

November 2019



All Around the Center

News – Events – Activities – Classes – Schedules – Services

Honoring Veterans

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

Veterans Day is a time to honor and show appreciation to 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. Our guest speaker will be Jill Harris, location coordinator for Wreaths Across America. She will share the history about how this program began and how it has grown. 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.



The Bowie Senior Chorale 2019 Holiday Concerts

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

From the first beat of the drum—the authentic African djembe—you will know that this concert is something different and special. Director Craig L. Sparks has created another exceptional musical experience, blending innovative arrangements of traditional holiday songs with pulsing rhythms provided by percussionist Janice Vettel.

The 110-member chorale soars in “O Come, All Ye Faithful” and will take people for a rollicking trip on “Sleigh Ride.” “Jingle Bells” takes on a whole new dimension and audiences will feel the beat in “The Little Drummer Boy.” Concert audiences will appreciate the lilting melody of “Silver Bells” and the intricate phrasing in “Here We Come A-wassailing.”

Craig Sparks has directed the chorale for 16 years and, during that time, has made the chorale’s annual December concerts a highlight of the Bowie holiday season. Paula Sparks accompanies each selection with a finely tuned musical touch. Janice Vettel gained her percussion expertise drumming in a women’s drumming circle and in a church choir; this is her first appearance with the chorale.

Tickets are on sale at the front desk beginning November 1. Senior Center concert tickets are \$3. Tickets for the Bowie Center for the Performing Arts are \$8. BCPA tickets are also available online at www.bowiecenter.org for an additional \$1 processing fee.

Bowie Senior Center Earns National Accreditation

Come join us to celebrate on Friday, November 15, 12:30 p.m.

For the third consecutive time, the Bowie Senior Center has unanimously earned full accreditation by the National Council on Aging/National Institute of Senior Centers Board. Successfully achieving accreditation status takes the work of many people both in the Center and in the community. When these two groups work together, the rewards will be felt for many years to come. The five-year national accreditation status acknowledges that the Center demonstrates outstanding leadership and commitment to quality programs and services.

This achievement is a source of pride for the City of Bowie and the Center, so everyone is welcome to join in the celebration.

Center will be closed November 11, 28, and 29

Vision Boards

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

A vision board is a visualization tool which refers to a board of any sort used to build a collage of words and pictures that represent goals and dreams. This tool can help clarify, concentrate, and maintain focus on a specific life goal. Please join us to create a vision board which represents your goals for 2020. All supplies will be provided. Just come with a list of goals you would like to work toward.

Arts and Crafts Market

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

The City of Bowie Arts Committee will be holding a holiday arts and crafts market at the Center. Over 35 vendors will be present. Come visit and check out many local artisans offering jewelry, photography, paintings, home décor, pottery, fabric arts, wood crafts, stained glass, books, and cards.

Holiday Celebration of Lights

Friday, December 20, 12:30 p.m.

Join the fun as we celebrate the holiday season. Christmas, Hanukkah, and Kwanzaa all incorporate light into their traditional rituals. Light is a symbol of hope in the world. Rejoice in this season of lights with both old and new friends as we dance to the sounds of DJ “C-Well” and share some light refreshments. Please register at the front desk by December 16. Tickets are \$5 for residents and \$6 for nonresidents.

Artists of the Month – Mixed Media and Watercolor Classes

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 in November.

Weather Policy

When Prince George’s County schools are closed due to inclement weather, the Center’s scheduled activities are canceled for the day. These activities include classes, transportation services, and the nutrition program. However, the facility may be open for unscheduled activities. Please call to confirm before coming.



When schools open two hours late, transportation services and the nutrition program are canceled for the day. In addition, all morning classes and activities scheduled before 11 a.m. are canceled. A one-hour delay does not affect transportation services, the nutrition program, classes, or activities.

If public schools are to close two hours early due to the weather, all classes and scheduled activities after 2 p.m. are canceled.

