

April 2021



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## ***Bowie Senior Chorale Spring Cabaret***

*Friday, April 23, 7 p.m.*

The Bowie Senior Chorale Spring Cabaret will entertain and delight the audience with musical performances, both singing and instrumental; dramatic and humorous readings; and acts of magic to fool the hand and eye. Like the Christmas cabaret, this springtime offering will present a dazzling array of entertainers including senior chorale members as well as members of the Senior Center. Expect to see your most talented neighbors take the Zoom stage. Feel free to share this invitation with family and friends.



Again, as in previous cabarets, senior chorale members will perform in the close and intricate harmony of a virtual choir by performing “A Change is Gonna’ Come,” a moving Sam Cooke classic. Chorale Director Craig Sparks will be the master of ceremonies and will direct and accompany the virtual choir. For the many who have attended the Bowie Senior Chorale concerts, the cabarets have become very popular and well attended. They offer the audience a chance to experience a fabulous show in the comfort of home.

Mark your calendars and register now at <https://bowie.fyi/srcabaret>. The Zoom link and information for dial in will be provided by email. Don’t miss this performance.

## ***Herb Gardening***

Spring is here and it’s time to get your fingers dirty. Have you ever wanted an herb garden? Members of the City of Bowie Green Team Resources Committee have prepared three videos that will walk you through the steps to create a tasty garden. Topics include how to plant, propagate, prune, and harvest. Also included is an in-depth look at watering, feeding, and growing locations. Happy gardening!



View the videos at <https://1drv.ms/u/s!AnSY6DSVARhjnQtO5NxDHauTtEiv?e=I3JwHU>

## ***April Activity Packets Drive-Thru***

A new activity packet with puzzles, exercises, creative projects, and more is available each month to keep your brain engaged and your spirit uplifted. Please call the Center at 301-809-2300 if you would like to pick up a packet on Wednesday, April 7, 10 a.m. – noon. This popular outdoor drive-thru event also provides an opportunity to share a friendly wave with the staff. Let’s stay connected.

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

## **Support Groups**

### **Parkinson's Support Group Virtual Meeting**

**Monday, April 19, 10 – 11:30 a.m.**

Please contact Art James at artjames@msn.com 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.

## **Computer Club Meetings and Help**

The Bowie Seniors Computer Club meets via Zoom at 12:30 p.m. on the first and third Thursdays of each month. The next meetings will be on April 1 and 15. 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.

## **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, 9 a.m. – 7 p.m. Please note that the gym may also be in use for other activities during walking sessions. Masks and social distancing rules apply.

## **Here is What Some of Us Have Been Doing This Past Year**

- Spending more time with my spouse
- Volunteering for the Bowie Food Pantry and Meals on Wheels
- Doing crossword puzzles every day
- Visiting grandson via Facebook Portal
- Attending computer club Zoom meetings
- Walking every day the weather is nice
- Talking to my children who live out of state on the phone more than ever before
- Cleaning out my closet/garage/house that I have been putting off
- Taking a ride in the car for no reason at all
- Learning to buy things online – miss shopping in stores
- Cooking different recipes that I would not normally try
- Working on things around the house that that I had been putting off doing
- Meeting with a friend for lunch...socially distanced
- Taking SAGE classes online
- Enjoying outdoor dining when the weather is nice
- Planting flowers in my gardens
- Sprucing up the woods behind my house
- Reading a book to my grandchildren in the evening on Facebook
- Enjoying the Bowie Senior Chorale Cabaret events on Zoom
- Reading a lot of books
- Doing jigsaw puzzles
- Crocheting gifts for family and friends
- Doing exercises with YouTube
- Gaining weight...losing weight
- Staying safe
- Celebrating each new day
- Learning to play pickleball at the city gym
- Walking indoors at the city gym



## **Spring into Action**

Mark Shields, Wellness Coordinator

Spring is here. The weather is nicer. You want to get outside and be more active. From walking, gardening, or maybe even playing pickleball, you will want to make sure to take the right steps to do them safely.

