



February 2020

All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Black History Month

Black History Month is an annual celebration to honor prominent African-American leaders and others of the past as well as present day who have made significant contributions to the nation and the world. The 2020 national theme is “African Americans and the Vote.” As you travel through the Center this month, we invite you to read the posters created by our members that reflect the accomplishments of many. Also, check out the display case located in the east hallway for more impactful information.

Dynamic Violin Performance – Tuesday, February 4, 12:30 p.m.

Accomplished musician Alexander Strachan brings healing to people of all walks of life through his violin playing. He founded the Healing Strings Studio and also serves as the coordinator for the Sing for Seniors Outreach Program for the Coalition for African Americans in the Performing Arts (CAAPA), a nonprofit organization dedicated to helping “Bring Color to the Classics.”

Trivia Game: Ebony Images in Film – Wednesday, February 12, 12:30 p.m.

Test your knowledge of African-American film history by playing the Ebony Images in Film trivia game. Join SAGE film instructor Denise Cross for a fun-filled hour of movie trivia and film clips. You might win a prize.

Friendship Day – Friday, February 14, 12:30 p.m.

Entertainer Charles Sullivan will take us on an adventure through the life of Aretha Franklin and the individuals with whom she rubbed elbows. With a gospel background, she sang before kings, queens, and presidents. As a civil rights activist, she was Martin Luther King Jr’s favorite singer. You will laugh, cry, and dance while celebrating her life. Bring a friend.

Movie: Coming to America – Tuesday, February 18, Noon

This American romantic comedy film stars Eddie Murphy who plays Akeem Joffer, the crown prince of the fictional African nation of Zamunda. He travels to the United States in the hopes of finding a woman he can marry. Join us for some laughs and some popcorn.

A Glimpse of African History – Thursday, February 20, 10 a.m.

Center member Therryl Holland will present a brief overview of ancient African history dating from the appearance of modern man to the colonization of Africa. Visual images will provide insight into the dispersion of humans from Africa throughout the world and the vast achievements of African people.

Gospel Choir Performance – Tuesday, February 25, 12:30 p.m.

Thomas A. Dorsey, known as the Father of Black Gospel Music, paved the way for many gospel artists. In the spirit of his legacy, the District of Columbia Choral Union will perform a number of his compositions. Come listen to great gospel songs and learn the history of his work.

Black History Month Celebration Bingo – Thursday, February 27, 12:30 p.m.

This bingo game will feature black politicians, actors, sports figures, musicians, and leaders. Join us as we celebrate their notable contributions to society. Winners will choose from a variety of special prizes. The fee is \$1.

Center will be closed Monday, February 17, for Presidents’ Day

SAGE Continuing Education Classes

SAGE (Seasoned Adults Growing Educationally) classes are designed to keep both mind and body active and engaged. The Center is fortunate to partner with Prince George's Community College to offer over 70 classes each week. Learn a foreign language, play an instrument, create a work of art, or stretch your mind and your body with yoga, Tai Chi, or a meditation classes.

Registration began on January 10 and classes begin February 10. Complete registration information and class descriptions are available at the Center. Maryland residents who are 60 or older may register for as many nonconflicting courses as desired and pay only one \$85 registration fee per trimester.

AARP Smart Driver Course

Wednesday, Tuesday, February 4, 10 a.m. – 3 p.m.

AARP offers a one-day refresher course designed for motorists age 50 and older. Upon course completion, each participant will receive a certificate that can be presented to their insurance company for a possible reduced rate. The fee is \$15 for AARP members and \$20 for nonmembers. Make your check payable to AARP and include your member number on it. Please preregister at the front desk. Lunch is on your own.

Zumba Gold

Mondays, 2:30 p.m., or Tuesdays, 5:30 p.m.

Zumba Gold takes fitness to the next level by moving to international rhythms. You don't have to know how to dance. Just follow Crystal Sylvester and get ready to smile and have fun. There are two classes from which to choose. Classes run for eight weeks and start on March 2. Fees for one day per week are \$38 for residents and \$43 for nonresidents.

BioFitness Aerobics Class

Tuesdays and/or Thursdays, 9 – 10 a.m.

This fun and low-impact exercise program is choreographed to music. Join Jill Snellings, certified instructor, for a 60-minute cardio class designed specifically for seniors. Classes will start March 10 and run for seven weeks. Fees for one day per week are \$22 for residents and \$27 for nonresidents. Fees for two days per week are \$40 for residents and \$47 for nonresidents.

Weather Policy

When Prince George's County schools are closed due to inclement weather, the Center's scheduled activities are canceled for the day. These activities include classes, lunch, and transportation services. However, the facility may be open for unscheduled activities. Please call to confirm.



