

To: **Community News** – Announcements, Senior Calendar, etc.
From: Laurel Raymond, Senior Services Assistant Manager
Bowie Senior Center
14900 Health Center Dr.
Bowie, MD 20716
301-809-2300
June 18, 2014

Bowie Senior Center July 2014

Week of June 27 – July 3
Bowie Senior Center
14900 Health Center Drive
301-809-2300

www.cityofbowie.org/seniorcenter

Contact the Center for complete list of programs, classes, trips, and services

Friday: 8:30 a.m. – 4:30 p.m.
Walk aerobics & strength, 9 a.m.
Healthy lifestyles, 10 a.m.
Piano lounge, 12:30 p.m.

Saturday: 8:30 a.m. – 12 noon
Fitness gym, 8:30 a.m. – 12 noon
Pool/Billiards, 8:30 a.m. – 12 noon
Parkinson's exercise, 10:30 p.m.

Monday: 8:30 a.m. – 4:30 p.m.
Table tennis, 12 noon
Pinochle, 12:30 p.m.
Mahjong, 1 p.m.

Tuesday: 8:30 a.m. – 7 p.m.
Writer's group, 9:30 a.m.
Walk aerobics & strength, 10:30 a.m.
Fitness gym open to 7 p.m.
Pool/Billiards till 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.
Dental screening, 11 a.m. Call Senior Center for appointment
Computer help lab, 1 p.m.
Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.
Blood pressure screening, 10 a.m.
Social bingo, 12:30 p.m.
Computer club, 12:30 p.m.
Fitness gym open to 7 p.m.

Week of July 4 - 10

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Friday: 8:30 a.m. – 4:30 p.m.

Senior Center Closed

Independence Day

Saturday: 8:30 a.m. – 12 p.m.

American Red Cross Blood Drive, call for appointments 1-800-REDCROSS

Fitness gym, 8:30 a.m. – 12 noon

Pool/Billiards, 8:30 a.m. – 12 noon

Parkinson's exercise, 10:30 p.m.

Monday: 8:30 a.m. – 4:30 p.m.

Diabetic support, 10:30 a.m.

Table tennis, 12 p.m.

Health presentation, 12:30 p.m.

Pinochle, 1 p.m.

Tuesday: 8:30 a.m. – 7 p.m.

Writer's group, 9:30 a.m.

Caregiver support, 10 a.m.

Walk aerobics & strength, 10:30 a.m.

Fireside Chat: *Attack the Clutter*, 11:00 p.m.

Showstoppers: *Variety Show*, 12:30 p.m.

Bridge, 12:30 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Computer help lab, 1 p.m.

Chair fitness, 1 p.m.

Scrabble, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.

Blood pressure screening, 10 a.m.

Social bingo, 10 a.m.

Artist Reception, 1 p.m., open to the community

Walk aerobics class 5:30 p.m.

Evening Magic Show, 6 p.m. Registration fee.

Week of July 11 - 17

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Friday: 8:30 a.m. – 4:30 p.m.

Walk aerobics & strength, 9 a.m.

Healthy lifestyles, 10 a.m.

Piano lounge, 12:30 p.m.

Saturday: 8:30 a.m. – 12 p.m.

Fitness gym, 8:30 a.m. – 12 noon

Pool/Billiards, 8:30 a.m. – 12 noon

Parkinson's exercise, 10:30 p.m.

Red Cross Blood Drive, by appointment 1-800-REDCROSS

Monday: 8:30 a.m. – 4:30 p.m.

Table tennis, 12 p.m.

Mahjong, 1 p.m.

Tuesday: 8:30 a.m. – 7 p.m.

Writer's group, 9:30 a.m.

Walk aerobics & strength, 10:30 a.m.

Bridge, 12:30 p.m.

Hot Topics: *Vacation Tips*, 5:45 p.m. Open to the community.

Fitness gym open to 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Bonsai club, 9:30 a.m.

Magic club, 10:00 a.m.

Hearing screening, 10 a.m. Call Senior Center for appointment

Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.

Birthday sing along, 12:30 p.m.

Social bingo, 12:30 p.m.

Computer club, 12:30 p.m.

Walk aerobics class 5:30 p.m.

Pool/Billiards till 7 p.m.

Week of June July 18 - 24

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Friday: 8:30 a.m. – 4:30 p.m.

Walk aerobics & strength, 9 a.m.

Healthy lifestyles, 10 a.m.

Piano lounge, 12:30 p.m.

Saturday: 8:30 a.m. – 12:00 p.m.

Fitness gym, 8:30 a.m. – 12 noon

Parkinson's exercise, 10:30 p.m.

Monday: 8:30 a.m. – 4:30 p.m.

Table tennis, 12:00 p.m.

Reminisce: *First Moon Walk*, 12:30 p.m.

Pinochle, 12:30 p.m.

Tuesday: 8:30 a.m. – 7:00 p.m.

Writer's group, 9:30 a.m.

Walk aerobics & strength, 10:30 a.m.

Bridge, 12:30 p.m.

