

November 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Honoring Veterans

Thursday, November 4, 1 p.m.

Veterans Day is a time to honor and show appreciation to those who have served our country. All veterans and members of the community are invited to join us for a special program. Our guest speaker will be William Edward Alli who is a U.S. Marine combat veteran of the Korean War. He will talk about the history of Veterans Day, the comparison to Memorial Day, the service of veterans and their challenges (PTSD, etc.), and the importance of families. He will also share inspiring stories of overcoming adversity. Light refreshments will be available. This event is open to the public.



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

Join the Bowie Senior Chorale

The Bowie Senior Chorale, one of the premier community singing groups, is recruiting new members for the spring semester. Registration will be open at the Center from November 1 through December 21. Rehearsals at the Center will begin Thursday, January 13, and held every Thursday from 2:30 to 4:30 p.m. Current Center COVID precautions require all participants to be fully vaccinated and show proof of vaccination. Masks are required to be worn at all times in the building. The chorale welcomes singers 55 and older. It is not necessary to have formal training. Just enjoy singing with a group. It is an enjoyable experience. Some members have been with the group since its start almost two decades ago. Dues are \$30 for Bowie residents and \$35 for nonresidents for each semester—fall and spring. To hear previous concerts or for more information, check out the website at bowieseniorcenter.org/Bowieseniorchorale (click on concerts). For more information on joining, please email Bowieseniorchorale@aol.com.

All of these rehearsals culminate in a fabulous concert. The holiday concert this year will only be offered online in December. The concert will feature a mix of traditional favorites and spirited new numbers which showcase the chorale's musical prowess. Dates and contact information will be announced soon.

COVID Vaccine Boosters

Monday; November 8, 15, and 22; 9 a.m. - noon

In partnership with Safeway, Pfizer and Moderna booster shots will be available for individuals age 65 or older or 55 or older with underlying health conditions. Original COVID shot records must be shown and it must be at least six months since your second shot. To register, go to this web link: <https://kordinator.mhealthcoach.net/vcl/BowieSeniorCenterBooster> and select a day and time slot. If you do not have computer access, use the public access computers in the Center lobby. Walk-in appointments will be accepted as space allows.

Center will be closed November 11, 25, and 26

Ceramics Workshop

Tuesdays; December 7, 14, 21 and 28; 9 a.m. – noon

This is a unique 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 early as space is limited. Ceramics and paints will be included for all four sessions. The fee is \$40.

Introduction to PowerPoint

Thursday, November 4, 10 – 11:30 a.m.

Instructor Dave Hackenberg will provide an overview of the PowerPoint presentation application. In addition to a demonstration of its many features, there will be some hands-on exercises.

Introduction to Excel

Thursday, November 18, 10 – 11:30 a.m.

Excel is one of the most widely used applications for preparing spreadsheets. Spreadsheets can be used for preparing lists, performing calculations, preparing graphs, and many other useful tasks. Instructor Verna Teasdale will explore its many features and guide you through development of a spreadsheet and graph.

Toys for Tots Donations

Now through December 10

Every year, members of the Center generously and compassionately think of others by donating to Toys for Tots. This has been a particularly challenging year for many families in our community. Please consider donating new unwrapped toys and dropping them off at the Center.



Bookworms

First Wednesdays of the month, 10 – 11 a.m.

Books for November and December are:

- November – *Gifted Hands* by Dr. Benjamin Carson
- December – *Mine!* by Michael Heller and James Salzman

Artist of the Month – David Brosch

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.

Weather Policy

When Prince George's County schools are closed due to inclement weather, the Center's scheduled activities are canceled for the day. These activities include classes, transportation services, and the nutrition program. However, the facility may be open for unscheduled activities. Please call to confirm before coming.



When schools open two hours late, transportation services and the nutrition program are canceled for the day. In addition, all morning classes and activities scheduled before 11 a.m. are canceled. A one-hour delay does not affect transportation services, the nutrition program, classes, or activities.

If public schools are to close two hours early due to the weather, all classes and scheduled activities after 2 p.m. are canceled.

The Center invites you to join a group or club with people who share your interests or play some of the many games. This is a great way to meet new friends.

Groups and Club Meetings		
Advisory Board	First Tuesday	10 a.m.
Bonsai Club	November 18	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.

In-Person Fall SAGE Class Schedule					
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

November Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
1	2	3	4	5
12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Blood Pressure 10:00 Bid Whist 10:00 Advisory Board 12:30 Cornhole 1:00 Bridge 3:30 Table Tennis	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	9:30 Better-Day-Live 10:00 PowerPoint 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 1:00 Honoring Vets 1:00 Mahjong 3:00 Table Tennis	10:00 Labyrinth Walk 12:30 Duplicate Bridge
8	9	10	11	12
9:00 COVID booster 10:00 Phase 10 Game 10:00 Blood Pressure 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 12:30 Basic Sewing 1:00 Fitness Room Orientation* 1:00 Bridge 3:30 Center closing	10:00 Fall Prevention 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	Closed for Veterans Day 	12:30 Duplicate Bridge 3:30 Table Tennis
15	16	17	18	19
9:00 COVID booster 12:30 Craft Corner* 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 12:30 Corn Hole 1:00 Meditation 1:00 Bridge 3:30 Table Tennis	10:00 Magic Club 10:00 Hearing Screening* 10:00 Brain Games 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:30 Better-Day-Live 9:30 Bonsai Club 9:45 Chair-obics 10:00 Blood Pressure 10:00 Bid Whist 10:00 Excel 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Fitness Room Orientation* 1:00 Mahjong 3:00 Table Tennis	10:00 Labyrinth Walk 12:30 Duplicate Bridge 12:30 Horse Racing 3:30 Table Tennis
22	23	24	25	26
9:00 COVID booster 10:00 Thanksgiving Trivia 12:30 Creative Coloring 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 UNO 1:00 Bridge 3:30 Table Tennis	12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	Closed 	Closed
29	30			
12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 1:00 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.

