

December 2020



All Around the Center

Bowie Senior Center Newsletter

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HAPPY HANUKKAH



MERRY CHRISTMAS



HAPPY KWANZAA

Holiday Celebrations of Light

During this festive season, many will celebrate rich customs and traditions. Even though they are different, all of these celebrations have some things in common—light, gift giving, and love. Hanukkah, the Festival of Lights, is celebrated on December 11 by Jewish people. Christmas comes next on December 25 as Christians celebrate the birth of Jesus by lighting candles on an Advent wreath. Kwanzaa follows on December 26 as a celebration of African-American culture and history symbolized by lighting seven candles. Wishing you and yours peace and joy.

Bowie Senior Chorale Holiday Cabaret

Friday, December 18, 7 p.m.

The Bowie Senior Chorale invites you to an evening of holiday entertainment with vocal and instrumental music, dramatic and humorous readings, and other inspiring and uplifting selections by the virtual choir. The choir premiered at the fall cabaret and was a favorite of the Zoom audience.

Popular Chorale Director Craig L. Sparks will serve as the master of ceremonies and promises to provide a song or two. The concerts are always a highlight of the Bowie holiday season. This is a chance to enjoy seeing your friends and neighbors perform. To view the performance, please register at <https://bowie.fyi/srcabaret>.

Drive-Up December Activity Packets

Celebrate the holiday season with an activity packet. Keep your brain engaged and your spirit joyful with puzzles, activities, recipes, and more. Call the Center at 301-809-2300 if you would like to pick up a packet on December 8 or 9, 10 – 11 a.m. This is a monthly drive-up event and staff will be outside to share a friendly wave. Let's stay connected.

Toys for Tots and Bowie Food Pantry Donations

Fill a Senior Center van with gifts of love, December 8 and 9, 9:30 – 11 a.m.

Every year, members of the Center generously and compassionately think of others by donating to Toys for Tots and the Bowie Food Pantry. Recognizing that this has been a particularly challenging year for many in our community, please consider donating new, unwrapped toys and nonperishable food to these organizations. Stop by the Center and help fill the van.



The Bowie Senior Center facility is currently closed.
The staff are answering phone calls Monday through Friday, 8:30 a.m. – 4:30 p.m., except on holidays.
For assistance and referrals, please call 301-809-2300.

Computer Club Meetings and Help

Until further notice, the Bowie Seniors Computer Club is meeting via Zoom. The club meets at 12:30 p.m. on the first and third Thursdays of each month. The next meetings will be on December 3 and January 7. Many subjects of general interest are discussed and, occasionally, a special presenter is scheduled. Attendees may also raise issues regarding individual computer problems. If you wish to be added to the invite list, please contact Dave Hackenberg at dahackenberg@verizon.net. Instructions for logging in to the meetings will be included in the meeting announcements.



Cybersecurity Video

Dennis Evans, a member of the Bowie Seniors Computer Club, has posted a narrated PowerPoint video on YouTube regarding security while using the internet. It includes many helpful hints on how to spot and avoid scams and dangerous links. Please log on to <https://youtu.be/uVMZbN1pGqQ> to view the video.

Book Club

Until further notice, monthly book club meetings will be held via conference call on the third Thursday of each month at 2 p.m. *Curtain* by Agatha Christie will be discussed at the December 17 meeting. To join the meeting, call 720-740-9808 (code 5735944#). Try to call about 15 minutes before start time. Please contact Johnnie Pernell at pjonnie@aol.com if you have any difficulties connecting.

NARFE

The Greater Bowie-Crofton Area Chapter 1747 of the National Active and Retired Federal Employees Association (NARFE) is looking for a few good men and women to join. The primary function of NARFE is to protect the benefits of both active and retired federal employees. Members also have access to a team of federal benefit experts who can answer benefit questions. Through monthly Zoom meetings, subjects of special interest to senior citizens are provided. Find out more about NARFE by joining one of the monthly Zoom meetings. Please contact Frank Lee at fllee0716@verizon.net to request an invitation.

Let's Talk About Memory Loss

Monday, December 14, 10:30 a.m.