The biggest mistake people make is trying to pick up where they left off. Heck, I'm even guilty of that. This past fall, I played outdoor pickleball after not playing for a long time. I enjoyed it so much that I played four competitive games the first day and was super sore for days after. Maybe you were used to gardening for an hour. Great, but since it's been a few months, your body is no longer conditioned for that long of a session. Your legs and lower back may not feel it until the next day. Were you walking for 45 minutes outside and haven't done so in a while? Walking may not be too strenuous on your heart and lungs, but longer walks too soon may lead to sore feet and other joint aches.

Other tips include being sure you are properly hydrated and taking note of your environment. For example, if you were doing indoor walking at the city gym but now want to get outside, take note of any changes to your walking path. Maybe the sidewalks developed some new cracks or dips after the winter freezing and thawing cycles. Another thing to be mindful of is your form when doing activities, such as anything that requires bending and twisting especially when lifting is involved.

Be sure to slowly ease back into your activities. Even then, scale that back some. Don't forget to be mindful of your environment and your exercise form.

## **Brain Games**

Challenge yourself with these fun brain workouts from Prevention magazine:

### **Get the Picture:**

Look at a picture in a magazine that has lots of things in it. Then close the magazine and write down as many of the items in the photo as you can remember.

Try a second time, actively focusing on the photo for another minute. How much better did you do the second time?

### **Scrambler:**


To test your brain's flexibility, try to make as many words out of the following as you can. Can you find 20 per word?

*Perseverance – Determination – Tenacity*

### **Number Pattern:**

Look at the number pattern and figure out the next number in the sequence.

*12, 3, 24, 6, 35, 8, 49, 13, 58, 13, 62, ?*

	<p><b>Red Cross Community Blood Drive</b></p> <p>Saturdays, April 24 and May 8 , 8:30 a.m. – 12:30 p.m.</p> <p>Please call 1-800-733-2767 or visit <a href="http://redcrossblood.org">redcrossblood.org</a> to make an appointment.</p> <p>(Location: Bowie Senior Center. Center open for blood drive only.)</p>
---	---



## Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716  
301-809-2300

[www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter)

Mailing address: 15901 Excalibur Road, Bowie, MD 20716

Senior Services Manager, Laurel Raymond – 301-809-2326  
Senior Services Assistant Manager, Colleen Cofod – 301-809-2325

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.

**Advisory Board** – The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. Board members are Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

### Information for Bowie Seniors

**Alert Bowie** – This system provides accurate, up-to-the minute, informative messages and emergency notifications from the City of Bowie. Sign up at <http://www.cityofbowie.org/988/Alert-Bowie--20>.

**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](http://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** – Volunteers provide assistance by grocery shopping and prescription pickups so that seniors can remain safely at home. For information, please visit the city’s website at [www.cityofbowie.org/nhn](http://www.cityofbowie.org/nhn) or call Lori Cunningham at 240-544-5601.

### Transportation Options

**Prince George’s County Call-a-Bus** – 301-499-8603. This service provides door-to-door service. Medical appointments are given priority. Lift vans are available. No fee for seniors (age 60 and older) and/or persons with disabilities. Reservations can be made up to seven days in advance. Hours of service are 8:30 a.m. – 3:30 p.m.

**Prince George’s County Call-a-Cab** – 301-883-5656. Transportation assistance for county seniors (age 60 and older) and/or persons with disabilities. Eligible residents may purchase coupon books to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-a-Bus are not available. Up to fourteen \$20-coupon books can be purchased in a six-month period at a discount of \$10 per book.

**Metro Access** (transportation for the disabled) – 301-562-5360. There are eligibility requirements. The application process takes approximately one month. Lifts and ramps are available.

**Uber** is an on-demand transportation service. To request a ride:

1. Download the free Uber app from the App Store or Google Play and create an account.
2. Enter the destination and choose a ride option. You will see the price up front.
3. You will see the driver’s picture and vehicle details. You can also track arrival time.
4. Verify the license plate number and the name of the driver before entering the car.

**Lyft** is an on-demand transportation service. To request a ride:

1. Go to <https://lyft.com/rider>. Download the free app and create an account.
2. Get a ride estimate.
3. Request a ride.
4. Verify the license plate number and the name of the driver before entering the car.

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

Information and Assistance – 301-265-8450

Home-Delivered Meals – 301-265-8475

Alternative versions of this newsletter are available upon request.