

October 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Violin Performance

Friday, October 8, 12:30 p.m.

Prince George's County Police Department presents Officer Alexander Strachan in a live violin performance. Officer Strachan recently graduated from the police academy and strives to continue healing people of all walks of life through his violin playing. He is a long-time Bowie resident and performer in nursing homes. Officer Strachan currently patrols in District V in Clinton, Maryland. He still takes violin lessons from Holly Hamilton of the National Symphony Orchestra. Join us for this outstanding musical program.

Fall Harvest Celebration

Friday, October 29, 12:30 p.m.

The fall season is upon us once again, bringing adventure and excitement all its own. The season offers an opportunity to refresh perspectives and refocus intentions. What better way to celebrate the change in seasons than to join us for a fall harvest event. There will be upbeat music, engaging activities, take-home treats, and a festive environment all around. Please register at the front desk. There is a \$2 fee.



Artist of the Month – David Brosch

October and November

In the last few years, David has focused most of his artistic efforts on producing monochromatic and full-color etchings and linocuts using fairly traditional techniques. This show includes hand-pulled prints and some of the plates and blocks from which the plates were pulled. You will see how full-color prints are the result of multiple press runs and the intermediate stages of each artwork. The show features a preponderance of landscapes and other subject matter that has inspired David. He also teaches printmaking at the Center.

Free High-Dose Flu Vaccine Walk-In 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 **must show proof of COVID-19 vaccination** and wear a face mask.

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 will resume this month. A selection of remote classes will also be available. The fall schedule is available online at <https://www.pgcc.edu/ce/>. Registration opened 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 this is the most efficient and effective way to access desired classes and pay the \$85 registration fee.

<i>In-Person Fall SAGE Class Schedule</i>					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Beg. Piano 9:00 Art Comp. & Design 10:00 Int. Sign Language 10:30 Tai Chi 11:00 Int. Piano 12:30 Stained Glass 1:00 Amer. Hist. 1:00 Tap Dance	9:00 Studio Art 10:00 Current Issues 12:00 Beg. German 12:30 Amer. Hist. 12:30 Printmaking 1:00 Line Dancing 2:30 Int. German	9:00 Painting 9:00 Stained Glass 9:30 Int. Guitar 10:00 Beg. Sign Language 10:00 Viking Hist. 11:00 Spanish I 1:00 Earth Resources 1:30 Tai Chi 2:00 Spanish 2:00 Estate Planning	9:30 Beg. Guitar 10:00 Color Theory 10:00 Beg. Sign Language 12:00 Pilates 2:00 Music Appreciation	9:30 Drawing 9:30 Intro. Improv 10:00 Beg. Jewelry 10:00 Italian 10:30 Int. Tai Chi 12:30 Modern Painting 1:30 Chinese Exercise	8:20 Adv. Yoga 10:20 Beg. Yoga

Managing Windows 10

Thursday, October 7, 10 – 11:30 a.m.

Instructor Dave Hackenberg will provide an overview of the Windows 10 operating system, how to manage it, and how to access its many features, including some of the less obvious ones.

Introduction to Word

Thursday, October 21, 10 – 11:30 a.m.

Word is the most popular word processing program in the world. It is the standard application for most businesses and governments. Instructor Dave Hackenberg will explore its many features and offer some hands-on exercises.

Ceramics Workshop

Tuesdays; November 2, 9, 16, and 30; 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 October 18. Ceramics and paints will be included for all four sessions. The fee is \$40.

Special Groups

The Center invites you to join a group or club with people who share your interests. This is a great way to meet new friends. Just drop by.

Groups and Club Meetings		
Advisory Board	First Tuesday	10 a.m.
Bonsai Club	Second Thursday	9:30 a.m.
Bookworms	First Wednesday	10 – 11 a.m.
Computer Help Lab	Wednesdays	12:30 – 3 p.m.
Magic Club	First and third Wednesday	10 a.m.
Seniors Computer Club	First and third Thursday (Via Zoom)	12:30 – 2:15 p.m.
Writers Group	Tuesdays	9:30 a.m.



