

January 2022

All Around the Center

Bowie Senior Center Newsletter



News – Events – Activities – Classes – Schedules – Services

Start the New Year Singing

The Bowie Senior Chorale is recruiting new members. Registration is open until January 7 at the Center for new and continuing members. The chorale is open to all seniors (age 55 and older) who like to sing in a group. Members do not need to be trained singers or be able to read music. The chorale will hold weekly rehearsals at the Center starting Thursday, January 13, from 2:30 – 4:30 pm. There will be an in-person or online spring concert. Dues are \$30 for Bowie residents and \$35 for nonresidents. Join this fun group which makes beautiful music together. For more information, contact Bowieseniorchorale@aol.com.



Remembering Dr. Martin Luther King, Jr.

Thursday, January 13, 10 a.m.

Enjoy a montage of interviews and speeches by Dr. King. Listen to him explain his nonviolent revolution. Remember how a minister of a local church forged a national movement.

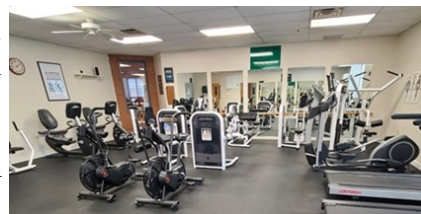
Register for Spring SAGE Classes

Our continuing education partnership with the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) program remains strong by offering many in-person and Zoom classes. Many of your favorite instructors will be returning this semester. The vast selection of classes includes art, history, dance, music, language, literature, self-awareness, writing, finance, exercise, stained glass, jewelry making, and more. The spring schedule is online at <https://www.pgcc.edu/ce/>. Registration starts on January 7 for classes beginning the week of February 7. You are encouraged to register online as that is the most efficient and effective way to ensure access to desired classes and pay the registration fee. The schedule for spring in-person classes at the Center is provided on page 3 of this newsletter.

The Center has implemented protocols to promote a healthy and safe environment. To attend both in-person and Zoom classes, students must complete a proof of COVID vaccination form during registration.

Senior-Friendly Fitness Room

Did you know the Center has its own fitness center? Not only will you find all the familiar equipment you would at a large commercial gym facility, the machines at the Center have all been carefully selected to be senior friendly. Whether you want an exercise bike that is easy to use or weight machines that require zero adjustments, the fitness room has it all.



Another benefit is that you will be around other seniors and not have to worry about a younger crowd. Many of our members find the atmosphere very welcoming and enjoyable as they are often able to build new friendships.

Access to the fitness room requires a separate membership which requires all members to go through a fitness orientation with the wellness coordinator and be shown proper and safe use of the equipment. If you are interested in a fitness membership, stop by the front desk for further details.

Center will be closed December 31, January 1, and January 17.

Ceramics Workshops

Tuesdays; February 1, 8, 15, and 22; 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 provided. The fee is \$40.

Computer Club

The Bowie Seniors Computer Club meets the first and third Thursdays each month from 12:30 – 2:15 p.m. Meetings will continue to be virtual via Zoom until further notice. To be added to the meeting announcement distribution list, email dahackenberg@verizon.net. Zoom instructions are included with the announcement.

Center volunteers who are also members of the computer club offer free PC computer help every Wednesday from 12:30 – 3 p.m. in the computer classroom. Center members may bring their computers to get assistance or just ask questions.

Computer Classes

To slowly restart the Center's Computer Education Program, three class sessions are being offered in February. The theme will be Computer Usage Review.

Session One – Computer Basics, Wednesday, February 2, 10 – 11:30 a.m.

Session Two – Windows 10 and Internet, Wednesday, February 9, 10 – 11:30 a.m.

Session Three – Office Applications, Wednesday, February 16, 10 – 11:30 a.m.

In the event of weather-related cancellation, Wednesday, February 23, will be a make-up day.

Registration is required as class size is limited to 12. A one-time registration and \$15 tuition fee covers all three sessions. A synopsis for each session is available at the front desk.

Day Trips Return in Spring 2022

Information and registration details coming soon. Watch the trip board.

