



## **Information for Bowie Seniors**

*The Bowie Senior Center is currently closed but staff is available Monday thru Friday from 8:30 AM – 5 PM to answer questions and assist with referrals. Please call 301-809-2300.*

*Senior Nutrition Program; You may be eligible to receive seven frozen meal packs delivered to your home weekly. Call Prince George's County Department of Aging 301-265-8475.*

*Bowie Food Pantry; Provides food to needy residents of Bowie. New clients must show ID with proof of current Prince Georges 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 and prescription pick-ups. 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.*

*For Exercise and wellness tips; Visit the Senior Center website [www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter)*

**Bowie Senior Center**  
14900 Health Center Drive  
Bowie, Maryland 20716  
301-809-2300  
[www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter)

An alternative Version of this flyer  
is available upon request.