

June 2018



All Around the Center

News – Events – Activities – Classes – Schedules – Services

Information and Referral Fair – Making Today Matter

Friday, June 1, 10 a.m. – 2 p.m.

Senior Information and Referral Vendor Fair – A variety of professionals will have displays of informative literature applicable to individual needs and answer questions. Recognizing when changes are required and receiving the proper care is vital to a long, healthy, and enjoyable lifestyle. The SAGE Guitar class students will perform. You do not want to miss this event. It is free and open to the public. There will be drawings for door prizes.



Backyard Cookout

Thursday, June 14, 11:30 a.m.



It is the season for some grilling and chilling on the patio. Join us as the Prince George's County Department of Family Services Senior Nutrition Program brings the chef to our patio. There will be hot dogs, hamburgers, coleslaw, and baked beans. Musical entertainment will be provided by singer Bruce Thomas. You must preregister at the front desk by Wednesday, June 6. The fee is \$6 for residents and \$7 for nonresidents.

ShowStoppers Variety Show

Friday, June 29, 12:30 p.m.

Celebrate spring with the South County Senior Center ShowStoppers. This 40-member group brings us a delightful and whimsical array of talent through dance ensembles, song, instrumental music, comedy, and more. Bring a friend to this free show.



Summer SAGE Classes

The summer months present an excellent opportunity to expand your knowledge, skills, and interests. One way of doing this is through the Center's continuing education program. SAGE (Seasoned Adults Growing Educationally) classes are designed to keep both mind and body active and engaged. The Center is fortunate to partner with the Prince George's Community College SAGE Program to offer over 45 classes at the Center each week. With this extensive range of classes, there is something for everyone. Class topics include art, health and fitness, history, language, literature, music, self-awareness, writing, and more. Stop by the front desk for a complete list of course topics and descriptions. The seven-week summer trimester runs during the months of June and July. Registration began May 11 and classes start the week of June 11.

HVAC System Replacement

Beginning in August

For many years, we have had HVAC issues at the Center with rooms being too hot or too cold. In order to resolve these issues, the HVAC system is being replaced. This is a huge project which will impact programming in the building for several months. The project is slated to begin during the first week of August and continue until its completion. Our goal is to keep the Center open while improvements are made. However, at times, portions of the building will be inaccessible. We realize that this will temporarily inconvenience members and staff, and we appreciate your patience during this time. The good news is that, when the project is complete, we will have a more comfortable facility and a reliable HVAC system that will better meet our needs.

We may not be able to predict more than a day or two in advance as to when a particular room will be inaccessible. So, to avoid as much confusion as possible, *Alert Bowie* will post informational messages when these situations occur. To stay informed, you are encouraged to sign up for this service if you have not already done so.



Stay Informed with Alert Bowie

The Alert Bowie system provides accurate, up-to-the-minute emergency notifications and informational messages from the City of Bowie wherever you may be and however you want to receive them, e.g., email, phone, text, etc. To read about it and sign up, visit www.cityofbowie.org.

SoulCollage® Workshop – A Different Kind of Art

Tuesdays, June 12 – July 24, 10 a.m. – noon

In this workshop, participants will move toward greater self-awareness and discovery. This creative process is filled with personal images and symbols which are gathered using intuition and an open heart and mind. You will choose from a variety of magazines and photos to create your own collaged deck of cards.

Art skills are not required. This seven-week workshop allows participants to experience the healing power of quietness, music, poetry, and share personal stories of growth, loss, happiness, challenges, love, etc. The experiences are endless. Basic materials will be provided. Please register at the front desk. The fee is \$20.

Gratitude Journaling

Monday, June 18, 12:30 p.m.

It is easy to take the good things for granted, but research suggests that giving thanks for them can have a profound effect on your well-being. The exercise of journaling helps develop a greater appreciation for the good in life. The basic practice is straightforward and gratifying. Join us in starting your own gratitude journal and learning techniques to help make this a weekly practice. Please bring a journal or notebook and a pen.