- Arundel Mills Live!: Tuesday, April 5
- Toby's Dinner Theatre: *Rocky*, Wednesday, April 20
- Hillwood Mansion: Friday, April 29 (tentative)
- Ocean City Springfest: Thursday, May 5
- Harrington Casino: Tuesday, May 24
- National Harbor/MGM: Tuesday, June 7
- Ladew Topiary Gardens and Boordy Vineyard: Thursday, June 16

Weather Policy

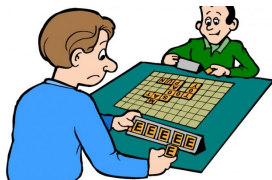
When Prince George's County schools are closed due to inclement weather, the Center's scheduled activities are canceled for the day. These activities include classes, transportation services, and the nutrition program. However, the facility may be open for unscheduled activities. Please call to confirm 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. 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	No meeting until March	
Bookworms	No meeting in January	
Computer Help Lab	Wednesdays	12:30 – 3 p.m.
Magic Club	First and third Wednesdays	10 a.m.
Seniors Computer Club	First and third Thursdays	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 Spring SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Beg. Piano 9:00 Art Design & Comp. 10:00 Int. Sign Language 10:30 Tai Chi 11:00 Adv. Piano 12:30 Stained Glass 1:00 Amer. Hist. 1:00 Tap Dance 1:00 Zumba	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 Alaska 11:00 Spanish I 1:00 French Revolution 1:30 Tai Chi 1:30 Spanish II 2:00 Estate Planning	9:30 Beg. Guitar 10:00 Studio Fine Arts 10:00 Beg. Sign Language 12:15 Pilates 2:00 Music Appreciation	9:30 Drawing 9:30 Intro. Improv 10:00 Beg. Jewelry 10:00 Italian 10:30 Tai Chi 12:30 Modern Painting 1:30 Chinese Exercise	8:30 Adv. Yoga 10:20 Beg. Yoga

January Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
3	4	5	6	7
12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	9:00 Ceramics*\$ 9:45 Chair-obics 9:30 Writers Group 10:00 Blood Pressure 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	10:00 Phase 10 10:00 Nature Walk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	9:00 Ceramics*\$ 9:45 Chair-obics 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
10	11	12	13	14
12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:00 Ceramics*\$ 9:45 Chair-obics 9:30 Writers Group 10:00 Bid Whist 1:00 Memory Café 1:00 Bridge 3:30 Table Tennis	12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	9:00 Ceramics*\$ 9:30 Medicare Bingo 9:45 Chair-obics 10:00 Bid Whist 10:00 Remembering MLK 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	12:30 Duplicate Bridge 3:30 Table Tennis
17	18	19	20	21
Closed for Martin Luther King, Jr., Day	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:30 Phase 10 12:30 Corn Hole 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 Scrabble	9:00 Ceramics*\$ 9:45 Chair-obics 10:00 Bid Whist 12:00 Birthday Celebration 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	10:00 Phase 10 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
24	25	26	27	28
12:30 Creative Coloring 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 11:00 UNO 1:00 Memory Café 1:00 Bridge 3:30 Table Tennis	12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:00 Ceramics*\$ 9:30 Financial Edu. 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	12:30 Duplicate Bridge 3:30 Table Tennis
31				
12:30 Pinochle 1:00 Machiavelli 1:00 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, January 5, 10 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Witness how most of nature has hibernated for winter. The group will meet in the lobby.



Phase 10 Card Game

Wednesday, January 5, 10 a.m.

Tuesday, January 18, 11:30 a.m.

Friday, January 21, 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.

Walking the Labyrinth

Fridays, January 7 and 21, 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.

Let's Play UNO

Tuesday, January 25, 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.

Shuffleboard Winners

The 2021 table shuffleboard season ended in late November. The winning pair was Nina and Jim Seidleck. They won two games to one over George Ratte and Lew Pollack in very close games. There will be a sign-up sheet at the front desk to determine if there is enough interest in having a 2022 season. There must be at least 10 teams willing to play 14 matches in six months to have an interesting and fun season. We hope there will be both new and old teams signing up.

