

September 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

National Senior Center Month

The National Council on Aging (NCOA) and the National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September. The Bowie Senior Center earned national accreditation in 2009 from these organizations and has maintained that outstanding honor and achievement. This past year became our most challenging as the pandemic led to the closure of our facility. Senior centers nationwide had to become virtual classrooms overnight and, in so doing, provide continued means of social engagement and activity during bleak times. We provided countless hours of support and encouragement through phone calls and emails, delivered numerous meals, and stayed connected with monthly activity packets and other creative drive-thru events. Guidance, education, and vaccinations were offered to members and the community. The monthly newsletter was published and delivered to seniors by our staff. Over one hundred virtual classes, presentations, support groups, clubs, and more were extended to keep seniors engaged and decrease social isolation.

The Bowie Senior Center has reopened. Things will be a little different as we go forward. Through newly gained perspectives and insights, we are mindful of the present and look to each new day with hopeful possibilities. We invite you to celebrate with us.

Wear Your Summer Colors

September 13 - 17

It seems like yesterday we were celebrating the summer solstice and saying hello to this delightful season. How does summer go so quickly?

Before we bid farewell to sunglasses, flip-flops, shorts, and trips to the beach, let's enjoy the colors of summer. Join us by wearing one of these colors each day:

Monday: Wear yellow with its bold, sunshine glory.

Tuesday: Wear orange to show energy, enthusiasm, and warmth.

Wednesday: Wear blue which is the color of the summer sky. It represents patience, understanding, and possibility.

Thursday: Wear pink as a symbol of compassion and love.

Friday: Wear white to our farewell-to-summer celebration to show brightness, freshness, simplicity, inspiration, and refreshment.



Farewell-to-Summer Celebration

Live Entertainment with Bruce Thomas

Friday, September 17, 12:30 p.m.

Back by popular demand, baritone singer Bruce Thomas will move us effortlessly through the musical genres. Imagine a Michael Bublé 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. Dress in your bright and refreshing "white" attire as we celebrate the end of summer and look forward to the possibilities ahead.

Center closed Monday, September 6, for Labor Day

In-Person Fall SAGE Classes Return

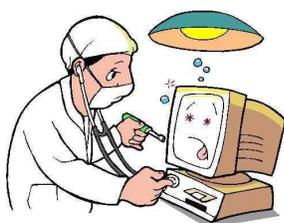
Throughout this past year, our partnership with the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) Program has remained strong by offering 100 remote classes. With necessary precautions to keep students, instructors, and staff healthy and safe, the return of in-person classes is planned for 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. Registration opens 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. You are encouraged to register online as it is the most efficient and effective way to access desired classes and pay the registration fee.

Computer Club Meetings and Help

The Bowie Seniors Computer Club meets the first and third Thursdays of each month except December. For further information and to be added to the meeting announcement list, please email dahackenberg@verizon.net. Instructions for logging in to virtual meetings will be included in the meeting announcements.



In-person help lab sessions are held in the computer classroom every Wednesday, 12:30 – 3 p.m. Members may bring any PC device or just ask questions of experienced PC users. This service is free as all helpers are Center volunteers as well as members of the computer club.

For in-person attendance, participants must comply with the requirements for accessing the Center.

Computer Education

When the Center closed last year due to the pandemic, all computer classes were suspended. Now that the Center has reopened with some restrictions, computer education programs are being offered on a limited basis. A complete schedule of classes is not likely to be offered until 2022. In the meantime, lectures are being offered on specific computer usage subjects such as searching the web, managing files and folders, managing Windows 10 and introductions to Word, Excel, and PowerPoint. There will be some hands-on use of the classroom computers during these lectures. As there are a limited number of computers, seating at a workstation will be on a first-come basis. Contact the Senior Center to register.

Surfing the Web

Thursday, September 9, 10 – 11:30 a.m.

Instructor Dave Hackenberg will provide an overview of browsers, search engines, and other related information, including security and information resources.

Managing Files and Folders

Wednesday, September 22, 10 – 11:30 a.m.

Instructor Dave Hackenberg will try to take the mystery out of Windows File Explorer. Proper management of files and folders can save a lot of time and ease the frustration of trying to locate saved documents and pictures.

Free Drive-Thru Flu Vaccine Clinic at the Center

Saturday, September 25, 9 a.m. – 3 p.m.

An annual seasonal flu vaccine is the best way to help protect against the flu. This year the city is partnering with University of Maryland Capital Region Health to make getting a flu shot even easier. Only the regular dose flu vaccine will be available. For adults 65 and older, check with your doctor to determine if the high-dose flu vaccine is a better choice for you. The high-dose vaccine will also be available at the Center during the walk-in clinic on October 11.

