

August 2018



# All Around the Center

News – Events – Activities – Classes – Schedules – Services

## ***HVAC Replacement Project Update***



For the past several months, we have been informing you about the upcoming replacement of the Center's HVAC (heating, ventilation, and air conditioning) system. This is a huge project which will impact programming in the building for several months. The project has begun in the classrooms at the west end of the building and will continue throughout the building until completion. Our goal is to keep the Center open while improvements are made. At times, however, portions of the building will be inaccessible and, when possible, some programs will be relocated to other rooms in the building. This month's newsletter reflects the available programs for August. We appreciate your patience during this time and encourage you to register with *Alert Bowie* (see page 6) for any last-minute notifications.

## ***Magic Show***

***Tuesday, August 7, 12:30 p.m.***

The Center's very own magic club is back by popular demand to dazzle us with their astonishing routines. Come out and have fun at this multigenerational magical event. Watch in amazement as ropes are cut in half and restored to their original state, items change colors before your very eyes, money appears from nowhere, metal rings penetrate each other, minds are read, and much more. Bring your friends and family to this fun and free event.



## ***Music Show – Back to Broadway***

***Tuesday, August 14, 12:30 p.m.***

Take a musical walk down memory lane at the *Back to Broadway* show featuring Stephanie Dailey & Company. Come and sing along with songs from famous Broadway musicals that you grew up with, see beautiful costumes, and get the scoop on plot lines and behind-the-scenes tidbits that will surprise and enchant you. Don't miss this exciting and fun look at the Broadway stage that will leave you wanting more. The cost is \$2. Please register at the front desk.

## ***Movie of the Month***

***Tuesday, August, 21, 11 a.m.***

Join us for movie day at the Center. The movie this month will be *The Bucket List*. "Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers until fate lands them in the same hospital room. The men find that they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime."

## **Computer Education Program**

Computer classes starting in mid September include Computers 1, Computers 3, Excel, and Video Creation. Schedules will be available at the front desk in mid August. **Starting dates will depend on completion of the HVAC work in the classroom.**



Computer help is usually available on Wednesday afternoons. However, in the month of August, this activity will not be available due to the ongoing HVAC work in the computer classroom.

## **Bowie Seniors Computer Clubs**

The Bowie Seniors Computer Club and the Apple Computer Club—hosted by the Center—are two excellent resources for information regarding computers and other electronic equipment.

The Apple Club discusses Apple products, such as iPods, iPhones, and iPads. The club meets on the second and fourth Fridays of each month from 10 to 11:30 a.m.

The Bowie Seniors Computer Club meets on the first and third Thursdays of each month from 12:30 to 2:15 p.m.

Computer club meetings are open to all seniors—Center members and nonmembers alike.

**Note:** Due to the ongoing HVAC work in August, meeting locations will be posted in the lobby on the days of the meetings.

## **Monthly Book Club**

*Third Thursday, 10:00 – 11:00 a.m.*



Everyone is welcome to join the group. The reading list is:

August 16 – *The Good Lord Bird* by James McBride

September 20 – *There Was An Old Woman* by Hallie Ephron

October – *Blanche On The Lam* by Barbara Neely

## **Bowie Senior Center Trips**

For trip details, please see the new trip board located in the hall outside of the administrative offices. A 2018 trip calendar is posted along with flyers and trip descriptions. You can also visit our website at [www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter) and follow these instructions:

- Click on **Trips**
- Click on **Upcoming Senior Trips**

## **Whose Line is it Anyway?**

*Monday, August 13, 12:30 p.m.*

Thinking is all about making connections in the brain. Word Association is a common word game involving an exchange of words that are associated together. Usually, players write down the next word by merely using the first word that comes to mind after hearing the previous one. Sometimes, however, they may put in more thought to find a more creative connection between the words. Exchanges are often fast and sometimes unpredictable. Please join us for some fun storytelling as we use our words in this brain game.

## **Special Groups**

The Center invites you to join a group or club with people who share your interests. This is a great way to meet new friends. Just drop by.

<b>Group and Club Meetings</b>		
Advisory Board	First Tuesday	10 a.m.
Apple Computer Club	Not meeting in August	
Bonsai Club	Third Wednesday	2 – 4 p.m.
Book Club	Third Thursday	10 – 11 a.m.
Magic Club	First and third Wednesday	10 a.m.
Seniors Computer Club	First and third Thursday	12:30 – 2:15 p.m.
Writers Group	Tuesday	9:30 – 11:30 a.m.