Pool Tournament Winners

Every year the Center hosts a double-elimination pool tournament for both 8-ball and 9-ball. This year's 8-ball champion is Mike Divver. Mike lost only one game out of a dozen for a near-perfect tournament. Sonny Green took home the tournament win for 9-ball. Congratulations to both for being champions of the Center's billiard tournaments.

Bookworms

First Wednesdays of the month, 10 – 11 a.m. No meeting in January.

The book for February is *The Answer Is* by Alex Trebek. The book for March is *The Sum of Us* by Heather McGhee.



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

Medicare Bingo

Thursday, January 13, 9:30 a.m.

Join in the fun of customized Medicare Bingo that will inform you of choices in selecting Medicare. While learning and understanding Medicare, you will have fun.

Bernelle Wood is a certified advisor in Medicare Supplements, Medicare Advantage Plans, Medicare Parts A and B, and much more. Have fun while you learn. Bring your questions and concerns.

Aging Adults Becoming Resourceful with Financial Education

Thursday, January 27, 9:30 a.m.

This presentation will ensure your path to economic security and basic money management. Learn how to budget, avoid scams, apply for benefits, and manage your finances.

Dewayne Ellis of The Wealth Syndicate will offer many tips and money management and investment tools that will help you avoid many pitfalls. Bring your questions and existing financial plans.

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 COVID-19 vaccination 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.

Note: Please see the Weather Policy on page 2 for transportation service cancellations due to bad weather.

Center Access Requirements

Until further notice, individuals entering the Center must:

- Show proof of full COVID-19 vaccination.
- Wear a facemask that covers the nose and mouth at all times while in the Center.
- Have temperature checked.



Red Cross Community Blood Drive

Saturday, January 8 and February 12, 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-19 vaccination must be shown** and a mask must be worn.

Blood Pressure Screening

Blood pressure screening will return in February.

Memory Café

Tuesdays, January 11 and 25, 1 – 2:30 p.m.

A Memory Café is a social engagement program for people with early-stage memory loss. The Alzheimer's Association describes it as a safe and relaxed place where those with early-stage memory loss, their families and friends, and health professionals can come together for a unique blend of education and social interaction. Please express your interest in attending by contacting the Center.



Hearing Screening

Wednesday, January 19, 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.

Parkinson's Support Group via Zoom

Monday, January 27, 10 – 11:30 a.m.

Please contact Art James at artjames@msn.com 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 the meeting.

Safety and Crime Prevention

Wednesday, February 9, 9:30 a.m.

Bowie community service officers will offer safety and crime prevention tips and recommendations. The presentation will cover phone scams, theft from autos, and other property crimes. You don't want to miss this.

Indoor Walking at the City Gymnasium



Are you looking to move your outdoor exercise indoors now that colder weather has arrived? Indoor walking for seniors is available Monday through Friday between 9 and 10 a.m. at the City Gym. This is an opportunity to exercise in a safe and climate-controlled environment.

Winter Safety Tips

Seniors need to take extra care during cold winter months to remain safe and healthy. Most precautions are obvious but some may not be.

- Remove hoses from external faucets. Water trapped in the sleeve may freeze, expand, and split it.
- Take care when using portable heaters to ensure they are clear of any potential fire hazards.
- If necessary to use a gas-powered generator, be sure it is in an outdoor area to prevent carbon monoxide poisoning.
- When freezing rain, ice, or snow cover walking areas, remove it or salt it as soon as possible. If doing it yourself, dress warmly and rest often. Better yet, hire someone to do it. No sense in risking a heart attack or a fall.
- If you must drive, be sure to clear all ice from windows and all snow from the entire car. Snow flying off the top of the car is hazardous to other drivers.
- If severe weather is predicted, be sure to have sufficient medications and food supplies on hand.



These are just a few things to help keep us safe as we hope for an early spring.

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716
301-809-2300
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 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 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.