Bowie Senior Chorale Registration
The Bowie Senior Chorale welcomes new and continuing members to register for the 2023 fall/winter semester. Registration is open until August 3. Rehearsals begin August 10 for the upcoming holiday concert which will be held Saturday, December 9. The chorale rehearsals are Thursdays from 2:30 to 4:30 p.m. at the Senior Center. Anyone who likes to sing is welcome to join. No musical training or prior experience is necessary. Chorale members must be members of the Bowie Senior Center. Dues for the semester are $40 for City of Bowie residents and $45 for non-residents.

Wednesday Evening Express Learning and Special Programs
To take advantage of summer’s longer sunlit days, the Center is adding longer hours of operation on Wednesdays. Working seniors are encouraged to take advantage of this opportunity to experience some of our regular amenities: outdoor labyrinth, bocce ball, horseshoes, and walking path, as well as our indoor fitness center, billiards room, and library. In addition, during these extended hours, there will be a variety of Express Learning classes that will offer one-hour learning experiences and other special programs. Join other adults who are interested in learning new things and having lively interactions in a friendly environment. Express Learning classes are free, but pre-registration is suggested as space may be limited. If you are not a member of the Center, please arrive early to fill out a membership form.

Here is what we have planned for Wednesdays in July:

Show & Share – Wednesday, July 5, 6 p.m. Facilitated by Lottie Graham
Bring a prized possession to show to others. It could be a souvenir, family heirloom, collectible, or anything that means a lot to you. Share your story about why it’s special to you. Lottie will share items from past military travels in Europe, Alaska, and Las Vegas.

Learn to Play Bid Whist – Wednesday, July 5, 6 p.m. Facilitated by Mary Doughty
Strategy, card counting, and careful communication between two sets of partners add to the social enjoyment of this game. High or low cards may win! Learn how to play this trick-taking variant of the classic card game whist.

Ebony Images in Film Trivia - Wednesday, July 12, 6 p.m. Facilitated by Denise Cross
Select answers from fun multiple-choice questions and view film clips to learn more about African Americans in film. Get ready for an enthusiastic trivia contest!

Art of Bonsai Show – Wednesday, July 12, 5:30 – 7 p.m. Facilitated by Bowie Bonsai Club
Peruse natural wonders in a container through the Bonsai practice which focuses on long-term cultivation and shaping of miniature trees. The purposes of bonsai are primarily contemplation and the pleasant exercise of effort and ingenuity. This unique show is open to the public.

Nature Walk – Wednesday, July 19, 6 p.m. Facilitated by Cecelia Vitale-Reddy
Stroll the paths around the Center. Talk about the plants and woodland animals along the way. Share personal experiences about nature and refresh with some lemonade.

(Continued on Page 2.)
Express Learning, and Special Programs (Continued)

Matchstick Math – Wednesday, July 26, 6 p.m. Facilitated by Dave Dasenbrock
Participate with others to solve a number of matchstick puzzles plus some brain teasers which do not necessarily require knowledge but thought and logic to arrive at the solution.

Creating Art from Nature – Wednesday, July 26, 6 p.m. Facilitated by Doris Dasenbrock
Create graphic design patterns using your choice of nature’s fruit, nuts, leaves, bark, moss, seeds, shells, pinecones, etc. Bring something from nature as your inspiration. Additionally, colored pencils, crayons, or water-based paints may be used. Supplies will be available.

Here is what we have planned for Wednesdays in August:

Hand Chiming – Wednesday, August 2, 6 p.m. Facilitated by Rev. Dr. Elizabeth Wiggins
5 Love Languages – Wednesday, August 2, 6 p.m. Facilitated by Pam McComb
Social BINGO – Wednesday, August 9, 6 p.m. Facilitated by Sharon Wanzer
Therapeutic Music – Wednesday, August 16, 6 p.m. Facilitated by Gloria Gaddy
Hands-Only CPR – Wednesday, August 23, 5:30 - 7 p.m. Facilitated by Brian Clark, EMS
How to Haggle – Wednesday, August 23, 7 p.m. Facilitated by Denise Cross
Nature Exploration Walk – Wednesday, August 30, 6 p.m. Facilitated by Cecelia Vitale-Reddy
Fit Over 55: Getting Well Before Retirement – Wednesday, August 30, 6 p.m. Facilitated by Mark Shields

More details for the above events will be in the August newsletter.

