

October 2022



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## **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 parking lot. 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.

## **Fall Harvest Celebration**

*Friday, October 28, 12:30 p.m.*

There's nothing as fine as an autumn day. The trees are a wonder of beauty, brushed with colors of red, orange, and gold. The pumpkins and apples are ready for harvest. There is a refreshing chill in the air. What better way to celebrate the change of seasons than to join us for a fall harvest event. There will be upbeat music, engaging activities, treats, and a festive environment all around. Costumes and autumn attire are welcome. Please pre-register at the front desk. There is a \$4 fee for residents and \$5 for nonresidents.



## **SAGE Fall Continuing Education Classes**

*Fall classes begin the week of October 3.*

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 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. For classes offered at the Center see the table on page 5 of this newsletter. For class descriptions visit <https://www.pgcc.edu/sage>.

Current students may register at <https://ask.pgcc.edu/TDClient/1778/Portal/KB/ArticleDet?ID=137234>. New students may register at <https://ask.pgcc.edu/TDClient/1778/Portal/KB/ArticleDet?ID=137241>.

## **Need A Ride to the Polls?**

Early voting will take place at the City of Bowie Gymnasium. Bus transportation will be available on October 27, 28, November 1, 2, and 3 between 10 a.m. and 1 p.m. for Bowie residents 55 and older and residents with disabilities. Please call our transportation office at 301-809-2324 to make an appointment.



## **Bowie Senior Chorale Holiday Concert**

**Save the Date: Saturday, December 10, 2 p.m. at the Bowie Center for the Performing Arts**

What do we want? **JOY!** When do we want it? **NOW!** The chorale is back, stronger than ever, and getting ready to provide the **JOY** we all need. This year’s concert, enthusiastically directed by Craig Sparks, is literally “**Sheer Joy**”. It will be a matinee, so your entire family and friends can enjoy the show together. For your convenience, tickets can be purchased online for \$8 (plus a small service fee) at: [www.bowiecenter.org](http://www.bowiecenter.org) or at the BCPA box office (15200 Annapolis Road, Bowie), which is open Tuesday – Friday, 10 a.m. – 4 p.m., as well as two hours before the concert. A ticket booth will also be set up at the Senior Center on Thursday, October 20 and Thursday, November 17, 12:30 – 2:30 p.m.

You will be inspired, and your spirit lifted by songs such as “How Can I Keep from Singing,” “Joyful, Joyful,” “O Come, All Ye Faithful,” and more. See you at the show!

## **AARP Driver Safety Course**

**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

## **Honoring Veterans**

**Save the Date: Thursday, November 10, 1 p.m.**

Veterans Day is a time to honor and show appreciation to those who have served our country. All veterans and members of the community are invited to join us for a special program. Our guest speaker will be Dr. Donjuan L. Williams. The theme of his presentation will be, “Thank you for your service. Let’s continue to serve.” The Bowie Choraleers will provide patriotic music and light refreshments will be available. This event is open to the public.



## **9-Ball Pool Tournament**

**Thursday, October 13, Noon – 3 p.m.**

Are you interested in playing in a 9-ball tournament here at the center? If so, register for only \$2 each at the front desk. Please note that the billiards room will be closed to non-tournament players during this time. Coffee and donuts will be provided.

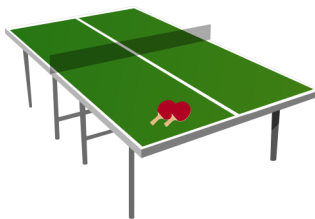
## **Center Day Trips**

**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.

<b>October</b>			
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 (Sold out)	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48
<b>November</b>			
9 (We)	Sight and Sound Theatres – <i>David</i>	Meet at Kenhill Center (Sold out)	8 a.m. – 6 p.m. Res. \$120/NR \$125
17 (Th)	Arundel Mills/Live	Meet at Senior Center	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 (Sold out)	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69

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.

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.



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.
Chess Club	Friday	1:30 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.

### Chess Club

**October, Fridays, 1:30 p.m.**

Do you love the strategic game of chess? The Center is hoping to revive our Chess Club and is seeking interested participants. Facilitated by member, Mike Farmer, we welcome you to stop by for a friendly game and the opportunity to *checkmate*.

### 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](mailto: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 for October, starting October 3, will include Computers 2 and Word. Registration for the October sessions is open until classes start. Schedules and synopses are available in the lobby.

If you enjoy helping others and would like to learn more about computers, consider volunteering as a classroom assistant.

## October Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>3</b> 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>4</b> 9:30 Writers Group 9:30 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>5</b> 9:00 Nature Walk 10:00 Horse Racing 10:00 Magic Club 2:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>6</b> 9:00 Bid Whist 9:30 Better-Day-Live 9:45 Chair-obics 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>7</b> 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
<b>10</b> 10:00 Blood Pressure 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>11</b> 9:30 Writers Group 9:30 Chair-obics 10:00 Bid Whist 10:30 Laughter Yoga 11:00 Craft Workshop*\$ 1:00 Bridge 3:30 Table Tennis	<b>12</b> 9:30 Fellowship 10:00 Bookworms 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>13</b> 9:00 Bid Whist 9:30 Better-Day-Live 9:30 Bonsai Club 9:45 Chair-obics 12:00 9-Ball Tourn*\$ 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>14</b> 9:00 Walk Aerobics 9:30 Improv Workshop* 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
<b>17</b> 10:15 Pickleball* 12:30 Pinochle 12:30 DJ Music 1:00 Table Tennis 1:00 Machiavelli	<b>18</b> 9:30 Writers Group 9:30 Chair-obics 10:00 Bid Whist 11:00 Meet and Greet 1:00 Bridge 3:30 Table Tennis	<b>19</b> 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	<b>20</b> 9:00 Bid Whist 9:45 Chair-obics 10:00 Mental Health 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	<b>21</b> 9:00 Walk Aerobics 9:30 Improv Workshop* 10:00 Labyrinth Walk 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
<b>24</b> 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>25</b> 9:30 Writers Group 9:30 Chair-obics 10:00 Driver Education*\$ 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>26</b> 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>27</b> 9:00 Bid Whist 9:45 Chair-obics 10:00 Karaoke 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>28</b> 9:00 Walk Aerobics 9:30 Improv Workshop* 12:30 Fall Harvest Celebration*\$ 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
<b>31</b> 10:15 Pickleball* 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli				

### 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, October 4 and 11, will be at the City Gym. All others 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.