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, i.e., email, phone, text, etc. To read about the system and sign up, visit www.cityofbowie.org.

Nature Walk

Wednesday, November 6, 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. The group will meet in the lobby.



Book Club

Thursday, November 21, 10 a.m.

Please join us for a discussion of *The Conjure Man Dies* by Rudolph Fisher. The next meeting will be November 21 when *Speaking Truth to Power* by Anita Hill will be discussed.

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).

Intergenerational Breakfast with Santa

Saturday, December 7, 9 – 11 a.m.

Plan to bring your grandchildren to the Center for a very special morning. Join Santa for a breakfast of pancakes, sausage, fruit, juice, and coffee. Enjoy photo opportunities with Santa, a magic performance, and create holiday crafts with the kids.

Preregistration is required and limited to the first 90 participants—no walk-ins. Tickets are \$5 per person. Children two and under are free. Registration deadline is November 29 (or until filled). This program was a sellout last year, so please register early at the front desk so as not to be disappointed. This community event is sponsored by the City of Bowie and the Bowie Lions Club.

Coffee with the Advisory Board

Tuesday, November 5, 11 a.m.

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

Community Veterans Projects

Thursday, November 14, Noon

Each year members of the Center participate in a wreath-decorating service project. The wreaths will be placed on veterans' graves at the Crownsville Veterans Cemetery. If you would like to participate in decorating the wreaths, please come to the Center on the above date. The wreaths will be delivered to the cemetery on Thursday, December 12. The group will leave the Center at 10:30 a.m. Please sign up at the front desk if you are interested in participating.



This year we will also be collecting donations of **new** men's and women's socks and diabetic socks which will be given to the residents of Charlotte Hall Veterans Home. There will be a box located in the front lobby for your generous donations.

Computer Education Program

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.

Computer Club Speakers

Thursday, November 7 and 21, 12:30 p.m.

The Bowie Seniors Computer Club is pleased to announce two excellent educational events during the November meetings at the Center. All are invited.

On November 7, members Eric Hein and Irv Satzberg will discuss streaming devices, such as Roku, Fire Stick, and Chromecast.

On November 21, Mr. Damon Pollard of Within U will discuss cybersecurity awareness for home users and average consumers. Within U is a nonprofit organization dedicated to increasing the number of minority professionals in the information technology and cybersecurity communities.

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 five weeks and start on November 18. The fee for once a week is \$24 for residents and \$28 for nonresidents. The fee for twice a week is \$45 for residents and \$50 for nonresidents.

BioFitness Aerobics Class

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

This fun, low-impact exercise program is choreographed to music. Join certified instructor Jill Snellings for a 60-minute cardio class designed specifically for seniors. The next round of classes will start November 5 and run for six weeks. The fee for once a week is \$17 for residents and \$20 for nonresidents. The fee for twice a week is \$32 for residents and \$36 for nonresidents.

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 p.m.
Writers Group	Tuesday	9:30 – 11:30 a.m.
Quilting Club	Friday	2:30 – 3:30 p.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.
Snack Bingo	Fourth Monday	12:30 p.m.
Social Bingo	Thursday	12:30 p.m.
Scrabble	Wednesday	1 – 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.