Fitness gym open to 7 p.m.

Pool/Billiards till 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Scrabble, 1 p.m.

Armchair tour, Italy, part V, 1p.m.

Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.

Blood pressure screening, 10 a.m.

Social bingo, 12:30 p.m.

Walk aerobics class 5:30 p.m.

An Evening of Jazz, 6 p.m. Registration fee

Week of June July 25 - 31

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Contact the Center for complete list of programs, classes, trips, and services

Friday: 8:30 a.m. – 4:30 p.m.

Walk aerobics & strength, 9 a.m.

Healthy lifestyles, 10 a.m.

Piano lounge, 12:30 p.m.

Saturday: 8:30 a.m. – 12:00 p.m.

Fitness gym, 8:30 a.m. – 12 noon

Pool/Billiards, 8:30 a.m. – 12 noon

Parkinson's exercise, 10:30 p.m.

Monday: 8:30 a.m. – 4:30 p.m.

Snack bingo, 10 a.m.

Bowie Social Society, 10:30 a.m.

Table tennis, 12:00 p.m.

Medicare Fraud, 12:30 p.m.

Tuesday: 8:30 a.m. – 7:00 p.m.

Writer's group, 9:30 a.m.

Blood Pressure Screening, 10 a.m. – 11:30 a.m.

Walk aerobics & strength, 10:30 a.m.

Bridge, 12:30 p.m.

Fitness gym open to 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Mini Massage, 11 a.m.

Scrabble, 1 p.m.

Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.

Social bingo, 12:30 p.m.

Belly Dancing classes, 12:30 p.m. Registration fee.

Walk aerobics class 5:30 p.m.

Fitness gym open to 7 p.m.

Additional Programs at the Bowie Senior Center

Sizzlin' Summer Evening Programs

After a long and cold winter, summer is finally here. The days are warm and sunny. The evenings are long. It's time to celebrate! Bring your friends and neighbors for some sizzlin' summer fun. Light refreshments will be served. For each event, the cost is \$5 for residents and \$6 for non-residents. For the dates and times of each event, please see below.

An Evening of Magic

Thursday, July 10, from 6:00 p.m. to 7:00 p.m.

The Bowie Senior Magic Club will dazzle us with a mystical evening of comedy, amazing feats of prestidigitation, mind reading, and magic. Register by July 3.

An Evening of Jazz Music

Thursday, July 24, from 6:00 p.m. to 7:00 p.m.

Hailing from the Washington, D.C., area, the Yvonne Johnson Trio will fill your evening with upbeat jazz classics in a fun, engaging, and interactive style. Feel the rhythm in your soul. Register by July 17.

Belair And Seabiscuit - A Connection?

Monday, July 21, at 10:30 a.m.

From the early 1930s right up until 1955, Belair Stud's thoroughbred racing stock stood tall - more appropriately, they ran fast - on both American and British racetracks. The 1930 Triple Crown was captured by Belair's Gallant Fox. In 1935, Gallant Fox's son, Omaha, repeated the win making them the only father/son thoroughbreds to ever capture the Triple Crown. In fact, Gallant Fox's win marked the first time the series was actually called "The Triple

Crown.”

Belair’s horses, not JUST Gallant Fox and Omaha, captured the laurels in many contests. Other excellent racers were often on the track at the same time offering heavy competition. Several years ago, one of them, Seabiscuit, was immortalized in both an excellent book by Laura Hillenbrand and a feature movie. Did Seabiscuit have a Belair connection?

You will have to attend Museum Manager Pam Williams’ talk, “Belair and Seabiscuit – A Connection?” Pam will also share stories about some of Belair’s other racehorses from the time period and a quick look at the history of Laurel and Bowie racetracks

Medicare Fraud

Monday, July 28, at 12:30 p.m.

Have you or someone you know been a victim of Medicare fraud? Are you curious to know more about it and how to protect yourself and your loved ones? Join us on Monday, July 28, as the Prince George’s County Police sponsor a speaker to discuss tips for seniors about Medicare fraud

Artist of the Month Reception

Thursday, July 10, at 1:00 p.m.

Self-taught artist, Marjorie Juanita Fugate Levine, shares her incredible talent during July and August. Many of her works are landscapes painted from memory which reflect pleasant childhood recollections. Her paintings are noted for being very detailed. Many took an incredible amount of time to complete. Please meet her at a reception in her honor. This reception is open to the public

Belly Dancing: It’s Fun and So Good for You

Thursday, July 31, and August 7, 14, and 21 from 12:30 p.m. to 1:30 p.m.

Historically, belly dancing is a dance of celebration. Instructor Sasha will teach hand and arm movements, slow and fast hip movements, shimmies, walks, and more. You will strengthen your legs, back, arms, and stomach.

These classes will give you an improved sense of well-being and self-esteem along with good exercise and fun. So come along on this journey and allow Sasha to introduce you to the world of belly dancing. The class will meet for four weeks. The fee is \$20 for residents and \$25 for non-residents. Register at the front desk by July 23.

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