Weekly Games		
Bid Whist	Tuesday Thursday	10 a.m. – 2 p.m. 10 a.m. – 12:30 p.m.
Bridge (sign up)	Tuesday Wednesday	1 – 4 p.m. 12:30 – 3:30 p.m.
Billiards	Daily	Center hours
Bingo	Thursday	12:30 p.m.
Duplicate Bridge (sign up)	Friday	12:30 – 4 p.m.
Machiavelli	Monday	1 p.m.
Mahjong	Thursday	1 p.m.
Pinochle	Monday and Thursday	12:30 p.m.
Scrabble	Wednesday	1 – 4 p.m.
Table Shuffleboard	Daily	Center hours
Table Tennis	Monday Tuesday Thursday Friday	1 – 4:30 p.m. 3:30 – 4:30 p.m. 3 – 4:30 p.m. 3:30 – 4:30 p.m.

Center Library

The Center has an outstanding library of donated books and magazines. The quiet and pleasant atmosphere invites readers to peruse a large array of materials. Members are welcome to check out a book or two or sit and read. There is even a large-print section.

For newcomers, the library and reading room is located at the end of the hallway to the left of the front desk.

October Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
				1 10:00 Labyrinth Walk 12:30 Duplicate Bridge
4 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	5 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 10:00 Advisory Board 10:00 Blood Pressure 12:30 Basic Sewing 1:00 Bridge 3:30 Table Tennis	6 10:00 Bookworms 10:00 Nature Walk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	7 9:45 Chair-obics* 10:00 Windows 10 10:00 Bid Whist 12:30 Bingo 12:30 Computer Club 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	8 12:30 Violin Performance 12:30 Duplicate Bridge 3:30 Table Tennis
11 9:00 Flu Shot Clinic* 10:00 Blood Pressure 12:30 Yahtzee 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	12 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 12:30 Corn Hole 1:00 Bridge 3:30 Table Tennis	13 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	14 9:30 Better-Day-Live 9:45 Chair-obics* 9:30 Bonsai Club 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	15 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
18 12:30 Craft Corner* 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	19 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 UNO 10:00 Bid Whist 12:30 Basic Sewing 1:00 Bridge 3:30 Table Tennis	20 10:00 Hearing Screening* 10:00 Brain Games 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	21 9:45 Chair-obics* 10:00 Blood Pressure 10:00 Bid Whist 10:00 Intro. to Word 12:30 Bingo 12:30 Pinochle 12:30 Computer Club 1:00 Mahjong 3:00 Table Tennis	22 10:00 Horse Racing 12:30 Duplicate Bridge 3:30 Table Tennis
25 10:00 Phase 10 Game 12:30 Pinochle 12:30 Creative Coloring 1:00 Machiavelli 1:00 Table Tennis	26 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	27 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	28 9:30 Better-Day-Live 9:45 Chair-obics* 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	29 12:30 Fall Harvest Celebration*\$ 12:30 Duplicate Bridge 3:30 Table Tennis

Schedule Notes:

- An asterisk (*) after the title indicates that a reservation is required.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.
- There is no fee or tuition unless noted by "\$" above and in the event description.

Let's Stay Active

Join our staff for some engaging programs. Here are descriptions of a few of them.

Walking the Labyrinth

Fridays, October 1 and 15, 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.

Basic Sewing

Tuesday, October 5 and 19, 12:30 – 2:30 p.m.

Anyone interested in learning to sew, increasing sewing skills, or improving knowledge of the tools of the trade is encouraged to join. Sessions will cover appropriate tool usage for the project, fabric selection/utilization, and pattern selection. Participants will be encouraged to complete an in-class project. Space is limited, so please sign up at the front desk soon.

Come Walk with Us

Wednesday, October 6, 10 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Enjoy the gifts of nature as fall begins its colorful display. The group will meet in the lobby.



Craft Corner – Fall Centerpiece Placemat

Monday, October 18, 12:30 p.m.

Make a fabric fall-themed centerpiece placemat. Put it under a vase or pumpkin to add a little holiday décor. Please sign up at the front desk.

Let's Play UNO

Tuesday, October 19, 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.



Brain Games

Wednesday, October 20, 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.

Phase 10 Card Game

Monday, October 25, 10 a.m.

Phase 10 is a 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.



October 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 Chats

The Importance of Your Immune System

Thursday, October 14, 9:30 a.m.