<b>Games</b>		
Bid Whist	Tuesday Thursday	10 a.m. – 2 p.m. 10 a.m. – 12:30 p.m.
Billiards	Daily	Center hours
Bridge (sign up)	Tuesday	1 – 4 p.m.
Chess	Monday	10 a.m. – noon
Duplicate Bridge (sign up)	Friday	12:30 – 4 p.m.
Mahjong	Thursday	1 p.m.
Pinochle	Monday and Thursday	12:30 p.m.
Scrabble	Wednesday Friday	1 – 4 p.m. Noon – 4 p.m.
Table Shuffleboard	Daily	Center hours
Table Tennis	Monday Tuesday Wednesday Thursday Friday	Noon – 4:30 p.m. 3:15 – 5 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m.

# Classes and Activities

## Monday

- 10:00 Chess Club
- Noon Table Tennis
- 12:15 Aquatic Exercise (Sport Fit)
- 12:30 Pinochle
- 2:30 Zumba Gold (F)

### Monday Specials

- Whose Line is it Anyway?  
August 13, 12:30 p.m.
- Snack Bingo  
August 20, 12:30 p.m.

## Tuesday

- 9:30 Writers Group (V)
- 10:00 Pickle Ball (City Gym)
- 10:00 Bid Whist
- 10:30 Walk Aerobics and Strength (V)
- 1:00 Bridge Club
- 3:15 Table Tennis
- 6:00 Zumba Gold (F)

### Tuesday Specials

- Fireside Chat  
August 7, 10 a.m.
- Magic Show  
August 7, 12:30 p.m.
- Show – *Back to Broadway*  
August 14, 12:30 p.m.
- Movie – *The Bucket List*  
August 21, 11 a.m.

## Wednesday

- 12:15 Aquatic Exercise (Sport Fit)
- 1:00 Chair Fitness (V)
- 1:00 Scrabble
- 3:00 Table Tennis

### Wednesday Specials

- Magic Club  
August 15, 10 a.m.
- Bonsai Club  
August 15, 2 p.m.
- Memory Café  
August 15, 2 p.m.

## Thursday

- 10:00 Pickle Ball (City Gym)
- 10:00 Bid Whist
- 12:30 Pinochle
- 12:30 Social Bingo
- 1:00 Mahjong
- 2:30 Chorale
- 3:00 Table Tennis
- 5:30 Walk Aerobics and Strength (V)

### Thursday Specials

- Bowie Seniors Computer Club  
August 2 and 16, 12:30 p.m.
- Book Club  
August 16, 10 a.m.

## Friday

- 9:00 Walk Aerobics and Strength (V)
- 12:30 Bridge Club (Duplicate)
- 3:00 Table Tennis

### Friday Specials

- Piano Lounge  
August 3, 10, 17, 24, and 31;  
12:30 p.m.
- Birthday Celebration  
August 3, 12:30 p.m.

## Saturday

- 10:30 Parkinson's Exercise (V)

**Prince George's Community College (PGCC)  
SAGE (Seasoned Adults Growing Educationally)  
Continuing Education  
Classes offered at the  
Center**

The SAGE calendar consists of trimesters—fall, spring, and summer. The 2018 fall trimester will begin the week of October 1. Maryland residents age 60 or older may preregister for as many nonconflicting courses as desired and pay an \$85 registration fee to PGCC. Seniors age 55 to 59 may contact the Center or PGCC for fee information.

### Activities Legend

- F – Fee
- V – Volunteer or Staff

### Attention

Because of the ongoing HVAC work, some parts of the building may be inaccessible during August and September. Therefore, all programs, classes, and services are subject to change without prior notice.

Alert Bowie will provide updates as soon as they are known. See page 6 for signup information.

## August

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# Trips and Transportation

## Center Trip Information

Chartered bus trips depart from and return to the Kenhill Center, 2614 Kenhill Drive, Bowie. Please park in the side lot only. All other trips depart from and return to the Bowie Senior Center.

For trip details, please see the trip board located at the Senior Center in the hall outside of the administrative offices. A 2018 trip calendar is posted along with flyers and trip descriptions. Before signing up for any trip, check the trip board or our website for availability at [www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter). See page 2 for instructions.

