

September 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

National Senior Center Month Open House

Thursday, September 15, 10 a.m. – 2 p.m.

These past few years have shown the entire nation how vital Senior Centers are to the health and well-being of a community. This has been a time of reflection and also of looking forward, always staying mindful of the present. Our Center has been transformed by providing in-person classes as well as virtual classrooms. We continue to offer countless opportunities that promote health and well-being through social, emotional, physical, environmental, intellectual, vocational, and spiritual engagement. Please stop by for a tour of our dynamic facility and to find out more about the many senior services that we offer.

Join us for a musical celebration with DJ C-Well at 12:30 p.m.. It will be fun for all.

Fashion Show from the Closet

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

That's right, we asked our members to select something from their very own closet and then walk our runway. 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. So, join us for this lighthearted event that's sure to bring some *razzle-dazzle* to your day.



High-Dose Flu Clinic

Thursday, September 29, 10 a.m. – 2 p.m.

There will be a no-cost, high-dose flu shot clinic at the Bowie Senior Center. The clinic will be in partnership with Safeway Pharmacy. Be sure to wear clothing that allows easy access to your upper arms. Bring your Medicare card or other health insurance card.

Free Drive-up Flu Clinic

Saturday, October 1, 9 a.m. – noon

There will be a no-cost, drive-up flu shot clinic for ages 3 and up at the Senior Center. The clinic will be in partnership with the Bowie Health Center (University of Maryland Capital Region Health).

This will be the regular dose which is typically recommended for those under 65 years old. Check with your doctor to determine if a high dose flu vaccine is recommended. Be sure to wear clothing that allows easy access to your upper arms. Everyone three years and older must wear a face mask. Minors under the age of 18 require a parent/guardian signature of consent. This is a drive-up event only, no walk-ups.

Alert Bowie 2.0

The Alert Bowie system provides you with accurate, up-to-the-minute emergency notifications and informational messages from the City of Bowie by whatever media you choose.

Signing up to Alert Bowie is the best and most dependable way to ensure that you stay informed of important matters. It also puts you on the distribution list for the City's weekly newsletter. For more information, log on to the City of Bowie website. To sign up, log on to: <https://member.everbridge.net/index/1332612387832036#/signup>.



Center Closed September 5 for Labor Day

AARP Driver Safety Course

Tuesday, September 13, Tuesday, October 25, or Thursday, November 10, 10 a.m. – 2:30 p.m.

This one-day Driver Safety Course is based on the latest driver safety research and insights. You will learn driver strategies and refresh your knowledge of the latest rules, state laws, and hazards of the road. Upon completion of the course, contact your auto insurance agent to inquire about a discounted rate. The discount is good for 3 years. Contact the Center to register. The fee is \$20 for AARP members or \$25 for nonmembers

Outdoor Walking Group Interest Meeting

Tuesday, September 13, 10:30 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.

Artist of the Month – Elaine Rosenberg

Artist's Reception: Thursday, September 15, 1 p.m.

Abstract Expressionist, Elaine Rosenberg, is thrilled to share her art with us during the months of September and October. Her artwork has a playful style with a range of vitality. Elaine enjoys taking art classes at the Center and has exhibited here in the past. She welcomes you to enjoy the show.

Diabetes Self-Management

Seven-week Workshop, Tuesdays September 13 – October 25, 10:30 a.m. – 1 p.m.

Learn how to promote a healthy lifestyle with guidance on nutrition and exercise to improve strength and endurance. Practice action plans that work and be an active patient with your healthcare team by asking relevant questions. This workshop will not conflict with your current treatment plan. Sessions are led by trained and experienced leaders who also live with diabetes and other chronic conditions. Register by September 13. Contact Jackie Harley, Master Trainer/Living Well Program, 301-248-0039.

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. All trips are open to Senior Center members. Payments are non-refundable unless replacements can be found from the waiting list. For additional trip details, please see the trip board located in the Center's hall outside of the administrative offices.

September			
1 (Th)	Patuxent River Park Jug Bay Natural Area	(Sold out) 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 Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
October			
5 (We)	Belair Mansion, Bowie	Meet at Senior Center - Must be able to climb stairs and stand for a period of time.	10:00 a.m. – noon Res. \$5/NR \$6
20 (Th)	Sunfest at Ocean City	Meet at Kenhill Center	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48
November			
9 (We)	Sight and Sound Theatres – <i>David</i>	Meet at Kenhill Center	8 a.m. – 6 p.m. Res. \$120/NR \$125
17 (Th)	Arundel Mills/Live	Meet at Senior Center Registration opens Sept. 2	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
30 (We)	<i>It's a Wonderful Life</i> Toby's Dinner Theater	Meet at Senior Center Registration opens Sept 2	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.
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.

Computer Related Activities

The Bowie Seniors Computer Club meets in person at the Center on the first and third Thursdays of each month at 12:30 p.m. 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.