Now more than ever, immunity has become a super-hot topic and for good reason. What are the most important factors when it comes to supporting a healthy immune response? Mark your calendar and bring a guest to hear Sonia Adams, certified health coach, explain her approach to immunity and why we should pay attention to our immune system and its boiling points.

Don't Fall for Falls

Thursday, October 28, 9:30 a.m.

This time of year we celebrate the fall season. Some call it autumn. It is a beautiful time of year as the leaves change to an incredible display of vibrant colors. To enjoy this time of the year, it is important to stay well and avoid falls.

Every day seniors fall. Falls are the leading cause of injury and death due to injury in this age group. One out of four older adults fall each year making this a public health concern. This chat will provide tips on how to minimize fall risks. It will also provide information on training caregivers and family members about how to prevent falls. Brochures and other information will be provided that will help keep you standing and enjoying life in your senior years. Don't miss this powerful chat. If you have any questions, please contact Gloria Gaddy.

Transportation Services

The city offers curb-to-curb transportation for Bowie seniors Monday through Friday. Transportation for medical appointments, shopping, Center activities, and other trips is 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. – 3 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 or 301-809-3201 for an appointment.

Find City Hall on “Fred Robinson Way”

A portion of Excalibur Road between Evergreen Parkway and Mitchellville Road where Bowie City Hall is located is being renamed “Fred Robinson Way” in honor of retired Mayor G. Frederick Robinson and his longstanding dedication to Bowie. He was elected mayor of Bowie in April 1998 and remained in office until his retirement in November 2019. He also served as a Bowie City Councilmember from 1986 to 1994.

During his tenure, city facilities, programs, and services grew and flourished. The Bowie Senior Center opened in 2000, followed by the City Municipal Gym in 2001. The first annual Bowie Memorial Day Parade stepped off in 2003. Bowie’s police department was established in 2006. A new parks and grounds building opened as Bowie’s first Green LEED- Certified Silver building in 2008. A new city hall opened in 2011. In 2016, the city adopted the Bowie Sustainability Plan to enhance and support an environment that is safe and inviting. In 2018, the city received the leadership award from the Maryland Green Registry in recognition of the city’s progress in the area of sustainability and climate action. All this growth and progress was achieved while the city maintained a balanced budget, a strong reserve, a prestigious AAA bond rating, and a flat tax rate.

The change will take effect October 4. Bowie City Hall is the only address affected by the change. The new address is 15901 Fred Robinson Way, Bowie, MD 20716.

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. For 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.



Blood Pressure Screening

Tuesday, October 5; Monday, October 11; and Thursday, October 21, 10:00 a.m.

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



Hearing Screening

Wednesday, October 20, 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.

Support Group Meetings

Caregiver Support – Monday, October 25, 10 – 11 a.m.

Parkinson’s Virtual Support Group via Zoom – Monday, October 25, 10 – 11:30 a.m.

To join the Parkinson’s support group virtual meeting, please contact Art James at artjames@msn.com and request to be added to the Zoom meeting.

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

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



Red Cross Community Blood Drive

Saturday, October 16 and November 13, 8:30 a.m. – 12:30 p.m.

Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.

For access to the Center, **proof of COVID vaccination must be shown** and a mask must be worn.

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716

301-809-2300

www.cityofbowie.org/seniorcenter

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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 Monday through Friday, 8:30 a.m. – 4:30 p.m., and Saturday, 8:30 a.m. – 12:30 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 Supervisor Sue O'Toole	301-809-2324
Information & Referral Specialist Gloria Gaddy	301-809-2377	Assistant Transportation Supervisor Carlos Walton	301-809-2301
Program Assistants Michaeline Gandolph Trish McCants Sharon Wanzer	301-809-2327	Bus Drivers Robert Caldwell, Hank Lloyd, Keith Oden, Darryl Stafford, and Ernie Watkins	

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. Please call Prince George's County Department of Aging at 301-265-8475.

Hot Lunch Program – A hot, nutritious lunch is served at the Center. Service begins at 11:30 a.m. For a monthly menu and more details about the program, please stop by the front desk. This program is provided to county residents 60 years and older 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.org/nhn or call Lori Cunningham at 240-544-5601.

Free Notary Service – The Center is now offering a free notary service. To schedule an appointment, please call Colleen Cofod at 301-809-2325.

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.