When schools open two hours late, lunch and transportation services are canceled for the day. In addition, all morning classes and activities scheduled before 11 a.m. are canceled. A one-hour delay does not affect classes, lunch, transportation services, or scheduled activities.

If public schools are to close two hours early, all classes and scheduled activities after 2 p.m. are canceled.

Nature Walk

Wednesday, February 5, 10 a.m.

Winter is a great time for a walk around the building as we observe the different shapes of trees and their unique bark. Join us, weather permitting, as we see aspects of nature resting while others are very active. The group will meet in the lobby.



Book Club

Thursday, February 20, 10 a.m.

Please join us at our February meeting for a discussion of *We Shall Not Be Moved* by M. J. O'Brien. The next meeting will be March 19 when *A Bend In The Road* by Nicholas Sparks will be discussed.

Artists of the Month – Scenic and Animal Life Photography

You are invited to enjoy something different this month. Several Center staff members have contributed some of their own photography that captures their interests.

Talent Search

The Center's 110-voice senior chorale is having a talent search. They are looking for a webmaster, artists, skilled computer persons, graphic designers, photographers, skilled video and technology persons, musicians, dancers, etc., to support various chorale projects and concerts during the year. If you would like to share your talent, please call the Center or stop by the front desk and leave your name and contact information. A member of the chorale will be in touch with you.



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Computer Education Program

Computer classes will resume in March. Computers 1, Computers 3, Excel and Video Editing will be offered. If you need assistance deciding which class is best for you, come see us in the lobby on Wednesday morning, February 19.



As there are no regular classes scheduled for February, a series of seminars is being offered as described below. Please note the alternate dates if classes are postponed due to weather. Registration is not required, but seating at one of the twelve computer workstations will be available on a first-come basis only. Participants must have basic computer skills in order to perform hands-on tasks during the seminar.

Word – Beyond the Basics

Tuesday, February 4, 10 a.m. (Alternate date: February 11)

This seminar will include discussions and demonstrations of some of the more advanced features of Word including tables, tables of content, photo and object insertion, and find and replace.

Surfing the Web without a Wetsuit

Thursday, February 13, 10 a.m. (Alternate date: February 20)

This seminar will explain the various terminology for browsers and search engines, saving and using bookmarks and favorites, downloading content, and staying safe while on the internet.

Excel Exploration

Tuesday, February 18, 10 a.m. (Alternate date: February 25)

This seminar will cover some of the many uses and features of the Excel spreadsheet program. If you are a first-time user or are curious and interested in knowing how to organize, format, and calculate using Excel, this introductory hands-on seminar is for you. This two-hour seminar will enable you to begin using Excel at home and prepare you for the Excel class.

Free Computer Lab

Wednesdays, 1 – 2:30 p.m.

Knowledgeable volunteers and instructors may be able to help you with your PC laptop and answer questions or you may just practice. They may also be able to help you decide which type of computer you may want to consider purchasing. Assessment interviews are also available at this time to determine the appropriate class for your skill level.

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 10 – 11:30 a.m. on the second and fourth Fridays of each month.

The Bowie Seniors Computer Club meets 12:30 – 2:15 p.m. on the first and third Thursdays of each month. New members are always welcome, whether you are a first-time user or a seasoned veteran. This is an opportunity to share interests, learn new things, and generally get comfortable with computer issues. The club often has special presenters with extensive knowledge in their area of interest.

Special Groups

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



Group and Club Meetings		
Advisory Board	First Tuesday	10 a.m.
Apple Computer Club	Second and fourth Friday	10 – 11:30 a.m.
Bonsai Club	Will resume in March	
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 p.m.
Writers Group	Tuesday	9:30 – 11:30 a.m.
Quilting Club	Friday	2:30 – 3:30 p.m.



Games		
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.
Snack Bingo	Fourth Monday	12:30 p.m.
Social Bingo	Thursday	12:30 p.m.
Scrabble	Wednesday	1 – 4 p.m.
Table Shuffleboard	Daily	Center hours
Table Tennis	Tuesday Wednesday Thursday Friday	3:15 – 5 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m. 3 – 4:30 p.m.

