

August 2021



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## ***Bowie Senior Chorale is Back***

For those who have missed singing in the Bowie Senior Chorale and for the many who have missed hearing their wonderful concerts, there's good news. The chorale welcomes back all current members and invites new members to join. You don't have to read music or have performed in a choir before but simply enjoy singing. This is a wonderful opportunity to learn more about music and make new friends. Please register at the front desk through August 2. The registration fee is \$30 for residents and \$35 for nonresidents to cover music, supplies, and other costs.



The chorale will begin weekly rehearsals on Thursday, August 12, 2:30 – 4:30 p.m. The holiday concert will be a virtual rather than in-person performance. For more information or to register, please contact [BowieSeniorChorale@aol.com](mailto:BowieSeniorChorale@aol.com). or the Center.

Center access requirements include having a membership card, wearing a mask, and providing proof of full vaccination.

## ***In-Person Fall SAGE Classes Return***

Throughout this past year, our partnership with the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) program has remained strong by offering 100 remote classes. With necessary precautions to keep students, instructors, and staff healthy and safe, the return of in-person classes is planned for this October. A selection of remote classes will also be available. The class schedules are no longer printed and mailed to students per a decision made by college leaders. The fall schedule will be available online at <https://www.pgcc.edu/ce/> by August 30, with registration opening on September 3.



Many of your favorite instructors will be returning this fall. A vast selection of classes will include art, history, dance, music, language, literature, self-awareness, writing, finance, exercise, stained glass, jewelry making, and more. Watch for the class schedule that will be available by the end of the month. You are encouraged to register online, as it is the most efficient and effective way to access desired classes and pay the registration fee.

## ***Magic, Magic, and More Magic!***

***Friday, August 27, 12:30 p.m.***

Be entertained, amazed, and awed as the Bowie Seniors Magic Club performs in person and on stage for the fun and enjoyment of all. Club members have performed many shows in the past and have demonstrated amazing skills of legerdemain, illusion, prestidigitation, deception, sleight of hand, and trickery. Some acts will include audience participation.



## 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](mailto: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, in-person help lab sessions will resume in the computer classroom every Wednesday, 12:30 – 3 p.m., beginning August 5. 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.

## Senior Tech Tips - Computer Security Software

There is no question regarding the extremely important need for good security software on your computer, whether it be a PC, tablet, or smartphone. A question that often comes up in the Center’s computer classroom and in the Bowie Seniors Computer Club meetings is “What security software is best for my PC”? Another question is “Do I have to pay for it”? The answer to the second question is “no.” If you have a Windows operating system, Microsoft provides a free security package called Defender. With Windows Defender activated on your PC, you will have virus protection and removal, malware protection and removal, spyware detection and removal, boot-time protection, real-time protection, cloud-based protection, network inspection, and **FREE** automatic updates.

The answer to the first question is a little more complicated as there are many free and for-a-fee security applications. For most at-home PC users however, Windows Defender is entirely adequate.

### Try Sudoku

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

## **Lunch Program**

Why not try this convenient alternative to cooking? Enjoy a hot, nutritious lunch along with good company in a welcoming atmosphere. Reservations are required 48 hours in advance by calling 301-809-2300. A donation is requested. For a monthly menu and more details about the program, please stop by the front desk. Come and join us Tuesdays and Thursdays at 11:30 a.m. This lunch program is provided to county residents 60 and over by the Prince George's County Department of Family Services.

## **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.

## **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. To read about the system and sign up, visit [www.cityofbowie.org](http://www.cityofbowie.org).



## **Have You Noticed?**

There is a new electronic signboard in the lobby which will show the day's events and locations. This replaces the previous signboard that was located on the left column in the lobby.

## **Check Out Our Library**

Adventure awaits as you explore the many book options available in our library. The Center's robust collection of literary materials is easily accessible for use. We invite you to peruse the volumes of fiction and non-fiction options. Enjoy the journey!

## **Butterflies Are Here**

Did you know that there is a certified, registered official monarch waystation behind the Center? 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.



## August Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle 1:00 Machiavelli	9:30 Writers Group 10:00 Advisory Board 10:00 Bid Whist 11:00 Jim at the Piano 1:00 Bridge	9:00 Nature Walk 10:00 Reminiscence 10:00 Magic Club 10:00 Table Tennis 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	10:00 Bid Whist 10:00 Table Tennis 11:00 Jim at the Piano 12:30 Bingo 12:30 Computer Club 12:30 Pinochle 1:00 Mahjong	10:00 Labyrinth Walk 10:00 Table Tennis 12:30 Duplicate Bridge
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10:00 Blood Pressure Screening 10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle 12:30 Craft Corner 1:00 Machiavelli	9:00 Chair-obics* 9:45 Chair-obics* 9:30 Writers Group 10:00 Hearing Screening 10:00 Bid Whist 11:00 Jim at the Piano 12:30 Brain Games 1:00 Bridge	10:00 Table Tennis 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:00 Chair-obics* 9:30 Better Day Live 9:45 Chair-obics* 10:00 Bid Whist 11:00 Jim at the Piano 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	10:00 Table Tennis 10:00 Corn Hole 12:30 Duplicate Bridge
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle 1:00 Machiavelli	9:00 Chair-obics* 9:45 Chair-obics* 9:30 Writers Group 10:00 Bid Whist 12:30 Corn Hole 1:00 Bridge	10:00 Magic Club 10:00 Table Tennis 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:00 Chair-obics* 9:45 Chair-obics* 10:00 Bid Whist 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	10:00 Labyrinth Walk 10:00 Table Tennis 12:30 Duplicate Bridge 12:30 Horse Racing
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Chess Club 10:00 Table Tennis 10:00 Sleep talk 12:30 Pinochle 12:30 Creative Coloring 1:00 Machiavelli	9:00 Chair-obics* 9:45 Chair-obics* 9:30 Writers Group 10:00 UNO 10:00 Bid Whist 1:00 Bridge	10:00 Table Tennis 10:00 Brain Games 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:00 Chair-obics* 9:30 Better Day Live 9:45 Chair-obics* 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	10:00 Table Tennis 12:30 Duplicate Bridge <b>12:30 Magic, Magic, and More Magic</b>
<b>30</b>	<b>31</b>			
10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle 1:00 Machiavelli	9:00 Chair-obics* 9:45 Chair-obics* 9:30 Writers Group 10:00 Bid Whist 1:00 Bridge			

