

June 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Senior Information and Resource Fair

Aging in America – It's Okay

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. Some of the exciting events will include screenings – hearing, blood pressure, and dementia. Attendees will have the opportunity to receive a free COVID booster shot. Just to highlight a few exhibitors, there will be information about health, assisted living, down-sizing, finances, home décor, transportation, and more to help you age well.



There will be giveaways and the opportunity to join in the hula hoop contest. This event is free and open to the public. Come join us.

Nature Presentation – *Splish, Splash...I Was Taking a Bath*

Wednesday, June 15, 10 a.m.

This is a fun hands-on program about animals from around the world. Learn new and exciting facts about the animals around us. This month's theme focuses on different methods of getting clean—diving and splashing in water or using sand. Meet some animal ambassadors and learn about the dirt not on them. Presented by Echoes of Nature.

Juneteenth Celebration

Friday, June 17, Noon

Come celebrate with us for Juneteenth, listen to great music with baritone singer Bruce Thomas. Bruce can make it smooth and sultry or crank it up full throttle to pop, jazz, Latin, and funk.



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Marking the date that the last enslaved people learned of their freedom, the month of June and the nineteenth day were combined to form the word Juneteenth. From its Galveston, Texas, origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

Senior Chorale Registration

Fall semester registration: now through August 10

Do you love to sing? The Bowie Senior Chorale invites you to join them. Under the direction of Craig Sparks, the chorale will begin rehearsals for the fall season on August 11. The weekly practices are on Thursdays from 2:30 – 4:30 p.m. Some members have musical training; some do not. All enjoy singing together and learning about the music in preparation for the twice-yearly concerts. Any Center member who loves to sing is eligible to join. For more information about the chorale, check out their website at www.bowieseniorcenter.org/BowieSeniorChorale. Register at the front desk; \$30/\$35.

**Due to the Information Fair, all regular Center activities for Friday, June 10, are canceled.
Center is closed June 20 for the Juneteenth holiday observance.**

Zumba Gold

Tuesdays, 11 a.m. – noon

Zumba Gold takes fitness to the next level by moving the body to international rhythms. Don't worry, you don't have to know how to dance, just follow instructor Crystal Sylvester and get ready to smile and have fun. Classes run for eight weeks and start on June 7. The fee for the eight-week series is \$36.

Artist of the Month – Jim Wise

The Fine Art of Funny: Reception, Tuesday, June 7, 1 p.m.

Beginning in June and running through July, Jim Wise, aka “Artoon Jim,” returns to exhibit what he calls the next generation of his gag “arpoons.” In 2019 Jim and his illustrator, Larry Wideman, exhibited a collection of 8½ x 11-inch single panel gag cartoons. That exhibit proved quite a success. This upcoming exhibit will introduce what Jim believes is a totally new contribution to the world of contemporary pop art. These arpoons are massively enlarged, framed and colorized prints. Most are approximately four feet tall. These arpoons were produced with the able assistance of local professional illustrator, Ola Betiku. Ola replaced Larry who, unfortunately, could no longer continue assisting Jim due to health reasons. A portion of the proceeds from sales will be donated to the Alzheimer’s Association in honor of Larry. Be sure to check out the exhibit and be prepared to laugh.

New Members Meet and Greet

Tuesday, June 21, 11 a.m.

Are you a new Center member and still feel like you are settling in with us? 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 has to offer.

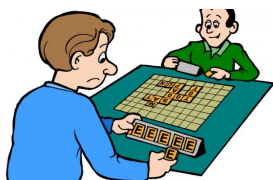
Center Day Trips

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.

| 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 (Registration closed.) | 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. \$31/NR \$36 |
| 26 (Tu) | Lighthouse Tour | Meet at the Senior Center (Includes box lunch.) | 10:30 a.m. – 3 p.m. Res. \$78/NR \$83 |
| 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 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. 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.

Knowledgeable Center volunteers hold weekly computer help sessions each Wednesday afternoon from 12:30 to 3 p.m. Members may bring in a computer, ask questions, or practice computer skills.

There will be no computer classes in June, July, and August. The next class sessions will return in September.



