

February 2023



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Black History Month

Remembering Dr. Martin Luther King, Jr.

Friday, February 3, 10 a.m.

This program will honor the life of Dr. Martin Luther King Jr. with a PowerPoint presentation and discussion. Dr. King was born January 15, 1929. As a young man, he was encouraged to be a minister just like his grandfather and father. As a minister and activist, he became the most visible spokesperson and leader in the Civil Rights Movement. In December 1955 he accepted leadership of the first African-American peaceful boycott which launched his successful career as an internationally known crusader for equal rights. Join us as we reflect and remember the life of this great American.

Musicians Who Changed Music Forever

Friday, February 10, 10 – 11 a.m.

The music industry has been touched by some remarkable singer-songwriters and performers over the years. Come join us for a presentation of talented black artists such as Prince, James Brown, Aretha Franklin and many others. We'll listen to their work and share memories.



Friendship Day Celebration

Tuesday, February 14, 12:30 – 1:30 p.m.



Through the years, the Center has held a special event on or near Valentine's Day where we come together to celebrate the many friendships and special relationships that are formed here through participation in classes, programs, clubs, trips, and other activities. This year we invite you to enjoy music with DJ C-Well and some light refreshments. Lunch is not included and there is no fee or registration for the event. Come with old friends and meet new ones on Friendship Day.

Presidential Memorabilia Display

Thursday, February 16, 10 a.m. - noon

From Reagan to the Obama administration, Center member Lottie Graham shares photographs, invitations, and other items from the 30 years that she worked at the White House. Step back into history as you peruse this unique exhibit.

Register for Spring SAGE Classes

Our continuing education partnership with the Prince George's Community College SAGE (Seasoned Adults Growing Educationally) program remains strong by offering many in-person and Zoom classes. Many of your favorite instructors will be returning this semester. The vast selection of classes includes art, history, dance, music, language, literature, self-awareness, writing, finance, exercise, stained glass, jewelry making, and more. The spring schedule is online at <https://www.pgcc.edu/ce/>. Classes begin the week of February 6. You are encouraged to register online as that is the most efficient and effective way to ensure access to desired classes and pay the registration fee. If you have a problem with the online process, you may call the Sage Office at 301-546-0923 or Help Desk at 301-546-0637.

The schedule for spring in-person classes at the Center is provided on page 5 of this newsletter.

Center will be closed Monday, February 20, for Presidents' Day

Computer Activities

Bowie Seniors Computer Club – The club meets the first and third Thursdays each month 12:30 - 2:15 p.m. at the Center. To be added to the meeting announcement distribution list contact the front desk at 301-809-2300.

Help Sessions – Center volunteers who are also members of the computer club offer free PC computer help every Wednesday 12:30 – 3 p.m. in the computer classroom. Center members may bring their computers to get assistance, just ask questions, or practice computer skills.



Computer Classes – Computer classes in February are Computers 2 and Word. Class descriptions and schedules are available in the lobby. The next series of computer classes will start in April.

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

Cell Phone Q & A Help Session – A second cell phone help session will be held on Tuesday, March 7, 12:30. – 2 p.m. As with the first session, it will be supported by seniors from Bowie High School.

Artists of the Month – David Brosch’s Printmaking Class

Artists’ Reception on Tuesday, February 7, 1 p.m.

Printmaking is distinguished from other two-dimensional art media, such as painting or drawing, in that the final art is indirectly created by producing an image on a plate or block and then transferring it, typically, to paper. What also sets it apart is that multiple pieces of the same artwork can be generated. The printmaking class focuses on linocuts. Students are displaying a variety of styles, techniques, and subject matter.

Beginner Billiards Instructions

Wednesdays, February 8 – March 8, 1 – 2 p.m.

Have you wanted to play pool but never really knew what the rules were or how to properly make the shot? The center has a volunteer instructor that is willing to meet with a small group and show them the ropes. Space is very limited so be sure to pre-register at the front desk.

