

May 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Remembering the 1960s: A Decade of Change

All week – Monday, May 9 – Saturday, May 14

The 1960s witnessed some of the most iconic moments in modern history. Join our programs this week as we revisit the decade that changed a nation and defined our lives to this very day.

1960s Facts: Fun, Interesting, and Historical Trivia

Monday, May 9, 12:30 p.m.

Let's reminisce about this time that we lived through. Discuss some of the most significant, beautiful, tragic, and fascinating happenings of all time.



Peace, Love, and Crafts

Tuesday, May 10, 10 a.m.

Color and creative freedom will be expressed by making crafts that will tap your inner "flower child." Preregister for this delightful opportunity to rediscover fun through arts and crafts.

Music from the 1960s

Wednesday, May 11, 12:30 p.m.

This decade marked the beginning of a musical craze. In addition to songs of social protest, rock and roll music continued to be popular. Join DJ Rob as he takes us back in time with some of our musical favorites.

Freedom through Laughter

Thursday, May 12, 10 a.m.

Reflecting and taking a trip down memory lane can be fun and even make us laugh. Join Kathy Lacey for Laughter Yoga as she guides us through the funny moments from our past and shares tips for discovering happiness for today.



Bowie Senior Chorale Presents "The 60s"

Friday, May 13, 2 p.m., or Saturday, May 14, 2 p.m. (Presold ticket holders only)

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. Under the direction of Craig L. Sparks, the chorale will perform a selection of hits that recreate the sound of the 60s. This was a dynamic decade with music legends known and loved by people of all ages. Soon after the live performance, the concert will be posted on YouTube and the link announced on the chorale's website at <http://www.bowieseniorcenter.org/BowieSeniorChorale/>.

Senior Information and Resource Fair

Aging in America – It's Okay

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

The Center is hosting an Information and Resource Fair with a focus on empowering older adults to age well. Professionals from private industry and government agencies will be on hand to share valuable information and to answer personal questions. This exciting event will be packed full of exhibits and many activities for older adults. We welcome the public to join us on a journey of aging well ... It's okay!

The Center will close at noon Friday, May 13, in preparation for the chorale concert.
The Center will be closed Monday, May 30, for Memorial Day.

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 May in the west hallway of the Center.



New Members Meet and Greet

Tuesday, May 17, 11 a.m.

Are you a new Center member and still feel like you are still settling in? Would you like to get better acquainted with other members? Join us for some cookies and punch and to make new friends. Staff and volunteers will be available to answer any questions about the wonderful opportunities the Center offers.

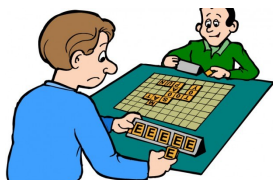
Center Day Trips

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.

May			
5 (Th)	Ocean City Springfest (Sold out)	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 (Sold out)	Meet at the Senior Center (Lots of walking)	11:15 a.m. – 2:00 p.m. Res. \$15/NR \$17
24 (Tu)	Harrington Casino	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 (Sold out)	Meet at the Senior Center (Shopping, food, and gaming is on your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
16 (Th)	Ladew Topiary Gardens and Boordy Vineyards	Meet at Kenhill Center (Lunch and wine tasting included)	8:15 a.m. – 3:30 p.m. Res. \$95/NR \$100
July			
14 (Th)	Saint Michaels	Meet at Kenhill Center (Shopping and lunch on your own. Lots of walking)	9 a.m. – 4 p.m. Res. \$30/NR \$36
August			
11 (Th)	Suicide Bridge Cruise and crab feast	Meet at Kenhill Center	9:30 a.m. – 5:30 p.m. Res. \$120/NR \$125
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 to play some of the many games offered. 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.
NARFE	Third Thursday	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	1 – 4:30 p.m.
	Tuesday	3:30 – 4:30 p.m.
	Thursday	3 – 4:30 p.m.
	Friday	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. 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 in the meeting announcement. Email dahackenberg@verizon.net to be added to the announcement distribution list.

Computer classes in May are Computers 2 and Microsoft Word. 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.

8-Ball Pool Tournament

Tuesday, May 17, 9 a.m. – 1 p.m.

Are you interested in playing in an 8-ball tournament here at the Center? If so, please register at the front desk. There is a \$2 fee.

Please note that the billiards room will be closed to non-tournament players during this time. Coffee and donuts will be provided.

May Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
2	3	4	5	6
12:00 Computers 2*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:30 Writers Group 9:30 Blood Pressure 9:45 Chair-obics 10:00 Word*\$ 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	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	9:45 Chair-obics 10:00 Word*\$ 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	9:00 Walk Aerobics 10:00 Labyrinth Walk 12:00 Computers 2*\$ 12:30 Duplicate Bridge 12:30 Horse Racing 3:30 Table Tennis
9	10	11	12	13
10:00 Blood Pressure 11:00 Walking Group 12:00 Computers 2*\$ 12:30 Pinochle 12:30 1960s Facts 1:00 Table Tennis 1:00 Machiavelli	9:30 Writers Group 9:45 Chair-obics 10:00 Peace, Love, and Crafts 10:00 Word*\$ 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	12:30 Bridge 12:30 1960s Music 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	9:30 Bonsai Club 9:45 Chair-obics 10:00 Word*\$ 10:00 Laughter Yoga 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	9:00 Walk Aerobics (Center closed at noon) 2:00 Chorale Concert
16	17	18	19	20
12:00 Computers 2*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:00 8-Ball Tourney*\$ 9:30 Writers Group 9:30 Blood Pressure 10:00 Word*\$ 10:00 Bid Whist 11:00 Meet and Greet 1:00 Bridge 3:30 Table Tennis	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	9:45 Chair-obics 10:00 Word*\$ 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	9:00 Walk Aerobics 10:00 Labyrinth Walk 12:00 Computers 2*\$ 12:30 Duplicate Bridge 3:30 Table Tennis
23	24	25	26	27
12:00 Computers 2*\$ 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	9:30 Writers Group 9:45 Chair-obics 10:00 Word*\$ 10:00 Phase 10 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	9:45 Chair-obics 10:00 Word*\$ 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	9:00 Walk Aerobics 12:00 Computers 2*\$ 12:30 Duplicate Bridge 3:30 Table Tennis
30	31			
Closed for Memorial Day 	9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 10:00 UNO 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 in the event description and by "\$" above.

Walking the Labyrinth

Fridays, May 6 and 20, 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, May 4, 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

Wednesday, May 4, 10 – 11 a.m.

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

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.

Come Play Bocce Ball

The bocce ball court has been refreshed and is ready for use. The partially-shaded court will be available for play as long as the weather cooperates. If you'd like to bring some friends and play, just stop at the front desk, pick up the equipment, and head on out.



SAGE – Continuing Education Program

Registration for Summer Classes Begins May 13

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 on the site 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

No in-person May chats as we prepare for the Information Fair

Friday, June 10, 10 a.m. – 2 p.m.

The Center is hosting an Information and Resources Fair with a focus on empowering older adults to age well. Professionals from private industry and government agencies will be on hand to share valuable information and to answer personal questions. This exciting event will be packed full of exhibits and many activities for older adults. We welcome the public to join us on a journey of aging well ... It's okay!

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.

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, Tuesdays, and Thursdays. 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.



Red Cross Community Blood Drive

Saturday, May 14 and June 18, 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.

Prebiotics

Mark Shields, Wellness Coordinator

By now most of us have heard about the beneficial effects of eating foods rich in probiotics and how they're actually good bacteria. However, not many have heard about eating prebiotics which can help feed the good bacteria in your gut.

Foods that provide a good source of prebiotics are:

Garlic	Barley
Onions	Oats
Leeks	Flaxseeds
Asparagus	Apples
Bananas – the greener the better	

Prebiotics help with digestive issues and improve the function of your immune system. Perhaps the old saying, "An apple a day keeps the doctor away," is accurate. How many servings of the above foods do you eat per week?

Outdoor Walking Group Interest Meeting

Monday, May 9, 11 a.m.

Are you looking to get more exercise outdoors and be with others who share your interest? The Center has set up an initial meet-and-greet information meeting for a new walking club. Join other seniors at this meeting to get more details about the club. If you can't attend the meeting, stop at the front desk or call the Center to add your contact information to the interest list.

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.



Staying Active in Your Senior Years with Proper Footwear

Wednesday, June 1, 10 a.m.

Join Bryan Acheson, certified pedorthist of Solelytics, as he teaches you about the importance of proper footwear and which shoes are best for your situation. Learn about proper arch support and even which socks would be best. You'll discover how your footwear can help or hurt your knees, hips, and back.

Blood Pressure Check

Tuesday May 3, 9:30 – 10:30 a.m.,

Monday, May 9, 10 – 11:30 a.m.

Tuesday, May 17, 9:30 – 10:30 a.m.

A volunteer nurse will check your blood pressure.



Parkinson's Support Group

Monday, May 16, 10 – 11:30 a.m. (Virtual)

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

Hearing Screening

Wednesday, May 18, 10 – 11:15 a.m.

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

Caregiver Support

Every fourth Thursday, 6 p.m. (Virtual)

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

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 Andre Walton	
Information & Referral Specialist Gloria Gaddy	301-809-2377	Transportation Supervisor Bus Drivers	301-809-2324
Program Assistants Mary Orange Sharon Wanzer	301-809-2327	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.