Classes and Activities

Monday	Tuesday	Wednesday
8:30 Inside Walking (G)	8:30 Inside Walking (G)	8:30 Inside Walking (G)
9:00 Ceramics, Beg./Int. (S)	9:00 Piano, Beg. (S)	8:50 Chair Yoga (S)
9:00 Intro to French (S)	9:00 Studio Fine Art (S)	9:00 Stained Glass, Beg./Int. (S)
9:30 Film Appreciation (S)	9:00 BioFitness (F)	9:00 French I (S)
10:00 Tai Chi (S)	9:30 Writing, Beg./Int. (S)	9:30 Guitar, Int. (S)
10:00 Sign Language, Int. (S)	9:30 Knitting & Crocheting, Int./Adv. (S)	10:00 Watercolor, Part 1 (S)
10:00 Jewelry Making, Beg. (S)	9:30 Writers Group	10:00 History (S)
10:00 Chess Club	10:00 Current Issues (S)	10:00 Sign Language (S)
Noon Table Tennis	10:00 Bid Whist	10:30 Chair Yoga (S)
12:15 Qi Gong and Balance (S)	10:30 Pickleball (G/F)	11:00 French, Int. (S)
12:30 Stained Glass, Int./Adv. (S)	10:30 Walk Aerobics	11:00 Spanish, Beg. (S)
12:30 Meditation (S)	11:00 Spanish II (S)	Noon German, Beg. (S)
12:30 Tap Dance (S)	11:00 Piano, Int. (S)	12:30 Watercolor, Part II (S)
12:30 Pinochle	Noon Writing, Int./Adv. (S)	1:00 Chair Fitness
1:00 Polar Explorers (S)	12:30 American History (S)	1:00 Scrabble
2:00 Drawing II, Int./Adv. (S)	12:30 Printmaking (S)	1:00 Tai Chi (S)
2:30 Zumba Gold (F)	1:00 Line Dancing (S)	1:30 Spanish, Basics (S)
2:30 The Two Americas (S)	1:00 Piano, Adv. (S)	1:30 French, Adv. (S)
	1:00 Bridge Club	2:00 German, Int. (S)
	1:00 Knitting, Beg. (S)	2:00 Estate Planning (S)
	1:30 Spanish III (S)	3:00 Table Tennis
	2:30 Sewing, Beg. (S)	
	3:15 Table Tennis	
	3:30 Painting, Beg. (S)	
	5:30 Zumba Gold (F)	
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Monday Specials	Tuesday Specials	Wednesday Specials
Snack Bingo February 24, 12:30 p.m.	Fireside Chat February 11, 10:30 a.m.	Nature Walk February 5, 10 a.m.
	Excel Exploration February 18, 10 a.m.	Computer Help February 5, 12, 19, and 26; 1 p.m.
	Movie – <i>Coming to America</i> February 18, Noon	Magic Club February 5 and 19, 10 a.m.
	Gospel Choir February 25, 12:30 p.m.	Memory Café February 19, 2 p.m.
		Film Trivia Game February 12, 12:30 p.m.
		Computer Class Sign-up Help February 19, 9:30 a.m.

Room assignments are posted daily in the lobby. Classes and activities are subject to change.

Thursday

- 8:30 Inside Walking (G)
- 9:00 BioFitness (F)
- 9:00 Stained Glass
- 9:30 Guitar, Beg. (S)
- 10:00 Color Theory, Adv. (S)
- 10:00 Bid Whist
- 10:00 Yoga, Int./Adv. (S)
- 10:30 Pickleball (G/F)
- Noon Pilates (S)
- 12:30 Mindful Meditation (S)
- 12:30 Pinochle
- 12:30 Social Bingo
- 1:00 Mahjong
- 2:00 Great Composers (S)
- 3:00 Table Tennis
- 5:00 Tap Dance

Thursday Specials

- Bowie Seniors Computer Club
February 6 and 20,
12:30 p.m.
- Notary Service
February 13 and 27, 10 a.m.
- Surfing the Internet
February 13, 10 a.m.
- Book Club
February 20, 10 a.m.
- African History
February 20, 10 a.m.
- Black History Bingo
February 27, 12:30 (F)

Friday

- 8:30 Inside Walking (G)
- 9:00 Walk Aerobics and Strength
- 9:00 Ceramics, Beg./Int. (S)
- 9:00 Improvisation (S)
- 9:30 Drawing, Beg. (S)
- 10:00 Tai Chi, Int. (S)
- 10:00 Quilting, Int. (S)
- 10:00 Yoga, Beg. (S)
- 10:00 Advanced Italian (S)
- 12:15 Brain Fitness (S)
- 12:30 Modern Painting (S)
- 12:30 Bridge Club (Duplicate)
- 12:30 Politics of Health Care (S)
- 1:00 Chinese Exercise (S)
- 1:00 Self-Awareness (S)
- 3:00 Table Tennis

Friday Specials

- Birthday Celebration
February 7, 12:15 p.m.
- Piano Lounge
February 7 and 28,
12:30 p.m.
- Apple Computer Club
February 14 and 28, 10 a.m.
- Friendship Day – Entertainer
Charles Sullivan
February 14, 12:30 p.m.

