

May 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Bowie Senior Center Vaccine Clinic

The City of Bowie and Safeway have teamed up to provide vaccinations through a clinic at the Center on Sundays, Mondays, and Wednesdays. Preregistration is now open to any county resident 16 and older, but seniors will continue to receive priority in appointment scheduling. Details and the preregistration link can be found at www.cityofbowie.org/vax.

After preregistering, you should expect a scheduling call within a few days. The calls may come from an unrecognized number. So, please be sure to take the call or check voicemail so you do not miss your scheduling opportunity. Those needing help with preregistration may call 301-262-6200.

Register for Summer SAGE Classes



Are you looking for empowering ways to increase your knowledge, keep physically active, and engage socially? Then, this outstanding variety of classes is for you. 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. Classes range from language to history, writing to literature, music to art, exercise to dance, and much more. Registration for summer SAGE classes will open on Friday, May 14. Classes will be held from June 14 through September 18.

All classes will be offered online through Zoom with the exception of the computer classes (using Blackboard) and several health and fitness classes which may be offered in person at the Largo campus. Beginning May 10, students may request a copy of the summer schedule by email at SAGE@pgcc.edu. It will also be available online at <https://www.pgcc.edu/ce/>.

May Activity Packet Drive-Thru

“Tea Time is Me Time!” Celebrate Mother’s Day by spending a little time with Mother Nature. Relax outdoors with a cup of tea and try your hand at some puzzles, exercises, creative projects, and more. We will be giving away a new activity packet (along with a small treat) 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 Tuesday, May 4, 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.

Retro Ice Cream Drive-Thru

Thursday, May 13, 1 – 2 p.m.

Step back in time to the 50s. The Center team will be decked out in “soda-jerk” attire to serve a tasty ice cream treat to keep you cool, daddy-o! Stay in your car and keep your mask on. Sign up for this “blast-from-the-past” event by May 11 at 301-809-2300. Anyone for a “glob”?



The Bowie Senior Center facility is currently closed except for vaccinations.
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.

The Merry Month of May

In addition to warmer weather and blooming flowers, the month of May offers many occasions to honor and celebrate. Some of the better-known days are:

May Day, May 1 – a public holiday celebrated by many different cultures around the world. It is a day of unity, togetherness, and rebirth; a day for everyone to come together and celebrate life.



Cinco de Mayo, May 5 – the day that the Mexican army defeated the French to win freedom from a European colonial power. It has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture.

Mother's Day, May 9 – a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

Armed Forces Day, May 15 – a day to honor the men and women who currently serve in the U.S. military.

Memorial Day, May 31 – a day to honor service men and women who gave their lives for freedom and country.

Computer Club Meetings and Help

The Bowie Seniors Computer Club meets using Zoom at 12:30 p.m. on the first and third Thursdays of each month. On May 6, Senior Program Director Kathy Grise of IEEE Future Directions will discuss the organization's support for new technology initiatives. The Institute of Electrical and Electronic Engineers is the world's largest technical professional organization dedicated to advancing technology for the benefit of humanity.

Time permitting, attendees may also raise issues regarding individual computer problems. To be added to the invitation list, please email dahackenberg@verizon.net. Instructions for logging in to the meetings will be included in the meeting announcements.

Take a Hike

Walking outdoors in nice weather is good for your physical health as well as your mental well-being. In the Bowie area, there are many paths and trails that afford the opportunity to enjoy a leisurely walk (<https://www.cityofbowie.org/455/Park-Maps>).

If you are an adventurer and would like to visit one of the lesser-known and unmapped trails, try the newly restored David Kerr Nature Trail. This trail was developed in 2013 by Gregory Brow as an Eagle Scout project with Troop 403. Starting at the trailhead across from the intersection of Kinderbrook and Keswick Lanes, the unpaved trail makes a loop less than a mile long through an old-growth forest. There is one steep part, but it can be bypassed by taking a smaller trail prior to the hill. Otherwise, it's an easy walk. There are two other trails that branch off from the loop that account for an additional two miles.

NARFE Virtual Fair Announcement

Saturday, June 5, 10 a.m. – noon

The Greater Bowie-Crofton Area Chapter 1747 of the National Active and Retired Federal Employees Association (NARFE) will hold a virtual fair to recruit active federal employees and retirees. The speaker will be Congressman Anthony Brown. Please join in to learn more. Register by email to fllee0716@verizon.net with your name and phone number or call 410-672-5065.

Brain Games

The answer to the April number pattern puzzle (12, 3, 24, 6, 35, 8, 49, 13, 58, 13, 62, ?) is 8. If you add the two digits of each larger number, the following number is its sum (1 + 2 = 3, 2 + 4 = 6...6 + 2 = 8).

The Sunshine Vitamin

Mark Shields, Wellness Coordinator

Nearly half of Americans have a deficiency in fat-soluble Vitamin D. Better known as the “sunshine vitamin,” it can be produced from sun exposure. It serves several important, vital functions for senior health, such as improving bone health and supporting immune systems.

There are a few reasons for this deficiency which include lack of exposing enough skin to the sun, where we live geographically, obesity, and skin pigmentation. With nicer weather and being outdoors more, now can be a perfect time to get your vitamin D from the sun. There are several factors that determine how much and how long skin should be exposed in order not to cause harm. Due to length limitations of this article, this is best discussed with a doctor.

Blood tests for vitamin D levels should be a part of routine annual bloodwork. Beyond safe amounts of sun exposure and supplementation, getting enough through diet alone can be hard. Good sources include one tablespoon of cod liver oil (provides 220% of daily need) and three ounces of salmon (75%) and tuna (26%). Fortified cereals and dairy products can also help.

Now’s the time of year to be outside enjoying the fresh air and optimizing your vitamin D production in safe amounts to boost your health.

Field of Honor

Our flag, the Stars and Stripes, reminds us of who we are as a people and that freedom is not free. Life is precious and can be taken from us at any time for many reasons. America's strength comes from its unity as symbolized by the stars and stripes on the flag.



The City of Bowie is hosting an inspiring display of U.S. flags which will fly in a solemn formation at Sussex Lane Park (across from Bowie High School) beginning Friday, May 28 (Memorial Day weekend), through Sunday, June 6. This stirring display of approximately 150 flags will bring the community together in a patriotic tribute to honor fellow Americans who have lost their lives in service to our country and from terrorist attacks and the pandemic. The display will also honor active duty and retired military who have served our country and first responders who have risked their lives to save others.

Flags can be sponsored, with or without a dedication, at www.healingfield.org/mdcityofbowie21/. Dedicated flags will have information on them as to whom the flag was dedicated. You may also become a sponsor by offering a donation. Proceeds will benefit the Bowie Interfaith Pantry and Emergency Aid Fund.

A program to launch this commemorative week will take place on Friday, May 28, 7 p.m. You are invited to walk among the field of flags during the week while practicing safe distancing and remember those who have gone before us as we honor our shared legacy of service, freedom, and equality for all Americans.

Sponsored flags can be picked up at City Hall beginning on Tuesday, June 8, 9 a.m. - 4:30 p.m.

Support Groups

Parkinson’s Support Group Virtual Meeting

Monday, May 24, 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.

Please contact Ann Craynon at ann@acElderCareSolutions.com to be added to the Zoom meeting.



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

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 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 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.