Classes and Activities

Monday	Tuesday	Wednesday
8:30 Inside Walking (G)	8:30 Inside Walking (G)	8:30 Inside Walking (G)
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	10:00 Sign Language (S)
Noon Table Tennis	10:00 Current Issues (S)	10:30 Chair Yoga (S)
12:30 Stained Glass, Int./Adv. (S)	10:00 Bid Whist	11:00 French, Int. (S)
12:30 Soul Collage (S)	10:30 Pickleball (G/F)	11:00 Spanish, Beg. (S)
12:30 Tap Dance (S)	10:30 Walk Aerobics	Noon German, Beg. (S)
12:30 Pinochle	11:00 Spanish II (S)	12:30 Watercolor, Part II (S)
12:30 Meditation (S)	11:00 Piano, Int. (S)	1:00 Chair Fitness
1:30 Living Green Made Easy (S)	11:30 Writing, Int./Adv. (S)	1:00 Scrabble
2:00 Drawing II, Int./Adv. (S)	12:30 American History (S)	1:00 Tai Chi (S)
2:30 Zumba Gold (F)	12:30 Printmaking (S)	1:30 Spanish, Basics (S)
	1:00 Line Dancing (S)	1:30 French, Adv. (S)
	1:00 Piano, Adv. (S)	2:00 German, Int. (S)
	1:00 Bridge Club	2:00 Estate Planning (S)
	1:00 Knitting, Beg. (S)	3:00 Table Tennis
	1:30 Spanish III (S)	
	2:30 Sewing, Beg. (S)	
	3:15 Table Tennis	
	3:30 Painting, Beg. (S)	
	5:30 Zumba Gold (F)	
	Tuesday Specials	Wednesday Specials
	Advisory Board Meeting November 5, 10 a.m.	Nature Walk November 6, 10 a.m.
	Coffee With Advisory Board November 5, 11 a.m.	Magic Club November 6 and 21, 10 a.m.
	Fireside Chat November 12, 10:30 a.m.	Computer Help November 6, 13, 20, and 27; 1 p.m.
	Hot Topics November 19, 5:45 p.m.	Memory Café November 20, 2 p.m.
Monday Specials		
Vision Boards November 18, 12:30 p.m.		
Snack Bingo November 25, 12:30 p.m.		

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

Thursday

- 8:30 Inside Walking (G)
- 9:00 BioFitness (F)
- 9:30 Guitar, Beg. (S)
- 10:00 Color Theory, Adv. (S)
- 10:00 Bid Whist
- 10:00 Yoga, Int./Adv. (S)
- 10:30 Pickleball (G/F)
- Noon Poetry (S)
- Noon Pilates (S)
- 12:30 Mindful Meditation (S)
- 12:30 Pinochle
- 12:30 Social Bingo
- 1:00 Mahjong
- 2:00 Great Composers (S)
- 3:00 Table Tennis

Thursday Specials

- Honoring Veterans
November 7, 12:30 p.m.
- Bowie Seniors Computer Club
November 7 and 21,
12:30 p.m.
- Wreath Decorating
November 14, Noon
- Notary Service
November 14, 10 a.m.
- Book Club
November 21, 10 a.m.
- Protecting Your Health
November 21, 10:30 a.m.

Friday

- 8:30 Inside Walking (G)
- 9:00 Walk Aerobics and Strength
- 9:00 Ceramics, Beg./Int. (S)
- 9:00 Improvisation (S)
- 9:30 Drawing, Beg. (S)
- 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)
- 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

- Piano Lounge
November 8, 15, and 22,
12:30 p.m.
- Birthday Celebration
November 1, 12:30 p.m.
- Apple Computer Club
November 8 and 22,
10 a.m.
- Accreditation Celebration
November 15, 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

Legend:
G – City of Bowie Gymnasium
F – Fee
S – SAGE class (PGCC)

**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 began 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.



November

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

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. Click on **Trips** and then click on **Upcoming Senior Trips**.

Trip Schedules

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

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

December

5 (Th)	ICE! at National Harbor	Meet at Center	3:30 p.m. – 8:30 p.m. Res. \$33/NR \$36
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
TBA	Mormon Temple Lights and performance	Meet at Center	TBA

Please note: Due to winter weather challenges, there will be no trips scheduled in January and February. Day trips will resume in March. Please look for interesting and enjoyable in-house programs at the Center.

Senior Center Membership/Renewal

Membership 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.

