



January 2020

All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

“Noon” Year’s Party – Welcome 2020

Tuesday, December 31, 12:30 p.m.

Let’s end the year on a high note. Party with old and new friends as we ring in the new year. DJ Johnnie will keep the music going as we dance, make some noise, socialize, and share some light refreshments. Please register at the front desk by December 23. Tickets are \$5 for residents and \$6 for nonresidents.



Honoring the Life of Martin Luther King Jr.

Wednesday, January 15, 12:30 p.m.

Martin Luther King Jr. was born January 15, 1929. As a young man, he was groomed to be a minister just like his grandfather and father. As a minister and activist, he became the most visible spokesperson and leader in the Civil Rights Movement. In December 1955, he accepted leadership of the first African-American peaceful boycott which launched his successful career as an internationally known crusader for equal rights. Join us as we honor this significant American.

Set Sail on this “Staycation Celebration”

Friday, January 24, 12:30 p.m.

Leave the winter cold behind as you “cruise” the tropics. The Guava Jelly trio will be entertaining with the sounds of the islands with their fun, reggae-style music. They will transport you to a warm, sandy beach with their upbeat musical style. Tropical drinks and treats will help put you in a vacation mindset, as well. Wear your tropical cruising gear and bring your sunscreen. The fee is \$5 for residents and \$6 for nonresidents. In the event of inclement weather, this event will be held on Friday, January 31, at 12:30 p.m.

SAGE Continuing Education Classes

SAGE (Seasoned Adults Continuing Educationally) classes are designed to keep both mind and body active and engaged. The Center is fortunate to partner with Prince George’s Community College to offer over 70 classes each week. Learn a foreign language, play an instrument, create a work of art, or stretch your mind and your body with yoga, Tai Chi, or a meditation classes.

Registration begins on January 10 and classes will begin February 10. Complete registration information and class descriptions are available at the Center. Maryland residents who are 60 or older may register for as many nonconflicting courses as desired and pay only one \$85 registration fee per trimester.

Center will be closed Wednesday, January 1, for New Year’s Day
and Monday, January 20, for Martin Luther King Jr. Day

Nature Walk

Wednesday, January 8, 10 a.m.

Join Cecelia Reddy and other nature lovers for a walk around the Center, weather permitting. Trees resisting the affect of our cold winters are a sign of nature's resilience. The group will meet in the lobby.



Movie of the Month – Yesterday

Friday, January 17, Noon

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Tap Dance Class Short Program

Monday, January 13, 1 p.m.

Be amazed by the tap-dancing talents of the SAGE students here at the Center. They will perform a few short routines to showcase their skills for your enjoyment. Come support and be entertained by these wonderful students.

Preparing for Black History Month

Poster making – Tuesday, January 21, 12:30 p.m.

Each February, Black History month is commemorated to celebrate accomplishments that affect everyone. We are inviting you to help us prepare for this year's celebrations. The 2020 national theme is "African Americans and the Vote." Posters honoring African-American women in politics will be created using their names, photos, and brief statements about their accomplishments. Please share your suggestions about women who have impacted history by filling out the form provided at the front desk and place it in the designated box prior to January 17. Then, join us on the above date to assemble the posters.

Zumba Gold

Mondays, 2:30 p.m., or Tuesdays, 5:30 p.m.

Zumba Gold takes fitness to the next level by moving to international rhythms. You don't have to know how to dance. Just follow Crystal Sylvester, instructor, and get ready to smile and have fun. There are two classes from which to choose. Classes run for eight weeks and start on January 6. Fees for one day per week are \$38 for residents and \$43 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 Jill Snellings, certified instructor, for a 60-minute cardio class designed specifically for seniors. Classes will start January 7 and run for seven weeks. Fees for one day per week are \$22 for residents and \$27 for nonresidents. Fees for two days per week are \$40 for residents and \$47 for nonresidents.

Artists of the Month – Printmaking Class

An exhibit of artwork created and produced by the students of Dave Brosch can be viewed through January. Many of the students have taken the class several times and become quite proficient in creating beautiful art.

Winter Preparedness Tips

Thursday, January 16, 12:30 p.m.

Let's be prepared for anything this winter season might bring our way. Bowie's Emergency Management Specialist Stephanie Robinson will lead a presentation about winter preparedness, building a kit, communication plans, and more. Bring friends and neighbors so we can share helpful information in the community.

