

April 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Volunteer Appreciation – Without You, This Place Would Be a Zoo *National Volunteer Appreciation Week, April 18 - 22*

Volunteers have played a vital role in the day-to-day operations of the Bowie Senior Center since it began in 1977. In recognition of National Volunteer Appreciation Week, we are taking this opportunity to celebrate and honor our volunteers who are awesome, outstanding, first rate, fantastic, super, excellent, wonderful, superb, and simply marvelous. Throughout the year, our team of dedicated volunteers generously give of their time and talent in service to the senior community. Their work enhances and enriches the many programs and services that are available. When you see a volunteer in action, please take a moment to let them know how much you appreciate them. Without them, *This Place Would Be a Zoo!*



Bowie Senior Chorale Presents “The 60s”

Save the date, Friday, May 13, 2 p.m., or Saturday, May 14, 2 p.m.

When Sam Cooke sang “A Change is Gonna Come,” he was singing about the 60s and all the changes that were to come in politics, in society, and, as the chorale will demonstrate, in music. The chorale, under the direction of Craig L. Sparks, will perform a selection of hits that recreate the sound of the 60s. The concerts will feature a medley of Beatles songs from the melodic “Yesterday” to the mellow “Let it Be” and Motown hits including Aretha’s “Respect” and the Four Tops’ “Reach Out, I’ll Be There.” You will also hear the pop songs of Frankie Valli, Otis Redding, and Petula Clark and, to round out the program, some country, folk, and a little bossa nova. The 1960s was a dynamic decade with music legends known and loved by people of all ages.

For the first time in two years the chorale will be live at the Bowie Senior Center. Tickets are \$5 for each concert and must be purchased in advance at the Center. Tickets went on sale March 21.

Nature Presentation – Animals in History/Animals of Nobility

Wednesday, April 13, 10 a.m.

This is a new hands-on program about animals from around the world. Have fun and learn new and exciting facts about the animals around us. Delve into their habitats and history. Information on a variety of animals will be presented. Come and get up close and personal with nature. Presented by Echoes of Nature.

Learn more about the Echoes of Nature organization at www.echoesofnature.org.

Celebrate Earth Day and the Chesapeake Bay

Friday, April 22, 10 a.m.

We live within the watershed of the Chesapeake Bay – the largest estuary in the United States. Along with its rivers and streams, wetlands, and forest, the Chesapeake provides homes, food, and protection for thousands of plants and animals.

Have you ever been fishing or swimming in the bay or the rivers that feed it or hiked through the forests that drain into the bay? What memories do you have of the Chesapeake Bay, its lands, streams, and the animals and plants that live there? Join us for a game and activities to celebrate Earth Day by learning more about the beautiful Chesapeake Bay and some ways we can help improve its health and preserve it for future generations.

Artists of the Month

Darlene Swanson's Studio Fine Art Classes

Students in these classes have created works in different media including drawing, pastels, watercolor, acrylics, and collage. Their works are executed with care and emotion. The instructor, Darlene Swanson, encourages unique work and individual style. All students from beginning through advanced participate in the fun. Please enjoy our montage of creative works in different media on display throughout April in the west hallway of the Center.



Bowie Senior Center Amenities and Opportunities

Check them out!

The Center offers many leisure activities for you to experience and enjoy. Sports activities include bocce ball, horseshoes, table shuffleboard, and pool/billiards. Also available for your use and enjoyment are an outdoor walking path, labyrinth, a well-equipped fitness room, library, public access computers, and much more. There are a number of special interest clubs and groups in addition to the extensive variety of classes, programs, events, and services. There is something here for everyone.

For more information about the Center, please visit www.cityofbowie.org/seniorcenter. There is a new video about the Center for information and your viewing enjoyment.

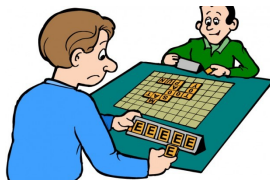
Center Day Trips

Trip Information – Chartered bus trips depart from and return to the Kenhill Center, 2614 Kenhill Drive, Bowie. Please park in the side lot only. All other trips depart from and return to the Senior Center. For additional trip details, please see the trip board located in the Center's hall outside of the administrative offices. Enroll now.