How the drive-thru clinic works:

- Flu shots are available for adults and children age three and older.
- Vaccines are provided on a first-come, first-served basis.
- Wear clothing that allows easy access to your upper arm.
- Everyone three years and older must wear a face mask.
- Minors (under 18) require a parent/guardian signature of consent.
- **This is a drive-thru event ONLY – no walk-ups.**

Free Walk-In High-Dose Flu Vaccine Clinic at the Center for Ages 65+

Monday, October 11, 9 a.m. – noon

The Center is partnering with Safeway to provide the high-dose flu vaccine often recommended by physicians for adults 65 and older. Check with your doctor to determine which flu vaccine is best for you. **Call the Center at 301-809-2300 to preregister** so that the appropriate amount of vaccines and staff will be available. **Bring your red, white, and blue Medicare part B card and any other medical or pharmacy insurance cards.** Upon arrival, please follow the flu vaccine signs.

Note: All persons entering the Center for this clinic must show proof of COVID-19 vaccination and wear a face mask.

Bowie Senior Bonsai Club

Thursday, September 9, 9:30 a.m.

The Bowie Senior Bonsai Club returns to the Center in September with Bonsai Master Jim Sullivan as advisor. Jim has been a bonsai enthusiast for over 35 years and has more than 200 trees in his collection. He has made several presentations to the club in the past and is the past president.

The club is open to any Center member. No experience is necessary as Jim plans to spend part of each meeting teaching the various aspects of bonsai. Whether you have any bonsai trees or just want to come and learn, you are welcome to attend. It will be a great way to learn from a master. There is no charge to be a member. Meetings will continue on the second Thursday of each month.

Estate Planning 101

Monday, September 13, 10 – 11a.m.

Please join Maria Worthington McKenna, attorney at Council, Baradel, Kosmerl & Nolan, for an Estate Planning 101 presentation. Proper estate planning is important for everyone. This presentation will address the basics to be considered when planning an estate. The discussion will include details related to wills vs. trusts, financial powers of attorney, health-care directives, and tax considerations. The presentation promises to provide understandable details which will help you to properly plan your estate.

September Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Nature Walk 10:00 Reminisce 10:00 Magic Club 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	2 10:00 Bid Whist 10:00 Table Tennis 12:30 Bingo 12:30 Computer Club 12:30 Pinochle 1:00 Mahjong	3 10:00 Labyrinth Walk 10:00 Table Tennis 12:30 Duplicate Bridge
6 Closed for Labor Day	7 9:00 Chair-obics* 9:45 Chair-obics* 9:30 Writers Group 10:00 Bid Whist 10:00 Advisory Board 10:45 Coffee with the Advisory Board 12:30 Brain Games 1:00 Bridge	8 10:00 Bookworms 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	9 9:30 Better Day Live 9:30 Bonsai Club 9:45 Chair Fitness 10:00 Surfing the Web 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	10 10:00 Table Tennis 10:00 Remember 9/11 10:30 Community Service Craft 12:30 Duplicate Bridge 12:30 Corn Hole
13 10:00 Table Tennis 10:00 Estate Planning 10:00 Blood Pressure 10:00 Yahtzee 12:30 Pinochle 1:00 Machiavelli WEAR YELLOW	14 9:30 Writers Group 9:45 Chair Fitness 10:00 Bid Whist 12:30 Corn Hole 1:00 Bridge WEAR ORANGE	15 10:00 Magic Club 10:00 Hearing Screen* 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble WEAR BLUE	16 9:45 Chair Fitness 10:00 NARFE (In person) 10:00 Bid Whist 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong WEAR PINK	17 10:00 Labyrinth Walk 10:00 Table Tennis 12:30 Duplicate Bridge 12:30 Farewell to Summer Celebration w/ Bruce Thomas WEAR WHITE
20 10:00 Chess Club 10:00 Table Tennis 12:30 Pinochle 12:30 Craft Corner* 1:00 Machiavelli	21 9:30 Writers Group 9:45 Chair-obics* 10:00 UNO 10:00 Bid Whist 1:00 Bridge	22 10:00 Managing Files and Folders 10:00 Brain Games 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	23 9:30 Better Day Live 9:45 Chair-obics* 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	24 10:00 Table Tennis 10:00 Horse Racing 12:30 Duplicate Bridge 12:30 Ice-Cream Treat
27 10:00 Phase 10 Game 10:00 Table Tennis 12:30 Pinochle 12:30 Creative Coloring 1:00 Machiavelli	28 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 1:00 Bridge	29 10:00 Brain Games 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	30 9:45 Chair-obics* 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong	

Schedule Notes:

- An asterisk (*) after the title indicates that a reservation is required.
- Chair-obics classes on September 7 are held at the city gymnasium. On all other days in September, they will be held at the Center.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.
- There is no fee or tuition unless noted in the event description.

Come Walk with Us

Nature Walk – Wednesday, September 1, 9 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Let's enjoy the gifts of nature—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.



Reminisce: A Day at the Park

Wednesday, September 1, 10 a.m.

There may be no activity for seniors that is more meaningful than capturing their own unique life story and memories of times that brought joy such as a day at the park.

Walking the Labyrinth

Fridays, September 3 and 17, 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.

Brain Games

Tuesday, September 7, 12:30 p.m., and Wednesday, September 22, 10 a.m.

Each session will be comprised of games designed for 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.