Computer classes return in September. Classes include Computers 1, Computers 3, and Excel. October classes, starting October 3, will include Computers 2 and Word. Registration for the October sessions is open through September. Schedules and synopses are available in the lobby.

Improv Workshop

Fridays, 9:30 – 11:30, starting October 14

Are you interested in expanding and improving your comedic and improv skills? Come check this group out as they focus on listening and responding, thinking outside the box, developing character, and so much more. Join in the fun as they create interesting and amusing scenes. Register at the front desk and bring a non-perishable food item as your fee.

September Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
			1 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	2 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 DJ Music 12:30 Duplicate Bridge 3:30 Table Tennis
5 Center Closed for Labor Day	6 9:30 Writers Group 9:30 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	7 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	8 9:30 Better-Day-Live 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	9 9:00 Walk Aerobics 10:00 911 Lab. Walk 10:30 Stronger Memory* 11:30 Stronger Memory* 12:30 DJ Music 12:30 Duplicate Bridge 3:30 Table Tennis
12 10:00 Blood Pressure 10:15 Pickleball* 12:30 Pinochle 12:30 DJ Music 1:00 Table Tennis 1:00 Machiavelli	13 9:30 Writers Group 9:30 Chair-obics 10:00 Driver Education*\$ 10:00 Bid Whist 10:30 Diabetes Manage.* 11:00 Meet and Greet 1:00 Bridge 3:30 Table Tennis	14 9:30 Fellowship 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	15 9:45 Chair-obics 10:00 Bid Whist 10:00 Open House 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Artists Reception 1:00 Mahjong 3:00 Table Tennis	16 9:00 Walk Aerobics 10:30 Stronger Memory* 11:30 Stronger Memory* 12:30 DJ Music 12:30 Duplicate Bridge 3:30 Table Tennis
19 10:00 Parkinson's Supt Group 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	20 9:30 Writers Group 9:30 Chair-obics 10:00 Hearing Screening* 10:00 Bid Whist 10:30 Diabetes Manage.* 12:30 Fashion Show 1:00 Bridge 3:30 Table Tennis	21 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	22 9:45 Chair-obics 9:30 Better-Day-Live 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 2:00 Grief Wkshop* 3:00 Table Tennis	23 9:00 Walk Aerobics 10:00 Fall Prevention* 10:30 Stronger Memory* 11:30 Stronger Memory* 12:30 DJ Music 12:30 Duplicate Bridge 3:30 Table Tennis
26 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	27 9:30 Writers Group 9:30 Chair-obics 10:00 Bid Whist 10:30 Diabetes Manage.* 11:00 Beach in a Glass*\$ 1:00 Bridge 3:30 Table Tennis	28 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	29 9:45 Chair-obics 10:00 Flu Clinic 10:00 Karaoke 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 2:00 Grief Wkshop* 3:00 Table Tennis	30 9:00 Walk Aerobics 10:00 Fall Prevention* 10:30 Stronger Memory* 11:30 Stronger Memory* 12:30 DJ Music 12:30 Duplicate Bridge 3:30 Table Tennis

Schedule Notes:

- An asterisk (*) after the title indicates that a pre-registration is required.
- There is no fee or tuition unless noted in the event description and by "\$" above.
- Chair-obics on Tuesdays will be at the City Gym, except that on September 27 it will be at the Center.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.

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.

Bookworms

First Wednesday of the month, 10 – 11 a.m.

September 7– *Russians Among Us: Sleeper Cells, Ghost Stories and the Hunt for Putin's Spies* by Gordon Corera (Lead – Valerie Hill)

October 5 – *The Book Woman of Troublesome Creek* by Kim Michele Richardson (Lead – Susan Price)

911 Remembrance Labyrinth Walk

Friday, September 9, 10 am

Gather with us at the Center’s outdoor labyrinth for a time of reflection and unity. 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.

New Members Meet and Greet

Tuesday, September 13, 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.

Beach-in-a-Glass Craft

Tuesday, September 27, 11 a.m.

Create a glass coastal ornament. The perfect way to get your beach fix and create a new ornament for your tree. Registration is required and there is a \$2 fee for supplies. A sample is on display in lobby.

Musical Mondays and Fridays

Mondays and Fridays, 12:30 – 1:30 p.m.

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

SAGE Fall Continuing Education Classes

Registration for the fall trimester opens September 2

The Center is committed to providing outstanding opportunities for older adults to continue learning. SAGE (Seasoned Adults Growing Educationally) classes are designed to keep both mind and body active and engaged. The Center is fortunate to partner with the Prince George’s Community College SAGE Program to offer over 40 classes at the Center each week. Classes range from languages to history, writing to literature, music to art, and much more. Fall class registration begins on September 2 and classes will begin the week of October 3. You must be a Center member to take SAGE classes at the Center. A registration fee of \$40 per class will be charged for fall registration. A scholarship is available after payment for two classes. Please email sage@pgcc.edu to learn more.

For class descriptions and to register, log on to the SAGE website at <https://www.pgcc.edu/sage>.