## Nature Walk

*Wednesday, October 5, 9 a.m. (Weather permitting)*

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Enjoy the gifts of nature as fall begins its colorful display. The group will meet in the lobby.



## Bookworms

*October 12, 10 – 11 a.m. – The Book Woman of Troublesome Creek by Kim Michele Richardson (Lead – Susan Price)*

*November 2, 10 – 11 a.m. – Horse by Geraldine Brooks (Lead – Elizabeth Wiggans)*

## New Members Meet and Greet

*Tuesday, October 18, 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.

## Craft Workshop

*Tuesday, October 11, 11 a.m.*

Get ready for fall by creating beaded pipe cleaner corn husks. Registration is required and there is a \$2 fee for supplies. A sample is on display in the 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.

## NARFE

*Information Table: Wednesday, October 5 and Tuesday, October 18, 10 a.m. – 2 p.m.*

Federal workers and retirees, do you know there's a National association that works solely to preserve and protect your earned Federal rights and benefits? Do you know there's an advocacy group that works on your behalf with Congress, the White House and the Office of Personnel Management (OPM) to protect your Federal benefits? Do you have



questions about your Thrift Savings Plan (TSP)? Have you heard of the National Active and Retired Federal Employees (NARFE) Association? To learn more about this association and what's being done to protect you, stop by the information table at the Center.

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



# 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

*Medicare Annual Enrollment Period*

*Thursday, October 6, 9:30 a.m.*

People find this session to be extremely helpful around this time (October 15-December 7) as they are bombarded by mailers, flyers, TV ads, and 1-800 phone calls from a multitude of companies trying to sell you supplemental insurance.

This is an educational (and not a sales) program. After the presentation, there will be a short question and answer period so you can get a better understanding of your choices.

*Let Us Help You Start the Conversation*

*Thursday, October 13, 9:30 a.m.*

Don't wait until a crisis occurs before you talk about your values, preferences, and wishes for many things in life. If you wait until a fall, accident, or serious diagnosis occur, big decisions may be driven by assumptions. This ice breaker chat will help you to get started with the conversation and make good choices. Professionals will help you develop a file summary record designed the way you like it.

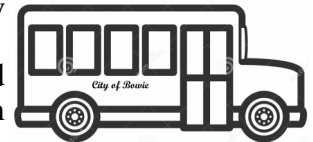
## Mental Health & You

*Thursday, October 20, 10 – 11 a.m.*

Join You First Health Systems as they provide a brief overview of mental health. According to the World Health Organization, COVID 19 triggered a 25% increase in the prevalence of anxiety and depression worldwide. From social isolation to fear of the unknown many of us were or are dealing with struggles from the pandemic. Join us for this free talk on the basics of mental health.

## 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.
- Shuttle transportation will be available for grocery shopping on Mondays, Tuesdays, and Thursdays depending on your location. 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.
- Please call 301-809-2324 to set up an appointment at least 24 hours in advance. When making an appointment, please let the staff know if a lift-equipped bus is needed.
- These services are available only within city limits. The fare is \$1 each way. Appointments are required for **all** transportation services. Passengers will not be allowed on the bus without an appointment.



## **Pumpkin Seeds for a Nutritional Power Punch**

It's that time of the year where the grandkids are carving pumpkins and making a mess. Save the seeds and prepare for eating. Just 1 oz (28g), about 150 dry seeds, provides the following nutrients.

- Fiber: 1.7 grams
- Carbs: 5 grams
- Protein: 7 grams
- Fat: 13 grams (6 of which are heart-healthy omega-6s)
- Vitamin K: 18% of the RDI (Recommended Daily Intake) (beneficial for bone health)
- Phosphorus: 33% of the RDI
- Manganese: 42% of the RDI
- Magnesium: 37% of the RDI (helps with muscle cramps, restless leg syndrome & bone health)
- Iron: 23% of the RDI
- Zinc: 14% of the RDI (beneficial for the immune system)
- Copper: 19% of the RDI (bone health & immune function)

To prepare for eating, rinse and dry the seeds and add seasoning of your choice, if any. Roast at a moderate heat of 350°F for about 12 to 15 minutes tossing them every 5 minutes to encourage even browning. When the seeds give a nutty aroma and golden-brown color, they are ready.

## **Blood Pressure Check**

**Monday, October 10, 10 – 11:30 a.m.**

A healthcare volunteer will check your blood pressure.



## **Parkinson's Support Group**

**Monday, October 17, 10 – 11:30 a.m. (Virtual)**

Please contact Art James at [artjames@msn.com](mailto: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](http://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](mailto:pfnca@parkinsonfoundation.org) and write "Bowie Dance" in the subject line.

## **Hearing Screening**

**Wednesday, October 19, 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. 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.



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

Saturday, October 15 and November 12, 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

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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

<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, 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](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.