Join a Zoom session as representatives of the Johns Hopkins Alzheimer's Disease Research Center provide an overview of memory loss. How dementia is diagnosed and risk factors will also be discussed. More importantly, learn ways to help reduce your risk of memory loss and dementia. If you are interested in joining the session, please email the Center's wellness coordinator at mshields@cityofbowie.org to get details or call the Center at 301-809-2300.

Indoor Walking

Walking in the City of Bowie Gymnasium is an opportunity to exercise in a safe and climate-controlled environment. The gym is open Monday through Friday, noon – 7:30 p.m. Members are encouraged to call ahead at 301-809-2388 to reserve a time slot although it is not required. Please note that the gym may be in use for other activities during walking sessions. Masks and social distancing rules apply.



Transportation Options

There are numerous transportation options for seniors. They are Metro Access, Uber, Lyft, and Prince George's County Call-A-Bus. Please refer to the October newsletter or call the Center at 301-809-2300 for more information about these services.

Support Groups

Parkinson's Support Group Virtual Meeting

Monday, December 28, 10 – 11:30 a.m.

To join the virtual meeting, please contact Art James at artjames@msn.com and request to be added to the Zoom meeting.

Caregiver Support Group Virtual Meeting

Every fourth Thursday, 6 p.m.

To join the virtual meeting, please contact Ann Craynon at ann@acElderCareSolutions.com and request to be added to the Zoom meeting.

Grief Support Group Virtual Workshop

Thursdays, February 18 – March 25, 2 p.m.

This six-week workshop offers emotional support and practical advice for widowed persons as well as those who have lost a family member or friend. For more information and to register for the Zoom sessions, please contact Heike Nyland at heikenylnd@msn.com or call the Center at 301-809-2300. Sessions are sponsored by the Patuxent Widowed Persons Service.

Mental Health Resources During the Pandemic

After nine months of the pandemic and with the winter months ahead, there is a real potential for the decline of mental health. Decreased outdoor activity, shorter daylight hours, and continued social distancing and/or isolation contribute to this potential. Stress during this period may cause the following:

- Fear and worry about your health and the health of your loved ones, your financial situation or job, or loss of support services on which you rely.
- Changes in sleeping or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol, and other substances.

A complete resource for coping with these challenges can be found at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Seasonal Affective Disorder

According to Mayo Clinic, seasonal affective disorder (SAD) is a type of depression related to seasonal changes. For most people, symptoms begin in the fall and continue into the winter months, sapping energy and making you feel moody. Less often, SAD can cause depression in spring or early summer. Treatment may include light therapy (phototherapy), medication, and psychotherapy. Light therapy lamps can be found on Amazon from \$25 to \$60. A complete resource can be found at <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>.



Red Cross Community Blood Drive

Saturdays, December 12 and January 9, 8:30 a.m. – 12:30 p.m.
Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.
(Location: Bowie Senior Center. Center open for blood drive only.)



Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter
Mailing address:
15901 Excalibur Road, Bowie, MD 20716

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.

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	
Wellness Coordinator Mark Shields		Transportation Sue O'Toole	
Information & Referral Specialist Gloria Gaddy		Bus Drivers Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Hank Lloyd, Carlton Oden, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
Program Assistants Michaeline Gandolph Trish McCants Sharon Wanzer			

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.

Information for Bowie Seniors

Senior Nutrition Program – You may be eligible to receive seven frozen meal packs delivered weekly to your home. Please call the Prince George’s County Department of Aging at 301-265-8475.

Bowie Food Pantry – The pantry provides food to needy residents of Bowie. Eligible new clients must show identification with proof of a current Prince George’s County address. Please call 301-262-6765 or check the website at www.bowiefoodpantry.org for more information.

Masks for Bowie Seniors – If you are a senior and city resident and have not been able to secure a mask, please contact the Center at 301-809-2300 and arrange to have a free mask delivered to you.

Neighbors Helping Neighbors – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries and prescription pickups. For information, please visit the city’s website at www.cityofbowie/nhn or call Lori Cunningham at 240-544-5601.

Prince George’s County Aging and Disabilities Services

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