

November 2020



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Drive-Up Flu Shot Clinics

Saturday, November 7, and Friday, November 13, 10 a.m. – 2 p.m.

There will be two no-cost, drive-up flu shot clinics at the Bowie Senior Center. The clinic on November 7 will be in partnership with the Bowie Health Center (University of Maryland Capital Region Health). The vaccine for the November 13 clinic will be provided by the Prince George's County Health Department.

Currently, the only option available is for the regular dose which is typically recommended for those under 65 years old. However, there is a possibility that a high dose may become available. Check with your doctor to determine if a high dose is recommended and where it is available if it is not available at the clinic. If a high dose is recommended, please contact the Center at 301-809-2300 for an update before going to the clinic.

Honoring Veterans

November 11 is Veterans Day, a day for Americans to honor and thank all military personnel, particularly living veterans, who served the U.S. in all wars. We are grateful for the service and sacrifice veterans have given for our country. On this special day, we have an opportunity to show appreciation for veterans who have put all of our needs before theirs so that we can live another day in freedom. One way of doing that is to display a flag outside your home.



Thanksgiving

Traditional Thanksgiving celebrations may be different this year, but the spirit of the holiday is the same. It is a time to recognize, appreciate, and be grateful for the good things in our lives – family, friends, relationships, love, life, nature, music, health, fabulous food, and much more. This holiday is a favorite for many because it provides an opportunity to focus on all the things for which we are truly thankful.

Drive-Up November Activity Packets



Celebrate what you are thankful for this holiday season with an activity packet from the Center. Keep your brain engaged and your spirit joyful with puzzles, activities, recipes, and more. Call the Center at 301-809-2300 if you would like to pick up a packet on November 9 or 10 from 10 to 11 a.m. This is a monthly drive-up event and staff will be outside to share a friendly wave. Let's stay connected.

The Bowie Senior Center facility is currently closed.
The staff are answering phone calls Monday through Friday, 8:30 a.m. – 4:30 p.m.
For assistance and referrals, please call 301-809-2300.

Pain and Movement Screening Returns Virtually

Tuesday, November 17, 10 a.m. – noon

CAM Physical Therapy and Wellness Services is offering Center members virtual injury screenings. Members will have the opportunity to meet with Dr. Martinez for a free 15-minute telehealth screening. During the screening, he will be available to discuss any issues regarding balance, pain, or discomfort you may be experiencing. CAM Physical Therapy will point out individual issues and discuss available treatment options.

Time slots are available in 20-minute increments. To sign up, email the Center’s wellness coordinator, Mark Shields, at mshields@cityofbowie.org.

Computer Club Meetings and Help

Until further notice, the Bowie Seniors Computer Club is meeting via Zoom. The club meets at 12:30 p.m. on the first and third Thursdays of each month. There will not be a meeting on December 17. Many subjects of general interest are discussed and, occasionally, a special presenter is scheduled. If you wish to be added to the invite list, contact Dave Hackenberg at dahackenberg@verizon.net. Instructions for logging into the meetings will be included in the meeting announcements.

Since the temporary closure of the Center facility, there have been no Wednesday computer-help lab sessions. This popular service offered by members of the computer club helped many seniors solve computer issues at no cost. Even though this face-to-face help is temporarily unavailable, club members can still offer some level of help through “attendance” at the club Zoom meetings. If you need help, prepare as best as possible by being able to describe the PC, the operating system, and details about the problem.



Book Club

For now, monthly book club meetings will be held via conference call on the third Thursday of each month at 2 p.m. Upcoming meetings are:

November 19 – *The Impeachment of Abraham Lincoln* by Stephen L. Carter

December 17 – *Curtain* by Agatha Christie

To join the meeting, call 720-740-9808 (code 5735944#). Please try to call about 15 minutes before start time. If you have any difficulties connecting, feel free to email pjonnie@aol.com.

Indoor Walking

Walking in the City of Bowie Gymnasium is an opportunity to exercise in a safe and climate-controlled environment. If keeping track of distance walked, eleven times around the gym perimeter equals one mile.