NARFE Fair

Saturday, January 18, 9 – 11 a.m.

The National Active and Retired Federal Employees Association (NARFE) will be recruiting new members and providing information about the association and the benefits they offer. Please join them for coffee, donuts, and great information.

AARP Smart Driver Course

Wednesday, January 29, or Tuesday, February 4, 10 a.m. – 3 p.m.

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

Coffee with the Advisory Board

Tuesday, January 7, 11 a.m.

Members of the Advisory 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.



Did you Lose Something?

We find personal items that have been left behind almost every day—scarves, hats, umbrellas, gloves, etc. 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.

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, lunch, and transportation services. However, the facility may be open for unscheduled activities. Please call to confirm.



When schools open two hours late, lunch and transportation services 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 classes, lunch, transportation services, or scheduled 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.

Computer Education Program

There are no classes scheduled for January and February. However, a series of seminars is being offered as described below. Please note the alternative dates if classes are postponed due to weather. The seminars on February 4, 13, and 18 will include Word – Beyond the Basics, Surfing the Internet, and Excel Exploration. More on these will be in the February newsletter.



Registration is not required, but seating at one of the twelve computer workstations will be available on a first-come basis only.

Windows 10 – Features and Tips

Tuesday, January 7, 10 a.m. (Alternative date: January 14)

This seminar will include discussions of the many features of Windows 10 and tips on how to take advantage of them. Subjects will include start menu, shortcut icons, taskbar, Cortana search engine, notification area, personalized desktop screen, and settings.

Windows 10 – Managing Files and Folders

Thursday, January 16, 10 a.m. (Alternative date: January 23)

This seminar will emphasize the importance of managing files and folders in the Windows 10 File Explorer application. Subjects will include managing views, creating folders, saving and moving files, and renaming files and folders.

PowerPoint – An Introduction

Tuesday, January 21, 10 a.m. (Alternative date: January 28)

This seminar will cover the basics of creating a presentation. Subjects will include things to do with PowerPoint; starting a new presentation; using templates; adding and moving slides; selecting slide styles; adding transitions, motion, and sound; creating and managing drawings and objects; and showing a presentation.

Free Computer Lab

Wednesdays, 1 – 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 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. The next meeting will be January 16. 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 in their area of interest.

Special Groups

The Center invites you to join a group or club of 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 | Will resume in March | |
| 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 Intro 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) | 9:30 Knitting & Crocheting, Int./Adv. (S) | 10:00 Watercolor, Part 1 (S) | |
| 10:00 Jewelry Making, Beg. (S) | 9:30 Writers Group | 10:00 History (S) | |
| 10:00 Chess Club | 10:00 Current Issues (S) | 10:00 Sign Language (S) | |
| Noon Table Tennis | 10:00 Bid Whist | 10:30 Chair Yoga (S) | |
| 12:30 Stained Glass, Int./Adv. (S) | 10:30 Pickleball (G/F) | 11:00 French, Int. (S) | |
| 12:30 Soul Collage (S) | 10:30 Walk Aerobics | 11:00 Spanish, Beg. (S) | |
| 12:30 Tap Dance (S) | 11:00 Spanish II (S) | Noon German, Beg. (S) | |
| 12:30 Pinochle | 11:00 Piano, Int. (S) | 12:30 Watercolor, Part II (S) | |
| 1:30 Living Green Made Easy (S) | 11:30 Writing, Int./Adv. (S) | 1:00 Chair Fitness | |
| 2:00 Drawing II, Int./Adv. (S) | 12:30 American History (S) | 1:00 Scrabble | |
| 2:30 Zumba Gold (F) | 12:30 Printmaking (S) | 1:00 Tai Chi (S) | |
| <hr/> | | | |
| Monday Specials | 1:00 Line Dancing (S) | 1:30 Spanish, Basics (S) | |
| Tap Dance Class Program January 13, 1 p.m. | 1:00 Piano, Adv. (S) | 1:30 French, Adv. (S) | |
| Snack Bingo January 27, 12:30 p.m. | 1:00 Bridge Club | 2:00 German, Int. (S) | |
| <hr/> | | | |
| Tuesday Specials | 1:00 Knitting, Beg. (S) | 2:00 Estate Planning (S) | |
| “Noon” Year’s Party (F) December 31, 12:30 p.m. | 1:30 Spanish III (S) | 3:00 Table Tennis | |
| Advisory Board Meeting January 7, 10 a.m. | 2:30 Sewing, Beg. (S) | <hr/> | |
| Coffee with Advisory Board January 7, 11 a.m. | 3:15 Table Tennis | Wednesday Specials | |
| Windows 10 January 7, 10 a.m. | 3:30 Painting, Beg. (S) | Nature Walk January 8, 10 a.m. | |
| Fireside Chat January 14, 10:30 a.m. | 5:30 Zumba Gold (F) | Computer Help January 8, 15, 22, and 29; 1 p.m. | |
| PowerPoint January 21, 10 a.m. | | Magic Club January 15, 10 a.m. | |
| Black History Month Prep January 21, 12:30 p.m. | | Honor Martin Luther King Jr. January 15, 12:30 p.m. | |
| | | Memory Café January 15, 2 p.m. | |
| | | AARP Driver Education (F) January 29, 10 a.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