Coffee with the Advisory Board

Tuesday, June 5, 11 a.m.

Members of the advisory board will join us in the dining room for a half hour of coffee and conversation. Everybody is welcome. The coffee is free and the conversation should be lively. This is your opportunity to offer suggestions and ideas. All Center members are encouraged to participate.

Simple Jewelry Repair Day

Tuesday, June 5, 10 a.m. - noon

Bring in your broken costume jewelry and, if we think it is an easy fix, we will repair it. There is no cost for this repair. We do encourage donations of jewelry you want to get rid of. So, clean out those dresser drawers. The Beginning Jewelry class can use those donations to make new necklaces, bracelets, and earrings. It's like recycling but with beads and chains.



Simple Gifts and Treasures Craft Class

Monday, June 4 – July 9, Noon – 1:45 p.m.

Creative and talented Center member Rosemarie Hargett will lead a six-week craft class. Participants will learn how to make simple and decorative items using spare and leftover things found at home. The class fee is \$20, plus \$22 for supplies furnished by the instructor. Preregister by May 30. Bring a friend.

The Advisory Board Needs You

Nominations are being accepted to fill a seat on the Center's advisory board. Established in June 2000, the board advises and assists the Center's 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 individuals who are 55 years of age or older, registered to vote in the City of Bowie, and members of the Center for at least six months. Board 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 bylaws at the front desk. The deadline to submit applications is Friday, July 20. Selection will be made by Friday, August 3.

Come In and Jam

Tuesday, June 12, 5:30 p.m.

Are you looking for others to form a small jammin' musical group? The Center is currently exploring the idea of helping those who want to play their instruments by providing a space to meet in the evening. If you are interested, stop by for the initial meeting.



Artists of the Month – David Brosch's Printmaking Class

Printmaking is distinguished from other two-dimensional art media, such as painting or drawing, in that the final art is indirectly created by producing an image on a plate or block and then transferring it, typically, to paper. What also sets it apart is that multiple pieces of artwork can be generated. The printmaking class focuses on linocuts and monotypes. Students are displaying a variety of styles, techniques, and subject matter through the month of June.

AARP Smart Driver Course

Tuesday, June 12, 10 a.m. – 3 p.m.

AARP offers a one-day refresher course designed for motorists age 50 and older. Upon course completion, each participant will receive a certificate that can be presented to their insurance company for a possible reduced rate. The fee for AARP members is \$15 and \$20 for nonmembers. Make your check payable to AARP and include your member number on the check. Please preregister at the front desk. Lunch is on your own.



Computer Education Program

Computer classes starting June 4 include Computers 2, Mobile Devices, Word, and Video Creation. Schedules are available at the front desk.

A free computer lab is held every Wednesday from 1 to 2:30 p.m. Knowledgeable volunteers and instructors may be able to help you with your PC laptop and answer questions or you may just practice. They may also be able to help you decide which type of computer you may want to consider purchasing. Assessment interviews are also available at this time to determine the appropriate class for your skill level.



Bowie Seniors Computer Clubs

The Bowie Seniors Computer Club and the Apple Computer Club—hosted by the Center—are two excellent resources for information regarding computers and other electronic equipment.

The Apple Club discusses Apple products, such as iPods, iPhones, and iPads. The club meets on the second and fourth Fridays of each month from 10 to 11:30 a.m.

The Bowie Seniors Computer Club meets on the first and third Thursdays of each month from 12:30 to 2:15 p.m.

Computer club meetings are open to all seniors—Center members and nonmembers alike.

Zumba Gold

Mondays, 2:30 – 3:30 p.m., or Tuesdays, 6 – 7 p.m.

Zumba Gold takes fitness to the next level by moving to Latin dance music. You don't have to know how to dance. Just follow certified instructor Sharon McCarroll and have fun. There are two classes from which to choose. Classes start the week of July 9 and continue for 8 weeks. The cost is \$40 for residents and \$48 for nonresidents. Preregister at the front desk.

Container Garden Workshop

Thursday, June 7, 10 – 11:30 a.m.