Saturday

- 8:20 Yoga, Adv. (S)
- 10:20 Yoga, Beg. (S)
- 10:30 Parkinson’s Exercise

Legend:

- G – City of Bowie Gym
- F – Fee
- S – SAGE class (PGCC)

**Prince George’s Community College (PGCC)
SAGE (Seasoned Adults Growing Educationally)
Continuing Education**

The SAGE calendar consists of fall, spring, and summer trimesters. The 2020 spring trimester begins the week of February 10. 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.

Note: The trimester break will be January 27 through February 8.

February

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23	24	25	26	27	28	29



Trips and Programs

The Center offers a variety of day trips, both educational and entertaining. Some trips are local while others may be out of town. For trip details, please see the trip board located in the hall outside of the administrative offices. A trip calendar is posted along with flyers, descriptions, and rules, or you may visit www.cityofbowie.org/seniorcenter. Click on **Trips** and click on **Upcoming Senior Trips**.

Please note: Due to winter weather challenges, there will be no trips scheduled in February. Please look for interesting and enjoyable in-house programs at the Center. Day trips resume in March.

FEBRUARY PROGRAMS

4 (T)	Violin Performance – Alexander Strachan	At the Center	12:30 p.m.
12 (W)	Ebony Images in Film Trivia Game	At the Center	12:30 p.m.
14 (F)	Friendship Day – Entertainer Charles Sullivan	At the Center	12:30 p.m.
18 (T)	Movie – <i>Coming to America</i>	At the Center	Noon
20 (Th)	Glimpse of African History	At the Center	10 a.m.
25 (T)	Gospel Choir	At the Center	12:30 p.m.
27 (Th)	Black History Trivia Bingo (F)	At the Center	12:30 p.m.

MARCH TRIPS

3 (T)	Philadelphia Flower Show	Meet at Kenhill Center	9:30 a.m. – 7 p.m. Res. \$67/NR \$70
11 (W)	<i>Kinky Boots</i> at Toby’s	Meet at the Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
19 (Th)	Harrington Slots	Meet at Kenhill Center	8:15 a.m. – 3:45 p.m. Res. \$22/NR \$25
27 (F)	Fine dining at Cooper’s Hawk – Annapolis (Menu)	Meet at the Center	11:30 a.m. – 2 p.m. Res. \$42/NR \$44

APRIL TRIPS

8 (W)	Shen Yun – Kennedy Center (Full/waitlist option)	Meet at Kenhill Center	10:30 a.m. – 4:30 p.m. Res. \$130/NR \$135
14 (T)	MGM or National Harbor (Walking)	Meet at the Center	9:30 a.m. – 4:30 p.m. Res. \$10/NR \$12
22 (W)	<i>Shrek</i> at Toby’s	Meet at Kenhill Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
29 (W)	Bowie Baysox and buffet	Meet at the Center	10:30 a.m. – 2:30 p.m. Res. \$28/NR \$29

Wellness

Memory Café

Wednesday, February 19, 2 – 4 p.m.

A Memory Café is a social engagement program for those people with early-stage memory loss. The Alzheimer’s Association describes it as a safe and relaxed place where those with early-stage memory loss, their families and friends, and health professionals come together for a unique blend of education and social interaction. Please express your interest in attending by signing up at the front desk.



Support Group Workshop for Widowed Persons

Thursdays, February 20 to March 26, 2 – 4 p.m.

This six-week workshop offers emotional support and practical advice for widowed men and women to help them adapt to their new circumstances. For more information and to register for the scheduled sessions, please call 301-577-4312 or 301-483-8202. Support group sessions are sponsored by the Patuxent Widowed Persons Service.

2020 Bowie Health Fair

Saturday, April 25, 11 a.m. – 3 p.m.

The annual Bowie Health Fair is coming in April this year instead of September. You won’t want to miss the dozens of different health screenings, vendors, and activities. Some of the screenings will include vision, memory, hearing, blood pressure, mental health, pulmonary, skin cancer, and more.

For more information, check out www.BowieHealthFair.com or contact Mark Shields, the wellness coordinator at the Center.

Ongoing Exercise Activities at the Center

The Center offers a number of scheduled exercise activities, including chair fitness and walk aerobics. These are low-impact exercises that will help you stay fit and feel well. See pages 6 and 7 for schedules.

Senior Activities at the City Gym

The City of Bowie Municipal Gym, located next to the Center, offers additional exercise activities for seniors. These include indoor walking and pickleball.