- Notary Service
January 9 and 23, 10 a.m.
- Windows 10 – Managing Files
January 16, 10 a.m.
- Book Club
January 16, 10 a.m.
- Bowie Seniors Computer Club Meeting
January 16, 12:30 a.m.
- Winter Preparedness Tips
January 16, 12:30 p.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

- Birthday Celebration
January 10, 12:15 p.m.
- Apple Computer Club
January 10 and 24, 10 a.m.
- Movie of the Month
January 17, Noon
- Piano Lounge
January 3 and 31, 12:30 p.m.
- Staycation Celebration (F)
January 24, 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

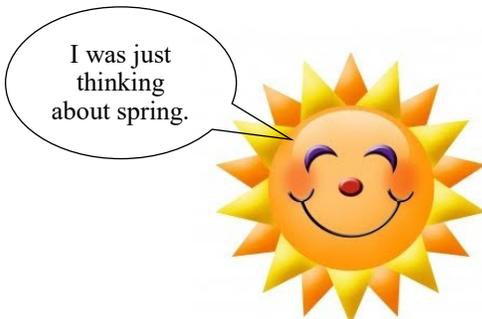
Legend:

- G – City of Bowie Gym
- 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 2020 spring trimester begins the week of February 10. 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.

Note: The trimester break will be January 27 through February 8.



January

| 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 Programs

The Center offers a variety of day trips, both educational and entertaining. Some trips are local while others may be out of town. For 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, or you may visit www.cityofbowie.org/seniorcenter. Click on **Trips** and click on **Upcoming Senior Trips**.

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

JANUARY PROGRAMS

| | | | |
|--------|--|---------------|-------------------------------|
| 10 (F) | Movie – <i>Yesterday</i> | At the Center | Noon |
| 13 (M) | Tap Dance Class Short Program | At the Center | 1 p.m. |
| 15 (W) | Honoring Martin Luther King Jr. | At the Center | 12:30 p.m. |
| 24 (F) | Staycation! Cruise the Tropics with the Guava Jelly Trio | At the Center | 12:30 p.m. Res. \$5/NR \$6 |

FEBRUARY PROGRAMS

| | | | |
|--------|--|---------------|------------|
| 4 (T) | Violin Performance – Alex Strachan | At the Center | 12:30 p.m. |
| 12 (W) | Ebony Images in Film Trivia | At the Center | 12:30 p.m. |
| 14 (F) | Friendship Day with Entertainer Charles Sullivan | At the Center | 12:30 p.m. |
| 18 (T) | Movie – <i>Coming to America</i> | At the Center | Noon |
| 28 (F) | Black History Bingo | At the Center | 12:30 p.m. |

MARCH TRIPS

| | | | |
|----------|--|---------------------------|--|
| 3 (T) | Philadelphia Flower Show (open) | Meet at Kenhill Center | 9:30 a.m. – 7 p.m. Res. \$67/NR \$70 |
| 11 (W) | <i>Kinky Boots</i> at Toby’s (open) | Meet at the Center | 9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69 |
| 19 (Th.) | Harrington Slots (open) | Meet at Kenhill Center | 8:15 a.m. – 3:45 p.m. Res. \$22/NR \$25 |
| 27 (F) | Fine dining at Cooper’s Hawk (opens in February) | Meet at the Center (Menu) | 11:30 a.m. – 2 p.m. Res. \$42/NR \$44 |

