

July 2018



All Around the Center

News – Events – Activities – Classes – Schedules – Services



Message from the Senior Services Manager

Over the past twelve years, it has been an honor for me to serve seniors in our community as assistant manager of the Bowie Senior Center. In my new position as senior services manager, I look forward to continuing the outstanding programs and services for which the Center is known and being open to new ideas as we move into the future. We have worked hard to achieve national senior center accreditation status through the National Council on Aging/ National Institute of Senior Centers. This sets us aside as a model senior center in the state of Maryland and nationwide.

For the past several months, we have been informing you about the upcoming replacement of the Center's HVAC (heating, ventilation, and air conditioning) system. 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 completion. Our goal is to keep the Center open while improvements are made. At times, however, 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. In addition, I will be available to address questions and concerns as the project progresses. I am confident that our wonderful staff and members will work together throughout this project. Thank you.

Laurel Raymond
Senior Services Manager

Welcome the New Senior Services Assistant Manager

Meet and Greet Social – Friday, July 6, 12:30 p.m.

We are very excited to welcome Ronda Greene as the new assistant manager. She is a graduate of Wesleyan University and has worked with seniors for over six years as a therapeutic recreation assistant. Ronda brings strong interpersonal and organizational skills, as well as broad experience to this position. Volunteer service has always been an important part of her life. In her free time, she helps adults learn to read through the County Literacy Council. She loves to travel and has studied abroad in Ghana, West Africa. Ronda is creative and loves to design jewelry along with other works of art. Please join the staff in welcoming her.

Center closed July 4 for Independence Day

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.



Bowie Senior Chorale Registration

The Bowie Senior Chorale is a dynamic musical program of over 100 members. During the fall and spring, the group rehearses every Thursday from 2:30 – 4:30 p.m. These rehearsals lead up to the concerts at the Senior Center and at the Bowie Center for the Performing Arts. The chorale is looking for new members, especially men who like to sing or might like to try. Like most chorale groups, the chorale needs more tenors and basses, but sopranos and altos are also welcome. You do not have to be a trained singer to join since members learn the music in weekly rehearsals. Members say that singing in the chorale is fun and fulfilling. They like the social aspects of singing as a group and are inspired by Craig Sparks, the talented chorale director.

Registration for the fall 2018 semester starts on July 2 and runs through July 21. Rehearsals begin on Thursday, August 9. Program fees per semester are \$25 for residents and \$30 for nonresidents.

2018 Table Shuffleboard Winners

Congratulations to Lew Pollack and George Ratten' who won the 2018 shuffleboard championship over Clyde Draughn and Barry Schuliger and eleven other teams. Thanks to Lew and George for running the league again this past year. Any new couples or individuals who want to learn the game should contact the front desk and inquire about private lessons. The 2019 season will start in September 2018.

Come In and Jam

Tuesday, July 10, 5:30 p.m.

Are you looking for others to form a small jammin' musical group? The Center is currently offering a meeting space in the evening. If you're interested, stop by for our next meeting.



Monthly Book Club

Third Thursday, 10:00 - 11:00 a.m.



Everyone is welcome to join the group. The reading list is:

July 19 – *In A Dark, Dark Wood* by Ruth Ware

August 16 – *The Good Lord Bird* by James McBride

September 20 – *There Was An Old Woman* by Hallie Ephron

Movie of the Month

Tuesday, July 24, 11 a.m.

Join us for movie days at the Center. This is a nice opportunity to watch films that you may have missed at the theatre. The movie this month will be *The Post*. "Katharine Graham is the first female publisher of a major American newspaper—The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with the New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents."

Photography Exhibit

Reception on Tuesday – July 17, 5 – 7 p.m.

The Bowie-Crofton Camera Club (B-CCC) will exhibit members' photographs at the Center through July. The club has been serving photography enthusiasts for many years. It's roots go back to 1967-68 when the club was formed by a local newspaper photographer who gathered a half-dozen photo enthusiasts to meet for field trips and competitions and exchange darkroom tips. The B-CCC has over 120 active members who demonstrate a wide range of skill levels, interests, and experiences. The club meets in the Fellowship Hall of the All Saints Lutheran Church located at the intersection of Route 301 and Mt. Oak Road in Bowie on the first four Mondays of every month from mid-September to late May. New members and visitors are always welcome. Each year's schedule features guests who cover topics that are educational and entertaining for everyone from the newest, most novice photographer to the seasoned professional. Our members range from beginners to highly skilled photographers. Interests are black and white prints, color prints, and digital imaging with many devotees in each division.

