

October 2019



# All Around the Center

News – Events – Activities – Classes – Schedules – Services

## ***Autumn Harvest Party***

*Thursday, October 31, 12:30 p.m.*

As the season changes, autumn bursts into a colorful display of red, gold, orange, and brown. The leaves on the trees change and fall to the ground. The pumpkin patches and apple orchards are ready for harvest. It is time to gather for a party. Come dressed in autumn apparel or a fun costume that reflects the spirit of the season. DJ C-Well will bring the party to life with music for dancing. Join us for games, a costume contest, and light refreshments. The fee is \$5 for residents and \$6 for nonresidents. Please sign up by October 24.



## ***Transportation for City Elections***

*Tuesday, November 5*

Center bus transportation to polling places will be available on Election Day for seniors age 55 and older and for disabled citizens living within Bowie city limits.

Shuttle services from the Pin Oak Village, Evergreen, and Willows senior communities to the Bowie Gymnasium and City Hall are scheduled on the hour from 10 a.m. to 2 p.m. For all other Bowie areas, arrangements must be made by calling the Center at 301-809-2324 by Friday, November 1. Pickups are scheduled between 10 a.m. and 2 p.m.

## ***You Are Invited – What is a Senior Village?***

*Friday, October 18, 12:30 p.m. – Senior Center or*

*Wednesday, October 23, 7 p.m. – City Hall*

Please join us for light refreshments at a meeting on either of the above dates. In cooperation with the Maryland Umbrella Group (MUG), the City of Bowie will be conducting two public meetings to discuss the potential formation of a Bowie Senior Village and to launch a senior-services needs assessment.

A senior village is a neighborhood-based membership movement supported by volunteers. A village makes it easier for older neighbors to keep living safely, comfortably, and actively in their own homes while staying connected with their neighbors and community.

For more information, please contact Christal Batey at 301-965-0220. You may RSVP by email to [negesi@m-u-g.org](mailto:negesi@m-u-g.org) or call 301-968-7816.

## ***SAGE Continuing Education Classes***

The Center is fortunate to partner with the Prince George's Community College SAGE Program to offer over 60 classes at the Center each week. Classes range from languages to history, writing to literature, music to art, and much more. Fall class registration began on September 6, and classes will begin the week of October 7. You must be a Center member to take SAGE classes at the Center.

Registration information and class descriptions are available in the front lobby and on the Center's website. The preferred method for registration is online through the Owl Link. Maryland residents who are 60 or older may register for as many nonconflicting courses as desired and pay one \$85 registration fee per trimester and any additional class fees.

## **Jewelry Repair Workshop**

**Friday, October 14, 10 a.m. - noon**

The jewelry class is offering an opportunity to bring in your broken costume jewelry. If it is an easy fix, they will repair it for free. The students will also accept donations of unwanted costume jewelry. They disassemble old jewelry pieces and create new ones. It's like recycling but with beads and chains.



## **Brain Games**

**Monday, October 14, 12:30 p.m.**

Come and test your skill at solving a variety of mind games. We will play a variety of verbal and written games. There will also be match and picture games. Each activity will be geared to motivate you to use the skills in these exercises to keep your brain healthy.

## **Bonsai Show**

**Wednesday, October 16, 9 a.m. – noon**

The Bowie Senior Bonsai Club will hold its annual bonsai show in the lobby. The show will feature bonsai of all members and two master works of the renowned Bonsai Master, Mr. James Sullivan.



While the art of bonsai (pronounced "bone-sigh") has long been associated with Japan, it actually originated from the Chinese practice of penjing. The National Bonsai & Penjing Museum has one of the largest collections of these timeless trees in North America.

The club meets from 2 to 4 p.m. on the third Wednesday of the month, except in December, January, and February. There is no membership fee. For further information, please visit the website at <http://bowieseniorcenter.org/BowieSeniorBonsaiClub>.