Make your own indoor container garden. Learn the basics of container gardening by using thriller, spiller, and filler plants. Also, pick up tips on caring for your plants. The Green Bowie Natural Resources Group will provide the plants, soil, and pots. Preregister for the workshop at the front desk. It is recommended that you bring a reusable cloth grocery bag to carry your plant container home.



Senior Transportation – Maryland Primary Elections

The Center is offering free transportation for voting in the state primary elections. This service will be available by appointment for seniors 55 and older and for disabled persons living within Bowie city limits.

For **early voting** at the Bowie gymnasium on June 14, 15, 18, 19, 20, and 21, appointments can be made for 10, 10:30, and 11 a.m. by calling 301-809-2324.

For **Election Day** on June 26, shuttle service will be provided to Pin Oak Village, Evergreen Senior Community, and Willows Senior Community from 10 a.m. to 2 p.m.

For others on **Election Day**, service will be provided from 9 a.m. to 3 p.m. Please call the Center at 301-809-2324 by Friday, June 22, to make arrangements.

Special Groups

The Center invites you to join a group or club with people who share your interests. This is a great way to meet new friends. Just drop by.

Group and Club Meetings		
Advisory Board	First Tuesday	10 a.m.
Apple Computer Club	Second and fourth Friday	10 – 11:30 a.m.
Bonsai Club	Third Wednesday	2 – 4 p.m.
Book Club	Third Thursday	10 – 11 a.m.
Magic Club	First and third Wednesday	10 a.m.
Seniors Computer Club	First and third Thursday	12:30 – 2:15 p.m.
Writers Group	Tuesday	9:30 – 11:30 a.m.



Games		
Bid Whist	Tuesday Thursday	10 a.m. – 2 p.m. 10 a.m. – 12:30 p.m.
Billiards	Daily	Center hours
Bridge (sign up)	Tuesday	1 – 4 p.m.
Chess	Monday	10 a.m. – noon
Duplicate Bridge (sign up)	Friday	12:30 – 4 p.m.
Mahjong	Thursday	1 p.m.
Pinochle	Monday and Thursday	12:30 p.m.
Scrabble	Wednesday Friday	1 – 4 p.m. Noon – 4 p.m.
Table Shuffleboard	Daily	Center hours
Table Tennis	Monday Tuesday Wednesday Thursday Friday	Noon – 4:30 p.m. 3:15 – 5 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m.

Classes and Activities

Monday	Tuesday	Wednesday	
9:00 Ceramics – Beg./Int. (CC)	9:00 BioFitness (F)	8:50 Chair Yoga (CC)	
10:00 Tai Chi (CC)	9:00 Piano – Beg. (CC)	9:00 Stained Glass – Beg./Int. (CC)	
10:00 Jewelry Making – Beg. (CC)	9:00 Studio Fine Art (CC)	9:30 Guitar – Int. (CC)	
10:00 Chess Club	9:30 Autobiography Writing – Beg. (CC)	9:30 Video Creation (F/V)	
Noon Table Tennis	9:30 Knitting and Crocheting – Int./Adv. (CC)	10:00 French – Beg. (CC)	
Noon Computers 2 (F/V)	9:30 Writers Group (V)	10:00 National Parks (CC)	
12:15 Qi Gong and Balance (CC)	10:00 Mobile Devices (F/V)	10:00 Painting I (Watercolor) – Beg./Adv. (CC)	
12:15 Aquatic Exercise (Sport Fit)	10:00 Pickle Ball (City Gym)	10:00 Sign Language – Beg. (CC)	
12:30 Stained Glass – Int./Adv. (CC)	10:00 Studio Fine Art (CC)	10:00 History: Italian Renaissance (CC)	
12:30 Jewelry Making – Beg. (CC)	10:00 Current Issues (CC)	10:30 Chair Yoga (CC)	
12:30 Pinochle	10:00 Bid Whist	12:15 Aquatic Exercise (Sport Fit)	
2:00 Traditional Drawing II – Int./Adv. (CC)	10:30 Walk Aerobics and Strength (V)	12:30 French – Int. (CC)	
2:30 Zumba Gold (F)	11:00 Piano – Int. (CC)	12:30 Watercolor II – Beg./Adv. (CC)	
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Monday Specials	12:30 American History (CC)	1:00 Chair Fitness (V)	
Gratitude Journaling June 18, 12:30 p.m.	12:30 Printmaking (CC)	1:00 Scrabble	
Snack Bingo June 25, 12:30 p.m.	1:00 Word (F/V)	1:00 Tai Chi (CC)	
	1:00 Piano – Adv. (CC)	3:00 Table Tennis	
	1:00 Bridge Club	<hr/>	
	1:00 Knitting – Beg. (CC)	Wednesday Specials	
	1:00 Line Dancing (CC)	Nature Walk June 6, 10 a.m.	
	2:00 Spanish III (CC)	Computer Help June 6, 13, 20, and 27; 1 p.m.	
	2:30 Quilting – Beg. (CC)	Magic Club June 6 and 20, 10 a.m.	
	3:15 Table Tennis	Memory Café June 20, 2 p.m.	
	6:00 Zumba Gold (F)	Bonsai Club June 20, 2 p.m.	
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	Tuesday Specials		
	Coffee with the Advisory Board June 5, 11 a.m.		
	Fireside Chat June 12, 10 a.m.		