Also open:

Shen Yun at the Kennedy Center, Wednesday, April 8 – Res. \$130/NR \$135



Wellness

Ten Things I Wish Everyone Knew About Exercise

Mark Shields, Wellness Coordinator

1. Strength training increases bone strength.
2. Strength training increases muscular strength which makes daily activities easier. Through the aging process, we lose muscle and strength training helps slow or reverse that process.
3. If we simply walked more, the health of our nation would improve greatly.
4. Exercise is among the best medicines.
5. You don't need a formal exercise program to lose weight or get healthier. Find an activity that requires movement and do that.
6. Exercise may be just as good as medication for mild to moderate depression, though medication is likely to help more quickly (<https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression>).
7. Exercise without dietary changes rarely leads to weight loss (<http://www.precisionnutrition.com/exercise-still-doesnt-work>).
8. You can't do an exercise, such as a crunch or sit-up, and lose fat from that area and shrink it.
9. Exercise increases blood flow to the brain and increases a chemical, BDNF, which acts like fertilizer for proper brain function. If you want to help stave off cognitive decline, be sure to remain physically active on a regular basis.
10. Because it's one I deal with all the time, it will make this list twice. If you're not losing the weight you want, it's not an exercise issue but a diet-related issue.

Healthy Eating in 2020

Thursday, January 23, 10:30 – 11:30 a.m.

Join Wellness Coordinator Mark Shields as he lays out some of the often overlooked basics of good nutrition. Discover some of the myths that still persist and how they may be sabotaging your goals.

This will be a short talk to lay the groundwork to open up a discussion for tackling your struggles. Bring your questions and be ready to think of some new ones.

If the program is canceled due to inclement weather, it will be on Thursday, January 30.

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 of Bowie Municipal Gym, located next to the Center, offers additional exercise activities for seniors. These include indoor walking and pickleball.

Indoor walking is available Monday through Friday, 8:30 a.m. – 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 gym for more details.

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 needed to live the life they choose. A different informative presentation is usually given each month through the Fireside Chat. These programs are open to the public.

Fireside Chat – Enjoy Casinos? Set a Limit and Stay Within It

Tuesday, January 14, 10:30 a.m.

Join us for a chat with the Maryland Center of Excellence on problem gambling. For most, gambling is a fun activity which can provide excitement in a social atmosphere. For some, however, gambling can get out of control and result in family/relationship conflicts, financial problems, and even legal issues. Problem gambling and gambling addiction is not just an individual problem. It can disrupt entire families.

The peer recovery support specialist will share his experience with gambling and recovery, tips on how to keep gambling safe, and minimize the risks. Learn about resources including no-cost treatment for you and/or someone you know whose gambling may be a problem.

Start the new year by being informed.

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, January 14 | 10 – 11 a.m. |
| Deaf Support | Thursday, January 2 | 10 a.m. – 4 p.m. |
| Diabetic Support | Monday, January 6 | 10:30 – 11:45 a.m. |
| Fireside Chat | Tuesday, January 14 | 10:30 a.m. |
| Memory Café | Wednesday, January 15 | 2 – 4 p.m. |
| National Alliance on Mental Illness (NAMI) | Saturday, January 18 | 9:30 – 11 a.m. |
| Parkinson’s Exercise | Saturdays | 10:30 – 11:30 a.m. |
| Parkinson’s Support | Monday, January 27 | 9:30 a.m. – noon |

Blood Pressure Checks

Thursday, January 16, 11 a.m. – noon, and Monday, January 27, 10 – 11:30 a.m.



A volunteer nurse will be available for blood pressure checks.

Hearing Screening

Tuesday, January 14, and Wednesday, January 15, 10 – 11 a.m.

A hearing specialist will be available twice a month for screenings. Please schedule an appointment at the front desk or call 301-809-2300.

Pain and Movement Screening

Thursday, January 16, 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.

Free Notary Service

Thursday, January 9 and 23, 10 a.m. – noon

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

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.

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|---|--|
|  | <p>Red Cross Community Blood Drive</p> <p>Saturday, January 11 and February 8, 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 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