## **Arts and Crafts Market**

**Saturday, November 23, 9 a.m. – 3 p.m.**

The City of Bowie Arts Committee will be holding a juried holiday arts and crafts market at the Center. Artists and crafters whose work represents high quality in design, materials, and workmanship may submit an application to participate as a vendor. Vendor applications are due by October 18 and can be found on the City's website at [www.cityofbowie.org/525/Arts-committee](http://www.cityofbowie.org/525/Arts-committee).

## **Artists of the Month – Mixed Media and Watercolor Classes**

**Reception on Wednesday, October 23, 1 p.m.**

Instructor Darlene Swanson invites you to enjoy the inspired and creative pieces from students in her classes. The exhibit includes works of many different medias—drawing, pastel, oil, acrylic, and watercolor. The artists were encouraged to convey emotion in their work. This wide range of impressive talent will be on display during October and November.

## **Vision and Glaucoma Screenings**

**Tuesday, October 15, 9 a.m. – 4 p.m.**

Made possible through the City of Bowie "Saving Seniors' Sight" grant, the Bowie Lions Club is sponsoring free low-vision and glaucoma screenings. For qualifying seniors, there is the potential for an additional free eye doctor exam and glasses. The initial screenings will be held at the Center. Please sign up for an appointment at the front desk.



## **Nature Walk**

**Wednesday, October 2, 10 a.m.**

Join Cecelia Reddy and other nature lovers for a walk around the Center, weather permitting. It's the time of year when leaves are turning and showing their colors. Find out which trees lead the way. The group will meet in the lobby.



## **Book Club**

**Thursday, October 17, 10 a.m.**

Please join us for a discussion of *Down the Great Unknown* by Edward Dolnick. The next meeting will be November 21 when *The Conjure Man Dies* by Rudolph Fisher will be discussed.



## **Honoring Veterans**

**Thursday, November 7, 12:30 p.m.**

Veterans Day is a time to remember and celebrate those who have served our country. All veterans and members of the community are invited to join us for a special program sponsored by VFW Post 8065. The Bowie Senior Choraleers will perform several patriotic musical selections for your enjoyment. Light refreshments will be served. This event is open to the public.

## **Holiday Craft Fair Sign-Up**

**Sign-up starts: Monday, November 4**

**Fair: Friday, December 6, 9 a.m. – 1 p.m.**

A favorite annual event at the Center is the holiday craft fair. If you are a creative and crafty member of the Center and would like to sell your new handcrafted items, please sign up to rent a table for \$10. Don't hesitate as space is limited and tables rent quickly (one table per vendor).

## **Breakfast with Santa – Save the Date**

**Saturday, December 7, 9 – 11 a.m.**

Bring the grandchildren for a pancake breakfast with Santa. There will be holiday crafts and magicians as well. Watch for more details in the November newsletter.

## **Chorale Concerts – Ringin', Singin', and Drummin'**

**Wednesday, December 11, 4 p.m., and Thursday, December 12, 1 p.m. – Senior Center**

**Friday, December 13, 7:30 p.m. – Bowie Center for the Performing Arts**

The Bowie Senior Chorale will present three holiday concerts which will feature bells and drums to highlight the rhythms and melodies of both traditional and new selections. Director Craig L. Sparks, leading the 110-member chorale for the 16<sup>th</sup> year, has created another innovative and entertaining program with selections featuring diverse musical styles and imaginative arrangements. Guest drummers, along with accompanist Paula Sparks, will make this concert something special and entertaining for all ages.

Be sure to save the dates. Tickets will be on sale soon. Tickets for the Senior Center concerts are \$3. Tickets for the concert at the Bowie Center for the Performing Arts are \$8.

## **Bocce Ball Champs**

After a long season, Lew Pollack and Coleman Brown—in a very close and entertaining two-hour match—defeated Laverne Latzko and Bill Prevo to become the 2019 Bowie Senior Center Bocce Ball champs. Congratulations! The new season will begin in the spring of 2020.

