and engaging in community projects, learning, exercising your body and your brain you provide yourself with the tools to enlightenment and wellness.

A Senior Center is a focal point in the Community. It is a place a person 55 plus can go and find what is necessary to live independently and to continue to learn. It is and should be the place where you can experience the things you have dreamed of doing for so long. It is my wish and goal to continue to provide learning opportunities to the staff and the members. No man or woman can stand alone and to this end I recognize and thank my staff for without their hard work and continued support my job would be a lot harder. I wish you and yours a healthy and happy New Year!

PEACE,
Kathy White, Manager

Income Tax Preparation

Starting Wednesday, February 1 through Wednesday, April 11, AARP Tax Preparation Volunteers will be at the Center **only** on Wednesdays.

If you would like assistance from one of these volunteers, you **must** make an appointment by calling the Center between 10:00 a.m. and 2:00 p.m., Monday through Friday, at 301-809-2300.

Holiday Project: Thank You from the Soldiers

The Center sponsored a Holiday Project, “*The Giving Tree*”, to provide gifts for the children of two troupes of soldiers from Prince George’s County. We hosted one of the Holiday Parties at the Center with DJ music, a Magic Show, the Baltimore Raven’s Mascot, Ted’s Train Display, and Santa! The party was attended by 130 happy guests who expressed their gratitude and appreciation to the members of the Center. Visit the lobby to see a certificate of appreciation and pictures on display!

Reminisce: Chinese New Year

The Chinese New Year is a time to celebrate family and home with activities that are full of tradition and symbolism. There are 15 days of celebration beginning in late January. The Chinese Zodiac is the cycle used for dating the years. This year is the year of the Dragon, whose attributes include passion, bravery, and generosity. Join us on Monday, January 23 at 12:30 p.m., as we discuss the holiday, its traditions, the celebrations, and the famous Lantern Festival parade!

Information and Referral Specialist

Nurse on Duty

A volunteer nurse is available for blood pressure screening:

Monday Jan. 9 10:00 a.m.—11:00 a.m.
Tuesday Jan. 17 10:00 a.m.—11:30 a.m.
Thursday Jan. 12 10:00 a.m.—11:00 a.m.
Thursday Jan. 26 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.

Jan. 6, 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, Jan. 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 Wednesday, January 11.

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, February 22, 11:00 a.m.-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.

Special Interest Groups

Aging Issues Support	<i>Wednesday, Jan. 11</i>	10:00 a.m.-10:45 a.m.
Fireside Chat	<i>Tuesday, Jan. 10</i> <i>Lifestyle Change</i>	11:00 a.m.-11:45 a.m.
Caregiver Support	<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, Jan. 4</i>	10:00 a.m.-4:00 p.m.
Parkinson's Support	<i>Monday, Jan. 23</i>	10:00 a.m.-12:00 p.m.
Diabetic Support	<i>No Jan. Meeting</i>	10:30 a.m.-11:45 a.m.
Stroke Survivors (quarterly)	<i>Wednesday, Jan. 11</i>	1:00 p.m.-1:45 p.m.
Health Presentation	<i>Second Monday</i>	12:30 p.m.-1:30 p.m.
Grief Support	<i>First Friday</i>	10:00 a.m.-11:30 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

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 or call the Center at 301-809-2300.

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



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 seniors 55 plus while supporting their wellness and independence and encouraging their community involvement. The goal is to provide the senior in the community with the opportunity to experience an optimal quality of life.

- Manager..... Kathy White
- Assistant Manager Laurel Raymond
- Transportation Sue O'Toole
- Wellness Coordinator ..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
..... Gerald Tucker, David Johnson

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 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.