

July 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Welcome Back! We're Reopening

Beginning Thursday, July 1, Center hours will be Monday through Friday, 8:30 a.m. – 4:30 p.m.

After being closed for over a year due to the pandemic, adults 55 years and older may return to the Center. We are certainly eager to see one another and reconnect with friends. As we ease back into reopening, it is suggested that you pace yourself and be patient with others. It may take a little time to reach the same level of activity that you had before the pandemic.



Throughout the summer, a monthly activity calendar will be available. Programs, clubs, groups, presentations, and special events will be offered. The county's congregate lunch program is available by reservation. Transportation and fitness room orientation are available by appointment. Many other recreational opportunities and services are offered daily such as table tennis, bocce ball, fitness room, pool/billiards room, library, labyrinth, table shuffleboard, and helpful information resources.

Please check Alert Bowie at www.cityofbowie.org or contact the Center for the latest information and updates.

We are here to serve you. Welcome back!

Live Entertainment with Bruce Thomas

Friday, July 16, 12:30 p.m.

Since his return to the music arena in 2009, Bruce Thomas has performed nearly 2,000 shows in hundreds of venues in the mid-Atlantic region. As a baritone singer, Bruce can effortlessly move through the musical genres. Imagine a Michael Buble' or Frank Sinatra with the gymnastics and vocal agility of Al Jarreau and the soulfulness of Gregory Porter. Bruce can make it smooth and sultry or crank it up full throttle to pop, jazz, Latin, and funk.

You won't want to miss this delightful musical show.



Center closed Monday, July 5, for
Independence Day observance



Computer Club Meetings and Help

The Bowie Seniors Computer Club will resume in-person meetings at the Center beginning August 5. The club meets the first and third Thursdays of each month except in December. In addition to in-person attendance, the club is offering virtual attendance using Zoom. To be added to the meeting announcement list, please email dahackenberg@verizon.net. Instructions for logging in to the meetings will be included in the meeting announcements.

In addition to the meetings at the Center, the club will resume the in-person help lab sessions in the computer classroom on Wednesday afternoons, 12:30 – 3 p.m. Members may bring any PC device to get help from experienced PC users. This service is free as all helpers are volunteers of the Center as well as members of the computer club.

For in-person attendance at either of these activities, members must comply with the requirements for accessing the Center.



July Activity Packets

A new activity packet with puzzles, activities, crafts, and more is available each month to keep your brain engaged and your spirit joyful. Please stop by the Center to pick up your packet.

Morning Snack Bar

Snacks are available in the Center's multipurpose room Monday through Friday, 9 – 11 a.m. A variety of pastries and beverages, including hot coffee and tea, are available for purchase. Prices are listed at the bar in the kitchen area. In addition, snacks and cold beverages are available from the vending machines located in the hallway.

Check Out Our Monarch Waystation

Did you know that a certified, registered official Monarch Waystation is located in our backyard? The site provides milkweeds, nectar sources, and shelter needed to sustain monarch butterflies as they migrate through North America.

The garden was planted several years ago and is maintained by the City of Bowie Green Team Natural Resources Committee.



Fun Facts About Sunflowers

In case you haven't noticed, the Center's logo has a representation of a sunflower in its center. The sunflower has been adopted to represent the essence of the Center's culture and activities. The seedpod center represents the staff, volunteers, and facilities which make things work. The petals radiating from the center represent the multitude of programs, events, services, and activities that are offered by the Center. Working together makes the Center the success that it is and "Where the Finest People Meet."



Did you know?

- Sunflowers are a symbol of faith and loyalty, optimism and happiness, and long life and good luck. They are associated with happy and positive things and are really a cheerful flower.
- The state flower of Kansas is the sunflower which is why it is known as the Sunflower State.
- The state that grows the most sunflowers is North Dakota. Sunflower fields cover over 720 thousand acres.
- Sunflower blooms follow the sun—facing east in the morning and west in the evening.
- In addition to being a beautiful addition to a garden, they are used to make consumer products such as cooking oil, bird and cattle feed, and snacks. Some more unusual uses include paper making and soil decontamination.
- Sunflowers are among the largest annual flowers around.

For more fun facts, search the internet.

Bookworms

Wednesday, July 14, 9:30 a.m.