Chesapeake Harmony Chorus Performance

Wednesday, July 11, Noon

The ladies of the Chesapeake Harmony Chorus will entertain us with songs about friendship, traveling, and having fun—all sung in four-part a cappella harmony in the barbershop style. They will explain how the tight barbershop chords create that awesome ringing sound and even teach the audience to sing a tag. Don't miss it.

Keep your Eyes on the Prize



What prize, you might ask? Well, our beautiful butterfly waystation garden, of course. It won't be long until it will be teeming with activity—bees, hummingbirds, and, most importantly, monarch butterflies. Spend some time outdoors and watch the *gift* of nature during the busiest time of the year. Many plants are labeled so you can read the names of those that are attracting all of the attention.

Morning Snack Bar

Snacks are available in the Center's multi-purpose room Monday through Friday from 9 to 11 a.m. A variety of pastries and beverages are available for purchase, including hot coffee and tea. Prices are listed at the bar in the kitchen area. In addition, snacks and cold beverages are available from the vending machines located in the hallway.



Come Walk with Us

Nature Walk – Tuesday, July 3, 9 a.m.

Walk the Center grounds with Cecelia Reddy and enjoy the natural wonders of summer—fresh morning air, singing birds, and blooming flowers.

White House Independence Day Memories

Tuesday, July 3, 10 a.m. – 1 p.m.

Senior Center member Kevin Russell will display White House Independence Day invitations which he printed while working there. This yearly event is very historical. White House staff and their families are invited to sit on the south lawn to enjoy music, refreshments, and fireworks.

Computer Education Program

Computer classes starting in September include Computers 1, Computers 3, and Excel. Schedules will be available August 1 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.

Summer Computer Seminars

Windows 10 – Thursday, July 12, 12:20 p.m.

Surfing the Web – Thursday, July 19, 12:30 p.m.

Two computer seminars are being offered in July. *Windows 10* will cover the many features of the latest version of the operating system, how to manage it, and how to get the most out of it.

Surfing the Web will provide a variety of updated information about web browsers and search engines and will offer helpful hints for safe surfing.

These seminars will be held in the computer classroom so seating at a computer is limited to first arrivals.

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 \$33 for residents and \$39 for nonresidents. Preregister at the front desk.

Walk the Labyrinth

Tuesday, July 3, 10 a.m.

In observance of Independence Day, join us for a patriotic walk of the labyrinth. Walking the labyrinth offers an opportunity for meditation. It is a source of solace and can quiet a distracted or overactive mind.

In today's hectic and stressful world, our outdoor labyrinth celebration is a perfect way to disconnect from all the noise and reflect back on the history of our country and what it means to be a free citizen in this great country of ours.



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

9:00 Ceramics – Beg./Int. (CC)
 10:00 Tai Chi (CC)
 10:00 Jewelry Making – Beg. (CC)
 10:00 Chess Club
 Noon Table Tennis
 12:15 Qi Gong and Balance (CC)
 12:15 Aquatic Exercise (Sport Fit)
 12:30 Stained Glass – Int./Adv. (CC)
 12:30 Jewelry Making – Beg. (CC)
 12:30 Meditation (CC)
 12:30 Pinochle
 2:00 Traditional Drawing II – Int./Adv. (CC)
 2:30 Zumba Gold (F)

Monday Specials

Buying Organic
 July 16, 12:20 p.m.
 Snack Bingo
 July 23, 12:30 p.m.

Tuesday Specials

Nature Walk
 July 3, 9 a.m.
 Labyrinth Walk
 July 3, 10 a.m.
 Fireside Chat
 July 10, 10 a.m.
 Come In and Jam
 July 10, 5:30 p.m.
 B-CCC Reception
 July 17, 5 p.m.
 Movie: *The Post*
 July 24, 11 a.m.