All programs, classes, and services are subject to change without prior notice.

Room assignments are posted daily in the lobby. Classes and activities are subject to change.

Thursday

- 9:00 BioFitness (F)
- 9:30 Guitar – Beg. (CC)
- 10:00 Mobile Devices (F/V)
- 10:00 Advanced Art Layout (CC)
- 10:00 Pickle Ball (City Gym)
- 10:00 History Through Hollywood (CC)
- 10:00 Bid Whist
- 10:00 Yoga – Int./Adv. (CC)
- Noon Pilates (CC)
- 12:30 Pinochle
- 12:30 Social Bingo
- 12:30 Mindfulness Meditation (CC)
- 1:00 Mahjong
- 1:00 Word (F/V)
- 2:15 Ballroom Dance (CC)
- 2:30 Chorale
- 3:00 Table Tennis
- 5:30 Walk Aerobics and Strength (V)

Thursday Specials

- Backyard Cookout
June 14, 11:30 a.m.
- Book Club
June 21, 10 a.m.
- DASH Diet
June 28, 11:30 a.m.

Friday

- 9:00 Walk Aerobics and Strength (V)
- 9:00 Ceramics – Beg./Int. (CC)
- 9:30 Drawing I – Beg. (CC)
- 9:30 Video Creation (F/V)
- 10:00 Tai Chi – Int. (CC)
- 10:00 Quilting – Int. (CC)
- 10:00 Yoga – Beg. (CC)
- Noon Computers 2 (F/V)
- 12:30 Modern Painting – Acrylic and other Media (CC)
- 12:30 Quilting – Int. (CC)
- 12:30 Bridge Club (Duplicate)
- 1:00 Chinese Exercise (CC)
- 1:00 Self-awareness: Every Day Feels Like Saturday
- 3:00 Table Tennis

Friday Specials

- Information Vendor Fair
June 1, 10 a.m. – 2 p.m.
- Piano Lounge
June 8, 15, and 22;
12:30 p.m.
- Birthday Celebration
June 8, 12:30 p.m.
- Apple Computer Club
June 8 and 22, 10 a.m.
- ShowStoppers
June 29, 12:30 p.m.

Saturday

- 8:30 Yoga – Adv. (CC)
- 9:00 Stained Glass and Mosaic (CC)
- 10:15 Yoga – Beg. (CC)
- 10:30 Parkinson’s Exercise (V)

Activities Legend

- CC – PGCC SAGE classes
- F – Fee
- V – Volunteer or Staff
- F/V – Fee/Volunteer

**Prince George’s
Community College
(PGCC)
SAGE (Seasoned Adults
Growing Educationally)
Continuing Education
Classes offered at the
Center**

The SAGE calendar consists of trimesters—fall, spring, and summer. The summer 2018 trimester will begin the week of June 11. Maryland residents age 60 or older may preregister for as many nonconflicting courses as desired and pay an \$85 registration fee to PGCC. Seniors age 55 to 59 may contact the Center or PGCC for fee information.