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.

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<tr>
<th>Date (Day)</th>
<th>Activity</th>
<th>Location</th>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Cost (Res.)</th>
<th>Cost (NR)</th>
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</table>
| 12 (We)    | Toby’s Dinner Theater  
*Escape to Margaritaville* | Meet at Senior Center (Sold out) | 9:45 a.m. – 3:45 p.m.  
Res. $73/NR $78
| 19 (We)    | Arundel Mills/Live | Meet at Senior Center (Sold out) | 9:30 a.m. – 2:30 p.m.  
Res. $15/NR $17
| 3 (Th)     | Choptank Riverboat Cruise  
and Crab Feast | Meet at Kenhill Center (Sold out) | 9:30 a.m. – 5:30 p.m.  
Res. $125/NR $130
| 9 (We)     | Toby’s Dinner Theater  
*Escape to Margaritaville* | Meet at Senior Center | 9:45 a.m. – 3:45 p.m.  
Res. $73/NR $78
| 23 (We)    | Sight and Sound Moses | Meet at Kenhill Center (Sold out) | 8 a.m. – 6 p.m.  
Res $130/NR $135

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<th>Date (Day)</th>
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<th>Cost (Res.)</th>
<th>Cost (NR)</th>
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| 13 We)     | Toby’s Dinner Theater  
*Sister Act* | Meet at Senior Center  
Registration opens July 3 | 9:45 a.m. – 3:45 p.m.  
Res. $73/NR $78
| 21 (Th)    | Patuxent River/Jug Bay | Meet at Senior Center  
Registration opens July 3 | 8:45 a.m. – 2:30 p.m.  
Res. $14/NR $16
| 28 (Th)    | Choptank Riverboat Cruise  
and Crab Feast 2 | Meet at Kenhill Center  
Registration opens July 10 | 10 a.m. – 6 p.m.  
Res. $125/NR $130

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<th>Date (Day)</th>
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| 18 We)     | Toby’s Dinner Theater  
*Sister Act* | Meet at Senior Center  
Registration opens July 3 | 9:45 a.m. – 3:45 p.m.  
Res. $73/NR $78
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.

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<tr>
<th>Group and Club Meetings</th>
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<tr>
<td>Advisory Board</td>
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<td>Bonsai Club</td>
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<td>Bookworms</td>
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<tr>
<td>Computer Help Lab</td>
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<td>Deaf Support</td>
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<td>Drawing Club</td>
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<td>Improv Workshop</td>
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<td>Magic Club</td>
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<td>Parkinson’s Exercise</td>
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<td>Seniors Computer Club</td>
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<td>Support and Fellowship</td>
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<td>Veterans Club</td>
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<td>Writers Group</td>
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<tr>
<th>Weekly Games</th>
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<td>Bid Whist</td>
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<td>Bridge</td>
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<td>Billiards</td>
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<td>Bingo</td>
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<td>Chess Club</td>
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<tr>
<td>Duplicate Bridge (sign up)</td>
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<td>Machiavelli</td>
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<td>Mahjong</td>
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<td>Pinochle</td>
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<td>Scrabble</td>
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<td>Table Shuffleboard</td>
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<td>Table Tennis</td>
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**Computer Activities**

**Bowie Seniors Computer Club** – The club meets the first Thursday of each month, 12:30 p.m., at the Center. To be added to the meeting announcement distribution list, contact the front desk at 301-809-2300. The July meeting will be held in the computer classroom where the features of PowerPoint will be demonstrated.

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

**Veterans Club**

**Friday, July 28, Noon – 1 p.m.**
The group meets the fourth Friday of the month to discuss topics of interest to veterans. Come learn and make new friends. New members are welcome.
## July Activity Schedule