Nature Walk

Wednesday, November 3, 10 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Witness the changes as nature prepares for winter. The group will meet in the lobby.



Walking the Labyrinth

Fridays, November 5 and 19, 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.

Phase 10 Card Game

Monday, November 8, 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.



Craft Corner: Gratitude Jar and Be Thankful Sign

Monday, November 15, 12:30 p.m.

There will be two crafts for the season of "Thanks." What are you grateful for? Just place a note of what you are grateful for in the jar and watch your blessings add up. Custom design a glass jar with a lid. Assemble a small wood sign that says "Be Thankful." This makes a great gift or keep for yourself. Space is limited, so please sign up at the front desk.

Meditation and Relaxation Session

Tuesday, November 16, 1 p.m.

Many of us have experienced a lot during the past year. Now is the time to discover the benefits of integrating meditation into daily life. Meditation specialist Katrina Boverman's special session will guide you through a personal experience while learning basic relaxation, meditation, and stress relief principles. Come and feel the benefits of slowing down and listening to yourself. Wear comfortable clothing.

Brain Games

Wednesday, November 17, 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.

Thanksgiving Trivia

Monday, November 22, 10 a.m.

Please join us for some fun, unique, and interesting facts about all things "Thanksgiving."

Let's Play UNO

Tuesday, November 23, 11 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.



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. Different informative presentations are given each month through the Better-Day-Live Chats.

Better-Day-Live Chats

Should You Trust Your Trust?

Thursday, November 4, 9:30 a.m.

It is near the end of the year and it's not business as usual. Save this date and be prepared to learn how to solve many legal document issues and ensure that they are in order. Fully COVID vaccinated family members are invited to join this discussion while the trust's creator is alive and well. Bring your questions and concerns. Byrd & Byrd, Attorneys at Law, has been serving Bowie for over 100 years. They have a great legal team with personal care in mind. How do we know? A little "Byrd" told us.

Retire or Keep Working?

Thursday, November 18, 9:30 a.m.

The healthy answer isn't that simple. Please come out and hear from members of the Center as they tell their retirement stories. They will tell how and why they retired and how they are doing in their retirement years. They will share their experiences and bring tips that will help you plan. Bring your questions and ideas about retirement even if you have already retired. This will be helpful for a very healthy and enjoyable retirement.

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 provide proof of vaccination for COVID-19 and wear a mask. 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 or 301-809-2301 to set up an appointment at least 24 hours in advance.



Shuttle transportation will be available for grocery shopping on Mondays and Tuesdays. Riders will be picked up and returned to their homes after shopping. The Center offers shopping shuttle transportation on Tuesdays to stores in Bowie, departing from and returning to the Center.

A transportation survey is coming soon. In order to provide the best services that we can, we want to hear from you. Paper copies of the survey form will be available as well as an email version.



Red Cross Community Blood Drive

Saturday, November 13 and December 11, 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.

Thanksgiving and Gratitude

Gratitude is the quality of being thankful, ready to show appreciation, and return kindness. It is a time to recognize, appreciate, and be grateful for the good things in our lives—family, friends, relationships, love, life, nature, music, health, food, and much more. This holiday is a favorite for many because it provides an opportunity to focus on all the things for which we are truly thankful.



Fitness Room Reorientation/Refresher Course

Monday, November 9, 1 p.m. or Thursday, November 18, 1 p.m.

Have you ever used the fitness room at the Center or has it been awhile? Maybe you are not sure how to safely restart or perhaps you have forgotten how to use some of the equipment.

The Center's wellness coordinator will be conducting two free refresher sessions in November to help get back on track. Call the Center at 301-809-2300 to register.

Fall Prevention Lecture

Wednesday, November 10, 10 – 11 a.m.

Of people who fall, 20 to 30 percent will suffer moderate-to-severe injuries such as bruises, hip fractures, or head traumas. Dr. Nikki Carrington, Clinic Director of Glenn Dale and Bowie CAM Physical Therapy and Wellness Services LLC, will teach you the risk factors for falling and what you can do to decrease the risk. Join us to discover steps you can take to avoid falls.

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, November 2, 10 – 11 a.m.

Monday, November 8, 10 – 11:30 a.m.

Thursday November 18, 10 – 11 a.m.

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



Hearing Screening

Wednesday, November 17, 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

Parkinson's Support Group via Zoom – Monday, November 22, 10 – 11:30 a.m.

To join the Parkinson's support group 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.

Welcome the New Assistant Transportation Supervisor

We are pleased to announce that Carlos Walton joined the Center staff team on September 27. As the assistant transportation supervisor, he will work to enhance our transportation services. He brings fourteen years of experience in public transportation and nine years as a dispatch supervisor. This experience provides him with the ability to offer quality communication, customer service, and problem-solving skills. Carlos is a great addition to our team and he is excited to get to know you.

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.