9/11 Remembrance and Community-Service Project

Friday, September 10, 10 a.m.

This year marks 20 years since 9/11. Gather at the Center's outdoor labyrinth for a time of reflection and unity. The city is encouraging residents to remember the day by providing a service to others. After the labyrinth walk, join us to make a cheerful craft that will be delivered to our neighbors at Larkin Chase to let them know we are thinking of them.

Craft Corner - Make your own Bookmark

Monday, September 20, 12:30 p.m.

Make your own bookmark out of mini rulers and flowers. These bookmarks are unique because they make it easy to turn to your page. Space is limited so please sign up at the front desk.

Let's Play UNO

Tuesday, September 21, 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.



Phase 10 Card Game

Monday, September 27, 10 a.m.

Phase 10 is the rummy-type card game with a twist. Be the first player to complete 10 varied phases with two sets of three, one run of seven, or seven cards with the same color. Each phase is specific for each hand, meaning each player must complete one phase before advancing to the next round. "Wild" and "Skip" cards add excitement.



September 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 a 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

Safely Staying in your Home

Thursday, September 9, 9:30 a.m.

It is time to make an in-home assessment that will help you live a full, enriching life—safely and successfully. Join Gloria Gaddy and Jim Miller to discuss how you can develop a plan that will provide a blueprint for staying in your own home. This plan can work if you live far from family and they are assured you are safe. Plan now.

Better-Day-Live Chat

Do What You Love

Thursday, September 23, 9:30 a.m.

Come find out how to reboot your well-being after a health setback. Most of us have dreams that we have had to put on hold due to a health setback. This chat will put you back on track and thriving toward what you love. Better days are ahead even with life changes and challenges. You can do it. Let us share how to overcome and the steps to take toward making it happen despite circumstances.

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 services. 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. – 4:00 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. Check with the Center for other shopping shuttle locations and schedules. Members wishing to be transported to and from the grocery store must call the transportation office at least 24 hours in advance at 301-809-2324 for an appointment.

Open Swim at Bowie State University

Mondays and Wednesdays, 8 – 11 a.m.

Bowie State University has a completely remodeled aquatics center and seniors may use the pool during open swim times. Each visit is \$4 and is only payable online via BSU. To get registration details, please call 301-809-2376 or email the Center's wellness coordinator at mshields@cityofbowie.org. Only Mondays and Wednesdays are available at this time. There is a potential for more days of the week depending upon demand.



Coffee with the Advisory Board

Tuesday, September 7, 10:45 a.m.

Have some coffee, meet members of the Center's advisory board, and share your thoughts and ideas. The board advises and assists management in promoting the Center and its services to seniors.



Bookworms

Wednesday, September 8, 10 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.

Blood Pressure Screening

Monday, September 13, 10:00 a.m.

A volunteer nurse will be on hand to check your blood pressure.



Hearing Screening

Wednesday September 15, 10 – 11:30 a.m.

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

Lunch Program

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

Ceramics Workshop – Plan Ahead

Tuesdays; October 5, 12, 19, and 26, 9 a.m. – noon

This is a unique workshop opportunity for new and returning ceramics enthusiasts. Participants will choose from a selection of greenware or bisque to create pieces to take home and enjoy. Learn a new technique or refresh old skills. Instructor Cami Cockrell will guide you through the process of making some one-of-a-kind ceramic items. Please register by September 17. Ceramics and paints will be included for all four sessions. The fee is \$40.

Support Group Meetings

Deaf Support – Thursday, September 2, 10 a.m. – 4 p.m.

Caregiver Support – Monday, September 27, 10 – 11 a.m.

Parkinson's Support (Virtual) – Monday, September 27, 10 – 11 a.m.

Caregiver Support (Virtual) – Every fourth Thursday, 6 p.m.

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

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716

301-809-2300

www.cityofbowie.org/seniorcenter

Accredited by



NationalInstituteOf
SeniorCenters

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 Monday through Friday, 8:30 a.m. – 4:30 p.m. For more information about current programs, stop by or contact the Center.

Staff

Senior Services Manager Laurel Raymond	301-809-2326	Receptionist Monica Leonard	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, Keith Oden, 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.

Information for Bowie Seniors

Homebound Senior Nutrition Program – You may be eligible to receive seven frozen meal packs delivered to your home weekly. Call Prince George's County Department of Aging at 301-265-8475.

Hot Lunch Program – Enjoy a hot, nutritious lunch at the Center along with good company in a welcoming atmosphere. Lunch is served beginning at 11:30 a.m. For a monthly menu and more details about the program, please stop by the front desk. This lunch program is provided to county residents 60 and over by the Prince George's County Department of Family Services. A donation is requested. Reservations are required one week in advance by calling 301-809-2300.

Bowie Food Pantry – The pantry provides food to needy residents of Bowie. Eligible new clients must show ID 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.

Neighbors Helping Neighbors – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries, doing yard work, and picking up prescriptions. For information, visit the City of Bowie website at www.cityofbowie/nhn or call Lori Cunningham at 240-544-5601.

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.