

July 2022



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## ***Independence Day Labyrinth Walk***

***Friday, July 1, 10 a.m.***

In observance of Independence Day, join us for a patriotic walk at the labyrinth. 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, our outdoor labyrinth provides a way to disconnect from all the noise and reflect back on the history of our country and what it means to us.



## ***Coffee with the Advisory Board***

***Tuesday, July 5, 11 a.m.***

Members of the advisory board will join us in the dining room for a half hour of coffee and conversation. The coffee is free and the conversation should be lively. This is your opportunity to offer suggestions and ideas. All Center members are welcome and encouraged to participate.

## ***Need Help Getting to the Polls?***

Early primary voting will take place at the City of Bowie Gymnasium. Bus transportation will be available on July 7, 8, 12, 13, and 14 between 10 a.m. and 1 p.m. for Bowie residents 55 and older and residents with disabilities. Please call 301-809-2324 to make an appointment.

## ***Cool Drinks on the Patio***

***Tuesday, July 19, 12:30 p.m.***

Sit back, relax, and enjoy a tall, cool drink. Summer is in full swing. So come and enjoy the sun or cool off in the shade as we mix up some frosty beverages. Join old friends and new for some casual conversation and laughter.

## ***Do You Love Karaoke?***

***Thursday, July 28, 10 a.m.***

Come one, come all. Let's have some fun and show your hidden musical talents. Come sing along to your favorite songs on our karaoke machine. You can sing alone or have partners. Let's all have some fun and enjoy some singing.



## ***Join the Bowie Senior Chorale***

***The fall season registration is open 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 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](http://www.bowieseniorcenter.org/BowieSeniorChorale). Register at the front desk; \$30 for Bowie residents and \$35 for nonresidents.

The spring 2022 concert of the Bowie Senior Chorale featuring "Music of the 60s" is now available on YouTube. The link is: <https://youtu.be/6kIZvEXaPVA>.

**Center is closed July 4 for Independence Day.**

## Computer Club Meetings and Help Sessions

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 July and August. The next class sessions will return in September.

## Get Ready for a Fashion Show

**Tuesday, September 20, 12:30 p.m.**

Here's your opportunity to walk the runway and shine. Explore your very own closet to find just the perfect outfit that you would like to model. Let's face it, over the past couple of years, many of us have not worn some of our favorite and special ensembles. Our social calendars took a hit due, in part, to the pandemic. We encourage you to 'Strut Your Stuff' with us for a lighthearted and delightful fashion show. Please sign up at the front desk by August 31. One of our staff will contact you for a description of your outfit and to share further details with you.

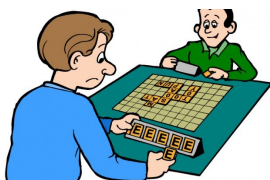
## Center Day Trips

**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.

July			
14 (Th)	Saint Michaels (Sold out)	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 Cruise Registration closes July 18	Meet at the Senior Center (Includes box lunch.)	10:30 a.m. – 3 p.m. Res. \$78/NR \$83
August			
11 (Th)	Suicide Bridge Registration closes Aug.3	Meet at Kenhill Center	9:30 a.m. – 5:30 p.m. Res. \$120/NR \$125
26 (Fr)	DC Waterfront, SW Washington (The Wharf)	Meet at Kenhill Center (Shopping and lunch on your own. Lots of walking)	9 a.m. – 3 p.m. Res. \$31/NR \$36
September			
1 (TH)	Patuxent River Park Jug Bay Natural Area	Meet at Senior Center	8:45 a.m. – 2:30 p.m. Res. \$14/NR \$16
14 (We)	<i>Ghost</i> , the Musical Toby's Dinner Theater	(Sold out) Meet at the Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
October			
20 (Th)	Sunfest at Ocean City Registration opens July 18	Meet at Kenhill Center	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48

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.
Deaf Support	First Thursday	9:30 a.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. 9 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.

### ***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.



### ***8-Ball Tournament Winner***

Every year the Center hosts a double elimination pool tournament for both 8-ball and 9-ball. This year's 8-ball champion is Orlando Mistichelli. This was Orlando's first entry into a tournament here and he took it all the way to the winner's bracket. Stay tuned for details on the upcoming fall 9-ball tournament.

### ***Did you Lose Something?***

We find personal items that have been left behind almost every day. If you are missing something, you may want to stop by the front desk and look through the lost and found box. It just might be there.

## July Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
				<b>1</b> 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>4</b> Closed for Independence Day	<b>5</b> 9:30 Writers Group 10:00 Advisory Board 10:00 Bid Whist 11:00 Coffee w/Adv. Board 1:00 Bridge 3:30 Table Tennis	<b>6</b> 9:00 Nature Walk 10:00 Bookworms 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>7</b> 9:45 Chair-obics 10:00 Bid Whist 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>8</b> 9:00 Walk Aerobics 12:30 Duplicate Bridge 3:30 Table Tennis
<b>11</b> 10:00 Blood Pressure 12:30 Pinochle 12:30 Musical Monday 1:00 Table Tennis 1:00 Machiavelli	<b>12</b> 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>13</b> 9:30 Fellowship 10:00 Tile Craft* 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>14</b> 9:30 Who Will Help 9:30 Bonsai Club 9:45 Chair-obics 10:00 Bid Whist 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	<b>15</b> 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>18</b> 10:00 Parkinson's Support Group 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>19</b> 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 Meet and Greet 12:30 Patio Drinks 1:00 Bridge 3:30 Table Tennis	<b>20</b> 10:00 Magic Club 10:00 Hearing Screening* 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>21</b> 9:30 Self-Care* 9:45 Chair-obics 10:00 Bid Whist 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>22</b> 9:00 Walk Aerobics 12:30 Duplicate Bridge 3:30 Table Tennis
<b>25</b> 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>26</b> 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>27</b> 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>28</b> 9:45 Chair-obics 10:00 Karaoke 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>29</b> 9:00 Walk Aerobics 12:30 Duplicate Bridge 3:30 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.