### Schedule Notes:

- An asterisk (\*) after the title indicates that a reservation is required.
- All Chair-obics classes are held at the gymnasium.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.

## **Let's Stay Active**

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. **Note:** Class begins the second week in August.

### **Come Walk with Us**

***Nature Walk – Wednesday, August 4, 9 a.m.***

Join Cecelia Reddy and other nature lovers for a walk around the Center—weather permitting. Let's enjoy the gifts of summer—fresh morning air, birds, beautiful trees, and being together. Check out the pollinator garden and look for butterflies. The group will meet in the lobby.



### **Walking the Labyrinth**

***Fridays, August 6 and 20, 10 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, August 9, 12:30 p.m.***

Join us as we craft a small, tube-shaped, peanut butter bird feeder to hang in the window or yard. Peanut butter is a good, high-protein food for birds. Take it home and enjoy bird watching. Sign up at the front desk. Space is limited.

### **Brain Games**

***Tuesday, August 10, 12:30 p.m., and Wednesday, August 25, 10 a.m.***

Each session will be comprised of games designed to have fun as well as stimulate short- and long-term memory. Games will mimic some favorite television game shows while others may resemble exercises found in game and puzzle books. Subjects will range from current events, local interest, sports, famous personalities, and other familiar topics.

### **Let's Play UNO**

***Tuesday, August 24, 10 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.



### **Table Tennis**

Remember playing ping pong in a friend's rec room as a kid? Relive those memories while getting some exercise. Tables are all set up and equipment is ready to go. All for free.

### **August 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.

# 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 given each month through the Better Day Live Chat.

## **Better Day Live Chat**

*Vacation Tips – Should I Go or Should I Stay?*

*Thursday, August 12, 9:30 a.m.*

This chat will provide tips for vacations near or far. After the pandemic, many feel like a vacation is a must. However, summer car rides, air travel, train, and bus rides may be difficult. Let's review what it was like and what it is today. We must make wise decisions and, above all, be safe. Join the conversation and bring your ideas and experiences. "Buckle up" for a great summer.

## **Better Day Live Chat**

*Conversations of Hope*

*Thursday, August 26, 9:30 a.m.*

Hope is often challenged from grief and loss. Join Chaplain Stewart Hill for a one-hour in-person conversation about grief and loss and how hope can play a big part in those challenges. Over the past year and a half as we have dealt with the pandemic, loss has been a big part of almost everyone's world. Come join the conversation to learn how to deal with grief and loss. Look for better ways to have a better day. Gloria Gaddy, Information & Referral Specialist, will lead the conversation.

## **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 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.

**Skin Cancer Awareness and Prevention** Mark Shields, Wellness Coordinator  
With better weather comes more time outdoors. While some sun exposure can be quite healthy, one still needs to be mindful at keeping the risk of skin cancer low.

To learn more about skin cancer and prevention, be sure to check out [www.SkinCancer.org](http://www.SkinCancer.org).

Suggestions to help lower the risk of skin cancer are:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Don't get sunburned.
- Avoid tanning and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen every day with an SPF of 15 or higher. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply one ounce (two tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

## ***Eight Ways to Improve Your Quality of Sleep***

***Monday, August 23, 10 a.m.***

Quality sleep is important. Join the Center's wellness coordinator for tips and tricks to get a more restful night's sleep and discover which supplements can help as well as what new sleep devices or products are available.

## ***Hearing Screening***

***Wednesday, August 11, 10 – 11 a.m.***

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

## ***Blood Pressure Screening***

***Monday, August 9, 10:00 a.m.***

A volunteer nurse will be on hand to check your blood pressure. Please schedule an appointment at the front desk or call 301-809-2300.



## ***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, August 5, 10 a.m. – 4 p.m.***

### ***Caregiver Support***

***Monday, August 23, 10 – 11 a.m.***

### ***Parkinson's Support (Virtual)***

***Monday, August 23, 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](mailto: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](http://www.cityofbowie.org/seniorcenter)

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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.

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**

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionist</b> Monica Leonard	301-809-2300
<b>Assistant Manager</b> Colleen Cofod	301-809-2325	<b>Maintenance</b> Ray Esguerra Andre Walton	
<b>Wellness Coordinator</b> Mark Shields	301-809-2376	<b>Transportation</b> Sue O'Toole	301-809-2324
<b>Information &amp; Referral Specialist</b> Gloria Gaddy	301-809-2377	<b>Bus Drivers</b> Robert Caldwell, Irving Harris, Hank Lloyd, Darryl Stafford, and John Watkins	
<b>Program Assistants</b> 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 Tuesdays and Thursdays 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.