Tuesday

9:00 BioFitness (F)
 9:00 Piano – Beg. (CC)
 9:00 Studio Fine Art (CC)
 9:30 Autobiography Writing – Beg. (CC)
 9:30 Knitting and Crocheting – Int./Adv. (CC)
 9:30 Writers Group (V)
 10:00 Mobile Devices (F/V)
 10:00 Pickle Ball (City Gym)
 10:00 Studio Fine Art (CC)
 10:00 Current Issues (CC)
 10:00 Bid Whist
 10:30 Walk Aerobics and Strength (V)
 11:00 Piano – Int. (CC)
 11:45 Autobiography Writing – Int. (CC)
 12:30 American History (CC)
 12:30 Printmaking (CC)
 1:00 Word (F/V)
 1:00 Piano – Adv. (CC)
 1:00 Bridge Club
 1:00 Knitting – Beg. (CC)
 1:00 Line Dancing (CC)
 2:00 Spanish III (CC)
 2:30 Quilting – Beg. (CC)
 3:15 Table Tennis
 6:00 Zumba Gold (F)

Wednesday

8:50 Chair Yoga (CC)
 9:00 Stained Glass – Beg./Int. (CC)
 9:30 Guitar – Int. (CC)
 10:00 French – Beg. (CC)
 10:00 Life on Earth (CC)
 10:00 Painting I (Watercolor) – Beg./Adv. (CC)
 10:00 Sign Language – Beg. (CC)
 10:30 Chair Yoga (CC)
 12:15 Aquatic Exercise (Sport Fit)
 12:30 French – Int. (CC)
 12:30 Watercolor II – Beg./Adv. (CC)
 1:00 Modern Architects (CC)
 1:00 Chair Fitness (V)
 1:00 Scrabble
 1:00 Tai Chi (CC)
 3:00 Table Tennis

Wednesday Specials

Computer Help
 July 11, 18, and 25; 1 p.m.
 Chesapeake Harmony Chorus
 July 11, Noon
 Magic Club
 July 18, 10 a.m.
 Memory Café
 July 18, 2 p.m.
 Bonsai Club
 July 18, 2 p.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 Einstein: Intro to a Man and His Science (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

- Bowie Seniors Computer Club
July 5 and 19, 12:30 p.m.
- Windows 10 Seminar
July 12, 12:30 p.m.
- Surfing the Web Seminar
July 19, 12:30 p.m.
- Book Club
July 19, 10 a.m.
- Health Talk for Men
July 26, 10:30 a.m.

Friday

- 9:00 Walk Aerobics and Strength (V)
- 9:00 Ceramics – Beg./Int. (CC)
- 9:30 Drawing I – Beg. (CC)
- 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
- 2:30 Modern Painting, Acrylics Part 2 (CC)
- 3:00 Table Tennis

Friday Specials

- Welcome Assistant Manager
July 6, 12:30 p.m.
- Piano Lounge
July 6, 13, 20, and 27;
12:30 p.m.
- Birthday Celebration
July 6, 12:30 p.m.
- Apple Computer Club
July 13 and 27, 10 a.m.

Saturday

- 8:30 Yoga – Adv. (CC)
- 9:00 Stained Glass and Mosaic (CC)
- 10:00 Tap Dance (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 began 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.



July

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				

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

July		August		September	
6	Lunch Bunch at Nautilus (M)	2	Fine Dining at Carrol's Creek (M)	5	Lunch Bunch at Cheesecake Factory (M)
11	Ocean Downs or OC Inlet Option (K, W)	8	Mamma Mia at Toby's	11	Smith Island Cruise (K,W)
17	Suicide Bridge Cruise and Crab Feast (K, Full)	14	Luray Caverns (K, W)	14	The Wharf (K,W)
25	American Music Theater and Shady Maple (K)	22	Harrington (K)	20	Sunfest in Ocean City (K,W)
		31	Amish Market (W)	26	Ain't Misbehavin' at Toby's
				28	MGM/National Harbor (W)

December 5 – Rockettes Christmas Spectacular (K, W) **Note:** Total count needed by July 12

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.

Any Center member may use these shuttle services. See 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. As of July 1, 2018, the transportation fare increased to \$1 per trip. We appreciate your understanding in this matter and hope you will continue to use this valuable service.

Wellness

Nutrition in 100 Words

Mark Shields, Wellness Coordinator

Nutrition is often made out to be this complicated idea that only those who attend higher-level classes can decipher. It really can be simple.

