



# SPRING

## 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 George's 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.