Vendor Invitation – Bowie Arts Committee Spring Arts and Crafts Market

At the Center on Saturday, April 15, 9 a.m. – 2 p.m.

The Bowie Arts Committee welcomes any Senior Center member who would like to apply to be a part of this event. This is a juried market; all requests may not be accepted. All items sold must be the original work of the seller. Vendor fee is \$50 which includes a 6-foot table and 2 chairs. All fees for the vendor spaces will go toward the Art Committee’s annual Art Scholarship Fund to support graduating high school seniors pursuing a four-year degree in the arts. Applications and directions for submitting the vendor fee are available on the Art Committee page on the City website. Deadline for submitting the application and fees is March 18, 2023. If you have any questions, please contact Lori Cunningham at Lcunningham@cityofbowie.org or 301-832-7451.

Weather Policy

When Prince George’s County schools are closed due to inclement weather, the Center’s scheduled activities are canceled for the day. These activities include classes, transportation services, and the nutrition program. However, the facility may be open for unscheduled activities. Please call to confirm before coming.



When schools open two hours late, transportation services and the nutrition program are canceled for the day. In addition, all morning classes and activities scheduled before 11 a.m. are canceled. If public schools are to close two hours early due to the weather, all classes and scheduled activities after 2 p.m. are canceled.

Groups and Club Meetings		
Advisory Board	First Tuesdays	10 a.m.
Bonsai Club	Meetings resume in March	
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. – noon
Bridge	Tuesday	1 – 4 p.m.
Billiards	Daily	Center hours
Bingo	Thursday	12:30 p.m.
Chess Club	Friday	1:30 p.m.
Duplicate Bridge (sign up)	Wednesday Friday	12:30 – 3:30 p.m. 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.

Center Day Trips

Trip Information – 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.

March			
1 (We)	Toby’s Dinner Theater <i>Something Rotten</i>	Meet at Senior Center	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78
15 (We)	Toby’s Dinner Theater <i>Something Rotten</i>	Meet at Senior Center	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78
April			
6 (Th)	Cherry Blossom Cruise	Meet at Kenhill Center	10 a.m. – 3:15 p.m. Res. \$130/NR \$135
19 (We)	Toby’s Dinner Theater <i>Grease</i>	Meet at Senior Center Registration opens February 1	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78
May			
4 (Tu)	Ocean City Springfest	Meet at Kenhill Center Registration opens February 8	8:15 a.m. – 5:30 p.m. Res. \$48/NR \$50
17 (We)	Toby’s Dinner Theater <i>Grease</i>	Meet at Senior Center Registration opens February 1	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78

