

HEALTHY AGING

There are activities at the Bowie Senior Center for just about anyone. When it comes to the area of wellness programs, they are the lifeblood of the Center. Members have access to over 30 different group exercise classes where they can have fun and enjoy being social while improving their health. There is also a fully equipped fitness room.

Between these two main offerings, the Center boasts the area's largest low- to no-cost fitness activity center and it is exclusively for individuals 55 years and older. Whether you partake in group or individual fitness activities, the Center also has a full-time wellness coordinator to help achieve your health goals.

Members report that the wellness offerings help them lose weight, lower their blood pressure, and help their aching joints so that they can partake in activities they haven't been able to in a long time.

Beyond just the physical improvement, members can also enjoy dozens of different social and leisure activities that help invigorate the spirit, lessen depression and loneliness, and relieve stress.



Wellness Program

Mission

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 that promote active, independent, and healthy lifestyles.



Bowie Senior Center
14900 Health Center Drive
Bowie, Maryland 20716
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For alternative versions of this brochure, please contact the Bowie Senior Center at 301-809-2300 or www.cityofbowie.org/seniorcenter.

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MIND AND BODY

Chair Yoga
Chinese Flexibility
Labyrinth
Meditation
Nature Walks
Pilates
Tai Chi



Yoga

Blood Pressure Screening
Caregiver Support Group
Diabetic Support Group
Hearing-Impaired Seniors Group
Memory Café
Pain and Movement Screening
Parkinson's Exercise Group
Parkinson's Support Group
Stroke Support Group

LEISURE ACTIVITIES

Billiards/Pool
Bid Whist
Bridge
Mahjong
Pinochle
Scrabble
Table Shuffleboard
Table Tennis



Bocce



Horseshoes

STRENGTH AND ENDURANCE

Armchair Exercises
Ballroom Dancing
Line Dancing
Low-Impact Aerobics
Parkinson's Exercise
Tap Dancing
Walk Aerobics and Strength
Zumba Gold



Fitness Room

If you are not into group activities, the Center offers a fully equipped and senior-friendly fitness room. If you have ever been intimidated by commercial gyms and all their confusing exercising equipment, rest assured that the Center has the most senior-friendly equipment available.

If you are not quite sure where to start, contact the Center's wellness coordinator to discover what options may be best for you.