Indoor walking is available Monday through Friday, 8:30 a.m. – 10 a.m. This is an opportunity to exercise in a safe and climate-controlled environment.

Pickleball is a racquet sport played on a small court less than the size of a tennis court. It is a great form of exercise for adults. This activity is scheduled on Tuesdays and Thursdays at 10:30 a.m. There is a \$24 annual fee. Inquire at the gym for more details.

Lost and Found

Personal items are left behind almost every day—scarves, hats, umbrellas, gloves, etc. If you are missing something, you may want to stop by the front desk and look through the lost and found box. It just might be there.

Information and 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 needed to live the life they choose. A different informative presentation is usually given each month through the Fireside Chat. This program is open to the public.

Fireside Chat – Customize Your Home-Care Service Plan

Tuesday, February 11, 10:30 a.m.

Many seniors are under the impression that their traditional healthcare programs will also provide the desired services in the home, such as meal preparation; grocery shopping; assistance with hygiene, dressing, and grooming; 24-hour care; etc. Medicare, Medigap, and most Medicare Advantage Plans are designed to cover hospital stays, doctor bills, and some short-term skilled nursing. Unfortunately, they do not cover the cost of everyday assistance in the home.

Come and get valuable information which will help you age without worry. Family members and care partners are encouraged to attend.

Shuttle Transportation Services

Shuttle transportation from the Center is available as listed below. Sign-up 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 upon completion of each loop. There is a final **return-only-loop** shuttle to each destination which departs 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 a.m. Arrive back at your home no later than 12:30 p.m.

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



Special Interest Groups		
Caregiver Support	Tuesday, February 11	10 – 11 a.m.
Deaf Support	Thursday, February 6	10 a.m. – 4 p.m.
Diabetic Support	Monday, February 3	10:30 – 11:45 a.m.
Fireside Chat	Tuesday, February 11	10:30 a.m.
Memory Café	Wednesday, February 19	2 – 4 p.m.
National Alliance on Mental Illness (NAMI)	Saturday, February 15	9:30 – 11 a.m.
Parkinson’s Exercise	Saturdays	10:30 – 11:30 a.m.
Parkinson’s Support	Monday, February 24	9:30 a.m. – noon

Blood Pressure Checks

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

Monday, February 24, 10 – 11:30 a.m.

Tuesday, February 11, 11 a.m. – noon

Tuesday, February 25, 11 a.m. – noon



Hearing Screening

Tuesday, February 11, and Wednesday, February 26, 10 – 11 a.m.

A hearing specialist will be available twice a month for screenings. Please schedule an appointment at the front desk or call 301-809-2300.

Pain and Movement Screening

Thursday, February 20, 10 – 11 a.m.

In partnership with the Chesapeake Bay Aquatic & Physical Therapy group, free monthly pain and movement screenings are now being offered. As time slots are limited, appointments must be made at the front desk.

Free Notary Service


Thursday, February 13 and 27, 10 a.m. – noon

Please schedule an appointment at the front desk or call 301-809-2300.

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, i.e., email, phone, text, etc. To read about the system and sign up, visit www.cityofbowie.org.

	<p>Red Cross Community Blood Drive</p> <p>Saturday, February 8 and March 14, 8:30 a.m. – 12:30 p.m.</p> <p>Please call 1-800-733-2767 or visit redcrossblood.org to make 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 which promote active, independent, and healthy lifestyles.

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

Staff

Senior Services Manager Laurel Raymond	301-809-2326	Receptionists Monica Leonard Belinda Press	301-809-2300
Assistant Manager Colleen Cofod	301-809-2325	Maintenance Ray Esguerra Ryan Graham	301-809-2373
Wellness Coordinator Mark Shields	301-809-2376	Transportation Sue O’Toole	301-809-2324
Information & Referral Specialist Gloria Gaddy	301-809-2377	Bus Drivers Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Levert Johnson, Hank Lloyd, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
Program Assistants Michaeline Gandolph Judith Lorenz Trish McCants Sharon Wanzer	301-809-2327		

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 the board members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

Transportation Services

The City of Bowie offers curb-to-curb transportation to and from the Center Monday through Friday for Bowie seniors. Transportation is also available on a priority basis for seniors and adults with disabilities 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 within city limits only 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 Senior Nutrition Program. The county pays \$5.75 per meal. Diners are asked to donate as much as they are able. Reservations are required 48 hours in advance by calling 301-809-2355. Cancellations should be made as soon as possible. The program is managed at the Center by Prince George’s County Food Services Manager, Diane Clemons, who may be reached at 301-809-2356.

Prince George’s County Aging and Disabilities Services

Information and Assistance – 301-265-8450
Home-delivered Meals – 301-265-8475