

February 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Black History Month

Black History Month is a time to honor prominent African Americans of the past as well as present-day leaders and others who have made significant contributions to the nation and the world. The theme for 2021, “The Black Family: Representation, Identity, and Diversity,” was chosen by the Association for the Study of African American Life and History. Dr. Carter G. Woodson, the famed African American historian known as the Father of Black History, founded the association in 1915.

Did you know that the Prince George’s County Memorial Library System - Oxon Hill Branch has a dedicated room for African American history named the Sojourner Truth Room? It is named for the hero of antislavery and women’s rights, Sojourner Truth. The library branch stands on the site of the Sojourner Truth Elementary School for African Americans. The room offers resources on the African American incorporated towns in Prince George’s County and a fine research collection on African American history. This comprehensive collection of reference materials includes over 18,000 cataloged items (many are rare or out of print) such as periodicals, sheet music by African American composers, photographs, and posters. For more information, check out this link at www.pgcmlls.info/532. If you have a library card number, you can access several informative online resources to learn more about African American history.

Celebrating Love and Friendship

In past years, the Center has held a special event on or near Valentine’s Day where we have gathered to celebrate the many friendships that have formed through participation in classes, programs, events, clubs, trips, and other activities. This year will be a little different but no less important. In fact, friendships have been a lifeline for many of us. We have had to be more creative at times to stay connected. So, whether you reach out to your friends through a phone call, a text message, social media, a written letter or note, or other options...keep doing it. Let those you care about know how much they mean to you.



Spring 2021 SAGE Classes

Register now via Owl Link – Online classes begin the week of February 8

The Center is fortunate to partner with the Prince George’s Community College SAGE (Seasoned Adults Growing Educationally) program in offering over 100 SAGE online classes each week. Spring classes run February 8 through May 28. Since there are no in-person classes, enjoy learning from the comfort of home via Zoom.

Information and class descriptions are available at <https://www.pgcc.edu/ce/>. Scroll down to see the SAGE schedule. Registration must be completed online via the Owl Link. Maryland residents 60 or older may register for as many nonconflicting courses as desired and pay one \$85 registration fee per semester plus any additional class supplies.

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., except on holidays.
For assistance and referrals, please call 301-809-2300.

February Activity Packets Drive-Thru

A new activity packet with puzzles, activities, crafts, and more is available each month to keep your brain engaged and your spirit joyful. Please call the Center at 301-809-2300 if you would like to pick up a packet on Tuesday, February 9, 10 a.m. – noon. This popular monthly outdoor drive-thru event also provides an opportunity to share a friendly wave with the staff. Let's stay connected.

Bowie Senior Chorale Spring Cabaret

The Bowie Senior Chorale is seeking entertainers to participate in its springtime cabaret. If you are currently taking a music or magic class, developed a stand-up comic routine, learned to juggle, or have another talent, this is a chance to perform for a friendly audience. Members of the Center are invited to perform. For more information, please contact the Center at 301-809-2300.

Via Zoom, the cabaret will present an exciting array of entertainers including singers, musicians, dramatists, and others. Almost 300 viewed the holiday cabaret and shared that it was a fun, entertaining evening. Information on the performance date and registration will be provided in the Center's March newsletter at www.cityofbowie.org.

Indoor Walking

Walking in the City of Bowie Gymnasium is an opportunity to exercise in a safe and climate-controlled environment. The gym is open Monday through Friday, noon – 7:30 p.m. Please note that the gym may be in use for other activities during walking sessions. Masks and social distancing rules apply.



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. The next meetings will be on February 4 and 18. Many subjects of general interest are discussed and, occasionally, a special presenter is scheduled. Attendees may also raise issues regarding individual computer problems. If you wish to be added to the invitation list, please contact Dave Hackenberg at dahackenberg@verizon.net. Instructions for logging in to the meetings will be included in the meeting announcements.

Cybersecurity Video

Dennis Evans, a member of the Bowie Seniors Computer Club, has posted a narrated PowerPoint video on YouTube regarding internet security. It includes many helpful hints on how to spot and avoid scams and dangerous links. Please log on to <https://youtu.be/uVMZbN1pGqQ> to view the video.



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. The city provides a daily COVID-19 update including county, and state vaccination information. To read about the system and sign up, visit www.cityofbowie.org/988/Alert-Bowie---20.



Support Groups

Parkinson's Support Group Virtual Meeting

Monday, February 15, 10 – 11:30 a.m.

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

Caregiver Support Group Virtual Meeting

Every fourth Thursday, 6 p.m.

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

Grief Support Group Virtual Workshop

Thursdays, February 18 – March 25, 2 p.m.

This six-week workshop offers emotional support and practical advice for widowed persons as well as those who have lost a family member or friend. For more information and to register for the Zoom sessions, please contact Heike Nyland at heikenylan@msn.com or call the Center at 301-809-2300. Sessions are sponsored by the Patuxent Widowed Persons Service.

Make a Super Smoothie

Here is a recipe for what could be called a super smoothie. A super smoothie is one that is packed with nutrients to nourish your body such as protein, healthy fats, fiber, carbs, vitamins, and minerals. They are also easy to make and tasty.

In a blender, add the following:

1 cup water, almond milk, or cow's milk

1 scoop whey or pea protein powder

1/4 cup frozen spinach

1 banana

1 cup mixed berries

1/4 cup nuts (walnuts, pecans, or almonds) or 1 or 2 teaspoons peanut butter



Adjust the amount of water or milk to change the thickness of the shake. Depending on the quality of your blender, you may want to add a few ingredients at a time while blending.

You will find a handy infographic with many options for building a super smoothie at www.precisionnutrition.com/wp-content/uploads/2018/08/super-shake-infographic-printer.pdf.

If you have any questions about super smoothies, send Mark Shields, wellness coordinator, an email at mshields@cityofbowie.org.

Love Your Heart

February is Love Your Heart Month. Here are some simple tips to keep your heart healthy. Heart health starts with oral health, so be sure to floss daily and visit your dentist regularly. Other things include knowing blood pressure and blood sugar (A1C) numbers; decreasing trans fats; managing stress via meditation, coloring, and relaxing Epsom salt baths; and exercising with yoga and tai chi.



	<p align="center">Red Cross Community Blood Drive Saturdays, February 6 and March 13, 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.)</p>
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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

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.

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 Andre Walton	
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.org/nhn or call Lori Cunningham at 240-544-5601.

Transportation Options – There are numerous transportation options for seniors. They are Metro Access, Uber, Lyft, and Prince George’s County Call-A-Bus. Please refer to the October 2020 newsletter or call the Center at 301-809-2300 for more information about these services.

Prince George’s County Aging and Disabilities Services

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