M – Must complete menu selection    K – Departs from Kenhill Center    W – Lots of walking

August		September		October	
2	Fine Dining at Carrol's Creek (M)	5	Lunch Bunch at Cheesecake Factory (M)	5	Thunderbirds Cruise, Baltimore (K)
8	Mamma Mia at Toby's	13	The Wharf (K, W)	10	Fine dining at Pasta Plus (M)
14	Luray Caverns (K, W, Full)	20	Sunfest in Ocean City (K, W)	17	Ain't Misbehavin' at Toby's
22	Harrington (K)	26	Ain't Misbehavin' at Toby's	19	Harrington (K)
28	Smith Island Cruise (K, W, Full)	28	MGM/National Harbor (W)	25	Jefferson's Monticello, VA (K, W)
31	Amish Market (W)				

**December 5** – Rockettes Christmas Spectacular (Full)  
Transportation only to New York (limited seating available, K, W)

## Shuttle Transportation Services

Shuttle transportation from the Center is available as listed below. Signup at the front desk is necessary.

- **Monday:** Bowie Plaza and Bowie Post Office
- **Tuesday and Wednesday:** Kohl's, Target, Walmart, and Pointer Ridge Shopping Center
- **Wednesday only:** Hilltop Plaza, Bowie Marketplace, and Free State Mall
- **Friday:** Bowie Town Center



Shuttles depart from the Center at 10 and 11 a.m. and return to the Center upon completion of each loop. *There is a final RETURN-ONLY loop to each destination that leaves the Center at noon.*

Shuttle transportation from your residence to the grocery store is available as listed below. Call 301-809-2324 to request this service.

- **Monday: Pin Oak Village** only to Safeway, Giant, and Walmart  
Pickup is at 10:30 a.m. Arrive back at Pin Oak Village at 12:45 p.m.
- **Thursday: North Bowie** to Giant, Harris Teeter, and Aldi  
**South Bowie** (except Pin Oak Village) to Giant, Safeway, and Walmart

Home pickups start at 8:30. Arrive back at your home no later than 12:30 p.m.

Any Center member may use these shuttle services. See page 12 for other transportation services.

## Transportation Fare Increase

The transportation program has been around for many years and the City of Bowie prides itself on making this service affordable for senior residents. The last time the fare was increased was over 10 years ago. As of July 1, 2018, the transportation fare increased to \$1 per trip. We appreciate your understanding in this matter and hope you will continue to use this valuable service.

# Information Services

## Information & Referral Services

*Monday through Friday, 9 a.m. – 2:30 p.m.*

The Center offers assistance to seniors in the community by providing information and referrals in areas such as health care, finance, family issues, housing options, and many others. Come to the Center or call 301-809-2377 for an appointment. Printed resources are also available.



This year-round outreach service is available to help equip seniors and their families with vital information that they need to live the life they choose. Each month a different informative presentation is given at the Center through the Fireside Chat program.

## Fireside Chat – Not Just Bingo

*Tuesday, August 14, 10 a.m.*

Gather together not only to play bingo but to participate in a meaningful activity. Engage yourself and win prizes. Expand your fun time with meaningful bingo games. Create fun ways to make bingo exciting and not just bingo.

Come out and win a prize while having a lot of fun. This event is free and open to the public. It's summer fun at the Center.

## Wellness – Medical Marijuana Benefits

Mark Shields, Wellness Coordinator

After more than four years of Maryland's approval of the use of medical marijuana, residents are now able to obtain it. What are the potential medical benefits of a drug that has been classified as a Schedule I drug on par with LSD, heroin, and ecstasy?

According to WebMD, the uses for marijuana are Alzheimer's; appetite loss; cancer; Crohn's disease; eating disorders, such as anorexia; glaucoma; PTSD; multiple sclerosis; muscle spasms; nausea; and pain.

While there are dozens of chemicals in marijuana, the two that are of importance when it comes to medical benefits are THC and CBD. It is important to note that it is the THC part of the plant that creates the psychoactive or "high" effect whereas CBD does not.

The FDA recently approved the first-ever drug based on marijuana. The drug helps control two rare forms of epilepsy. As time goes on and more research is done, there is promise for new developments to help more health issues.

When it comes to the opioid overdose epidemic, researcher Dr. Marcus Bachhuber has noted, "We found there was about a 25 percent lower rate of prescription painkiller overdose deaths on average after implementation of a medical marijuana law."

If you are an employed senior, be advised that, while marijuana may be legal in Maryland for medical reasons, many employers still follow the federal law and may terminate employment due to controlled substance use.

## Stay Informed with Alert Bowie

The Alert Bowie system provides accurate, up-to-the-minute emergency notifications and informational messages from the City of Bowie wherever you may be and however you want to receive them, e.g., email, phone, text, etc. To read about the system and sign up, visit [www.cityofbowie.org](http://www.cityofbowie.org).