## **Computer Education Program**

Classes starting in October are Computers 2 and Excel. The schedule is available in the lobby. New class assistant volunteers are always welcome. There are no classes scheduled for November and December.



A free computer lab is held 1 – 2:30 p.m. every Wednesday. 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 10 – 11:30 a.m. on the second and fourth Fridays of each month.

The Bowie Seniors Computer Club meets 12:30 – 2:15 p.m. on the first and third Thursdays of each month. New members are always welcome, whether you are a first-time user or a seasoned veteran. This is an opportunity to share interests, learn new things, and generally get comfortable with computer issues. The club often has special presenters with extensive knowledge of their area of interest.

## **Zumba Gold**

*Monday, 2:30 p.m., and/or Tuesday, 5:30 p.m.*

Join a Zumba class and take your fitness to the next level by moving to Latin dance music. No dance skills are required. All you need is the ability to move and have fun. Classes run for six weeks and started on September 30. Once a week is \$28 for residents and \$32 for nonresidents. Twice a week is \$56 for residents and \$64 for nonresidents.

## **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. The next round of classes will start November 5 and run for six weeks. Once a week is \$17 for residents and \$20 for nonresidents. Twice a week is \$32 for residents and \$36 for nonresidents.

## **Senior Center Membership/Renewal**

Participation in classes and programs at the Center is offered free to residents and nonresidents 55 years of age and older. Eligible individuals are asked to complete a membership application after which a photo ID membership card will be issued. The card is to be scanned at the front desk when **entering** the Center. It need only be scanned once a day unless reentering after 4:30 p.m. when it should be scanned again.

Membership is renewable on your anniversary date. The card scanner will generate a buzzer sound when the card is scanned to alert that it is time for renewal. This important process is necessary to keep membership information up to date.

## 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.

<b>Group and Club Meetings</b>		
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 p.m.
Writers Group	Tuesday	9:30 – 11:30 a.m.
Quilting Club	Friday	2:30 – 3:30 p.m.



<b>Games</b>		
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.
Snack Bingo	Fourth Monday	12:30 p.m.
Social Bingo	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 – 2:15 p.m. 3:15 – 5 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m.

### **Table Shuffleboard Tournament**

Pick a partner and form a two-member team. Please sign up for the tournament at the front desk by October 4. Once the team list is posted at the front desk, team members are responsible for arranging matches that consist of two games. Tournament play will begin on October 11 and end on March 5, 2020. A playoff will follow. A complete set of rules can be viewed on the shuffleboard poster board.