June

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

Trips and Transportation

Center Trip Information

Chartered bus trips depart from and return to the Kenhill Center, 2614 Kenhill Drive, Bowie. Please park in the side lot only. All other trips depart from and return to the Bowie Senior Center.

For trip details, please see the trip board located at the Senior Center in the hall outside of the administrative offices. A 2018 trip calendar is posted along with flyers and trip descriptions. Before signing up for any trip, check the trip board or our website for availability at www.cityofbowie.org/seniorcenter. See page 10 for instructions.

M – Must complete menu selection K – Departs from Kenhill Center W – Lots of walking

June		July		August	
5	Hillwood Museum and Gardens (K, W, Full)	6	Lunch Bunch at Nautilus (M)	2	Fine Dining at Carrol's Creek (M)
8	Fine dining at Osteria 177 (M)	11	Ocean Downs or OC Inlet Option (K, W)	8	Mamma Mia at Toby's
13	St. Michaels (K, W)	17	Suicide Bridge Cruise and Crab Feast (K)	14	Luray Caverns (K, W)
19	Georgetown (K, W)	19	Infinity Theater	22	Harrington (K)
21	MGM/National Harbor (W)	25	American Music Theater and Shady Maple (K)	31	Amish Market (W)
27	Mamma Mia at Toby's (Full)				

Shuttle Transportation Services

Shuttle transportation from the Center is available as listed below. Signup at the front desk is necessary.

- **Monday:** Bowie Plaza and Bowie Post Office
- **Tuesday and Wednesday:** Kohl's, Target, Walmart, and Pointer Ridge Shopping Center
- **Wednesday only:** Hilltop Plaza, Bowie Marketplace, and Free State Mall
- **Friday:** Bowie Town Center



Shuttles depart from the Center at 10 and 11 a.m. and return to the Center upon completion of each loop. *There is a final RETURN-ONLY loop to each destination that leaves the Center at noon.*

Shuttle transportation from your residence to the grocery store is available as listed below. Call 301-809-2324 to request this service.

- **Monday: Pin Oak Village** only to Safeway, Giant, and Walmart
Pickup is at 10:30 a.m. Arrive back at Pin Oak Village at 12:45 p.m.
- **Thursday: North Bowie** to Giant, Harris Teeter, and Aldi
South Bowie (except Pin Oak Village) to Giant, Safeway, and Walmart

Home pickups start at 8:30. Arrive back at your home no later than 12:30 p.m.

Anyone Center member may use these shuttle services. Until July 1, a 50-cent fare each way is requested. See below for fare increase in July and page 12 for other transportation services.

Transportation Fee Increase

The transportation program has been around for many years and the City of Bowie prides itself on making this service affordable for senior residents. The last time the fee was increased was over 10 years ago. We find that another increase is necessary at this time. On July 1, 2018, the transportation fare will increase from 50 cents to \$1 per trip. We appreciate your understanding in this matter and hope you will continue to use this valuable service.

Wellness

Don't Forget to Stay Hydrated Mark Shields, Wellness Coordinator

Be sure that you stay properly hydrated when the summer heat hits. Being even slightly dehydrated can impact your movement which, by itself, could lead to increased risk of injury.



From impacting your nerves and muscle function to heart rate and body temp, being adequately hydrated is crucial for your survival. As you age, your internal thirst mechanism becomes less functional. So it's important to consume fluids even if you aren't thirsty.

It doesn't all have to be via drinking water though. Contrary to popular belief, tea and coffee count toward your fluid intake. Another way to get more fluids is by eating more fresh veggies and fruit. Fruits, such as watermelon and oranges, have very high water content.