Eat real, unprocessed food, as close to nature as possible.
Eat with gratitude and a positive state of mind.

Pretend the modern supermarket doesn't exist.
Choose foods that could be grown, hunted, or gathered.
Nothing refined or highly processed.
Support local producers when possible.

Eat animals, seafood, vegetables, nuts, seeds, and fruits.
Eat healthy fats from pastured animals, seafood,
coconut, avocado, olives, and cold-pressed oils.

Drink water.

Incorporate traditional, nutrient-dense foods:
fermented vegetables, organ meats, and homemade bone broths.

Above all, ditch the “gurus” and “diets.”
Get back to basics. Connect with your body.
Fuel with Real Food.

Source: www.StevesOriginal.com

Buying Organic

Monday, July 16, 12:30 p.m.

Today's society places a steadily growing emphasis on living healthy. People are focused on setting aside time for exercise and maintaining a balanced diet. Shoppers are faced with the choice of purchasing organic vs. non-organic. This session will cover the standards that must be maintained before a food can be labeled organic, food labels, and natural and synthetic fertilizers. Often, the question is, “Do the healthy benefits outweigh the higher costs?” Although this is a personal choice, the discussion will cover suggested health benefits.

Health Talk for Men

Thursday, July 26, 10:30 – 11:30 a.m.

Join us as AAMC presents important health topics for men. Discover which health issues men should be aware of and key prevention strategies. Not sure which tests and screenings you should get? This is your chance to find out.

Memory Café

Wednesday, July 18, 2 – 4 p.m.

A Memory Café is an early stage memory loss social engagement program. The Alzheimer's Association describes it as a safe and relaxed place where people with early stage memory loss, their families and friends, and health professionals can come together for a unique blend of education and social interaction. Please express your interest in attending by signing up at the front desk.



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: Bingo – It's Good for Your Health

Tuesday, July 10, 10 a.m.

Social activity has long been recognized as an essential component of healthy aging. Now we have strong evidence that it is also related to better everyday functioning and less disability in old age. Bingo is one of the most beneficial social activities because it brings people together and helps their alertness by monitoring bingo numbers. Come out and win a prize while having fun. This summer-fun activity is free and open to the public.

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.

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, July 10	10 – 11 a.m.
Diabetic Support	No meeting	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, July 10	10 a.m.
Hearing-Impaired	Thursday, July 5	10 a.m. – 4 p.m.
Memory Café	Wednesday, July 18	2 – 4 p.m.
NAMI	Saturday, July 21	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, July 23	9:30 a.m. – noon
Stroke Support	No July meeting	1 – 3 p.m.

Blood Pressure Checks



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

Thursday, July 5, Noon – 1 p.m.	Monday, July 9, 10 – 11:30 a.m.
Friday, July 6, 10 – 11 a.m.	Tuesday, July 17, 11 a.m. – noon
Thursday, July 26, 10 – 11 a.m.	

Pain and Movement Screenings

Thursday, July 19, 11 a.m. – noon

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

Hearing Screening

Tuesday, July 10, 10 – 11 a.m.

Every month a specialist from Hearing Professionals will be available at the Center for hearing screenings. To schedule an appointment, please call the Center or stop at the front desk.

Free Notary Service

Tuesday, July 10, 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, July 14 and August 11, 8:30 a.m. – 12:30 p.m. Please call 1-800-733-2767 or visit redcrossblood.org to schedule an appointment.



Bowie Senior Center

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

Accredited by 
National Institute of
Senior Centers

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 individuals 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	301-809-2326	Receptionists Monica Leonard	301-809-2300
Assistant Manager Ronda Greene	301-809-2325	Belinda Press	
Wellness Coordinator Mark Shields	301-809-2376	Maintenance Ray Esguerra	301-809-2373
Information & Referral Specialist Gloria Gaddy	301-809-2377	Ryan Graham	
Program Assistants Michaeline Gandolph	301-809-2327	Senior Nutrition Aide Diane Clemons	301-809-2356
Judith Lorenz		Transportation Sue O'Toole	301-809-2324
Trish McCants		Bus Drivers Robert Caldwell, Gary Harash, Darryl Jameson,	
Sharon Wanzer		Lever 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. The fare is \$1 each way.

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