Share your love of reading and enjoy each other's company. Help choose a book each month and then gather together to see what everyone thinks. Laughter and fun are required.

Try Sudoku

			7	1	3	2		
		3						
	9			8			4	
							7	
8			5	2				
3	1			4		6	8	
6			2			1		3
		4		7				6
				3			9	

July Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Bid Whist 12:30 Pinochle 1:00 Mahjong	2 10:00 Table Tennis
5 Independence Day holiday Center is closed	6 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Writers Group 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge	7 9:00 Nature Walk 9:30 Life Stories 10:00 Table Tennis 12:30 Creative Coloring 1:00 Chair Fitness 1:00 Scrabble	8 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 10:00 Bid Whist 10:00 Table Tennis 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	9 9:30 Horse Racing 10:00 Table Tennis 12:30 Duplicate Bridge
12 9:30 Labyrinth Walk 10:00 Chess Club 10:00 Table Tennis 12:30 Craft Corner 12:30 Pinochle	13 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Writers Group 10:00 Bid Whist 1:00 Bridge	14 9:30 Bookworms 10:00 Magic Club 10:00 Table Tennis 12:30 Name that Tune 1:00 Chair Fitness 1:00 Scrabble	15 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Better Day Live 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	16 10:00 Table Tennis 12:30 Corn Hole 12:30 Duplicate Bridge 12:30 Entertainer Bruce Thomas
19 9:30 UNO 10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle	20 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Writers Group 10:00 Bid Whist 1:00 Brain Games 1:00 Bridge	21 9:30 Year in Review 10:00 Hearing Screening* 10:00 Table Tennis 1:00 Chair Fitness 12:30 Ice Cream Treats* 1:00 Scrabble	22 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	23 10:00 Table Tennis 12:30 Duplicate Bridge
26 9:30 Corn Hole 10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle	27 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Writers Group 10:00 Bid Whist 1:00 Bridge	28 9:30 Labyrinth Walk 10:00 Magic Club 10:00 Table Tennis 12:30 Horse Racing 1:00 Chair Fitness 1:00 Scrabble	29 8:45 Chair-obics* Held at Gym 9:30 Chair-obics* Held at Gym 9:30 Microgreens 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	30 10:00 Table Tennis 12:30 Duplicate Bridge

***Registration required.**

Programs are subject to change. Call the Center at 301-809-2300 for confirmation.

Let's Get Active Again

Join our staff for some engaging and entertaining programs this month. Here are descriptions of a few:

Chair-obics

Tuesdays and Thursdays, 9:00 – 9:30 a.m. or 9:45 – 10:15 a.m.

Join in on the fun with this new heart-pumping take on chair exercise that will take place at the City Gymnasium (next door to the Center). The Center's wellness coordinator leads this live action program that will challenge your body and mind. Call the Center at 301-809-2300 to register as space is limited.

Come Walk with Us

Nature Walk – Tuesday, July 7, 9 a.m.

Walk the Center grounds with Cecelia Reddy and enjoy the natural wonders of summer—fresh morning air, singing birds, and blooming flowers.

Life Stories

Wednesday, July 7, 9:30 a.m.

Let's look at a brighter side of the past eighteen months. We will play some games to refresh memories about a variety of things, such as seeing others wearing masks for the first time, seeing empty shelves in stores, making donations to Goodwill, and other shared adventures.

Horse Racing

Friday, July 9, 9:30 a.m., and Wednesday, July 28, 12:30 p.m.

Cheer on your favorite "horse" as they compete to win the race. Luck of the dice will determine the winners. See if you can win, place, or show.

Walking the Labyrinth

Monday, July 12, and Wednesday, July 28, 9:30 a.m. (Weather permitting)

Walking the labyrinth offers an opportunity for meditation. It is a source of solace and can quiet a distracted or overactive mind. In today's hectic and stressful world, the outdoor labyrinth experience is a perfect way to disconnect from all the noise and hustle of everyday life. You are invited to walk the labyrinth at any time or join others on the scheduled days.

Craft Corner

Monday, July 12, 12:30 p.m.

Make your home sparkle by creating a suncatcher out of recycled materials. No experience is needed.

Let's Play UNO

Monday, July 19, 9:30 a.m.