### ***Enjoy Outside Activities at the Center***

This is a great time of year to enjoy the Center. Have you experienced the peace and tranquility of walking the labyrinth, enjoyed a rousing game of bocce ball or horseshoes, sat at the gazebo or on the back patio surrounded by flower gardens, taken a nature walk to learn about native plantings, or explored the beautiful butterfly waystation garden? It won't be long until the garden will be teeming with activity—bees, hummingbirds, and, most importantly, monarch butterflies. Spend some time outdoors and watch the *gift* of nature during the busiest time of the year.

## Nature Walk

Wednesday, July 6, 9 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Enjoy nature in full bloom. The group will meet in the lobby.



## Bookworms

Wednesday, July 6, 10 – 11 a.m.

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

## Tile Craft

Wednesday, July 13, 10 a.m.

Let your creative juices flow when you join Mary to learn how easy it is to make colorful ceramic tile coasters. Use them yourself or give them as a gift. No artistic abilities are required. All supplies are provided. There is no fee but registration is required.

## New Members Meet and Greet

Tuesday, July 19, 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 make new friends. Staff and volunteers will be available to answer any questions about the wonderful opportunities the Center has to offer.

## Musical Mondays

Mondays, 12:30 – 1:30 p.m.

Join us on Mondays to listen and dance to the tunes by DJ Robert Downs. Robert is a volunteer here at the Center and likes to see people get up and move to the tunes from throughout the decades.

## Creative Corner

Be on the lookout for our Creative Corner in the dining room. Throughout the week we hope to inspire your mental, physical, and creative juices. We will have a variety of activities such as corn hole, adult coloring, writing, and educational worksheets designed to help keep your mind sharp.

## 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 summer semester began the week of June 13. Registration for the fall classes will begin in September for classes starting in October.

In-Person Summer SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano 9:00 Zumba Gold 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	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 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

*Who Will Help?*

*Thursday, July 14, 9:30 a.m.*

The day may come when you will reach out for help and there is no one there. Let us increase awareness of safety and what is needed as you age in place.

Your voice is being heard – just ask that question. Join with professionals in a caring conversation the results of which may give you the help you need. Quality of life comes with services with solutions.

*Self-Care*

*Thursday, July 21, 9:30 a.m.*

Is there something missing in your life? It just might be neglect of yourself. This session will empower you to make yourself a priority – right at the top of your to-do list. Carving out moments during your day to focus on what you love about life, let go of guilt, and give positive thinking and acts of self-compassion precedence. Your busy life becomes easier to manage when self-care is a priority. You will recharge more quickly and, more importantly, protect your physical, mental and emotional health.

The facilitator will be Gloria Gaddy, Information and Referral Specialist. Sign up is required at the front desk as space is limited.

## Bowie Senior Center Amenities and Opportunities

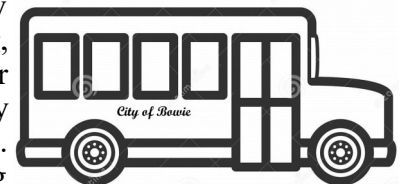
*Check them out!*

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](http://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.

## **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.



## **Blood Pressure Check**

*Monday, July 11, 10 – 11:30 a.m.*

A volunteer will check your blood pressure.



## **Parkinson's Support Group**

*Monday, July 18, 10 – 11:30 a.m.*

Note: Support Group meetings will resume face-to-face at the Center starting this month.

## **Hearing Screening**

*Wednesday, July 20, 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](mailto: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.

## **The Advisory Board Needs You**

Applications are being accepted to serve on the Center's Advisory Board. Established in June 2000, the board advises and assists the Center's manager in the promotion of the principles, policies, and procedures, as well as the provision of services to the seniors in our community. The board consists of nine individuals who are Bowie residents and members of the Center for at least six months. Board members are appointed to serve for three years beginning in September. If you are interested, please pick up an application and a copy of the bylaws at the front desk. The deadline to submit applications is Friday, July 29. Selections will be made in August.

## **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.



### **Red Cross Community Blood Drive**

Saturday, July 16 and August 13, 8:30 a.m. – 12:30 p.m.

Please call 1-800-733-2767 or visit [redcrossblood.org](http://redcrossblood.org) to make an appointment.

# Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716

301-809-2300

[www.cityofbowie.org/seniorcenter](http://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**

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionist</b> Monica Leonard	301-809-2300
<b>Assistant Manager</b> Colleen Cofod	301-809-2325	Julie Modlin	
<b>Wellness Coordinator</b> Mark Shields	301-809-2376	<b>Maintenance</b> Ray Esguerra	
<b>Information &amp; Referral Specialist</b> Gloria Gaddy	301-809-2377	Andre Walton	
<b>Program Assistants</b> Mary Orange Sharon Wanzer	301-809-2327	<b>Transportation Supervisor</b> Ronald Lindsey	301-809-2324
		<b>Bus Drivers</b> Robert Caldwell, Hank Lloyd, Keith Oden, Dwight Orr, 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](http://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](http://www.cityofbowie.org/nhn) or call Lori Cunningham at 240-544-5601.

**Free Notary Service** – The Center offers 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.