February Activity Schedule				
Mon.	Tues.	Wed.	Thurs.	Fri.
		1 10:00 Nature Walk 10:00 Bookworms 10:00 Magic Club 12:30 Computer Help 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Chair Fitness	2 9:00 Bid Whist 9:30 Deaf Support 9:45 Chair-obics 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	3 9:00 Walk Aerobics 10:00 Remembering Dr. MLK 12:00 Computers 2*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
6 12:00 Computers 2*\$ 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	7 9:30 Writers Group 9:30 Chair-obics+ 10:00 Advisory Board 10:00 Word*\$ 10:00 Bid Whist 10:30 Craft Workshop 1:00 Bridge 1:00 Artist's Reception 3:30 Table Tennis	8 9:30 Better Day Live 9:30 Fellowship 12:30 Computer Help 12:30 Duplicate Bridge 1:00 Billiards Inst.* 1:00 Scrabble 1:00 Chair Fitness	9 9:00 Bid Whist 9:45 Chair-obics 10:00 Word*\$ 11:00 Movement Screening* 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	10 9:00 Walk Aerobics 10:00 Black History 12:00 Computers 2*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
13 10:00 Blood Pressure 10:15 Pickleball**+ 12:00 Computers 2*\$ 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	14 9:30 Writers Group 9:30 Chair-obics+ 10:00 Word*\$ 10:00 Bid Whist 12:30 Friendship Day 1:00 Bridge 3:30 Table Tennis	15 9:30 Better Day Live 10:00 Hearing Screening* 10:00 Magic Club 12:00 Birthday Celebration 12:30 Computer Help 12:30 Duplicate Bridge 1:00 Billiards Inst.* 1:00 Scrabble 1:00 Chair Fitness	16 9:00 Bid Whist 9:45 Chair-obics 10:00 Word*\$ 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 12:30 Self Publish*\$ 1:00 Mahjong 3:00 Table Tennis	17 9:00 Walk Aerobics 10:30 Laughter Yoga 12:00 Computers 2*\$ 12:30 Duplicate Bridge 12:30 DJ Music 1:30 Chess Club 3:30 Table Tennis
20 Center closed for Presidents' Day	21 9:30 Writers Group 9:30 Chair-obics+ 10:00 Word*\$ 10:00 Bid Whist 10:30 Laughter Yoga 1:00 Bridge 3:30 Table Tennis	22 9:30 Fellowship 10:00 Karaoke 12:30 Computer Help 12:30 Duplicate Bridge 1:00 Billiards Inst.* 1:00 Chair Fitness 1:00 Scrabble	23 9:00 Bid Whist 9:45 Chair-obics 10:00 Word*\$ 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	24 9:00 Walk Aerobics 12:00 Computers 2*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
27 10:15 Pickleball**+ 12:00 Computers 2*\$ 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	28 9:30 Writers Group 9:30 Chair-obics+ 10:00 Word*\$ 10:00 Bid Whist 10:30 Show and Tell 1:00 Bridge 3:30 Table Tennis			

Schedule Notes:

- An asterisk (*) after the title indicates that a pre-registration is required.
 - A dollar (\$) after a title indicates there is a fee required.
 - A plus (+) after a title indicates that it 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.

New: Pool Table Reservation

Mondays, Wednesdays, and Fridays, 11 a.m. – noon

Starting in February, you will be able to reserve a pool table for up to 30 minutes. You may want to practice by yourself or bring a friend to join you. You'll have your own dedicated table. If two members are playing together they can reserve up to 60 minutes. Reservations can be made by contacting the front desk at least a day in advance.

Nature Walk

Wednesday, February 1, 10 a.m. (Weather permitting)

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

Bookworms

Wednesday, February 1, 10 a.m.

The book for February is *The Caterpillar Club* by James H. Wise

Craft Workshop

Tuesday February 7, 10:30 a.m.

Create a string heart yarn Friendship/Valentine's Day card for that special someone. Pre-registration is required.

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.

Indoor Walking at the City Gymnasium

Are you looking to move your outdoor exercise indoors now that colder weather has arrived? Indoor walking for seniors is available Monday through Friday between 9 and 10 a.m. at the city gymnasium. This is an opportunity to exercise in a safe and climate-controlled environment.



How to Self-Publish Your Book

Thursday, February 16, 12:30 - 2 p.m.

Have you ever wanted to write and publish a book, but thought it was too hard or too expensive? Now there is an easy way to self-publish using a very inexpensive website to get your book on Amazon. This class includes many story topic ideas. It also walks you through each step to self-publish your book, selling to retail locations and libraries, and setting up for events. Now you can write, publish, and sell your own book. *You Can Self-Publish!*, a 38-page book written by class facilitator Cindy Freland, is included with the \$10 fee. Pre-register by February 13.

St. Patrick's Day Party

Friday, March 17, 1 – 2 p.m.

'Tis time to put on your **GREEN**, kick up your heels, and look for those smiling Irish eyes. Singer Bruce Thomas will provide entertainment for this year's celebration. You don't have to be Irish to dance a jig, sing some songs, and enjoy light refreshments with ol' friends and new. If you would like to join us for this after lunch party, please pre-register at the front desk for a fee of \$5 for residents and \$6 for non-residents.

