

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
Sept. 16, 2014

Bowie Senior Center
October 2014

Week of Sept. 26 – Oct. 2

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.

Flu clinic, 9 a.m. – 12 noon

Walk aerobics & strength, 9 a.m.

Healthy lifestyles, 10 a.m.

Piano lounge, 12:30 p.m.

Table Tennis, 3 – 4:30 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:

Table tennis, 12:00 p.m.

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.

Bridge, 12:30 p.m.

Fitness gym open to 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Magic Club, 10 a.m.

Dental screening, 11 a.m. Call 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.
Walk Aerobics class, 5:30 p.m.
Fitness gym open to 7 p.m.

Week of Oct. 3 - 9

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Friday: 8:30 a.m. – 4:30 p.m.

Walk aerobics & strength, 9 a.m.
Healthy lifestyles, 10 a.m.
Native American Flute Music, 12:30 p.m.
Table Tennis, 3 – 4:30 p.m.

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.

Fall Continuing Education classes begin, which include:

Monday: 8:30 a.m. – 4:30 p.m.

Tai Chi, Jewelry Making, Literature,
German, Stained Glass, Traditional Drawing,
Writing Memoirs.

Tuesday: 8:30 a.m. – 7 p.m.

Spanish, Knitting & Crocheting, Studio Fine Art,
Current Issues, Commercial Art Media Techniques,
Piano, Designing & Illustrating Children's Books,
Stained Glass, Watercolor, Line Dancing,
Music Appreciation.
Blood pressure screening, 10 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

French, Literature, Beginning Watercolor,
Coastal Mysteries, Sign Language,
Chair Yoga, Hollywood's Art History,
Tai Chi, Estate Planning.

Thursday: 8:30 a.m. – 7 p.m.

Advanced Watercolor, Drawing, Poetry,
History of Russia, German, Yoga, Pilates,
Ballroom Dance.

Week of Oct. 10 - 16
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Friday: 8:30 a.m. – 4:30 p.m.

Safety and the Internet, 10 a.m.

Continuing Education classes include:

Tai Chi, Quilting, Literature,

Creative Movement, Ceramics,

Tap Dance, Italian, Modern Painting,

Chinese Exercise, Creative & Critical Thinking.

Saturday: 8:30 a.m. – 12 p.m.

Yoga classes

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.

Laughter Yoga, 10:30 a.m.

Table tennis, 12 p.m.

Mahjong, 1 p.m.

Tuesday: 8:30 a.m. – 7 p.m.

Caregiver Support, 10 a.m.

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

Falls Prevention, 11 a.m.

Las Vegas Night, 5:30 p.m. fee

Blood pressure screening, 6 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Magic club, 10:00 a.m.

Hearing screening, 10 a.m. Call for appointment

Medicare information, 10 a.m.

Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.

Social bingo, 10 p.m.

Birthday sing along, 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 Oct. 17 - 23

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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.
Table Tennis, 3 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.
Snack Bingo, 10:30 a.m.
Table tennis, 12:00 p.m.
Brain Exercises, 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.
Hot Topics: *Change Starts with You*, 5:45 p.m. Open to the community.
Fitness gym open to 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.
Scrabble, 1 p.m.
Armchair tour; Paris II, 1p.m.
Chair fitness, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.
Social bingo, 12:30 p.m.
Walk aerobics class 5:30 p.m.

Week of Oct. 24 - 30
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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.

Monday: 8:30 a.m. – 4:30 p.m.
Parkinson's support, 10:00 p.m.
Table tennis, 12 p.m.
Snack Bingo, 12:30 p.m.
Mahjong, 1 p.m.

Tuesday: 8:30 a.m. – 7 p.m.
Walk aerobics & strength, 10:30 a.m.
Bridge, 12:30 p.m.
Blood pressure screening, 12:30 p.m.
Fitness gym open to 7 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.
Chair fitness, 1 p.m.
Computer help, 1 p.m.

Thursday: 8:30 a.m. – 7 p.m.
Social bingo, 12:30 p.m.
Walk aerobics class 5:30 p.m.
Pool/Billiards till 7 p.m.

Friday: 8:30 a.m. – 4:30 p.m.
*Halloween Party, 12:30 p.m.

Additional Programs at the Bowie Senior Center

Flu Clinic

Friday, September 26, from 9:00 a.m. to noon

Traditional flu, pneumonia, and high-dose flu vaccines will be available. High dose is recommended for individuals 65 years and older. We can only accept traditional/original Medicare. These participants pay nothing out of pocket. Individuals must pay for the vaccine at the time of service if they participate in a Medicare PPO or HMO plan. We cannot accept any other type of insurance or Medicaid. Participants will receive a copy of the vaccination record that they may submit for reimbursement if permitted under their insurance plan. Payments can be made by cash, check, or credit card. No appointments needed.

Native American Flute Music

Friday, October 3, at 12:30 p.m.

Randy "Windtalker" Motz returns to perform his distinctive style of contemporary Native American flute music set against a backdrop of breathtaking photos from the Appalachian Trail. The blending of

flute with lush orchestration and Native percussion, weaves a musical tapestry that continues to entertain audiences everywhere. This is a performance you will not want to miss.

Continuing Education Class Registration

Fall semester begins the week of October 6

The Center is fortunate to partner with the PGCC **SAGE** (*Seasoned Adults Growing Educationally*) program to offer a variety of classes each week for those over age 60. Registration is currently underway. For more information, please visit the Senior Center.

Students may choose classes in art, finance, health and fitness, history and social studies, humanities, languages, music, and much more.

Senior Transportation Plan for Maryland General Elections

The Center's bus transportation service will be available for seniors 55 and older, and for disabled citizens living within the Bowie city limits.

Early Voting at Bowie Community Center

October 23, 24, 27, 28, 29 & 30

Call **301-809-2324** to make arrangements

Appointments can be made for 10:00 a.m., 10:30 a.m., or 11:00 a.m.

General Elections

November 4

Shuttle service will be provided to the Pin Oak Village, Evergreen, and Willows senior communities from 10:00 a.m. to 2:00 p.m.

For others, service will be provided from 9:00 a.m. to 3:00 p.m. on Election Day. Please call the Center at **301-809-2324** by Friday, October 31 to make arrangements.

Time for Halloween Fun!

Friday, October 31 at 12:30 p.m.

The air is crisp, the leaves on the trees are ablaze with color, the pumpkins are ready to harvest, and it's time for a party! Come in costume or other autumn apparel that reflects the spirits of the season. D.J. Johnny will bring the party to life with music for dancing or just listening. Light refreshments will be served. The fee is \$5.00 for Residents and \$6.00 for Non-Residents. Sign up by October 24, to reserve your spot at the party!

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