# **Classes and Activities**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
9:00 Ceramics, Beg./Int. (S)	9:00 Piano, Beg. (S)	8:50 Chair Yoga (S)
9:00 Introduction to French, (S)	9:00 Studio Fine Art (S)	9:00 Stained Glass, Beg./Int. (S)
9:30 Film Appreciation (S)	9:00 Writing, Beg./Int. (S)	9:00 French I (S)
10:00 Tai Chi (S)	9:00 BioFitness (F)	9:30 Guitar, Int. (S)
10:00 Sign Language, Int. (S)	Knitting and	10:00 Watercolor, Part 1 (S)
10:00 Jewelry Making, Beg. (S)	9:30 Crocheting, Int./Adv. (S)	10:00 History (S)
10:00 Chess Club	9:30 Writers Group (V)	10:00 Sign Language (S)
Noon Table Tennis	10:00 Current Issues (S)	10:30 Chair Yoga (S)
Noon Computers 2 (F/V)	10:00 Pickle Ball (City Gym)	11:00 French, Int. (S)
12:30 Stained Glass, Int./Adv. (S)	10:00 Bid Whist	11:00 Spanish, Beg. (S)
12:30 Soul Collage (S)	10:30 Walk Aerobics (V)	Noon German, Beg. (S)
12:30 Tap Dance (S)	11:00 Spanish II (S)	12:30 Watercolor, Part II (S)
12:30 Pinochle	11:00 Piano, Int. (S)	1:00 Chair Fitness (V)
12:30 Meditation (S)	11:30 Writing, Int./Adv. (S)	1:00 Scrabble
1:30 Living Green Made Easy (S)	12:30 American History (S)	1:00 Tai Chi (S)
2:00 Drawing II, Int./Adv. (S)	12:30 Printmaking (S)	1:30 Spanish, Basics (S)
	1:00 Excel (F/V)	1:30 French, Adv. (S)
	1:00 Line Dancing (S)	2:00 German, Int. (S)
	1:00 Piano, Adv. (S)	2:00 Estate Planning (S)
	1:00 Bridge Club	3:00 Table Tennis
	1:00 Knitting, Beg. (S)	
	1:30 Spanish III (S)	
	2:30 Sewing, Beg. (S)	
	3:15 Table Tennis	
	3:30 Painting, Beg. (S)	
	<b>Tuesday Specials</b>	<b>Wednesday Specials</b>
	Advisory Board Meeting October 1, 10 a.m.	Nature Walk October 2, 10 a.m.
	Fireside Chat October 8, 10:30 a.m.	Magic Club October 2 and 16, 10 a.m.
	Vision Screening October 15, 9 a.m.	Computer Help October 2, 9, 16, 23, and 30; 1 p.m.
	Hot Topics October 15, 5:45 p.m.	Bonsai Show October 16, 9 a.m.
<b>Monday Specials</b>		
Labyrinth Walk October 14, 21, and 28; 10 a.m.		
Snack Bingo October 28, 12:30 p.m.		
Brain Games October 14, 12:30 p.m.		

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

### Thursday

- 9:00 BioFitness (F)
- 9:30 Guitar, Beg. (S)
- 10:00 Color Theory, Adv. (S)
- 10:00 Pickle Ball (City Gym)
- 10:00 Bid Whist
- 10:00 Yoga, Int./Adv. (S)
- Noon Poetry (S)
- Noon Pilates (S)
- 12:30 Mindful Meditation (S)
- 12:30 Pinochle
- 12:30 Social Bingo
- 1:00 Excel (F/V)
- 1:00 Mahjong
- 2:00 Great Composers (S)
- 3:00 Table Tennis

### Thursday Specials

- Bowie Seniors Computer Club  
October 3 and 17,  
12:30 p.m.
- Notary Service  
October 10 and 24, 10 a.m.
- Book Club  
October 17, 10 a.m.
- The 4Ms for Healthy Aging  
October 24, 10:30 a.m.
- Autumn Harvest Party  
October 31, 12:30 p.m.

### Friday

- 9:00 Walk Aerobics and Strength (V)
- 9:00 Ceramics, Beg./Int. (S)
- 9:00 Improvisation (S)
- 9:30 Drawing, Beg. (S)
- 9:30 Video Workshop (F/V)
- 10:00 Tai Chi, Int. (S)
- 10:00 Globalization (S)
- 10:00 Quilting, Int. (S)
- 10:00 Yoga, Beg. (S)
- 10:00 Practical Italian (S)
- Noon Computers 2 (F/V)
- Noon Scrabble
- 12:15 Brain Fitness (S)
- 12:30 Modern Painting (S)
- 12:30 Bridge Club (Duplicate)
- 1:00 Chinese Exercise (S)
- 1:00 Self-Awareness (S)
- 3:00 Table Tennis

### Friday Specials

- Jewelry Repair  
October 4, 10 a.m.
- Piano Lounge  
October 11 and 25,  
12:30 p.m.
- Birthday Celebration  
October 4, 12:30 p.m.
- Apple Computer Club  
October 11 and 25, 10 a.m.
- What is a Senior Village?  
October 18, 12:30 p.m.