In-Person Fall SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Beg. Piano	9:00 Ceramics	9:30 Int. Guitar	9:00 Ceramics	10:00 Adv. Italian	8:30 Adv. Yoga
9:00 Zumba Gold	10:00 Current Issues	10:00 Impressionists	9:30 Beg. Guitar	10:00 Beg. Jewelry	10:20 Beg. Yoga
9:00 Global Line Dance	10:00 Studio Fine Art	10:00 Beg. Sign Lau.	10:00 Adv. Color Pencils	10:30 Tai Chi	
10:00 Intro. Colored Pencils	12:00 German	10:00 Yoga	10:00 Beg. ASL	1:00 Every Day Feels Like Saturday	
10:00 Int. ASL	12:30 Printmaking	10:00 Painting	12:15 Pilates	1:30 Chinese Exercise	
10:30 Tai Chi	1:00 Amer. Hist.	11:00 Stained Glass	2:00 Music App.		
11:00 Int. Piano	1:00 Line Dancing	1:00 Polar Explorers			
12:30 Stained Glass		1:30 Tai Chi			
2:00 World History		2:00 Estate Planning			

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

Fall in Love

Thursday, September 8, 9:30 a.m.

Redefined senior living is truly something to fall in love with. Many seniors are making changes in their living arrangements so it is important to have options available. Among them are independent living, assisted living, memory care, and much more. Come out and get first-hand information and learn how to experience extraordinary senior living in our area. This event is free and open to the public.

The Stressed Caregiver's Checklist

Thursday, September 22, 9:30 a.m.

A balanced caregiver is a caregiver with minimum stress. If you are a caregiver, make a checklist of the practical ways to reduce stress, stay calm, and care for yourself without guilt. This will help in your journey to become a more balanced and effective caregiver.

This session will help you get on track to build better safe practices and understand the frustration, guilt, anger, stress, love, and financial issues that come with supporting and caring for your loved one. This event is free and open to the public.

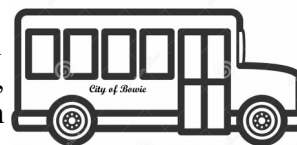
Falls Prevention Course

Fridays, September 23 – October 7, 10 – 10:45 a.m.

September is Falls Prevention Month and the Center will be offering a three-week course to help prevent falls. This free course will be a mix of identifying risks around the home and exercises to reduce the risk of falling. Wellness Coordinator Mark Shields will lead this course. Sign up at the front desk as space is limited.

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. 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, September 24 and October 15, 8:30 a.m. – 12:30 p.m.

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

NIH's Take the Right Steps to Prevent Falls

- **Stay physically active.** Plan an exercise program that is right for you
- **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall.
- **Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Get enough sleep.** If you are sleepy, you are more likely to fall.
- **Limit the amount of alcohol you drink.** Even a small amount of alcohol can affect your balance and reflexes.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop.
- **Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls
- **Be very careful when walking on wet or icy surfaces.**
- **Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.** It is important that the soles are not too thin or too thick.

For more on the subject, consider taking the Falls Prevention Course being offered by the Center in September and October.

Blood Pressure Check

Monday, September 12, 10 – 11:30 a.m.

A healthcare volunteer will check your blood pressure.



Parkinson's Support Group

Monday, September 19, 10 – 11:30 a.m. (Virtual)

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

Dance for Parkinson's

For many years the Parkinson Foundation of the National Capital Area (PFNCA) (www.pfnca.org) provided a weekly Dance for Parkinson's class at the Center. The class moved online during the pandemic. PFNCA is considering resuming the in-person class at the Center on Saturday mornings. If you are interested in participating or learning more, please email pfnca@parkinsonfoundation.org and write "Bowie Dance" in the subject line.

Hearing Screening

Tuesday, September 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 to be added to the meeting.

Support Group Workshop for Widowed Persons

Thursdays, starting September 22, 2 – 4 p.m.

This six-week workshop offers emotional support and practical advice for widowed men and women to help them adapt to their new circumstances. For more information and to pre-register for the scheduled sessions, please call 301-577-4312 or 301-483-8202. Support group sessions are sponsored by the Patuxent Widowed Persons Service.

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. A Center member will facilitate a bi-monthly support group. Participants will gather for a time of sharing, enjoying music, and a time to reflect silently.

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter

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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.

Senior Center Membership to Participate: Independent adults age 55 and older must complete a membership form to join the Center. There is no membership fee.

Hours of Operation: Monday through Friday, 8:30 a.m. – 4:30 p.m., and Saturday, 8:30 a.m. – 12:30 p.m.

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 Mary Orange Sharon Wanzer	301-809-2327	Transportation Supervisor Ronald Lindsey	301-809-2324
		Bus Drivers Robert Caldwell, Walter Green, 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—Adrian Bendermyer, Fran Blacker, Mary Brown, David Dasenbrock, Bettye Demps, Lewis Pollack, Arthur Rogers, 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 301-809-2356.

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 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.