<b>Special Interest Groups</b>		
Caregiver Support	Tuesday, August 14	10 – 11 a.m.
Diabetic Support	Monday, August 6	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, August 14	10 a.m.
Hearing-Impaired	Thursday, August 2	10 a.m. – 4 p.m.
Memory Café	Wednesday, August 15	2 – 4 p.m.
NAMI	Saturday, August 18	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, August 27	9:30 a.m. – noon
Stroke Support*	Wednesday, August 8	1:30 – 3:30 p.m.

\*At Doctors Community Hospital

### **Blood Pressure Checks**



A volunteer nurse will be available for blood pressure checks on:

Friday, August 3, 10 – 11 a.m.	Tuesday, August 21, 11 a.m. – noon
Tuesday, August 14, Noon – 1 p.m.	Thursday, August 23, 10 – 11 a.m.
Tuesday, August 28, Noon – 1 p.m.	

### **Pain and Movement Screenings**

**Thursday, August 16, 11 a.m. – noon**

In partnership with Chesapeake Bay Aquatic & Physical Therapy, the Center is now offering free monthly pain and movement screenings. As time slots are limited, appointments must be scheduled at the front desk.

### **Hearing Screening**


**Tuesday, August 14, 10 – 11 a.m.**

Every month a specialist from Hearing Professionals will be available at the Center for hearing screenings. To schedule an appointment, please call the Center or stop at the front desk.

### **Free Notary Service**

**Thursday, August 9 and 23, 10 – noon**

The Center is offering free notary service each month by appointment only. To schedule an appointment, please call 301-809-2300.

	<p><b>Red Cross Community Blood Drive</b></p> <p>Saturday, August 11 and September 8, 8:30 a.m. – 12:30 p.m.</p> <p>Please call 1-800-733-2767 or visit <a href="http://redcrossblood.org">redcrossblood.org</a> to schedule an appointment.</p>
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## Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716  
301-809-2300  
www.cityofbowie.org/seniorcenter

Accredited by   
National Institute of  
Senior Centers

### **Mission Statement**

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.

The Center is open to all independent individuals 55 years and older. There is no membership fee. The hours of operation are Monday, Wednesday, and Friday from 8:30 a.m. to 4:30 p.m.; Tuesday and Thursday from 8:30 a.m. to 7 p.m.; and Saturday from 8:30 a.m. to noon. For more information about current programs, stop by or contact the Center.

### **Staff**

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionists</b> Monica Leonard	301-809-2300
<b>Assistant Manager</b> Ronda Greene	301-809-2325	Belinda Press	
<b>Wellness Coordinator</b> Mark Shields	301-809-2376	<b>Maintenance</b> Ray Esguerra	301-809-2373
<b>Information &amp; Referral Specialist</b> Gloria Gaddy	301-809-2377	Ryan Graham	
<b>Program Assistants</b> Michaeline Gandolph	301-809-2327	<b>Senior Nutrition Aide</b> Diane Clemons	301-809-2356
Judith Lorenz		<b>Transportation</b> Sue O'Toole	301-809-2324
Trish McCants		<b>Bus Drivers</b> Robert Caldwell, Gary Harash, Darryl Jameson,	
Sharon Wanzer		Lever Johnson, Hank Lloyd, Dean Moore,	
		Stephen Pearson, John Scanlon, Henry Schneider,	
		Darryl Stafford, and Gerald Tucker	

### **Advisory Board**

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know our board members—Herb Briscoe, Sid Cousins, David Dasenbrock, Deborah Forespring, Lottie Graham, Attrue Johnson, Faye Miner, Eunice Romano, and Paula Williams.

### **Transportation Services**

The City of Bowie offers curb-to-curb transportation to and from the Center for Bowie seniors Monday through Friday. Transportation is also available for adults with disabilities and seniors, on a priority basis, for medical appointments, shopping, Center activities, senior clubs, or other trips. When making an appointment, please let the staff know if a lift-equipped bus is needed. These services are available only within city limits and require an appointment by calling 301-809-2324. The fare is \$1 each way.

### **Nutrition Program**

Nutritionally balanced lunches are served at the Center Monday through Friday at 11:30 a.m. They are provided through the Prince George's County Department of Family Services, Aging Services Division, Senior Nutrition Program. The county pays \$5.75 per meal. Diners are asked to donate as much as they can. Reservations are required 48 hours in advance by calling 301-809-2356. Cancellations should be made as soon as possible.

### **Prince George's County Aging and Disabilities Services**

Information Assistance – 301-265-8450  
Home-Delivered Meals – 301-265-8475