In-Person Spring SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano 9:00 Zumba Gold 10:00 Intro. Pen & Ink 10:30 Tai Chi 11:00 Adv. Piano 12:30 Stained Glass	9:00 Ceramics 10:00 Current Issues 10:00 Studio Fine Art 12:00 German 12:30 Printmaking 12:30 Amer. Hist. 1:00 Line Dancing	9:00 Stained Glass 9:30 Int. Guitar 10:00 Yoga 10:00 Paper Crafts 10:00 Water Colors 1:30 Tai Chi 2:00 Estate Planning	9:00 Ceramics 9:30 Beg. Guitar 10:00 Adv. Color Pencils 12:15 Pilates 2:00 Music Appreciation	9:00 Beg. Drawing 9:30 Improv 10:00 Practical Italian 10:00 Beg. Spanish 10:00 Beg. Jewelry 10:30 Tai Chi 12:00 Int. Spanish 1:00 Every Day Feels Like Saturday. 1:30 Tai Chi Do Yin	8:30 Adv. Yoga 9:00 Beg. Stained Glass 10:20 Beg. Yoga

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

Social Interaction at the Center

Wednesday, February 8, 9:30 a.m.

It's Valentine's month. While flowers, chocolate, and candy are great, experiences are often a lot more meaningful than things. Come out and join in the conversation as we create memories together by broadening our social interactions.

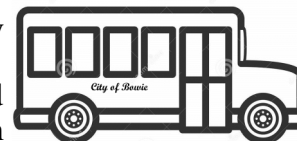
Self-Care

Wednesday, February 15, 9:30 a.m.

This self-care session is designed as a powerful tool to honor your spiritual, mental, and physical needs. The focus will be "Life Lessons." Discover how you can overcome some of your trials and pitfalls. You will quickly discover how easy it is to start working on your goals, intentions, and activities. This can begin at any point in the year or time in your life. The goal is to help you improve the way you love yourself without guilt. Revolutionize your relationship with yourself. Facilitated by Gloria Gaddy.

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.



Protect Yourself from Scammers

The City of Bowie Police Department issues regular alerts on some of the most prevalent scams, mostly aimed at seniors. Scams can come in the form of phone calls, email, and even at your front door. Remember the old adage, "If it sounds too good to be true, it probably is." To help avoid scams:

- Hang up on suspicious phone calls, immediately.
- Never give out personal information or passwords.
- Never pay anything by gift card – this is a red flag.
- Never click on suspicious links in your email.

Many scams are listed on the City of Bowie website. Just search for "scams." Report suspicious activity to the Bowie Police at 240-554-5700.



Red Cross Community Blood Drive

Saturday, February 18 and April 22, 8:30 a.m. – 12:30 p.m. (No March date)
Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.



Common Heart Attack Warning Signs



SPOT A STROKE™ F.A.S.T.

- F**ACE Drooping
 - A**RM Weakness
 - S**PEECH Difficulty
 - T**IME to Call 911
- Learn more at stroke.org

Free Movement Screening with a Physical Therapist

Thursday, February 9, 11 a.m. – noon

Do you have discomfort when trying to sit in a chair? Does walking down stairs feel uncomfortable? Maybe reaching overhead into the cabinets doesn't feel like it used to. The Center is now offering free monthly movement screenings here in a partnership with Chesapeake Bay Aquatic & Physical Therapy group. This is a great way to figure out how you can help alleviate some of those daily discomforts. Pre-register at the front desk as appointments are limited.

Blood Pressure Check

Monday, February 13, 10 – 11:30 a.m.

A healthcare volunteer will check your blood pressure.



Hearing Screening

Wednesday, February 15, 10 – 11:15 a.m.

For a free 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. 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.

Support Group Workshop for Widowed Persons

Thursdays, starting March 16, 2 – 4 p.m.

This eight-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.

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	Transportation Supervisor Ronald Lindsey	301-809-2324
Program Assistants Pam McComb Mary Orange Sharon Wanzer	301-809-2327	Assistant Transportation Supervisor Rayvon McKoy	301-809-2301
		Bus Drivers Robert Caldwell, Walter Green, 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—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.