April			
5 (Tu)	Live! Arundel Mills Shopping and gaming	(Sold out) Meet at the Senior Center (Lunch on your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
20 (We)	<i>Rocky</i> Toby's Dinner Theater	(Sold out – Wait list) Meet at the Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
29 (Fri)	Hillwood Museum and Gardens	Meet at Kenhill Center (Walking/lunch on your own)	9:15 a.m. – 3:30 p.m. Res. \$65/NR \$70
May			
5 (Th)	Ocean City Springfest	Meet at Kenhill Center	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48
12 (Th)	Wegmans in Crofton	Meet at the Senior Center (Shopping and lunch on your own)	9:30 a.m. – 1:30 p.m. Res. \$10/NR \$12
18 (We)	Mormon Temple Open House – self-guided tour	Meet at the Senior Center (Lots of walking)	11:15 a.m. – 2:00 p.m. Res. \$15/NR \$17
24 (Tu)	Harrington Casino (Registration closes 4/18)	Meet at Kenhill Center (No buffet service. Other eateries are open and patrons can eat in the buffet area.)	8:15 a.m. – 3:45 p.m. Res. \$38/NR \$42
June			
7 (Tu)	National Harbor/MGM Shopping, food, and gaming	Meet at the Senior Center (On your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
16 (Th)	Lawdew Topiary Gardens and Boordy Vineyards (Registration closes 5/13)	Meet at Kenhill Center (Lunch and wine tasting included)	8:15 a.m. – 3:30 p.m. Res. \$95/NR \$100
September			
14(We)	<i>Ghost</i> , the Musical Toby's Dinner Theater	(Enrollment opens June 1) Meet at the Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69

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	Second Thursday	9:30 a.m.
Bookworms	First Wednesday	10 a.m.
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.

Computer Club and Classes

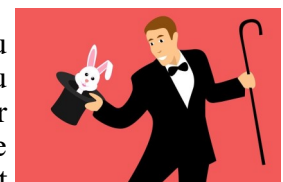
The Bowie Seniors Computer Club meets every first and third Thursday of each month at 12:30 p.m. Starting this month, the first meeting of the month will be in person in Classroom 1 at the Center. The second meeting of the month will be via Zoom. Log-in information is provided via email of the meeting announcement.

A regular schedule of computer classes is resuming this month. Classes are Computers 1, 2, 3, Microsoft Word, and Excel. Synopses, schedule, and tuition are available in a flier available in the front lobby. Enrollment is required and a minimum of five students is required before a class will be taught. Note: Students enrolled in the Computers 1 and 3 classes when the Center was shut down in March 2020 may reenroll without additional tuition.

Join the Magic Club

First and third Wednesdays, 10 a.m.

Can you stick a needle into a fully inflated balloon without popping it? Can you make a playing card disappear and then have it appear in another place? Can you cut a rope in half and then restore it? Can you read minds? Whether you can or can't, the Bowie Senior Magic Club is the place for you. As a member of the Magic Club, you will learn how to perform the magic effects and how to present them in a way sure to amaze, entertain your audience, and lots more. You don't have to be a magician to join the Magic Club. You are invited to come to one of the monthly meetings and join in the fun.



April Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
				1 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
4 12:00 Computers 1*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	5 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Computers 3*\$ 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 1:00 Excel*\$ 3:30 Table Tennis	6 10:00 Bookworms 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	7 9:45 Chair-obics 10:00 Computers 3*\$ 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 1:00 Excel*\$ 3:00 Table Tennis	8 9:00 Walk Aerobics 12:00 Computers 1*\$ 12:30 Duplicate Bridge 12:30 Horse Racing 3:30 Table Tennis
11 10:00 Blood Pressure 12:00 Computers 1*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	12 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Cherry blossoms* 10:00 Computers 3*\$ 10:00 Bid Whist 1:00 Bridge 1:00 Excel*\$ 3:30 Table Tennis	13 10:00 Nature Presentation 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	14 9:30 Bonsai Club 10:00 Computers 3*\$ 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 1:00 Excel*\$ 3:00 Table Tennis	15 9:00 Walk Aerobics 10:00 Phase 10 10:00 Labyrinth Walk 12:00 Computers 1*\$ 12:30 Duplicate Bridge 3:30 Table Tennis
18 12:00 Computers 1*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	19 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Computers 3*\$ 10:00 Bid Whist 10:00 Phase 10 1:00 Excel*\$ 1:00 Bridge 3:30 Table Tennis	20 10:00 Magic Club 10:00 Hearing Screening* 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	21 9:30 Better Day Live 9:45 Chair-obics 10:00 Computers 3*\$ 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	22 9:00 Walk Aerobics 10:00 Earth Day 12:00 Computers 1*\$ 12:30 Duplicate Bridge 3:30 Table Tennis
25 12:00 Computers 1*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	26 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Computers 3*\$ 10:00 Bid Whist 10:00 UNO 1:00 Excel*\$ 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 Computers 3*\$ 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	29 9:00 Walk Aerobics 12:00 Computers 1*\$ 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 in the event description and by "\$" above.

Walking the Labyrinth

Fridays; April 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.

Nature Walk

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

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Enjoy the emergence of spring flora. The group will meet in the lobby.



Bookworms

Wednesdays, April 6, 10 – 11 a.m.

The book for April is *The Lincoln Highway* by Amor Towles. The book for May is *His Truth is Marching On: John Lewis and the Power of Hope* by Jon Meacham.

