

September 2018



All Around the Center

News – Events – Activities – Classes – Schedules – Services

National Senior Center Month – Let's Celebrate Us

Friday, September 7, 12:30 – 2 p.m.

Join the celebration with D.J. “C” Well and make your own ice cream sundae. Please register at the front desk. The cost is \$4 for Bowie residents and \$5 for nonresidents.

The National Institute of Senior Centers (NISC) theme this year is *Building Momentum*. It is a reflection of the effort put forth by the Center to continuously improve programs, activities, and services. Our goal is to build momentum toward achieving excellence in hosting senior programs and changing the perception of aging. Our Center also provides important resources to help seniors stay healthy, happy, and productive in the aging years.

HVAC Replacement Project Update

This is a major project which is impacting programs and activities in the building. Currently affected are the art, billiard, and exercise rooms. This work will continue throughout the building until completion. Our goal is to keep the Center open while improvements are made. At times, however, portions of the building will be inaccessible and, when possible, some programs will be relocated to other rooms in the building. This month's newsletter reflects available programs. We appreciate your patience during this time and encourage you to register with *Alert Bowie* (see page 6) for any last-minute notifications.



SAGE: Continuing Education Class Registration

Fall semester begins the week of October 1. Registration begins August 31.

SAGE (Seasoned Adults Growing Educationally) classes are designed to help keep both mind and body active and engaged. Our creative, competent, and caring faculty enrich your classroom experience and the camaraderie of like-minded peers is both stimulating and supportive. The Center is fortunate to partner with the Prince George's Community College in offering a variety of over 70 classes each week held at our facility. Students may choose from a variety of topics.

Complete registration information and class descriptions are available in the Center's front lobby. There are three ways to register: in person at the college, by mail, or **online through the Owl Link which is the preferred method**. An \$85 registration fee is payable to PGCC for Maryland residents age 60 and over. Students purchase their own class supplies.

Bowie Health Fair 2018

Saturday, September 15, 11 a.m. – 3 p.m.

The annual Bowie Health Fair is fast approaching and you won't want to miss the dozens of different health screenings, vendors, and activities. Just a few of the screenings and events include hearing, vision, memory, balance clinic, medical marijuana information, and health lectures.

Center closed September 3 for Labor Day

Computer Education Program

Computer classes starting in mid-September include Computers 1, Computers 3, Excel, and Video Creation. Schedules will be available at the front desk in mid-August. **Based on the schedule for completion of the HVAC work in the computer classroom, the first classes will be held on September 17.**



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.

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 September 10 and continue for eight weeks. The cost is \$33 for residents and \$39 for nonresidents. Preregister at the front desk.

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 September 10 and continue for seven weeks. The two-day cost is \$38 for residents and \$45 for nonresidents. A one-day-a-week class is also available for \$20 for residents and \$25 for nonresidents.

Armchair Tour – The Many Houses of God

Wednesday, September 26, 12:30 p.m.

Join host Frank Evans for an insightful, world-wide tour of churches, mosques, temples, and other religious architectural structures and sites.



Games People Play

Monday, September 17, 12:30 p.m.

If you watch television game shows and think you know all the answers, this session is for you. We will play versions of various games. This is an opportunity to test your memory and game skills.

Simple Jewelry Repair Day

Monday, September 10, 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 encourage donations of jewelry that you may not want. 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.

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.

Because of the ongoing HVAC replacement program, some groups may be canceled or have a location change. Please call the Center if you have specific questions about your group.

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.

Table Shuffleboard

The next season of table shuffleboard will begin October 1. Any teams that would like to participate, please sign up at the front desk.

Classes and Activities

Monday

- 10:00 Chess Club
- Noon Table Tennis
- 12:15 Aquatic Exercise (Sport Fit)
- 12:30 Pinochle
- 2:30 Zumba Gold (F)

Monday Specials

- Games People Play
September 17, 12:30 p.m.
- Snack Bingo
September 24, 12:30 p.m.

Tuesday

- 9:30 Writers Group (V)
- 10:00 Pickle Ball (City Gym)
- 10:00 Bid Whist
- 10:30 Walk Aerobics and Strength (V)
- 1:00 Bridge Club
- 3:15 Table Tennis
- 6:00 Zumba Gold (F)

Tuesday Special

- Fireside Chat
September 11, 11 a.m.

Attention

Because of the ongoing HVAC work, some parts of the building may be inaccessible during September. Therefore, all programs, classes, and services are subject to change without prior notice.

Alert Bowie will provide updates as soon as they are known. See page 6 for signup information.

Wednesday

- 12:15 Aquatic Exercise (Sport Fit)
- 1:00 Chair Fitness (V)
- 1:00 Scrabble
- 3:00 Table Tennis

Wednesday Specials

- Nature Walk
September 5, 10 a.m.
- Computer Help
September 5, 12, 19, and 26;
1 p.m.
- Laughter Yoga
September 12, 10 a.m.
- Magic Club
September 19, 10 a.m.
- Bonsai Club
September 19, 2 p.m.
- Memory Café
September 19, 2 p.m.
- Armchair Tour
September 26, 12:30 p.m.

Thursday

- 10:00 Pickle Ball (City Gym)
- 10:00 Bid Whist
- 12:30 Pinochle
- 12:30 Social Bingo
- 1:00 Mahjong
- 2:30 Chorale
- 3:00 Table Tennis
- 5:30 Walk Aerobics and Strength (V)

Thursday Specials

- Bowie Seniors Computer Club
September 6 and 20,
12:30 p.m.
- Book Club – *There Was An Old Woman* by Hallie Ephron
September 20, 10 a.m.