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<td>10:00 Patriotic Karaoke</td>
<td>10:00 Nature Walk</td>
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<td>9:00 Walk Aerobics</td>
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<td>12:30 Musical Monday</td>
<td>10:00 Bookworms</td>
<td>9:30 Defeat Support</td>
<td>10:30 Life Stories*</td>
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<td>12:30 Pinochle</td>
<td>10:00 Magic Club</td>
<td>9:45 Chair-obics</td>
<td>12:30 DJ Music</td>
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<td>1:00 Table Tennis</td>
<td>12:30 Computer Help</td>
<td>12:30 Computer Club</td>
<td>12:30 Duplicate Bridge</td>
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<td>1:00 Machiavelli</td>
<td>12:30 Duplicate Bridge</td>
<td>12:30 Bingo</td>
<td>1:30 Chess Club</td>
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<tr>
<td>Closed for Independence Day</td>
<td>12:30 Horse Racing</td>
<td>12:30 Pinochle</td>
<td>3:30 Table Tennis</td>
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<td>1:00 Scrabble</td>
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<td>1:00 Chair Fitness</td>
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<td>6:00 Learn Bid Whist</td>
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<td>6:00 Show and Share</td>
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<td>10:00 Blood Pressure</td>
<td>9:30 Writers Group</td>
<td>9:30 Fellowship</td>
<td>9:00 Bid Whist</td>
<td>9:00 Walk Aerobics</td>
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<td>9:45 Chair-obics</td>
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<td>12:30 Pinochle</td>
<td>10:00 Advisory Board</td>
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<td>1:00 Machiavelli</td>
<td>10:30 Craft Workshop*</td>
<td>12:30 Duplicate Bridge</td>
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<td>5:30 Art of Bonsai</td>
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<td>6:00 Film Trivia</td>
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### 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.
Bookworms
*Wednesday, July 5, 10 a.m.*
July – *The Attic Child* by Lola Jaye (Leader – Valerie Hill)
August – *The Midnight Library* by Matt Haig (Leader – Genevieve Clemens)
September – *Begin Again: James Baldwin’s America* by Eddie Claude Jr. (Leader – Mary Brown)

Craft Workshop
*Tuesday, July 11, 10:30 a.m.*
Create a flower pomander using a wiffle ball. Registration is required and there is a $5 fee for supplies. A sample is on display in the lobby.

Improv Workshop
*Fridays, 9:30 – 11:30 a.m.*
Are you interested in expanding and improving your comedic and improvisation 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.

Artist of the Month – Annie Chelliah
“My Garden to Art” describes the inspiration that artist Annie Chelliah uses to create one of a kind pressed flower wall art. Flowers and leaves found in her garden are gathered, pressed, and designed into beautiful works of art. This colorful exhibit is open to the public.

Introduction To Photography Class
* Saturdays, September 9 – October 14, 10 a.m. - noon*
We are excited to offer Discover Digital Photography. This course is perfect for anyone interested in exploring the art of digital photography, whether you have never picked up a camera before or just want to refresh your basic skills. It’s a hands-on class that covers the basic concepts and practices of digital photography, including terminology, camera operation and settings, composition, exposure, lighting, and much more. There will be exercises and assignments to hone your skills and gain confidence in your abilities. You will participate in a couple of live photo sessions aimed at gaining practical experience using the techniques learned in class. Our experienced and friendly instructor, Romerio Moreno, will guide you step by step through the process. Discover a new passion and learn the ability to create beautiful memories that you can cherish for a lifetime!

Participants must provide their own digital camera. Space is limited so pre-register at the front desk. The fee for the six-week course is $60.

Intergenerational Chess Survey
Recognizing the sudden adoration of chess among youth from middle-schoolers and up, the Senior Center would like to know if there is interest in matching up young people with senior adults for a game or two. We have table chess sets and even computer options. Are you interested? Will you help us spread the word? We’re thinking about Saturday mornings 10 a.m. to noon, for this interactive experience. Please contact the Center at 301-809-2300 to express interest in this potential new intergenerational program.

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<tr>
<th>In-Person Summer SAGE Class Schedule</th>
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<tr>
<td><strong>Mon.</strong></td>
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<tr>
<td>9:00 Zumba Gold</td>
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<td>10:00 Spanish II</td>
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<td>10:30 Tai Chi</td>
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<td>12:30 Stained Glass</td>
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July 2023 City of Bowie Senior Center
**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**  
**Summertime Lemonade Smash**  
*Wednesday, July 12, 9:30 a.m.*

How do we have a great summer full of fun and stay safe? Join this one-hour informative session that will give you ideas about how to have a Lemonade Smash. We will have some real lemonade made the old fashion way. Summertime is fun time; however, we must stay safe while having fun. Learn to do enjoyable things with at little or no cost and that are simple to set up and take down. Hurry in to the Lemonade Smash for big fun.