June Activity Schedule

| Mon. | Tues. | Wed. | Thurs. | Fri. |
|---|--|---|---|--|
| | | 1 9:00 Nature Walk 10:00 Footwear Talk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness | 2 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 | 3 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis |
| 6 10:00 Blood Pressure 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli | 7 9:30 Writers Group 9:30 Blood Pressure 9:30 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 11:00 Zumba Gold*\$ 1:00 Artist Reception 1:00 Bridge 3:30 Table Tennis | 8 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness | 9 9:30 Bonsai Club 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis | 10 10:00 a.m.—2 p.m. Information Fair All other activities are canceled for the day. |
| 13 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli | 14 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 Zumba Gold*\$ 11:00 Craft 1:00 Bridge 3:30 Table Tennis | 15 10:00 Magic Club 10:00 Hearing Screening* 10:00 Echoes of Nature 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness | 16 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 | 17 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:00 Juneteenth 12:30 Duplicate Bridge 3:30 Table Tennis |
| 20 Closed for Juneteenth holiday | 21 9:30 Writers Group 9:30 Blood Pressure 9:45 Chair-obics 10:00 Bid Whist 11:00 Zumba Gold*\$ 11:00 Meet and Greet 1:00 Bridge 3:30 Table Tennis | 22 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble | 23 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis | 24 9:00 Walk Aerobics 12:30 Duplicate Bridge 3:30 Table Tennis |
| 27 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli | 28 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 Zumba Gold*\$ 1:00 Bridge 3:30 Table Tennis | 29 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble | 30 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis | |

Schedule Notes:

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

Walking the Labyrinth

Fridays, June 3 and 17, 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, June 1, 9 a.m. (weather permitting)

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



Craft: Get Your Creative Spirit Moving!

June 14, 11 a.m.

Learn how to make a decoupage terracotta pot. No experience necessary. Preregister for this opportunity to rediscover fun through arts and crafts.

Bookworms

No June meeting.

The book for July is *The Last Thing He Told Me* by Laura Dave. The book for August is *On Tyranny* by Timothy Snyder.

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 Began 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/sage/>. The summer semester begins 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 are posted on the site.

In-Person Summer SAGE Class Schedule

| Mon. | Tues. | Wed. | Thur. | Fri. | Sat. |
|---|---|--|--|---|-----------------------------------|
| 9:00 Int. Piano 9:00 Zumba Gold 9:30 Art Design and Comp. 10:00 Int. ASL 10:30 Tai Chi 11:00 Adv. Piano 12:30 Stained Glass 1:00 Int./Adv. Drawing 1:00 Tap Dance 1:00 SoulCollage | 9:00 Mixed Media 9:00 Ceramics I 10:00 Current Issues 11:00 Ceramics II 12:30 Printmaking 12:30 Amer. Hist. 1:00 Line Dancing | 9:00 Stained Glass 9:30 Painting 9:30 Int. Guitar 10:00 Yoga 11:00 Stained Glass 12:00 Current Events 1:30 Tai Chi | 9:00 Ceramics I 9:30 Beg. Guitar 10:00 Adv. Color Theory 10:00 Beg. ASL 11:00 Ceramics II 12:15 Pilates | 9:30 Beg. Drawing 10:00 Beg. Jewelry 10:30 Tai Chi 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 chats in June 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

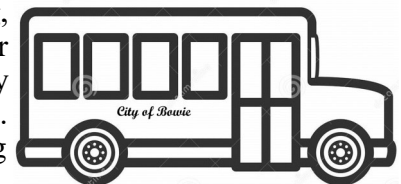
Check them out!

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, June 18, 8:30 a.m. – 12:30 p.m.

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

No blood drive is scheduled for July.

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.



Proper Footwear

Wednesday, June 1, 10 a.m.

When staying active in your senior years it's important to have proper footwear. Join Bryan Acheson, certified pedorthist of Solelytics, as he teaches us 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

Monday, June 6, 10 – 11:30 a.m.

Tuesday, June 7, 9:30 – 10:30 a.m.

Tuesday, June 21, 9:30—10:30 a.m.

A volunteer nurse will check your blood pressure.



Parkinson's Support Group

Monday, June 20, 10 – 11:30 a.m. (Virtual)

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

Note: Support Group meetings will resume face-to-face in July.

Hearing Screening

Wednesday, June 15, 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.

Support and Fellowship

Second and fourth Wednesdays, 9:30 – 10:30 a.m.

As we continue to navigate this journey of life, it is often helpful to have a time and place to come together to support one another. Center member, Carolyn Smith, will facilitate a bi-monthly support group. Participants will gather for a time of sharing, enjoying music, and a time to reflect silently.

Senior Center Advisory Board Openings

Accepting Applications

In 2000, construction of our current facility was completed and opened for senior services in June. At that time, the Bowie Senior Center Advisory Board was founded. It consists of nine people who are fifty-five years of age or older, are residents in the City of Bowie, and who are current members of the Center for a least six months. The purpose of the board is to advise and assist the manager in the implementation of policies and procedures of the Center as well as the promotion and provision of services to the seniors of the City of Bowie. If you are interested in serving, pick-up and return an application at the front desk.

Bowie Senior Center

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

www.cityofbowie.org/seniorcenter

Accredited by



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 Ronald Lindsey | 301-809-2324 |
| Program Assistants Mary Orange Sharon Wanzer | 301-809-2327 | Bus Drivers Robert Caldwell, Hank Lloyd, Keith Oden, and Darryl Stafford | |

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.