Friday

- 9:00 Walk Aerobics and Strength (V)
- 12:30 Bridge Club (Duplicate)
- 3:00 Table Tennis

Friday Specials

- Let's Celebrate Us
September 7, 12:30 p.m.
- Piano Lounge
September 14, 21, and 28;
12:30 p.m.
- Birthday Celebration
September 14, 12:30 p.m.

Saturday

- 10:30 Parkinson's Exercise (V)

Saturday Special

- Bowie Health Fair
September 15, 11 a.m. - 3 p.m.

Prince George's Community College (PGCC) SAGE (Seasoned Adults Growing Educationally) Continuing Education

The SAGE calendar consists of trimesters—fall, spring, and summer. The 2018 fall trimester will begin the week of October 1. 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.

September

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						

Activities Legend

F – Fee
V – Volunteer or Staff

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.

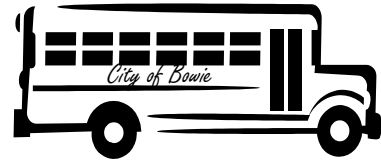
M – Must complete menu selection K – Departs from Kenhill Center W – Lots of walking

September		October		November	
5	Lunch Bunch at Cheesecake Factory (M)	5	Thunderbirds Cruise, Baltimore (K)	7	National Portrait Gallery
13	The Wharf (K, W)	10	Fine dining at Pasta Plus (M)	9	First Watch Restaurant
20	Sunfest in Ocean City (K, W, Full)	17	<i>Ain't Misbehavin'</i> at Toby's	14	<i>Little Mermaid</i> at Toby's
26	<i>Ain't Misbehavin'</i> at Toby's (Full)	19	Harrington Slots (K)	16	Harrington Slots (K)
27	MGM/National Harbor (W)	25	Jefferson's Monticello, Va. (K, W)	26	Winter Walk of Lights, Va. (W)

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 departs 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 a.m. Arrive back at your home no later than 12:30 p.m.

Any Center member may use these shuttle services. See page 8 for other transportation services.

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 healthcare, 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 – Being “Just Friends”

Tuesday, September 11, 11 a.m. (Notice time change.)

In memory of September 11, 2001, let us try to put the dark memories of that day behind us. Let’s celebrate friends. Nothing is more rewarding than learning to celebrate one another. When I was in high school, a very young lady introduced me to the term *just friends*. We had already been friends for two years, but now she wanted to be just friends. “Uh, okay,” I said. “Sounds good to me.” Being just friends brings laughter, hugs, patience, courage, and love.

We will discuss what being just friends really means. We will celebrate one another and learn how to be just friends. Come out and receive your award for being just friends. This event is free and open to the public.

Support Groups for Widowed Persons

Thursdays, October 11 to November 15, 2:00 – 4:00 p.m.

The group offers emotional support and practical advice for widowed men or women to help them adapt to their new circumstances. For more information and to register for the scheduled sessions, call 301-577-4312 or 301-483-8202. Support group sessions are sponsored by the Patuxent Widowed Persons Service.

911 Remembrance Labyrinth Walk

Tuesday, September 11, 10:00 a.m.

Gather with us at the Center’s outdoor labyrinth for a time of reflection and unity. A labyrinth is a single path or unicursal tool for personal, psychological, and spiritual transformation. Walking the labyrinth can lead toward inner peace.

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 the system and sign up, visit www.cityofbowie.org.



Free Notary Service

Thursday, September 13 and 27, 10 – noon

To schedule an appointment, please call 301-809-2300.

Special Interest Groups		
Caregiver Support	Tuesday, September 11	10 – 11 a.m.
Diabetic Support	No September meeting	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, September 11	11 a.m.
Hearing-Impaired	Thursday, September 6	10 a.m. – 4 p.m.
Memory Café	Wednesday, September 19	2 – 4 p.m.
NAMI	Saturday, September 15	9:30 – 11 a.m.
Parkinson's Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson's Support	Monday, September 24	9:30 a.m. – noon
Stroke Support	Wednesday, September 12	1:30 – 3:30 p.m.

Blood Pressure Checks



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

Friday, September 7, 10 – 11 a.m.	Tuesday, September 18, 11 a.m. – noon
Tuesday, September 11, Noon – 1 p.m.	Thursday, September 27, 10 – 11 a.m.
Tuesday, September 25, Noon – 1 p.m.	

Pain and Movement Screenings

Thursday, September 20, 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, September 11, 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 by the front desk.

Falls Risk Assessment

Thursday, September 13, 10 – 11 a.m.

Maximum Performance Physical Therapy is offering fall risk assessments. Be sure to sign up at the front desk or contact the Center to schedule an appointment as they are limited. If you are over the age of 65, you have a 25% chance of falling this year. Now is the time to be proactive to prevent possible injuries.

	<p>Red Cross Community Blood Drive Saturday, September 8 and October 13, 8:30 a.m. – 12:30 p.m. Please call 1-800-733-2767 or visit redcrossblood.org to schedule an appointment.</p>
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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, Gerald Tucker, and John Watkins	

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, Deborah Forespring, Lottie Graham, Attrue Johnson, Faye Miner, Eunice Romano, Paula Williams, and Samuel 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