### Saturday

- 8:30 Yoga, Adv. (S)
- 9:00 Stained Glass and Mosaic (S)
- 10:15 Yoga, Beg. (S)
- 10:30 Parkinson's Exercise (V)

#### Legend:

- S – SAGE class (PGCC)
- F – Fee
- V – Volunteer or Staff

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

The SAGE calendar consists of fall, spring, and summer trimesters. The 2019 fall trimester begins the week of October 7. 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.



### October

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

As indicated in the tables below, some 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 additional trip details, please see the trip board located in the hall outside of the administrative offices. A trip calendar is posted along with flyers, descriptions, and rules. Alternatively, visit [www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter). Click on **Trips** and then click on **Upcoming Senior Trips**.

## Trip Schedules

The below schedules are only for those with remaining openings as of the date of the newsletter printing.

### October

2 (We)	Fine Dining at Mon Ami Gabi, Bethesda	Meet at the Center (Menu)	11:15 a.m. – 2:30 p.m. Res. \$45/NR \$48
11 (Fr)	Homestead Gardens w/lunch at Killarney House	Meet at the Center (Menu)	9:45 a.m. – 2 p.m. Res. \$24/NR \$26
17 (Th)	Harrington Slots	Meet at Kenhill Center	8:45 a.m. – 3:45 p.m. Res. \$22/NR \$25

### November

6 (We)	Lunch at Applebee's	Meet at Center (Menu)	11:15 a.m. – 1:15 p.m. Res. \$17/NR \$18
13 (We)	Harrington Slots	Meet at Kenhill Center	8:15 a.m. – 3:45 p.m. Res. \$22/NR \$25
15 (Fr)	Valley View Farms and Amish Market	Meet at Kenhill Center	9 a.m. – 3 p.m. Res. \$22/NR \$25
20 (We)	<i>A Christmas Story</i> at Toby's	Meet at Center	9:45 a.m. – 3:45 p.m. Res. \$63/NR \$67

### December

5 (Th)	ICE! at National Harbor	Meet at Center	3:30 a.m. – 8:30 p.m. Res. \$30/NR \$33
9 (Mo)	Arundel Mills	Meet at Center	9:30 a.m. – 2:30 p.m. Res. \$10/NR \$12
18 (We)	<i>Joy to the World</i> at American Music Theater; Lancaster, Pa.	Meet at Kenhill Center (Dinner included)	noon. – 1 p.m. Res. \$93/NR \$97
Week one or two	Mormon Temple Lights and performance	Meet at Center	TBA

## **Did You Lose Something?**

We find personal items that have been left behind almost every day. If you are missing something, you may want to stop by the front desk and look through the lost and found box. It just might be there.

# Wellness

## **Games and Health Benefits**

Wellness goes beyond just exercise and eating right. Social interaction, memory building, stress reduction, and fine motor skill development can all be had without working up a sweat. Sound too good to be true? What if playing games will help us be healthier?

Enter board games and strategic games, such as chess. These types of games touch on an area of health that is often overlooked, even by health professionals—the importance of social interaction. In fact, when we look at some of the longest living people on the planet, one thing they all have in common are tight-knit communities based upon social interaction. Humans are social creatures. So, it makes sense that we need to build a strong network of social bonds in order to optimize health.

Certain games challenge our memory more than others while other games can even help build fine motor skills by moving small pieces around a board. For a list of the games offered, check page 5.

## **The 4Ms for Healthy Aging – A Focus on Senior Mental Health**

*Thursday, October 24, 10:30 – 11:30 a.m.*

Join us as a representative from the Anne Arundel Medical Center (AAMC) gives a talk on the basics of healthy aging and mental health. Discover the 4Ms for healthy aging and how they relate to you. Anxiety and depression will be covered in this topic so be sure not to miss this offering.

## **Support Group Workshop for Widowed Persons**

*Thursdays, October 3 to November 7, 2 – 4 p.m.*

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

## **Ongoing Exercise Activities at the Center**

The Center offers a number of scheduled exercise activities, including 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.