The old saying goes—drink eight 8-oz. glasses of water per day. While that is not grounded in any scientific evidence, it tends to be a good rule of thumb to follow. One way to determine how hydrated you are is by looking at your urine when you go to the bathroom. It should be a light yellowish color. The darker the yellow, the more likely you are dehydrated. Take note that, if you have consumed a multivitamin in the past few hours, it will often dump the excess water soluble vitamins into the urine leaving a dark yellow color and that is not a sign of dehydration.

If you are going to be spending lots of time outdoors or engaging in physical activity that causes a great deal of sweating, you may want to consider adding in an electrolyte type of drink, such as a low-sugar Gatorade version.

So be sure you are eating ample fruits and veggies this summer along with a combination of water, tea, or some coffee and monitor your urine color. Don't wait for thirst to set in by consuming fluids throughout the day. Your body will thank you for it.

DASH Diet and Controlling High Blood Pressure

Thursday, June 28, 10:30 – 11:30 a.m.

Join us as registered dietitian Ann Caldwell of AAMC discusses how the DASH diet can help you manage your high blood pressure. Discover which foods are DASH friendly and which ones can be problematic. Ann will help you explore simple lifestyle changes to make the diet work for you.

Ongoing Exercise Activities at the Center

The Center offers a number of scheduled exercise activities including aquatic exercise at Sport Fit Bowie, chair fitness, and walk aerobics. These are low-impact exercises that will help you stay fit and feel well.

See pages 6 and 7 for schedules.



BioFitness Aerobics Class

Tuesdays and/or Thursdays, 9 – 10 a.m.

This fun and low-impact exercise program is choreographed to music. Join certified instructor Jill Snellings for a 60-minute cardio class that is designed specifically for seniors. Classes will begin the week of June 5 and continue for eight weeks. The twice-a-week class is \$38 for residents and \$45 for nonresidents. A once-a-week class is also available for \$20 for residents and \$25 for nonresidents.

Information Services

Information & Referral Services

Monday through Friday, 9 a.m. – 2:30 p.m.

The Center offers assistance to seniors in the community by providing information and referrals in areas such as health care, finance, family issues, housing options, and many others. Come to the Center or call 301-809-2377 for an appointment. Printed resources are also available.



This year-round outreach service is available to help equip seniors and their families with vital information that they need to live the life they choose. Each month a different informative presentation is given at the Center through the Fireside Chat program.

Fireside Chat – Making your Living Space Enjoyable

Tuesday, June 12, 10 a.m.

Aging in place allows you to create enjoyable living space. Join the conversation and view pictures about how to make changes. It is fun to rearrange your home or apartment to make it more enjoyable and safe. A healthy living space is also important. Take the time to redo your space and give it a little lift. Learn ways to do this affordably and with little worry.

Lunch Program

Monday through Friday, 11:30 a.m.

Enjoy a hot, nutritious lunch with good company in a welcoming atmosphere. Why not try this convenient alternative to cooking. Meals are served in the Center's dining room. Reservations are required 48 hours in advance by calling 301-809-2356 or 301-809-2300. A small donation is requested. For a monthly menu and more details about the program, stop by the front desk. Come and join us. This lunch program is provided by the Prince George's County Department of Family Services.

Bowie Senior Center Trips

For trip details, please see the new trip board located in the hall outside of the administrative offices. A 2018 trip calendar is posted along with flyers and trip descriptions. You can also visit our website at www.cityofbowie.org/seniorcenter. Follow these instructions:

- Click on **Trips**
- Click on **Upcoming Senior Trips**

Looking for a Job?

Anyone interested in finding employment in Maryland can access the Maryland Workforce Exchange website, register, and search for employment opportunities. The address is <https://mwejobs.maryland.gov/vosnet/Default.aspx>.



In partnership with the Prince George's County American Job Center Community Network, seniors 55 and older looking for work and needing assistance in accessing the website may come to the Center's computer classroom on Wednesdays from 1 to 2:30 p.m. where volunteers who have been trained to support this service will be available.