The gym is open Monday through Friday from noon to 7:30 p.m. Members are encouraged to call ahead at 301-809-2388 to reserve a time slot although it is not required. Sessions are currently available at the following times:

Noon to 1:30 p.m.	4 to 5:30 p.m.
2 to 3:30 p.m.	6 to 7:30 p.m.

Please note that the gym may be in use for other activities during walking sessions. Be advised that the gym follows CDC guidelines for COVID. Masks are required at all times as well as social distancing of at least six feet. Updated CDC information states that COVID is likely airborne and transmission beyond six feet is possible.



Transportation Options

There are numerous transportation options for seniors: Metro Access, Uber, Lyft, and Prince George's County Call-A-Bus. For more information about these services refer to the October newsletter or call the Center at 301-809-2300.

Support Groups

Parkinson's Virtual Support Group via Zoom – Monday, November 23, 10 – 11:30 a.m.

To join the Parkinson's support group virtual meeting, please contact Art James at artjames@msn.com and request to be added to the Zoom meeting.

Alzheimer's Foundation of America (AFA)

AFA launched two new telephone-based support groups in May to help Alzheimer's caregivers cope with the challenges caused by the coronavirus pandemic:

Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19 – Wednesdays, 3:30 – 4:30 p.m.

Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors – Fridays, 3:30 – 4:30 p.m.

Please register by calling the AFA helpline at 866-232-8484 to speak with a social worker.

Caregivers Support Group Virtual Meeting

To join the Caregivers Support Group virtual meeting, please contact Ann Craynon at ann@acElderCareSolutions.com and request to be added to the Zoom meeting.

Free Virtual Class Offerings

Enjoy these free fitness offerings from the Howard County Office on Aging and Independence. The password to join the meetings is Howard50+.

Strength Training – Mondays, 10 – 10:30 a.m.

Join WebEx meeting by clicking [here](#). Meeting access code: 172 588 6674. This is a workout that uses body weight and light hand weights in low-impact movements to strengthen the major muscles in the body. This class is taught by Leah Daniels.

Beginner Soul Line Dance – Mondays, 3 p.m.

Join WebEx meeting by clicking [here](#). Meeting access code: 172 880 7387. This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed during the hour. This class is taught by Karen Stewart.

Sittercise Plus – Wednesdays, 1 p.m.

Join WebEx meeting by clicking [here](#). Meeting access code: 172 585 5027. This is a 30-minute class for those who prefer a seated workout as well as for those who want some moderate standing exercise. Easy-to-follow moves will help maintain and improve strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans, or water bottles are optional. This class is taught by Marianne Larkin.



Red Cross Community Blood Drive

Saturday, November 14 and December 12, 8:30 a.m. – 12:30 p.m.
Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.
(Location: Bowie Senior Center. Center open for blood drive only.)



Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter
Mailing address:
15901 Excalibur Road, Bowie, MD 20716

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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.

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	
Wellness Coordinator Mark Shields		Transportation Sue O'Toole	
Information & Referral Specialist Gloria Gaddy		Bus Drivers Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Hank Lloyd, Carlton Oden, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
Program Assistants Michaeline Gandolph Trish McCants Sharon Wanzer			

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.

Information for Bowie Seniors

Senior Nutrition Program – You may be eligible to receive seven frozen meal packs delivered weekly to your home. Please call the Prince George’s County Department of Aging at 301-265-8475.

Bowie Food Pantry – The pantry provides food to needy residents of Bowie. Eligible new clients must show identification with proof of a current Prince George’s County address. Please call 301-262-6765 or check the website at www.bowiefoodpantry.org for more information.

Masks for Bowie Seniors – If you are a senior and city resident and have not been able to secure a mask, please contact the Center at 301-809-2300 and arrange to have a free mask delivered to you.

Neighbors Helping Neighbors – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries and prescription pickups. For information, please visit the city’s website at www.cityofbowie/nhn or call Lori Cunningham at 240-544-5601.

Prince George’s County Aging and Disabilities Services

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