Cherry Blossom Craft and Discussion

Tuesday, April 12, 10 a.m.

Come join us for a fun morning learning about cherry blossoms. We will play a game, have a discussion, and make a cherry blossom craft. Registration is required. Please sign up at the front desk.



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.

SAGE – Continuing Education Program

The Center partners with the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) program to offer three semesters of in-person and Zoom classes throughout the year. 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/>. The summer semester will begin the week of June 13. You are encouraged to register online which is the most efficient and effective way to ensure access to desired classes and pay the \$85 registration fee. Class descriptions and registration information will be posted through the online link on May 13.

In-Person Spring SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano 9:00 Art Design and 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. 1:00 Line Dancing	9:00 Painting 9:00 Stained Glass 9:30 Int. Guitar 10:00 Beg. Sign Language 11:00 Spanish I 1:30 Tai Chi 2:00 Spanish II 2:00 Estate Planning	9:30 Beg. Guitar 10:00 Beg. Sign Language 12:15 Pilates 2:00 Music Appreciation	9:30 Beg. 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

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

You Are Not Alone

Thursday, April 21, 9:30 a.m.

There has been a lot of talk lately about loneliness and social isolation. Research shows that the effects of these conditions can be more dangerous than obesity and as harmful as smoking 15 cigarettes a day. Help is on the way.

According to the National Institute on Aging, research studies have linked social isolation and loneliness to increased rates of cognitive decline, Alzheimer's, obesity, high blood pressure, and death. Please join in this discussion with those who will assure you that you are not alone. This is another resource that will keep you living well and equipped with information to keep you safe.

Explore Entertainment in Bowie

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

There are many exciting entertainment options in the City of Bowie. Some of them are The Bowie Center for the Performing Arts, Prince George's Stadium, Bowie Towne Center, National Capital Radio and Television Museum, Bowie Farmer's Market, Belair Mansion, summer concerts, and much more. Join us as we hear from professionals who organize and provide opportunities. By attending this presentation, you will get to know more about your beautiful community so you can participate in the fun.

Senior Information and Referral Fair

Save the Date: Friday, June 10, 10 a.m. – 2 p.m.

Aging In America – It's OK!

Watch for details about participating vendors, exciting activities, and more information coming soon.

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 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 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.

Five Ways to De-stress and Calm the Mind

Wellness Coordinator, Mark Shields

1. Meditate. If you need guidance, you can go to www.YouTube.com and search “Guided Meditation with Sam Harris - Short Version.”
2. Color. Coloring isn’t just for kids. It stimulates brain areas related to motor skills and creativity. By focusing on coloring, it can temporarily take your focus off constant worries.
3. Go for a walk, outdoors if possible, or try our free low-impact program Walk Aerobics on Fridays at 9 a.m.
4. Take an Epsom salt bath. Part of the benefit here is the magnesium from the salt helps us relax. With many Americans being deficient in this calming mineral, a magnesium-rich bath can do wonders.
5. Walk our outdoor labyrinth. Using this guided walking path is a way to combine easy movement with meditation to be able to reflect on your inner thoughts, all the while being outside in nature.

Ready-to-Eat Delicious Oatmeal Balls

Sometimes even a quick recipe to make at home can be a chore. One of my favorite ready-to-eat options to add to my breakfast or when I want a quick snack is Laura’s Wholesome Junk Food. They come in five different flavors and can be found at Harris Teeter, Whole Foods Market, or on <https://www.lauraswholesomejunkfood.com/>.

Note: There have been supply chain issues for the past two months so the supply in stores may be limited.

Walk Aerobics

Fridays, 9 a.m.

After two years, Walk Aerobics, a group exercise class, is returning. This popular class mixes low-impact aerobics with stretching and some light resistance band training. Whether you’re looking to get your heart rate pumping or meet new friends, this class has it all. Space is limited for this drop-in program.



Parkinson’s Support Group via Zoom

Monday, April 18, 10 – 11:30 a.m.

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

Blood Pressure Check

Monday, April 11, 10 – 11:30 a.m.

A volunteer nurse will check your blood pressure.



Hearing Screening

Wednesday, April 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.

Caregiver Support (Virtual)

Every fourth Thursday, 6 p.m.

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



Red Cross Community Blood Drive

Saturday, April 23 and May 14 , 8:30 a.m. – 12:30 p.m.

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

Note: The May 14 blood drive will be at the Kenhill Center.

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	Julie Modlin	
Wellness Coordinator Mark Shields	301-809-2376	Maintenance Ray Esguerra	
Information & Referral Specialist Gloria Gaddy	301-809-2377	Andre Walton	
Program Assistants Trish McCants	301-809-2327	Transportation Supervisor	301-809-2324
Mary Orange		Assistant Transportation Supervisor	301-809-2301
Sharon Wanzer		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.