Card games can improve memory. Stimulating the brain via numbers, letters, colors, etc. enhances brain function. Join us in a few rounds of UNO—a fun and easy game to play. No experience is needed.



2020 – A Year in Review

Wednesday, July 21, 9:30 a.m.

We will play a game of Jeopardy to highlight some memorable events of 2020. Put on your thinking caps and be prepared to look back at sporting events, movies, television shows, Netflix, and people in the news. Some may be familiar; we will learn about some others together.

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. This program is open to the public.

Better Day “Live” Chat – Engaging after the Pandemic

Thursday, July 15, 9:30 a.m.

Join Gloria Gaddy, Information and Referral Specialist, for a one-hour, in-person chat and discuss current and past issues. It will be great to meet with everyone again and hear some of your experiences during the pandemic. There will be lots to share and solutions will be offered to help cope with in-person gatherings. There will be gifts for all and ways to look forward to better days will be discussed.

Transportation Services

The City of Bowie offers curb-to-curb transportation Monday through Friday for Bowie seniors. Transportation for medical appointments, shopping, Center activities, or other trips are available on a priority basis for seniors and adults with disabilities. These services are available only within city limits. The fare is \$1 each way. All riders must be vaccinated for COVID-19.

Appointments are required for all transportation. When making an appointment, please let the staff know if a lift-equipped bus is needed. Please call 301-809-2324 to set up an appointment at least 24 hours in advance.

Transportation to and from the Center is available Monday through Friday, 8:30 a.m. – 2:00 p.m. for members wishing to participate in activities.

Shuttle transportation will be available for grocery shopping on Mondays for residents of Pin Oak Village. Riders must sign the list in the lobby of Pin Oak Village before riding the shuttle. Riders will be picked up and returned to their homes after shopping.

The Center will also offer shopping shuttle transportation on Tuesdays. The shuttle will depart the Center and include stops at Target, Kohl’s, Walmart, and the Dollar Store. The shuttle will return riders to the Center.

The grocery shopping shuttle for all other areas of Bowie will be on Wednesdays. Members wishing to be transported to and from the grocery store must call the transportation office at 301-809-2324 for an appointment at least 24 hours in advance.



Popeye Smoothie

Beat the heat and hydrate with a super smoothie that packs a nutritional punch. You can make it in your blender and adjust the amounts to your likes and needs.

1 cup water
1/2 cup plain yogurt, low-fat or full-fat (I personally use full-fat and the nutritional information below reflects that)
1 scoop vanilla protein powder
1 cup blueberries
1 cup strawberries
1 medium banana
1/4 cup frozen spinach
Add additional water to desired thickness.

Nutritional information: 400 calories, 30 grams protein, 6 grams fat, and 60 grams carbs.



Hearing Screening

Wednesday, July 21, 10 – 11 a.m.

For a screening by a hearing specialist, please schedule an appointment at the front desk or call 301-809-2300.

Microgreens

Thursday, July 29, 9:30 a.m.

Microgreens were first introduced in restaurants in California in the 1980s and have steadily gained popularity. The aromatic greens, also known as micro herbs or vegetable confetti, are rich in flavor and add a welcome splash of color to a variety of dishes. Despite their small size, they pack a nutritional punch, often containing higher nutrient levels than more mature vegetable greens. This makes them a good addition to any diet. Gloria Gaddy will display some microgreens as well as provide valuable information.

She will explain what they are, the different types, nutrition value, health benefits, how to eat them, how to grow them, and have fun doing it.

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>).

Support Group Meetings

Deaf Support

Thursday, July 8, 10 a.m. – 4 p.m.

Caregiver Support

Tuesday, July 13, 10 – 11 a.m.

Parkinson's Support (Virtual)

Monday, July 26, 10 – 11 a.m.

Caregiver Support (Virtual)

Every fourth Thursday, 6 p.m.

To join this virtual meeting, 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

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 – Friday. 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 Andre Walton	
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, Irving Harris, Hank Lloyd, Darryl Stafford, and John Watkins	
Program Assistants Michaeline Gandolph 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.

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 \$6.10 per meal. Diners are asked to donate as much as they are able. Reservations are required 48 hours in advance by calling 301-809-2300. Cancellations should be made as soon as possible.

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.