## **Lunch Program**

Enjoy a hot, nutritious lunch in good company and a welcoming atmosphere in the multipurpose room. Why not try this convenient alternative to cooking? Reservations are required 48 hours in advance by calling 301-809-2355. A donation is requested. For a monthly menu and more details about the program, please stop by the front desk. Come and join us Monday through Friday at 11:30 a.m. This lunch program is provided by the Prince George's County Department of Family Services.

# Information and 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. Stop by the front desk 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. A different informative presentation is usually given each month through the Fireside Chat and Hot Topic Programs.

## Fireside Chat – Why Vote?

*Tuesday, October 8, 10:30 a.m.*

Elections are coming up soon. Come and get valuable information about voting and why you should vote. Find out important dates, deadlines, locations, and how the voting process works in the state of Maryland and the City of Bowie. There will be a question-and-answer session to help seniors become more informed. This event is free and open to the public.

## Hot Topics – Rewire the Older Adult Brain

*Tuesday, October 15, 5:45 – 6:45 p.m.*

Studies of the aging brain help us understand how we can recover brain function at any age. This is good news. Information will be presented which will be helpful in understanding how we can rewire our brains. We no longer have to sit back and accept that aging brains will merely continue to devolve. RSVP to Gloria Gaddy at 301-809-2377. This event is free and open to the public.

## Shuttle Transportation Services

Shuttle transportation from the Center is available as listed below. Sign-up 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 upon completion of each loop. There is a final **return-only-loop** shuttle to each destination which 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 member may use these shuttle services. See page 12 for other transportation services



<b>Special Interest Groups</b>		
Caregiver Support	Tuesday, October 8	10 – 11 a.m.
Deaf Support	Thursday, October 3	10 a.m. – 4 p.m.
Diabetic Support	Monday, October 7	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, October 8	10:30 a.m.
Memory Café	Wednesday, October 16	2 – 4 p.m.
National Alliance on Mental Illness (NAMI)	Saturday, October 19	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, October 28	9:30 a.m. – noon

### **Blood Pressure Checks**



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

Monday, October 14, 10 – 11:30 a.m.	Tuesday, October 22, 11 a.m. – noon
Thursday, October 24, 10 – 11 a.m.	

### **Hearing Screening**

*Tuesday, October 8, and Wednesday, October 23, 10 – 11 a.m.*

A hearing specialist will be available twice a month for screenings. Call or stop by the front desk to make an appointment.

### **Pain and Movement Screening**

*Thursday, October 17, 11 a.m. – noon*

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

### **Vision and Glaucoma Screening**

*Tuesday, October 15, 9 a.m. – 4 p.m.*

See page 3 for details.

### **Free Notary Service**

*Thursday, October 10 and 24, 10 a.m. – noon*

	<b>Red Cross Community Blood Drive</b>
	Saturday, October 12 and November 9, 8:30 a.m. – 12:30 p.m. Please call 1-800-733-2767 or visit <a href="http://redcrossblood.org">redcrossblood.org</a> to make 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 which 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 8:30 a.m. – 4:30 p.m. on Monday, Wednesday, and Friday; 8:30 a.m. – 7 p.m. on Tuesday and Thursday; and 8:30 a.m. – noon on Saturday. For more information about current programs, stop by or contact the Center.

### **Staff**

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

### **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 members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

### **Transportation Services**

The City of Bowie offers curb-to-curb transportation to and from the Center Monday through Friday for Bowie seniors. Transportation is also available on a priority basis for seniors and adults with disabilities 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 within city limits only 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 Senior Nutrition Program. The county pays \$5.75 per meal. Diners are asked to donate as much as they are able. Reservations are required 48 hours in advance by calling 301-809-2355. Cancellations should be made as soon as possible. The program is managed at the Center by Prince George’s County Food Services Manager, Diane Clemons, who may be reached at 301-809-2356.

### **Prince George’s County Aging and Disabilities Services**

Information and Assistance – 301-265-8450  
Home-delivered Meals – 301-265-8475