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

Lean Cheesecake

Ingredients: Makes three servings

- 1/2 cup cottage cheese
- 2 eggs
- 5 drops liquid Stevia (sweetener)
- 1/4 scoop vanilla protein powder (optional)
- 1/8 cup lemon juice
- 1/2 teaspoon baking powder

Place all ingredients in blender and blend until smooth. Pour mixture into three ramekins. Place ramekins in baking dish with high sides, and fill dish half way up ramekins with water. Bake for 37 minutes at 375 degrees. Then remove from the oven and let cool. Place ramekins in refrigerator overnight.

Bonus fruit topping: Blend 1/3 cup strawberries and four tablespoons water. Adjust water amount for desired thickness of topping.

Protecting Your Health and Wealth

Thursday, November 21, 10:30 – 11:30 a.m.

Join us for a discussion on Alzheimer's disease. Learn the risk factors and warning signs. Discover tips on how individuals can protect themselves by having trusted contacts, family conversations, designated beneficiaries, and an up-to-date power of attorney.

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.

Senior Activities at the City Gym

The city gymnasium, which is next door to the Center, offers additional exercise activities for seniors. These include indoor walking and pickleball.

Indoor walking is available Monday through Friday between 8:30 a.m. and 10 a.m. This is an opportunity to exercise in a safe and climate-controlled environment.

Pickleball is a racquet sport played on a small court less than the size of a tennis court. It is a great form of exercise for adults. This activity is scheduled on Tuesdays and Thursdays at 10:30 a.m. There is a \$24 annual fee. Inquire at the city gym for more details.

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. 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. A different informative presentation is usually given each month through the Fireside Chat and Hot Topic Programs. These programs are open to the public.

Fireside Chat – Beware of Financial Scams

Tuesday, November 12, 10:30 a.m.

As the holiday season approaches, financial scams will be on the rise. Come learn about these so you won't become a victim. This Financial Scam Awareness presentation will include time for questions.

Hot Topics – Selecting a Care Community

Tuesday, November 19, 5:45 – 6:45 p.m.

When selecting a care community, ask questions. Three things to consider are location, activities, and needs. Professionals from the care community industry will help you understand what to look for and what to ask when deciding on a place for you or your loved ones.

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



Special Interest Groups

Caregiver Support	Tuesday, November 12	10 – 11 a.m.
Deaf Support	Thursday, November 4	10 a.m. – 4 p.m.
Diabetic Support	Monday, November 7	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, November 11	10:30 a.m.
Memory Café	Wednesday, November 20	2 – 4 p.m.
National Alliance on Mental Illness (NAMI)	Saturday, November 16	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, November 25	9:30 a.m. – noon

Blood Pressure Checks



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

Tuesday, November 19, 10 – 11:30 a.m.	Wednesday, November 20, 11 a.m. – noon
Thursday, November 21, 10 – 11 a.m.	

Hearing Screening

Tuesday, November 12, and November 20, 10 – 11 a.m.

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

Pain and Movement Screening

Thursday, November 21, 10 – 11 a.m.

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.

Fall Risk Assessment

Thursday, November 14, 10 – 11 a.m.

Maximum Performance Physical Therapy will be offering monthly fall risk assessments. Be sure to sign up at the front desk or contact the Center to schedule your 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.

Free Notary Service

Thursday, November 14, 10 a.m. – noon

Please schedule an appointment at the front desk or call 301-809-2300.

	<p>Red Cross Community Blood Drive</p> <p>Saturday, November 9 and December 14, 8:30 a.m. – 12:30 p.m.</p> <p>Please call 1-800-733-2767 or visit redcrossblood.org to make 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 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

Senior Services Manager Laurel Raymond	301-809-2326	Receptionists Monica Leonard Belinda Press	301-809-2300
Assistant Manager Colleen Cofod	301-809-2325	Maintenance Ray Esguerra Ryan Graham	301-809-2373
Wellness Coordinator Mark Shields	301-809-2376	Transportation Sue O’Toole	301-809-2324
Information & Referral Specialist Gloria Gaddy	301-809-2377	Bus Drivers Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Levert Johnson, Hank Lloyd, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
Program Assistants 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 the board—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