Special Interest Groups		
Caregiver Support	Tuesday, June 12	10 – 11 a.m.
Diabetic Support	Monday, June 4	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, June 12	10 a.m.
Hearing-Impaired	Thursday, June 7	10 a.m. – 4 p.m.
Memory Café	Wednesday, June 20	2 – 4 p.m.
NAMI	Saturday, June 16	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, June 25	9:30 a.m. – noon
Stroke Support	Wednesday, June 13	1 – 3 p.m.

Blood Pressure Checks



A volunteer nurse will be available for blood pressure checks on:

Thursday, June 7, Noon – 1 p.m.	Monday, June 11, 10 – 11:30 a.m.
Friday, June 8, 10 – 11 a.m.	Tuesday, June 19, 11 a.m. – noon
Thursday, June 28, 10 – 11 a.m.	

Pain and Movement Screenings

Thursday, June 21, 11 a.m. – noon

In partnership with the Chesapeake Bay Aquatic & Physical Therapy group, the Center is now offering free monthly pain and movement screenings. As time slots are limited, appointments must be made at the front desk.

Hearing Screening

Tuesday, June 12, 10 – 11 a.m.

Every month a specialist from Hearing Professionals will be available at the Center for hearing screenings. Call the Center or stop at the front desk to make an appointment.

Free Notary Service

Thursday, June 14 and 28, 10 – noon

The Center is offering free notary service each month by appointment only. To schedule an appointment, please call 301-809-2300.

	Red Cross Community Blood Drive
	Saturday, June 9 and July 14, 8:30 a.m. – 12:30 p.m.
	Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.



Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter



Mission Statement

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services that promote active, independent, and healthy lifestyles.

The Center is open to all independent adults 55 years and older. There is no membership fee. The hours of operation are Monday, Wednesday, and Friday from 8:30 a.m. to 4:30 p.m.; Tuesday and Thursday from 8:30 a.m. to 7 p.m.; and Saturday from 8:30 a.m. to noon. For more information about current programs, stop by or contact the Center.

Staff

Senior Services Manager Laurel Raymond	301-809-2325	Receptionists Monica Leonard Belinda Press	301-809-2300
Assistant Manager	301-809-2326	Maintenance Ray Esguerra Ryan Graham	301-809-2373
Wellness Coordinator Mark Shields	301-809-2376	Senior Nutrition Aide Diane Clemons	301-809-2356
Information & Referral Specialist Gloria Gaddy	301-809-2377	Transportation Sue O'Toole	301-809-2324
Program Assistants Michaeline Gandolph Judith Lorenz Trish McCants Sharon Wanzer	301-809-2327	Bus Drivers Robert Caldwell, Gary Harash, Darryl Jameson, Levert Johnson, Hank Lloyd, Dean Moore, Stephen Pearson, John Scanlon, Henry Schneider, Darryl Stafford, and Gerald Tucker	

Advisory Board

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know our board members—Herb Briscoe, Sid Cousins, David Dasenbrock, Deborah Forespring, Lottie Graham, Attrue Johnson, Faye Miner, Eunice Romano, and Paula Williams.

Transportation Services

The City of Bowie offers curb-to-curb transportation to and from the Center for Bowie seniors Monday through Friday. Transportation is also available for adults with disabilities and seniors, on a priority basis, for medical appointments, shopping, Center activities, senior clubs, or other trips. When making an appointment, please let the staff know if a lift-equipped bus is needed. These services are available only within city limits and require an appointment by calling 301-809-2324. A 50-cent fare each way is requested.

Nutrition Program

Nutritionally balanced lunches are served at the Center Monday through Friday at 11:30 a.m. They are provided through the Prince George's County Department of Family Services, Aging Services Division, Senior Nutrition Program. The county pays \$5.75 per meal. Diners are asked to donate as much as they can. Reservations are required 48 hours in advance by calling 301-809-2356. Cancellations should be made as soon as possible.

Prince George's County Aging and Disabilities Services

Information Assistance – 301-265-8450
Home-Delivered Meals – 301-265-8475