**Self-care Monthly Meeting**  
*Wednesday, July 19, 9:30 a.m.*

This self-care session is designed to honor your spiritual, mental, and physical needs. The focus will be on “Life Lessons”. Discover how you can overcome some of your trials and pitfalls. You will quickly realize how easy it is to start working on your goals, intentions and activities. This can begin at any point in your life. The goal is to help you love yourself without guilt and revolutionize your relationship with yourself. Facilitated by Gloria Gaddy.

**AARP Driver Safety Course**  
*Tuesday July 18, and August 22, 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. Pre-register in person at the front desk. The fee is $20 for AARP members or $25 for nonmembers. The fee is to be given directly to the AARP instructor on the day of class by check or money order only, payable to AARP.

**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.

**Red Cross Community Blood Drive**  
*Saturday, July 15 and August 12, 8:30 a.m. – 12:30 p.m.*

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

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City of Bowie Senior Center
**Magnesium – Overlooked and Underconsumed**

Magnesium is the fourth most abundant mineral in the human body—60% of which is in bone. It’s a critical mineral of which many aren’t getting enough.

For the senior population it is recommended to consume 320mg/daily for women and 420mg for men. Having adequate intake of magnesium is important for blood pressure, blood sugar regulation, preventing muscle cramps, restless leg syndrome, and bone strength.

Rich sources of magnesium include the following:

- Pumpkin seeds: 46% of the Recommended Daily Intake (RDI) in a quarter cup
- Spinach, boiled: 39% of the RDI in a cup
- Dark chocolate: (70–85% cocoa): 33% of the RDI in 3.5 ounces
- Black beans: 30% of the RDI in a cup
- Quinoa, cooked: 33% of the RDI the in a cup
- Almonds: 25% of the RDI in a quarter cup
- Cashews: 25% of the RDI in a quarter cup
- Salmon: 9% of the RDI in 3.5 ounces
- Popcorn: 150 mg in 3.5 ounces

If you decide to supplement with magnesium, be sure to talk to your doctor. While magnesium is generally safe, there are certain health conditions that would warrant precaution. Be sure to select a version that is slow release as that can help prevent digestive upset.

**Blood Pressure Check**

*Monday, July 10, 10 – 11:30 a.m.*

*Thursday, July 13, 10 – 11 a.m.*

A healthcare volunteer will check your blood pressure.

**Pain and Movement Screening**

*Thursday, July 13, 11 a.m. – noon*

The Center is now offering free monthly movement screenings here in a partnership with Chesapeake Bay Aquatic & Physical Therapy group. Pre-register at the front desk as appointments are limited.

**Hearing Screening**

*Wednesday, July 19, 9 – 10 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.

**Parkinson’s Exercise Class**

*In-Person, Saturdays, 11:15 a.m. – 12:15 p.m.*

The Parkinson’s dance exercise class has resumed in-person at the Center. If interested in attending, register with the Parkinson Foundation of the National Capital Area. You can learn more and register at [www.pfnca.org](http://www.pfnca.org) or by calling 301-844-6510.

**Senior Center Advisory Board Opening**

The Bowie Senior Center Advisory Board consists of nine Center members who are residents of the City of Bowie and have been members for a least six months. The purpose of the board is to advise and assist management in the implementation of policies and procedures of the Center as well as the promotion and provision of services to the seniors of the City of Bowie. The term of service is three years and begins in September. If you are interested in being considered to serve on the board, pick up an application at the front desk and return it by August 15.
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, Tuesday, Thursday and Friday, 8:30 a.m. – 4:30 p.m., Wednesday 8:30 a.m. – 7:30 p.m., Saturday, 8:30 a.m. – 12:30 p.m. Wednesday extended hours are for June, July, and August only.

Staff

Senior Services Manager
Laurel Raymond

Assistant Manager
Colleen Cofod

Wellness Coordinator
Mark Shields

Information & Referral Specialist
Gloria Gaddy

Program Assistants
Pam McComb
Mary Orange
Sharon Wanzer

Receptionists
Monica Leonard
Julie Modlin

Maintenance
Ray Esguerra

Transportation Supervisor
Ronald Lindsey

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.

Need a Ride for a Medical Appointment? – FISH (Friendly Instant Sympathetic Help) is a Bowie volunteer organization that offers transportation to medical appointments for ambulatory residents in the greater Bowie area. Call FISH at 301-262-8479 for an appointment 72 hours in advance.

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.

July 2023